

of the office, that we may obtain rest from our daily occupation and at the same time develop our faculties along other lines than those of our profession, so that in the end we may bring greater strength, clearer judgment, and better skill to the service of those who repose confidence in us, and that we may be more worthy of that trust.

It is a subject that in my mind has not had the prominence in our dental literature and dental education that its importance deserves. We find a superabundance of theories on pyorrhea, on treating and filling nerve canals, on crowning and bridging; but on the subject of *recreations* (which I feel safe in asserting is just as important to the dentist as any of the above, unless he has great faith in the reward that awaits the martyr), we find very little information. The reason for this lack of attention to this particular subject no doubt originates in the old idea that education consists in book-learning, and that time spent on other than our life vocation is time wasted, and a great many members of our profession are living up to this old and exploded theory to the letter.

In dealing with the subject of recreations in this paper, we will make use of the term in its broadest sense. The word is derived from the Latin "*creo*"—I make, and the prefix "*re*," meaning again, the literal meaning of the word being to make again, to build up or renew; therefore any agent, any exercise or pastime that aids in invigorating or developing us physically or mentally may properly be called a recreation. One writer on this line says that our first aim and object should be to be men, and, second, to be dentists. Therefore every agent that assists in building up a strong, energetic, well-rounded manhood is of necessity a recreation, and all recreation should be indulged in with this worthy object in view of improving ourselves. It is therefore an educational process, and may overlap or be overlapped by some other papers on the programme.

The dental profession is known by all present to be exacting both mentally and physically—exacting on the mind owing to the fineness of the work and the close application and attention to the most minute details necessary to insure even moderate success; wearing, physically, owing to its confinement, to the long hours spent in one position—and very often an unnatural position at that—and to the undue length of the day often necessary to keep even with our work; trying, both mentally and physically, owing to the frequent and harrowing ordeal of spending hours on nervous, irritable patients, who exact their "pound of flesh," and a greater proportion of patience and nerve force every time they call on their dentist. Therefore, just in proportion to the amount of physical, mental, and nervous strain we undergo, just in that proportion does our