

very susceptible to decay, would do well to cleanse the mouth and teeth before each meal; it will prevent the entrance into the stomach of many germs which more or less interfere with normal digestion.

#### HYGIENE OF THE MOUTH.

1. Good health is necessary to avoid disease.
2. Good health depends on good digestion.
3. Good digestion depends on good mastication and a clean mouth.
4. Good mastication depends upon good teeth.
5. To preserve the teeth from decay and keep the tissues of the mouth healthy it is necessary to keep the teeth and gums free from decaying food particles and to stimulate the circulation of the blood in the gums.
6. To assist in this masticate hard foods.
7. Soft foods cling to the teeth.
8. Teeth decay chiefly at night.
9. Brush the teeth before retiring and upon rising, and if possible after each meal. Rinse the mouth with an abundance of tepid water.
10. Use a tooth brush or brushes of such forms and sizes as will reach all the surfaces of all the teeth.
11. Brush the teeth from the gums towards the biting edges.
12. Use mouth preparations upon the advice of a dentist.
13. Consult a dentist as often as advised by him.
14. Good teeth and a clean mouth are more essential to the child than to the adult.