

Don't yield to the whim of every crank of a patient that may come along, by doing just whatever they may suggest, because they tell you that some other dentist does. Have an individuality of your own ; be sure you are right, then stand by your convictions.

Don't refuse to give a hint in the dental journal whenever you happen to have such a thing. Freely have ye received, now freely give.

Don't lower your prices, because some one tells you that Mr. So-and-so will do the same work for so much ; it often happens that they are not telling the exact truth, but trying to beat you down—in other words, shopping.

Don't be in too great a hurry to find fault with some filling you may happen to find in the mouth not very well put in. It may be that the patient will calmly listen till you are through, then look you in the face, and say, "Why, sir, you put that filling in yourself!"

Don't make a funnel of your throat, to pour nauseous drugs and patent nostrums into your already over-jaded stomach, should you unfortunately be the victim of dyspepsia, hepatic or nephritic troubles, with their usual accompaniments, insomnia and neurasthenia, or any of the numerous diseases that dentists are so liable to. It would be much wiser to take a vacation, plenty of fresh-air exercise, using carefully prepared and easily digested food, with a judicious use of dumb-bells and the Indian clubs. These latter will materially assist the metabolism and blood formation by accelerating the cell changes, and this too without the injurious effects of benumbing drugs, such as so-called tonics, nervines, sedatives and drastic purgatives, which too often paralyze instead of strengthen the very organs they are supposed to aid. In fact, try and lead a life more in harmony with nature's law, and less vexing to both body and mind.

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### A Convenient Method of Making an Articulating Plate.

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After making the impression, take a little moulding compound, which has been softening while the impression has been taken, put it in a partial impression tray, and take a second impression. Cool and remove from tray. You are now prepared to proceed as in any ordinary case.