

Fluoridation Safe, Effective Says Researcher

"Fluoridation is a real godsend to a child and a considerable saving to the child's parents," Dr. R. C. Burgess, a research associate of the faculty of dentistry, University of Toronto and a biochemist, told a meeting of St. Matthew's United Church Women Tuesday evening of last week. "In older days people prized their teeth highly," the speaker stated "because when they lost them they had nothing left to chew with. If there weren't such things as dentures the benefits of preserving teeth would be obvious to all who had lost teeth."

"Perhaps we no longer consider them so important" he suggested "but they are important to these children," indicating a chart which contained a display of the teeth of 50 children in Palmerston indicating lost teeth, fillings and cavities and an equal number from Mount Forest, Palmerston is a non-fluoride area and Mount Forest municipal water contains 1.2 milligrams of natural fluoride. The speaker noted it was perfectly obvious what has resulted due to the presence of fluoride in water.

Dr. Burgess said that in any group will be found a small section with a negative attitude. "It is inevitable that some people will oppose any proposal and I firmly believe more on emotional grounds than on logic." He noted that such objectives were made to other

desirable health measures such as vaccination, inoculations, pasteurization of milk and iodine in salt. In contrast Dr. Burgess reported that many scientists have had in the last few years occasion to look very closely into the question of fluoridation. "I believe their claimed results are true, with a reported reduction of tooth decay in children up to six years old of around 70%." He stated that many studies attest to at least 50% reduction in tooth decay. "I really believe it is effective," he stated.

Reporting on other methods of introducing fluoride into a child's system he mentioned a school milk program which could cost \$200 per child over a 10 year period, contrasting this with a cost of \$8 for a lifetime of fluoridation. Other programs included tablets at school, which proved effective, but Dr. Burgess noted that by the time the child gets to school baby teeth are already decayed and 50% of the benefit has been thrown away.

Fluoride added to salt provided almost no beneficial effect he said, pointing out that children don't add free salt to their food as adults do. Intake can vary greatly from child to child. Milk also leads to variation in dosage as one child may drink many times what another will, but water consumption by children over a year is quite uniform, it has been found.

Dr. Burgess told the group he uses tablets at home to give his children this essential nutrient to make their bodies strong but finds it difficult to remember to administer the daily dose and was not too fond of having fluoride tablets around the house. He freely admitted that they can be poisonous if taken in too large numbers. He went on to note that many other things in our diets are helpful if taken in the right amount but poisonous in too great a quantity. Among those mentioned which can be harmful were copper, iron and Vitamin D.

He reported no higher incidence of any disease has been found in areas where fluoride has been added to the water supply in areas where it has been used up to 30 years. This includes cancer, stiffness of the spine, heart trouble and kidney trouble. He noted that the American Cancer Society has endorsed fluoride and that such a reputable organization is not going to give endorsement to anything they feel is going to increase the incidence of that disease.

Noting that no good alternatives that are safe as well as effective are offered, he asked his audience to consider who has been claiming fluoride is safe and effective, to consider if they are responsible and have played a part in improving your health and if they can be trusted, in this instance, to

aid health. On the question of civil rights he noted that every one tends to react against compulsion but asked voters to consider whether it is better for society to accept compulsion because it is going to help children and save them from suffering. "In this case" he said "I think we can waive any threat to our rights by accepting fluoridation. It has a beneficial effect and has never been shown to be harmful. Fluoridation of the water supply is the most economical and safest way to ensure strong healthy teeth for children."

In a question and answer period Dr. Burgess reported that water softeners will not remove fluoride. He stated that National Research Council scientists often quoted as opposing the addition of fluoride to water supplies are in the dairy science department and are not biochemists. He had read the quoted statement in "The Lancet", had also read the article of which this was a review and found in it no reference to the statement. He noted that a huge mass of scientists in Canada and throughout the world have completely endorsed the program.

Asked if a child could drink too much water and become poisoned, Dr. Burgess noted it would require at least 250 times the daily dosage, which is based on a quart a day. Therefore he would have to consume 250 quarts of water in a single

day. Asked if fluoride accumulates in the body he replied that it goes into mineralized tissue, teeth and bone but not into the digestive tract. At the start of the century he reported seven million Americans were benefitting from fluoridation. Now 55 million have been receiving it for an entire generation. Fluoridation should be in the water supply for one year before the full benefit, he said. He told another questioner there doesn't appear to be any benefit to adults who have lived in a low-fluoride area and receiving adequate fluoride for the first time.

Asked if good dietary habits and good oral hygiene are not as effective in combating tooth decay he replied in the negative, but stated that these combined with fluoridation make the chances that cavities will not occur much more probable.

December Change Of Vaughan Tp. Meetings

Vaughan Council will hold its next meeting December 7 following a committee meeting December 2.

Schedule of next month's meetings have been shuffled to allow for elections December 12 and the following meetings will be December 21 and December 30 at 4 p.m. Committee meetings will be held December 16 and December 30.

Welfare Officer Speaks To Press

Former Richmond Hill-Markham welfare officer Norman Lewis will be guest speaker on various aspects of welfare administration at tonight's (Thursday) members' meeting at York County Press Club.

Mr. Lewis is now York County welfare officer and until recently was acting superintendent at York Manor Home for the Aged.

The club now has a membership of 35, actively associated with weekly and daily newspapers in the county and related fields.

STOUFFVILLE: The addition of two new rooms to Stouffville High School to provide occupational and technical courses was announced at the November 13 commencement exercises. Board chairman Merlyn Baker outlined a new broader program for students with other than academic interests.



ELECT
ERIC
Handbury X
COUNCILLOR
WARD 4
"REPRESENTATION BEFORE POLITICS"

TOWN OF RICHMOND HILL ELECTIONS

VOTING WILL BE HELD IN THE TOWN OF RICHMOND HILL ON

SATURDAY, December 5, 1964

from 9:00 A.M. to 6:00 P.M.

to elect persons for the following offices:

MAYOR

ONE COUNCILLOR

for each of Wards 1 to 4 inclusive

2 PUBLIC SCHOOL TRUSTEES

for Ward 1

The place of polling in the several subdivisions shall be as follows:

WARD NO. 1

Comprising all that part of the Town of Richmond Hill lying east of the centre line of Yonge Street north of the centre line of Crosby Avenue.

POLLING SUBDIVISION NO. 1 - Comprising all that part of the Town of Richmond Hill lying east of the centre line of Yonge Street, north of the centre line of Crosby Ave. and west of the C.N.R. right-of-way. - MUNICIPAL HALL.

POLLING SUBDIVISION NO. 2 - Comprising all that part of the Town of Richmond Hill lying north of the centre line of Taylor Mills Drive South, east of the C.N.R. right-of-way and west of the centre line of Blue Grass Boulevard - BEVERLEY ACRES PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 3 - Comprising all that part of the Town of Richmond Hill lying north of the centre line of Taylor Mills Drive South, east of the centre line of Blue Grass Boulevard and west of the centre line of Neal Drive. - BEVERLEY ACRES PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 4 - Comprising all that part of the Town of Richmond Hill lying north of the centre line of Taylor Mills Drive South, east of the centre line of Neal Drive and west of the centre line of Bayview Avenue. - BEVERLEY ACRES PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 5 - Comprising all that part of the Town of Richmond Hill lying east of the C.N.R. right-of-way, north of the centre line of Crosby Avenue, west of the centre line of Bayview Avenue and south of the centre line of Taylor Mills Drive South. - CROSBY AVENUE PUBLIC SCHOOL.

WARD NO. 2

Comprising all that part of the Town of Richmond Hill lying east of the centre line of Yonge Street and south of the centre line of Crosby Avenue to the centre line of Markham Road.

POLLING SUBDIVISION NO. 6 - Comprising all that part of the Town of Richmond Hill lying east of the centre line of Yonge Street, north of the centre line of Markham Road, west of the C.N.R. right-of-way and south of the centre line of Crosby Avenue. - LILLIAN McCONAGHY PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 7 - Comprising all that part of the Town of Richmond Hill lying east of the C.N.R. right-of-way, north of the centre line of Centre Street East, west of the centre line of Bayview Avenue and south of the centre line of Crosby Avenue. - CROSBY AVENUE PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 8 - Comprising all that part of the Town of Richmond Hill lying east of the C.N.R. right-of-way, north of the centre line of Markham Road, west of the centre line of Bayview Avenue and south of the centre line of Centre Street East. - WALTER-SCOTT PUBLIC SCHOOL.

WARD NO. 3

Comprising all that part of the Town of Richmond Hill lying east of the centre line of Yonge Street and south of the centre line of Markham Road.

POLLING SUBDIVISION NO. 9 - Comprising all that part of the Town of Richmond Hill lying east of the centre line of Yonge Street, north of the southerly limits of the Town, west of the C.N.R. right-of-way and south of the centre line of Markham Road. - LILLIAN McCONAGHY PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 10 - Comprising all that part of the Town of Richmond Hill lying east of the C.N.R. right-of-way, north of the centre line of Palmer Avenue, west of the centre line of Bayview Avenue and south of the centre line of Markham Road. - WALTER SCOTT PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 11 - Comprising all that part of the Town of Richmond Hill lying east of the C.N.R. right-of-way, north of the southerly limits of the Town, west of the centre line of Bayview Avenue and south of the centre line of Palmer Avenue. - WALTER SCOTT PUBLIC SCHOOL.

WARD NO. 4

Comprising all that part of the Town of Richmond Hill lying west of the centre line of Yonge Street.

POLLING SUBDIVISION NO. 12 - Comprising all that part of the Town of Richmond Hill lying west of the centre line of Yonge Street and north of the centre line of Benson and Rumble Avenue. - O. M. MacKILLOP PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 13 - Comprising all that part of the Town of Richmond Hill lying east of the Town limits, north of the south Town limits, west of the centre line of Bridgeport Street, Libby Boulevard and south of centre line of Rumble Avenue. - PLEASANTVILLE PUBLIC SCHOOL.

POLLING SUBDIVISION NO. 14 - Comprising all that part of the Town of Richmond Hill lying east of the centre line of Bridgeport Street and Libby Boulevard, north of the centre line of Richmond Street west of the centre line of Yonge Street and south of the centre line of Benson and Rumble Avenues. - MUNICIPAL HALL.

POLLING SUBDIVISION NO. 15 - Comprising all that part of the Town of Richmond Hill lying east of the centre line of Bridgeport Street, north of Vaughan Road, west of Yonge Street and south of the centre line of Richmond St. - LILLIAN McCONAGHY PUBLIC SCHOOL.

Also at the same Polls the following questions will be submitted to the electors:

"Are you in favour of the members of the Council of the Town of Richmond Hill being elected for a term of two years (2) years. Such provision to be effective as of the First of January, 1966?"

"Are you in favour of the Fluoridation of the public water supply of this Municipality?"

RICHMOND HILL, ONTARIO,
NOVEMBER 26th, 1964.

R. Lynett,
Returning Officer.

Coin Club Has 54 Members

A large turnout of members and prospective members highlighted the November 17 regular meeting of Richmond Hill Coin Club. Total enrolment has now reached 54 which is a long way from the six original back in July.

The club's second auction, in which King George V and large cents proved very popular, was most successful. Coins in the auction included a 1960 proof-like set, an 1870 quarter in extra fine condition, an 1886 extra fine Canadian dime and an 1898 dime. These coins alone are in the \$150 range. The draw for a 1964 Denver minted Kennedy half dollar in uncirculated condition was won by Bill Grimshaw who purchased the first ticket sold.

Members are reminded to submit their design for a medal which will be struck for the coin club. The design must include a reverse and observe and should be submitted to President B. Deighton at the Dec. 15 meeting. Nomination will be held at this meeting for the secretary to assist present secretary-treasurer who will become treasurer. This extra officer is needed because of the expanding membership.

Also on hand will be a prominent numismatist, Kenneth Bunnett, who will give a short talk and display on token collecting. As the auctions are proving very popular it seems they will have to be a permanent feature of the club. Remember - December 15 at 8 p.m. in the Municipal Building, 56 Yonge Street North - all are most welcome and there is no age limit. DON'T FORGET YOUR DESIGN FOR THE CLUB MEDAL. Anybody is welcome to submit a design and it is rumored a proof set will be the prize.

Looking For a Good Used Car? If So, See The Used Cars Column in The Classifieds

MOVING?

If someone you know is moving...

A friendly call by the Welcome Wagon Hostess will help them feel at home.

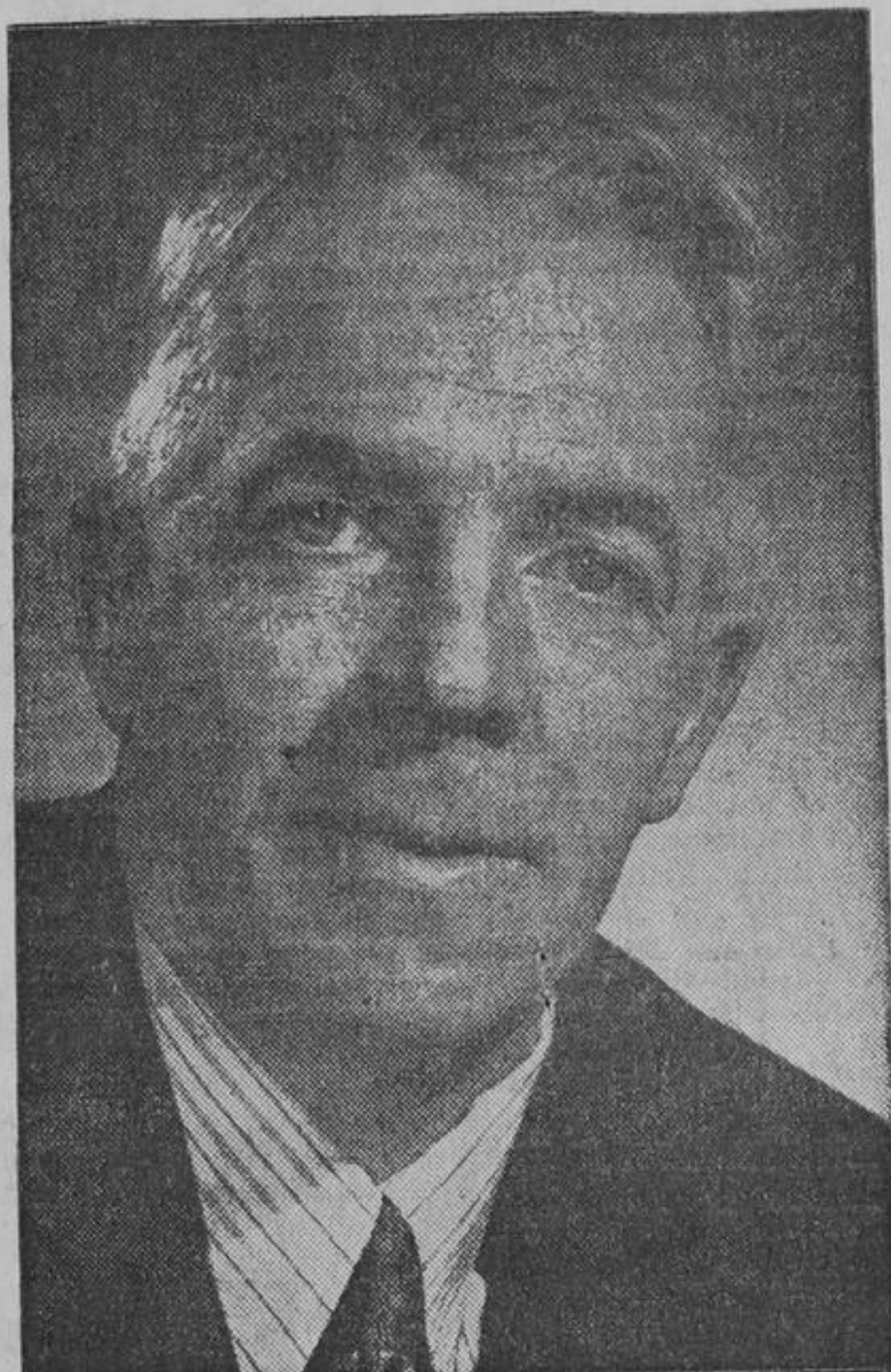


Join in carrying on our community's traditional spirit of hospitality. Tell Welcome Wagon the name and address of families you know who are moving.

AV. 5-1011

WELCOME WAGON

Richmond Hill Needs A Sound Business Administration



WILLIAM NEAL, a successful businessman and experienced municipal leader, at the request of a large number of citizens representative of business and industrial life is a candidate for the office of Mayor.

WILLIAM NEAL has been in business in Richmond Hill for 35 years and has earned a high reputation for honesty and fair-dealing.

WILLIAM NEAL knows the needs of all the people, he is sympathetic to their problems and has the time to devote to the demanding office of Mayor.

WILLIAM NEAL believes in progress and is determined that the 1965 council must give aggressive leadership in the field of industrial development. This means intelligent effort to attract new industry and active programs to encourage and develop industry now established here.

WILLIAM NEAL is a large taxpayer with long municipal experience who can be trusted to fight against runaway taxes.

WILLIAM NEAL has the ability, the qualifications, the experience and the time to be your Mayor next year.

WHEN WILLIAM NEAL is Mayor every homeowner and every businessman will have a real friend at the council table. He welcomes your ideas and suggestions and invites the co-operation of ratepayers organizations and citizens generally in doing the best possible for all the people of Richmond Hill.

VOTE

NEAL, WILLIAM

MAYOR FOR 1965

Election Day - Saturday, December 5