

(even with one of moderate stiffness,) not only an abrasion of the enamel, but also causes an insensible absorption of the alveoli.

The name of dentifrice is given to different powders and pastes, and are used, as the name implies, for the purpose of cleansing the teeth. Elixirs are also used for the same purpose, but powders are the only class of dentifrices that, in my opinion, accomplish the purpose for which they are intended. The object of a dentifrice is to remove the food accumulating around the teeth during meals, and prevent the deposition of salivary calculus to a certain degree, and for the removing of of mucus adhering to them during sleep, but especially the latter, consequently its action should be mechanical, and in order to remove the mucus deposits successfully, it requires that the various ingredients composing the dentifrice be brought to an impalpable powder, and should possess some gritty substance which is of an opposite nature to the mucus it is meant to remove. The dentifrice should contain no acidulous salt, for reasons already mentioned. Many dentifrices of a simple nature have been recommended, such as pulverized charcoal, soap, &c., but they have their objections. Charcoal is objectionable, because of its well known tendency to stain the edges of the gums after a prolonged use. Chalk, alone, should be forbidden to patients who have a tendency to the accumulation of salivary calculus, for it accumulates at the necks of the teeth, and unites with animal food and saliva to form calculus. Soap also fails to attain the object for which it is used, it being too much of the nature of mucus and cannot remove it perfectly, that very thing being most desirable. Pastes are objectionable for the same reasons. Although the mechanical action of soap is unfavorable, its chemical action is beneficial in neutralizing the acid generated by caries, and destroys the animalcules present in the mouth. Elixirs are also used largely, in this city and Province especially, their action upon the teeth is as harmless as that of water, and have the same effect; but the astringent principle they possess are beneficial to the gums, but not to the teeth; for that reason they can safely be used, but in conjunction with a powder.

I would recommend the the use of waxed floss silk or a tooth-pick to pass between the teeth, after every meal, in order to remove any particles of food which might have accumulated during mastication. A tooth-pick should be of some soft and pliable material that would not injure the enamel, the quill or the wooden tooth pick being the