

my teeth, I would give a great deal ;" but when you had them, you should have preserved them—it was perhaps troublesome, but it is far more troublesome at present. A physician said very wittily : " Formerly the fable of the stomach and its parts was composed, but if at present we wrote that of the stomach and the teeth—oh ! how numerous would be the wrongs of the latter towards the former." The same writer attributes rightly a great number of diseases of which the cause is unknown, to the impurities that the saliva of slovenly mouths carry in the blood, bringing them along by mastication. This causes at length a bad chyle always injurious to health.

You can see, gentlemen, that the teeth are as necessary to health as to beauty ; it is for that reason that we always seek the means of keeping them sound. The process for that aim is ordinarily slow. It is submitted to general rules which I will explain as briefly as possible.

Generally teeth of the first dentition are not susceptible of any care for cleanliness, unless they be affected by decay, in which case they must be plugged, and brushed often in order to check the progress of that affection. It is at the age of seven or eight that children should be taught the habit of brushing their teeth twice or three times a week, with a soft brush, so as to provide against caries, and the pains, more or less smarting, resulting from it. By these means the teeth and the mouth are kept in a state of cleanliness and freshness which is so agreeable. In case the teeth should be covered with tartar, it would be necessary to remove it to avoid caries or inflammation of the gums. Another inconvenience of tartar is that it causes an offensive breath.

From the age of 15 the teeth must be brushed every day, and with a powder well prepared, two or three times a week. The remainder of the time with a liquid, acting like a tonic, which will dissolve in the same time the mucus deposited on our teeth while sleeping. Experience teaches us, gentlemen, that their daily clearing is their best preservative. It would be more suitable to clean them after meals in order to remove the alimentary substances ; and if particles of food are deeply placed in them, a tooth-pick should be used, a custom generally known at present. There are parties who satisfy themselves with a piece of linen to rub their teeth, without taking the precaution of rinsing the mouth. This is far from being the clean and proper way ; on the contrary, it is very injurious, because a certain pressure is made on the gums, and that habit has no other advantage but that of gathering and hardening tartar in places where it is liable to accumulate itself, that is to say, between the teeth and their necks.

Now, persons wearing false teeth are not absolved from cleanliness,