

BRUSH FOR BEAUTY – TRANSCRIPTION

« The More Charming and Attractive You! »

Brush for Beauty

Presented by

THE AMERICAN DENTAL ASSOCIATION

BEAUTY EDITOR

What a pleasant surprise! Several months ago when Janet stopped in at my office... Janet's my favorite niece and it's always a treat to see her. But this time... Well, I could see something was troubling her.

“Aunt Vickie, I was out at another job interview this morning. And I didn't get it again. And I was counting on it. You know I need to earn money for college this fall.

- Well, Janet, there are other jobs.
- But this is the third time I've missed out. Could it be my hair? Or my clothes? Or the way I talk? Aunt Vickie, you're a beauty editor, what's wrong with me?
- Well, Janet, there is one thing I've noticed. You don't seem to smile very often.
- Well, I, well, maybe I don't. But what has that got to do with my not getting a job?
- Well, Janet, when you meet people, an attractive smile says things about you: that you're friendly, pleasant, fun to be with. Now, I meet many successful women, and without exception, a smile is one of their most important beauty secrets.
- Yes, but, well, I just don't feel like smiling.
- Of course, a good looking smile depends on well cared-for teeth. Oh, I know you brush your teeth every day, just about everybody does, but sometimes, taking care of our teeth becomes a hurry-up-get-it-over-with type of thing. For example, I see that you spend quite a bit of time applying your make-up. Just how much time do you spend brushing your teeth ?
- I don't know exactly.
- Well, Janet, if you don't spend several minutes brushing your teeth properly, how can you get them really clean? And Janet, how long has it been since you've seen your dentist?
- Well, I've been meaning to get in to see Dr Miller about this tooth that's been bothering me.
- But you never got around to it.
- With school and everything, no, I didn't.
- Janet, considering your smile can be the key to your entire personality, do you really think you're being wise?”

She got in to see Dr Miller as quickly as she could. Dr Miller told Janet that it is her responsibility to keep her teeth and mouth healthy. How ? One way is proper brushing. He explained that there are two things about brushing.

First, a good toothbrush. Not like these. How can anyone expect such old, worn-out brushes to do an effective job? Good brushes have a flat brushing surface, firm bristles and a head small enough to get at all surfaces of the teeth. And Dr Miller recommended one that was right for Janet's teeth and mouth.

The second thing Dr Miller told Janet is brushing correctly. That is, in the direction the teeth grow. Down on the upper teeth, up on the lower teeth, starting on the gum, and then scrubbing the chewing surfaces.

Dr Miller explained that correct brushing also helps prevent periodontal disease which affects the gums and the bone supporting the teeth. This disease isn't something that affects only middle-agers. Teenagers can have it too. And if periodontal disease is neglected, it can cause gum problems, bad breath, even loss of teeth.

The next time I saw Janet, she looked wonderful. She especially wanted to show me the new coat she had bought, now that she had a job.

“Aunt Vickie, that was a wonderful beauty tip. Now I know what you mean about looking better and feeling better too. Gosh, I've got to dash! Lunch, with someone special. Wish me luck! Don't worry, I'll smile.”

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