

know that unhygienic and ill-kept mouths decrease efficiency and pave the way for other sicknesses, thereby decreasing industrial output. Dental infection can cause various diseases of the heart, lungs, kidneys, and other organs, resulting in long absences from work.

In New Zealand, in spite of the excellence of the School Dental Service, the dental health of the population is a matter for serious concern. Children's first teeth are lost too early, producing irregularities in the permanent teeth. Among adults very few really healthy mouths are found, and sound teeth sometimes are found in mouths which have to be condemned because of diseases affecting the gums and soft tissues.

Good teeth and good health are the birthright of every citizen, but are denied to many. Bad health is occasionally responsible for bad teeth: more often, however, it is bad teeth which produce bad health. The problem is obviously a complex one, involving living and social conditions, suitable diet, adequate sunshine and fresh air, frequent checking of teeth and gums, and regular cleaning habits.

Here are a few simple points to remember which will help towards keeping a healthy mouth.

(1) Visit your dentist regularly for a thorough check up, without waiting for teeth to ache. A small hole is just as important as a big one. If it is left it will

only grow larger, and small fillings are far more satisfactory. They wear longer, hurt less, and are less expensive.

(2) Listen to what your dentist says, and follow his advice. Ask him questions if you wish, for he should be pleased to answer them.

(3) Eat the correct foods, and be sure to include those containing calcium, phosphorus, and vitamins—milk, green vegetables, sea foods, lean meat, liver, eggs, whole-grain cereals, citrus fruits, and tomatoes.

(4) Rough, coarse foods provide exercise which stimulates and develops the jaws.

(5) Clean the teeth regularly and intelligently. The tooth-brush is designed for removing food particles from all surfaces of the teeth, including the spaces between. You may use a tooth paste if desired, but remember it is the brush which does the lion's share of the cleaning. Tooth pastes are very much like soaps, they merely assist the brush to clean the teeth in much the same way as nail brush and soap are used to clean the finger-nails. Clean the teeth at least twice daily, preferably after meals.

(6) Keep in mind the fact that a healthy mouth helps to keep you fit, and that an unhealthy mouth will in all probability lead to other diseases later on. Good sound teeth are an asset to you and to the community. If you keep your part of the contract, Nature will fulfil hers.

NECAL NOSTALGIA

A KORERO Report

INTERMINABLE GAUNT GREY trees, mosquitoes that savagely attacked day and night, heat that left you limp, and at first dysentery that made you weakly indifferent to it all; hard work and monotony and black widow spiders; insufficient water, and ants that could make the nights a drab torture; isolation; and rations that, until you became accustomed to them, seemed slop. Weary stand-tos at dawn and dusk. Yes, that was Necal.

The picture is true, but there was another side to it. Because the days were so empty of incident and full of routine boredom, they shrink and fade to small measure in the memory. To remember only the bright patches, to speak as though life was a golden chain of halcyon days, is dishonest and unreal. So it is to hold in the mind's eye only grim and drab things of that time.

Because the drab days were so drab, the gay ones gained in brightness by