

may be rubbed after eating anything before retiring. It will loosen the teeth from at the margin of the gum.

An antiseptic is also helpful to preserve the health of the breast. Hydrogen is a good disinfectant. It also bleaches whitens them. Dilute hydrogen peroxide solution washing antiseptic powder pumice stone. Powder is excellent. It is extremely important that the surface of the teeth is always kept clean with a soft cloth.