

simple. If the patient has already learned the art of relaxation and repose, the preparation is complete, and they are ready to listen to the suggestion of anæsthesia of the tooth substance.

The principles of the art are well explained in Delsarte's dentalizing process, also in a small volume lately published upon "Power Through Repose." The operator needs himself to understand the art of relaxation and rest. A careful study of the volume referred to will make the matter clear.

This accomplished, he will explain to his patient that it is quite possible to obtain complete relaxation and repose, and that in that condition all disturbances will be better borne and that all pain about the teeth will be removed.

Place your hand on the forehead of the patient and say, "You will now rest down and relax all of your muscles; you will become a dead weight in the chair; your limbs, body, arms and head are feeling heavy; your muscles and nerves are resting; you are feeling entirely comfortable." Repeat this several times. Then say, "Your tooth is now anæsthetized; the sensitiveness is gone. The cutting will not hurt you; you will not dread it; the sound will not disturb you; if it hurts at all you will not mind it; it will not shock you." Then proceed to use the engine or excavator, as the case may be, gently and carefully, avoiding any sudden movement or cut; feeling all the time a repose yourself, and continually repeating the assurance that the anæsthesia is becoming more and more complete.

In this manner the teeth of a patient can be rendered insensible to the cut of an instrument while wide awake and consciousness not in the least affected.

A patient for whom he tried this lately for the first time, laughed outright and said, while he was still cutting what had been previously a very sensitive tooth, "I know and realize this is all so, but I cannot help laughing and I cannot understand it." This patient is one of exceeding good sense, and very far from believing any unreality.

Anyone who will give earnest attention to the matter and study it thoroughly until he can repose himself, will be able to lead his patients to the same goal.

This method and its results are amply sufficient for all dental purposes, and have the merit of being entirely unobjectionable to even the most radical opponent of hypnotism. Patients themselves can induce this repose, and so in such cases the operator can call for it whenever needed.

There is hardly an operator in the land but has had patients fall asleep in the chair while being operated on, and not one of them thought of being disturbed by it. Yet such cases are especially susceptible to suggestion, and such sleep is the quietness and repose and suggestibility that Dr. F. described in his paper.