

## EXTRACTS OF REVIEWS

### THE BRUSHING OF TEETH AND PYORRHOEA.

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The Brushing of tooth surfaces can best be taught to the average individual by a demonstration on the patient's own teeth. The first essential is a set of tooth-brushes so constructed that all surfaces of all the teeth may be reached. This means that one must be possessed of brushes capable of reaching the lingual, distal, interproximal as well as buccal surfaces. Destruction of the teeth in pyorrhoea begins in the gingival trough by the solution of the protecting epithelium lining it, by the ferments created by pyogeni bacteria. The heavier masses collect in between the teeth and on the necks of the teeth which are protected from friction of food during mastication by bulbous crowns, allowing the bacterial mass accumulating on the necks of the teeth to remain undisturbed.

This bacterial mass first attacks the epithelium in the gingival trough; digesting this they gain access to the tissues. This invasion usually takes place over many months, maintaining a chronic inflammation. The gums become swollen and oedematous and the circulation is impaired, allowing the invading bacteria to colonise in these tissues.

The end to be attained demands brushes with very stiff bristles which can be pushed in between the teeth tightly enough to wedge, so that the scouring action of the brush, pulling out a little way and thrusting in a little way, is done without pricking the soft tissues. Experience has shown that these bristle tufts should be at least one eighth of an inch apart, and should vary in length according to the width of the different teeth from buccal to lingual. Bristles long enough to reach through the embrasures between the molar teeth necessitate greater length than is required to reach trough and scour the proximate surfaces of incisors. Every patient should be supplied with an ample supply of tooth-brushes best suited to his needs so that he never needs to use a brush after the saliva shall have softened it. This is important as brushes that have been wet for some time in water or saliva are almost useless as they are too soft to scour. All patients should be directed to cease the use of a brush when the bristles become soft, to wash out the brush thoroughly with soap and

water, to dip brush in common salt-water brine, and not use again until dry.

For buccal surfaces use a small brush with the knots of bristles so placed and trimmed as to admit of easy insertion between the teeth. Lean the bristles against the cutting edges of the teeth and curve them slightly, slowly pressing the bristles down in the curved position until they rest upon the gum edge, but curved away from the gum edge so they will not prick it. Then thrust the bristles in between the teeth as tightly as the strength of the hand will permit, and move the handle back and forth about a quarter of an inch, thus permitting the wedged bristles to rub back and forth against the proximate surfaces of the teeth, and at the same time squeezing the gum edge with every movement.

By the pressure of the sides of the stiff tooth-brush bristles against the gums, the gingival trough is for the moment lessened in depth, and at the same time the to-and-fro movement of the bristles scours the previously unexposed tooth surface. No harm is ever done to the gingival edge by this pressure. On the contrary, the tissues of the gingival edge are hardened and the circulation improved by this manipulation. The same should be done for the lingual surfaces of the teeth.

Pressure and friction on the gum about the teeth increase the density of the sub-epithelial tissues and the depth of the external epithelium; and while applying pressure and friction to gums surrounding the teeth, the individual can also make friction on teeth too this scouring away the bacterial accumulation, — T. B. Hartzell, M. D. DDS.

(Oral Health, December, 1925).

## SUMMARIES.

### THE PROCESS OF THE TOOTH-BRUSH.

by

Dr. M. POLET,

*Director of the Belgian School of Stomatology.*

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(Communication read on March 21st. 1926 at the Association of the students of belgian centres of stomatologists.)

„The researches on about 10.000 mouths in the course of the last 11 years has induced me by and by to work out a these, which at first sight will give way to surprise and which can be resumed in the following four propositions:”

- „1. The tooth-brush does not render any of the services we require from them to. (ne rend aucun service qu'on lui demande).”
- „2. The tooth-brush, sterilized or not, uses a part of the tooth-neck, of the gingiva and the ligament.”
- „3. The tooth-brush infects the gingiva and the periodontium thus causing the loss of numerous teeth.”
- „4. The tooth-brush is also the cause of much interproximale caries by gathering the rests of the food between the spaces of the teeth, either before or after having destroyed the interdental papilla.”

These are the theses given by Dr. Polet. The author says that par. 1 and 3 result from researches between 1915—1916; par. 3 from researches from 1917.

We only wanted to quote this part of the article of Dr. Polet in the present bulletin; not however because we share his opinion. His 19 pages long consideration regarding these 4 theses have not been able to convince us.

Nevertheless we feel compelled not to withhold this opinion from our readers. When reading the complete article in the „Annales de l'Institut Chirurgical, Bruxelles, April 15th. 1926, it may possibly, lead to a change of opinions.

(ED.)

CIRCULAIR-LETTER FROM THE PRESIDENT OF THE COMMISSION OF SCIENTIFIC RESEARCH OF THE F. D. I.

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My Dear Colleague Bruske;

Thank you very much for your kind advice respecting the activities of the Commission for Scientific Research of the F. D. I. I wished to wait until the end of the year so as to be able to take into account answers received subsequently.

With a view to suggestions received, I take the liberty to submit the following proposals on behalf of the provisional action of the commission.

1. Any member of the F. D. I. who participates in furthering dentistry may apply for membership of the commission.

2. In the first place the commission has for its object to complete the activities of the Congress held every five years. On the congresses the various subjects are being treated in public and officially, during an extremely limited length of time. It would be much more useful to scientific research if the collaborating investigators might discuss their subjects in a small commission, so that they could come to a conclusion based on the available means and results. Only after a previous clearing of all errors and misunderstandings in a limited circle of investigators, a report with its corresponding public discussion, (in which is participated by all those interested in a final success), might be valuable; such effectiveness may be expected from a congress at which colleagues throughout the world come together. The Commission should therefore enable investigators to meet annually in a non-public assembly, to carry on a personal debate.

3. The commission meets every year simultaneously with the F. D. I. In the first combined assembly will be ascertained for which special subjects particular interest is shown, i.e. for which special subjects sufficient delegates are present who desire a thorough exchange of thoughts and a conclusion upon the stage and direction of research of the domain in question. In order not to arrive at an incidental conclusion, every member of the commission who is interested in a debate of this nature and who is desirous of having colleagues, researching the same territory, met in an assembly, will be invited to submit suggestions to this effect to the president in the course of the year. Suggestions should contain the names of such colleagues. The president should not only invite the colleagues in question, but also publish this in periodicals and see to it that a possibly complete number of researchers be present. Those scientist who participate in such meetings, should on that occasion produce their scientific material or

should do their utmost so as to have as much material as possible at hand, for drawing a conclusion. So e.g. histologic preparations, statistics, instruments etc. should be available. The respective local commissions have to see to it that all that is necessary be present, e.g. a microscope or a patient, in whom may be demonstrated what is required.

4. Having been determined in what subjects interest is evident the commission is subdivided into a certain number of sub-commissions; previously should be concluded if combined meetings of certain sub-commissions will be necessary and also if special subjects should be settled in plenary sessions of the commission. Each subcommission appoints a chairman and a secretary whose particular duty it is, in accordance with the reporters, to draw up a report for the plenary session of the commission of scientific research.

To these reports in the plenary session adjoin short discussions. The commission issues an annual bulletin, so as to enlighten all colleagues throughout the world on the stage of researches. In accordance with the results of the sessions of the commission, the principal subjects and reporters may be appointed for the international congresses.

5. Besides these bulletins the commission sessions should bring up the most urgent questions in our profession, and urgently recommend taking up special questions for a general investigation and they may possibly suggest that the F. D. I. award special international prizes for certain problems.

They may stimulate to carry out researches, indicate its direction, and exchange the means, all of which materially will assist to develop discipline. Means of research does not mean material help, but research material as will be available in the various institutions and of various properties. So e.g. the Vienna institution has at its command histologic and especially human material, as is not the case everywhere. Other institutions may offer possibilities for chemical, bacteriological or other work under exceedingly favorable conditions. The leaders of dental institutions all over the world should be invited to publish which possibilities they may offer, so as to make international mutual assistance practicable.

Publication of all that in which the Commission is interested, may occur in the F. D. I. bulletin; the professional periodicals are to be requested to copy.

6. In the U.S.A. and Germany there exist referencebooks of literature, which are made complete every year. It might be considered in which shape a world reference book of literature for the total dental science might be composed by the aid of those two already in existence, so that there is a chance that part of the literature, which then certainly loses its value, may be left out. If every national commission would take up the compilation of their own literature, a completion of this literature reference may be carried out easily.

7. An intermediate office for literature will be of great importance. Each national commission should appoint an expert for this purpose

who in case of need could procure the literature appearing in the respective country and who should also supply foreign literature to his fellow-countrymen. He must be responsible too for the correct return of books in good condition. This would create a central mutual lending traffic. From rare antique issues the residence might be indicated in the reference book.

I beg to submit the above suggestions for approval and would request you to supplement them. Should I receive no reply up to I.IV. I figure that you approve of them. Subsequent to that date I shall embody any suggestion which I may receive in this draught and forward it in its correct form to all professional journals for publication and also shall send it to the secretary of the F. D. I. so as to submit those suggestions to the Congress in Philadelphia for consideration and conclusion.

Would you be good enough to bring the contents of this letter to the notice of the respective researchers in your country and to request them to forward further suggestions direct to me.

With fraternal greetings,

(s.) Dr. B. GOTTLIEB.