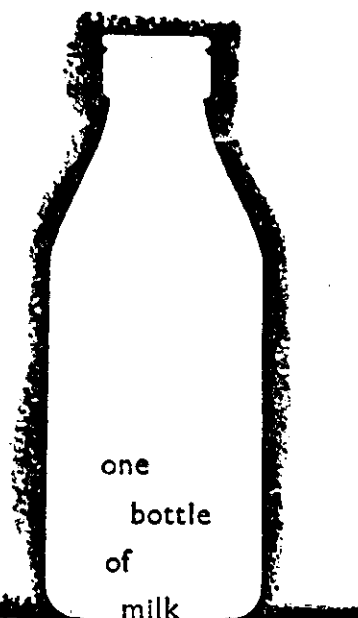


Natural
treasure
trove!



one
bottle
of
milk
contains

30% of daily requirement	90% of daily requirement	66% of daily requirement
PROTEINS equal to	CALCIUM equal to	VITAMIN B₂ equal to
8 or 9 SLICES BREAD or	15 ORANGES or	1 OZ. LIVER or
2½ OZS. CHEESE or	20 LBS. POTATOES or	8 OZS. CHEESE or
4 OZS. BEEF or	5½ LBS. CABBAGE or	6 LBS. CABBAGE or
3 LARGE EGGS	26 EGGS	6½ LARGE EGGS

IN ADDITION . . . 1 bottle of milk supplies 13% daily requirement of Vitamin A, 18% Vitamin B₁, small % of Vitamin D, and very small amounts of potassium, sodium, chlorine, iodine, iron and copper.

PROTEINS Essential to growth and repair of every tissue in the body.

CALCIUM Essential to bone and tooth formation, normal working of heart muscle, and coagulation of blood.

VITAMIN B Essential to health and vigour, every cell of the body must have this vitamin in order to use oxygen.

Vital for children and adults

Always make sure
of your daily

MILK

Issued by the Milk Publicity Council of New Zealand.

CHILDREN'S TEETH

SEVERAL habits may affect the shape of the jaws and position of teeth. Please notice I said "may," not "will." Thumb-sucking, for example, sometimes does damage, but often does no harm. It depends on the age of the child, the state of eruption of the teeth, and how long, and with how much force the thumb-sucking goes on. With a little baby, say three months to one year, who occasionally sucks the thumb, with no great force and for short spells, you wouldn't worry at all. This is a normal procedure and does no harm. But supposing your pre-school child aged four to five years or primary school child of five and six years, is always sucking the thumb, and having a real good go at it, harm can occur. The second teeth are being cut now, and these erupting top jaw incisor teeth can be pushed out frontwards. At the same time, if the thumb presses down on the lower cutting teeth, these are pushed in towards the tongue. The result is what the dentist calls an "open" bite, and what you recognise as buck teeth spoiling the appearance.

What are you to do about thumb-sucking? Regard it as of no importance during the first two years. Still do so between two and five years as long as it is occasional—for example, when going to sleep or after punishment. You may have to take notice if it is an almost constant habit, and the first teeth seem to be getting out of line. A six-year-old or older child can do harm, and, as it is easier to prevent the malocclusion than cure it, such a child should be helped out of the habit. Not by punishing or scolding or nagging! Nor by putting bitter substances on the thumb! Explain what can happen to the child, and if you can find a picture of a buck-toothed person, that will help understanding. Your dental nurse or dentist may have a model set of teeth showing the deformity that can occur, which they will be pleased to demonstrate. The child will want to drop the habit when there is comprehension of the possible damage and spoiling of looks. Reminders

The text of a talk broadcast recently from National and Commercial stations by DR H. B. TURBOTT, Director-General of Health

could be a tiny thumb bandage for a boy, some nail polish for a girl. If thumb-sucking is stopped before the fifth year, any damage may correct itself. If continued after that and damage occurs, as it almost inevitably will, dental treatment is imperative to get the teeth back into line and restore the proper bite and jaw shape.

Mouth breathing between five and 15 years of age is very common. Mostly it is due to some nasal blocking, or to enlarged tonsils and adenoids, and the doctor's advice should be sought to determine whether there is abnormality or not. Having the abnormality corrected will still leave the child a mouth breather unless conscious effort is made to use the nose. If there is no obstructive cause, mouth-breathing is simply a habit. Little children often have the open mouth habit in daytime, and this is quite usual and normal in sleep for babies and toddlers. But they are probably still using their noses for breathing. It is mouth breathing of school children that should be corrected. When the lower jaw is down from behind the upper front teeth, the tongue rests against these now, instead of against the lower front teeth. Also the lower lip drops away from in front of those upper teeth. The upper teeth, having lost this lower lip restraint, and being pressed by the tongue, are pushed out frontwards in school child constant mouth breathers. Hence, if just a habit, the child should be encouraged to try to stop it. If he can't on his own, your dentist will be able to help.

Nail-biting, and other biting habits, chewing pencils, biting lips, etc., begin in the fourth or fifth years and may continue right through life at times of tension, for nail-biting is a tension relieving habit, like cigarette smoking, and gum-chewing. Nail-biting, and other biting habits exerting force along the long axis of the tooth instead of across this axis as in sucking habits, do not spoil the bite unless very forceful indeed. Such habits are a signal to search for causes of tension, rather than to worry about tooth misplacements.

LATE AT NIGHT, LAMBTON QUAY

PITCHED out by the cable car, and still arguing,
Some stayed, overcoats agape, gesticulating on the pavement,
But we came on, looking for a hot drink.

Apart from the car's bright cave there was little light;
Shut shops, footsteps, echoing, fell yet in a pattern
Which was the expected ending to an evening.

We found, as we knew we would, a late coffee shop,
Beacon, though shabby, and soiled with the day's spilled dregs;
It was the only place to go.

What matter? Comfortably here, Wellington, whether visited
That day was film, football match, or writers' conference—
It was all one shoulder-rubbing, at night anyway.

Though midday might have separated poet, tram conductor
And Royal Air Force wife; out of the dark they had wandered in,
Willing to belong there, and be satisfied.

To take the hot drink (clatter of kitchen extraordinarily
Loud at such an hour) pay at the counter; then,
Shock of the off-key, askew, counterpoint

That yet makes whole, gives meaning; to see
Waiting while her companion brought food, the Chinese girl,
Remote and beautiful, with a face like a lotus flower.

—Paul Henderson