

Brush now so you can chew later

Ed. note: The Student Body is written by three masters candidates in health education. If you have a health question, write it in care of the Emerald or the Student Health Center. Nurse Trudy Bernard, Family Planner Marsha Serling or Nutritionist Willette Rude will try to answer your question in this column soon.

Did you know the most common human disease is dental disease?

Recently, a few students have written the Emerald with concerns about dental problems. Considering about 98 percent of the U.S. population suffers from some form of dental disease, I'm not really surprised.

A few more startling statistics are these which come from the U.S. Department of public Health:

- Twenty-five million people are presently without a tooth in their heads.

- Twenty-four out of twenty-five young children suffer from some sort of dental disease by the time they go to school.

- Nine out of ten people today who reach the age of sixty won't have any teeth.

- At this very moment more than nine hundred million cavities need filling in this country.

Not to mention the cost of dental treatment these days...

Here are answers to some commonly asked questions:

WHAT CAN I DO TO ELIMINATE DECAY AND INFECTION FROM MY MOUTH?

1. Ideally, you should brush your teeth after each meal. (Carry your toothbrush in your backpack!) If that's impossible, brush at least once a day, preferably at night, so the plaque buildup is kept under control.

What is PLAQUE? It's the sticky colorless layer of harmful bacteria that is constantly forming in your teeth. The bacteria in plaque are the primary cause of DENTAL CARIES (tooth decay), the major cause of tooth loss in adults.



2. Use dental floss every day!

3. Rinse your mouth and massage your gums with your finger when you can't brush. If you're too embarrassed to put your finger in your mouth and massage your gums, go in the bathroom, or go for a walk.

4. Use disclosing tablets to find dirty areas in your mouth and improve your brushing technique.

WHAT ARE SOME HELPFUL TOOTHBRUSHING TIPS?

1. A worn-out brush won't work to clean your teeth.

2. The bristles should be soft to medium-soft. You should place the head of your toothbrush along side your teeth with the bristle tips at a 45 degree angle against the gum. If the bristles are too hard they'll injure the gum tissue. Brush gently with soft strokes. Be sure you always feel the bristles at the gum.

3. You should brush for 5 minutes a day — sounds like a long time, but compare it to hours spent in a dental office if you don't!

DO I HAVE TO FLOSS EVEN WHEN I BRUSH?

Yes! Flossing removes plaque and debris from in between your teeth and especially near the gum line. It is very important you floss because no matter how well you brush, there are some areas your brush just can't reach. Flossing isn't the easiest thing to do — it's awkward, but remember; practice makes perfect.

FLOSSING HINTS:

1. Establish a regular time and pattern for flossing so you won't miss any of your teeth any day.

2. You need about eighteen inches of floss. a. Wind most of it around one finger; b. wind the rest around the same finger of the opposite hand; c. use your thumb and forefingers with an inch of floss between them to guide the floss between your teeth; d. hold the floss tightly and use a gentle sawing motion to insert the floss between your teeth. Never "snap" the floss into your gums! Slide it up and down each side of the tooth.

3. Repeat this method on the rest of your teeth.

If you don't remove the plaque daily, it will accumulate and turn into hard deposit called calculus (tartar). You will have to have a dentist or dental hygienist remove this. If calculus is not removed, more plaque can form on it and lead to the destruction of your teeth and gums. This is a needless occurrence because your teeth were meant to last forever.

So remember — Be True to Your Teeth and they Won't be False to You!

State Pen

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Sparks. And he finds no labor shortage at the prison — most of the inmates like to work. "They have a lot of free time," he says. "And cell time is dead time."

The laundry's main customers include Oregon State University, Oregon Technical Institute in Klamath Falls, Dammasch Hospital, Hillcrest School for Girls, and the Oregon School for the Deaf. State institutions receive literature "advertising" the prison's laundry and drycleaning business that also offers sheet and shoe repair service.

The customers get a pretty good deal, according to Sparks. Local laundry is finished for about 10 to 23 cents a pound; service for out-of-towners ("anywhere more than 25 miles away") is one penny a pound more to help cover transportation costs.

Two trucks, each manned by one "civvie" (guard) and two inmates, haul the finished laundry to customers, including those in

other towns.

The inmates chosen for this "outside" job are trustees who live outside the prison walls in the prison's farm annex. "These men require minimum of supervision," says Sparks.

Problems with the rest of the workers are also minimal, Sparks adds. "Actually, the biggest trouble is getting the laundry done on time."

He also admits there are problems with "personality conflicts" among inmates and sometimes supervisors, "but it's no worse than any other place that has a lot of employees." The key to keeping a laundry job is getting along with the superintendent — "that's me," Sparks says, although he adds he very rarely fires anyone.

In each industry, inmates' wages start out at 50 cents a day, plus two days of "good time" each month. A few who have worked for several years earn \$3 a day and 10 days of good time a month.

Inmates are not allowed to carry the money with them; so three-fourths of their pay is transferred to the prison canteen there they can buy cigarettes and food. The other fourth is put into a savings account the inmates get when they are released.

Last year, the laundry's gross revenue amounted to \$441,610, according to Sparks, while cost of sales was \$440,240. The shop netted a profit of over \$1,000, which was placed in a prison revolving fund to help pay for new industrial equipment and supplies. Sparks explains that any profit over operating costs goes into this fund or the state budget.

"We're a non-profit corporation, so to speak," he says.

Sparks says the laundry could handle more business than it gets.

"We could double the business and run 24 hours a day," he claims. But their number of possible customers is limited to government agencies.

There's no lack of manpower at the penitentiary to expand any of the industries. Sparks says the prison's "group living captain" always has a long waiting list of volunteers for jobs in any of the shops. In some jobs, such as welding or forklift operating, experience is needed, and the industries try to hire men according to their skills. Occasional misplacements occur, however, and some workers are reassigned to a different position or shop.

Penitentiary Industries works well and has succeeded in paying its own way without state funds, according to Sparks. "It's a business," he says. "And it's run as a business."

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