

that is far from being clean. It occurs often that an impure saliva left on the edge of a glass, poisoned those who drank from it afterwards. Sailors are less particular, when their officer calls them while they are enjoying the comforts of a *chew*, they don't care about handing it to a comrade who masticates deliciously before returning it to its proprietor.

6th. Do not be great lovers of crackers and biscuits, they always contain acid powders. Americans have generally very bad teeth—we may say that they are the greatest biscuit eaters of the world.

7th. Abstain as much as possible from the use of gaseous waters, such as soda, which is relished so much in the hot season—it is acid, since it is composed from tartaric acid and bi-carbonate of soda. Ice-cream is also very injurious. As to myself I must confess that I am a great lover of it; do what I tell you and not what I do, as a proverb says. Salads are unwholesome: notwithstanding, taken seldom and in small quantities, they can stimulate appetite and facilitate digestion.

8th. Feats of strength performed with the teeth are absurd; those who indulge in them ought to be punished like that youth, who, says Dr. Lemartie, broke all his front teeth, who bet that he would throw over his head a chair which he held with his teeth by the upper part of the back board to achieve that noble feat. Another fellow, more imprudent, caused himself to be hoisted up from the ground to an elevated window by means of a rope which he held in his teeth. When he had reached a certain height he lost his four insisors and broke one of his legs in the fall. Some others, says the same Doctor, find pleasure in grinding drinking glasses between their teeth and wounding their mouths grievously in the attempt—one would suppose that the life of these maniacs is a perpetual challenge to the Almighty who gave it to them. The loss of a tooth is a real misfortune since it cannot be repaired. A tooth is worth a diamond says one of our authors. Remember these few words, gentlemen, and try to put them in practice, and when old age will come, your teeth will still be handsome. If you do the contrary your cheeks will sink in, your lips will loose their firmness and embossment, your chin will be lengthened, wrinkles will cover your face as so many furrows, pronunciation will be difficult and unpleasant, the saliva, having no more dikes to contain it, will escape, and produce that unpleasantness which we hardly endure in old persons.

Before concluding, I must tender you my best thanks for your kind attention. I have endeavored as much as possible to be brief and varied, to avoid the aridity and monotony which are usually found in medical works, where one's health is treated in a grave and doctoral style; I am satisfied after saying only what could be useful. I will be doubly