

DENTAL HYGIENE

Almost every germ of a general infectious nature can be found in the cracks and crannies of hollow teeth — waiting and watching for a favorable opportunity to jump out and pounce upon the insufficiently protected or fatigue — weakened organism.

Measles, chickenpox, whooping cough, mumps, scarlet fever, diphtheria, influenza, and smallpox have been bred in the fertile soil of decayed and neglected teeth, and have manifested their presence by starting the particular kind of trouble for which evolution has designed them.

No regular family investment will have the economic importance, or earn more in the way of physical and mental dividends than prompt and efficient dental care. A visit to your dentist is never an expense. It is the wisest and most productive of investments.

In order that parents and teachers may be able to inculcate certain elementary truths for the "hygiene of the mouth", the following summary has been compiled : —

1. The mouth is a gateway of health or disease.
 2. Hard foods, if well masticated, help to make and keep good teeth.
 3. Soft foods cling to teeth ; hard foods clean them.
 4. All foods should be eaten slowly.
 5. Deliberate mastication aids digestion.
 6. Drinking is best after eating.
 7. A clean mouth makes a sweet breath.
 8. Food left on teeth brings decay.
 9. Wash the mouth after every meal.
 10. All decay commences on the outsides of teeth.
 11. Unclean teeth decay chiefly at night.
 12. Clean the teeth before going to bed. Take no food of any kind afterwards. Clean the teeth again in the morning.
 13. Use a small toothbrush with stiff bristles. Use a dentifrice.
 14. Brush all the teeth up and down thoroughly, especially the back ones. Brush all surfaces of the teeth.
 15. The teeth must be kept clean.
 16. Clean teeth seldom decay.
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Always Consult Your Dentist.