

though it can be shown that such a course would result to a great extent in immunity from caries. As to the number of times a day which it is necessary to cleanse the teeth, no definite statement can be made; this will depend on the shape and regularity of the teeth, the conditions of the secretions, the food eaten, the amount of mastication performed, the care with which brushing is done, and on the frequency of the more thorough polishing by the dentist.

HOW TO BRUSH THE TEETH.

It is self-evident that rapidly decaying teeth require more attention than those which are apparently extremely resistant to caries, and in some cases the frequency with which the teeth are brushed must in a measure be governed by the occupation of the patient. The teeth, if brushed properly, can never be brushed too often, but much injury may be done by unskilled brushing. Using too hard a brush, and too coarse a powder will wear the teeth to an injurious degree. People usually brush their teeth back and forth over those surfaces which are naturally kept clean by the muscular action of the face and lips. They overlook altogether those portions of the teeth where the food lodges and is difficult of access. To reach these places the bristles of the brush should be placed on the gums above the teeth (for the upper teeth) and by turning the wrist the brush is brought down toward the grinding surfaces, the bristles passing into and cleansing the spaces between the teeth. For the lower teeth reverse this order, placing the brush on the gums below the teeth and rotate the handle upward. In this way the gum tissue is not injured but is kept clean and healthy, while with the ordinary method the tissue in these spaces is more or less injured. Laceration of the gums is caused by wooden tooth picks. Silk floss should be *very carefully* used. It is necessary to employ both of these articles at times for the sake of comfort, but only the coarse particles of food can be removed by them, and they play little or no part in the prevention of caries. It may be added that injury to the gum tissue between the teeth, if severe, will eventually lead to its absorption, thus endangering the life of the tooth and rendering it more susceptible to caries.

WHEN TO BRUSH THE TEETH.

Self-respect and a desire for a better feeling in the mouth induces nearly everyone to brush their teeth in the morning; another two minutes may easily be taken after the morning meal for a second brushing, and the business of the day may then be started with a clean mouth and wholesome breath. If it is at all possible, the teeth should be brushed again after lunch, and all should make it an imperative rule that no food should be taken after the teeth have been cleansed for the night. The custom of giving a child a biscuit to eat as it goes to sleep has been productive of great evil. Partial dentures should never be kept in the mouth at night,