

Fourth Series Of Questions, Answers Tells of Fluoridation

(This is the fourth in a series of questions and answers on dental health published by The Torrance Press, in cooperation with the Harbor District Dental Society, in observance of National Children's Dental Health Week February 5 through 11.)

IS WATER FLUORIDATION REALLY EFFECTIVE?

Numerous studies have indicated that children who drink water containing 1 part per million of fluoride from birth have up to 65 per cent less tooth decay.

While all water contains some fluoride, many water supplies lack sufficient fluoride to help children develop decay-resistant teeth. When a fluoridation program is put into effect, the amount of fluoride in the water is brought up to the amount needed—1 part per million.

Chemically water containing the optimum amount of fluoride naturally and water to which fluoride has been added are exactly the same. Both are equally effective in helping to develop decay-resistant teeth. The benefits of drinking water containing fluorides are lifelong.

Water fluoridation is endorsed by the American Dental Association, the American Medical Association and numerous other scientific groups.

It should be pointed out that water fluoridation does not prevent all tooth decay. Children do receive partial protection when they drink fluoridated water. But if they want good dental health it still is necessary that they follow these rules: Eating a diet low in sweets. Brushing their teeth after every meal. Having regular dental check-ups.

DO FLUORIDES IN THE PUBLIC WATER SUPPLY

HAVE ANY HARMFUL EFFECTS ON HUMAN BEINGS?

Exhaustive dental and medical studies have shown that at this concentration fluoride in the drinking water has no harmful effects on human beings. In fact, even at considerably higher concentrations—8 parts per million in Bartlett, Tex., one of the towns studied—the only harmful effect is mottling (brown staining) of the teeth. This mottling does not occur when the water contains only 1 part per million of fluoride.

WHAT IS MEANT BY TOPICAL APPLICATION OF FLUORIDES?

Applying a fluoride solution directly to the teeth. This is done in areas which do not have fluoridated water supplies. How much it reduces decay varies from child to child. But studies have shown that is an effective preventive measure that can be used to protect a child's teeth against decay.

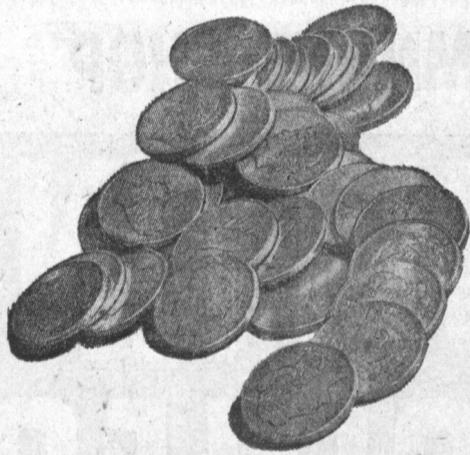
When fluoride is applied, the dentist's first step is to clean the child's teeth. Then he puts a solution of sodium fluoride or stannous (tin) fluoride on the teeth.

MOTORISTS

Motorists as a group of taxpayers contribute more to the total cost of government in the United States than any other single user, profession or occupation. One of the inter-state highway program penny-per-gallon taxes is due to expire June 30, 1961, but don't wager Congress will relinquish its hold on \$600 million so readily.

PROSPERITY

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WHAT'S DOING



R. S. Pyle, your Telephone Manager in Torrance

Starting guns are familiar to most people, but few have heard of a "Stopping gun". It's used in our Defensive Driving course to show how long it takes you to stop your car. That's a "stopping gun" on the bumper of the car in the picture.

The instructor riding in the car pulls a string and fires the "gun" as a signal to the driver to stop as fast as he can. A chalk mark is shot onto the pavement as the gun goes off, and a second mark is made when the brakes are applied.



By measuring the distance between the chalk marks, the driver learns how far his car travelled before he reacted to the noise of the gun.

We pay lots of attention to safe driving at the phone company, and we've found just being alert avoids lots of accidents.

Every telephone employee who drives in his work takes a "Defensive Driving" course.

This special training really works. Our drivers have one of the best safety records anywhere.

For some unknown reason, squirrels like to gnaw on telephone cables.

Their chewing puts holes in the cable's outer covering and lets moisture get inside. This, in turn, interferes with telephone service.

To protect phone cables, we cover them with metal roofs or wrap them with steel tape.

Squirrels don't like this, but it keeps our cables from being damaged and helps us keep your telephone service dependable.



YEAR-ROUND RESOLUTION

Although the traditional time for New Year's resolution is nearly a month in the past—and doubtless many cherished 1961 vows have been broken before now—there's one we make annually here at Pacific Telephone that it has always been a pleasure to keep.

Aside from providing the most modern telephone service in the world, we believe it is important to participate actively in community affairs throughout the year.

You will find Pacific Telephone employees engaged in nearly every phase of community improvement and welfare—from Chamber of Commerce work to charity drives, from hospital benefits to school activity campaigns.

Each year we resolve to contribute a little more time and effort to community betterment than we did during the previous 12 months.

We have discovered that shouldering perhaps a little more than our share of civic responsibility is not only good for the soul. It also stimulates the growth of a finer community which we consider essential in our business.

It's still not too late to add a similar resolution to your list. Pacific Telephone