

However, it would be, more or less, a waste of time to cry out against the modern foods—we are not likely to get the manufacturers to stop making them, nor are the people likely to cease purchasing, and using the same; so we must concern ourselves with making the best use we can of that which we have to hand.

Irregularities of the teeth are not only a disfigurement but a very potent cause of tooth decay. These irregularities can, to a considerable degree, be prevented, by the proper feeding of the infant and young child. The natural food is undoubtedly much the best for the infant, and the mother should keep herself in the very best health possible, while nursing the child. Statistics show that breastfed children have better developed arches than bottle-fed. When the first teeth appear, the child manifests a desire to gnaw and bite. In days gone by our grandmothers used to give the child a crust to cut its teeth on, as they say; it is obvious that gnawing such a food-stuff will tend to make the child place its lower jaw in a proper position and will also help in the development of the tongue, which is a very important factor in the development of the dental arch, and will tend to increase the blood supply by the continual exercise, and so help on the work of nature.

As the child's teeth increase in number, so should something be given which will require those teeth to be used. It is a fact worth remembering that when the child has cut all his twenty temporary teeth, he has a much larger masticating surface in proportion to his size than the adults have.

When the child is able to sit up to the table, he should be encouraged to form a habit of finishing his meal with a bit of dry toast, a rusk, a hard biscuit or anything crisp. If this is thoroughly masticated, it will soon be a source of pleasure to the child, and if

followed by a drink, will cleanse the teeth better than any tooth-brush can do.

And now we must pass on to those of an adult age, the same diet being largely suitable for children after they have passed the stage of infancy. The number of breakfast foods on the market is legion upon legion, and many of them would be excellent for the purpose of cleansing the teeth if they were not invariably soaked with milk or cream. If breakfast is made entirely of any of these articles or porridge, a piece of dry toast, as before, should be well chewed, in order to cleanse the teeth and gums. Recession of the gums is principally caused by the lodgement of soft foods and debris generally, around the necks of the teeth, and if something hard and crisp is taken and well masticated, there will be little recession of the gums and much less decay. We have a large variety of what we might call self-cleansing foods which can be used to advantage at the end of a meal, such as dry toast, which may be buttered after it has cooled, biscuits, crackers, rusks, etc., celery, olives, apples, lettuce, radishes, white cabbage, etc., etc., all kinds of nuts.

Now, a word about the tooth-brush, mouth-washes, etc., the tooth-brush should be used regularly and carefully—much harm can be done by rough brushing, a rotary movement with a brush, not too hard, and a tooth paste or powder which is known to contain no harmful ingredients.

Antiseptic mouth-washes are entirely out of place in a healthy mouth and should never be used by anyone without the advice of the physician or dentist. I have not time to enter into the reasons why they are harmful but suffice to say that nature has a way of balancing, and if antiseptic washes are habitually used, the field is only left more susceptible to infection.

MISS EDNA E. LOWE BETTER ORAL READING

Miss Lowe began her address on this subject with a criticism she had heard of the schools. We put in twelve years of intensive training and our product cannot stand, sit or walk correctly; he cannot read a newspaper intelligently; he is self-conscious.

She made a plea that the boys and girls should get special training in oral expression—a training that will mean much in after life—a training that is a necessity to success in business life and for the art of public speaking is almost a necessity at the present time.

One main fault in public address is Indistinct Speaking.

Too little attention is paid to the organs of speech. If practice is necessary for the development of the arm and leg muscles, practice is equally necessary for the muscles of articulation.

Ten minutes each day should be devoted to exercising these muscles.

Miss Lowe then explained at length her system.

1st. Emphasize the pronunciation of the lip consonants "b", "ni", etc. Real muscular effort should be made.

2nd. Lip and teeth consonants "f", "v",

3rd. Teeth and tongue consonants "th" in them and thine.

4th. Teeth, tongue and pallet consonants "r", "sh", "z".

A few minutes each day will bring good results.

Then should follow exercises in the combining of final letters—"old", "hold", "elf", "gulf", "elm".

After training of this kind, the pupils should be given words of many syllables—"multiplication", care being taken that every syllable is articulated distinctly.