



Farming in Canada

TELLING IT LIKE IT IS

Glen Williams public school held Open House Thursday in connection with Education Week so parents could see what goes on in today's classrooms. Mr. Tanner's fifth Grade pupils made models of various ways of earning a living in Canada. Jim Veenstra, left, and Kris Hiltz, centre, listen while Robert Veenstra explains farming to them.

Dental Health Week

The theme for Dental Health Week "Put Your Brush Where Your Mouth Is," is making people aware of the importance of dental care. "A healthy mouth affects every aspect of your life, and in a lot of cases the teeth get a lick and a promise when it comes to cleaning the teeth," said Dr. Ken McCauley, a Georgetown dentist for 20 years.

Dr. McCauley's two assistants Patricia Goodlet and Joan Krull give oral hygiene lessons showing the proper method of using dental floss. "It is time consuming and should be done every night, but it is the best method of removing plaque from the teeth," he said. Plaque causes gum disease and cavities, and adheres between the teeth, which is easily removed with the sawing effect used with dental floss. Fluoridation treatment of Georgetown water will have beneficial effects for people and should reduce the number of cavities in the mouth.

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Dental Health Week is April 24 to 30.

"Regular dental care should begin at birth," Dr. McCauley said. "A child cuts teeth at six months old and should be introduced at that age, to a brush or a parent can use cotton batten to clean the teeth."

Milk does improve the strength of teeth and has the best effect in the mouth before the teeth erupt through the gums. Several infants develop the "nursing bottle syndrome" when given a bottle of juice containing sugar at night. "Parents want to please the child, but the effect can ruin the child's teeth," he said. "Thumb sucking is considered normal, however if a child continues the practice until the age of three or four, depending on the frequency and position of the thumb, it could change the shape of the arch in the mouth," he warned.

Dr. McCauley refers orthopedic work to a specialist, but said dentists can prevent some orthopedic problems if treated promptly.

If a child loses baby teeth prematurely a space maintainer should be placed in the mouth so teeth will not drift. "Parents should educate their children to be careful during sports events, and around water fountains, particularly around the six-year-old age, when teeth are very prominent," he said.

"Everyone should have a regular check-up, and a good home care program," he said. This does not mean simply brushing the teeth, but also the

THIS IS CHIROPRACTIC

Each year, thousands of work hours (and dollars) are lost to Canadian industry and business through spinal defects and injuries causing low back and associated leg pain. Research indicates that many such pains are caused by mechanical defects in one or more segments of the lower or lumbar spine.

The spine provides protection for the spinal cord. In order for it to function properly, each vertebra must be in normal relationship with the adjacent vertebrae, and be adaptable within a normal range of motion. The delicate balance and precision movement of a spinal segment may be disturbed by a slip or fall, poor posture, or heavy or awkward lifting. Such a structurally-altered spine may result in back pain. Slight strain on a structurally-weakened spine, or severe strain on a normal spine, may be sufficient to actually subluxate (misalign) the vertebrae, resulting in nerve irritation.

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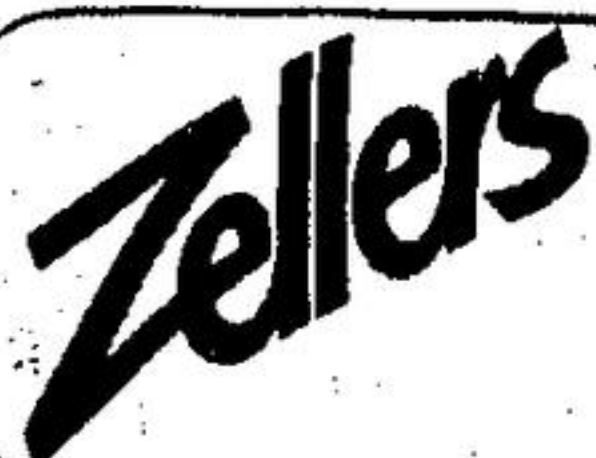
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