

FARM NEWS

Name Howard Armstrong  
Milton Fair President

The 102nd annual meeting of the Milton Agricultural Society was held in the Court House, Milton, on Friday afternoon. It seemed to be the general consensus of opinion at this well attended meeting that the 1954 Fair was the best all round fair every held by the Society. President Roy Currie, secretary Mrs. George E. Headhead, the ladies' committee headed by Mrs. P. W. Chisholm and general manager J. Allan Dixon and hall superintendent Tom Bousfield, all came in for special mention. Notwithstanding the fact that recent years have seen a great number of improvements made at the county show grounds, plans are under way to make 1958 a "rain-up" year and also provide still better accommodation for spectators and exhibitors alike.

As in former years, the Milton Fair will be held on the last Friday and Saturday in September.

The newly elected officers and directors are: President, Howard Armstrong; 1st vice president, Thom Bousfield; 2nd vice president, Frank W. Chisholm; secretary treasurer, Mrs. George E. Headhead; general manager, J. Allan Dixon.

Directors:  
Trafalgar, Elmer Douglas, W. N. Scott; Esqueving, Roy Currie, Edwin Harrop; Nassagaways, J. E. Chisholm, Harvey Blacklock and J. E. McPhail; Nelson, A. H. Coulter, A. C. Hadfield, Archie McKinnon, and W. K. Shields; Milton, W. G. Crozier, J. E. Brownridge and Dr. C. H. Healap.

Ladies' Section:  
President, Mrs. F. W. Chisholm; secretary treasurer, Mrs. Alfred Ford.

Committee Chairman: Domestic—Mrs. Roy Currie; Ladies' Work, Mrs. T. Bousfield, Women's Institute, Mrs. E. E. Yates, Flowers: Mrs. Wm. G. Booth; Arts & Crafts: Miss Vera May; Children's Work: Mrs. J. E. Brownridge.

**NEW TILE BUSINESS OPENS IN COOKSVILLE**

Charles and Art Aishford, both of whom have had several years' experience in the arborite and tile business, have opened a new store in Cooksville designed to cater to those who wish to work themselves on their homes.

An advertisement in this issue tells what they have to offer at their store, handily located in the old Bell Tel building there.

**PAINT GUMS**

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How in the world are we going to get all the new born babies around to dentists to do this additional job? Dentists are already overworked and haven't time for their present work. The expense of such a method would make it prohibitive to all except a small percentage of the population.

What about pills or drops?

This idea again ignores the human equation. We find it difficult enough to persuade the mothers to give cod liver oil drops to infants and children during the early months and years of their career. Do you think that they are going to continue giving drops year after year till the children are 10 or 12 years of age. Not if I know mothers!

Another objection is frequently brought up and that is the question of waste. They ask "What about all the fluoridated water used to sprinkle lawns, wash the streets and used for washing?"

The same argument was used against chlorine in the water years ago but would anyone go back to the days when typhoid fever took such a toll of lives and inflicted so much suffering to save a few cents per person because some of it is used to sprinkle lawns?

Is this an extravagance when dental decay with its enormous cost to the public can be reduced by 60 per cent? Can't we afford to let some of this water run down the drains when it costs only 15 cents per person per year? We spend vastly more than that on cigarettes, soft drinks, liquor, candy, theatres and so on and think nothing of it. Don't let us be deluded by such specious arguments when so much is to be gained, at so little expense.

What in general, is the opinion of scientific authorities? The following statement is typical. It is from the report issued by the British Ministry of Health on the fluoridation of water: "We have found no scientific evidence that there is any danger to health from the continued consumption of water containing fluoride in low concentration. In the areas where naturally occurring fluorides are present at a level of 1.0 p.p.m. mortality statistics do not indicate any hazard due to fluorides and medical experience in such areas has not produced any evidence of increased morbidity. Many suggestions have been made that certain ill-effects may nevertheless occur. We can only comment that the proving of a negative is extremely difficult. Meanwhile, we are impressed by the fact that millions of people are living in ordinary good health on water containing fluorides at levels of 1 p.p.m. and more."

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# What Fluoridation Means . . .

Here is one of the most remarkable discoveries of modern times — a way to prevent dental decay!

by J. Z. GILLIES, M.D.  
in HEALTHY Magazine

There never was a time in the history of the world when people were more interested in the advances of medicine, dentistry and the allied sciences!

Every new discovery for the cure or alleviation of illness, like Banting's discovery of insulin, the discovery of the sulpha drugs, penicillin, and all the allied antibiotics, the anti-justamins for hay fever and asthma and those spectacular operations on the heart to cure children of congenital heart disease; all of these and a host of others have been hailed by the general public with thankfulness and appreciation.

Toxoid has stamped out diphtheria. Chlorine in the water supply has rid us of that terrible disease typhoid. Vaccination has almost eliminated smallpox.

Now I wish to tell you about one of the most remarkable discoveries of modern times — one of the greatest boons to humanity — water fluoridation to prevent dental decay.

Do you know that, if this new discovery had been used in your infancy, you would still have 60 per cent of missing teeth and they would be good sound teeth? Those of you who have your teeth would have 60 per cent fewer fillings and your dental bills would have been 60 per cent less. Your children would grow up with good firm teeth with less than half the fillings to worry about.

Let us enumerate the facts regarding fluoridation.

1. Dental decay is reduced by 60 per cent in children drinking fluoridated water from birth till they are 10 years of age. Even the most rabid opponents have to admit this.

2. The reason for this reduction in decay is that fluorine is taken up by the teeth and they become so hard that they resist decay. It is something like tempering steel to make it hard and tough. This quality persists through life, so eventually the whole population who drink fluoridated water will have this resistance to decay. The enamel of the tooth becomes less soluble to acid action of bacteria, this gives us our protection.

3. The other 40 per cent is due to factors which are not under control yet and this group must still be looked after by our dentists and doctors.

4. The initial cost to install the machinery for fluoridation would be About \$1,000 for Oshawa, About \$1,000 for Brantford, About \$75,000 for Toronto. After the initial cost of installation it would not be more than 15 cents per year per person.

5. It is humanitarian to save our children from the ravages of dental decay with its attendant ill health due to focal infection, indigestion, and the misery of aching teeth.

6. At present 90 per cent of our children have some degree of dental decay when they start to school.

7. 14,000,000 in USA and Canada are using this fluoridated water and

they all have or are steadily getting the same results of reduction in dental decay.

8. Not a single bit of evidence has been produced to show that water containing the recommended amount of 1 part to 1,000,000 parts of water has caused any injury to the people drinking it.

9. Brantford added fluorine to its water supply nine years ago and has had a steady drop in dental decay in its children until its record is almost as good as that of Stratford which has had fluorine in its water supply for 37 years. These statistics are from the Dominion Government.

10. It takes 10 years after the fluoridation program has been started before the full benefits are obtained; so, the longer it is put off the longer it takes for our children to obtain these benefits.

11. Fluoridation of water to check dental decay has been recommended and approved by:

The Department of National Health and Welfare, US Public Health Service; The Canadian Dental Association; The Canadian Medical Association; The Canadian Public Health Association; The American Public Health Association; The Health League of Canada, Department of Preventive Medicine of 81 leading Universities of Canada and the U.S.

But someone might well ask, "Why is it that every city in Canada has not added fluorine to its water supply to give our children the benefits of this great advance in scientific research?"

People have an appalling tendency to do nothing, even though it is for their own good, unless they are literally lashed into it. They will submit to all kinds of discomforts and injustices and even hardships and evils rather than make the effort to correct them. Once they are aroused, they are terrific in their energy, but they are slow to rouse.

The apathy in this case is due primarily to ignorance. Time after time I have inquired of citizens, politicians, doctors and dentists what they thought of fluoridation of the city waters, and I have been appalled at their utter lack of knowledge of a subject which promises to be one of the greatest advances in public health in our generation.

Dentists and public health officials have been disturbed for many years because of the steadily increasing amount of decay, especially among children, and the inability of the dentists to cope with it, despite the marvelous advances we have seen in that profession. And here is a means of eliminating 60 per cent of this problem yet the great mass of people have either not heard about it or have only heard some feeble objections to it.

The dictionary defines bigotry as "holding some creed or view irrespective of reason" and this definition fits the great majority of those who are vociferously opposing the use of fluorine.

In fairness to ourselves let us examine these arguments.

The first group are a small but noisy lot who write letters to the editors objecting to "mass medication" as they call it, and the introduction of some foreign material in the drinking water. They will have none of it. They are the same group who objected to the use of toxoid to prevent diphtheria, to chlorine in the water which stamped out typhoid. They opposed all scientific advances.

Next comes a group who are either timid or subtle; they admit all the advantages of the fluorine in reducing dental decay but they intrude an element of doubt by asking the question: "What about some harm to the human system by introducing this substance into the body?" Will it have some harmful effects in years to come that we do not know about now?

The St. Louis Medical Committee in 1934 made a very exhaustive study of this problem among the people in the USA, who had been drinking fluoridated water for many years and could find no record of any disease which could be attributed to fluorine. They also noted the death rate for cancer, nephritis, stroke, tuberculosis, diabetes, pregnancy and new-born infants and found no correlation between statistics in areas with or without the use of fluorine.

Next came the real problem of patches on the enamel.

This is the only valid objection, but it only occurs in patches visible to the naked eye where the water contains from 8 to 25 parts of fluorine to 1,000,000 parts of water. This is vastly in excess of any possible amount which would be used in our water supply. This has only occurred where people were using water from artesian wells where they were ignorant of the amount of fluorine in the water. It was the investigation of these cases which led scientists to discover the hardness of the teeth of these people and their resistance to caries; and from there to using suitable amounts of fluorine in other areas was a natural step.

After devising a method of reducing the fluorine in the artesian wells, they began to work on the project of the proper amount to prevent caries without causing patches to appear on the teeth. That is how the investigation began many years ago. In 1931, 25 years ago, the US Public Health Service began a very exhaustive study of this whole problem and we owe much to them for our present knowledge of this subject.

The Ontario Dental College has also carried out extensive investigation of this subject. These are a brilliant group of dentists in this division of

Dental Research who have worked with the Department of National Health and Welfare in the investigation of this problem in Ontario. This group consists of Dr. McDonald, Dr. Payne, Dr. Granger and Dr. Niklforuk, a dental biochemist. They have demonstrated among other things how fluorine unites with the enamel of the teeth to make it so resistant to decay.

A statement was made recently that Stratford, which has had fluorine in its water for many years, has more gingivitis than Brantford which has only had fluorine in its water for 9 years. It was suggested that this was evidence to prove that the use of fluoride caused gingivitis.

Gingivitis, for the benefit of those who are not acquainted with that term means an inflammation of the gums.

However, the same statistics (which come from the Canadian Journal of Public Health) show that Stratford which has no fluorine in its water and never had any, has the same percentage of gingivitis as Brantford. This proves that fluorine has no effect on the occurrence of gingivitis.

This is an excellent example of the various objections to the use of fluoride where the objectors are willing to use part of a table of statistics in attempting to prove a point, when the very statistics they are using very evidently disprove it.

This is the real difference between a true scientist (who is in search of truth) and the obstinate people who are only interested in proving their point.

What about alternative measures in place of putting fluorine in city water supply?

**FOGGY REASONING**

It has been argued that infants and children are the ones to benefit most by this process so it would be better to put it in the milk. This is another example of foggy reasoning of some people and their failure to think a problem through.

In the first place we are constantly urging mothers to breast feed their babies and the majority of them are breast fed. So these babies of the conscientious mothers would be denied the benefit of fluorine at the very time when it is so urgently needed.

From an economic point of view it is also impractical. In Toronto alone there are about 26 dairies in addition to the factories for canned milk. Each one of these would have to install the machinery to add the fluorine daily, and in addition to this initial expense, which is fairly heavy, the Health Department would have to inspect each one of these daily in place of the single inspection of the city water supply. The cost would be vastly more than the 15 cents per person per year.

Also, the smaller the bulk of milk, the more difficult it is to apply the exact amount when you are dealing with such minute fractions as one part of fluorine to a million parts of fluid.

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