

by the use of a tooth-wash, prepared expressly for changing the character of such secretions, and at the same time thoroughly brushing sufficiently hard for the removal of all foreign substances from the teeth. The teeth are constantly becoming more dense in their structure, the most critical period in the life of these organs is between the years of seven, and twenty; during this period great care is absolutely necessary, as a greater number of teeth decay during this period than later in life. After the age of twenty care taking is rewarded with an increased certainty of preserving them until old age.

CLEANING THE TEETH AND HOW PERFORMED WITHOUT INJURY.

It is certain that you cannot preserve the teeth without keeping them clean. No care or attention in other respects, however well performed, if faulty in this, can possibly save them, *and no cleaning*, however thoroughly and systematically administered will prevent the teeth from decomposition unless, when decayed, their cavities are cleaned and thoroughly filled with gold or some other indestructible substance.

People frequently make the remark that they are afraid of brushing off the enamel if they use too hard a brush, or use the brush too frequently, and if they brush them too hard their gums will bleed; this is a mistake, for the gums or teeth are not hurt by the use of the brush. Caution in this direction is unnecessary, for the more you brush the teeth and gums the harder