

The Care of the Teeth

By Dr. G. ERANA

THE mouth is the gateway to the rest of the body. The food and drink that we take pass through the mouth, that is why we must be sure that the mouth and teeth are kept clean and in healthy condition. Most people look closely at the food before taking it to be sure it is clean, but many forget that their mouth and teeth are not as clean. A mass of "matter" or pus around the tooth or at the tip of the root may exist through neglect for months or years without the knowledge of the individual. This pus is poison which may be the cause of many bodily diseases. A part of the pus is mixed with the food and swallowed which may cause stomach, kidney, liver or intestinal trouble; another portion goes with the blood stream which is deposited in other parts of the body causing heart diseases, rheumatism, blood poisoning, etc.

To avoid this bad result we must take good care of our teeth. The children must be taught to clean their teeth as soon as they are able to use tooth brush even in tender age. They must learn to care for their milk or temporary teeth as well as the permanent ones. Special attention must be given in such a way that no candy or food particles are left in the pits, along the grooves or between the teeth. If they are left to remain there, they ferment and become an ideal place for microorganisms (germs) to grow. The combined action of the fermentation and microorganisms is the cause of decay especially in the case of new young teeth for they are tender and easily decay.

A close watch must be made on the little holes. Waiting until the tooth with hole aches is a big mistake. If a tooth with hole begins to ache it is a sign that the pulp (commonly called nerve) is in a diseased condition. The dentist, in treating it, devitalizes the pulp (kills the nerve). The tooth then becomes dead which is no longer a part of the living body. It is only a foreign body in the mouth which sooner or later gives trouble. It is, therefore, advisable to have the small hole filled in before it starts to ache to keep it alive and to avoid more expense and trouble.

The teeth do not grow to fit the face but the face grows to fit the teeth. If the teeth can be made to assume their true, normal dental arch, which is the keystone of the developments of the bones of the face, the rest of the face develops in corresponding symmetry and beauty. To avoid the malposition of teeth it is especially important to watch the growth of the second (permanent) set between the ages of six and twelve years. The first ones to ap-

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CHARACTER EDUCATION SECTION

An Old Library Book Speaks

By JOSE FELICIANO *

I AM an old library book, worn-out and shabby. I have just been inspected, and the verdict of "no longer serviceable" has been passed upon me by the chief librarian with much regret. This is a consolation to me, for he knows how to appreciate my worth. Consequently, I have been withdrawn from circulation, after having rendered years and years of faithful service. Poor me to rest at last—perhaps not to rest but to perish. I have heard that others like me have been mercilessly thrown into the flames to be reduced into nothingness—ah, what a sad fate! But after all, maybe this is best, since one can be of no more use. I am, therefore, reconciled to my fate, whatever it may be.

I know that now I am not fit to be seen by human eyes. I am badly mutilated and perfectly misshapen. My cover is all broken and frightfully dirty. What leaves remain of me are loose, torn, and soiled, and on them you can find all kinds of marks and stains. I should probably not be handled without gloves. But I saw better days once—that was in the beginning of my existence. As you could well imagine, I was then spotlessly clean. I was quite proud of my looks, being made of paper of high quality and bound beautifully in cloth. A more attractive book than I was, you could hardly find.

Then began my life of ceaseless activity. From the day I was put on the shelf, I have been very much in demand. I have been in the hands of all sorts of borrowers, including the most careful as well as the most careless; but it is the careless ones that I remember better because they have caused me so much pain.

Now I shall tell you about the most careless borrower that has ever handled me. The moment I saw him I could tell what an unpleasant time any book would have in his company. He was exceedingly untidy about his person. His hair was unkempt. His camisa was very much soiled around the neck, and he kept it unbuttoned. His shoes looked as if they had not been polished for weeks. When I heard him tell the librarian that he wanted to borrow me, I felt as though I were being pricked by pins and needles. But what could I do? I was at the mercy of every borrower.

Passing into his hands, I led an utterly miserable existence. He did not care what he did with me; he would drop me on the floor or on the ground and think nothing of it. After reading me, he would mark

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ETHIOPIA

A COUNTRY THAT MAY LOSE HER INDEPENDENCE

IN the eastern part of Africa lies Ethiopia. It used to be known to most people by the name of Abyssinia. Ethiopia is the only independent state in Africa. It is located almost entirely on a high plateau.

The countries around Ethiopia are all colonial possessions of European states. There is Anglo-Egyptian Sudan on the west; Italian Somaliland on the south-east; British and French Somaliland on the east; and Eritrea, also Italian, on the north.

Unfortunately, Ethiopia has no sea-coast and, therefore, no sea-port. The things she buys from other countries are first shipped to Djibuti. Djibuti is a French port in French Somaliland on the Red Sea. From this port all cargo for Ethiopia is sent by the only train that runs to Addis Adaba, the capital city. This railroad is run by the French.

Ethiopia's former Emperor, whose name was Menelik, allowed France to build this railroad. To help France in building it, Ethiopia contributed some money and furnished workmen. Menelik also

promised that France would always have the right to run trains into Ethiopia.

Now Italy wants to build a railroad through Ethiopia in order to connect her two colonies, Eritrea on the north and Italian Somaliland on the south. But the present Emperor of Ethiopia, Haile Selassie, does not want Italy to build a railroad in his country. In spite of this, Mussolini, the Italian Dictator, is determined to get into Ethiopia. In fact, during the last five years a part of Ethiopia, about 6 miles long, has been occupied by Italians. Mussolini is sending thousands of Italian soldiers to fight their way into that country. Many of them have already landed in Africa. But they have been unable to start fighting. The heavy African rains falling day and night are very harmful to the health of the Italians. This month of September, when the rainy season will be over, the war might start.

Emperor Haile Selassie is a very educated man. He always keeps himself well informed about the many important things that happen throughout the world. He does not

want his country to lose her independence. If Italy does manage to keep her soldiers into Ethiopia, she might make the Ethiopian people her subjects.

The emperor is very fond of his people. He has allowed them to keep their old customs and traditions. He did not want to force them into the many modern ways of living. "Not so quickly," he said, "my people will understand the new ways better if they get used to them slowly."

Ethiopia was one of the first of Christian countries. When St. Mark fled from Egypt, he went to Ethiopia. That happened thirty years after the death of Jesus Christ. At that time the Ethiopians accepted Christianity.

The Emperor of the Ethiopians claims to be a direct descendant of the great wise King Solomon and the beautiful Queen Sheba of whom stories are told in the Bible. This means that the people belong to a very old race. The Ethiopian emperor is also known among his people as the King of Kings and the Conquering Lion of Juda.

the place by inserting a pencil or a ruler, or by turning down a corner of the leaf. No matter how wet or dirty his hands were, he would not wipe or clean them before handling me. He drew figures on some of my pages and spilled ink on two or three other pages. What a relief it was, when he handed me back to the librarian.

Dear Children:

I understand that soon I shall be turned to ashes. I have no regrets, knowing I have served you well. I have only one request to make of you before I take my final leave. I wish you would treat the coming generations of books more considerately than you have ever treated us before. I need not tell you how to handle us, because your teachers have repeatedly told you how to

DON TEODORO R. YANGCO

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Before I went to see Don Teodoro Yangco to talk about his boyhood days, I was wishing I had had a boyhood like his. I thought that he, being the son of Don Luis, the millionaire, had a wonderfully pleasant life, a life without work, a boyhood with all the desires beating in a boy's heart, fulfilled. However, I now realize that after all, the hardships during our boyhood are what make us great men when as we grow older. Don Teodoro R. Yangco taught me a lesson.

care for books. But if I must say a parting word, I wish you would carry this with you: Treat books as you treat your best friends.

THE CARE OF THE TEETH

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appear among the permanent teeth are the first (6-year) molars. Their appearance takes place at the age of six years located just behind the two temporary molars on both sides of the mouth. They are four—two upper and two lower. In most cases these teeth are neglected because they are taken for temporary molars. They are extremely important in the mouth as they are the most useful ones in chewing and serve as guide in the growth and position of the rest. Teeth need exercise as muscles do. Food which requires much chewing help make the teeth strong and healthy. People who feed exclusively on soft diet generally have the poorest teeth.

"A man is known by the teeth he keeps."