

purpose are very injurious. Some persons use powdered charcoal, pumice or cigar ashes. One might use something of this kind once in several weeks, if the teeth become stained, but if the brush is diligently used two or three times a day at least, with the addition of a good tooth powder once perhaps every three or four days, there will not be much occasion to use a gritty substance.

It is advisable to have the teeth thoroughly sealed and polished by a dentist two or three times a year, because the approximal surfaces cannot be thoroughly cleansed by the brush.

When food lodges between the teeth, it can best be removed by the use of a quill toothpick. Toothpicks of wood are usually too large and rough, and considerable damage may be done to the gum tissue by their use. Where food lodges there is something wrong, and a dentist should be consulted, as the continual crowding of food into these spaces presses back the soft tissues and exposes the necks of the teeth, and thus decay starts at a point where the germs cannot be brushed away conveniently.

With care, the approximal surfaces of the teeth may be cleansed and polished by means of ordinary rubber bands or floss silk, but the use of these is a dangerous proceeding, because if the silk or rubber band is permitted to snap down upon the gums after it passes the "tight point" between the teeth, it will set up an inflammation in the soft tissues that will cause them to recede. These are all right when used by a careful dentist, but not so in the hands of the average person.

WHEN SHOULD THE TEETH BE BRUSHED?

To cleanse the mouth and teeth should be the very first duty in the morning, in order to clear away as thoroughly as possible the germs which may have fastened themselves upon the teeth during the hours of sleep, when the tongue and salivary glands are inactive. It is desirable to get rid of these germs, so that they will not be brushed off by the food in mastication and carried into the stomach along with the breakfast. The teeth should be brushed after each meal to remove all particles of food which may have lodged around them. The most important time of all, so far as the preservation of the teeth is concerned, is after the last meal of the day, taking care to remove thoroughly all particles of food at this cleansing. During the hours of sleep the saliva is not flowing freely, neither is the tongue brushing the surfaces of the teeth; if there is food lodged around them, the germs will have several hours during which to grow undisturbed, and having this grand opportunity, night after night, for years, is it any wonder that they destroy teeth? Persons in delicate health, or those whose teeth are