

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 Ontario," says Dr. Leggett. "However, the enhancement of early, preventative dental care and the development of comprehensive public awareness campaigns 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 that they're doing a good job, good brushing

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 been.

• Another trick is to let children pick their own toothbrush. Some parents even allow the child to set the time of day that 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

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 commit-

ted to sharing the good news about oral health with every person in the province," Dr. Leggett concludes.

PHOTO REPRINTS
appearing in The Herald
877-2201

BOUCHER ALUMINUM
NAME BRAND ALUMINUM SIDING

ALCAN

- Soffit & Fascia
- Seamless
- Eavestrough
- Doors
- Windows

SELECTION OF COLOURS
- FREE ESTIMATES -
877-8830

BAILEY HEATING & COOLING

SALES - INSTALLATION - REPAIRS
All Types of Heating
• Oil • Gas • Electric

ICG HEIL ALSO: **HEATING DEALER**

A Total Home Comfort Service
878-4821

SUPERIOR PROPRANE

★ AUTO PROPANE ★
RESIDENTIAL - COMMERCIAL & INDUSTRIAL

GUARANTEED SUPPLY
GUARANTEED 24 HOUR SERVICE

MILTON 878-2318
GUELPH 822-7780

TWISS FUELS LTD.

Shell

- LUBRICANTS
- 24 HR. EMERGENCY BURNER SERVICE
- INSTALLATIONS

MILTON
878-6380
32 Steeles Avenue East

WESTERN GENERAL CONTRACTORS

Quality Built Custom Homes
ALL PHASES of General Contracting

Specialists in MARLEY ROOF SYSTEMS
"TOLI" BARN - DRYWALL - RENOVATIONS
(519) **833-2075**

AIRWAYS VACUUM SERVICE

CHIMNEYS CLEANED PROFESSIONALLY

- Air Duct Specialists
- Serving Town & Country

FREE ESTIMATES **873-1884**

PINEBROOK NURSERY & LANDSCAPING INC.

- Tree Plant Centre
- Landscape Design & Construction

878-2142 Located on the 6th Line, 1 Mile N. of Steeles Ave. just E. of Milton

BANNISTERS

Replace your old wrought iron railings with beautiful SOLID OAK.

Many other woods & styles to choose from.

FREE ESTIMATES
Call Mark **878-1596**

PRO-FLOOR SYSTEMS

WOOD FLOOR SANDING & REFINISHING
by "THE PROFESSIONALS"

FREE ESTIMATES
877-0690 Limehouse

r.m. contracting ltd.

For all your commercial and residential construction needs.

878-8625
BONDED - METRO LICENCE - REFERENCES

WE KNOW POOLS BioGuard.

ACADIAN POOLS

134 GUELPH STREET, GEORGETOWN
873-3320
IF BUSY CALL **877-9562**

HOME OF THE WEEK

SOLARIUM PROVIDES BONUS SPACE

© Copyright 1991 Select Home Designs. All rights reserved.
PLAN NO. 91-2492

A stately facade graces this 2 storey, 4 bedroom home, with total finished floor space of 2,566 sq. ft. Plans offer a choice of two exterior elevations, one with a covered verandah and siding, the other quoining-accented brick veneer. Specifications include a choice of foundation details, to be constructed 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 include a stunning foyer with angled dual-access staircase, traditional cross-hall living and dining rooms, two corner wood-burning fireplaces, an expansive kitchen and sunken family room for casual family living, a two-piece powder room and a convenient mud/laundry room off a two car garage.

Upstairs, a spacious skylit landing accommodates an open-area study. A generously proportioned master bedroom, with coffered ceiling, includes a sumptuous five-piece ensuite, which features a column-framed whirlpool bath. The remaining bedrooms share a three-piece skylit bathroom.

Send for Canada's largest plan book with over 500 home plans including a wide variety of architectural styles, from stately brick manors to affordable bungalows, from cozy cottages to large family homes, only \$8.95 including shipping and GST. A 5-set package of blueprints for plan no. 91-2492 is \$492.20 including courier delivery and applicable taxes. Send cheque or money order to HOME OF THE WEEK, c/o The Halton Hills Herald, 382 West Broadway, Vancouver, B.C., V5Y 1R2, or call toll-free 1-800-663-6739 and charge to Visa or Mastercard. Trained consultants are standing by Monday to Saturday, 9:00 a.m. to 8:00 p.m. to take your order for books or plans. Please feel free to request any information you require before planing an order.

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 potential entrapment hazard.

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" uncontrolled, 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 inoperable. These products could cause serious injury or death, if entrapment occurs.

The garage door openers included in the recall are:

Models: 320, 440, 570, 860, 5400, 6200, 6700, 8500, 9000, 9600.

Any of these garage door openers with a date code "91 04 1" 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 recall.

Stanley Home Automation will replace or repair any recalled garage door opener. For instructions on replacement, contact Stanley Home Automation's hotline number: 1-800-323-2013.

Protect your investment... inspect before you purchase.

A complete home inspection covers everything from basement to roof, including heating, plumbing, wiring, etc. It can save you thousands of dollars! As well, a detailed report will be provided upon completion of the inspection.

ACCURATE
Home & Building Inspection Consultants
791-4144
Formerly BRAMPTON BUILDING SERVICES

Home inspection...a buyers protection!
Member "American Society of Home Inspectors" & "Ontario Association of Home Inspectors"

OTHER SERVICES:
- New Home Inspections before closing.
- Mediation services between contractors and home owner.
- On site management and consulting.
- Documentation and photographs for legal cases.
- Inspection and progress reports on renovation work.

PRESTIGE FABRICATION

MODULAR STAIR SYSTEMS DESIGNED FOR THE DO-IT-YOURSELF ENTHUSIAST
EXPERT INSTALLATION AVAILABLE

31 LOWRY DR. BRAMPTON **840-7233**

PERFORMANCE SATELLITE

- Low Prices
- Professional Installations
- Free Site Surveys
- Our Service Makes The Difference

878-3338