

17 JUL 1974

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Jim Souers D.D.S.

Dental disease is the most widespread disease in the world today. It does not have to be. With a little knowledge and effort you can virtually eliminate it in you and your family.

Your teeth are an important organ ~~system~~ of your body. They allow you to cut and grind food into a size that can be adequately digested by your internal organs. When food is not chewed properly, it puts strain on the rest of your body and causes a decrease in your body's ability to utilize the food you eat. According to recent research, people who lose all their teeth early in life can decrease their life span up to 10 years. Just as you do not want to lose part of your liver or your kidneys, you should not want to lose part of your teeth.

Tooth enamel is the hardest natural substance in your body, but it can be easily destroyed by the action of some bacteria that are in plaque. Likewise the bone to which the teeth are attached is also very hard, but it can be destroyed by action associated with plaque.

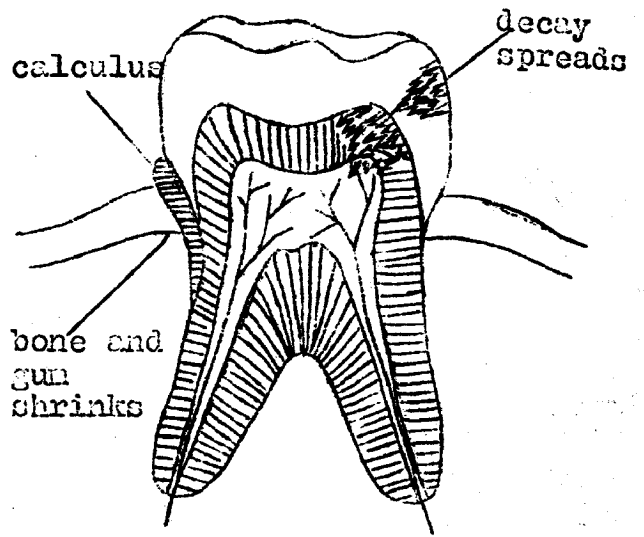
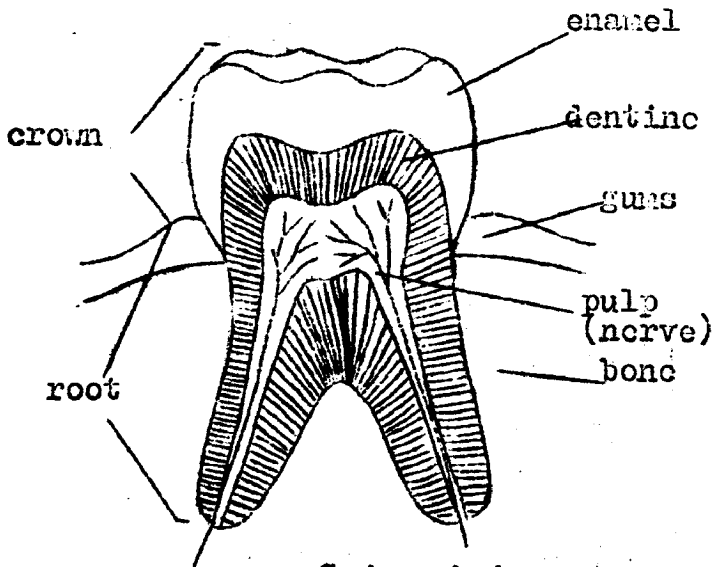
What is Plaque (plack)? Plaque is a substance basically composed of food debris, saliva and bacteria. It is colourless to white, and clings to the surface of your teeth. Some bacteria in the plaque feed on the food debris and produce waste products that are acid. This ~~acid~~ cuts through the enamel and eventually destroys the tooth.

Calculus or tartar is hardened plaque. Tartar is responsible for periodontal disease or pyorrea. Pyorrea is basically a disease of the gums and the bone underneath. Advanced pyorrea is responsible for the majority of the tooth loss in adults. Many more teeth are lost to pyorrea than to decay.

It seems then, that if a person could get rid of plaque he would have no decay or tartar which leads to pyorrea. Right? This has been proven to be true. If a person can eliminate plaque from his mouth on a daily basis he can virtually eliminate decay and pyorrea, and these two diseases are the major cause of tooth loss in the world!

HEALTHY TOOTH

UNHEALTHY TOOTH

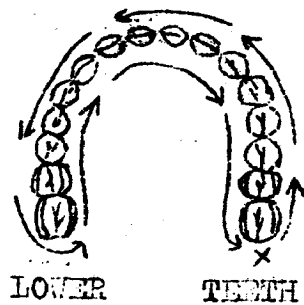
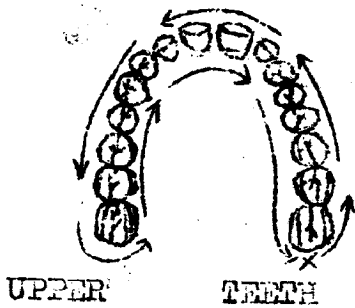


So here is how you can save on dental bills, avoid those uncomfortable visits to the dentist and most important, keep the usefulness of your ~~teeth~~ and that beautiful natural smile for your whole life.

To do this you must keep your mouth clean. You can keep your mouth clean by brushing, flossing and rinsing.

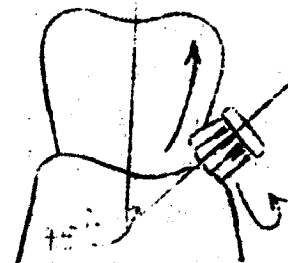
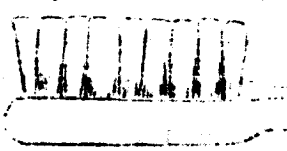
BRUSHING:

You must brush your teeth thoroughly, but gently. My method is this: Start in one spot and work around your mouth using the same system each day. For example: start on the outside of the upper right side of your teeth and move forward to the front of your front teeth then to the outside of the upper left side and so forth. Continue around your mouth in a pattern - any pattern that gets all the brushable surface of your teeth clean.



Use a soft toothbrush. A soft toothbrush will not injure your gums. Though it wears out quickly, with even gentle brushing this is of little concern. If you wear out a toothbrush once every two months and they cost 70 cents each, you spend \$5.60 a year. How much does it cost each time you visit the dentist?

Hold your toothbrush at a 45 degree angle toward your gums and rotate the bristles gently against and under your gums. Then brush toward the chewing surface.



Which is your tooth brush?

If you want to use a toothpaste, use a fluoride toothpaste. One of the good fluoride toothpastes is Colgate's brand that contains "Fluorigard". It is not necessary, though, to use toothpaste. You can brush effectively with just water. Most

homemade toothpastes or toothpowders are not so good. They are usually abrasive.

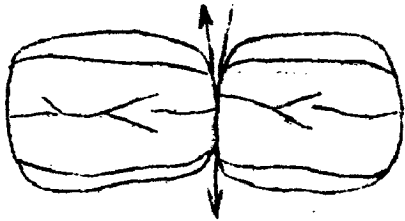
#### HINTS:

On the inside of the lower front teeth hold the toothbrush vertically. It is easier for it to get in and you to get this area clean.

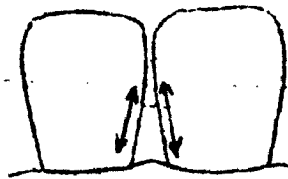
On the outside of the upper back teeth, put your brush in your mouth. Close your mouth and brush this area. Try it with your mouth open and closed and see which way is easier. If you find difficulty in reaching all areas of your mouth with your big adult size toothbrush, invest in a small, child's brush for those hard to reach areas. The most important thing to remember is that it is not how you get your teeth clean, but that you get them clean. So use any method you think fits you.

#### FLOSSING:

Toothbrushing is not all you must do to keep your mouth clean. Tooth brush bristles usually cannot get between your teeth. Dental floss will. You can get it at your chemist and soon at the shop here in Maningrida. Dental floss is nylon string that you can use to clean the areas between your teeth. To use the floss saw it through the tight contact spot where the teeth meet. When you have passed into the open area under the contact do not saw it anymore but move it up and down on each tooth surface a couple of times. Sawing with the floss after passing the contact could injure your teeth. When finished pop the floss back out. It is as easy as that.



Sawing through the contact.



Polishing each surface of the teeth.

Again be gentle. A rule to follow is; if it hurts you are doing something wrong. Holding the floss is a problem. It is easy once you know how, but hard to explain in words. Anyway, here it is in words. Pull out three feet of floss. Cut it off. Wrap one end of the floss around the last three fingers of your ~~right~~ left hand. Wrap the other end around the last three fingers of your right hand until there is only about 4 to 6 inches of floss between your hands. Use your thumbs and index fingers to manipulate the floss and get it into your mouth. If that is as clear as mud, ask your dentist to show you. If you understand you are a better reader than I am, a writer.

#### RINSING

Finally you must rinse your mouth. Rinsing is done ~~vigorously~~ vigorously with very warm water, then spit it out. Some people like to swallow the rinse. I don't, but if they are happy swallowing it, I am happy. I have told you what to do. Here is how often you should do ~~it~~ it. It could take up to ten minutes of your day, every day.

Morning: Brush thoroughly

Rinse vigorously

Noon: Brush if you can. If you cannot just rinse vigorously

Before Bed: Brush thoroughly

Floss thoroughly

Rinse ~~vigorously~~ vigorously

In addition you should see a qualified dentist every year or so. Ask him if you are keeping your mouth clean. Ask him if there are any areas he feels you can clean better and how you can clean them better. If you have any decay or pyorrhea, have him correct the problem then. Ask him why it occurred and how you can prevent it in the future. A good dentist will be enthusiastic over your interest.

For long life, for your appearance and for thriftiness, keeping all your teeth for all your life is your best bet. Eliminate plague and you virtually have the game won.

oOo

#### GUNARDBU GARDENS COMPANY

It may be of interest to many to know the Garden does not belong to the Progress Association, is in fact a private company, taxable and wholly owned by the Gunardbu people. The directorate comprises the Gunardbu people, plus A. Morrison secretary, R. Morris public officer and G. Bagshaw Treasurer.

The Progress Association acts in the capacity of joint managers.

G. Bagshaw.

#### NATIONAL ABORIGINAL CONSULTATIVE COMMITTEE ELECTIONS

In the recent history of the Aboriginal people, no step has been more significant than the decision to set up a national body of democratically elected representatives to sit in committee and talk directly to the Australian Government on matters that vitally concern them.

This step will culminate in the election, on November 24, of forty one Aboriginal and island people who will form the National Aboriginal Consultative Committee.

The N.A.C.C. will meet regularly with the Minister of Aboriginal Affairs to discuss and advise him on any subject involving the Aboriginal people. In this way, links with the Department of Aboriginal Affairs and the Government at large will be maintained. Already 37,000 Aboriginals and islanders across the country have enrolled - roughly half of the eligible population. Many more, however, are expected to enrol and vote in the one operation on polling day.

Nominations are now coming in from candidates throughout Australia to contest the forty-one seats on the Committee, the national co-ordinator Mr. John Moriarty, said in Canberra today.

"We expect the numbers to snowball before nominations close on October 20", he said. To be accepted as a candidate, a man or woman must have six nominees and put \$10 deposit.

N.A.C.C. members will be paid \$6000 a year plus an allowance of \$3000 for rural members and \$2000 for urban members. In addition, assistance will also be given in finding office accommodation and a vehicle for each member. When not sitting, they will work among their own people in their electoral districts in very much the same way as does a member of Parliament.

During the past month about 250 Aboriginals have been engaged in enrolling electors and many of them will go out into the field again during the voting period to collect votes.

People living in scattered and outlying communities, many of them in remote tribal groups, will be able to vote early by way of the roving ballot boxes which will be taken by road from central points throughout the country beginning on November 10 - two weeks before election day.

A steering committee of thirty one Aboriginals meeting in Canberra has worked out guidelines for the operation of the N.A.C.C. which will need the approval of the elected representatives. The draft constitution provides for elections to be held every two years.

Mr. Moriarty said he hoped the N.A.C.C. eventually would have its own budget provided by the Federal Government as well as its own Secretariat to enable it to operate as an independent body.

One of the first issues to be decided after the elections, he said, would be the question of employing more Aborigines in the Department which at present has only eight full time Aborigines.

Highlights of the election campaign will be a Ball on November 16 in Adelaide attended by the Prime Minister, Mr. Whitlam. The South Australian Premier, Mr. Dunstan, has also been invited.

Canberra, A.C.T.  
10 October 1973.

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NOTICE

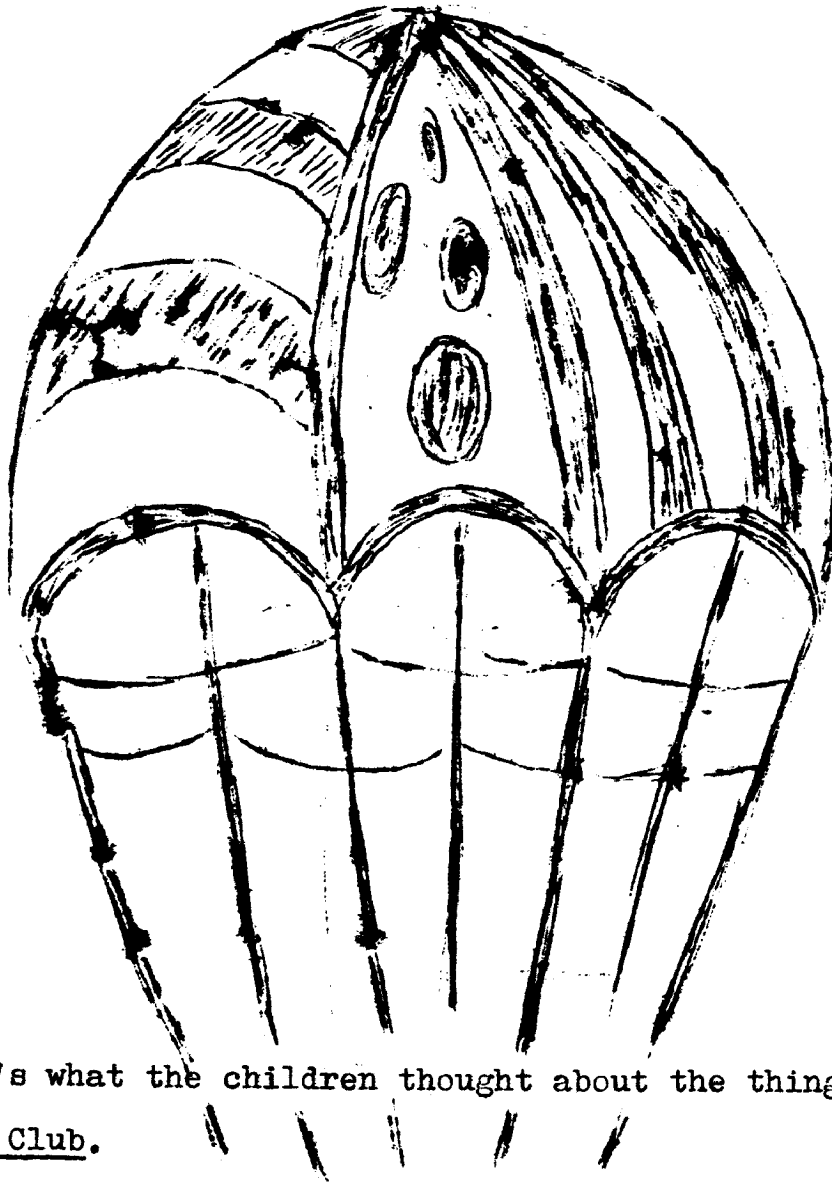
DUE TO DETERIORATING TRANSMITTING, IT IS BECOMING  
INCREASINGLY DIFFICULT TO TRANSMIT TELEGRAMS ON THE  
LATE AFTERNOON SCHED.

TO AVOID DISAPPOINTMENT YOU ARE ASKED TO FORWARD  
TELEGRAMS BEFORE 12.10 PM TO SHIRLEY

J. A. GARDNER

A/SUPT.

oOo



This is a parachute. About 4 weeks ago, some cranks from Darwin decided to give Maningrida some excitement on one Saturday afternoon. But they were not cranks, they were the Condor boys, but they did bring Maningrida to life, when they started to jump from the sky.

Here's what the children thought about the thing.

#### Parachute Club.

Last Saturday and Sunday some men were flying parachutes at the airport. Some people were going for a ride on the plane and some people were taking camera. The plane went higher and higher and three or two men were flying parachute and after that they went to Darwin on Sunday afternoon.

by Stanley Lunguy Naliva.

Last Saturday we saw parachute with black and yellow with one men in the parachute and one oval jumped on the ground. Another the sand and one man jumped near the sea and he nearly went in to the water and one man jumped near the air strip and all the children ran to the oval to see the landing.

April Gingyarma.

#### The Parachute.

On the weekend we went out to the airport to see some sky diving or you can call it Parachuting.

The men who were doing it were Gordon, Mike , Tony and Dave and they were very good. Neville, Steven and me watched Gordon fold up his parachute. When Tony dived he landed near a tree and green ants attacked him and when Mike dived he landed just about on the target. And the first time he dived he landed in a tree near Bert's place and after they had finished, they went back to Darwin.

from Sussanne Margaret Trewin.

#### Story about Parachute.

On Saturday we saw parachute flying. There were three flying one flew over on the cricket oval that was Mike and the other one flew over the store and one flew over on the beach and than we went home and some men took film about them.

Rita Roberts.

### Parachute men.

Yesterday we saw one man got out of plane I thought myself, I think, those men are going to fall and I saw something another kind parachute one man fell down at the beach and other man fell near the shop other man fell down, on a tree he was hanging near the school all the children were happy, to see these they were running down to the oval and came running back home and the plane fly again start again.

Dorothy Jingolgo.

Last Saturday when we finish this school and we went to Town Hall we play at the Town Hall then Eddie mother saw the parachute and then the other man he fell at near the shop and the other man fell the other man fell on the tree and on Saturday the man fell at the airstrip and when they fell down the little plane came down to.

from Valda Juglcode.

On Saturday we saw three parachute one man was fall and accident one man hang on a tree and another man landed in the beach and another man land is the oval ground then they went back to Darwin.

Mavis Smith Banguna.

Last weekend it was parachute and three men jumped and went back and again and more, more, more, parachute men and, On Saturday they went back to they own country. We went to parachute landing and went back to Darwin.

Sheila Bajajal.

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### NOTICE TO THE PUBLIC.

If you notice your lights flickering and it taking longer to cook the evening meal now, do not be concerned, 'Lightning has struck town again.

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### ANOTHER NOTICE.

If you own a dog, keep it at home. Dogs will not be welcomed in my yard.

G. Pascoe.

+ + + +

### CUBS OUTING.

On Saturday last, the Cubs spent a very enjoyable day at Galadorna Water Hole. They played water games, swam, paddled in a small canoe, for most of the day. They did a small service job after lunch - cleaning up all the tins and papers and putting them in the rubbish drum. Some of the boys were so tired after the picnic, they slept on the way home - all had a most happy day out.

M.U.

+ + + +

### MANINGRIDA PARENTS AND FRIENDS!

Meeting on Tuesday 6th November at School.  
Items include : Spending of the Fete money.

(Last Tuesday's meeting was cancelled, as only 5 people turned up.)

PARENTS AND FRIENDS ? SUPPORT YOUR SCHOOL!

+ + + +

HONOURARY WOODCHUCK MOVEMENTS.

This week witnesses the departure from Maningrida of Mr. Thomas O'Toole. Although Mr. O'Toole has only been with us a short time, he has been a stabilizing influence on the township. His modes deportment and sober habits have been an inspiration to us all and I'm sure we all wish him the best of luck to his new job.

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Regular readers of this journal will doubtless remember the Mysterious disappearance of dough draped, rum stained ~~Tom Toole~~ Tom Toole, the ~~main~~ manic baker.

Following his offer to 'turn it on' for Amham Land, his ~~dey~~ dehydrated person was tracked to a series of humpys that stretched to the Daly River. The tar and feathers, that according to Police sources were the main clue to his whereabouts, have been found in quite a few Territory towns, though mainly on the track out.

Unconfirmed reports have filtered in of an attack on the Dutch Embassy in Canberra by a lone, bearded, glassy eyed ratbag in a tall white hat and soiled apron. The alledged attacker was heard to mutter "They're all wogs anyway".

A spokesman for the Embassy refused comment but pointed out that the British High Commission had suffered an attack similar to the one reported.

The management of Maningrida Progress Assn. has, regretfully, had to withdraw the reward for the recovery of Tom Toole, as the bananas won't keep in the 'fridge.

FURTHER NEWS WILL BE PUBLISHED AS IT COMES TO HAND.

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STAR THEATRE:

Friday, "BELL BOOK AND CANDLE."  
Saturday, "RAMPAGE AT APACHE WELLS."

+ + + +

A Letter from the Editor.

Dear Brothers and Sisters,

How the Hell can I publish a Mirage, when you give me no Mirage to print?

Lots of Love,

The Editor.



**Maningrida Mirage**

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Maningrida Mirage NT Maningrida Community

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