



John Muir Correspondence (PDFs)

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1893-06-16

Letter from John Muir to Louie [Strentzel Muir], 1893 Jun 16.

John Muir

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# The Coleman.

STRICTLY FIRST-CLASS HOTEL.

(EUROPEAN PLAN.)

BROADWAY AND 27TH STREET.

OCEAN HOUSE, LONG BRANCH, N. J.

H. H. PEARSON,

LATE OF THE BALDWIN,  
SAN FRANCISCO, CAL.

New York, June 16 1893

Dear Louie. It has been very hot here & may be hot in Martinez & I cant help thinking about Helen. The great danger in the hot weather will be or rather is that she will be eating a good deal of fruit & her teeth not being sound she is likely to have toothache, & toothache & hot weather will be more than she can bear. I think that all those cavities in the molars should be filled with amalgam. Tell the dentist not to use the drill, but simply to scrape out the cavities gently & the pain would be very slight. In case of their aching any length of time have them extracted at all hazards. But much may be done by prevention. Dont allow her to

go into the orchard at all. Give  
her the juice to drink by itself & make her  
rinse her mouth after every meal. Above  
all dont let her eat maydukes. Even raw  
peaches should not be eaten. & dont let  
her be tempted by the sight of others  
eating them. Bathe her frequently  
& change her clothing in the middle  
of the day, & again at night. Be specially  
watchful when after warm days the cold  
winds set in suddenly from the sea.  
Be sure then that she be warmly clad  
before the possibility of a chill. Above  
all things watch her teeth. Better that she  
never taste fruit for years, or until she grows  
strong than that she have toothache - Acid  
fruit with sugar, warm debilitating weather  
& nerve-exhausting toothache & irregularity  
of the bowels, all come together to delicate  
children & the danger is very great  
I charge you therefore to be watchful  
With love to all Ever Yours John Sherrin

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