

rotating it so that the bristles pass over both the gums and teeth. A very short, horizontal motion will drive the bristles between the teeth, dislodge the food and prevent the formation of tartar. To cleanse the lingual, or inner surfaces, the brush should be used in a similar manner; for the upper, place the ends of the bristles in the centre of the roof of the mouth, and roll it down over the gums and teeth; for the lower, raise the tongue and place the brush low down upon the gums, then roll it up over the ends of the teeth; the bristles upon the end of the brush only may be used in some parts. These movements must be repeated several times, using plenty of water. The grinding surfaces are cleansed by the horizontal use of the brush, as is usually practised for all surfaces of the teeth.

This method will seem awkward at first, but with a little practice it will become just as natural and easy as the old way of brushing across the teeth, with the added advantage that by using the brush in this manner the bristles pass in between the teeth to a certain extent, and cleanse more or less the approximal surfaces. By the horizontal motion of the brush across the teeth the gum tissue overlying prominent teeth, such as the cuspids, will in time recede, exposing the necks of the teeth above the enamel. These exposed surfaces of the roots soon become discolored and sensitive.

It may be necessary occasionally to use a good tooth powder or a little camphorated chalk to remove stains, but any preparation used should be one which does not contain ingredients that are injurious to the teeth, and whatever is used should be carefully washed from around the teeth.

Rinsing the mouth thoroughly is an excellent means of dislodging any collection between the teeth. It is possible by the action of the tongue and cheeks to force a liquid back and forth between the teeth with considerable pressure. Try it. Many persons do not know how to properly rinse their mouth. A very palatable and refreshing wash for rinsing the mouth may be made by adding about ten drops of oil of peppermint to three ounces of water, using a few drops of this solution in sufficient water to rinse the mouth two or three times.

No preparation could be used in the mouth that will kill the germs; they must be brushed away.

Tooth soaps are very injurious and should not be used. Pastes, as a rule, are not as good as powders, because most of them contain sugar, simple syrup, etc., substances which are favorable to the development of bacteria. The advice of a dentist should be sought in reference to the selection of any preparation with which to cleanse the teeth, as many of the articles upon the market for this