

Key to Good Teeth: Stop Disease Before It Starts

(This is one of a series of articles on dental health prepared by the Harbor Dental Society, an affiliate of the American Dental Association.)

Most of the tissues of the body can restore themselves or fill in gaps caused by injury but tooth tissues cannot. A damaged tooth can never heal itself. That's why dentists place

so much stress on preventing dental disease — stopping it before it starts.

Dental decay — the eating away of the hard tissues of the teeth by acids in the mouth — occurs most frequently among children and teenagers — and can largely be prevented.

WHAT causes tooth decay? Dental scientists believe that decay is caused by chem-

ical changes which take place in our mouths as a result of bacteria acting on the food we eat. These scientists explain that our mouths contain billions of organisms, so small that they can only be seen with a microscope. Most of these microorganisms, as they are called, are bacteria. As many as 5½ billion microorganisms may exist in a few drops of saliva. Others cover

our tongues. Still others coat the oral cavity.

Our teeth, too, are covered by a thin film of bacteria.

MANY OF these bacteria are apparently not harmful, but some will produce various acids which can dissolve some of the tooth enamel.

At the same time, the breaking down process releases lactic acid and other acids, strong enough to re-

sorb some tooth enamel. A harmful amount of acid can develop within five minutes! Fortunately for our teeth, saliva neutralizes acid.

But if the acid is produced in a tooth crevice or pit where it may be protected from saliva, enough can accumulate to dissolve some tooth structure. Once a hole has been made in the enamel, the acids attack and destroy the softer dentin underneath,

and then attack the tooth nerve. Untreated decay may mean loss of your teeth.

HOW CAN decay be prevented?

The American Dental Association recommends a four-point program:

- Brush your teeth right after eating. If you can't brush, rinse your mouth vigorously with water, to wash away food particles.

- Eat a proper diet. Cut down on the amount of sweets you eat a day.

- Have regular checkups. With the use of x-rays the dentist can detect cavities too small to be seen by the eye alone. He can fill these before they get larger. He can also detect and correct other dental troubles under the gums and in the supporting bone which may not yet be visible to the naked eye.

...Let's Go

By LARRY MACARAY

If you have been reading the Los Angeles papers or listening to the news on television, ten you must have heard about the big uproar at Melodyland. Although Walt Disney tried to have the name of the city changed to you know what — his recreation center is still in Anaheim. A of the world knows that Disney has managed to make millions of dollars off of wholeness and sentimentality.

What the world doesn't know is that Disneyland's influence strongly felt in the city of Anaheim. Melodyland is across the street from Disneyland, so it has always booked the typical "Grade A" type of entertainment that would not deter from Disneyland's family entertainment image. Suddenly, Melodyland booked a Las Vegas type music revue, "Vive Les Girls," and that is where all of the trouble started.

The musical revue part was O.K. with the city fathers — maybe great-grandfathers — would be a better description — but that really made them sore with the part of the revue where several of the girls parade sans bras — that means nless. What a downright scandalous thing to have happen just across the street from Disneyland. Officials at D.L. made a big fuss about it to the city and the rhubarb really got started.

CITY FATHERS claimed that Melodyland had not kept its word about pasting something in the girls' tops. Melodyland claimed a misunderstanding by the city fathers and besides — what law were they breaking? Try as they might, the city could find no law that would stop the performance of "Vive Les

Girls." To add insult to injury, the show began to play to capacity crowds.

The city claimed that the performances were just plain nudity such as one might find in many of the beer bars in Southern California. In response, Melodyland claimed that the performances were really Art. Everyone's opinion will vary — and besides, no one has ever been entirely successful in defining "nudity" and "Art" as they are looked upon in our present-day society.

My opinion is that just because some of the performers are topless, it should not influence anyone to go or not to go. I really did not go to see the show, as I have seen it in Paris and Las Vegas. I was not impressed then and I am sure that I would not be impressed now. In fact, it (particularly the show in Paris) would have been a much better show if the girls had been covered up completely. It was just a little boring to see the poor girls parading around topless when they had nothing to be topless about.

THE FINAL settlement by the city fathers and Melodyland was reported this week in all of the newspapers. The city will let "Vive Les Girls" continue bare-bosomed until the end of its booking, but no later than Dec. 25. In return for this concession, Melodyland has agreed that there will be a one-year moratorium on this type of show. What Melodyland might offer in the way of entertainment at the close of the one-year moratorium is not clear. Anyway, everyone parted in a happy mood.

The city rallied to the defense of the public's morals and eliminated this temptation for at least one year. This saves face for the city fathers and assures all wholesome people in Southern California that the Disneyland area is still good clean family entertainment — at least from Dec. 26, 1966 to Dec. 26, 1967.

Melodyland won out too. They shook the city fathers off their back and now the cash customer can sing long and loud until Dec. 25. Funny thing — I wonder if the city fathers have ever been to see "Vive Les Girls." No matter — they can always (during the one-year moratorium) go across the street from Melodyland to the Crest Hotel and see the wild go-go dancers at the "Top of the Crest." If you have seen one, you have seen them all — but they might think differently.

Repairs on Bridge Now Under Way

Supervisor Burton W. Chace has ordered the County Road Department to expedite repairs to the Vermont Avenue bridge which was damaged by fire Tuesday.

"The Road Department is expending every effort to complete the repairs to the timber bridge as quickly as possible," Chace said. "We estimate that the bridge will be open to traffic again by next Friday."

The bridge, which spans the railroad tracks just south of Sepulveda Boulevard, was severely damaged. It is closed to all through traffic, between Lomita Boulevard and Sepulveda Boulevard.

Access to all local residences, businesses and industries is being maintained from Lomita Boulevard and Sepulveda Boulevard.

Chace suggested that all through traffic use alternate routes along Normandie Avenue and Figueroa Street. The Supervisor cautioned all motorists to use extreme care while driving through the construction area.

Film Scheduled

"The Hound That Thought He Was a Raccoon" will be shown at the Torrance Library, 1345 Post Ave., next Saturday at 10:30 a.m. There is no charge for admission.

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