

# These teeth are meant for chewing

Going to the dentist?  
The thought still might make some older people tremble, but hundreds of Acton and district children are not upset by the idea. They have grown up with the idea of prevention, and having the dentist as a friend.

Attitudes all across the country have changed dramatically in the last decade, and the three Acton dentists notice the change here, too.

Dr. Leonard Embrack is the senior of the town's dentists, having been here six years. He has been in practice 14 years in all.

Dr. Bob Steen has been here four years. His new associate Dr. Algis Mikelenas graduated in 1967 and practiced in Toronto before coming to Acton last November. Dr. Steen and Dr. Mikelenas are sharing quarters now but will soon move into the spanking new medical-dental building on Mill St.

The old notion that failing teeth might as well be pulled is no longer prevalent. Most people want to save their teeth—and their children's—if they can.

The key is to educate people, says Dr. Steen. Dentists will gladly take time to talk about problems and explain suggested treatment.

Application of proper brushing techniques, updated methods of home-cleaning and modern dental research know-how, give new hope that teeth today can be a lifetime proposition. The Canadian Association of Dental Research tells us that, with contemporary dental knowledge and preventative and restorative techniques, people today can expect to keep their teeth as long as they keep their noses.

February 2 to 8 is Canada's annual Dental Health Week. The Halton-Peel Dental Association is stressing the importance of prevention and cures of dental problems.

Forever  
"Teeth should be forever," points out the Association. The profession has many new aids to prevent decay, new materials to try to replace lost permanent teeth and better medication for control of dental disease. "The things you do at home to prevent dental problems can do the most good," says the Association.

The three Acton dentists agree wholeheartedly that one of the best things which can be done, is to drink plenty of water that has been fluoridated. "Fluoride is the best known decay preventive we have," say the Acton men.

When fluoride comes in contact with the teeth, either in water, in effective fluoride toothpastes, or in gels applied by the dentist, the fluoride is absorbed into the tooth enamel. It hardens it and the enamel is then resistant to much tooth decay. The dentists say that children who drink fluoridated water from birth can have up to 65 percent fewer cavities than they would normally have.

Balanced diet  
Balanced diet is rated as the second good thing one can do at home for proper teeth protection. This includes a reduction in the number of times sweets are eaten. Sweets react with the bacteria in the mouth to form acids. A colorless, sticky film called plaque holds onto the teeth and permits the acid to attack the tooth enamel.

When the enamel is gone, decay-producing bacteria can attack the tooth dentin (the bone-like middle layer of the tooth) and decay begins.

Best prevention  
Dentists say that, despite methods of fluoride, diet and sealants, the best form of prevention of decay and dental disease is daily brushing and thorough flossing. Dentists can show patients the one tooth-brushing technique that is best for everyone.

Flossing is also a skill that can be developed with a little practice. Dentists encourage that, after daily flossing and brushing routines, mouths should be rinsed vigorously with water. This is to remove loosened plaque and debris from the teeth and gums.

Periodontal disease  
As well as the build-up of calculus and plaque which causes separation of gums and teeth and leaves pockets between gums and teeth to finally result in teeth falling or the necessity of extraction, there are other factors leading to periodontal disease. Worn out fillings or crowns, broken edges of badly decayed teeth and bridges, or partial dentures that no



CLEAR PLASTIC shield for teeth is a new aspect of preventive dentistry. Dr. Algis Mikelenas shows the equipment to Brenda Morris. It won't hurt a bit, insists the newest dentist in town, with a big smile.

longer fit well because of mouth changes are listed. Also included are loss of a tooth, resulting in the drifting of adjacent teeth into the vacant space; teeth that do not come together properly when the jaws are closed, mouth breathing, clenching or grinding the teeth during the day or when sleeping. Holding pins or nails between the teeth and the improper use of toothpicks are other bad habits.

Several types  
There are several types of periodontal disease. Its elimination depends on close co-operation between patient and dentist. Regular examinations, attention to oral hygiene, brushing and flossing are advocated by dentists.

Dentists humorously refer to the bother of teeth. "Not only do they have to be specially hand cleaned every day to keep them healthy, but just as you're eating your salad at dinner they take off on their own and sometimes munch a piece of your tongue for an appetizer." It is pointed out, however, that people would look strange if they did not have teeth. They could not chew their food, and the poor stomach would be left with all the hard work of digestion. Speech would also be greatly affected without teeth.

From childhood on, the best answer to formation of strong teeth is the pattern of good diet.

Teenage years are critical ones for oral health. "It is during the teenage years that tooth decay most often occurs and it is the permanent teeth that are damaged."



ROOT CANAL therapy will save a front tooth for Jim Britton of 22 Sideroad. He's in grade seven at Stewarttown senior school and his tooth was damaged in an accident on the school bus. Dr. Bob Steen and Doreen Gibb encourage him and report he's a "terrific" patient. More and more people want to save their teeth now.

## Three dentists rise 'n shine



"MY, WHAT BIG teeth you have." Little Red Riding Hood was unable to make it for her checkup at the dentist, so Rick Baginski stepped into watch as Dr. Leonard Embrack shows him the different teeth, with a fake set of dentures. This is Dental Health week.

## Glen Eden "rip-off"

## Skiers want fees rebate from club management

Concerned skiers, citing "poor management and lack of knowledge of proper ski area operation" have circulated a petition asking for rebates from Glen Eden Ski Club. The club at Relso Conservation Area is operated by Halton Region Conservation Authority.

## Courses offered in the summer?

Acton will probably be offering summer school programs sponsored by Sheridan College commencing in July. That was the word from Gifford Mitchell, Sheridan College Summer School and Festival of the Arts director.

The Brampton campus of Sheridan College will act as the centre of the activities, with several different courses being offered in the district. At this stage, it is not decided where each course will be offered, but it is known that everything will be offered, someplace.

**Legion Notes**

by GARY DAWKINS

Over 100 members turned out for the annual banquet Saturday night. It was a chance for some of the older members to get together and also to meet a number of our newer members.

In the auditorium later in the evening J. Tocher and his band played for a large crowd. The numbers were somewhat increased by members who took in the regular Saturday dance following the banquet.

The following are the results last week for play in the Ping Pong Challenge League: Jan. 28: D. Lockerie and F. Lockerie defeated McDonald and Papillon, Jan. 30: B. Turkosz and B. Inscow defeated S. Goy and A. Williams, Jan. 31: R. Holmes and G. McPhail defeated R. Heller and G. McCutcheon, F. Spielvogel and B. Taylor defeated L. McAfee and J.

Bullough, Feb. 1: S. Goy and A. Williams defeated B. Cook and J. Krapcik, S. McCristall and B. Dyck defeated M. McKenzie and B. Woodcock, K. Conroy and A. Dyck defeated A. Nolan and P. Dick, R. Holmes and G. McPhail defeated S. McCristall and B. Dyck, A. Nolan and P. Dick defeated M. McKenzie and B. Woodcock.

The Zone Euchre Tournament is coming up on Saturday, February 15. This competition is open just to ordinary or associate members. Anyone who is interested should contact Gord James as soon as possible.

Mary Munro was named chairman of the planning committee while Dave Coons was named chairman of the combined Administration, Finance and Community Services Committee and Jack Rafus was re-elected chairman of Public Works. Jim Watson, Mac Anderson and Gordon Brown were named vice-chairmen for Planning, Administration and Public Works respectively.

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