

Article I.

School Children.

teeth become loose and eventually lost.

Points on Preserving Good Teeth.

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From what has been said in a previous article, you will realize how important it is to look after your child's teeth, train them to care for them properly, and have a dentist examine them from time to time to make sure no defect is overlooked.

Have you ever stopped to think how great an influence diet has on the development of the teeth? The importance of a proper diet is much greater than most people realize.

When a baby comes into the world it is apparently toothless. Nevertheless at this time the first teeth are practically completely formed, lying beneath the gums. In fact, under these first teeth there are already the beginnings of the permanent teeth. Under certain circumstances, you will understand that these teeth cannot develop as they should if the body is not supplied with a sufficient amount of the necessary building material. Hence in the food of your child you should make special provision that especially those elements which build bony structure, of which the tooth is a type, are supplied in sufficient quantities. This fact recognized, you will agree that proper care of the child's teeth really begins in the earliest infancy, even before any teeth have appeared, and should be directed especially to the infant's feeding. Nursing at the breast is by all odds the best way to start the proper development of the child's teeth.

The two most important elements included in the diet for building sound teeth are lime and phosphoric acid, for the growing child there is no better source of these than milk; mother's milk in infancy and clean cow's milk later. After infancy the diet of every child should include a generous amount of milk with each meal, and in addition to this there should be other sources of mineral salts, such as green vegetables and pure fruit.

Another thing to remember about the relation of diet to good teeth, and that is the influence of exercise. Just as regular use of the muscles makes the muscles firm and strong, so regular use of the teeth for chewing helps to make them larger and better teeth. The food should therefore be presented in such a form that it will require chewing. For this reason the diet should include a certain amount of coarse meal designed especially to exercise the teeth. Coarse whole-grain breads, rye bread, baked potatoes eaten with their jackets, fresh apples—these and other similar articles included in the food will help to make good teeth.

Dental decay, also spoken of as "dental caries," is caused by the action of germs or bacteria which feed upon the less exposed parts of the tooth. As a result of their growth the tooth structure is softened, allowing the succeeding generations of bacteria to penetrate further into the substance of the tooth.

Much can be done to prevent this decay of the teeth, and this accumulation of germs, by brushing and cleaning the teeth regularly. Each child should be taught the proper use of the tooth brush, and the mother should encourage her child to brush the teeth regularly after each meal. At the present time the proper use of the tooth brush is taught in many schools by means of the "tooth drill," but this will help very little if the mother does not make sure that this teaching is actually applied in the home.

Does your child brush his teeth regularly? Do you see that a good tooth brush and some pleasant tooth paste or other dentifrice is at hand? Do you ever look at your child's teeth? These are some of your responsibilities.

Strong as when squeezed from the tube.

There are two things about baits to bear constantly in mind. The most important, perhaps, is that no decoy should be employed where sets can be made without it. Remember, there are no magic mixtures which actually drag animals into traps.

Generally speaking, the season has not been one of uninterrupted prosperity for the fruit-grower, but it has certainly emphasized the need of co-operation.

Too many girls can play "The End of a Perfect Day" on a talking machine, but can't get up in time the next morning to help get breakfast.

