

## The Home Doctor

## A Waste of Teeth

Of all nature's gifts, there is none that contributes more to health and appearance than beautiful natural teeth; yet an amazing number of persons handicap themselves and their children by allowing the gift to go to waste.

Statistics recently published of the results of examinations made in several large cities throughout the country show that about three-quarters of the school children have unsound teeth, the defects ranging from lack of cleanliness and slight decay to almost total decomposition.

Among the very poor it is natural that anything so incidental as teeth should receive little attention, for with them the problem of food and clothing is all-absorbing; but many of the worst cases seen in school are children of the well-to-do.

If the offenders are adults, unless they are oppressed by dire poverty, there is not much ground for pity; but when the victims are children, it produces both pity and impatience; for they are victims of other people's carelessness or stupidity.

The average baby is well when it is born, but by the time it has reached its fourth or fifth year its health is less perfect. The troubles of babyhood are largely due to improper food, which in its turn often affects the teeth; later, when the teeth should be cared for, as a rule nothing is done, and the result is a long train of evils.

If a child's first teeth are not nourished by proper food, the second teeth will suffer. The child that has strong first teeth is likely to have a strong second set, for the simple reason that teeth are an indicator of the general condition. Proper exercise of the teeth is also essential; consequently the question of food for children is important.

One of the most important things for young mothers to learn about the care of the baby is that the mouth should be washed carefully at least once a day. The reason for that is that unless a baby's mouth is clean digestive disturbances will arise; but apparently the duty is regarded as necessary only during baby days, for when the child is older and the teeth begin to appear, the custom is entirely omitted.

There is no period of time when the teeth can be neglected with impunity, but they need particular care in childhood and youth. There is a very close relation between decayed teeth, enlarged glands of the neck, and earache, from which many children suffer.

It is not uncommon for parents to give the first teeth no care at all, because they feel that it is foolish to spend care and money on what is so soon lost. It is a great mistake. Dirty, decayed, unsightly teeth spoil the charm of a child as surely as they spoil the charm of an adult. Not only is that the case, but the longer the first set of teeth is retained, the better and stronger the second set will be.

Moreover, the older a child is before the permanent teeth appear, the better the jaw will be shaped. That means that the second set will have room to develop properly, with no crowding and no overlapping. From every point of view it is economy to care for the child's first teeth by insisting that he brush them properly, and by having them filled when they need filling.

The logic of this course is so clear that it is astonishing to see how many children suffer from poor nourishment, due to the fact that their teeth are so poor that they cannot chew their food properly. The pity of it is that over and over again when a child is supposed to be vicious or mentally defective, the real trouble is that his teeth are not fit for service; consequently he is half-nourished, anemic, and therefore unmanageable.

It is against the law to extract teeth without permission, and to many parents the advice to have the cavities filled seems foolish; so day after day palliatives are applied, and the thing that ought to be done is neglected.

If the six-year molars are the ones affected, the remedy is often applied too late, and the permanent teeth are sacrificed. Those molars are the first of the permanent set. When they are extracted, none come to take their place. It is

therefore of great importance that they should be properly cared for and retained.

Artificial teeth do not in any case make up for the original; they are a makeshift at best, and serve only because they are better than nothing. An element of danger will always be present unless the teeth are perfectly clean. There is no possible substitute for cleanliness—it tempers all physical ills, and entirely prevents many.

## Tuberculous Meningitis

This disease is caused when the tubercle bacillus attacks the brain. Although adults sometimes have it, it is usually a disorder of childhood, and it is most common in children under ten years of age who belong to families in which there is a tuberculous tendency. The symptoms of meningitis often declare themselves with what seems great abruptness, but the history of the case will generally show that there has been a period of failing health and strength of several weeks' duration. The child loses his appetite and is fatigued after the least exertion; he often complains of headache and grows irritable.

Although the child is constantly drowsy, his sleep is restless, and disturbed by night terrors or gritting of the teeth. Presently all the symptoms grow more severe, and there are paroxysms of vomiting. Indeed, vomiting that occurs independently of eating is very suggestive of this trouble. The headache grows more violent, and is sometimes so agonizing that the child screams from the pain; often there are convulsions. The temperature may rise to 102 or 103 degrees, but the pulse is rather low. This lack of agreement between the temperature and the pulse is characteristic of tuberculous meningitis, and it enables the physician to distinguish it from other diseases that in some ways it resembles.

This stage of the illness is succeeded by another, in which there is less headache and no vomiting, but which is characterized by dullness and then stupor, which after some days becomes coma, from which the child cannot be roused. In this final stage the pulse and breathing are very rapid and irregular, and convulsions may be continuous. Most of the patients die in a state of deep unconsciousness.

Tuberculous meningitis must be considered as an almost universally fatal disease, and since that is the case, parents cannot give too much care to children who are suspected of having a tuberculous constitution. It sometimes follows in the train of the infectious diseases, especially whooping cough and measles. Sometimes it is caused by unskillful interference with tuberculous joints or glands in the effort to heal them. Only expert physicians should be permitted to undertake that sort of treatment.

## Simplicity

"Airs!" exclaimed the proud mother of whom the Philadelphia Public Ledger tells. "My Elsie, for all her learning, hasn't any more airs than her poor old dad."

"Then she won't turn up her nose at her old friends?" queried the visitor.

"La, no!"

"How refreshing! Most girls who go through college nowadays will hardly look at you after they're graduated."

"Well, they ain't like my Elsie, that's all I can say," retorted Elsie's mother. "She's become a carnivorous reader, of course, and she frequently importunes music. But stuck up—my Elsie? Not a bit! She's unanimous to everybody, has a most infantile vocabulary, and, what's more, never keeps a caller waiting while she dresses up. No, she just runs down, nom de plume, as she is."

## Looked the Part

According to a lively contemporary, the wife of the governor of a certain state was telling a servant about her husband.

"My husband, Bridget," she said proudly, "is at the head of the state militia."

"Oi t'ought as much, ma'am," said Bridget cheerfully. "Ain't he got the fine malicious look?"

## Two Cases of Eczema and How They Were Cured

## Further Proof That Dr. Chase's Ointment is a Positive Cure for Chronic Eczema.

If you read these letters you will find that Dr. Chase's Ointment is not to be classed among ordinary salves and ointments.

By actually curing itching, stinging eczema in many thousands of cases it has stood the most severe test to which any ointment can be put.

Mr. J. Brice, Temperance road, Parry Sound, Ont., writes: "Just a line to praise Dr. Chase's Ointment for what it has done for my wife. She has been suffering with eczema in her head for two years, and has spent no end of money with doctors and for ointments, which did her no good. She had about given up hope of ever being cured when someone told her to try Dr. Chase's Ointment. By the use of this Ointment the trouble has left her entirely, so we have unbounded faith in it. I have told several people about the Ointment."

Mrs. W. G. Dowden, Greenspond, Bonavista Bay, Nfld., writes: "I suffered

with eczema on my hands, and for eighteen months was so bad that I could not use a needle to sew or do anything. I could scarcely dress myself. Though I had lots of salves from doctors, I could never get much benefit from them. Then I sent for a sample of Dr. Chase's Ointment, and found it very different in action. It was not long before my hands began to heal, and four 60c boxes made them well. I cannot praise Dr. Chase's Ointment too highly, and frequently give some to others to get them using it, for I know that it will cure."

In the home Dr. Chase's Ointment is of almost daily usefulness, for by relieving chafing and irritation of the skin it prevents eczema and similar itching skin diseases. Applied to all cuts and wounds, it prevents blood poisoning and heals the skin. Dr. Chase's Ointment, 60 cents a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

Now a

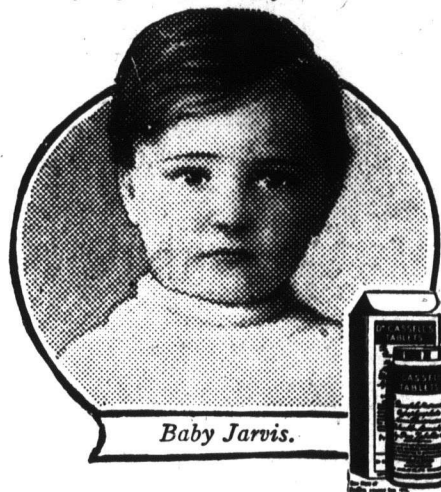
## Fine, Bonny Little Boy

## Penetang (Ontario) Child, Once so Thin and Delicate, Cured by Dr. Cassell's Tablets.

MRS. JARVIS, BOX 286, PENETANG, P.O., ONTARIO, says: "It

is a pleasure to write and tell you what Dr. Cassell's Tablets have done for my baby. When only five months old he was taken ill. I had medical advice for him, and was told he had colic, for which he was treated, but he did not get any better, only worse. I tried several special foods, but none of them would stay on his stomach, and he became so thin that he seemed just skin and bone. He

thought poor baby could live, but one day I chanced to hear of a baby's case almost like mine, that had been cured by Dr. Cassell's Tablets, so I got some for my baby, and I am thankful I did. After a few doses the nervous jumps he had suffered from stopped, and soon he was almost well. I have given him the Tablets during teething, and find them very soothing. He is a bonny boy now, quite cured, and weighs twenty-five pounds at twelve months old."



Baby Jarvis.

Every mother should know that Dr. Cassell's Tablets are just as suitable for children as they are for grown-up people. Their splendid nutritive and vitalising properties soon overcome any tendency to nervousness or weakness in the little ones, and lay the foundation of a strong constitution for after years.

## Dr. Cassell's Tablets

## FREE SAMPLE.

On receipt of 5 cents to cover mailing and packing, a generous free sample will be sent at once. Address: Harold F. Ritchie & Co., Ltd., 10, McCaul-street, Toronto.

Dr. Cassell's Tablets are Nutritive, Restorative, Alterative, and Anti-Spasmotic, and the recognised remedy for

Nervous Breakdown Sleeplessness Mal-nutrition  
Nerve Paralysis Anamia Wasting Diseases  
Infantile Weakness Kidney Trouble Palpitation  
Neurasthenia Dyspepsia Vital Exhaustion

Specially valuable for nursing mothers and during the Critical Periods of life.

Sold by Druggists and Storekeepers throughout Canada. Prices: One tube, 50 cents; six tubes for the price of five. War tax, 2 cents per tube extra.

Sole Proprietors: Dr. Cassell's Co., Ltd., Manchester, Eng.