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## NEWS FROM THE COLONY.

## CITY SWISS CLUB

1er décembre 1931.

Près de 70 membres et visiteurs se sont réunis le 1er décembre chez Pagani pour présenter leurs vœux de bonheur et de prospérité au Président qui nous quitte incessamment et va remplir un important mandat en Suisse.

Après les toasts au Roi et à la Patrie, Monsieur G. Marchand lève son verre à la santé de Monsieur Golay, le félicite au nom du Club et en même temps exprime le profond regret que tous les membres éprouvent en apprenant la nouvelle de son départ imminent. Il donne lecture d'une lettre du Ministre, Monsieur Paravicini, qui regrette ne pas être présent à cette occasion, ayant un autre engagement qu'il ne pouvait pas remettre.

Ensuite Monsieur Boehringer et Monsieur Schupbach prennent la parole au nom des membres du City Swiss Club. Monsieur Gämper parle au nom du Swiss Benevolent Society et Messieurs C. Chapuis, Eckenstein, Oltramare, Suter, Schaefer, Rufenacht et Campart disent quelques mots. Tous les orateurs expriment leurs sincères regrets et font valoir les grands services rendus par Monsieur Golay non seulement au Club mais à la Colonie en général pendant son trop court séjour à Londres. Monsieur Golay répond quelques paroles émuës et nous dit qu'il reste Président du Club jusqu'au mois de mars prochain, et il pense que ses nouvelles fonctions l'obligeront à revenir assez fréquemment à Londres, ce qui lui permettra de présider nos réunions en personne de temps en temps. Le discours de Monsieur Golay est reçu avec acclamations. On passe à l'ordre du jour. Parmi les invités, qui sont assez nombreux, on souhaite la bienvenue au Président du Club Suisse de Manchester et au Président du Swiss Orchestral Society.

Lecture des procès verbaux de la dernière séance et du Banquet Annuel est donnée par le Secrétaire et sur la proposition de Monsieur Barbezat on vote à l'unanimité des félicitations

à Monsieur Zimmermann pour la rédaction précise et claire de son compte rendu. Et je soupçonne fortement que, si son rapport est admirable, il ne mérite pas moins des félicitations pour ses talents d'organisateur et pour toute la patience et le dévouement qu'il montre dans l'exercice de ses fonctions. Démissions, aucune. Admissions, une.

Monsieur Jobin, secondé par Monsieur Chapuis, propose qu'une donation soit donnée de la part du Club pour l'Arbre de Noël.

L'ordre du jour étant épuisé, Monsieur Dick et Monsieur Pellet jouent plusieurs morceaux choisis et ensuite les membres chantent quelques chansons du pays. Le Président excelle à trouver des bans multiples et variés pour récompenser les efforts des chanteurs. Après une soirée fort agréable, les membres se séparent à 11 heures.

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## APRES LE BAZAR DE L'ECOLE DU DIMANCHE.

Le groupe directeur de l'Ecole du Dimanche et le pasteur de l'Eglise aimeraient exprimer, par l'intermédiaire du Journal de la Colonie, leur très vive reconnaissance à tous ceux qui par leurs dons ou leurs achats ont contribué au succès de leur entreprise.

Malgré la pluie, malgré la crise, malgré toutes les circonstances contraires,—osait-on se lancer en une pareille aventure?—le succès a été complet. On a compté plus de 450 présences et les recettes brutes se montent à £158 10s. 0d., sans préjudice de ce qui se vendra encore—car il reste passablement d'ouvrages ou d'objets de valeur à liquider.

Le rapport de l'Eglise de l'an prochain présentera le tableau complet des recettes et dépenses ainsi que de la répartition des fonds obtenus. Mais pour l'heure, c'est un remerciement des plus chaleureux qui est adressé par la présente à toute la Colonie et en particulier à Mademoiselle Paravicini qui a si gentiment ouvert le bazar par un "maiden speech" tout à fait réussi.

## FUNDAMENTAL RULES OF DENTAL HYGIENE.

*The following article has been kindly put at our disposal by Cav. F. G. Montuschi, M.D. (Bologna), L.D.S., R.C.S. (Eng.)*

The object of this article is to set out in as simple a manner as possible the principal rules to be followed in order to preserve the teeth from caries (dental decay), and keep the gums in a sound and healthy condition.

It is quite obvious how important it is to possess a good dentition, if we consider the work performed by the teeth.

The principal use of the teeth is for mastication, that is, for cutting, crushing and grinding the food. A thorough mastication is essential to a good digestion, for the stomach juices act more quickly and efficaciously on foodstuffs which have been reduced to small particles. It may be added that the flow of saliva which is so necessary for the digestion of farinaceous foods, on account of the ferments it contains, is produced more abundantly during mastication, and, mixed with the food, contributes to the formation of the bolus (the rounded mass of food ready to be swallowed).

The teeth are of great service as an aid to good pronunciation, and also add in a very large measure to facial harmony. Defects in pronunciation are easily discernible in those who have lost even a few of the front teeth, while the harmonious lines of a beautiful face are destroyed by the loss of teeth; this, above all things, stamps the mark of age upon the face of both man and woman. The reason for this is that, consequent upon the removal of the teeth, there is a retraction of the entire portion of the maxillary bones which served to hold them, and the lips tend to sink in.

Owing to the fact that many diseases are caused by infections from the teeth and their surrounding tissues, the Medical Profession is now very much alive to the importance of the relations between sound teeth and a healthy body. It frequently happens that many and sometimes all the teeth are condemned by the doctor to be extracted. This remark applies especially to Anglo-Saxon countries. As the mouth is in direct communication with the digestive and respiratory organs it is easy to realise the importance of keeping it healthy and free from infection.

Teeth are lost through two causes, first, through decay, which affects the hard external part of the tooth, and secondly, through diseases of the gums and other tissues surrounding the teeth. Chief among these is the so-called Pyorrhœa alveolaris.

Dental decay in the majority of cases is preventable, as is Pyorrhœa; it is therefore the duty of everyone to employ all the means at his disposal for preserving the teeth.

If we examine a decayed tooth we can see that decay has taken hold where it has been possible

for particles of food to lodge. We can also observe that decay starts where teeth come into contact with each other; also in the fissures and pits which exist between the cusps of the posterior teeth, especially in their centres, because in such places the food particles easily lodge and set up fermentation. It is perfectly true that decay is occasionally met in some other part of the tooth, but these exceptions prove the rule, because in these cases decay only occurs where there has been faulty development of the tooth surface or retraction of the gums, so that it was possible for food particles to lodge there. With the exception of such cases decay is not found on the cusps of the teeth or on their walls, because the movements of the lips, cheeks and tongue usually keep them clean.

It follows from this that if we want to prevent decay of the teeth we must keep them clean. Strictly speaking, the teeth should be cleaned after every meal, but as this is not possible for the majority of people, it is absolutely necessary to clean them regularly morning and night—especially at night before going to bed. The latter is by far the best time to clean the teeth, because the particles of food which may lodge on the teeth have plenty of time, during the long hours of sleep, to undergo complete acid fermentation, which acts on the enamel of the teeth. The working of these acids is rendered more active by the fact that during sleep the flow of saliva, which normally lessens their action by dilution, is suspended.

In order to clean the teeth it is necessary to use mechanical means, the most important of which is the tooth-brush. It is better to use a small tooth-brush—the size usually sold for children is large enough—so that it may be worked across and on top of all the teeth, anterior and posterior. The mechanical action of the tooth-brush, which is the most important thing, may be supplemented by the addition of tooth paste or powder, but this must not be overdone.

There are some people who, in order to have beautiful white and polished teeth, make use of tooth pastes and powders which are too hard and abrasive. These, in conjunction with exaggerated brushing, may injure the gums and cut into the surface of the tooth, especially at the root near the gum, which is often partially retracted in adults. The root is not protected like the rest of the tooth by a layer of hard enamel and is more readily injured by excessive mechanical action.

In brushing the teeth the bristles of the tooth-brush should be pressed gently into the spaces between the teeth—downwards for the upper teeth and upwards for the lower. The tooth-brush should then be firmly passed all along the curved surface of the teeth, inside and outside as well as on top, taking care to reach well over to the posterior teeth. Theoretically, the tooth-brush should be washed and placed in an antiseptic solution after use, but in practice we may rest satisfied if it is properly cleansed under the tap

## CHRISTMAS THOUGHTS.

Once again Christmas is close at hand and to numerous hearts it will bring a brief season of happiness and enjoyment. How many families, whose members have been dispersed and scattered far and wide, in the restless struggles of life, will be reunited and meet once again in that happy state of companionship and mutual good-will!

The passing year has alas, to many of our compatriots been a trying one, the cares and sorrows of the world have laid heavily on many shoulders, and many of the hearts that throbbed so gaily twelve months ago, have ceased to beat, many of the looks that shone so brightly then, have ceased to glow, the hands we grasped have grown cold, the eyes we sought have hidden their lustre in the grave. How many old recollections, and how many dormant sympathies, does Christmas time awaken!

Happy Christmas that can win us back to the delusion of our childhood days, that can transport our thoughts, hundreds of miles away, back to our dear ones, back to the land of our birth.

God grant, that the coming year will be for all of us a year blessed with peace amongst all nations, a year of striving to lessen the hardships under which a tired world is labouring. May the silver lining for which we so often have gazed heavenwards, appear and shed its light over the darkness in which we have tumbled during the last few months. Let courage and an unflinching determination to win through in spite of heavy odds be our guiding Motto for 1932.

In the towns, villages and hamlets of our homeland, the bells will ring on Christmas day, spreading the glad message of goodwill amongst mankind; their sound will pierce the Alps and ride on the ocean waves and will bring to everyone of us the greetings of our country. Let us spread this inspired message, coupled with the best wishes for the land of our adoption which has accorded to us a generous hospitality and to many of us a second home.

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in running water and then kept away from dust and contaminations.

As the bristles of the tooth-brush cannot penetrate fully between the contact points of the teeth where these are placed close together, it would be necessary to pass some silk dental floss or worsted thread between the teeth, taking care not to injure the gums by inserting the thread too quickly. It should then be passed several times in and out along the approximal surfaces of the teeth. This naturally takes some little time, which the majority of people are not inclined to spend when they are tired at bedtime; a simpler way would be to use a thin goose tooth-pick which is very strong and easily introduced. The tooth-pick must not be allowed to injure the gums but must be rotated and rubbed against the approximal hard surfaces of the teeth.

After using the tooth-brush and dental floss or tooth-pick, the mouth should be well rinsed with water to which may be added some liquid dentifrice.

The most thorough cleansing is not sufficient to keep the teeth and gums in a healthy condition if we do not use them for proper mastication of suitable food, as they were intended by Nature to be used. Hard and fibrous foods require a more prolonged mastication, and by friction against the walls of the teeth cleanse and polish them so that the particles of food do not stick so easily.

On the other hand, the most dangerous particles are those which come from soft, sticky, starchy and sugary foods, because these are subject to a quick and easy acid fermentation in the mouth, which starts dental decay.

We should therefore choose from among the many different foods those which give most work to the jaws and teeth, and finish our meals with fruit, oranges and apples especially, as these leave the mouth free from particles which may ferment.

Incidentally it may be added that fruit and vegetables should be consumed more freely; they not only leave the mouth clean, but help to promote to a much greater degree the movements of the bowels, thus preventing constipation and the many evils which may arise from it.

During the process of thorough mastication, the supply of blood to the jaws is increased, thus strengthening that part of the maxillary bone which surrounds the root of the teeth or alveolus, and, because of the repeated massage thus applied to the gums, keeps them hard and healthy.

This is very important for the beauty of the mouth. Just as the beauty of precious stones is enhanced when they are mounted in a proper setting, so the beauty of a good dentition is enhanced when the teeth are set in healthy, pink gums. The natural massage effected by mastication of proper foods has the advantage of preventing, or at any rate lessening, the deposition of tartar, which is so harmful because it compresses, irritates and renders the gums liable to infection.

TO BE CONTINUED.