

factor in dental caries—correct the secretions and preserve the teeth. When we are able to determine a normal saliva we will have made a big stride forward.

Frequently we find cases among children of certain ages with a vitiated saliva, where decay is rampant. This condition is easily detected by chalky milk-white spots on the enamel and may usually be remedied by a prescription supplemented by Prophylaxis.

Micro-organisms are to be constantly combated. Can the oral cavity be made sterile? Most certainly not, but we can reduce the numbers and activity of the micro-organisms by limiting their food. An intelligent appreciation of this fact will do much to establish the daily routine of careful mechanical removal of all traces of food with brush, dentifrice, floss, silk, etc.

Cleanly habits are part of the education of every individual and can be found best in early childhood. The mouth is the gateway through which all food must pass on its way to the body, and too much stress cannot be bestowed on this important subject of oral prophylaxis for the sake of the little ones. A little water used frequently for rinsing with a motion of the tongue on all surfaces of the teeth and gums, lingual, palatal, labial and buccal, goes a long way to assisting in this prevention, and this prevention should be our highest aim.

Salivary calculus and green stains, the latter of which is most common in children, when the mouth is open, will disgust the beholder, and frequently prevent the formation of a favorable opinion of the child who is so neglectful of his or her appearance. Nothing adds so much to personal appearance as a clean set of teeth. As an example to our patients, how necessary it is then for a dentist or medical man to present a clean set of teeth at all times.

Germicidal mouth washes are very much estimated because they are usually in the mouth such a short time, and so are practically useless. Their principal virtue is that they are an incentive to the patient to clean the mouth because of the pleasant taste.

From the earliest days down to the present time in the human race, men have searched for the spring of health, hoping thereby to find some source of eternal youth. Our patients come in the same manner, asking, "Doctor, what can I do to make and keep my teeth clean and preserve them from decay?" This question comes over and over again. We would write a prescription if such were possible, but there is no specific.