

Sections

**NEWS**

Amid Boston Overdose Crisis, a Pair of Harvard Students Are Bringing Narcan to the Red Line

**NEWS**

At First Cambridge Election Forum, Candidates Over Building Emissions



ADVERTISEMENT

ESQUIMO TEETH PROVE HEALTH OF MEAT DIET

Dr. Fernald of Dental School Has Casts Taken by MacMillan

NO WRITER ATTRIBUTED

January 29, 1929

By means of some 90 models of Eskimo teeth, Dr. Adelbert Fernald, Curator of the Harvard Dental School Museum, has proved that eating a strictly meat diet is the ideal way in which to keep the human mouth in a healthy condition, and that it is due to the fact that civilized people do not eat enough meat that they as a rule have decayed teeth.

Commander Donald B. MacMillan, the noted Arctic explorer, obtained about 90 impressions of the teeth of the Eskimos of Smith Sound, "the meat eaters," who live the farthest north of any human beings. He did this at the request of Dr. Fernald, who desired the models for the Dental School Museum. The impressions were made on one of MacMillan's most recent Arctic expeditions. From the impressions, models have been constructed. Commander MacMillan said that "the Smith Sound Eskimos average about four ounces of vegetable matter each year per capita."

Only one tooth of the 616 contained in the models is deformed. All the models represent mouths and teeth wonderfully developed. A more definite proof of the efficacy of a meat diet in maintaining healthful teeth could not be desired.

Sections

find more than 100 missing.

In connection with the securing of the Eskimo teeth models from Commander MacMillan, Dr. Fernald arranged with Professor Hooton of the Peabody Museum at Harvard to secure impressions of the teeth of Yucatan natives during a southern expedition. These people are famous as vegetable eaters. Most of them eat no meat whatever. It was found that their teeth were very much decayed. At a surprisingly early age, their teeth lost all semblance of even a normally healthy condition, and most of them, when middle aged, had practically no teeth, whatever. It has been the experience of most dentists that those people who have the healthiest teeth are those who eat the most meat, which points to the same conclusion as Dr. Fernald's researches.

Many of the models of the Eskimo teeth are perfect in every way, not having the slightest defect either of form or condition. Dr. Fernald states that in the 32 years of his dental practice he has seen only one set of teeth which were perfect in every respect.

Dr. Fernald says "Studying the models of these peoples' mouth in the interest of anthropology and ethnology, as well as from an orthodontic standpoint. I consider extremely valuable, as much more data, can be obtained from models of a living person than from skulls. For instance, if the models show that the gums are apparently firm and tight around the teeth and have not receded that alone indicates to some extent a healthy mouth. From the fact that the arches are so even and well developed I should say that these people with so large arches are not mouth breathers, and therefore are not suffering from adenoids, enlarged tonsils, and so forth.

Want to keep up with breaking news? [Subscribe to our email newsletter.](#)

TAGS

MOST READ

1. X Suspends Account Belonging to Harvard Islamic Studies Program

Sections

3. Harvard Contract Worker Ordered to Leave Campus After Videotaped Tearing Down Israeli Hostage Posters
4. Gino Suggested BU Prof. Manipulated Data, Harvard Business School Report Shows
5. Judge Allows Former HBS Professor's Lawsuit Alleging Harvard Mishandled Tenure Review to Proceed

ADVERTISEMENT

FROM OUR ADVERTISERS

Sections



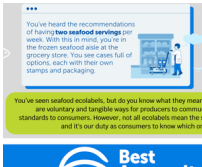
SPONSORED



SPONSORED



SPONSORED



SPONSORED



SPONSORED

ADVERTISEMENT

Sections

ADVERTISEMENT

Everybody Wanted To Date Her In
Sweet Penny Stocks

**ALSO ON THE HARVARD
CRIMSON**

2 days ago • 2 comments

**Harvard
College Dean
Khurana ...**

3 c

**H
f
A**

Sections

DealTeam6

[Learn More](#)

California Heart Surgeon Begs Americans: “Stop Doing This To Your Avocados”

Gundry MD

Flight Attendant Sees Late Husband On Plane - Then She Notices An Eye-Popping Detail

Tips and Tricks

Seniors on SS Are Now Entitled To These 12 "Kickbacks" In March (Tap For Full List)

YourPennySaver

These Barefoot Shoes are Leaving Neuropathy Experts Baffled

Barefoot Vitality

Forbes: These Are The Best Deals For Car Insurance

Forbes

[Learn More](#)

Sections

G

Join the discussion...

LOG IN WITH

OR SIGN UP WITH DISQUS 

Name



Share


Best Newest Oldest



54321Truth

6 years ago

Plants/Grains/Fruits all ROT teeth.
Meats/Fish/Oils cannot ROT teeth.
The Agriculture Civilization is a slave and idiot making civilization.

5 0 Reply 



Omer

5 years ago edited

Reported long ago by Weston Price in "Nutrition and Physical Degeneration" published in 1939.

1 0 Reply 

R

Rusty Shackelford  Omer

2 years ago

this article is from 1929, 10 years prior to weston price.

0 0 Reply 



Laura Breidenbach

10 years ago


I think it has to do with the seal oil that they pour over salmon and the oily whale consumption, which is high in omega 3 fatty acids, vitamin d and a and is used by the asian's in oil pulling, that uses oil to loosen bacteria by swishing oil in the mouth for 15 to 20 minutes. Oil pulling with cod liver oil, which is high in omega 3, vitamin d and a,would simulate what the eskimos are chewing on. Rethink your theory!! Look up "oil pulling"

0 1 Reply 

Rusty Shackelford  Laura Breidenbach

Sections

no, there's just no sugar in meat.

2 0 Reply 




Laura Breidenbach

→ Laura Breidenbach



10 years ago

Eskimo's chew, for a long time, oily whale meat. All that chewing and the oil released out of the whale meat combined with their saliva in their mouth simulates the "oil pulling" method.

0 0 Reply 

DI Dentists in Rockford IL

12 years ago



This is an interesting fact to know regarding the teeth. I wonder if being in a very cold season all year long has something to do with this.

0 1 Reply 



Rusty Shackelford

→ Dentists in Rockford IL



2 years ago

no, it's because there's no sugar in meat

1 0 Reply 

Subscribe

Privacy

Do Not Sell My Data

Sections

DealTeam6

[Learn More](#)

California Heart Surgeon Begg Americans: “Stop Doing This To Your Avocados”

Gundry MD

No More Sparse Lashes: Women 50+ are Loving this Mascara

Eyelash Queen

These Barefoot Shoes are Leaving Neuropathy Experts Baffled

Barefoot Vitality

Forbes: These Are The Best Deals For Car Insurance

Forbes

Seniors on SS Are Now Entitled To These 12 "Kickbacks" In March (Tap For Full List)

YourPennySaver

[Learn More](#)

ADVERTISEMENT

The Harvard Crimson

The University Daily, Est. 1873

Sections

[News](#)

[Opinion](#)

[Arts](#)

[Blog](#)

[Magazine](#)

[Videos](#)

[Sports](#)

[General](#)

[Diversity & Inclusion](#)

[Privacy Policy](#)

[Rights & Permissions](#)

[Advertising](#)

[Subscriptions](#)

[Newsletters](#)

[Journalism Programs](#)

[Photo Store](#)

[Corrections](#)

Copyright © 2024 The Harvard Crimson, Inc.