

Second : The dentist should have an annual vacation of at least a month. Eleven months is long enough to pursue one train of thought, one round of duty. He should, if he be a city practitioner, go to the country, where new scenes will be presented to his eyes, new thoughts occupy his mind, and new food delight his palate. Let him spend a few weeks in the Adirondack wilderness, sleeping on hemlock boughs in her forest of pine and hemlock and spruce ; fishing in her limpid streams ; chasing her bounding roebucks, and eating her delicious venison and trout. Or let him go to old ocean, and sail on her restless billows, bathe in her ceaseless breakers, and sleep that sleep which is restful.

When once the careworn, nervous, dyspeptic dentist has gone forth amid scenes like these ; when he has mingled with nature in her grandest forms, he has put himself in an atmosphere of health ; and, whether sleeping or waking, he is drinking in that which rejuvenates his wasted energies, restores the balance of his mental capacities, and refits him for the duties of future years. After a month thus spent, he returns with new desires and new purposes. He enters upon his practice better prepared to perform his operations thoroughly ; a better man, physically, mentally and morally, for they rest and recreation he has taken.

(Dental Office and Laboratory.)

HINTS AND QUERIES.

Answer to T. H. in August No.—The Eureka rubber is tough, rather dark, but vulcanizes at 220 in 15 or 20 minutes. I have used it for the entire base plate as well as for repairing.

A. O.—Put some cotton wool in a wide mouth bottle, and saturate it with as much carbolic acid as it will take up. By dipping your pellet of wool in this, you can get all you want at any time. There is no *spilling* if the bottle upsets. Other therapeutical agents used can be kept from spilling in the same way.

R. T. L.—In cold weather you should not even use cold fingers about the teeth of your patients. You should also warm all steel instruments an instant before inserting them. In all cases forceps should be warmed. Somehow or other it hurts less to have a warm than a cold instrument run into you. Try a cold forceps yourself around a sensitive tooth of your own.

R. W. D.—The article on Phosphates is delayed until next number, also the question as to the overcrowding of the profession in Canada.

L. M.—Walker's Vulcanizer can be seen in use in our laboratory, as well as in the laboratories of two confreres in this city. It is invaluable.