

about the temporary teeth of their children. It is only when this neglect has ended in suffering that the advice and help of the dentist is sought. I once had a little girl from a good family who had a fistulous opening under the inferior six-year molar, when, if the parent had been sufficiently intelligent on the subject, the child would have been spared an unsightly scar, and the loss of a valuable tooth from the dental arch. Few are aware of the importance of care for the temporary teeth. If insisted upon, we are met with the question, "Of what use is it to fill these teeth when they will so soon be replaced by a permanent set?" It is not understood that they have a great value in keeping the arch in its proper shape for the reception of the permanent set. Nature intended that they should remain until the time comes for their successors. And in addition to their early loss the suffering that their neglect entails is no small matter. Again, the mouth is the gateway through which the needed supply of food enters the body, and in which it undergoes its first preparation for digestion, and this is as important to the child as to the adult. The presence of disease with resultant filth and dangerous pus in the very beginning of the process of nutrition is a great evil, which may affect the general health. We insist upon the necessity of clean and wholesome food. We are careful about the utensils in which it is prepared, but singularly indifferent to the cleanliness of its first receptacle, and do not exercise the proper care that it may reach the stomach free from unnatural defilement. Much suffering might be avoided, and also permanent injury to the digestive apparatus, if children were taught not only to wash their faces and hands, but to purify and cleanse the teeth, at least twice a day. It is a clear duty resting upon us to disseminate information on this point, and thus to contribute to the prevention of a large amount of needless suffering, as well as injury to the masticatory apparatus.

The subject of the best food for the building up of the dental process is one also that needs presentation. We all know how universal is the demand for the flour which will make the whitest bread, when that whiteness is only secured by the elimination of the nitrates and phosphates so essential to the body, leaving only the carbonates, which abound in other foods. Our grandparents were more fortunate, whom necessity compelled to be content with coarser flour, and to use their teeth more in efforts to overcome its hardness. It may save time and labor to bolt this modern soft bread unchewed into the stomach before it is properly prepared and mixed with the saliva, but we pay for it dearly in poor teeth and in indigestion. I am a believer in the use of oatmeal and other cereals, which have not suffered from this artificial removal of some of their most valuable constituents.

Dr. Johnson, in his dictionary, defines oats as food for horses in