ntal Health Week

Abrasive Toothpastes And Electric Toothbrushes

He

e fifth in a series of six articles on dental health y Fort Campbell Courier, in cooperation with the bell Dental Activity, in observance of National Dental Health Week, February 6-12.

tand a report has been issued about abrasive . Does this mean that the toothpaste I am using y be harmful?

ort you cite was published last year by the Dental Association, which rated all major denan ascending scale of abrasivity. When the report , the ADA pointed out that some dentifrices may 1 to a particular individual's teeth. Some inequire a more abrasive dentifrice; for others only isive dentifrice is safe. The study also pointed up at many of the socalled "brightener" toothpastes ally rather low in abrasives. However, all toothitain some abrasives.

brasive dentifrices can be harmful to people who ling gums with exposed tooth roots. Cementum is al covering the root and, while similar to enamel, ofter and more likely to be affected by abrasive

actients, who have had teeth restored with materials astics or acrylics may also be advised to use less coothpastes. These materials may be harmed by e heavier abrasives. The ADA also warned that the re tooth brusher--someone who brushes vigorously mes a day, for long periods--may damage the ith a high-abrasive dentifrice.

t person to give you advice on whether to use a hightoothpaste is your family dentist.

the are the electric toothbrushes and water jets? dering buying each of these items for my family.

erican Dental Association evaluates these devices and effectiveness. Currently, the Association has



recognized 13 powered toothbrushes as safe and effective. It points out that powered brushes are especially recommended for children and physically handicapped persons who have difficulty in using manual brushes.

The water irrigators are also evaluated by the Association. Six have been classified as safe and effective as adjuncts to regular toothbrushing and dental care. If use properly, these devices can remove debris from hard-to-reach places such as between the teeth.

You can check with your family dentist or the Association in Chicago to find out which brushes and irrigators have been accepted.

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PROCLAMATION * 1972 National Children's Dental Health Week

WHEREAS: The future is, to a large measure, dependent on the

good health of our children and youth, the citizens

WHEREAS: good health, physical and mental, can be achieved through good health habits, learned early; now

THEREFORE: I, WILLIAM H. BIRDSONG, JR, Commanding General of Fort Campbell, Kentucky, do hereby proclaim the week of February 6 through 12, 1972 as Children's Dental Health Week at Fort Campbell, Kentucky and urge that all citizens and all community organizations join in

the observance.

IN WITNESS WHEREOF, I have hereunto set my hand this

WILLIAM H. BIRDSONG, JR Brigadier General, USA Commanding

New Dimension Added

Race Relations Office Gets Field Men

A new dimension of credibility has been added to the Ft. Cambpell Race Relations Office with the assignment of two field staff personnel.

The new members of the Race Relations staff are Staff Sergeants Billy Stallings and Santos Navarro.

"This addition to our staff," says First Lieutenant Claude Pels, reace relations officer, "gives us more eyes, ears, legs and arms to branch out to the units and monitor soundoff sessions, assist unit commanders and their race relations program, and make visits to individuals. There a assignment should give us an overall better feel of the program and our progress at Ft. Campbell." Both Stallings and Navarro are of minority races and have experience in human relations and racial matters.

SSG. Stallings was formerly assigned as a drill instructor for a special training company which exposed him to a

variety of people new to the
Army, and vice versa. "A lot
of the recruits I trained had
come from families where
social problem situations were
prevalent," says Stallings.

"They needed special training to help them adjust to living and working with people of other races." General Supply Company which afforded him the ex perience of working directly with people. "I keep pretty

SSG Navarro worked as a career counselor for the 227th



Photo by Sp5 Guy A. Winkler

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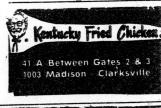
COMPLETE INSURANCE SERVICE

ADDITIONAL RRO MEMBERS - The Ft. Campbell Race Relations Office has increased its staff with the assignment of two noncominsioned officers. They are SSG Santos Navarro (left) and SSG Billy Stallings. These new RRO members serve in the capacity of race relations field

staff representatives.

which afforded him the ex perience of working directly with people. "I keep pretty well abreast of the news military media and situations," he savs. "Besides, being a Mexican-American, I am fluent at speaking spanish and this helps tremendously in helping eleviate racial problems confronting Spanish speaking personnel.

Although the length of assignment at the race relations office for Stallings and Navarro is only 09 days Lt. Pels says that he hopes to lenghthen the duty to one yea which will help the program progress, he syas. The new members will be located in th Race Relations Office, Roor 9, Post Headquarters. (phon 2928).



Bonds are safe. If lost, stolen, or destroyed, we replace them. When needed, they can be