

HEALTH AND SAFETY SECTION**HOW TO HAVE GOOD TEETH****(Continued from the June number)*

FIRST, we shall have something to say about the various tooth-pastes and tooth-powders which are on the market.

Tooth-Powders and Tooth-Pastes

The use of a tooth-powder, tooth-paste, or other dentifrice is desirable, and there is no particular choice in the selection of

one except that it should not be gritty.

A gritty tooth-paste has particles in it which feel like sand. Gritty tooth-paste would be too hard for continuous use. There are very few, if any, tooth-pastes or tooth-powders which are harmful. *How Often Should Teeth Be Brushed?*

The teeth should be carefully brushed after each meal. When this cannot be done, the teeth should at least be brushed on getting up in the morning, and before going to bed at night. A thorough rinsing of the mouth and gargling of the throat should be practiced after each meal.

* Adapted from an article prepared by the Office of the Surgeon General of the U. S. Public Health Service.

Tartar Deposits

Tartar is a hardened substance which often covers a part of each tooth. It consists of mucus from the saliva, animal matter, and lime. It is deposited on the teeth by the saliva. The first sign of tartar on the teeth is a slight roughness,

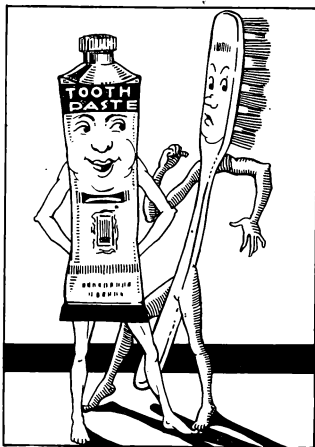
felt usually on the inside of the lower front teeth. If you find that your teeth have tartar deposits, go at once to your dentist and have him remove the deposits and give the teeth a thorough cleansing and polishing. The unclean condition of the mouth resulting from tartar deposits is a common cause of "bad breath."

Pyorrhea

Pyorrhea is the name of a very serious disease which sometimes affects the teeth. The accumulation of tartar where the teeth join the gums is one of the causes of this disease, but not the only cause.

When one has pyorrhea the gums become irritated and infected by disease-producing germs, the tissues are broken down, and pus forms.

(Please turn to page 262.)



Use us twice a day.

TEACHING YOUR DOG

*(Continued from page 252)**"Jump the Rope"*

The best way to teach a dog to jump over a rope or through a hoop is as follows: Hang a rope just high enough so that he cannot step over it; place him on one side of the rope and you remain on the other with a piece of meat. Reach over the rope, holding the meat out to him. As he reaches for it, gradually move it away from him, and then suddenly move it over the rope, saying "over." He will want the meat, so he will jump over. After a few lessons you can gradually raise the rope. Later use a hoop.

"Dead"

Teaching a dog to play "dead" is merely a matter of obedience, or making him stay in one position until you say "get up."

"Say Your Prayers"

Another cute trick to teach your dog is to "say your prayers." Place the dog in a standing position with his forepaws resting on the seat of a chair, and his head between his paws. Stroke his head and repeat the command "say your prayers" until he associates those words with the action. Teach him that he must stay in that position until you say "amen."

REWARD OF KINDNESS

(Continued from page 237)

give her dear teacher a present just as the other children were doing.

The two little girls divided the handkerchiefs as Nenita suggested, and at that moment a feeling of friendship sprang up between the two.

"Oh, Nenita, you are so good and kind," said little Rosario, and her eyes shone.

That night two mothers learned of the new friendship.

"Mother," said Nenita, "that new little girl, Rosario, is just lovely, and we are good friends already. May I invite her to our home?"

"Yes, indeed," said Nenita's mother.

"Mother," said Rosario, "I think Nenita is the kindest, most unselfish little girl I have ever met, and we are good friends already. May I invite her to visit me?"

"Yes, indeed," said Rosario's mother.

And that night the two little girls thought of each other and were happy.

ANSWER THESE

1. Did you like this story? Why?
2. If you are kind to a person, what will be your reward perhaps? What is the reward of kindness?

GOOD TEETH

(Continued from page 245)

Unless the pyorrhea sufferer *immediately* goes to the dentist for treatment, the infection continues, and the soft bone surrounding the teeth is rapidly dissolved. The attachment to the teeth of the soft gum tissues is destroyed. In severe cases of pyorrhea the teeth become loose and are finally lost.

If a person has pyorrhea, it is very necessary to have treatment from a dentist. No medicine has ever been found which will cure pyorrhea. The only known remedy is removing all irritating substances, the polishing of the exposed surface by a dentist, and afterward the proper use of a tooth-brush and tooth-paste to keep the teeth and gums in a healthy condition. Any one who has a tendency to have pyorrhea should visit the dentist three or four times a year.

A Rule for Good Teeth

Remember this rule if you wish to have good teeth: Brush your teeth twice each day, and see your dentist twice each year. By observing this rule you will have good teeth all your life, and will not have any of the aches caused by decayed teeth.