

in the cavities and very soon is changed from a nourishing food to a putrid mass of germ-laden matter with which all fresh food must mingle and become contaminated.

How long can a digestive system be thus imposed upon before revolting? With every breath from the diseased and unclean mouth, whether it be talking, coughing, sneezing, or laughing, the air is laden with germs to be breathed in by others.

Diseased teeth are generally aching teeth and no pupil with aching teeth can apply himself to his studies and have the same standing in his classes as the pupil who is fortunate enough to have good teeth, or the one who has his teeth put in good condition and gives them the proper attention. Decayed teeth cause abscessed roots, inflamed gums, and days and nights of untold agony. Eating ceases to be a pleasure and becomes a process to be avoided.

Aside from the pain and discomfort caused by defective teeth, the part they play in producing disease is by far the most harmful. The war upon tuberculosis can never be successfully waged so long as the unfortunate sufferers from this dreadful disease continue to neglect their mouths. The modern and only successful treatment of tuberculosis requires that the patient get plenty of good fresh air and plenty of good nourishing food. It is impossible for the person with an unclean mouth and decayed teeth to receive either. The best food in the world can not build up the body torn down and ravaged by this disease when the victim is carrying about with him a mouth filled with tuberculosis germs through which every mouthful of food must pass. The person with tuberculosis, and an unkept mouth and diseased teeth is suffering a dreadful handicap in his fight for life.

Realizing the effect of an unclean mouth upon our health and happiness, is it not worth the little time and trouble required to keep it in good condition? It means less susceptibility to disease. It means fewer doctor bills and fewer dental bills. It means more comfort and less pain, more attractiveness and greater self-respect. It means stronger bodies and brighter minds, better manhood and better womanhood.

