

**INFORMATION ON  
THE TEETH, PP. 7-47**

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Information on the teeth, pp. 7-47 by Josiah Saunders

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**JOSIAH SAUNDERS**

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BY  
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## INFORMATION ON THE TEETH.

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So many are the circumstances relating to the growth and preservation of the Teeth, which have important connexions with health, comfort, and beauty of appearance, that it is difficult to conceive that any persons should be otherwise than anxious for clear and sufficient information that may be conducive to these ends: yet so numerous are prevalent errors and

malpractices in the care of the Teeth—or rather their neglect—that it is necessary to set out, in a manual like the present, with some observations on—

THE BENEFITS OF A GOOD SET  
OF TEETH.

THEIR principal advantage is found in their influence, directly or indirectly, upon the *health*. To persons unacquainted with the marvellous structure of the human frame, and the intimate relation existing between all its members, this statement may appear

somewhat strange and improbable—experience, however, declares it to be strictly correct.

The reader is well aware that the body requires constant nourishment; but it is equally true that our food, to afford nutrition, must be thoroughly masticated, and mingled with the saliva, *before* it passes into the stomach, in order that an easy digestion may follow.\*

\* Digestion consists in reducing food to chyme—that is, a softened mass, from which chyle, a milky fluid, is prepared: this is absorbed by the lacteal vessels, by which it is conveyed into the circulation, assimilated into blood, and converted into nutriment.



Now, it must be evident that if any of the teeth are unsound or lost, this preliminary and indispensable process cannot be properly and perfectly performed: hence arises, as a natural consequence, dyspepsia, or indigestion, with its numerous concomitant evils. The disagreeable sensations after an ill-masticated meal sufficiently attest the validity of these remarks.

Again: a good set of teeth is essentially requisite to the *modulation of the voice*, and a *distinct enunciation*, not less so than the tongue and lips, which in talking act

in *unison* with them. This may be proved by pronouncing the letters *s*, *z*, and words commencing with *th*, such as "*that*," "*therefore*." In so doing, the tongue will be found to vibrate against the teeth, the lips modulate the sound and give it expression. The contrast is very manifest when similar words are spoken by persons who have partially or wholly lost their teeth.

Lastly: a good set of teeth *materially improves the personal appearance*. The absence even of one front tooth destroys the symmetry and

beauty of the mouth; but when several are lost the disfigurement is very great: the length of the face is considerably diminished, the chin and nose approximate, the cheeks fall in, and the skin becomes furrowed, presenting an appearance of age and deformity—all which consequences are prejudicial both to comeliness and comfort.

Having thus described the benefits of a good set of teeth, I will next give