

other diseases, the germs of which are found in the mouth. The person with a germ-laden mouth is taking the chance of getting almost any disease when his system is run down and his power of resistance is lowered. Also, he might carry the germs in his mouth, and, while not taking the disease himself, might transmit it to others through his breath or sputum. This was shown to be the case lately in this province when fifteen meningitis "carriers" were isolated from the rest of the soldiers at the Toronto camp during the outbreak of that disease there. Though some people might live a long life with the germs of a great many diseases constantly in the mouth, it would be extremely unwise for the rest of us to take such a chance. The germs of pneumonia are to be found in the mouths of one-third of us, but in order to contract pneumonia there must be a properly balanced relation between the virulence of the infection and our power of resistance.

With our present knowledge of the specific organisms of so many diseases, is it too much to suppose that each disease may have specific bacteria as its cause (with the exception, of course, of inherited defects and injuries)? Whether they all have or not, we know of a great many that have, and almost all of these may enter the system through the mouth, especially if that organ is not kept in a hygienic condition. As to the number of mouths that are unhygienic, Dr. Gilmore, of Chicago, an authority on this subject, says that 25 per cent. of the population are suffering from pus at the roots of one or more teeth. This pus may find its way into the stomach or intestines by being swallowed, or may be absorbed into the blood and circulated to all parts of the body. The health of any person with an unclean mouth is ALWAYS in danger. The time is sure to come, sooner or later, when, owing to a cold or other cause, the individual is "run down," and his power of resistance is lowered, and some serious illness is contracted, the infection of which came from the mouth.

To prevent as much as possible therefore, the contracting of disease, two rules must be observed. First, keep the mouth as free from bacteria as possible. This condition can best be obtained by the proper and regular use of the tooth-brush, using it in such a manner as to brush every part of the mouth, the spaces between the teeth, and the top of the tongue. Second, keep at a distance from those suspected of having unclean mouths, especially if they are in the habit of coughing or clearing their throats. The power of resistance can best be maintained by proper mastication of the food with a good set of teeth, and by closely observing the proper laws of living.

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