

TEETH, DECAYED.

Have these filled with metal without delay (*non-amalgam fillings. Back in the day, they used to use gold for fillings. Stay away from amalgam fillings as they contain poisonous mercury*). Patronize none but responsible dentists, if you wish the work well done. To prevent decay and preserve your teeth, use no hot food, or hot drinks, and eat no ice-creams or other frozen food. Use graham bread and crackers. The more hard food there is eaten, the harder and stronger the teeth will become. The food should be thoroughly masticated.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 309 by M. G. Kellogg