

NON-CARBOHYDRATE DIETS CAN REDUCE MUCH TOOTH DECAY

A diet without carbohydrates—sugars and starches—should result in great reduction in tooth cavities, says Dr. A. B. Sutherland in an article "Prevention of Tooth Decay" in Health magazine published by the Health League of Canada. He adds, however, that esthetic requirements, food availability, etc., demand that carbohydrates be included in diets.

Dr. Sutherland, who is Dental Public Health Officer with the Sudbury, Ont., Department of Health, goes on to state, however, that it has been found that drastic reduction of a child's carbohydrate intake over a two-week period reduces lactobacilli organisms which act on carbohydrate food debris in the mouth forming enamel destroying acid—in the saliva to a negligible minimum. This condition, he says, frequently persists as long as six months after the child returns to normal diet.

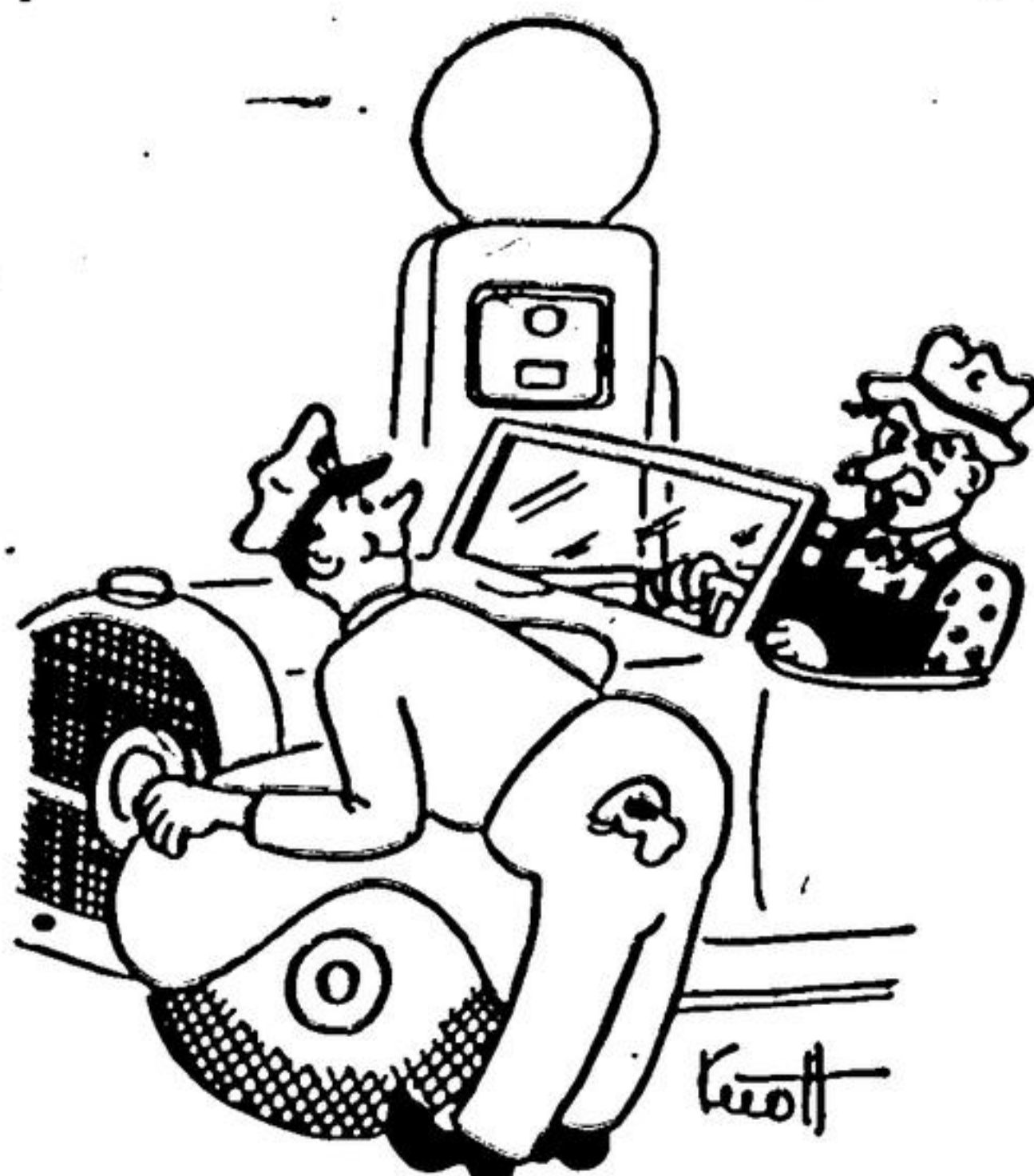
He says further that this is not a method for use with large groups of children for it requires individual application and periodic saliva counts.

As opposed to starch, sugar (as in candy, pastries and pop) is the simpler form of carbohydrate and gives ready rise to acid through bacterial action. Acid can start to form from three to five minutes after sugar has entered the mouth, and continue to form for over one hour.

"The means of preventing tooth decay with greatest benefit to the greatest number is sugar denial," Dr. Sutherland writes. If sugar is taken, it should be at a time when it is possible to remove the debris through good brushing immediately.

EFFECT OF WARTIME DIET ON HEALTH

The health of the British people has been well maintained despite the many difficulties of the past ten years. This is the considered opinion of medical experts who have completed an exhaustive survey of nutrition in Britain. Their conclusions are contained in a report published recently by the British Medical Association.



"NO COURSE, YOUR NO-NOX GAS SOUNDS GOOD. HAVEN'T STARTED THE ENGINE YET."

DAIRYING UP IN NEW ZEALAND

Dairy production in New Zealand in 1949 set a record and this seems likely to continue into the present year. The first few months of the present dairy season show high production figures with an additional 50,000 cows in milk and an increased yield of four pounds of butterfat per head for all cows.

Creamery butter production was 162,000 tons in 1949 compared with 149,000 tons in 1948. The output of cheese was 99,400 tons in 1949, an increase of 13,000 tons over the previous year. The output of canned milk products is expected to surpass the 1948 production of 29,000 tons. On a butterfat basis the total of 397.6 million pounds in 1949 was well above the 360 million pounds in 1948. The increased emphasis on dairying was accompanied by some reduction in wheat acreage and a slight increase in oats and barley.

Shutting the Door On Freedom

By Joseph Lister Rutledge
A recent issue of the Wall Street Journal commented sadly on a triumphant political boast made by Food Minister John Strachey in addressing a group of Scottish electors. Mr. Strachey said, proudly, that only 250 Britons now had incomes, after taxes, of more than \$14,000, where, before the war there were no less than 11,000 in that fortunate bracket. Said the Wall Street Journal: "Mr. Strachey boasts that the door is quietly shutting on the free economy in the cradle of freedom."

A business friend of ours, commenting on Mr. Strachey's statement, took the argument a step farther. He suggested that the Food Minister hadn't made a very complete case. For instance, he hadn't mentioned whether the government, in cutting down the number of heavy taxpayers, hadn't by the same token cut down its own income. He admitted that no one but the government knows just how the total income of the 11,000 high income earners of 1939 compares with the total income of the present 250 group. But our friend had done a bit of figuring. He explained, "One thing is pretty simple. If you multiply 11,000 by \$14,000 you get \$154,000,000. If you multiply 250 by \$14,000 you get \$3,500,000—a difference in income of \$150,500,000. Assuming that the amount has gone to benefit the public, which surely was what Mr. Strachey was implying, each of the approximately fifty million people of Britain got as his share \$3."

"Our friend wondered what each of them would have done with their \$3. Probably used it to pay his own higher taxes, or to help support the growing number of government employees. His wonder grew as he reflected. Was it possible that Mr. Strachey, when he was not making speeches, or his listeners, when they had time to reflect on the words, ever suspected that this very minor \$3 benefit might have resulted in a poorer Britain? How much had they lost when a creative force that had helped to make them great was discouraged?"

The "nation of shopkeepers" which the great Napoleon could scorn, but could not master, as he had mastered so much of his world, had learned something from their shopkeeping. They had learned the potency of the incentives of progress and profit, and about those ideas had built a vast empire. It might even be worth considering whether Mr. Strachey had much reason for pride. Indeed it might be asked whether the destruction of incentive hadn't also qualified the rugged virtues of independence and daring and initiative and concentration of purpose; whether, indeed the readiness to trade achievement for security may not bear some of the blame for the sad uncertainty of Britain today.

EASTER BUSINESS

How does business look for Easter? Better ask the weatherman, advises The Financial Post.

That just about sums up the feeling of retailers across the country. Not for many years in most areas have prospects been so uncertain.

"With Easter a week early and winter two weeks late we're caught in a squeeze" was the way one Toronto merchant summed it up. And in few other cities across the country was there any disagreement.

Everywhere Easter sales volume is expected to be crowded into a shorter space of time. All the same, if weather is fair from now on, most merchants see sales at least equal to last year; some predict higher totals.

Open the Doors

By Joseph Lister Rutledge
We are often astonished at the hold the idea of security from outside oneself has on so many people. Apart from the fact that such security is a complete delusion, it suggests a decline in our own morale. It is only in the last generation that we have ceased to be confident in ourselves; only in recent years that we have wanted to be safe more than to be free. For it is a truism that unless you yourself provide the one, you must sacrifice the other. We have talked about security so much—governments have made election issues of it, and aspiring governments have found it a ready vote-getter that to have become the centre of our thinking.

Recently Mr. Walter Harris, newly-appointed Minister of Citizenship, interjected the security theme in speaking about some 4,000 new citizens. "They come to Canada," he said, "looking for three things: freedom, opportunity and some sort of security. Their ambitions are precisely those of everyone already here."

Perhaps Mr. Harris is partially right. Perhaps these immigrants have come looking for freedom and opportunity and security. Many of them have had more reason for fears than we have ever had. We think that they are entitled to expect protection from any force, whether government or group or individual, that would restrict their rightful liberties. We think that we should admit to Canada only those to whom this can be assured, and with it a reasonable opportunity to work and to succeed and to provide for their own future. We do not think that we should seek new citizens among the already defeated or those who look to some artificial security.

One of Canada's great Ministers of Immigration, Sir Clifford Sifton, did much for Canada because he

opened the gates for new citizens. But his policy was not blindly altruistic. He thought first of Canada, and his demand was that new Canadians should have a contribution to make. They must fit into some immediate need. So he opened the gates to those who could find their opportunity on the prairies, men who could work hard and faithfully, and be satisfied that all they could reasonably ask was an opportunity to achieve, as their abilities permitted, and to be free from domination of any sort. Canada has never had to regret that wise policy.

That policy is still sound. We do not want to be a haven for the weak and defeated. We want new citizens with hope in their eyes, and enterprise and courage in their hearts. To accept less—the already fearful and hesitant—is to qualify all our future. You can't build greatly on a foundation of timidity. Open the doors but open them only to people who can help to make a strong, courageous and independent country.

ADVICE TO YOUNG ENGINEERS

Too many young engineers are impatient to reach the top and big money jobs, but are unwilling to properly prepare themselves for senior responsibilities, employers tell the Financial Post.

Most replies to a Post question follow a general theme: that a student must realize he is not an engineer on graduation, he is only commencing to be one. That the proper course, therefore, is to dig in and gain practical experience in the various aspects of the profession. A student must school himself in technical efficiency, gain a first-hand knowledge of management and labor and many other fundamental problems. When he has accomplished this he will find himself on the way to the top with the big money jobs following as a matter of course.

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