

A Dime a Year Could Give Children Teeth for Life

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

For about 10 cents a year, your children can have teeth that last a lifetime.

It has been proved beyond any doubt that if a person drinks fluoridated water for the first 10 or 15 years of his life, his teeth will have added resistance to tooth decay.

Tooth decay for these people will be only one-third to one-quarter as much as that of persons whose drinking water is fluoride deficient. Further, the evidence is that fluoridation also reduces the incidence of malocclusion (faulty bite and crooked teeth) and periodontal (gum) disease since children with decay-resistant teeth are less likely to develop other dental problems. The benefits of

fluoridation lasts throughout a person's life.

TO ACHIEVE these remarkable results, a city need only add a tiny amount of fluoride to its water supply, a procedure as easy to do as it is to add chlorine.

The cost — about 10 cents a year per person. A whole lot less than the cost of a single filling.

Fluoridation not only is effective, but it's absolutely safe. Its safety has been checked from every conceivable angle. In fact, fluoridation is probably the most thoroughly tested of any public health measure we have ever had. Scientists have investigated its effects on growth reproduction, heart and circulation, on the kidney and on the thyroid gland. More than 8,500 scientific reports have been reviewed, and the measure given a clean bill of health.

HERE ARE just a few examples of the kinds of tests that have been made:

- A ten-year study was made in Bartlett, Texas, a town whose water naturally contains eight times as much fluoride as the recommended level. Persons who had been drinking this water for over 36 years were compared with residents of nearby Cameron, whose water has nearly no fluoride. There were no differences in death rates, blood pressure changes, arthritic conditions, sight or hearing, tumors, cysts, bone fractures or hormone disorders.

- A pathologist reported that a 25-year autopsy study in New Britain, Conn., revealed fluoridation may actually help prolong life.

- In Newburg, N.Y., where fluorides were added to the water, children were compared to those of nearby Kingston, a town with fluoride-deficient water. X-rays

were taken on their bones, their blood and urine were checked, eyes and ears examined. No differences of medical significance could be found between the two groups.

TODAY, fluoridation is endorsed by such groups as the American Medical Association, the AFL-CIO, American Public Health Association, American Hospital Association, American Association for the Advancement of Science, the Defense Department, American Dental Association; in fact, virtually every major scientific and professional health organization in this country.

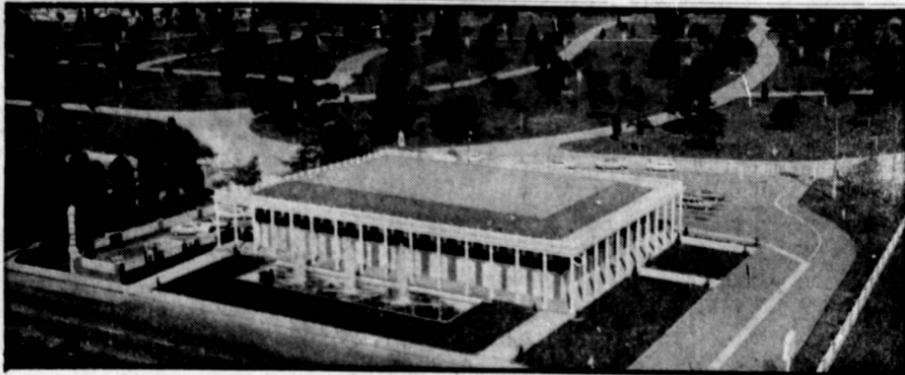
Three of the most widely known names in American medicine have added their approval — Dr. C. W. Mayo, head of the world renowned Mayo Clinic in Rochester, Minn.; Dr. Benjamin Spock, famed pediatrician and au-

thor of books on baby and child care, and Dr. Paul Dudley White, noted heart specialist.

Some 50 million Americans drink fluoridated water, including our President — for the water of the nation's capitol is fluoridated. Two-thirds of all major American cities have it. Yet millions of our

children are still deprived of this important health protection. In our next article, we'll talk about the reasons.

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FOOD GIANT'S 'POST-TIME' GAME ENDS JANUARY 4TH. WINNING TICKETS WILL BE ACCEPTED TILL CLOSING, SAT. NIGHT, JAN. 7, 1967.

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reg. 67^c
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Cut or French Green Beans **37^c**
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