

My Secrets of Beauty

No. 108 - INTELLIGENT CARE OF THE TEETH.

By Mme. Lina Cavaleri, the Most Famous Living Beauty.

MME. CAVALIERI'S topic for to-day she considers of such prime importance that she says she wishes it might be printed in italics. "I want to double the emphasis with which I have written upon every other subject when I take up that of the care of the teeth."

She asserts that no woman can be beautiful without fine teeth and that no woman who has them can be plain.

She speaks the latest word in the subject of intelligent care of the teeth.

MME. LINA CAVALIERI



"Select only the best tooth brushes, those shaped well to the mouth, and with bristles well set."

By Mme. Lina Cavaleri

I SHOULD like every one who reads this page to consider that it is printed in italics. For I want to double the emphasis with which I have written upon every other subject when I take up that of the care of the teeth.

I may have said before that no woman is beautiful without fine teeth and no woman can be plain who has them. But that is something one cannot say too often and that I repeat, as the lawyers say, "without fear of successful contradiction."

A good mother may well pray, "Give me the intelligence and information to enable me to take good care of my baby's teeth."

I have already said in a previous article that a careful mother can prevent a child's mouth becoming badly shaped by keeping him from sucking his thumb. Let the teeth have a fair start by letting the child's mouth grow into proper shape without any such hindrance. For the same reason, among many other reasons, watch the child's method of breathing. If the nostrils seem closed and the baby breathes through its mouth, it probably has adenoids, those growths at the back of the nostrils which make breathing difficult, which give the face a strained, tortured look, and which distort the shape of the mouth. These adenoids can be easily removed by a surgeon, and the little one immediately relieved.

Having taken all these precautions to make the mouth shapely, the teeth with their fair start should grow straight and strong, if the health of the little one is good. Don't fall into the common fault of thinking the first teeth are of little importance. As the first teeth are bent the second are bent. Let the first teeth and receive the same diligent care and frequent examinations from a good dentist as the second ones.

For the adult teeth the first word, as the last, is cleanliness. But what a world of difference in the methods of obtaining that result! Let me first tell you a story illustrating the wrong way. One of the Harlan hospitals has this record of a girl who died from a careless habit of picking her teeth with anything that happened to be convenient—a bit of broom straw, a ragged, soft wooden toothpick, or a pin. But this is the record:

"A ten-year-old girl was the next patient. There was in her neck a slight swelling that had been noticeable for ten days. She opened her mouth with difficulty, and the day after she was admitted to the hospital a fever developed. Her head ached, and she said every tooth in her head was sore. She was unable to swallow any solid food, and lived for a week on milk and soup. She died a few days later of lockjaw. The mouth was examined, as was every other part of the body, for some wound through which the germ of tetanus could have entered the body. Nothing was found save three decayed teeth. These were extracted and examined, and it was found that the tetanus bacillus had entered the body through wounds the girl had made in the gums by trying to clean the teeth with an infected instrument, possibly a soiled toothpick, or through the channel offered by this carious (decayed) tooth. The germ might have been introduced by a vegetable that harbored it. The radish, for instance, is a carrier of such germs."

So this child's life was the cost of her ignorance, or rather that of her

mother. Had this child been taught the use of a clean bit of ribbon or of dental floss, to remove the particles of food after each meal, and to rinse the mouth with salt water, or water in which has been sprinkled a few drops of peppermint or a pinch of soda, and to give the teeth a thorough brushing at night, taking ten minutes or more for the toilet of the mouth if necessary, the child's life would have been spared.

A second neglect of the principle and habit of cleanliness is in the habit of candy eating. I care more for the permanence of the my teeth than for the brief, temporary satisfaction of having a sweet upon my tongue. Therefore I never eat candy. Nor do I eat pastry, nor puddings. You have always heard that sweets are "bad for the teeth." But that general statement is not enough for the mind that desires to know. I shall explain to you why sweets are enemies of the teeth. I quote an expert dentist, who says:

"The sugar of commerce is nothing else but concentrated crystallized acid, which is very dangerous to the general welfare. In former times sugar was so costly that only wealthy people could buy it. A century ago the cost of each pound of sugar was \$1.25. So few persons could afford to eat it that it counted but little in the sum of things. But now that the low cost of sugar has caused a general degeneration of health, it is time to insist upon general enlightenment."

The dentist observes the first pathological change caused by sugar in the mouth. Why does a person suffer great pain when sugar comes in contact with a tooth not protected by enamel, but otherwise healthy? The cause is the chemical process brought about by the sugar coming in contact with the saliva. This compound is an acid, which destroys the enamel of the teeth.

"In the mouths of sugar eaters, and especially keepers of candy shops, we find the awful effects of sugar. Whenever there is the slightest defect in the enamel, the tooth becomes softened. The sugar, turned to acid in the mouth, destroys the lime of the teeth and decay follows."

There is the explanation of why the eating of sweets is injurious to the teeth, and from an authority. The same authority has some strong words to say about the general ill effects of the consumption of candy:

"Pay a visit of exploration to the East Side, and in every fifth house you will find a candy store. These are patronized by the children of laborers. We cannot have strong, capable laborers, if children, instead of being well nourished, have their digestions ruined by the acids of candy. How can a man get necessary strength by putting into his mouth the sweets that will produce acids in both mouth and stomach? How can a man who does mental labor create mental energy if, instead of being well nourished, he suffers from a weight of undigested acids in the stomach? What made it possible for the strong men of ancient times to wield so great a strength? Why was Samson able to hurl down the pillars of the temple? Because they ate simple and inexpensive foods. Sugar was for the Nerios and Calligulas."

Have I not through this dentist proved that sugar is an enemy of the teeth? Eat sweets sparingly if

"Coax the corners of the mouth upward by lifting the muscles." And Above "Keep always in mind that clean teeth do not decay."

at all, and if at all rinse the mouth out immediately afterward with an alkaloid wash that will neutralize the acids. For instance:

Bicarbonate of soda—1 teaspoonful.
Warm water—1 glassful.

Or, fill the mouth and rinse it with any of the good preparations of milk of magnesia in the market.

You Americans, being prone to extremes, like excessively sour things, as well as exceedingly sweet ones. That way lies danger, too, and I beg you for your teeth' sake, to avoid pickles and sour lemonade and acid fruits, or if you insist upon eating them, rinse the mouth as carefully and thoroughly and with the same preparations after eating candy.

You have heard that after each meal the particles should be removed from between the teeth and that the mouth should afterward be rinsed, so that no crumb or trace of the food remains in it; but you have dismissed it as a trifle, saying with out considering the truth that lies behind it. May I quote for you an other authority?

"The effect of dirt on a tooth is the same as of vinegar on an egg. If an egg were placed in vinegar the acid would soon eat the lime from the shell, until the egg could,



"Keep the brush itself clean."

be passed through the neck of a bottle.

"When a break comes in a tooth, dirt and particles of food enter, and introduce the germs whose presence brings disease. When this matter reaches the pulp, the marrow of the tooth, abscesses are formed. Keep always before your mind's eye that a clean tooth does not decay."

Give your mouth frequent baths to destroy any lurking germs that have entered it. And keep your mouth closed to prevent the entrance of those germs, especially if you are in a district where there is danger of infection. These mouth washes are tonic and purifying:

Table salt, 1 teaspoonful.
Warm water, 1 glassful.

What a child of my acquaintance called "the black drink" is a cleansing mouth wash. It may be pre-

pared in either of the following ways:

Powdered, unsweetened licorice, 1 teaspoonful.
Warm water, 1 glassful.

Or:
Charcoal powder, 1 teaspoonful.
Warm water, 1 glassful.

That which is both a mouth wash and a liquid tooth powder is this:

Alcohol, 1 oz.
Green soap, 1 oz.
Warm water, 1 oz.
Glycerine, 1/2 oz.

Oil of peppermint, 10 drops.

This is an excellent preservative.

A word about the corners of the teeth. Coax the corners of the mouth upward by lifting the muscles.

ing upon pleasant thoughts that will bring a smile to your face, or by several times a day lifting the muscles at the outer corners of the mouth. Do this by pressing the first three fingers of the hand to either side of the mouth and holding them thus while you count ten.

A last warning! Don't sit in drafts. The teeth at all weak may catch cold. An abscess may develop at the root, and fearful pain as well as decay of the teeth may follow.

An eminent nerve specialist says that nervous women usually have serious disturbances with the teeth. He has known women who suffered from many nervous attacks during the year who had to go almost constantly to their dentists, who discovered that because of their generally nervous condition the nerves in their teeth were dying. Be careful, then, to keep your nerves sound as an uncracked bell.

Have teeth that are at the front or conspicuous filled with porcelain, those shaped well to the mouth and whose bristles are well set, so that they will not become loose and ir-

"If possible use a magnifying glass to inspect the teeth every day."

ritate the gums. Keep the brush itself clean. There are brushes for cleaning tooth brushes by removing accumulations between bristles. Dip the brushes in borax water and let them dry in the sun. If possible use a magnifying glass to inspect the teeth every day.

A MEMORY AID. "Jinks is the only man in the office who has not once made a mistake in the new date." "Has he a good memory?" "Not so much that as he is a crap player."

GOOD RESOLUTIONS. The ruler of Hades looked up from his morning correspondence as his secretary stood by with a red-hot pen to indite his fiery answers. "Send all those bids back to the contractors we have with us," he ordered. "We get all our paving done free about now."

SENTENCED. "Poverty's no crime," said the Job's comforter. "Maybe not," replied the poor man; "but it seems to be punishable by hard labor for life."

HARD LUCK. Mrs. Chitte—Oh, Mrs. Chatta, do tell me about Mrs. Gore's scandal, won't you? Mrs. Chatta—My dear, it is not nearly so dreadful as you hope.

INEVITABLE. "I put my foot in it to-day." "What did you do?" "Tried on a new pair of slippers."

NO OPERATION NECESSARY. "I think your son's aphasia shows an increase." "Will he have to have it cut out?"

MODERN BRAVERY. Hettie—Mercy, me! And so, when fast in the jungle, you came face to face with a tiger. Ooo! What did you do? Hector (home from the East, proudly)—Photographed it.

SUGGESTION. "I want to get a line on that smart young woman." "Then, if you do not want to get you?" "I want to get a line on that smart young woman."

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