

but their effect upon the organs of any one individual are no less marked. Tie up an arm so that it cannot be used, and the muscles will soon become soft and flabby, and will eventually disappear. Lock up a child in a room by itself with nothing to occupy its thoughts, and it will in time become an imbecile. It appears that a certain amount of exercise is essential to the development of most organs. A part when performing work requires and receives more blood than when at rest, and if much work is performed the blood-vessels increase in size and the part is better nourished. That a close relationship exists between development and nourishment, and between nourishment and exercise, is a fact so well known that it need not be discussed here; but so far as the study of the teeth is concerned the principle has been applied to the race rather than to the individual. It is undoubtedly true that what the people of a country eat for eight or ten generations will determine in a general way the size and shape of their jaws and the form and structure of their teeth at the end of that time; but it is probably no less true that what a child eats up to the time he is eight or ten years of age will determine just as certainly what will be the condition of his dental organs for the rest of his life. If the food of the child is such as requires vigorous use of the jaws, the blood supply will be liberal, the parts will be well developed, and the teeth will not be likely to suffer from decay. On the other hand, if the child is fed on soft food, requiring little or no active mastication, the jaws and teeth will be poorly nourished, and the latter at least will be defective in structure. Erupted into the mouth in that condition, no amount of care can protect them from the ravages of decay, which will sooner or later impair their usefulness and mar their beauty.

It must be remembered in this connection that although none of the temporary teeth make their appearance in the mouth until the child is five or six months of age, their crowns are almost fully developed at birth, and that the jaws of a newly-born child also contain the germs of twenty-four of the permanent teeth in various stages of development. These permanent teeth do not begin to erupt until the child is about six years of age, but during that time the process of calcification is continually going on. With the first molars, the incisors and the canines, it is well started by the end of the first year; with the bicuspid, at the end of the second year; and with the second molars at about the fifth year. It will thus be seen that between the second and fifth years this process of calcification upon which depends the future character of the teeth is in most active progress. Nature intended that during this period the jaws and teeth should be well exercised, and to that end provided the child with a perfect temporary set of teeth, but, as a matter of fact, they are used but very little compared with the other organs of the body. The muscles of the arms, legs and