

they become, and instead of the enamel wearing off it becomes thicker, the enamel is always thicker upon the parts that are in constant use than in any other part of the tooth, and decay is scarcely ever known to begin upon the parts where there is the most friction. The danger lies principally in using destructive tooth powders or washes, not from proper use of the brush.

By using the brush frequently, or at least once a day, and that before retiring, you can keep them clean. During the day the constant moving of the tongue and lips prevent the food from remaining long about the teeth, but when you sleep, these organs become inactive, then the small morsels of food that get between the teeth after the last meal, are allowed to remain, and the saliva of the mouth acting upon them, they ferment and throw off a strong acid, which has a direct action upon the teeth and causes them to decay; indeed it would be well to use the brush after each meal.

It is also highly important to have a properly compounded tooth-wash. The teeth are often injured very much by using highly *acid or alkaline* tooth-washes for making the teeth beautiful, which is manufactured and sold by irresponsible persons.

I have a tooth-wash that answers the requirements. There is nothing in this wash that injures the teeth in the least, yet it keeps them perfectly free from all stains, and free from tartar. It is pleasant to the taste, it purifies the breath, and hardens the gums.

Teeth having green stains upon them near the gums, or tartar deposited about them,