

The author coincides with the belief that the acids formed by the action of micro-organisms upon the carbo-hydrates (cellulose, starch, sugar, etc.) lodged about the teeth after meals, are the invariable origin of caries. Experimentally he proved that "cake, biscuits, bread, and especially toasted bread, are very liable to lodge from one meal to another, while raw vegetables, fruit, meat, fish," are not so apt to remain. It is a well-known fact that the teeth and gums get exercise from the physical properties of fibrous foods which demand mastication, and little or none from the starchy and saccharine non-fibrous foods; that in fact if civilization can be blamed in any way for the increase of caries, it is due, as the author insists, to "the elimination of the fibrous matter which accompany the carbo-hydrates in their natural state, and their presentation in a form which readily lodges and undergoes acid fermentation in the mouth." It may be that most of his readers will not fully agree with the conclusions at which the author arrives in discussing the causes and effects of irregularity of the teeth; yet the subject is so interestingly examined that it will well repay careful study. That irregularity and recession of the gums are predisposing causes of caries, no one dare be bold enough to deny. The author argues here that "the elimination of those fibrous food-stuffs which put the teeth to full functional activity, is conducive to the recession of the gums, and so to a condition which predisposes to caries." In the chapter on "Food-stuffs" the author describes briefly experiments which led him to his conclusions. The author, in discussing the preventive means of caries, directs attention to questions of diet; the proper construction of fillings to prevent the lodgment of food, the use and abuse of the tooth-brush, etc. We must leave further allusions to this little work, with the hope that it will have a wide sale in Canada. It could have easily been made a bulkier book, after the fashion of most of our modern dental literature, but brevity in a work of this kind is an art and an attraction in itself.