

Medical Matters.**THE TOOTHBRUSH.**

A healthy mouth is essential to a healthy body, and, as in other things, cleanliness is essential to health. To secure cleanliness of the mouth, the toothbrush is an important factor, and therefore the following description of what an ideal toothbrush should be like, is worthy of notice. The proper toothbrush is the one which will, by its shape, reach as nearly as possible all parts of the mouth and all parts of the teeth in the mouth. The handle part should be a little curved in shape, the bristles being on the inner side of the curve and set in tufts, not close together; and, because of this fact, they should be very stiff. That a closely set brush becomes very filthy anyone may convince himself by taking one of these brushes after it has done duty for a few months, parting the bristles and looking closely into it. With an open brush this condition does not exist, because the construction of it allows thorough washing and a thorough circulation of air, and consequently a thorough drying of the brush and return of a rigidity of the individual bristle and series of bristles. The curved shape of the handle is for the purpose of bringing the brush end more easily under control of the hand while using. At the extreme end of the brush, a larger and longer tuft of bristles should be placed, enabling the user to reach more effectively the palatal and lingual portions and surfaces of the teeth, as well as the posterior aspect of the molars. The brush should always be thoroughly washed in running water if possible, the water forced out by drawing the thumb over the bristles, and after that dried upon a towel. Three of these brushes should be in use at a time, and consecutively, thus allowing in the interim sufficient time to dry the bristles, making them more effective in their turn for use. The brush, to be effective, should be used in every direction, and particularly should the movement be in a vertical manner, brushing down upon the lower teeth and up upon the upper teeth, allowing the stiff and scattering bristles to go between the teeth to remove every particle of food finding lodgment there. One should not be afraid to brush the gums at the same time, even if they should bleed; the more blood, the more is brushing to be recommended, thus relieving unhealthy congestion by depletion.

DYSPEPSIA.

A RECENT article on the treatment of this troublesome complaint points out that three drops of oil of cajeput on a piece of sugar, or on a crumb of bread, taken frequently, is worth all the other antifermentatives put together. It is not only antiseptic but agreeable. Glycerine is an excellent remedy; a teaspoonful in a wineglass of water flavoured with a few drops of lemon juice will in many cases effect a speedy cure. Often, equal parts of glycerine and glycerine of borax are used. Capsicum is most useful in alcoholic dyspepsia and in the gastritis of drunkards. Stimulating the mucous membrane of the stomach by the application of tincture of iodine is also now practised. Another writer has shown that bichromate of potassium is capable, often in a short time, of removing all the symptoms of dyspepsia, especially anorexia, pain, nausea, vomiting, and gastric tenderness. The solution may be flavoured with syrup of tolu or orange, and the pills are best made with kaolin ointment. In gastric ulcer, the results are just as favourable as in simple dyspepsia, excepting that hæmatemesis is not checked. Probably the worst fault in the treatment of dyspepsia is employing pepsin without explicit directions as to the kind. There are pepsins and pepsins; some are excellent, while others are practically useless.

VARICOSE VEINS.

A DILATED condition of the veins, especially those of the leg, and the disease of the surrounding tissues, in consequence of the difficulty of the circulation through the affected vessels, is one of very considerable frequency, and is generally described under the common term of varicose veins. Amongst the class who become recruits, indeed, the complaint is so frequent, that it is usual to ask applicants if they "have veins." The modern treatment consists to a large extent, in cutting out the diseased vessels, tying the cut ends with catgut, and closing the wound, which is treated on antiseptic principles. The result is that patients are rapidly and completely cured: and, in many ways, the treatment is infinitely better than the old fashioned plan of employing elastic bandages which kept the skin in a more or less constant state of irritation, and were merely palliative in their effects, by supporting the distended vessels.

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