

tant thinking of the same things day after day, week after week, and year after year.

It has been estimated that one-fortieth of the dental profession become insane, and as many more dissipated ; and at times I do not wonder that such is the case. I recall at this moment the history of two men, eminent in their day and generation, who commenced the practice of Dentistry within a few miles of the beautiful lake upon whose borders I sit to-day. The first, after an eventful life, a large and lucrative practice of many years, became dissipated and insane, and died by his own hand. The other, removing from a country village to the metropolis of our nation enjoyed for years the confidence of many, and secured to himself a large and wealthy practice. Of a highly organized nervous temperament, he felt his health giving way under incessant work, and resorted to stimulants, which with him soon became a necessity. With bad habits once formed, he went from bad to worse, and finally died a miserable drunken pauper in that city's alms-house.

Nor are similar histories rare.

That the practice of Dentistry is peculiarly trying to the nervous system I think none who have given it a few years' trial will deny. It is a constant drain upon the nerve force, and requires on the practitioner's part the best care to avoid disastrous consequences. Each day takes from us more than night can give, and by this exhaustive process we soon approach the night of death.

How, then, is the dentist to preserve his health and render himself best fitted to perform his work and prolong his life ?

First : By a systematic arrangement of his time, and, when once arranged, not to deviate from it. I have the profoundest admiration for the man who has courage enough to lay aside his instrument and cease work at three or four o'clock in the afternoon. In my opinion such an one will reap a larger harvest in the end than his neighbor who stands at his chair an hour or two longer each day. There should be periods for rest, and these should be daily. The dentist should spend an hour or two at least of each day in the open air, and, if possible, in the sunlight. He should walk, or ride horseback, row in a boat, dig in the earth, play base ball, or do something which will be as complete a change as possible from his daily work. He should engage in something which will change the current of his thoughts ; something that will bring into action different muscles of the body ; something, in short, totally and entirely different from his professional life.