

Don't isolate yourself either from society or from your profession. There are those who isolate themselves even from their own families ; they are not much more than boarders, and poor, grum, troublesome boarders at that. Be lovable at home, social in society, and honorable, useful in the profession. There are some who are a disgrace everywhere. Oh, don't be one of them ! If you will be an honor to your family, to your community and to your profession, they will honor you ; and with honor will come success.—*Items of Interest.*

THE TEETH OF OUR SCHOOL CHILDREN.—J. C. McCoy, M.D., in a paper on this subject read before the Dental and Oral Surgery Section of the American Medical Association, advocates training the children in the Public Schools the proper care of the teeth. Each State Dental Association should appoint a suitable committee to arrange a manual on the subject, then induce the Educational Board of the State to adopt such a manual as a text-book to be used by teachers and taught in our Normal Schools, requiring teachers to pass an examination upon the contents of the manual and teach the subject in the schools. Out of a school of 700 pupils where Dr. McCoy distributed printed slips, "Do you cleanse your teeth with a brush every day?" "Do you cleanse your teeth with a brush twice a day?" 50 cleansed their teeth twice a day, 275 used the brush sometimes, while 175 did not own a brush.

After several years of observation I am convinced that there is no better method of treating the gums after all deposits are thoroughly removed from the teeth and the use of medicants as may be indicated than friction-massage with the fingers. The daily use of a simple medicated powder, especially at night, before retiring, is very essential, as the putrefactive action of food deposits and acid secretions are more destructive than during the day. Pumice or os-sepia should never be the ingredients of tooth powder to be used daily ; neither should a stiff and large brush be used. It is a foolish idea that such a brush is beneficial ; both lacerate and cut the gums away, exposing the necks of the teeth to the action of caries and the rapid wearing or notching of the cement. A brush of medium size and stiffness, intelligently used, with a powder containing an ounce of boracic acid to the pound of the usual formula, and an occasional with massage will ordinarily insure a healthy mouth. Children should be taught massage of the gums and the use of a brush with an appropriate tooth powder. Absolute cleanliness is also essential to the beauty and preservation of the teeth and health of the mouth. Parents should make an early call on a competent dentist on their behalf for advice and needed attention.—*R. J. Parrie, Cincinnati, O.*