

womanhood of the Dominion. Later on, Mrs Houlder and Mrs Field (Nelson) replied to these strictures, and pointed out that many women in the Dominion had studied these matters for the last 25 or 30 years, had written, spoken, and passed resolutions about them, and had repeatedly asked Government for the reforms that were now again demanded, but hitherto without success. They assured the Minister that the present deputation was representative of the women of Wellington, and a show of hands revealed the fact that while the W.C.T.U. was represented on the deputation, only a small proportion of those present were members of that organisation.

Dealing with the Bill, the Minister declared his intention of proceeding with it, but mentioned several points that he proposed to amend, as the term "prison hospitals" and the admission of evidence not recognised in a Court of Law. His idea was that those who should be detained in "detention hospitals" should have healthful occupation given them.

Various other modifications might be introduced, for it was his earnest desire that the Bill should be such that the women of New Zealand could give it their approval and support.

After Lady Stout and the Mayoress had thanked the Ministers for receiving them, the deputation withdrew.

ROLL OF HONOUR.

Miss Powell again heads the list with 15 new subscribers; Reefton and Greytown, 4; Christchurch and Wanganui East, 2; Whangarei, Henderson, Feilding, Hamilton, New Plymouth, Hawera, Kati Kati, Wellington South, Matamata, and Gisborne, 1.

We realise that this is a time of stress and strain, and many demands are made upon our purses. But, White Ribboners, this paper belongs to you. Will you not help to increase its usefulness by widening its circulation? Some Unions have responded magnificently to the call of Convention. May we appeal to every Union to secure at least the six new subscribers asked for by Convention?

THE CARE OF THE TEETH.

No disease is more common to-day than the disease of decayed teeth. Practically no children grow up without having some decay in their teeth, and it is very common to find children not more than three or four years old with decay in nearly all their first teeth. Some parents think that because these first teeth are only temporary such a condition as this is of slight importance. This idea is a great mistake for two important reasons:—

(1) Because the second teeth depend upon the first ones, especially for their regularity and position.

(2) Because the early years are enormously important in a child's development, and no child can develop normally and healthily when his teeth are destroyed by decay.

The temporary back teeth, which are the most important from the point of view of use, should last till the child is 11 years old. If these teeth decay and are neglected they have to be extracted prematurely, and the permanent teeth come through in the wrong places, they become crowded and ugly, and are much more susceptible to decay.

The only hope of a child getting good, permanent teeth is for him to have a clean mouth when his temporary ones are in place. Temporary teeth decayed and neglected very soon become sore. They may not ache, but food gets between them, and they are uncomfortable—chewing becomes a painful process, and the natural result is that the child gives it up. Then the mouth and teeth become dirty, and decay spreads all round. You must all have noticed how bright a spade or plough-share is when it has been much used—the mere use of friction makes it bright and clean. It is the same with the teeth, the more we chew, and the harder and coarser the food we eat, the cleaner our teeth.

Remember, then, that the first teeth, if they decay, should be filled. It is only when they have gone too far to be filled that they are better extracted. Take a child regularly to see a dentist. When the teeth begin to ache it is often too late to save them. The first permanent teeth come through when the child is six years old; these teeth are known to

dentists as the "six year molars." There are four of them—two in each jaw—and they come behind the temporary ones. Like all back teeth, they are very given to decay, and often require to be filled after they have been through two or three years. These are often thought to be temporary teeth, and are neglected with the rest. In due course they ache, the child is brought to the dentist, and the surprised parent hears that a permanent tooth must be sacrificed, and so a tooth, which by means of a simple filling might have been of service for 50 years, is lost when the child is nine years old, and this tooth is the biggest and most important in the whole mouth. So much for the need of having teeth, both temporary and permanent, seen to, and filled in time before they ache. Now I wish to discuss what is really more important—why teeth decay, and what can be done to prevent them from decaying, because, although decay is a universal disease to-day, it is considered by those most competent to judge to be a preventable one. The Maoris who lived in New Zealand 70 years ago had perfect teeth, yet now their children, who grow up under our civilisation, have teeth which decay like those of their pakeha brethren. Yet the Maoris of to-day drink the same water and breathe the same atmosphere as did their forefathers. They do not, however, eat the same food. Herein lies the whole explanation. Wherever we find people living on a simple primitive diet, which is of a coarse and fibrous nature, we find they have good teeth—Esquimaux, Indians, African natives, etc.

On the other hand, where people are living under our civilised conditions, where the food is refined, highly concentrated, and where large quantities of sugar are eaten, we find decay universal. The more we chew our food and the coarser and more fibrous it is, the better for our teeth and jaws.

Now we must talk about another factor which plays a great part in deciding whether teeth decay or remain immune. Nature has provided our teeth with a perfect mouth wash, known as saliva. In a really healthy person the teeth which are bathed in saliva never decay. You will notice how uncommon it is to find decay in lower front teeth, and you will also notice how very common it is to find