

able odour. After sickness, when notwithstanding all the precautions that could be taken, tartar has formed on the teeth, it should be removed without fear, by a dentist worthy of confidence. It is a mistake to fancy that this small operation is injurious; the enamel, when not defective, is much harder than the instrument, the steel glides, and removes the tartar without even attacking the polish of the tooth. The only fear is of falling into the hands of a dentist who is too hasty and careless in his work, or who to abridge his work makes use of some acid which dissolves the tartar, but attacks the tooth which it whitens for a moment, but which brilliance soon vanishes to leave the organs much yellower than before. Even without it being absolutely necessary, I believe that careful persons should have their teeth cleansed and scraped once every year at least. The brush can not be used everywhere, and notwithstanding the greatest care, there forms at the posterior or lingual portion of the inferior incisors a layer of tartar that the instrument of the dentist alone can remove. This slight operation causes the dentist to examine, in order, the teeth one by one, he discovers then from the beginning the least defects, and can immediately remedy them, as the evil being perceived in time can most always be arrested. Too acidulated dentrifices must be evaded as *poison*, and, in fact, most of the elixirs whose composition is unknown.

The teeth must not be treated in excess of propriety, if they are not naturally white do you imagine you can force nature and make white alabaster from grey or yellow; therefore, have care of the teeth, but do not exceed what is required by nature, it would be very imprudently doing harm to those organs.

Wealthy persons should be counselled to choose their food with great circumspection. I will recite on this subject, this line of Horace: "A proud tooth eats not common viands." Vegetable food is generally much more favorable than animal for the preservation of the teeth. Naturalists and travellers advance the statement that carnivorous people lose their teeth at an early age. Salt food, above all, should be abstained from, as its action is considered by Medicine and Surgery to be very injurious to the buccal organization—salts corrode the gums, destroy the enamel and engender scorbutic affections. We are frequently asked if sugar is really injurious to the teeth. I have always answered that the sugar, which is bought at the grocers, could be the cause of the least injury; but it was not