

an animal. These hours, though somewhat limited, are not to be despised. Many a man has become famous through carefully employing them with a definite object in view. It is the intelligent use of these hours that prevents us degenerating into cranks and old fogies, and falling into grooves and ruts in our professional life.

As an illustration of what the want of educational influence and the necessity of progression will accomplish, I wish to relate a personal experience with a member of our profession who lives less than 100 miles from the city of Toronto. He was a stranger to me, but I called on him when passing through his town, and had not been in his presence a quarter of an hour before I found out I had struck the fountain-head of dental knowledge. Crown and bridgework were accomplishments of his when the Dental College was struggling with the alphabet of dentistry; in fact, this worthy institution, from the clean down, was a huge swindle, and all that was necessary to make a brilliant success as a dentist, was to possess the same amount of brains that he possessed, and use them as he did, and then dental colleges, conventions and literature were a needless expenses. It is needless to state that this dental headlight is only such in his own estimation.

This is perhaps an exaggerated instance of bigotry and narrow-mindedness, but we certainly, one and all, descend the plane to a certain extent that leads to this goal, unless we take advantage of the opportunities we have to broaden our sphere of comprehension, and brighten our ideas by learning from those who have had more experience than we.

While recreation along other lines is most essential, we should not exclude entirely the subjects that relate to our profession.

One of the very best and most profitable means of recreation is the annual and local conventions. In addition to the papers read, discussions engaged in, and information received, there is the indefinable satisfaction of contact with numbers of men who are engaged in the same occupation; the renewal of old acquaintances and friendships; difficulties explained away, and many other benefits derived from thus meeting and indulging in professional intercourse, and, while it is somewhat along the line of our office work, it is so entirely different in its relations and surroundings, that it affords a complete rest, so that, at the end of the vacation, we return with renewed health, brain rendered more active, and a sense of weight removed which continues as an incentive and inspiration through the balance of the year.

One essential to an ideal mental recreation is that it must be of absorbing interest, such that it will take our minds and attentions entirely from the worries and responsibilities of our office-work, giving the faculties thus employed a complete rest, and, at the same time, developing others not thus employed.