

as the adjoining teeth are sure to be attacked by caries. As to the use of mouth washes, tooth pastes and powders, everyone should be governed by the advice of their dentist. There are many mouth preparations on the market; some have virtues, but it is wise to be advised in their selection.

It is the duty of parents to watch the teeth of their children just as carefully as they do their general health. A child should be frequently taken to a dentist who will have the child's interest at heart; the temporary teeth can thus be watched and filled, and so retained as long as nature intended they should. Parents should remember that it is just as important for the health of the child that the temporary teeth be retained in a sound and useful condition until the time of their exfoliation, as it is that the adult's teeth should be attended to. It is difficult for parents to distinguish between the first permanent molars, which erupt about six years of age, and the temporary teeth. Many of these first permanent molars are lost because of this inability to distinguish, and the child suffers an irreparable loss, for these first molars are really the most important teeth in the mouth. They serve the important function of preserving the requisite space for the other teeth, their early loss meaning an imperfectly developed arch.

DIET.

The diet of the child should be carefully regulated and, as soon as the child is of sufficient age to masticate, it should be given meats as well as starchy foods. Proper meats should be chosen—such as good beefsteak—as there is nothing better to give exercise to the teeth and jaws than the mastication of these. This also gives a mixed diet, which is preferable to an entirely carbohydrate or starchy diet. Children should not be given soft bread or soft food of any kind in excess. Give them their starchy food in such a form that they must masticate it. Do not allow them to drink in order to assist mastication.

If the child visits a dentist frequently he soon loses any fear that he may have, and, if the parents follow out the dentist's instructions, the child will soon acquire very good dental habits, and good dental habits will mean better teeth and better facilities for mastication, and this in turn will give the child an opportunity to grow up into a more robust adult than if handicapped with decayed teeth and an unhealthy mouth.

CHOICE OF TOOTH BRUSH.

In choosing a brush for the teeth do not select too large a one, and do not use one from which the bristles come out or break off, for, if they do, and lodge between the teeth, they will cause irritation and injury. A moderately stiff brush is better than one that is too soft. Above all things, use the brush frequently and carefully. Regular polishing by the dentist is necessary to keep the teeth free from all deposits which in many mouths form very rapidly.