

their childhood, constant training had been given to their left hand. The dentist who cannot use his left hand with some dexterity, will frequently find himself in difficulty, maintaining strained and awkward positions that are both unhealthy and tiresome. That anyone should remain dependent upon the use of one hand, as I stated in the commencement of this paper, depends entirely upon the will. There seems to me no reasonable doubt that if the requisite amount of attention is given to the training of the left hand, anyone can acquire manipulative skill, and an accurate and delicate touch with it.

I need not go to any length in enumerating the advantages of being ambidextrous. Who, that is not ambidextrous, has not felt glad that the lower third molar with a buccal cavity to be extracted, was on the left side instead of the right, that the gold filling to be inserted was in the distal surface of the right central, and the mesial surface of the left, etc.?

As to the manner of acquiring the use of the left hand in the adult, a good deal may be said. A writer, in a recent number of the *Cosmos*, says he acquired the use of his by practising writing at all spare moments. He says, however, "Do not write as one does with the right, but reverse it, that is, begin at the right hand side of the paper and write towards the left, or what we would call backward. This is because, whenever we use a muscle, a certain impulse to the same end is sent to its fellow of the opposite side, so that our long habit of writing with the right hand has, to a certain extent, educated the muscles of the other hand to the same purpose." The practice of writing at all spare moments will be an excellent training, but I would advise writing at first with both hands simultaneously in the one and same direction, as the very first step in acquiring control over the left hand.

When you grasp a pen or an instrument in your left hand, it feels insecure and awkward, and any movements you wish to make are uncertain. Now, take a pen or instrument in the right hand, and execute any simple movement with it, and almost unconsciously your left hand will imitate the same movement and in the same direction. It is a matter of fact and observation that the alternation of the lower limbs is instinctive in man. The spontaneous movements of infancy give ample proof. If, however, we observe the early movements of the arms in children, we shall find in them more of the tendency to act together than to alternate.