Dental health should start at an early age-

Thanks to the dental profession, Ontario's school children have a lot to smile about. Most of them will grow up with substantially fewer cavities than their parents did.

"In the last two decades, studies indicate that we have been successful in cutting cavities among Ontario school children anywhere from 50 to 67 per cent and the trend shows no sign of slowing down," says Dr. Bill Leggett, president of the Ontario Dental Association.

There are a number of reasons for the decline. Since 1962, there has been widespread use of fluoride in toothpaste. That, coupled with the increasingly regular use of fluoridated mouth wash, is a leading factor in the reduction of cavities. Also by 1984, 62 per cent of Ontario's population had adopted water fluoridation in their communities.

"The availability of fluoride and the increased use of fluoridation levelled the playing field in the fight to reduce cavities in Onsays Dr. Leggett. "However, the enhancement of early, preventative dental care and the development of comprehensive public awarenesscampaigns have been equally, if not more important in our fight to educate parents and children of the province to change attitudes and behaviour patterns," he asserts.

Dental awareness campaigns that make taking care of your teeth fun have always been successful with children and adults alike. The following are some things that parents can do, starting now, to make improved family oral health a reality.

• With children, it's important to teach them good oral health habits at a young age. Experts agree that longer brushing, as long as it's done properly, is better brushing. So, why not make brushing a game? Buy a colourful timer and put it in the bathroom. Set it for a minute and tell the kids that they "win the game" if they brush past the timer bell.

• If children can see tht they're doing a good job, good brushing

Consumer

warning

Stanley Home Automation, A

Division of Stanley Canada Inc.,

and the Canadian Standards

Association (CSA), are warning

owners of certain Stanley garage

door openers to stop using them

immediately because they pose a

Investigation revealed that the

printed circuit boards in these

garage door openers may fail and

cause the opener to perform in an

unsafe manner. The unit may

start on its own, and operate the

door "up" or "down" uncontroll-

ed, with no reversing safety

features. This behaviour in the

downward motion represents the

most hazardous situation. Door

motion cannot be stopped by

pressing the mounted pushbutton

or remote control button, and

leaves all safety systems in-

operable. These products could

cause serious injury or death, if

The garage door openers in-

Models: 320, 440, 570, 860, 5400,

Any of these garage door

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through to "91 15 5", which

represents year, week and day of

manufacture, marked on the

nameplate located on the power

head, are included in the recall.

Please note garage door openers

with a seven (7) digit serial

number are not affected by this

Stanley Home Automation will

replace or repair any recalled

garage door opener. For instruc-

tions on replacement, contact

Stanley Home Automation's

hotline number: 1-800-323-2013.

entrapment occurs.

recall.

cluded in the recall are:

6200, 6700, 8500, 9000, 9600.

potential entrapment hazard.

will have greater impact. Moms and Dads can go to their local. drugstore and buy chewable "plaque disclosing tablets." The tablets will colour any plaque left behind on the teeth so children can see how thorough they've

 Another trick is to let children pick their own toothbrush. Some parents even allow the child to set the time of day tht brushing will take place. That way, brushing becomes less of a chore.

Of course, one of the most important steps on the road to good oral health habits is early and regular visits to the dentist. Parents should think of taking their children starting at about age two. That's a great time to ask for brushing and flossing instructions!

 At home, parents can also set up healthy snacking habits. By learning good snacking habits at an early age, children will be less

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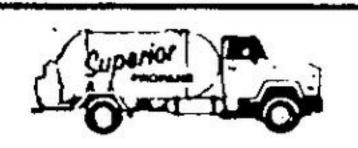
likely to snack on foods that are bad for them.

By following these few simple guidelines parents can help to ensure that their children grow up with substantially fewer cavities than they did.

"We have done good work in Ontario and we should be very pleased with our results. Dentists have been instrumental in leading the fight for increased fluoridation and we are committed to sharing the good news about oral health with every person in the province," Dr. Leggett concludes.

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with or without basement. An optional sun room provides extra space to enjoy

a rear view or accommodate the year-round gardener. Main floor features in-

clude a stunning foyer with angled dual-access staircase, traditional cross-hall

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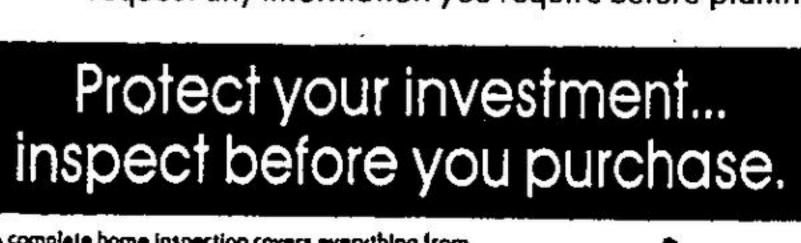
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