

with an armful of text books, consisting of Dictionary (a nice substitute for play,) Arithmetic, Grammar, Geography, History, Astronomy, French, German, Italian, &c., &c.; (Physiology excluded as that is only fit for medical students,) out of which tasks must be learned for the next day. Then, the ambitious mother, and the music teacher, peradventure, have *their* rack ready in the shape of a piano forte, on which the poor, mentally and physically worn out child must be put, for at least an hour. Under such circumstances appetite for simple and proper food is lost, and the arts of cookery are called in to supply it with dainties. The above is not an exaggerated picture of the manner in which thousands of young ladies have been brought up, and a sad spectacle they are, many of them, before they get out of their teens. These have been, and are the mothers of the present generation. Under such circumstances, with the aggravation of social customs and fashions, how can it be that a vigorous constitution, or normal dental tissue can be imparted to the offspring? It is impossible. Then we have the errors of nursing and dieting added to the inheritance of a feeble constitution. Fashionable mothers at the present day appear to think it beneath the dignity of a lady to see after their offspring, many of whom are left under the care of unfit and heartless servants, who instead of waiting on them and attending to their wants, frequently dispose of them for the time with doses of paregoric, Mrs. Winslow, &c.

And as to diet, instead of its being regulated to suit their feeble constitutions and tender years, it is too frequently more like a ploughman's. It has not been an unusual practice to bring children to the table as soon as they are able to sit on a chair, and give them fare in common with adults. After partaking of the stronger kinds, more than nature requires, they have all the courses of "tongue ticklers" to bear up under, and frequently go from the table literally stuffed—an ordeal sufficient to overtax the most vigorous digestion. The consequences of which are defective nutrition and assimilation, and the production of agents which act destructively on the already imperfect dental tissues. The custom of not using such food as contain the elements that are required to constitute normal tooth structure, and depriving one of the chief articles of food, flour, of its bone making qualities, in the separation of the bran and shorts must not be lost sight of, as being among the fruitful causes of defective teeth.

The above remarks refer to the constitutional causes of the prema-