

myriads of living animals. When first lodged around the teeth it is in a soft state, but if not brushed away it soon hardens, and changes from a yellow to a brown, and sometimes to a black color, and often in children it becomes a dark green. It destroys the beauty of the teeth, giving them a filthy and revolting aspect; the hold of the teeth in their sockets is weakened; their appearance is elongated; the periosteum, or covering of the fang, becomes tender and inflamed; and, if not attended to, the teeth will become loosened, and at length fall from their sockets. It causes the gums to become inflamed, swollen, tender, and ulcerated, and the breath in consequence is loaded with a disagreeable fetor from the accumulation of such an offensive mass of animal matter in the mouth. Its direct influence upon the teeth is somewhat slight, but it vitiates all the secretions of the mouth, and consequently is a very efficient though indirect cause of carious teeth. In all cases it should be immediately and cautiously removed, and some astringent wash, made from Peruvian or oak bark, applied to reduce the inflammation and swelling of the gums.

[To be continued.]

A WOMAN'S GROWTH IN BEAUTY.

If women could only believe it, there is a wonderful beauty even in growing old. The charm of expression arising from softened temper or ripened intellect, often amply atones for the loss of tone and coloring; and, consequently, to those who never could boast either of these latter, years give much more than they take away. A sensitive person often requires half a life-time to get thoroughly used to this corporeal machine, to attain a wholesome indifference, both to its defects and perfections, and to learn, at last, what nobody would acquire from any teacher but experience, that it is the mind alone which is of any consequence; that with a good temper, sincerity, and a moderate stock of brains—or even the two former only—any sort of body can, in time be made useful, respectable, and agreeable, as a travelling-dress for the soul. Many a one who was absolutely plain in youth, thus grows pleasant and well-looking in declining years. You will hardly ever find anybody, not ugly in mind, who is repulsively ugly in person after middle life.

So with the character. If a woman is ever to be wise and sensible, the chances are that she will become so somewhere between thirty and forty. Her natural good qualities will have developed; her evil ones have been either partly subdued, or have outgrown her like rampant weeds; for however we may talk about people being not a "whit altered—just the same as ever"—not one of us is, or can be, for long together exactly the same; no more than the body we carry with us is the identical body we wore born with, or the one we supposed ours seven years ago. Therein, as in our

spiritual self which inhabits it, goes on a perpetual change and renewal; if this ceases, the result would be, not permanence, but corruption. In moral and mental, as well as physical growth, it is impossible to remain stationary; if we do not advance, we retrograde. Talk of "too late to improve"—too late to learn," &c. Idle words! A human being should be improving with every day of a life-time; and will probably have to go on learning through all the ages of immortality.

AIR AND WATER.

A quart of water is daily passing through the skin of a sound person. It evaporates through the minute openings which cover the whole surface, and if these be plugged up, is compelled to travel through the kidneys, and gives rise to internal disorder. Ablution, therefore, if sound health is to be preserved, is a duty of the first importance. Pure air is also essential to health, and at night the free supply of it is of especial moment. Each sleeper draws into the chest about fifteen times every minute, a certain quantity of the surrounding atmosphere, and returns it, after a change within the body, mixed with a poison. One hundred and fifty grains by weight of this poisonous ingredient are added to the air of a bedroom in one hour by a single sleeper, more than one thousand during the night. Unless there be a sufficient quantity of air to dilute this, or unless ventilation provide for a gradual removal of foul air, while fresh comes to take its place, health must seriously be undermined.—*Christian Advocate and Journal.*

BIRDS SPEAKING ENGLISH.

A traveller in South America, speaking of the birds of his native land, says it is pleasant to notice that, into whatever strange countries they may have wandered during winter, and whatever strange tongues they may have heard, they nevertheless come back speaking English. Hark:—"Phoobe! Phoobe!" plain enough. And hye and bye the bobolink, saying, "Bob o' Lincoln;" and the quail, saying, "Bob White." We have heard of one who always thought the robin said, "Skillet! skillet! three legs to a skillet! two legs to a skillet!" A certain facetious doctor says the robins cry out to him as he passes along the road, "Kill 'em! cure 'em! physic! physic! physic!"

FREE LOVE OR UNINARY HOUSES IN NEW YORK.

According to a correspondent of the Baltimore Republican, Free Love Institutions are rapidly increasing in the city of New York. At present there are two on Thirteenth St., one on Stuyvesant, four on Broadway, one very large one on Second Avenue, two on Third Avenue, three on

Fifth Avenue, one at Yorkville, under the supervision of Lola Montez, who indoctrinated the good Bavarians long ago, one on Eighth street, and one on Union Square, a fine palatial residence,—besides a number of smaller ones. The Stuyvesant street house has about forty inmates. They furnish a table in common, out of a common fund, living on the "cost principle;" i. e., the actual expenses are summed up and apportioned pro rata—a difference, however, being made in the prices of room-rent as to accommodations, &c. Conducted on these principles, and with the strictest integrity, the inmates live luxuriously well at fabulously low prices—say from \$1 25 to \$2 per week each. Is it a wonder, then, that this feature alone of cheap living should attract and add immensely to their numbers?

THE JOURNAL OF THE TIMES.

HALIFAX, SEPTEMBER, 1858.

WE undertake the publication of this little sheet as a mere matter of experiment. The object we have in view is to make ourselves more extensively known to the great business public, and to discuss those matters pertaining to our profession, which we believe must be of interest and importance to every person, young or old. It will be our aim to give from time to time what we consider a common sense view of the all-important subject of Physiology, and in so plain a manner that all may understand and weigh the matter for themselves. We shall also try to keep pace with the improvements in DENTAL SCIENCE, and enlighten our readers in regard to the newest and latest developments of our art, as set forth by the principal dental colleges and associations. Moreover, we shall endeavor to eradicate, if possible, some of the false ideas that now exist in relation to the practicability and utility of dental operations. In the United States there are several periodicals and reviews devoted to dental science; and they are conducted, too, by men of substantial abilities, who have given their time and the resources of a thorough education to elucidate, modify and lessen an evil which seems of late years to beset the whole human race.

The field we propose to canvass is an extensive one; and if, in our humble efforts, we should fall short of what may be required of us, it will be for the want of experience, not the lack of zeal.

Should any find a little foundling upon their door-steps, let them take it in and care for it,—for who knows but that the child may live, grow, and become strong; till, reaching the age of maturity, it shall become an instrument to sway, fashion, and guide these great life-events as they sail on the tide of time. It is the young plant that