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TORONTO MONTREAL WINNIPEG

CHILDREN'S TEETH

Of course, we do not know all about the ancients and their arts. They may have had a much wider acquaintance with electricity than we suppose, and may even have driven their motor cars on the broad summits of the walls of Babylon. However, we decline to believe that they were as well acquainted as this age, with the art and science of dentistry. The last half of the nineteenth century saw a great advance in this study, and we now survey with horror the uncouth instruments which operated on the aching molars of our forefathers.

In last January's issue of *The Literary Digest*, there is an excellent article dealing as follows with "The Child's First Visit."

When the little patient is presented to the dentist for the first time, our efforts should be divided between the entertainment of the child and the clear and decided instruction of the parent with most of the following facts:

That no one has greater need of perfect teeth than the child.

That the mouth is the vestibule of human life, and whatever enters goes to build up the bodily and mental strength—which depends on perfect digestion and assimilation.

That decayed and missing teeth cause a child to pollute and bolt its food, thereby poisoning the system, and by insufficient mastication giving the child bad breath, pallor, indigestion, and even going so far as to invite tuberculosis.

That defective teeth are the chief cause of nervous diseases in school children (in Brooklyn out of 600 children examined in the schools only nineteen did not need dental attention).

That the parents should be notified by card, monthly or so, as each patient requires, to present the child for examination and prophylaxis.

That to have the physical stamina to go through this world one must have vigor and health in childhood. This is impossible where defective teeth are present.

That poor teeth means poor health.

That the alimentary tract comes in for its share of bacteria from the oral cavity, and thereby invites disease to the child.

That abscessed teeth cause eye and ear trouble—often appendicitis.

That parents should forego speaking of pain and dental operations before the eager, listening ear of the child or children at home.

That the reasons for saving the deciduous teeth are:

1. To prevent pain.
2. To permit of proper mastication.
3. To preserve the arch for the permanent teeth.

And, finally, don't be afraid to tell them all these facts. It is your duty.

It is within recent years only, that we have come to realize the value of taking care of the first teeth—which used to be considered as nothing but the proper material for destroying germs to work upon.

Miss Marianna Wheeler, who is ex-Superintendent of the Babies' Hospital, New York, says, regarding the first teeth:

"From the time that the first lower tooth appears, up to the first year, the mouth should be well rinsed or sprayed with a solution of boric acid or boiled water twice a day; more often than this is not necessary, as at this age the child secretes enough saliva to carry off any residue of milk left in the mouth after feeding. The best time for using a mouth wash is night and morning, for this reason; after the evening meal the child is put to bed and presumably sleeps the rest of the night; while unconscious with sleep the saliva does not gather as freely in the mouth. As soon as the first molars are well through, meat and food of a more solid character are usually given—food which requires chewing and grinding. This hard chewing will often force particles of food firmly between the teeth, and it should be removed; if the meat contains much fat the fat will harden between the teeth or near the gum, which makes it necessary, as soon as solid food is given, to use a tooth-brush. Small soft brushes with but one row of bristles are made for very young children; with these small brushes the teeth should be carefully gone over inside and outside,

between the teeth and over the grinding surface. After brushing, by means of a small syringe tepid water should be forced between the teeth and the mouth thoroughly rinsed. Brushes with two rows of bristles are made for children a little older.

"On the teeth of delicate children and those whose teeth are neglected there is frequently found a rough, greenish deposit close to the gum; this deposit has a rough surface which catches and holds tiny particles of food, especially those of a pastry nature, such as cracker, bread, cereal, etc. These decay, filling the mouth with bacteria; the gums are infected and soon become tender and bleed easily; ulcers will form inside the mouth, sometimes extending to the lips and the area surrounding them, especially the corners of the mouth. As soon as this greenish deposit is noticed it should be removed by the use of a little powdered pumice and glycerine; take a toothpick and wind tightly around it a tiny bit of absorbent cotton, then a gentle rubbing and time will accomplish its removal; during this process, however, take care to irritate the gums as little as possible. After the deposit is removed it is felt to use the chloride-of-potash mouth wash for a while; this and the daily care of the teeth as suggested will, in all probability, prevent another like deposit from forming. Careful rinsing of the mouth is almost as important as the use of the brush. The addition of some good antiseptic mouth wash is desirable for rinsing purposes.

"The nerve pulp of the temporary set of teeth is not nearly so sensitive as that of the permanent set, consequently decay may become well advanced without being discovered or causing the child the slightest pain. This fact makes it desirable to examine the child's mouth occasionally, otherwise large cavities might form before any defect is discovered. Children who are very anaemic, who are rachitic, afflicted with any constitutional disease, or those whose heredity shows a predisposition to unsound teeth, need especially to have their teeth examined often; they also require the best care to preserve them. It is a common fallacy that indigestion and stomach trouble are the cause of early decay in the teeth of children. This is not so; in fact, quite the opposite is true. When the teeth from lack of care become incapable of performing their work properly and the food is allowed to go into the stomach totally unfit for that organ to receive it, it is then that the stomach rebels, and indigestion comes. As good digestion depends almost entirely upon perfect mastication, all food should be chewed and chewed over and over again until it is ground so fine and so thoroughly mixed with the saliva that a certain portion of it is dissolved and partly digested before it goes into the stomach.

Our Overheated Houses

HUMIDITY, or rather the absence of it, plays an important part in the house heating problem, and you will always find, in any house in which the temperature is kept at a high degree, that the atmosphere has a decidedly parching and oppressive effect, and that no water is being evaporated either on the heating stove or in the furnace, as the case may be. The heating apparatus practically dries out all the humidity in the air, while it should contain from sixty to seventy per cent., and unless some means for replacing it is provided, an extremely high temperature seems necessary for warmth, while, in fact, a more moderate temperature of humid air would not only be more warming but also much more comfortable and healthful. The average furnace waterpan, however, is much too small for requirements, but if there is one in your furnace, do not neglect it. A new form of waterpan recently introduced with much success is circular in shape, and surrounds the furnace immediately inside the casing or jacket. As it holds several gallons of water and its shape guarantees that all the heated air is uniformly humidized, the whole house can be kept at a moderate and equable temperature.