

mastication before it could be swallowed. It will help dislodge other kinds of food because of its firm consistency.

The habit of eating candies and other sweets between meals is a very bad one, unless the teeth can be brushed. This is often impossible. The consequence is that some form of food remains about the teeth most of the time. When sweets are eaten they should be taken only with meals.

The best known means of cleansing the mouth and teeth other than by mastication, is by the intelligent use of a good tooth brush along with plenty of cold water. The brush must be small enough to pass readily between the cheek and the posterior teeth. The wisdom teeth are frequently the first to decay, because the large brush used will not reach them.

The head of an ideal brush for an adult should not be over one and one-half inches in length and one-third of an inch wide. The bristles should be arranged in two or three rows, each of about seven or eight tufts. They should be not longer than half an inch and of moderate stiffness. If the gums are inflamed, softer bristles should be used for a time.

In using the brush, the method of brushing across the teeth is not a good one. The correct way is to brush from the gums toward the end of the teeth. This can be done very easily on the surface next the cheek. For the inner surface, place the ends of the bristles directly against the teeth, just at the gums, and by twisting the handle the bristles pass length-