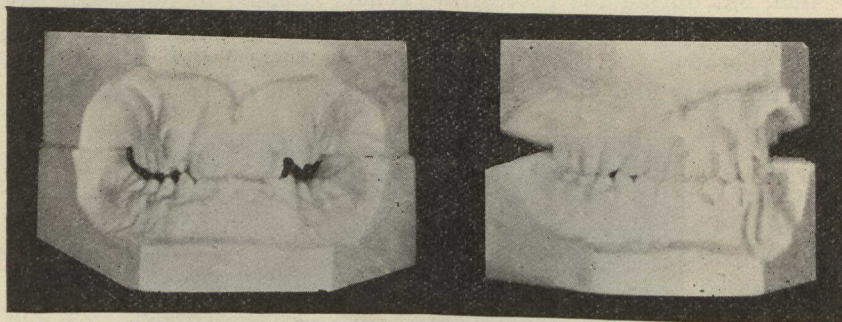


To give a little idea of what thorough mastication means, tender beefsteak should be crushed between the teeth about fifty or more times before swallowing; roast pork, thirty to forty times; tender chicken, thirty to forty times; bananas, which are usually bolted, and are very injurious on this account, should be chewed twenty times at least to give the salivary glands an opportunity to secrete sufficient saliva to help in digestion.

There is great power in the muscles of the jaws, some men being able to close their teeth together with a pressure of two hundred and fifty pounds. This power is there to enable the teeth to crush the food. Those people who have not such great strength in their jaws can develop it to a certain extent by thorough mastication, just as other muscles of the body are developed by exercise. Muscles in all parts of the human and animal anatomy are developed according to the demands placed upon them.

Mr. Fletcher's demonstrations of what can be done in the



Improper arrangement and closure of teeth.

Fig. 3.—Before correction.

Fig. 4.—After correction.

preservation of health and strength by mastication has gained the attention of the scientific world.

Digestion is dependent not only upon the normal working of the stomach, but also upon other organs of the body. If the food is clean, properly prepared and well masticated before entrance into the stomach, the other organs are materially assisted in the work of digestion, but if the food is bolted and not mixed properly with the saliva, it will not be thoroughly digested, and as a consequence, tainted breath, headache and a train of other ill effects will follow.

ARTICULATION.—The full complement of teeth in normally developed jaws is necessary for the distinct pronunciation of words, a matter of particular importance to public speakers and singers.

Nature is often interfered with in her work of development, resulting in malformations and irregularities of various kinds.