

while taking a drink of water, and was advised to go to a hospital when all efforts to reach the plate proved unavailing. The symptoms, however, were not alarming and she was soon after discharged and resumed her duties. Some time after she was suddenly taken ill and emitted a large quantity of blood, death resulting a little later from syncope. The *post mortem* examination showed that the plate had lodged at the bottom of the œsophagus, where it had perforated the walls of that tube, one end injuring the lung and the other penetrating the aorta, causing the hæmorrhage referred to. The plate had been purchased for 7s. 6d., and the coroner in summing up, said it was a warning to people not to buy cheap artificial teeth. The jury returned a verdict of "accidental death."

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### A Neat Rubber Dam Holder.

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Dr. Platt, of Sterling, Scotland, is the inventor of a clever little device for retaining the rubber dam in place when the use of a clamp is inexpedient. It consists of a pin with a bead head, which fits into a small tube also provided with a bead head. The tube is passed between the necks of two teeth from the buccal side, after the rubber has been adjusted, and the pin is then slid into the tube from the lingual side. This keeps the rubber securely in place and leaves the four walls and crown of the tooth to be operated upon, entirely free from obstruction. The pins are made in different lengths from  $\frac{1}{2}$  to  $\frac{3}{4}$  of an inch, to suit different cases, and of about the same diameter as an ordinary small toilet pin. The tubing to match can be had in lengths from the jewellers' supply establishments, and cut to suit, while the beads used for the head of the pin and tubes, are the ordinary white embroidery beads, small size.

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### The Ten Health Commandments.

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I. Thou shalt have no other food than at meal time.

II. Thou shalt not make unto thee any pies, or put into pastry the likeness of anything that is in the heavens above, or in the earth beneath, or in the waters under the earth. Thou shalt not fall to eating it or trying to digest it. For the dyspepsia will be visited