MIC, the most readable dental magazine in America, comes to you, doctor, as a professional courtesy of your Ticonium Laboratory.

(Charles Willson Peale, DENTAL PIONEER WHO GAVE GENIUS MANY FACES)

(Courtesy, Pennsylvania Academy of the Fine Arts, Joseph and Sarah Harrison Collection)
NEW ANTI-CARIES SUBSTANCE

The latest in the never-ending search for weapons in the battle against dental caries is a sugar-like substance discovered in Finland. According to Finnish biochemist Dr. Kasko Makinen, "chewing four or five sticks of a xylitol-containing chewing gum every day for a year can reduce decay significantly."

Xylitol is a carbohydrate found in plums, raspberries, and strawberries but derived commercially from birch, hickory, and other wood. It is as sweet as table sugar, costs four times as much, and can be used as a sugar substitute. The National Institute of Dental Research is presently testing the validity of Finnish claims for xylitol for use in the United States.

EASING TENSION

Because dentists work with minute precision, in the threshold of pain and with esthetic judgments, they are under constant strain and pressure. To help deal effectively with tension the Canadian Mental Health Association has offered these suggestions:

1. Talk it out. Don't keep your problems bottled up. Discus your work and especially your problems with other dentists. This is why it is important to attend professional meetings and study groups. The experience of others may help you find solutions to your problems and show you that you are not the only one who is troubled with a loose denture or difficulty crown preparation.

2. Take a break. When things pile up in the office or recreation. Schedule your fun time as you do your work time. It will give you something to look forward to and make your problems seem less important.

3. Work off anger. Physical exercise is an excellent way to work off tension. Take a walk during your lunch hour and if necessary take more time off. Do not be stubborn. If you have a disagreement with a patient and you cannot resolve it amicably, don't put yourself in a hole of depression. Turn your attention to others, try doing something for someone else.

4. Have fun. Don't be haphazard about vacations or recreation. Schedule your fun time as you do your work time. It will give you something to look forward to and make your problems seem less important.

Since dentistry is such a demanding profession you will last longer, do better work, and suffer less tension if you pace yourself. Work hard, if you must, but don't be stubborn.

5. Don't be too introspective. Over-concern about yourself and your problems can put you deeper and deeper into a hole of depression. Turn your attention to others, try doing something for someone else.

6. Have fun. Don't be haphazard about vacations or recreation. Schedule your fun time as you do your work time. It will give you something to look forward to and make your problems seem less important.

DENTAL DILEMMA

While examined, a patient named Chat, started to fidget and fret. Tense as could be he repeated, "What do you see?" Said the dentist, "A new TV set."

DENTAL DILEMMA

Antiseptic and anti-cariogenic effects of dental caries prevention and control were shown in a study by the Pennsylvania Academy of the Fine Arts. The study showed that dental caries prevention and control can be achieved by using a fluoride-containing antiseptic mouthwash. The study was conducted by Dr. Charles Willson Peale, one of the many gifted pioneers of dentistry who helped to make it the great health discipline it has become.

This is the newly revised, expanded, and updated edition of the 1956 great pioneering classic of the father of stress, Hans Selye, who once told me: "Freedom from stress is death... learn to master and to use it!" Here is the story of stress—its discovery, what it is, how it does its damage, and what the stressors of daily life are. Finally, this book offers a way of handling stress so that, like Selye himself, you too can live with stress and enjoy it. It can be summed up in his dedication to this new edition of his classic: "This book is dedicated to those who are not afraid to enjoy the stress of a full life, or not so naive as to think that they can do so without intellectual effort." Read this book—for your own sake and, as a professional man, to know more.


Before you wonder why we mention this old classic, updated with its quarter-of-a-million words, synonyms, and antonyms, ask yourself how often you write a letter to a patient or another referring professional. We bet you write an article or give a lecture. If you do any of these, it's good to be reminded that this volume is available to help with the right word—and there isn't a professional writer or perhaps write an article or give a lecture. Patients often forget what their teeth and those with square jaws receive square-shaped teeth. However, our choice, according to the "laws of esthetic selection" may not satisfy the patient. When this occurs the patient's preference must supersede the rules of selection. The only exception is functional interference. When the patient with a thin narrow face insists upon wide teeth because he "likes the way it looks!"—then we should give him wide teeth. The patient's preference should be served, for esthetics is a personal thing. After all, he will be wearing the teeth.

In selecting a shade, how often have you heard the patient say, "You're the doctor, you know what's best." But don't be soft-souped. Allow the patient to select the shade with you. Often, when it is left solely to your judgment, the patient may show dissatisfaction with the completed case, compelling you to reset the teeth. Patient participation is not only psychologically sound but can avoid remake problems and complaints. Patients who are fitted for full dentures will often express the desire for a set of straight white teeth. If you feel that, for a 60-year old man it would look too artificial, by all means tell him. But if the patient insists upon a "row of piano keys," that is the type of setup you should give him.

The Weatherman Guy, Jon Burmeister (St. Martin's, Press, $7.95) is truly a tale of today with our ever-present terrorism. This starts with New York's explosion in Greenwich Village and the beautiful, educated young woman radical who escapes, a poet, a sex symbol, and four bridge experts. Holds the action is there. It's intriguing. Doubleiday's Crime Club is nearly a half-century old but no garish grows on its selections. Michael Butterworth's Remains to Be Seen (Doubleiday, $2.95) is most unusual. Here is a suspense story about a Czarist emigre and his family and their jewels, a murder victim found in the back of a small English car, international intrigue (Soviet, American, Chinese, British), all wrapped up in a lot of fun. In short, a thoroughly enjoyable and amusing thriller, The Weatherman Guy is most unusual. Here is a suspense story about a Czarist emigre and his family and their jewels, a murder victim found in the back of a small English car, international intrigue (Soviet, American, Chinese, British), all wrapped up in a lot of fun. In short, a thoroughly enjoyable and amusing thriller.
Dental Insurance Covers 23 Million Americans

Dental insurance is one of the fastest-growing forms of health protection. At last count, 23 million people had dental coverage, reports the Health Insurance Institute. And the American Dental Association believes that by 1980 some 60 million Americans will be protected through group and individual dental plans.

There is good reason for the growing popularity of dental insurance. For the average family, a dental health policy not only helps pay the costs of treatment and repair of teeth but helps prevent problems by paying all or most of the costs of periodic examinations.

Such preventive dentistry can forestall or minimize most dental problems, thereby reducing lost man hours to employers. The U.S. Public Health Service estimates that 100 million man hours are lost every year to employers as a result of toothaches and other dental woes.

Life and health insurance companies are the largest providers of this protection, insuring nearly 17 million people. Persons with dental insurance received $332 billion of health protection. For the average family, a dental health policy not only helps pay the costs of treatment and repair of teeth but helps prevent problems by paying all or most of the costs of periodic examinations.

Approximately 25,000 dentists, their wives and guests from around the world are expected to attend the 117th annual session of the American Dental Association scheduled Nov. 14-18 in Las Vegas, Nev. Theme of the session will be "Meeting Tomorrow's Challenge."

Housing accommodations will be offered in 56 hotels and motels on the "Strip" and downtown Las Vegas area. The headquarters hotel for the ADA will be the Las Vegas Hilton Hotel. The Las Vegas Convention Center next to the Hilton will be the site of the House of Delegates meetings and of the scientific session as well as the scientific and technical exhibits.

The headquarters hotel is reserved for ADA officers and trustees, past presidents and past trustees, state society officers, and official delegates and alternates.

The opening ceremony will be held in the Convention Center on Sunday, Nov. 14 at 9:30 a.m. Among highlights of the scientific program will be presentations on the use of composite resin materials, in acupuncture and pain control, and on the radiographic manifestations of oral disorders.

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The Utilization of Dental Skills in Non-Dental Situations

By R. Mclean

It is only possible in so short a paper to give a general picture of the way the Cordent Mobile Laboratory (Figs 1, 2) has attempted to assist the physically handicapped to overcome some of the problems they face by taking advantage of the development of electronic control systems which have opened up a whole new range of possibilities for improving the physical and psychological well-being.

By means of pneumatics pressure or even the most minimal controllable movement of an eyebrow, tongue, chin, finger or toe a single micro-switch can be used to control a wide range of electrical appliances such as a radio, television, intercom, telephone or a door lock. A similar but more complex system gives control over an electric typewriter with speeds up to forty words a minute.

By the ingenious use of these controls lives can be totally transformed, giving not only a considerable degree of independence but, when speech has been lost, an ability to communicate through the typewritten word.

It may be asked what micro-switches have to do with a symposium on Dental Care of the Handicapped but it must be remembered that a splint or interface, unique to each case, must be constructed to link an individual's movements with the control system and for this the skills of a technician, working with a medical assessor or physiotherapist, are required.

These control systems were invented and developed in the United Kingdom by R. G. Maling through an organization called POSM ('Patient Operated Selector Mechanisms'). As a result of talks in the early part of 1972 between him, his staff and the committee of management of Cordent Dental Trust under the chairmanship of Dr. Colin Davis, the Trust decided to sponsor a three-year study of the role that dental skills might play in furthering the use of POSM appliances. With generous support from the Leverhulme Trust, a mobile laboratory was built and equipped and a dental technician was appointed.
to be in charge of it. It was felt that his experience in a number of dental schools and most recently as a medical physics technician in a radiotherapy department of a London hospital, gave him the necessary experience to undertake the assignment.

He started work at the beginning of 1973, basing the laboratory at the Lady Hoare workshops for the physically handicapped at Chailey Heritage in Sussex and travelling round the country by car to visit cases referred to him by the POSM organization.

Two case histories are illustrated in Figs 3 and 4. Further objectives of the three-year study are:
1. To develop new techniques and assess new systems in the rapidly expanding field of electronics.
2. To bring into contact other technicians in this field in the UK, particularly in the dental schools, so that in time expert help is available throughout the country.
3. To exchange ideas in the international field.
4. To make these electrical systems better known.

A
B

A A polio case in which there is residual movement in the thumb and fingers of the left hand only.
A-An impression of the hand is taken in irreversible colloid using a special tray shaped from plaster bandage.
B-The hand support with eight switches mounted in a comfortable operating position.

C
D

C-A thermo-plastic hand support moulded in the vacuum former situated at the other end of the laboratory.
D-Final adjustments to the completed appliance in situ.

C
D

C A severely spastic non-communicating boy of 14 for whom the only available controlled movement was that of the head.
A-A chest harness was constructed incorporating two mounted switches which could be operated by his chin.
B-Communication with the outside world is established by means of a switch-operated typewriter with visual indicators. The importance of parental involvement is clearly demonstrated.