



(The following is reproduced from the "South African Health Society Magazine" by kind permission of the Editor.)

A distinguished woman dentist came to this country from the United States. She wanted to see what the people's teeth were like in South Africa. Each year, she said, when she had her holiday, she went to a different country to see the people's teeth. She thought in that way, by comparing the state of the teeth in different countries, she might be able to find out why some people's teeth were good and others bad.

She was disappointed to find so many African people in South Africa with bad teeth. "I was told," she said, "that Africans had beautiful teeth, but I find as many bad teeth among them as among ourselves." She was told, however, that many Africans, at least when they were young, had very fine teeth.

Native people, as a whole, have better teeth than Europeans. This is probably because of their food, and because of the habit of regularly cleaning the teeth after eating. Foods that require thorough chewing, such as stamped maize, strengthen the teeth. Chewing makes the teeth strong. European children fed on soft food that requires no chewing have weak teeth that easily decay.

The habit of sweet eating has also much to do with the decay of teeth. Children who live in towns and eat sweets frequently, get bad teeth. The writer saw a young Native woman who had many decayed teeth. He asked her if she had eaten many sweets when she was a child. "Yes," she said, "and I eat many even now. I am very fond of sweets."

Sugar is a useful form of food, but it should be taken dissolved in water or in tea, not solid as in sweets. Sweets stick between the teeth and cause decay.

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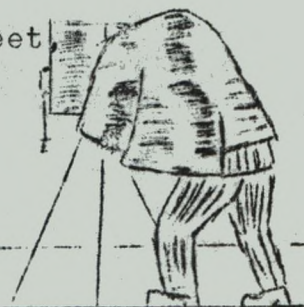
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CLUE TO HIEROGLYPHICS (on page 26.)

Patrol Leader and two Scouts of Fox Patrol camped three nights at Cape Town.

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