

Health Talks

How to Care for the Mouth and Teeth, and Why.

Note.—The Dental Hygiene Council of Massachusetts is making a commendable attempt to educate the public regarding the care of the mouth and teeth. The following statement has been prepared for distribution in the public schools, among parents and others who are likely to benefit by it.

It has been shown that general health depends largely upon the condition of the mouth and teeth. In order to cause this fact to be generally appreciated, the Dental Hygiene Council appeals to the teachers in our schools, to the parents of our children, to physicians, dentists, nurses and all others interested in the physical welfare of the nation, to assist in the spreading of this knowledge. Because diseased teeth are painful to chew with, food is swallowed without mastication and indigestion results. The body cannot be properly nourished when the food is not properly digested. Diseased teeth give rise to pain of acute or chronic character, frequently mistaken for neuralgia. A large per cent. of the so-called facial neuralgias are caused by decayed teeth. Suffering from diseased teeth, no child can study well, nor can an adult attend properly to his business. Ears and eyes are often affected by diseased teeth. Sometimes the ears and eyes are treated a long time before the real cause of the trouble is found. As a result of diseased teeth, pus is discharged into the mouth. This is swallowed and may poison the entire body. Pus added to his daily food would tend to make a child susceptible to disease. His strength and vitality will be lowered so that he will not be able to resist illness.

Nearly all disease germs enter the body by way of the mouth, and we cannot avoid taking them in. If the teeth are decayed and broken down, if masses of food are left in tooth cavities, between teeth and along the margins of the gums, the bacteria which gets into the mouth will have a fine chance to multiply until they are able to produce disease. Bacteria are microscopic plants (not animals), and they need soil to grow in just as larger plants need earth. Food particles in neglected tooth cavities furnish the necessary soil. Get rid of the food and you will reduce the number of bacteria and the chances of disease. It is believed that one reason for the rapid spread of contagious diseases among the poor is that their mouths are not kept clean. Decay of the tooth is due to bacteria. The bacteria which act upon the teeth are known as the lactic acid bacteria. When they are mixed with starchy food or sugar they cause fermentation, and lactic acid is produced. This acid dissolves the enamel of the teeth and starts the process of decay. Decay seldom occurs on smooth surfaces of the teeth, but in the out-of-the-way places, where food lodges, it goes on rapidly. Greater care in removing food will prevent a great deal of decay. Some teeth are better shaped or more regular and have better enamel than others, and so are more resistant to decay, but cleanliness will do much to preserve and strengthen the weaker teeth.

At two and a half years the child should have twenty teeth—never more. These temporary teeth are almost always regular. They need the same care as the permanent teeth, and the reason is obvious. If they are painful the child will not eat properly; improper or insufficient nutrition has a more serious effect upon a growing child than upon an adult. All the reasons for caring for the adult's teeth apply to the care of the temporary teeth. When the child is five and a half years old four permanent teeth come in. They do not push any temporary teeth out but come in behind the last temporary molars. They are known as the six-year molars. These teeth are often mistaken for temporary teeth and are sadly neglected. They should have special care, for they are really the most valuable teeth in the mouth.

Had Weak Back.

Would Often Lie in Bed For Days, Scarcely Able To Turn Herself.

Mrs. Arch. Schnare, Black Point, N.B., writes: "For years I was troubled with weak back. Oftentimes I have lain in bed for days, being scarcely able to turn myself, and I have also been a great sufferer while trying to perform my household duties. I had doctors attending me without avail and tried liniments and plasters, but nothing seemed to do me any good. I was about to give up in despair when my husband induced a certain Doan's Kidney Pills, and after using two boxes I am now well and able to do my work. I am positive Doan's Kidney Pills are all that you claim for them, and would advise all kidney sufferers to give them a fair trial."

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mouth, and they should be made to last a lifetime. Count the child's teeth and if there are more than twenty you may be sure that the first permanent molars have arrived. Then care for these if you have to neglect the rest. From the seventh to the twelfth years temporary teeth are coming out and permanent ones are coming in, and the mouth needs great care and careful inspection. This inspection by the dentist should begin when the child is three years old and continue through life. It is impossible to say how often an examination by the dentist should be made. It is never wise to leave it more than six months, and where the teeth decay rapidly, it would be a great saving if an inspection could be made every month or two. Teeth could then be filled when the cavities are small and serious trouble could be prevented. If the filling is neglected until the tooth aches, the operation is long and painful and never as successful as when the tooth is filled at the beginning of decay.

We would urge teachers and parents to remember and to endeavor to teach the children that our teeth are not merely for ornament, but that they must be used to cut and grind the food and mix it with saliva, and that failure to use the teeth must result in indigestion and a badly nourished body and brain. It should be understood that teeth should last to the end of life, and that artificial teeth, while most useful, are not nearly as strong or good for mastication as the natural teeth. Well-chewed food is half digested, and the teeth should be preserved to preserve health. Decay of the teeth is the most prevalent of existing disease and does infinite harm to the health of the child, but its suppression is possible without great expense. Starchy foods and sweets, if allowed to remain in the mouth, will develop acids and cause decay; therefore, brush the teeth after eating. Brush after every meal if possible, but always brush them after breakfast and at bedtime. Use a small brush, and brush down on the upper teeth and up on the lower. Do not brush across the teeth, as by this method the gums are pushed away from the teeth and grooves are worn at the necks near the gums. Draw the gum toward the teeth and do not push it away. A fine powder used once a day is a help in keeping the teeth well polished, and if economy is practiced, a few cents' worth of precipitated chalk will be found a most satisfactory powder. It is a good plan to brush the teeth before a mirror. Children and adults complain that it takes too much time to brush the teeth. If a watch is consulted, it will be seen that less than two minutes are sufficient to cleanse the teeth thoroughly. We do not usually take a full minute. Silk is useful, but the patient should be instructed in its use only when prescribed by the dentist. Few mouth-washes are suitable for all people, but a pleasant and harmless wash will often induce children to brush their teeth if it does no other good.

All who have the care of children should notice carefully if they breathe through their mouth, and when ever the habit of mouth-breathing is discovered, whether it be indulged in by the day or night, an examination should be made to discover the cause. Some obstruction will usually be found to exist, and its removal will work wonders in building up the health of the child. Children who breathe through the mouth are not getting enough oxygen. They are starving for air. Mouth-breathing often leads to serious irregularities of the teeth. Infants should not be allowed to suck their thumbs. Mouth-breathing and irregular teeth usually result, and the habit should be broken at any cost. Children should be allowed to eat slowly.

Children naturally eat slowly, but the hurry and confusion, so common at meal time, forces them into the habit of eating rapidly. Give them a chance, and don't let them wash down their food with water. Insist that they eat slowly, and in time they will acquire or return to the habit. The teeth and the jaws need exercise for their perfect development just as much as the arms, and the polishing the teeth receive when the food is masticated thoroughly helps to keep them clean and prevent decay. When irregularities of the teeth exist, it is generally wise to have them corrected, for not only is the appearance of the child improved, but he is better able to masticate his food when his teeth are in their right position.

Better Stick to the Bench.

A colored man was brought before a police judge charged with stealing chickens. He pleaded guilty and received sentence, when the judge asked how it was managed to lift those chickens right under the window of the owner's house when there was a dog loose in the yard.

"It wouldn't be no use, judge," said the man, "to try to explain dis thing to yo' all. Ef you was to try it you like as not would get yer hide full of shot an' get no chickens, nuther. Ef yo want to engage in any rascality, judge, yo' better stick to de bench, what yo' am familiar."—Ladies' Home Journal.

Startling Transformation.

Church Used as Place of Rehearsal for Ballet Girls.

In the Paris correspondence of the New York Sun we read: "The differences between Church and State in France have resulted in some peculiar changes and chances in Paris, among the rest the possibility of obtaining for a moderate rent or none at all edifices formerly used for purely religious purposes. The Jesuit Church of St. Pierre is occupied as a salon by an American woman; another church contains a moving picture company; one or two convents, it is rumored, make very attractive pensions for American tourists, and several churches are tenanted by artists. To one of these the Church of the Sacred Heart, a 'Sun' reporter accompanied Miss Lois Fuller and her band of coryphees, who are rehearsing for the American tour about to begin in Montreal.

"When the Church of the Sacred Heart is reached it is found peopled with a score or more of girls of all ages and sizes, their gauzy draperies and flowing hair outlined against huge canvases painted by Senor Cerf, a Spanish artist of Barcelona, who is using the church for an atelier. Here and there in the church are artists, writers, camera experts of English and French periodicals, all of them frequenters of the Sacre Coeur since its transformation into atelier and salon.

"The afternoon light falls pleasantly through the stained glass windows; the chancel is turned into an improvised platform; the walls are covered with canvases depicting strange mythological beings only half human; scaffolding and step-ladders replace the orthodox furnishing and the odor of turpentine replaces that of incense.

"Groups of girls dance, pose, and float away to make room for others. There are three attitudinizing for the Chopin 'Funeral March,' there is the dance of Diana, the huntress; there is a dance of butterflies, a fluttering of white wings about a roshush and a chasing by tireless children; this is followed by the dance of the foolish virgins, three graceful girls in long, flowing draperies that catch every passing air current and wind about them in wonderful convolutions of gauziness."

The Wishes of an Editor.

As soup was once distributed to the poor at the convents in Spain, so would I now like to see Catholic periodicals given out at the doors of our churches.

I would like to see testators of the faith leave pious legacies for the diffusion of Catholic papers.

I would like to see in every account book the item, "Subscription to a Catholic paper."

I would like to see my brethren of the faith penetrated with this truth: our great enemy is the evil press.

I would like to have pockets filled with Catholic leaflets to be given out on the streets, on visits, in the churches, in the market, in the schools, in all places.

I would like to know that no poor man can utter the complaint, I don't read a Catholic paper because I haven't the money with which to buy one.

I would like all my popularity, all my commendation, all my credentials, as I walk along the street, to consist of the words, "I look there goes a Catholic newspaperman."

I would like, when I am asleep in the bosom of the earth, that the hands of my associates in the Apostolate of Prayer would engrave on the foot of the cross guarding my sleeping abode, this inscription: "Awaiting the charity of prayer, here lies our former president, who was a Catholic newspaperman."—Dr. Estrella, in El Tiempo Catolico.

Poor Foxes.

A quaint Scotch minister was given to ex-aggeration in the pulpit. His clerk had heard the minister criticized for this fault and told his master.

"The next time I do it, mon, give a cough by way of hint."

Next Sunday he gave a discourse on Samson, and in describing the tying together by Samson of the foxes' tails said:

"The foxes in those days were larger than ours, their tails measuring twenty feet."

"Ahem!" coughed the clerk.

"That is," continued the preacher, "according to their measurements, but by ours they were 15 feet long."

"Ahem!" coughed the clerk, louder than before.

"But as you may think this exaggerated, we'll just say ten feet."

"Ahem! Ahem!"

The person leaned over the pulpit and shaking his finger at the clerk, said: "You may cough there all night, mon; I'll nae tak off a fut more. Would you have the foxes with nae tails at all?"

Wanted the Drink Anyway.

Tommy, after going to bed, became thirsty, or thought he did. He called out:

"Ma, I want a drink."

The mother's voice answered back: "Tommy, you go to sleep."

Tommy grunted, turned over and was silent for ten minutes. Then again:

"Ma, I want a drink."

"Tommy, you go right to sleep," was the reply.

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Intense silence again for ten minutes, then:

"Say ma, I want a drink."

"Tommy, if you don't go right to sleep I'll come and spank you."

More silence, this time for about two minutes, and then:

"Say, ma, when you come to spank me, won't you bring me a drink!"

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Catholics Inert Towards Apostolate of the Press.

Catholics have been credited by Dr. Horton with possessing an imaginary society going under the name of "The Apostolate of the Press," writes the Very Rev. Prior Gilbert Higgins, in the Catholic Herald. "The pity is that such a society should only be the figment of an adversary's imagination. What the press can do has lately been England. In Barcelona it was used in the interests of godlessness and anarchy; it has covered a Catholic city with the smoking ruins of desecrated churches and convents. In England, by maliciously collecting and retailing every vile calumny, every absurd report, every morbid story of minds corrupt and fanatical, the press has succeeded in stifling the cry of horror and sympathy which these appalling and satanic outrages on religion, justice, humanity and civilization would naturally draw from every normally constituted Englishman. In the case of both France and Spain the non-Catholic press of this country, with a few honorable exceptions, has deliberately adopted and maintained a policy of silence or of misrepresentation

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when Catholic interests have been at stake and our priests and nuns have been subjected to barbarous treatment. There you have the atheistic and the non-Catholic Apostolate of the Press in its true colors, and in full vitality and exercise. How long are Catholics going to remain inert and careless? When are they going to realize that what is used against them with such force and precision can be used for them, too, and most effectively?"

Replying to Mr. Gimell's question regarding the number of agricultural tenants evicted in Ireland since 1903, Mr. Clerry, the Attorney-General for Ireland, replied as follows: "I am informed by the Constabulary authorities that the whole number of Irish agricultural tenants evicted between Jan. 1, 1903, and June 30, 1909, was 1296. I am happy to say that the number is steadily diminishing year by year. In 1903 the number was 281, and in 1908 it had fallen to 160."

Excusable.

School children in Greater New York were required some time ago to bring to their teachers vaccination and birth certificates. Frequent forgetfulness made one teacher impatient, and word went out that the certificates must be there on a certain morning. On that day an arx-tain little girl raised her hand the moment school opened, and, on being told to speak, said tremblingly: "Please, teacher, don't get mad at me, I've forgot my excuse for being born."

Uncle Jim.

No matter how deep-rooted the corn or wart may be, it must yield to Holloway's Corn Cure if used as directed.

"Pa, is it true that the good always die young?"

"Oh, no, not always. I was a very good little boy."

"Didn't you ever disobey your parents?"

"No."

"Nor fight with your little brother?"

"No."

"No; I was always very kind to him."

"And didn't you ever tell lies or play hooky?"

"Certainly not."

"Nor steal jam nor cookies out of your mother's pantry?"

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"Of course, I never did such wicked things."

"Gee! what an imagination Uncle Jim must have. He was telling me this morning about when you and him were boys!"

"The engineers find Gatun Dam safe," read Mr. Jones from his newspaper headlines to grandma, knitting at the other side of the table.

"Well," she said, looking up over her glasses in pained surprise, "I don't know anything about the safety of Gatun, but I think a family newspaper oughtn't to use such language in print."

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