

chewers, whose teeth, so far as they are not worn out, are free from decay. But such cases are as rare as those of long-lived or healthy intemperance; and they prove just nothing in favor of tobacco. They simply show that the individuals who thus held out, had strong constitutions, with no hereditary tendency to diseases of the alimentary canal or the teeth, and, that if, in spite of the tobacco, their teeth were comparatively perfect, they would have been still more so, had they wholly abstained from it.

But there is one thing to be observed in the case of those who chew tobacco, even when the teeth do not really decay; they wear out very fast. Dr. Mussey has verified the truth of this position, not only by observing the mouths of "some scores of individuals in our own communities," but likewise those of "several individuals belonging to the Seneca and St. Francois tribes of Indians, who, like most of the other North American tribes, are much addicted to the use of this narcotic." I have, myself, observed the same thing even in the case of those tobacco-chewers who boasted of their sound teeth, and of freedom from tooth-ache. I have seen them so worn down as actually to project but a little way beyond the gums. In the part of the mouth in which the cud is kept, this wearing out or wasting away is more obvious than in other parts.

Dr. Rush mentions a man in Philadelphia who lost all his teeth by smoking. Dr. Warren, of Boston, assures us, that not only the common belief of tobacco being beneficial to the teeth is entirely erroneous, but that, by its poisoning and relaxing qualities, it is positively injurious to them. And such, it is believed, is the general opinion of medical men, not only in this country, but in Europe.

But, granting the most which can be claimed for tobacco in the way of preserving teeth—grant that it numbness the nerves, and thus, in many instances, prevents pain—grant even, that it occasionally precludes all other decay, except that premature wearing out, of which I have spoken. Still, the general truth will remain, that it injures the gums and the lining membrane of the mouth, stomach, and alimentary canal generally, and, in fact, of the lungs also; and thus, not only prepares the way for various diseases, (to be mentioned hereafter,) but spoils the beauty, injures the soundness, and hastens the decay of these organs. It was, no doubt, the intention of the Creator, that the teeth should last as long as their owner. Yet, in how few of a thousand tobacco-chewers, or smokers, or snuff-takers is this the result? *Dr. Alcott.*

WERE but human beings always that which they are in their best moments, then should we know here already on earth a kingdom of heaven, of beauty and goodness.—*Frederika Bremer.*

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WE wish to enter a disclaimer against the habit that many surgeons and dentists have, of extracting teeth indiscriminately in every case that presents itself. It is a cruel and a barbarous practice for the surgeon to tear out—especially with a turn-key—every tooth in which there is the slightest pain. The time is coming when the fact that every tooth that aches should not be extracted, will be better understood than now. It requires as much judgment and skill to know whether or not a tooth should be removed as it does how properly to perform the operation; and, therefore, it comes within the province of the dental practitioner to be able to make a correct diagnosis in every case that is presented to him, and to decide what shall be the course of treatment. Strange as it may appear, it is nevertheless true, that many persons—and oftentimes physicians, we fear, among the number—ignorantly suppose that every tooth in which there is the slightest pain should be drawn. What a mistake! Now, what would be thought of the man who should have his fingers or toes amputated simply because he felt a slight pain in them? Yet the wholesale practice of extracting teeth is little less absurd, and cannot be condemned in too strong or vehement a manner.

The various diseases which affect the teeth and gums can, as a general thing, be treated with as much success as other diseases of the body. Oftentimes tooth-ache may be traced to constitutional disorder, and in such cases a constitutional treatment is demanded;—therefore, it would be injurious, not to say absurd, to extract one or more teeth that were aching, because of a functional derangement of the digestive organs. Thousands of teeth are annually extracted that might, by a judicious treatment, be saved for many years, and in most cases during life. When the nerve is exposed, it can be removed or destroyed, and the tooth filled in such a manner as to render it as strong and as serviceable as it ever was.

As much as we condemn the habit of having teeth indiscriminately extracted when aching from remote causes—which

should be removed—we no less strongly reprehend the habit many have of allowing teeth to decay away while in the mouth, for in such instances the purulent effluvia accumulating cannot but prove injurious to the general health, or cause some local disease, such as tic-doloureux, rheumatism, abscesses, &c.

It will therefore be seen that it is our opinion that there are too many serviceable teeth extracted, and not enough of those which are not alone useless, but which are really detrimental to health and happiness, to say nothing of a sweet breath.

The best way, then, to avoid the necessity of extraction is to keep the teeth clean, and, if they are decayed, have them filled before they begin to ache.

A WORD TO THE LADIES.

IN one of our exchanges we find the following directions for preserving bouquets in their original freshness and beauty for a long time:

"First sprinkle it lightly with fresh water; then put it in a vessel containing soap-suds; this will nutrifly the roots keeping the flowers as bright as new. Take the bouquet out of the suds ere morning, and lay it sideways—the stem entering first into the water; keep there a minute or two; then take out and sprinkle the flowers lightly by the hand with water. Replace it in the soap-suds and it will bloom as fresh as when gathered. The soap-suds need changing every three or four days. By observing the rules strictly, a bouquet can be kept bright and beautiful for at least a month, and will last longer in a very passable state."

As we think no decoration so beautiful in drawing-room or boudoir as fresh blooming flowers, and being somewhat curious as to the truth of the above, I promise to one of our fair readers, I shall first send us the result of the experiment, the most tasteful bouquet I know how to select. To what fair lady shall we be indebted for solving the doubt?

TRUE NOBILITY.—A man in the common walks of life, who has faith in perfection, in the unfolding of the human spirit, as the great purpose of God, perceives more the secret of the universe perceives more the harmonies or mutual adaptations of the world without and the world within him, is a wiser interpreter of Providence, and reads nobler lessons of duty in the events which pass before him, than the profoundest philosopher who wants this grand central truth.
Channing.