

If starchy food, like bread, crackers, etc., is allowed to remain in the mouth, it will greatly assist the development of acid-producing bacteria. The same effect is also produced by saccharine foods, such as sugar, candy, and other sweets. This leads to the conclusion that keeping the mouth clean by frequent and careful removal of food, retards the growth of bacteria, because it reduces the soil in which these microscopic plants develop. When the mouth is kept free from starchy and saccharine foods, it deprives these acid producers of the elements needed for their growth.

#### CLEANLINESS OF THE TEETH PREVENTS OTHER DISEASES.

Besides protecting the teeth, such cleanliness reduces the likelihood of acquiring diseases. It is evident that, if disease germs enter a neglected



Pleasure in Cleaning the Teeth.

mouth and mucous membrane, where food particles in all stages of decomposition abound, serving as a soil for their development, they will grow in number, and in virulence, much more rapidly than in a clean, well-cared for mouth. A clean mouth is one important safeguard against disease.

It will be naturally suggested that, if decay or caries of the teeth is the result of an acid, why is the remedy not an alkaline mouth wash?