

March 16th, 1911, I passed my seventy-second birthday. I am safe in saying that at that age I have better teeth than ninety per cent. of school children thirteen, or fourteen years of age. I have only lost one of my sixth year molars, and that I unfortunately broke a short time ago. I attribute my blessing of good teeth to the fact that milk was used largely in my diet all through childhood, and up to thirty years of age; also to the fact that I was fond of crusts of bread, and very seldom ate new bread, pastry or candy. Three times a day, at each meal I invariably used milk in some form or other, and often had some to drink between meals. Fortunately, we had our own cows and therefore I was never stinted. My father used to buy fruit for us children, because he thought it good for us, but never candy.

If cold air or cold water makes a tooth ache, it is a sign that the nerve-pulp is exposed, or nearly so, and it requires the attention of the dentist at once. If a tooth aches on taking hot drinks or on going into a hot room or after going to bed, it is a sign of inflammation (or what is more commonly known as "ulceration") which is a sign that the tooth has advanced another stage for the worse. If you are wise you will not wait a day with a tooth as described without visiting a dentist. If your gums and face begin to swell, then your case is still more critical.

In the first case the tooth could be saved by capping the nerve-pulp before filling. In the second case the nerve-pulp would require to be destroyed, which will cause additional pain and at the same time be an additional expense. In the third case you will not only have to endure a great deal of unnecessary pain, but there will be the danger that the abscess which is forming will break out on the face