

GOOD TEETH VITAL TO GOOD HEALTH

Many Ailments Now Traced by the X-Ray to Abscesses on the Jaw—Care of Mouth Essential.

(New York Times.)

It is only recently that the teeth and mouth have been suspected of being a source of a number of serious infectious diseases, especially diseases of the heart, blood, kidney, and joints.

Careful examination of many skulls in the national museums show the inferiority of the teeth of our present white races as compared with those of ancient times or those of the present who continue to live under primitive conditions.

The Eskimo did not choose the extreme North as his place of abode because of his fondness for the intense cold. Not being a wasteful person, he gradually worked as far North as man can exist in an endeavor to escape the raids of the more warlike Indian tribes.

With our white races, whose habits of life are such that little hard usage is demanded of the teeth, we find that the teeth and bony structures have degenerated, and some persons have assumed that in a comparatively few thousand years our civilized races will no longer possess any dental organs.

In telling of the care necessary for the teeth, the service says that in addition to careful attention to proper food to build strong and healthy teeth, it is important to make sure that everything is done to prevent decay.

"It will be noticed that decay usually begins either in the little grooves upon the surface used in chewing, or else at the point where one tooth adjoins another. This point also falls to receive the scouring which the more exposed parts of a tooth receive.

"Smearing the nails with clay or vaseline and endeavoring to cleanse them with an old tooth brush will enable one to form an opinion as to the most effective method of brushing the teeth. Brushing across the nails will leave material along the sides of each nail; brushing up and down the nail will leave the cleaned; but if the brush be used in a rotary manner, the bristles describing a small circle upon the nail, it will be removed. For the inner side of the teeth, the brush is used as one would use a hoe, as the rotary motion is impracticable, but in using this motion the brush should not be pushed back, as this will tend to carry germs beneath the gum margins.

"If the gums bleed when the teeth are brushed, some abnormal condition exists, and a competent dentist should at once be consulted. A healthy gum is not easily injured. A thorough rinsing of the mouth should follow to remove such materials as has been dislodged by the previous process. The use of a tooth powder, tooth paste, or other dentifrice is desirable and there is no particular choice in the selection except that it should not be gritty. Ordinarily lime water is excellent for cleaning the teeth, for it dissolves the mucous film which often covers the teeth.

"The use of the toothpick is generally person injure the delicate gum tissue which extends in a crescent-shaped mass between the teeth. The preservation of this tissue is very desirable. Dental floss is very valuable in cleansing the surfaces between the teeth, but care should be taken in its use.

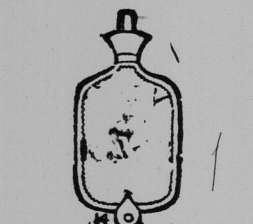
"The teeth should be carefully brushed after each meal. When this is impracticable, the teeth should be at least brushed on arising in the morning and before retiring at night, and thorough rinsing of the mouth and gargling of the throat should be practiced after each meal. The gums may also be cleansed with the brush, but not with as hard usage as when polishing the teeth.

"The first sign of tartar is a slight roughness, felt usually on the inside of the lower front teeth. This is caused by deposits from the saliva of a hard, chalky substance. If you find that your teeth have tartar deposits, go immediately to your dentist and have him remove the deposits and give the teeth a thorough cleaning and polishing. The unclean condition of the mouth resulting from tartar deposits is a common cause of bad breath.

"An accumulation of tartar where the teeth join the gums is a contributing cause, but not the only cause of pyorrhea, or Riga's disease. The gums become irritated and infected by disease-producing germs, the tissues are broken down and pus forms. Unless the pyorrhea sufferer is prompt in getting his case in the hands of a dentist the infection continues, rapidly dissolving the soft bone surrounding the teeth, which is called the alveolar process, and destroying the attachment of the soft tissues of the gums to the teeth. In severe cases the teeth become loose and eventually are lost.

"There is no dental disease in the treatment of which it is so important for the dentist to have the hearty cooperation and support of the patient as in the treatment of pyorrhea. No medicine has ever been suggested which will cure pyorrhea, and the sooner this fact is recognized by both dentist and patient the better for all concerned. The only known remedy is the thorough removal of all irritating substances of whatever nature and the polishing of all exposed tooth surfaces by the dentist, and the subsequent proper use of tooth brush, powder or paste to keep the teeth and gums in a healthy condition.

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HICKORY SHORTAGE

Hickory timber has become so scarce, although held in seemingly vast amount by the forests of the country, that it may soon become insufficient to meet American manufacturing and woodworking needs.

East Gulf States 3,183,000,000 feet, the Middle Atlantic States 412,000,000 board feet, the Lake States 187,000,000 feet, and the New England States 40,000,000 feet.

One of the uses to which hickory is put is the manufacture of spokes for automobile wheels. Vehicle and agricultural implement industries compete with the hickory industry for hickory and ash.

Makers of automobile wheels say that they still can get the material required if they make sufficient effort and pay the price, but it is necessary to go further and farther away for it. Hickory is often referred to as if it were a single species, like red gum or yellow poplar.

There are ten different kinds of hickory trees. For hickory handle classes of tool handles, such as the ax, adz, pick, hammer and hatchet. There is certain strength, toughness and elasticity to hickory which nature has denied to other commercial woods.

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