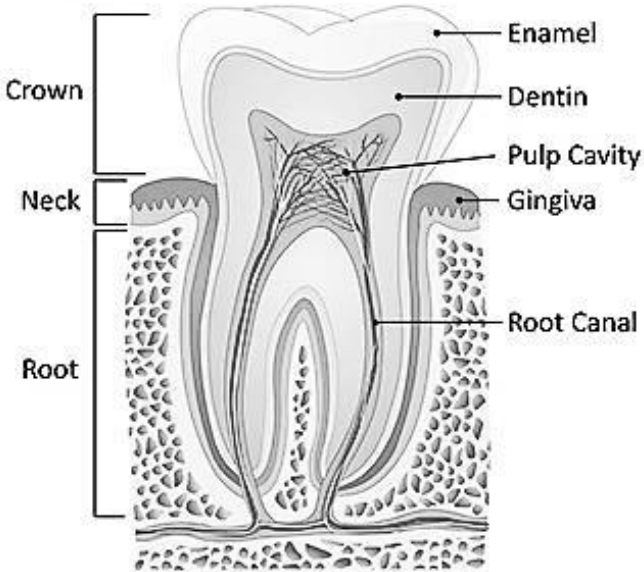


The Teeth

By John Loughborough



WHO HAVE GENERALLY THE BEST TEETH?

“Those who have the best health. Therefore to assist in preserving the teeth, the stomach and lungs should be kept in as healthy a condition as possible. The proposition we think is correct, that diseases of the nervous system affect the teeth, and also diseased or decaying teeth have a powerful effect upon the general health. The loss of the teeth cripples the natural action of the system - lessens the action of the salivary glands, and to some extent shortens life.” Page 5.

Questions and Answers on the Teeth

WHAT DOES THE FIGURE ON THE COVER ILLUSTRATE?

It illustrates the formation of the teeth, their nerves, etc. The infant set are in the jaws, while the outlines of the second set are also observable.

HOW MANY TEETH HAS THE HUMAN BEING?

The permanent teeth are thirty-two in number, sixteen in each jaw.

HOW MANY PARTS ARE THERE TO THE TOOTH?

There are three parts; called the crown, the neck, and the root. The crown is that part which is seen above the jaw, the neck is that portion clasped by the upper rim of the socket, and the root is that part within the gum and socket, which is fastened to the jawbone.

OF WHAT ARE THE TEETH COMPOSED?

Of a firm crust, called enamel; the tooth bone proper, called the ivory, and a cortical substance, called cementum. The enamel covers the exposed surface of the crown, and the cementum forms a thin coating over the root of the tooth. These become thinner in old age.

ARE THE TEETH, LIKE ALL OUR OTHER BONES, MADE FROM OUR FOOD?

They are; and like the other bones, are composed largely of lime, but unlike our other bones, are exposed to the immediate action of the air and foreign substances.

IN WHAT OTHER RESPECTS DO THE TEETH DIFFER FROM THE OTHER BONES?

They are composed of a much harder material. The ivory of the tooth is much harder than bone, and the enamel is still harder.

WHAT IS THE USE OF THIS ENAMEL?

It gives the teeth strength, as well as hardness, for biting, chewing, and grinding the food; it also prevents injury from these operations, and from the action of acids on the bone of the teeth; it also adds much to their beauty.

IF THIS ENAMEL IS BROKEN, DOES IT FORM ON THE TOOTH AGAIN?

When the enamel is once destroyed it is seldom, if ever, restored again. When it is once broken the teeth are liable to rapid decay. It is important to use our teeth carefully in this respect, and not use them to crack nuts, or bite very hard substances, lest in after time we be deprived of their more important use in grinding our food.

ARE THE TEETH SUPPLIED, LIKE OUR OTHER BONES, WITH BLOOD VESSELS AND NERVES?

They are; and as most people have occasion to know, these nerves are endowed with life, and also an exquisite sensibility, which is the more apparent when the teeth become decayed.

HOW MANY TEETH HAS A YOUNG CHILD?

Twenty; ten in the upper, and ten in the lower jaw.

WHAT CARE IS NECESSARY IN RELATION TO THE TEETH OF CHILDREN?

When a child is from five to seven years of age, the teeth loosen, when they should be immediately removed; otherwise they will prevent the proper formation and regularity of the new and permanent teeth, which are growing under them. Some persons permit their children to eat candies and sweetmeats with their first set of teeth, and manifest but little care for them; but it should be borne in mind that the same nerves and blood-vessels that are connected with the first set of teeth, are at the same time communicating with the embryo forms of the second set, which are forming beneath them. The nature of the second set in a great measure depends on the nature and care of the first set. Disease of the child's teeth then may cause them many ills in after life.

WHY IS IT NECESSARY FOR THE HUMAN MOUTH TO BE FURNISHED WITH TWO SETS OF TEETH?

The gradual growth of the body, renders it necessary that our little jaws should be furnished with a set of teeth in childhood, which are too small to fill up our jaws when our system is fully developed, and too small to answer the purposes of mastication through life; and hence the all wise Creator has established a law in our system by which the small teeth of our childhood are removed, and their places supplied with a larger, permanent set, which are better fitted for mastication.

WHAT IS THE DIFFERENCE BETWEEN THE FIRST AND SECOND SETS OF TEETH?

The first teeth, or those of a child, only pass through the gum socket which is fastened to the jaw, while the second set grow out of the jaw itself, between the roots of the first set of teeth; so if the first are not removed, the second set must force their way inward or outward between them.

HOW MANY DIFFERENT KINDS OF TEETH HAVE WE?

Three; four cutters, or front teeth, in each jaw; two pointers, or eye teeth, in each jaw; and ten grinders, or back, double teeth, in each jaw; half on each side of the face.

WHAT IS THE MOST IMPORTANT USE OF THE TEETH?

Their leading and most important use is to cut and chew, or grind the food so finely that it may be mixed with the saliva, or the moisture of the mouth, before passing into the stomach.

IF WE HAD NO TEETH, WOULD WE HAVE THE PLEASURE IN EATING WE NOW ENJOY?

No; for then our food would need to be mostly liquid or semi-fluid.

ARE THE TEETH OTHERWISE USEFUL?

Yes; they assist the voice in talking, reading aloud, and singing. If a person loses two or three front teeth, he talks, reads, and sings, in a hissing, disagreeable manner. The loss of teeth prevents a person from giving the correct sounds of many letters, and from articulating distinctly.

SHOULD WE NOT DO EVERYTHING IN OUR POWER TO PRESERVE OUR TEETH?

Yes; we should never pick nor scratch them with pins or pocket knives; for these break the enamel. Quill or wooden tooth picks may be useful in removing any particles of food that may not be readily reached by the brush, but metallic tooth picks should never be used.

IN WHAT OTHER WAYS ARE THE TEETH INJURED?

By taking into the mouth food or drink which is either too hot or too cold, by smoking or chewing tobacco, by using acid drinks or fruits which set the teeth on edge. Hot substances taken into the mouth serve more directly and powerfully to destroy the teeth than any other cause which acts immediately upon them.

WHY ARE THE TEETH OF EUROPEANS GENERALLY BETTER THAN THOSE OF AMERICANS?

The principal reason is, their food is more simple, and their habits more temperate and uniform, than those of Americans.

HOW CAN WE CARE FOR THE TEETH?

The teeth should be cleansed with a brush or a soft piece of flannel, and tepid water, after every meal, but more especially before retiring to rest, and again after rising in the morning. Some refined soap may be occasionally used, to remove any corroding substance that may exist around or between the teeth. The mouth should be rinsed after its use. Soft water is always best for the teeth. If the teeth are closely set together, drawing a thread between them occasionally will be of great benefit.

WHAT IS THE CAUSE OF THE PAIN CALLED "TOOTH-ACHE?"

When a tooth is so decayed that its inflamed nerve is exposed to the air, it causes tooth-ache. Sometimes food crowded against the bare nerves in eating, produces the same effect.

WHAT SHOULD WE DO WITH DECAYED TEETH?

If any of our teeth have begun to decay, a dentist should be consulted as soon as possible, and the cavities filled with gold. Natural teeth, if partly filled with gold, are always better than artificial teeth. When teeth are past filling, they should be immediately removed, otherwise they will cause decay in adjoining teeth, give rise to

Note: Editor does not agree with the use of gold. Gold will irritate the pancreas and play a part in diabetes.

neuralgic pains, or cause maxillary abscess, which is known by a severe and obstinate pain in the face, just below the eye, near the nose. Sometimes this disease causes discharges of offensive matter from the nose, it also produces bad breath, and affects the general health. It may be years in forming, and be mistaken for common tooth-ache.

WHAT IS ANOTHER GREAT LEADING CAUSE OF THE PREMATURE DECAY OF TEETH?

Their disuse. The more the teeth are regularly and properly used for the purposes for which they were intended, that of masticating and preparing the food for the stomach, the more healthy they will be, and the less liable to decay. Experience shows that the teeth decay the most rapidly between the ages of fifteen and thirty. So that youth need to give the most special attention to their teeth.

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