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# THE JOURNAL OF THE TIMES.

Volume I.

HALIFAX, JUNE, 1859.

Number 4.

## TEETHING AND DISEASES OF CHILDREN.

How many children die, it may be asked, during the progress of dentition? Does it not then become us, as responsible beings, to seek and obviate the causes of this expenditure of human life as far as possible?

And where shall we find them? Surely not in any imperfection in the Creator. All His works were perfect. We are therefore necessarily obliged to look within ourselves for the solution of this question; and if we come to the subject with the honest intention of discovering the truth, we shall not long remain in ignorance.

We should call that physician deranged, or at least suppose him unpardonably ignorant, who, in an incipient stage of fever, should prescribe stimulants which would increase the symptoms; and yet, in opposition to all the known laws of nature, we give our children exciting and stimulating food and drink, and wonder why they thus suffer. During the period of what is commonly called cutting teeth, there is always more or less irritation; therefore particular attention should be given to the diet both of the nurse and infant, as whatever affects the nurse will injure the child. And from this cause alone may proceed those violent bowel complaints which cause the little sufferer so much pain, and very frequently result in death.

If parents would but awake to the importance of this subject, that so deeply concerns the welfare of those so dear to them, our newspapers would not so frequently have the mournful tale to tell of children sent to an untimely grave.

Our Maker undoubtedly, in creation, intended comfort and happiness. He therefore never could have allowed one law so to interfere on another as to cause suffering and death to innocence, on the development of these organs. It becomes, then, an indispensable duty on the part of parents to examine the subject for themselves; and when their practice is in accordance with the laws of nature, their own happy experience will corroborate the truth of these remarks.

It is a fact, well attested, that whatever is wrong in the mother's diet injures the child, even when the mother does not feel the immediate effects. Among the lower animals this fact has been more particularly observed. It is known that calves have been poisoned

through the medium of the milk received from the cow, while the effects on the cow were scarcely discernible.

The surest way to trace disease to its original source is to endeavor to point out cause and effect. Ignorance of the laws of nature is the stumbling-block that lies in the way of mankind; and when artificial regimen is allowed in the management of children, penalties sure to follow; whereas brutes, guided by instinct, seldom fail in rearing their progeny. It is true that domestic animals are exceptions to the general rules, and that they are equally susceptible of being diseased as man.

Perhaps the advice to the mother of Samson would not be out of place to those who are not above it: "Now, therefore, I pray thee, drink not wine nor strong drink, and eat not any unclean thing."

If mothers are willing to risk their own health to gratify their artificial appetites, indulging in exciting and stimulating food and drink, let them have some regard for their offspring. It would be far better, in such circumstances, the child should be weaned, and fed on cow's milk, where the animal is kept on its natural food. During teething, the child ought to receive less nourishment than at other times, and also at proper intervals, which will lessen the blood, and thereby reduce inflammation of the gums and surrounding parts; should the child manifest a desire for food between meals, do not indulge it, for if so, you make bad worse. Let your actions be governed by judgment and discretion, and not let the feelings control the reasoning faculties; and, as a general rule, there will be no necessity for lancing the gums, except in some cases of delicate children.

### SECONDARY CAUSES.

Children originally may have good constitutions, but while the teeth are forming the child may become sick; medicine is administered, which may only affect the secretions for a time; that portion of the teeth deposited from the impure secretions will be most liable to decay. If the child is salivated, it will affect all of the teeth more or less. Teeth, from this cause, frequently commence decaying soon after they appear. In other cases, when salivation is carried too far, it will stop the deposit entirely, which will cause irritation and pain.

Parents should see to it that their children

who inherit a delicate or diseased organization of the teeth should have them properly attended to, as much mischief may sometimes arise from carelessness and neglect during the time that the temporary teeth are being shed. When the permanent teeth make their appearance behind the temporary ones, the latter should be at once removed; if not, the permanent teeth will take a false position, and the child, when it arrives at the age of manhood or womanhood, will present a deformity which at that time cannot be easily remedied. It costs nothing to have a child's teeth looked at, three or four times a year, by a dentist, and by so doing, any approaching disease or deformity may be detected in time, and a proper remedy applied.

### TOBACCO AND THE TEETH.

THE opinion is greatly prevalent that, whatever may be the other effects of tobacco, it certainly preserves the teeth, especially when chewed. Common, however, and even plausible as the opinion is, it is not difficult to show that it is very far from having its foundation in fact.

The soundness of teeth will always bear an exact proportion to the soundness and firmness of the gums, and of the lining membrane of the mouth, and the whole alimentary canal. But, that tobacco makes the gums loose and spongy, and injures the lining membrane of the alimentary canal, especially that part of it called the stomach, is as well attested as any fact in physiology. The application of tobacco, therefore, to the inside of the mouth and to the gums—if the foregoing principle is correct—instead of preserving the teeth, cannot otherwise than hasten their decay.

And so, in point of fact, we find it. The teeth of those who use tobacco are in a less perfect state than those of other people,—I mean those whose habits are no worse than theirs in other respects. For there are many more things which injure teeth as well as tobacco; and it would be unfair to compare the tobacco-chewer, whose habits may be correct in other respects, with those individuals who, though they use no tobacco, are yet addicted to gluttony or drunkenness, or have had their teeth spoiled by poisonous medicines.

The teeth of some tobacco-chewers, it is true, do not ache; for the tobacco, at least for a time, stupifies the nerves. Nor are there wanting cases, here and there, of old tobacco-

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chewers, whose teeth, so far as they are not worn out, are free from decay. But such cases are as rare as those of long-lived or healthy intemperance; and they prove just nothing in favor of tobacco. They simply show that the individuals who thus held out, had strong constitutions, with no hereditary tendency to diseases of the alimentary canal or the teeth, and, that if, in spite of the tobacco, their teeth were comparatively perfect, they would have been still more so, had they wholly abstained from it.

But there is one thing to be observed in the case of those who chew tobacco, even when the teeth do not really decay; they wear out very fast. Dr. Mussey has verified the truth of this position, not only by observing the mouths of "some scores of individuals in our own communities," but likewise those of "several individuals belonging to the Seneca and St. Francois tribes of Indians, who, like most of the other North American tribes, are much addicted to the use of this narcotic." I have, myself, observed the same thing even in the case of those tobacco-chewers who boasted of their sound teeth, and of freedom from tooth-ache. I have seen them so worn down as actually to project but a little way beyond the gums. In the part of the mouth in which the cud is kept, this wearing out or wasting away is more obvious than in other parts.

Dr. Rush mentions a man in Philadelphia who lost all his teeth by smoking. Dr. Warren, of Boston, assures us, that not only the common belief of tobacco being beneficial to the teeth is entirely erroneous, but that, by its poisoning and relaxing qualities, it is positively injurious to them. And such, it is believed, is the general opinion of medical men, not only in this country, but in Europe.

But, granting the most which can be claimed for tobacco in the way of preserving teeth—grant that it numbness the nerves, and thus, in many instances, prevents pain—grant even, that it occasionally precludes all other decay, except that premature wearing out, of which I have spoken. Still, the general truth will remain, that it injures the gums and the lining membrane of the mouth, stomach, and alimentary canal generally, and, in fact, of the lungs also; and thus, not only prepares the way for various diseases, (to be mentioned hereafter,) but spoils the beauty, injures the soundness, and hastens the decay of these organs. It was, no doubt, the intention of the Creator, that the teeth should last as long as their owner. Yet, in how few of a thousand tobacco-chewers, or smokers, or snuff-takers is this the result? *Dr. Alcott.*

WERE but human beings always that which they are in their best moments, then should we know here already on earth a kingdom of heaven, of beauty and goodness.—*Frederika Bremer.*

We wish to enter a disclaimer against the habit that many surgeons and dentists have, of extracting teeth indiscriminately in every case that presents itself. It is a cruel and a barbarous practice for the surgeon to tear out—especially with a turn-key—every tooth in which there is the slightest pain. The time is coming when the fact that every tooth that aches should not be extracted, will be better understood than now. It requires as much judgment and skill to know whether or not a tooth should be removed as it does how properly to perform the operation; and, therefore, it comes within the province of the dental practitioner to be able to make a correct diagnosis in every case that is presented to him, and to decide what shall be the course of treatment. Strange as it may appear, it is nevertheless true, that many persons—and oftentimes physicians, we fear, among the number—ignorantly suppose that every tooth in which there is the slightest pain should be drawn. What a mistake! Now, what would be thought of the man who should have his fingers or toes amputated simply because he felt a slight pain in them? Yet the wholesale practice of extracting teeth is little less absurd, and cannot be condemned in too strong or vehement a manner.

The various diseases which affect the teeth and gums can, as a general thing, be treated with as much success as other diseases of the body. Oftentimes tooth-ache may be traced to constitutional disorder, and in such cases a constitutional treatment is demanded;—therefore, it would be injurious, not to say absurd, to extract one or more teeth that were aching, because of a functional derangement of the digestive organs. Thousands of teeth are annually extracted that might, by a judicious treatment, be saved for many years, and in most cases during life. When the nerve is exposed, it can be removed or destroyed, and the tooth filled in such a manner as to render it as strong and as serviceable as it ever was.

As much as we condemn the habit of having teeth indiscriminately extracted when aching from remote causes—which

should be removed—we no less strongly reprehend the habit many have of allowing teeth to decay away while in the mouth, for in such instances the purulent effluvia accumulating cannot but prove injurious to the general health, or cause some local disease, such as tic-doloureux, rheumatism, abscesses, &c.

It will therefore be seen that it is our opinion that there are too many serviceable teeth extracted, and not enough of those which are not alone useless, but which are really detrimental to health and happiness, to say nothing of a sweet breath.

The best way, then, to avoid the necessity of extraction is to keep the teeth clean, and, if they are decayed, have them filled before they begin to ache.

A WORD TO THE LADIES.

In one of our exchanges we find the following directions for preserving bouquets in their original freshness and beauty for a long time:

"First sprinkle it lightly with fresh water; then put it in a vessel containing soap-suds; this will nutrifly the roots keeping the flowers as bright as new. Take the bouquet out of the suds ere morning, and lay it sideways—the stem entering first into the water; keep there a minute or two; then take out and sprinkle the flowers lightly by the hand with water. Replace it in the soap-suds and it will bloom as fresh as when gathered. The soap-suds need changing every three or four days. By observing the rules strictly, a bouquet can be kept bright and beautiful for at least a month, and will last longer in a very passable state."

As we think no decoration so beautiful in drawing-room or boudoir as fresh blooming flowers, and being somewhat curious as to the truth of the above, I promise to one of our fair readers, I shall first send us the result of the experiment, the most tasteful bouquet I know how to select. To what fair lady shall we be indebted for solving the doubt?

TRUE NOBILITY.—A man in the common walks of life, who has faith in perfection, in the unfolding of the human spirit, as the great purpose of God, perceives more the secret of the universe perceives more the harmonies or mutual adaptations of the world without and the world within him, is a wiser interpreter of Providence, and reads nobler lessons of duty in the events which pass before him, than the profoundest philosopher who wants this grand central truth.  
*Channing.*

**NEW RULES FOR THE TREATMENT OF ASPHYXIA PRODUCED BY DROWNING.**

Dr. Marshall Hall of London, perhaps the most distinguished physiologist of the present day, has investigated the subject of drowning, and established new principles of treatment. He condemns the rules proposed and practised by the Royal Humane Society, and substitutes the following new rules for the treatment of asphyxia:

I. Send with all speed for medical aid, for articles of clothing, blankets, &c.

II. Treat the patient on the spot, in the open air, exposing the face and chest freely to the breeze, except in too cold weather.

**I. TO EXCITE RESPIRATION.**

III. Place the patient gently on the face—to allow any fluids to flow from the mouth.

IV. Then raise the patient into a sitting posture, and endeavour to excite respiration.

1. By snuff, hartshorne, &c., applied to the nostrils;

2. By irritating the throat by a feather or the finger;

3. By dashing hot and cold water alternately on the face and chest.

If there be no success, lose no time, but

**II. TO IMITATE RESPIRATION.**

V. Replace the patient on his face, his arms under his head, that the tongue may fall forward, and leave the entrance into the windpipe free, and that any fluids may flow out of the mouth; then

1. Turn the body gradually but completely on the side and a little more and then again on the face, alternately (to induce inspiration and expiration);

2. When replaced, apply pressure along the back and ribs, and then remove it (to induce further expiration and inspiration), and proceed as before;

3. Let these measures be repeated gently, deliberately, but efficiently and perseveringly, sixteen times in the minute only.

**III. TO INDUCE CIRCULATION AND WARMTH.**

1. Continuing these measures, rub all the limbs and trunk upwards with the warm hands, making firm pressure energetically;

2. Replace the wet clothes by such other coverings, &c., as can be procured.

**IV. ON THE WARM BATH UNTIL RESPIRATION BE RE-ESTABLISHED.**

To recapitulate—observe that

1. If there be one fact more self-evident than another, it is that artificial respiration is the *sine qua non* in the treatment of asphyxia, apnoea, or suspended respiration.

2. If there be one fact more established in physiology than another, it is, that within just limits a low temperature conduces to the protraction of life, in cases of suspended respiration, and that a more elevated temperature destroys life.

3. Now the only mode of inducing efficient respiration artificially, at all times and under all circumstances, by the hands alone, is that of postural manœuvres described above.

This measure must be adopted.

4. The next measure is, to restore the circulation and warmth by means of pressure firmly and simultaneously applied in the course of the veins, therefore, upwards.

5. And the measure *not to be adopted*, because it tends to extinguish life, is the warm bath *without* artificial respiration.

The measure must be relinquished.

These conclusions are at once the conclusions of common sense and of physiological experiment. On these views human life may, nay must, sometimes depend.

**A SHORT LECTURE TO YOUNG MEN.**

We clip the following from Hunt's Merchant Magazine which, for a lesson in sound wisdom, cannot be beat, and, we think cannot be too often repeated. Every young man ought to carry a copy of it constantly with him, and preserve it as carefully as he does a jewelled watch, or more so. Indeed, it would do no hurt to hang it up over every mantel-shelf as a family picture for a memento:

Keep good company, or none, and never be idle.

If your hands cannot be usefully employed, attend to the cultivation of your mind. Always speak the truth.

Make few promises.

Live up to your engagements.

Keep your own secrets, if you have any.

When you speak to a person, look him in the face.

Good character is above all things else. Your character cannot be essentially injured except by your own acts.

If one speaks evil of you, let your life be so that nobody will believe him.

Drink no kind of intoxicating liquors. Ever live within your income.

When you retire to bed, think over what you have been doing during the day.

Make no haste to be rich, if you would prosper; small and steady gains give competency, with tranquility of mind.

Never play at any kind of game of chance.

Avoid temptation, through fear you may not withstand it.

Never run in debt, unless you see a way to get out again.

Never borrow if you can possibly avoid it.

Never speak evil of any one.

Be just before you are generous.

Keep yourself innocent, if you would be happy.

Save when you are young to spend when you are old.

**MELANCE.**

He who goes through a land and scatters blown roses, may be traced next day by their withered petals that strew the ground; but he who goes through it and scatters rose-seeds, a hundred years after leaves behind him a land full of fragrance and beauty, and as a heritage for his sons and daughters.

An attorney before a bench of magistrates, a short time ago, told the bench, with great gravity, "that he had two witnessess in court, in behalf of his client, and they would be sure to speak the truth, for he had no opportunity to communicate with them!"

Too much joy sometimes indicates unsound moral health. The prisoner has more cause of exultation than the virtuous man who has never been in prison; and no sound tooth feels so good as the foul one that has just ceased aching. Health brings perpetual cheerfulness, rather than ecstasies of joy.

A lieutenant in the service by the name of Broom was advanced to a captaincy, and naturally enough liked to hear himself addressed as Capt. Broom. One of his friends persisted in calling him plain Broom, much to his annoyance, and one day having done so for the fortieth time, Broom said: "You will remember, sir, that I have a handle to my name." "Ah," said his tormentor, "so you have; well, Broom-handle, how are you?"

An Irishman in Albany is going to have his life insured, so that when he dies he can have something to live on, and not be dependent on the cold charities of the world as he once was.

PHILOSOPHERS once sought to weigh the sunbeam. They constructed a most delicate balance, and suddenly let in upon it a beam of light; the lever of the balance was so delicately hung that the fluttering of a fly would have disturbed it. Everything prepared, the grave men took their places, and with keen eyes watched the result. The sunbeam that was to decide the experiment had left the sun eight minutes prior, to pass the ordeal. It had flown through ninety-five millions of miles of space in that short measure of time, and it shot upon the balance with unabated velocity. But the lever moved not; and the philosophers were mute.

WE once knew a boy who said he liked a good rainy day—too rainy to go to school, and just about rainy enough to go a-fishing.

"PEOPLE," says a modern philosopher, "go according to their brains: if these lie in their head, they study—if in their belly, they eat and drink—if in their heels, they dance."

POETRY.

EAST AND WEST.

I'm jealous as a churl  
Of a girl  
Down East; and, eo, here's to her!  
And yet I can't forget  
Another girl I met  
Out in Ohio.

O! which, dears, shall I woo  
Of you two?  
One the brightest, one the best,  
One tall, one short and sweet,  
One dull, one hard to beat,  
One East, one West.

Now I love you both dear girls,  
Precious pearls;  
Then give me each a shake!  
You East shall cheer my life:  
You West shall be my wife,  
And no mistake!

Labor is life! 'Tis the still water faileth;  
Idleness ever despireth, bewaileth;  
Keep the watch wound, or the dark rust  
assaileth!

WIT AND HUMOR.

A MISAPPREHENSION.—“And where was the man stabbed, sir?” said an excited Irishman on Friday night last, on Fourth street, to a physician.

“The man was stabbed about an inch and a half to the left of the medium line, and about an inch above the umbilicus,” was the reply.  
“Oh, yes; I understand now. But I thought it was near the Court House.”

The census takers find great difficulty in ascertaining the ages of the girls, a large majority of them being only sixteen. In one family in a neighboring State there were found to be twelve girls between ten and sixteen years of age, some without having a tooth in their head, on account of their long standing in life.

PARSON Brownlow, of the Tennessee *Whig*, tries to make it easy for his subscribers these hard times. He advertises to take, in pay for subscriptions to his paper, “East Tennessee bills worth twenty cents on a dollar, Shanghai chickens, hoop skirts, boot-jacks, broom corn, baby jumpers, fishing-tackle, patent medicines, sucking pigs, frozen cabbage, old clothes, Colt's revolvers, second hand tooth-brushes, ginger cakes, parched corn, circus tickets, or any other article found in a retail store.”

THE man who plants a birch tree little knows what he is conferring on posterity.

“I LIKE you, said a girl to her suitor, “but I cannot leave home; I am a widow's only darling; no husband can equal my parent in kindness.”  
“She is kind,” replied the wooer, “but be my wife—we will all live together, and see if I don't beat your mother?”

A WITNESS in a liquor case the other day, gave the following testimony:—“Salsoda is ice and water, and some stuff squirted into it from a concern. Don't know whether it is intoxicating or not—it makes one feel good—feet lift easier.”

A FARMER charged a hired man with having an offensive breath. “Thunder and lightning?” said the man, “do you expect a man to breathe musk roses for six dollars a month?”

THE martyrs to vice far exceed the martyrs to virtue, both in endurance and in number. So blinded are we by our passions, that we suffer more to be damned than to be saved.

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HALIFAX, June, 1859.

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By the use of a new preparation of *Adhesive Gold*, a tooth is not only arrested from further decay, but it is restored to its original form and utility.

**CLEANSING TEETH**.—There is nothing that will be so sure to destroy the teeth as to allow the tartar to remain around their necks, for it sooner or later works its way under the gums, loosening the teeth, and causing their premature loss. The tartar can always be removed, restoring them to their original color and whiteness.

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JUNE, 1859.

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- Mr. Charles Elliott, Violinist.
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- Mr. E. C. Saffery, Pianist, Halifax.
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- J. P. Hagarty, Organist of St. Mary's.

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