

Science Notes

BY WILLIAM G. HAYNES.

HOW TO STERILIZE A TOOTHBRUSH.

The controversy regarding the desirability of the tooth-brush, both sides of which have been represented in these columns, seems to have emphasized at least this one valuable point—that the tooth-brush, if used at all, must be clean. In the Dental Summary (Toledo, Ohio), Dr. Hugh W. McMillan, a Cincinnati dentist, gives some directions regarding the proper sterilization of this common utensil, which few users seem to think requires protection of any kind from the wandering germ. Dr. McMillan thinks that it is now generally conceded that an unsterile brush may be a greater hindrance than a benefit to the health of a mouth. The tooth-brush, he says, is tolerated because a satisfactory substitute or a suitable sterilizing agent for it has not been discovered. He goes on:

"Almost everybody agrees that second to thorough mastication of coarse foods, a sterile brush properly used is the best agent that we can employ for stimulation of the gums and cleaning the teeth. The whole problem is to find a method of sterilizing which can be accomplished quickly and easily without destroying the brush by boiling or strong antiseptics, which will furnish the brush in a dry state preparatory to using, and which will not consume an appreciable length of time in consummating.

"After considerable thought for a simple and efficient method of mouth-hygiene, the following plan seems to solve most difficulties. The patient is advised to keep an approved tooth-brush and a salt-cellar (preferably aluminum) as his mouth-hygiene equipment. After properly brushing his gums and teeth, sufficient salt is sprinkled in a glass of warm water to make a normal salt solution (approximately half a teaspoonful of salt). This is used as a mouth-wash. The brush is then held under the running water and cleansed as thoroughly as possible. Salt is then sprinkled upon the brush. The salt is dissolved on the wet brush and penetrates thoroughly to the center of the tufts of the bristles. The brush is then hung in the usual place. When it is again needed, the water will have been evaporated, leaving a deposit of salt crystals in and around every bristle. Can you imagine germs living in such environment? Use the brush as it appears, covered with salt, or, if too salty, knock off the excess salt and apply your favorite powder.

"This procedure thoroughly sterilizes and toughens the bristles, can be done without loss of time, and provides on the brush an efficient antiseptic for promoting mouth-hygiene."—Literary Digest.

WHO IS OUR NEIGHBOR?

Devotion to "my family," "my friends," "my city," and "my country" still dominates us, but no longer exclusively so. Thanks to our ubiquitously inquisitive press, we are given the opportunity to sympathize with people across the continent or around the world, to understand them. When we learn to talk over a wire, we learn to see beyond the horizon of our vision. Thus it was that a man in Massachusetts reached out and saved

the life of a small boy in the Bahamas whom he did not know and had never seen. The story is told by the Brooklyn Times:

Down in Nassau, in the Bahams, a Negro lad of ten years swallowed, or started to swallow, a seed of the native sapodilla, and it caught. The seed is nearly an inch long, with a barb on each end, and the barbs held it fast in the boy's bronchial tubes. The local surgeons were unable to aid him, no steamers were plying between a nearer port than New York, and the victim's parents were too poor, anyway, to employ skilled aid.

An Episcopal clergyman of Boston, whose name is Charles N. Field, heard of the case and went to the rescue. He arranged to have the boy sent here on a liner that stopped in the Bahamas; he cut the red tape at the Customs House, Ellis Island, and Quarantine, and he got that boy to St. Luke's Hospital just twenty-four hours before death was due, according to the specialists who now have him in charge. They say the obstruction will be removed and the boy will live.

Ten years ago, who would have thought the life of an illiterate Negro in an alien country worth saving at such a cost? What physician would even have estimated the possibility of an operation outside the charity hospital in the community in which he resided? The fact that modern surgery is advanced far enough to accomplish such remarkable work, and the more important fact that men of the type of Charles N. Field are here to stretch the limit to save a human from unnecessary death, is the best proof available that the world can be made worth while for all, if individual responsibility for its condition is shouldered by all.—Literary Digest.

SOUTH SIDE

The South Side A. M. E. Church held their third quarterly meeting Sunday, May 14. Although the presiding elder could not be present, it was the most successful quarterly meeting in the history of the church. Rev. Mr. Edwards, of Council Bluffs A. M. E. Church, preached a soul-inspiring sermon at 3 p. m. and presided over the Communion table. Rev. J. H. Nichols preached morning and evening. The quarterly conference was held Monday evening, May 15, with Rev. Mr. Edwards presiding. A good report was read from each auxiliary of the church. The financial report from each and all departments excelled any quarterly we have recorded of the church.

Gate City Lodge No. 6674 G. U. O. of O. F. paid to G. W. Wade Obee Undertaking Co. the amount of \$80 for the funeral expenses of the late A. W. Parker, who died March 12, 1916, this being the full amount due for burial from District Grand Lodge No. 8 of Missouri.

The Allen Chapel A. M. E. Church, will hold a grand rally Sunday, June 18. We must raise \$500.00 on this date. Join one of the clubs, or write your name on one of the books presented to you by one of the officers of the church. God loves a cheerful giver and will double your gift. Rev. J. H. Nichols, the pastor, is struggling to do a great and much needed work on the South Side. He is a God-fearing man and deserves our hearty co-operation.

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