

country, pay any attention to diseases of the teeth. Most of us have, no doubt, seen some patients who, having been too freely dosed with mercurials, have lost their teeth, or who, having incautiously used too strong acid mixtures, have been obliged to have their teeth filled or perhaps extracted.

It must also have been observed by many physicians that decay of a tooth has not been discovered by the sufferer until severe pain, and perhaps irreparable mischief, have ensued. Many adults pay but little attention to their teeth; some never use a brush or tooth wash, while at the same time consuming foods and drinks containing acids or substances which, like sugar, cause an acid change in the mouth, thereby exposing the enamel of the teeth to a very destructive action.

Many also eat by preference soft foods, such as the soft parts of bread, pastry, etc., which require but little mastication, and thereby lose the salutary cleansing effect produced on the teeth by chewing solid foods, which require vigorous mastication before they are swallowed.

Children who are beginning to get the permanent teeth require more attention than has been devoted to them, even in well-to-do families. It is not that they require to go frequently to the dentist, but rather that their teeth should be inspected, at least every six months, in order to discover the beginning of decay in the permanent teeth. The old adage that "prevention is better than cure," applies to these causes peculiarly well.

The small pin-like cavity is easily filled, and decay arrested for a lifetime. When inspection has been neglected for a few years examination reveals, on the contrary, immense cavities which cannot be filled, and unfortunately the offending tooth has to be extracted, thus laying the foundation for further injury to the other teeth, and bringing about the necessity of false teeth.

It has frequently been made a matter of observation that the people of Canada suffer from decayed teeth more than their European congeners. Reliable statistics on the subject are probably not available, so that in forming an opinion one has to be guided by the experience and observation of practising dentists.

In a recent meeting of the Local Council of Women of Hamilton, Mr. J. G. Adams, a Toronto dentist, gave expression to some views on this subject which will bear repeating. Mr. Adams states that "fully 50 per cent. of the public school children of Canada have bad teeth, and that bad teeth are the cause of much of their sickness, and cause the spread of a poison through their system. To some extent the bad teeth were hereditary, but the condition was largely brought about by the use of soft foods, and the eating of too much candy and other stuff that had a destructive action on the enamel of the teeth. In England the teeth are