erupt a harder substance, as ivory or coral, may be substituted. It is "better, however, to give the child something which is not only hard but nutrient and pleasant to the taste—a chicken bone or a chop bone from which almost all the meat has been removed may be employed. These are not quite as hard as ivory and are, moreover, more attractive on account of the taste."* After the teeth have erupted, the child should still have abundant exercise in chewing, for example, hard toast or hard plain biscuits. Of course other foods will be needful as well, but as this deals only with masticating, mention is made only of the best means to that end.

The same principle should be continued through life, masticating everything thoroughly and at every meal some hard substance.

Once the habit of mastication is acquired the food will not be swallowed before being converted into a fluid. That this habit may be developed and retained through life, it is absolutely imperative that the teeth should be in the proper relation, the upper to the lower; also that they should be free from cavities of decay and firmly fixed in the jaw.

In this connection it should be distinctly understood and implicitly carried out, that every child should make frequent visits to the dentist, and that every one of the first teeth should be filled if decayed, and should be retained in position until the permanent tooth is ready to replace it.

Periodic visits should be made to the dentist by every person and all necessary operations performed in order to preserve the masticatory apparatus in efficient working condition. Even if one or more natural teeth should be lost they should be replaced by artificial substitutes.

In a word, what does efficient mastication accomplish? It divides the food into very small particles; causes a flow of saliva into the mouth, thoroughly mixes the food with saliva, facilitates swallowing, partially digests the starchy foods; excites the flow of digestive fluids in the stomach; develops the muscles of mastication and those of the face, thus affecting beneficially the expression; influences the nutrition and development of the teeth, the jaw bones, salivary glands, soft palate, tonsils and posterior nasal passages; is a preventative, to a large extent, of decay or loosening of the teeth; cures many cases of indigestion.

Surely a sufficient benefit to recompense for the small expenditure of time and labor necessary to accomplish it.

In another word, in what does insufficient mastication result? The food is swallowed before being sufficiently comminuted or sufficiently insalivated; the habit of eating too much; serious derangements of the digestive tract; may induce cancer of the stomach or appendicitis; lack of proper development of the teeth, of the muscles of mastication, of the jaw bones and cranial bones, thus adversely affecting the expression; lack of proper development of the throat and nose, predisposing to rhinitis, tonsilitis, adenoids, mouth breathing, laryngitits, bronchitis, consumption, dental caries and irregularity of the teeth. Surely a great risk to assume in order to save a little time and trouble.

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# THE RELATION OF BOVINE TUBERCULOSIS TO PUBLIC HEALTH

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Mr. President and members of the Canadian Association for the Prevention of Tuberculosis, permit me to thank you and your Board of Directors for your kind invitation to address you. I believe it to be unnecessary to enlarge on the pleasure it gives me to be here with you, because it is always a real pleasure to meet, and to be among, active fighters for the welfare of mankind. Furthermore, it must

*Read before the Canadian National Association, for the Prevention of Tuberculosis, London, May 17th, 1911.