

HEALTH AND SAFETY SECTION**How to Have Good Teeth****(Continued from the May number)**Brush your teeth twice a day.*

IN the April number and the May number of *The Young Citizen* an explanation of the growth and structure of the temporary teeth and the permanent teeth was made. The article in this issue of *The Young Citizen* will give careful instructions as to the proper method of brushing the teeth. If you will follow these instructions all your life, have a dentist examine your teeth once every six months, and do what is necessary to put them in good condition, you will always have good teeth. Good teeth will help you very much to have good health.

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

How to Brush the Teeth

Many boys and girls—and adults, too—do not know how to brush their teeth properly. Let us try an experiment which will show you the proper method of brushing the teeth: Smear a little earth or clay on the finger-nails of all the fingers on your left hand. Then take an old tooth brush to clean the earth off your nails.

First, brush across your nails, back and forth. That is the way most people brush their teeth. After brushing your nails that way, you will notice that although much of the earth or clay has been brushed off, there is still some left along the sides of each nail. When you brush your teeth that way, there are still left some of the food particles, just as some of the earth was left on your nails. When these food particles remain each day, decay may result.

Again brush your nails up and down. You will notice that some of the earth or clay still remains near the root of the nail. In the

same way, if you brush your teeth only up and down, food particles will remain, and decay may result.

Now brush your nails in a rotary manner; that is, keep the brush *turning*—back and forth, up and down, around and around—so that you make a small circle. It will be found that all the earth or clay will be removed from each nail. None will be left at the sides or at the roots of the nails. That is the way you should brush your teeth. A rotary (turning) motion is to be recommended in brushing one's teeth upon the surface next to the lips and cheeks.

For the inner or tongue side of the teeth one cannot use this rotary motion.

*No toothache for him!*

Therefore, use the toothbrush in a different way on the inside surface of the teeth. Place the brush on the gums, and move it *up*, that is, toward the tip or chewing surface of the teeth. Do not push downward with the brush, because in such a way food particles and germs will be pushed beneath the gum margins, and that is one of the things most to be avoided.

For brushing the masticating surface of the tooth—that is, the tip or the chewing surface—a *pulling and pushing motion backward and forward* is recommended.

If the gums bleed when the teeth are brushed, something is wrong, and a good dentist should at once be consulted. A healthy gum is not easily injured.

After brushing the teeth—using all these three methods according to the part to be brushed—you should rinse the mouth thoroughly in order to remove any material which has been dislodged by the previous brushing.

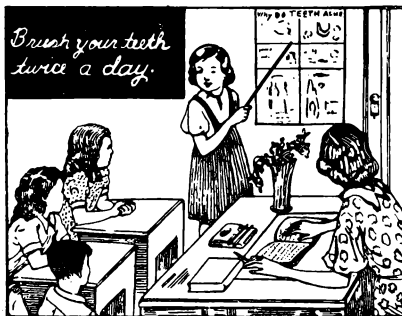
Cleaning Between the Teeth

Generally, it is not good to use a toothpick, because in using a toothpick many persons injure the delicate gum tissue which extends in a crescent-shaped mass between the teeth. The preservation of this tissue is very desirable.

Dental floss (which can

used thus, dental floss will cause serious injury to the gums.

To use floss properly and with benefit, draw it carefully through between the teeth with a pulling motion, and when it is freely movable draw it carefully back and forth over all the surfaces between the teeth, but *do not force it beneath the gum margin.*



*Teaching Dental Hygiene**

be bought at any good drug store) is very good for cleansing the surfaces between the teeth, but care should be taken in its use. It should *not* be held tight between the fingers and forced through between the teeth. Such a method allows the floss to snap through with much force somewhat like the action of a bowstring when released. If

Cleansing the Gums

The gums may also be cleansed with the brush, but not with as hard usage as when polishing the teeth. Regular brushing of the gums will not injure them unless they are diseased. If the gums bleed it may be caused

by a disease known as pyorrhea which causes inflammation of the gums and loosening of the teeth. This disease will be discussed in a later article.

(To be continued)

* Information for securing free a large dental chart for the school room will be furnished to teachers upon request. Address the Managing Editor of the Young Citizen.