

Health Hints :- Fashions :- Woman's Work :- Household Topics

Preventive Dentistry and the Dental Nurse

BY WOODS HUTCHINSON, M. D.

That the keynote of modern dentistry is prevention is nowhere more strikingly illustrated than in the great Forsythe institute of Boston, with its 20,000 patients a year and its training school for dental nurses.

Though practically a charity, in the best sense of the much abused term, every child who enters its doors is a pay patient, being charged a fee of 5 cents for each visit, which he hands in person, and receives a receipt for. As Mr. Forsythe quaintly says, "He is simply buying in the cheapest market. Every child has a right to do that."

But no hospital that charges \$7 a day for a private room is more beautifully and artistically designed and furnished, more superbly equipped with everything that makes for the comfort and happiness of its patients than this. From its great waiting room with books and pictures and flowers and glittering fishes in great glass aquaria to its nickel and enamel finished "one-night" surgical wards, where the little patients who require to have their adenoids or tonsils removed or some plastic operation upon the jaws or palate are kept to sleep off their ether.

Cities Waking Up.

Which is significant of the change that has come over the new preventive dentistry. More than half the deformities of the jaws and irregularities and crowding of the teeth are due to obstructed nostrils and the mouth breathing which this condition compels. Not "open your mouth and shut your eyes," but "open your nose and shut your mouth," is the nursery rhyme of the orthodontists.

But there is only one Boston—on this side of Jordan—and one Forsythe institute, and the question is, what are the rest of the cities going to do to catch up?

Most cities which have a modern sense of civic pride are making some sort of an attempt at taking care of the teeth of their school children, some 250 having new school dental clinics. For the most part this has not got much beyond the stage of examination and publicity, followed by some good advice to and mild pressure upon parents to have their children's teeth attended to. The findings are appallingly similar all over the country; that is, they would be appalling if they hadn't already become so familiar.

Anywhere from eighty-five to 125 per 1,000 of our school children are in need of dental care; or, counting each tooth, about 600 per 1,000.

Operators Too Few.

Under these conditions, it is all very well to urge parents to do their duty by their children's teeth. But what would happen if they took the advice?

The dental profession would be swamped inside of forty-eight hours.

It is frankly admitted by all intelligent dentists who have studied the situation that there are simply not enough dental operators to take care of more than about one-third of all children's teeth, even if every one of them worked at full speed eight hours every day six days out of a week, and neglected adults entirely. In fact, it is a simple problem in arithmetic, there being only about one dentist to every 3,000 people in these United States, which means about one to every 700 children.

Several great dental societies and committees of dental experts have been studying the problem of caring for the teeth of the great army of children, notably one appointed by the health commissioner of New York City. The latter body has come to the conclusion that the best practical means of meeting the situation is the establishment and training of a body of so-called dental hygienists, or dental nurses, who can be given a special course of training covering about a year in dental hospitals and clinics. This will equip them to inspect and care for children's mouths, cleaning off the tartar and polishing away the rough spots and erosions from the surface of the teeth, which are the beginning of decay and the formation of cavities.

They can also train children in tooth brush drill, prescribe mild antiseptics, give attention to beginning ulceration and infection of the gums and mouth, and pick out those cases which require operative treatment, accompany them to the hospital or clinic and follow them up and see that they get and give themselves proper after-care.

Like Trained Nurses.

The value of their services to the community would be simply incalculable; they would play the same price-less part in the progress of dental medicine that the trained nurse has in that of general medicine and surgery. So far from in anyway interfering with or usurping the place of the dentist they would simply establish his professional work and standing in the community upon a broader and more successful basis than ever before.

It is an honor and a credit to the dental profession that the proposal for their training and employment should have come from it, even apparently against its own selfish interests and for the broader welfare of the community. Their entrance into the field of public health marks a new era in preventive dentistry and in the welfare and happiness of our children.

Prevents Disease.

The motto of the community for its children should be the Scriptural one,

"Two-Faced!"

Copyright, 1916, International News Service.

By Nell Brinkley



THE two-faced thing! A phrase that should grow green hope in a lover's breast to hear it of his dear; if the profile she had been giving him was a cold, cross thing that was like to shrivel the tender bud just struggling to blossom in his heart! "Oh, glowering

maid," he should cry, "if Dan tells true and you are a two-faced creature, then please carry your little mirror about with you, so I may have the other side of your face, my pet! Perchance it smiles on me!"

—NELL BRINKLEY.

Words of a Wise Woman

By ADA PATTERSON.

She was a woman in white. Her figure was substantial yet symmetrical. Her head was well set upon capable shoulders. Her hair was sleek and dark. She faced, with unflinching eyes, the audience that crowded the assembly room from floor to ceiling, for the wall space was given over to boxes and the boxes to eager women of inquiring, perhaps slightly critical, mind. The woman? She was Mrs. Robert Burdette.

It happened at the biennial convention of the General Federation of Women's Clubs. It is a long name. Suppose that we shorten it to what it is, "Discussion of Real Things by Sensible Women." The department was home economics. A department that was well managed and whose program extended over many sessions of the big convention in New York. The theme that afternoon was "Clothes." Of course, the announced theme drew a crowd. To dress yourself and family well without becoming a bankrupt is a theme that is of universal appeal to women. Why not? It is the expression of the sense of beauty in them.

A fashionable dressmaker had held the platform a large part of the afternoon. She had advised that no woman should follow the styles, but that every woman should express her individuality through her dress. The women nodded approval. The dressmaker led models up on the stage, making a running commentary on the frocks they wore and which she had made.

"Don't copy that frock in cheap material," she warned. "You can't reproduce it under its price, \$600."

The women looked depressed. The metropolitan dressmaker departed. Came Mrs. Robert Burdette to the edge of the platform and addressed words of wisdom to her sisters.

"Don't be cast down," she counseled. "You don't need to pay \$600 for a gown to express your individuality. I know a young girl in California who expresses her personality in gingham and dimity. And it is an exquisite personality."

"We should express by our dress our incomes. We should express our courage not to wear new modes, if they caricature us. We should express our dignity. Then she hurled a thunderbolt into the audience.

"Strangers have limited means of judging us," she said. "It is by our clothes, our manner of wearing them. Are you willing to be judged by your clothes this afternoon?" Women shifted uneasily, vague discomfort in their faces. The more reflective of the faces the greater the degree of discomfort. Mrs. Burdette paused, cast her eyes about the audience, tilted her determined chin upward, and said:

"By our clothes we express the dignity of our characters. Let us not walk down the street with our gowns so abbreviated above and below that strangers may mistake us for the class we want our sons to avoid."

"Give Mrs. Robert Burdette Hail Queen Solomon!"

Advice to Lovelorn

By Beatrice Fairfax

You Are Right.

Dear Miss Fairfax: I have been going with a young man for six months but have never been presented to her parents. I asked her about it, but got no satisfactory answer. I love this girl. Do you think she loves me?

HARRY H.

If your intentions are to marry this young woman or even to continue your interesting friendship you certainly ought to meet her parents. I admire your attitude in asking to meet them, and I think the girl's attitude in refusing a foolish one, but it does not necessarily mean that she doesn't love you. Possibly her parents are a bit old-fashioned and she is so foolish as not to be proud of them. Or, perhaps, she feels they are not ready to have her marry or, on the other hand, that they might be inclined to demand your intentions and so force your hand.

Introduction Is Needed.

Dear Miss Fairfax: I am anxious to meet a girl whose personality is very attractive. I see her every day. Would you suggest writing her a card that I would like to call at her home? INTERESTED.

If your admiration is sincere I think you will be able to meet this girl through an introduction, which is the only proper way.

keep thy mouth with all diligence, for out of it are issues of life," and for mouth read teeth and tonsils.

Not merely toothache and all its tortures, and waste of food material by poor grinding, but many forms of anemia and malnutrition, chorea or St. Vitus' dance, lead the disturbances of sleep and night terrors, infections

of the heart, infections of the joints, popularly known as rheumatism, Bright's disease, and through their intimate relation with adenoids and nasal obstruction, catarrh, bronchitis, pneumonia and tuberculosis, form the dragon's brood which will be reaped from neglect of the ivory keepers of the gate of life.

The Mosquito and the Home

The breeding females of the mosquito, which are the early ones that survive from one season to another, pass the winter preferably in cellars, vaults or damp, dark shelters of any kind. Hundreds of these breeders occupy a single place of such kind, and those in our houses can be destroyed by fumigation at house-cleaning time in the spring, before they leave their winter quarters to produce their broods.

Every mosquito killed in winter or spring will diminish the number of mosquitoes in the summer by thousands. Kill every mosquito you see about your house. If they exist in great numbers, destroy them by fumigation with sulphur or insect powder. The burning of most insect powders simply stupefies mosquitoes, so that they fall to the floor, and should then be collected and burned.

Mosquitoes will breed as well indoors as outside. Any water left standing in clogged sinks, toilet fixture, water pitchers in the guest room, buckets, tubs, cuspidors, aquariums without fish, or in any receptacle capable of holding a few teaspoonfuls of water, may be used by the female mosquito as the place to deposit her eggs. If you are neglecting such conditions, the chances are that you are raising your own crops of mosquitoes to pester yourself.

Mosquitoes must have still water to breed in. The eggs require stagnant water for their development, and cannot develop in any other way. A single generation of mosquitoes about your home will soon disappear unless the females can find stagnant water on or near your premises on which their eggs can be laid and developed, which, under the most favorable conditions, requires at least ten days' time. Therefore, no standing water, no mosquitoes.

Where it is necessary to have water standing in tanks, barrels, etc., keep them closely covered with fine wire screens; have covers of cellophane absolutely tight, vents screened; where drainage and covering are not practicable, cover the surface of all standing water with a film of kerosene oil. An ounce of oil is sufficient to cover fifteen square feet of water. Renew oil weekly during breeding season. These facts are gleaned from the Bureau of Health of Philadelphia.

Telephone Etiquette

An Aid to Better Telephone Service

THE VOICE WITH THE SMILE WINS

Good telephone service is in a large measure dependent upon the constant practice of certain well defined rules of telephone usage which help to improve the quality of your service.

These rules may be briefly summarized as follows:—

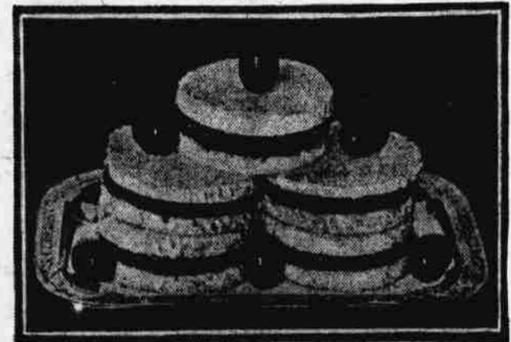
- 1.—Always consult the Telephone Directory to be sure you call the right number.
- 2.—If you cannot find the desired number in the Directory, call "Information."
- 3.—Speak clearly and distinctly directly into the transmitter.
- 4.—Listen to the operator's repetition of the number and acknowledge it.
- 5.—When talking over the telephone give your whole attention to the telephone conversation.
- 6.—To recall the operator, move the receiver hook up and down very slowly, three or four times, and wait for an answer.
- 7.—Answer your telephone promptly. It's a courtesy your telephone caller appreciates.
- 8.—When you have finished talking, and said "Good-bye," replace the receiver on the hook.
- 9.—Beware of the many useless attachments to your telephone which are offered for sale. They cost you money and degrade your service.
- 10.—Let the telephone reflect your personality in as pleasing a manner as though you were talking face to face.

The Voice With the Smile Wins.



TODAY'S DAINTEST DISH

COOKERY IS BECOME A NOBLE SCIENCE



Meat and Sardine Sandwiches

By CONSTANCE CLARKE.

Sandwiches are always popular if nicely made. They are perhaps more often used in summer than at any other period of the year. Picnickers and travelers find sandwiches the most compact and convenient way of carrying a fairly substantial meal, and they are always appreciated when served for luncheon, afternoon teas, suppers and lawn or porch parties.

Take any kind of cold meat, such as beef, veal or pork and to each half-pound add six boned sardines, six chopped olives, a teaspoonful of French capers and a tiny dust of paprika pepper. Pound these all together till smooth, then rub through a wire sieve. Cut some thin slices of bread,

DIAMONDS WATCHES ON CREDIT

Low Prices—Easy Terms at LOFTIS BROS. & CO.

\$15.50 \$1.55



1160—Bracelet can be detached, so watch can be worn as a pendant or as a regular watch. Fine gold filled, small popular size, full 16 Ruby Jeweled Nickel movement, pendant set, silver white or gold dial. Guaranteed 10 years. Bracelet can be adjusted to any size, as each link is detachable. \$15.50

TERMS: \$1.55 A MONTH

Open daily until 8 p. m. Saturday till 9:30 Call or write for illustrated catalog No. 983. Phone Douglas 1444 and salesman will call with any article desired.

LOFTIS BROS. & CO. THE NATIONAL CREDIT JEWELERS 409 E. 16th St., Omaha (Near Huron Street)