

head are in almost constant use, and are consequently always well supplied with blood. The brain is wrestling with the problems of life as they present themselves, and it, too, is being exercised and developed. The eye is being trained to examine every object, and the ear to catch the slightest sound, but the teeth are hardly used at all. Nine out of ten mothers feed their children of that age on soft food. Bread made from fine flour, biscuits soaked in tea or milk, meat cooked tender and cut into small bits, with potatoes and other vegetables in such a condition that they require little or no mastication, form the chief food of the little three-year-olds. Not being actively exercised, the teeth and jaws need but a small quantity of blood, and, owing to the imperfect development that results from insufficient nourishment, they are unable to resist the attacks of the pathogenic germs that are always present in the mouth, and which eventually destroy them.

The remedy is in the hands of parents. If they will see that their children, at the earliest possible age, use their first teeth vigorously, they need have little anxiety in regard to the second set. In other words, if a demand is created for sound, solid teeth, nature will be almost certain to supply them. It is by no means difficult to teach children to chew their food. Nothing pleases small children more than to be allowed to nibble a hard biscuit or bite the meat from a bone. Nature prompts them to exercise their teeth in that way, just as it prompts a puppy to spend hours gnawing at a bone which has long since been stripped of its meat. But the average mother, partly, no doubt, out of respect to dainty dresses and well-kept carpets, but more particularly from fear of possible injury to the teeth themselves, objects to the dental calisthenics in which the child would gladly indulge, and thereby unconsciously opposes the efforts of nature to develop good teeth. Since teeth that are perfect in structure rarely if ever decay, an ounce of prevention in the way of developing healthy dental organs is certainly worth more than a pound of cure after they are diseased; and if parents will supply their children with an abundance of bone-producing food, see that the teeth are kept clean, have them examined and attended to from time to time by a competent dentist, and, above all, have them well exercised by chewing hard food, nature will do her part, and their children in after years will rejoice in the possession of that almost priceless endowment, a beautiful and complete set of teeth.