

## General Advice

To the parent I would say, if you value the health and comfort of your child, don't neglect its teeth until severe tooth-ache compels you to have them cared for. On account of the nervous susceptibility of the child, it may not tolerate the work necessary. A painful operation may frighten it so that it will ever be "shy" of the dentist, and as a result, it may always neglect its teeth. Have the teeth examined early and at regular intervals thereafter. All the evils consequent from neglect will be avoided. This advice applies in case of the first teeth as well as to the second ones.

To those who think for themselves, I would say, select a dentist in whom you have confidence, and consult him at such times as he advises. You will then save your teeth, save expense, avoid unnecessary pain, avoid all systemic trouble having its origin in the mouth, avoid "false teeth." The saying, "a stitch in time saves nine," applies most forcibly to the care of the teeth.

## DENTACURA TOOTH PASTE.

IT IS AN IDEAL PREPARATION.

It not only cleanses the teeth, but also destroys germs and sweetens the breath. Three thousand Dentists testify to its superiority.

Children are pleased with its delightful fragrance.

25 CENTS PER TUBE

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If he will not supply you send 25c. direct.

DENTACURA COMPANY,  
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## Think of It!

No physician or surgeon would tolerate for a moment a patient with a foul, septic ulcer, say in his forearm, should from time to time, apply his lips to the ulcer to clean it. Yet this—pathologically—precisely what happens in the case of patients with decayed teeth and suppurating gums. Moreover, the swallowing of pus is constant, and goes on for years, unheeded by both patient and doctor.

Not only is the constant swallowing of pus a most potent and prevalent cause of gastric trouble, but the catarrh set up is not simply irritant but actually infective, and may lead in time to other more permanent effects—namely, atrophy of glands and chronic gastritis, and, in certain cases, even to suppurative gastritis. —By Wm. Hunter, M. D., from British Medical Journal.

## The Shoe on the Wrong Foot

An establishment in Cincinnati advertises "painless dentists." Is not this a superfluous announcement? Whoever saw any other kind? Indeed, the exasperating peculiarity of dentists is the serenity with which they look on while their victims writhe. Now if some one will invent another kind of dentist who can do the writhing himself, and let his patients be painless, he will make himself very popular. The ordinary dentist, every time one goes to him, has some new kind of buzzer with which to explore a hollow tooth, or scraper for a sensitive bone, and while he gouges and files and plies the instruments of torture he himself wears the blandest expression of countenance. If when he touches a tender spot it would set him howling instead of his victim, if when his instrument slips against the nerve it would make him dance a jig and spin about on his toe while the patient smiles serenely and asks what's the matter, that kind of a dentist would speedily become very popular. What we want is not painless dentists but painless patients.—Union Central Advocate.

In the office of Dr. Fickes you will be told the truth about your case. If he is not able to fill a certain tooth so that it will not ache, or to make a good fitting plate he will tell you so. It is no discredit to a man's ability to admit that he cannot do impossible things.

## Isn't it the Truth?

In almost any way you may undertake to do your share toward educating the public regarding dentistry, the majority of people will consider that it is done from a mercenary standpoint, to "blow your own horn" etc., etc. We can look back for ages only to find that when any good work was started the man at the helm was misunderstood, misjudged, scoffed at and even beheaded, when time proved him to be a benefactor to his race. The energetic dentist of today is of course, free from any violence, but he is sure to meet with enough of the milder forms of discouragement to make him want to fold his hands and let the people drift.

## How to Select Your Dentist and How to Treat Him

PROFESSOR JAMES TAYLOR.

Select your dentist for his known skill and strict integrity. Make up your mind on this point well before you give him a call. This done, go to him for advice and skill. Recollect, time to him, as well as to every business man, is money. State your case promptly, with few words, and enter into no lengthy description of pains and troubles. He hears them too often. Far better seat yourself in his chair, and merely answer his questions, for in nine cases out of ten, at a glance, he knows your case far better than you do. Never set up your own opinion above his. If he is the man you take him for, he has had better teachers than you. Your proffered advice implies a doubt of his attainments, or an egotism in your own character, either of which you would be ashamed to acknowledge. If you only want his advice, take it, and follow it. Having now used his capital, pay him for it, for there is nothing for which he can charge you for professionally more worthy of a fee.

If you want the use of his skill give him a fair opportunity to exercise it aright. Avoid a fidgety, nervous manner. Recollect, by your firmness and nerve, you very much assist in securing a good operation and at its close, patient and dentist will feel far better.

You should never expect a tedious and difficult operation to be performed without some pain and inconvenience. Let this be ever so much, keep up your courage and firmness. Never hurry the operator. Rest assured, he will not labor longer than necessary. If he is the man you have selected him for, he must persevere till the end is accomplished.

As an old operator, I can freely say, I wish never to operate for any patient unless I have their confidence not only that I will execute my work faithfully and well, but also, that I will do it with the least pain consistent with success.

Let there be a perfect understanding between patient and dentist. We mean by this, you should feel safe in his hands; that he is not unnecessarily holding the head too tight, or cutting away too much of the tooth, or pressing too hard on the gold, but that he is doing all this just right, and for your benefit. Let there be no crawling away from his hands. Your head should be unreservedly placed in the hands of the dentist. The least twist or change of position in the head, forces the operator to change also his position, and this often cannot be done without great constraint and exhaustion. The least change in position of the head may obstruct the light or overflow the cavity with saliva, or cause the instrument to slip. Every operator will tell you that his work is often spoiled in this way, and a filling half done, all lost—gold lost, and time also—the operation prolonged, and patience almost exhausted. These things occur often without any fault of the patient, but far oftener by their want of firmness.

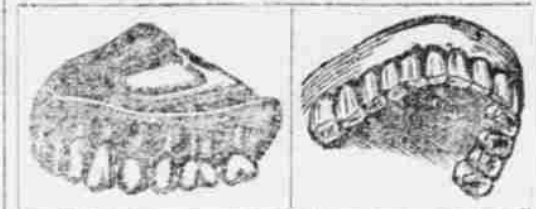
Fully appreciate the importance of the operator, and determine that, if not well done, it shall not be your fault; but having done all you can (and rest assured it is far more than is generally supposed) you can, except in extreme cases, with propriety, throw all responsibility of failure on the dentist.

If you have a tooth to be extracted, make up your mind before taking the chair. It is no place to parley with a condemned organ. No amount of talk—no amount of screwing up of courage, will diminish one iota the pain of extraction. Nine-tenths of the teeth broken under the hands of good operators, are the result of the patient's uncontrollable nervousness. A firm head, placed just as the operator desires; the hands down, will always, if at all possible, secure a quick and easy operation.—Dental Journal.

Cleaning teeth is not merely polishing the anterior surfaces of the front teeth. It also consists of removing the tartar at the necks and between the teeth. Tartar makes a foul breath, a red offensive condition of the gums, and often causes bleeding when the teeth are brushed. Many people, when spitting blood, think that it comes from the lungs or stomach. Quite often it comes from an unclean condition of the teeth caused by tartar.

## Dental Work

Dental work is work of the most exacting kind. It must be done quite right or the reputation of the dentist suffers. The true practitioner of dental art takes a great pride in doing a



good piece of work for a patient who appreciates the fact that he is fully as anxious to satisfy them as they are to be satisfied.

## Ten Commandments for the Care of the Mouth and Teeth

1. Omit to wash your face rather than neglect cleansing your mouth and teeth.
2. Instruct your children as early as possible to take care of their teeth. The neglect of youth is not to be repaired in later life. The care of the milk teeth is just as important as that of the permanent set.
3. Beware of sweets and too soft food! Active mastication of firm, thick-crust rye bread is the best natural preventive against disease of the teeth.
4. Do not forget, above all, to cleanse the mouth before retiring to sleep. He who only cleanses it in the morning covers the well after the child has fallen in.
5. Mechanical cleansing, by the aid of brush and pick, is the foundation of all artificial care of the teeth.
6. Antiseptic, but harmless, mouth-washes and suitable powders are entirely commendable to perfect the artificial care of the teeth and mouth. Measures which cauterize the mucous membrane or decalcify the teeth are to be unconditionally rejected.
7. The teeth should be examined once or twice a year by a dentist, in order that foci of disease may be detected and remedied before they have spread far.
8. Tartar is to be removed from time to time.
9. Diseased teeth and roots incapable of retention should be removed under all circumstances, no matter whether they be painful or not at the time.
10. See that the prospective and nursing mother is supplied with suitable food rich in salts (green vegetables, milk, eggs, etc.) in order that the teeth may be properly developed. Take care that the child is supplied with similar food after weaning.—C. Rose, in Cosmos.

## Teeth

W. S. WILLIAMS, D. D. S., UNIONTOWN, KY.  
[Read before the Kentucky State Dental Association, Louisville.]

Teeth, as we find them, are awful things. Clunk fall of nerves, aches and pains. Head swollen up, eyes a fright. Got no hope, jaws stick tight. Our telephones ring, our night-bells chime. With a pounding on our doors at the selfsame time.

"My God! Doctor, wake up quick!" I've nursed this toothache till I'm almost sick.

Please hurry Doctor: I've no doubt this will be a terrible tooth to pull out. I had one pulled by Dr. Jones.

He broke off the tooth and part of the bones. I can stand anything, but this makes me sick!

Oh, Doctor, hurry! please be quick!" "Yes, I'll hurry!" and you jump out of bed; Your foot strikes a coal-bod, the lamp hits your head;

You are sorry he suffers, will soon make it right. But say to yourself, "I wish you'd died last night."

You quarrel at your luck and hunt for a match. An unusual cuss word from your store you snatch.

Speaking of cuss words, if they help out a bit. A dentist should use them whenever he sees fit.

You light up your lamp, get on your clothes. The fire's all out, you are almost froze. Man comes in with hand on his jaw.

"I am sorry to disturb you, Doc, but oh, my jaw!" Takes his seat in the chair, throws his head back.

And while you for your instruments do rummage and rack, He rattles his head as if he were wild.

Gives you his history from the time he was a child; He talks of his folks—his uncles and aunts—Of all who wore petticoats, all who wore pants.

They all had their troubles—some not a few—Horse kicks, broken jaws, toothaches, too. He brags of his nerve, his stock, horse and sheep.

Takes up your time, when you should be asleep. "Be careful, Doc—let's wait awhile."

It's been aching a week—it's as sore as a "pile." Wait just a minute, I am scared to a fright.

Maybe you'd better not pull it tonight. Now it's getting better, maybe it'll quit.

Now, Doctor, what do you think about it?" He spreads wide his mouth and feels of his tooth.

And swears that he thinks it's a little bit loose. The time passes by; you begin fretting; You are freezing to death and that old devil is sweating.

You can't stand this foolishness and you tell him so. "Now, you have that tooth pulled or get up and go."

He opens his head and grabs the chair. Out comes the tooth as slick as a hair.

He wails like a demon, throws up his feet, And attracts a policeman down the street.

Jumps out of the chair, screams and groans. Says you have killed him and broken his bones.

He keeps complaining as he fixes to go. He rivets his eyes on the middle of the floor.

Groans and profanes, and it's always so. For he has forgotten his pocket-book and going to beat his bill, you know.

## The Southwestern Dental Company

LONG DISTANCE PHONE 160.

Over McConnell's. McCook, Neb.

## A Warning!

The public in smaller towns is warned against unscrupulous traveling dentists. It is quite impossible for a dentist to do any difficult work in a room at a hotel and not equipped with the proper instruments. Many traveling dentists will take advantage of the ignorance of the people and charge them exorbitant prices for inferior work. A reliable, permanently located dentist, who has built up a large practice by doing the best work at fair prices, dare not and will not take advantage of any ones ignorance for the sake of a few dollars.

## Painless Extraction

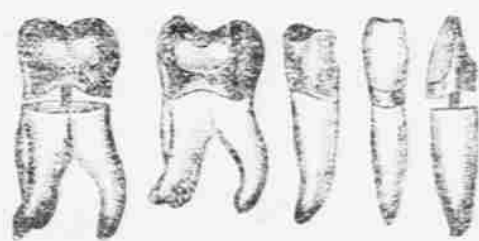
First dentist: "The fact is, I've got gentleness down to such a fine point that my patients go to sleep while I'm pulling their teeth." Second dentist: "That's nothing! Mine are beginning to have their photos taken while I operate, because they always have such a pleasant expression on their faces."—Puck.

In my practice I find that success is largely obtained through the good will of my patients. If a patient knows that the dentist's wish is for the mutual good of both he or she will have confidence in him and will certainly send others to have work done. I leave it to you if it is not to the dentist's interest to do the very best he can by each and every patron.

A man may be as honest as the day is long and still do a lot of mischief during the night.—Editor Dental Hints.

## Of Interest to Butchers

Unfortunately, among the laity there is an idea, more or less extended, that is not well to chew very hard food, that it may injure the teeth, and they avoid these things. When a patient complains that their beefsteak is particularly tough there is something wrong. With normal teeth, with normal health, the toughest beefsteak can be masticated without difficulty, and the notion that it can not is an error that is doing immense harm. Any one who cannot bite down with a force of 125 pounds on his molars is in an abnormal condition, and I have never seen a piece of beefsteak so tough that ninety pounds pressure would not crush it through without difficulty. And I have searched for the toughest meat that I could possibly find for the purpose of this trial, and I have seen persons chew the toughest meats, and I have done it myself without any difficulty whatever.—G. V. Black, in Review.



Dr. Fickes makes a Specialty of Crown and Bridge Work.

A good set of teeth is good life insurance.

## HINTS NATURE GIVES

SYMPTOMS THAT SHOULD WARN MEN OF COMING SICKNESS.

The Significance of Sneezing, Yawning and Recurring Winter Colds. The Meaning of Blue Hands—Apoplexy's Warning Signals.

Nature scarce ever strikes without warning. In so far as disease is concerned it gives clear signs of what is impending days, weeks, months and even years before the attack. If people looked for these signs and took warning from them, they would escape much serious illness and live many years longer than they do. It is indeed remarkable how careless we are in this respect. A man who will anxiously scan the sky for signs of coming rain lest his top hat may get spoiled will never dream of examining his eyes, nose or finger nails for signs of coming illness.

The sneeze, for instance, is very significant. It is always a sign that something is injuring the air passages anywhere from the nose down to the lungs. Should it be only a case of snuff or pepper, of course the sneeze is of no consequence. But often it is an indication of congestion. There is inflammation somewhere, with too much blood, and the object of the sneeze is to give relief by getting rid of some of the blood. This sneeze is a warning that every prudent person should attend to. It is at least the forerunner of a cold. But it may indicate an approaching attack of bronchitis or pneumonia. When there is much sneezing, accompanied by something like a small shower of rain, the victim will do well to take a warm footbath, go to bed and adopt the other usual remedies to cure a cold.

The winter cold itself is a grave warning. When it recurs two or three times every winter, it is sure to be followed in the end by chronic bronchitis. Once this comes on it is practically incurable.

Men are started on their lives much as a shell from a cannon—with a certain fixed quantity of energy. If disease or accident does not carry them off, they will die some time of what we call old age—in other words, when the energy with which they started is spent. Some have energy enough to carry them over the full century; others have only sufficient to keep them going for ninety, eighty, seventy, sixty or fewer years. Now, early baldness is a sure sign, with some exceptions, that the energy is likely to fall sooner than in the average man. But all kinds of baldness have not this significance. Sometimes the loss of hair arises from scalp disease caused probably by microbes. The warning baldness is that kind which commences about the temples and on the crown of the head and gradually eats its way over the scalp until only a circular fringe of hair is left.

Blue nails, or blue hands, betoken weak or obstructed circulation. They are a warning against overexertion of any kind. The obstruction may occur from disorder of several organs in the body. But most commonly the blueness indicates that the heart is not up to the mark.

Yawning is a somewhat similar warning. It is a sign that the steam has run down and that it is time to go to bed or perhaps to go into the open air. When you sit in a close room, the lungs do not receive sufficient of the vital gas, oxygen. The yawn is then a desperate effort of the lungs to properly aerate the blood, and it warns you to open the windows or to leave the room. When you are out of bed too long or when you have done an unusually hard day's work, the waste products of your body are present in excessive quantity. Then the yawn is a warning to you to lie down and rest.

Most people have a great horror of getting a "stroke" or fit of apoplexy. It is not by any means as unpleasant as the toothache, but the suddenness of it is what appalls. There is really no suddenness about it, however. No disease gives such early warning. A "stroke" is a very simple occurrence and not at all horrible. It results from two or three causes, but the most common one is this: A little artery in the brain waters out and lets some blood escape, which clogs, presses on the brain and paralyzes whatever part of the body is governed by the piece of brain pressed upon. Now this artery wears out only in common with other arteries of the body. In some people they all become what is called arteriosclerotic, or hard and brittle. At the same time they become tortuous or twisted. We can see these hard and tortuous arteries on the temples, and then we know it is not safe to do anything which will congest the brain, lest the one little artery there, which is especially liable to give way, shall let the blood escape. Likewise warning is often given by the tiny arteries of the eye. They break and let out little traces of blood, which can easily be seen, but a cold or sleepless night may do the same. When these signs occur—and they occur months and years before the stroke—do not get excited or angry, no matter how great the provocation, do not rush to catch an omnibus or in any way overexert yourself, and do not dine too heartily. By taking the warnings given by nature you will insure yourself against this pleasant way of leaving the world and be sure of dying of cholera or smallpox or some other respectable disease.—London Mail.

Opportunities He Had Neglected.

"Were you surprised when I proposed?" he asked.

"Well," she replied thoughtfully, "I was not so surprised that you proposed when you did as I was that you did not propose on some previous occasions."—Chicago Post.