

and care of the teeth.

"A tooth is worth more than a diamond"—Don Quixote

"Dental decay is chiefly a disease of childhood and youth. If kept in repair till the age of twenty, the teeth should be sound at sixty. If neglected till twenty teeth with any tendency to decay are beyond hope of salvage."—Terman.

2. Questionary.

3. Course:

1. Give definite instruction for daily cleaning and report all who do not follow your direction.

2. Make a list of common foods (those given to students) and consider each from the standpoint of mastication, food value and food combinations.

3 Follow out the following outline:

(a) The necessity for mixed diet and correct eating habits.

(b) Malnutrition and starvation—relation to proper eating.

(c) Defective and unclean teeth and mouth as effecting the entire body.

1 Decrease of power of mastication due (a) irregularities of the teeth or (b) the toxic effect of pus which is absorbed directly into the blood or taken into stomach or intestines.

2 Reflex nervous disturbances due to pain, impaction of teeth, etc.

3 And possibility of acting as a breeding ground and distributing point for the bacteria which cause acute infectious diseases an annoyance from offensive breath and "heat-spots"

4 Mouth cleaning. The obstacles are:

(a) Dental irregularities.

(b) Uses of soft, pasty, sloppy foods.

(c) Insufficient mastication.

5 Mouth hygiene The things included are:

(a) Brief outline of the essential anatomy.

(b) Formation of rules and enforcing for the mouth cleaning.

(c) Instruction on how to:

1 To rinse the mouth.

2 Gargle the throat and pharynx.

3 Brush and wash the teeth.

**May**

**IX Tuberculosis and trachoma:**

1 Aim.

2 Questionary.

3 Course: