

HEALTH AND SAFETY SECTION

How to Have Good Teeth*

(Continued from the April number)

IN the April issue of the *The Young Citizen* we learned about the temporary teeth of young children and the growth of these teeth. We learned that it is important to take care of the temporary teeth. We also learned something about the permanent teeth. Now let us learn more about the permanent teeth and their care.

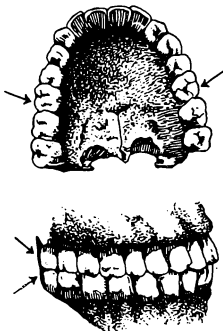
The First or "Six-Year"

Molars

The first molar teeth (grinders), which are often called the "six-year" molars, are different from the others in many ways. These are the first of the permanent teeth. They are also the largest of these teeth. In the illustration on this page these are the teeth indicated by the arrows. You can easily find a "six-year" molar tooth. It is the sixth tooth counting back from the front center. There are four of these teeth in the mouth, one on each side of the upper jaw and one on each side of the lower jaw. This tooth is different from the temporary or "baby" teeth, because it is not replaced by any other tooth, and it does

not replace another.

However, these teeth do a very important work in the mouth, for they do the chewing during the time in which the temporary teeth are being replaced by the permanent teeth. These teeth also determine the position of the permanent teeth which follow. Therefore they determine the shape of the jaw and the later appearance of the child's face.



The "six-year" molars (indicated by the arrows) are the most precious teeth in the whole set.

The loss of this molar tooth from either side of the jaw, above or below, or the loss of its use on account of disease or bad position may have serious results. It appears when a child is about six years of age, and takes its place behind the temporary teeth. It is usually mistaken for one of the temporary teeth and is therefore neglected.

Be sure to watch for the appearance of each "six-year" molar. Take care of them because they are the most precious teeth in the whole set. Remember these are the chief grinders at first, and upon their proper location depends the regularity of the second set, as well as the good appearance of the child's features.

(Please turn to page 180.)

* Adapted from an article prepared by the Office of the Surgeon General, U. S. Public Health Service.

SYMPHONY ORCHESTRA

*(Continued from page 178)**The Score*

The music which the players read while performing is called the score. Each player has before him only the music for his own instrument, but the conductor's score contains all the parts exactly as each one appears before each player, so that the conductor can tell just what each performer is supposed to be playing at any given moment. Some of these parts are transposed (the trumpet and the clarinet are transposing instruments), and some are written with other clef signs than the familiar treble and bass clef signs. The viola, the 'cello, and the bassoon use various clef signs, such as the treble clef, the alto clef, the tenor clef, or the bass clef.

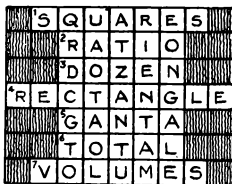
All in all, the business of conducting a symphony orchestra is, indeed, a very complex affair. Some modern conductors memorize entire

scores of long compositions, and this, when actually done, requires a gigantic intellect.

The pupil who is interested in the symphony orchestra is now advised to study the articles about the symphony orchestra which were printed in previous issues of *The Young Citizen*, and to memorize the names of the instruments in each section. Then study and copy the general seating plan as given on page 172. In further articles to be published each instrument will be discussed briefly.

(To be continued)

CROSS-WORD PUZZLE



HOW TO HAVE GOOD GOOD TEETH

*(Continued from page 175)**Other Permanent Teeth.*

As the second teeth develop and begin to take their place, be especially careful that the first teeth are removed neither too early nor too late. The greatest number of first molars are lost from one or two causes: Either the parents fail to recognize this important tooth as a permanent tooth, or the child is afraid to have a dentist take care of it. It is important that the child visit a good dentist during the entire period when the permanent teeth are appearing.

(To be continued)

SOME BIRD RIDDLES

(Answers from page 161)

I. Calao or hornbill II. Crow
III. Oriole IV. Hawk V. Woodpecker.

PARTS OF YOUR BODY

(Answers from page 171)

1. Palm 3. Hare (hair)
2. Trunk 4. I (eye)

COMMONWEALTH OF THE PHILIPPINES
Department of Public Works and Communications
Manila

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