

HOW TO SAVE THE TEETH.

A Lesson which may be Learnt from the Brute Creation.

"H.E.D." in Scientific American.
In the discharge of their duties the physician and dentist are daily asked by their patients, "What shall I do to prevent my teeth from decaying?" The answer must be, "Correct your diet." That is, eat such food, and only such, as contains all its natural elements. If we eat the products of grain, we must eat them with all their elements as furnished by nature. If we eat meat we must eat bones, or our system will suffer from a violation of one of nature's unerring laws.

Excepting civilized men, all flesh-eating animals eat as much of the bone of the animals they devour as they can break with their teeth sufficiently fine to swallow, and all have good dental organs. Place before a tribe of Indians everything the earth produces in the shape of food, and they will eat only animal food as long as that lasts; but put them upon a reservation and feed them as civilized people feed themselves, and they too soon suffer from decay of the teeth. Take from any voracious animal his supply of bone which nature furnishes with the meat, and the decay of the teeth is sure to follow.

Even our domestic, herbivorous animals thrive better when bone is added to their bill of fare. The cow which every year gives birth to young has an excessive drain upon her supply of bone material, and craves bone to such an extent that she will try to masticate even very large ones, as every farmer's boy can testify. Veterinary surgeons have long known that certain diseases of their dumb patients can only be successfully treated by feeding to them bone meal. A dam, too aristocratic to gnaw bones, gave birth to successive litters of rickety pups, since which she has been fed with food containing bone meal and has given birth to perfectly healthy ones by the same sire.

Any person engaged in raising poultry know that their birds must have lime supplied to them or they will furnish only soft-shelled eggs. Bone is now acknowledged to be the best fertilizer for New England farms. Visit one of these farms in the month of June, and you can count the hills where the corn grew three years before by spots of grass which stud the earth at regular intervals. The farmer will tell you, "Bone did that."

Arguments in favor of eating bone to prevent decay of the teeth, as well as to cure a long catalogue of bone and other diseases, might be continued indefinitely, but as "a word to the wise is sufficient," it seems only necessary to add that a long-continued experiment has been made upon a family with results which fully justify these claims. The bones were selected from perfectly healthy animals, none being used that bore any blemish or abnormal growth, carefully cured, without being allowed to pass through any perceptible chemical change, finally granulated, and incorporated into soups, gravies, bread, etc., in the proportion of from one to two or three spoonfuls to each pint of soup, gravy, or flour.

A Skillful Surgical Operation.

The American Ambassador at Vienna, Mr. Kasson, has lately forwarded to his Government an interesting account of a remarkable surgical operation lately performed by Professor Billworth, of Vienna, which, wonderful to tell, consisted in the removal of a portion of the human stomach, involving nearly one-third of the organ—and, strange to say, the patient recovered—the only successful operation of the kind ever performed. The disease for which this operation was performed was cancer of the stomach, attended with the following symptoms:—The appetite is quite poor. There is a peculiar indescribable distress in the stomach, a feeling that has been described as a faint "all gone" sensation; a sticky slime collects about the teeth, especially in the morning, accompanied by an unpleasant taste. Food fails to satisfy this peculiar faint sensation; but, on the contrary, it appears to aggravate the feeling. The eyes are sunken, tinged with yellow; the hands and feet become cold and sticky—a cold perspiration. The sufferers feel tired all the time, and sleep does not seem to give rest. After a time the patient becomes nervous and irritable, gloomy, his mind filled with evil forebodings. When rising suddenly from a recumbent position there is a dizziness, a whistling sensation, and he is obliged to grasp something firm to keep from falling. The bowels costive, the skin dry and hot at times; the blood becoming thick and stagnant, and does not circulate properly. After a time the

patient spits up food soon after eating, sometimes in a sour and fermented condition, sometimes sweetish to the taste. Oftentimes there is a palpitation of the heart, and the patient fears he may have heart disease. Towards the last the patient is unable to retain any food whatever, as the opening in the intestines becomes close or nearly so. Although this disease is indeed alarming, sufferers with the above-named symptoms should not feel nervous, for nine hundred and ninety-nine cases out of a thousand have no cancer, but simply dyspepsia, a disease easily removed if treated in a proper manner. The safest and best remedy for the disease is Siegel's Curative Syrup, a vegetable preparation sold by all chemists and medicine vendors throughout the world, and by the proprietors, A. J. White (Limited), 17 Farringdon Road, London, E. C. This syrup strikes at the very foundation of the disease, and drives it, root and branch, out of the system.

St. Mary street, Peterborough, November 29th, 1881.

Sir—It gives me great pleasure to inform you of the benefit I have received from Siegel's Syrup. I have been troubled for years with dyspepsia; but after a few doses of the Syrup I found relief, and after taking two bottles of I feel quite cured.

I am, Sir, yours truly,
WILLIAM BRENT,
September 8th.

Mr. A. White:
Dear Sir—I find the sale of Siegel's Syrup steadily increasing. All who have tried it, speak very highly of its medicinal virtues; one customer describes it as a "Godsend to dyspeptic people." I always recommend it with confidence.

Faithfully yours,

(Signed) VINCENT A. WELLS,
Chemist Dentist, Merthyr Tydfil.

To Mr. A. J. White:
Siegel's Operating Pills are the best family physic that has ever been discovered. They cleanse the bowels from all irritating substances, and leave them in a healthy condition. They cure costiveness.

Preston Sept. 21st, 1883.

My dear Sir—Your Syrup and Pills are still very popular with customers, many saying they are the best family medicines possible.

The other day a customer for two bottles of Syrup, and said "Mother Siegel" had saved the life of his wife; and he added, "one of these bottles I am sending fifty miles away to a friend who is very ill. I have much faith in it."

The sale keeps up wonderfully; in fact, one would fancy almost that the people were beginning to breakfast, dine, and sup on Mother Siegel's Syrup, the demand is so constant, and the satisfaction so great.

I am, dear Sir, yours faithfully,
(Signed) W. BOWKER.

To A. J. White, Esq.
Spanish Town, Jamaica, West Indies,
Oct. 24, 1882.

Dear Sir,—I write to inform you that I have derived great benefit from "Siegel's Syrup." For some years I have suffered from liver complaint, with its many and varied concomitant evils, so that my life was a perpetual misery. Twelve months ago I was induced to try Siegel's Syrup, and although rather sceptical, having tried so many reputed infallible remedies, I determined to give it at least a fair trial. In two or three days I felt considerably better, and now at the end of twelve months (having continued taking it) I am glad to say that I am a different being altogether. It is said of certain pens that they "come as a boon and a blessing to men," and have no reason to doubt the truthfulness of the statement. I can truly say, however, that Siegel's Syrup has come as a "boon and a blessing" to me. I have recommended it to several fellow-sufferers from this distressing complaint, and their testimony is quite in accordance with my own. Gratitude for the benefit I have derived from the excellent preparation prompts me to furnish you with this unsolicited testimonial.

I am, dear Sir, yours ever gratefully,
(Signed) CAREY B. BERRY,
Baptist Missionary.

A. J. White, Esq.
Hensingham, Whitehaven,
October 16, 1882.

Mr. A. J. White,—Dear Sir: I was for some time afflicted with piles, and was advised to give Mother Siegel's Syrup a trial, which I did. I am now happy to state that it has restored me to complete health.

I remain yours, respectfully,
(Signed) JOHN H. LIGHTFOOT.

Twenty-four postage stamps to each person was the average sale in the United States during the past year.

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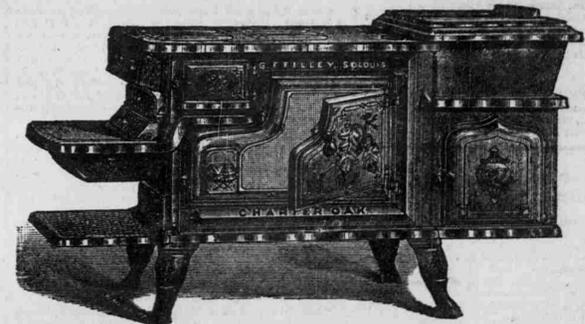
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