

aches and pains) is headed for a lonely, fretful old age. Speaking from very satisfactory experience, I say to all women of 50, begin now to grow old gracefully. Be your age, but be

it rightly. Look your age if you must, but don't let it rub the smile from your lips or the laughter from your eyes.—*Anna S. Richardson, condensed from Physical Culture.*

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## *What Causes Pyorrhoea?*

WE OFTEN meet people who have never suffered from caries and whose teeth are intact, but who nevertheless have lost several teeth and whose remaining teeth are loose. When we press the gum, in such cases, pus flows out along the tooth; sometimes these teeth seem longer than the others because the gum has receded.

The tooth is implanted in a cavity of the bone, called the alveolus, and is attached to the walls of the alveolus by fibrous tissue. In pyorrhoea the tooth is not affected. The disease attacks the fibrous tissue, the bone constituting the alveoli and the gum. Pus forms along the tooth, the fibrous tissue is partly destroyed, the bone is affected, the gum is red and swollen, and when the bone is corroded, leaving the root uncovered, the gum also recedes. This destruction causes the tooth to become loose. When the pus can escape, there is seldom any pain, but when it cannot do so, painful abscesses occur.

Without a doubt, the deposit of tartar behind the lower teeth and the upper molars causes an irritation of the area which renders it susceptible to pyorrhoea.

Pyorrhoea almost always causes digestive disorders; firstly, because the pus is continually being swallowed and, secondly, because mastication is insufficient on account of the looseness of the teeth.

Finally, there is the ever-present danger of general infection of the blood stream which may cause severe and remote damage.

Many forms of rheumatism, foul breath, severe headaches, liver, stomach, and bowel disorders, gastric ulcers and serious heart affections are directly attributable to this insidious disease. If you have the slightest cause to suspect that you are suffering from pyorrhoea, consult your dentist without delay.—*Doctor.*