

ends secured by simply pressing gutta-percha between the first and second, or second and third molars, makes a very handy and easily constructed appliance for expanding either arch, causing little inconvenience to the wearer, and only takes a few minutes to construct.

Man is born to health and longevity ; disease is abnormal, and death, except from old age, is accidental ; and both are preventable by human agencies.

Filling Teeth with Gold.

By E. H. EIDT, D.D.S., Stratford, Ont.

There is no subject, perhaps, that the dentist is more familiar with, both practically and theoretically, than the one I have chosen for this article. So, if repetitions occur, be charitable, for it is an old, old story that is being told, with a view of bringing some new thought to some one whom it will lead to greater effort to reach the highest possible perfection in the dental art.

Nor rule can be laid down as to where to use gold, but a safe guide, after the health and strength of the patient and the welfare of the tooth itself, have been taken into consideration, would be to fill with gold all cavities in incisors, cuspids and bicuspid as often as possible, and cavities, not too large and not too difficult of access, in the first and second molars.

Too many persons have been so educated, no doubt largely by dentists, that they will say, "It will not be seen, doctor ; therefore fill with amalgam." This is an error which every dentist should endeavor to correct. Dr. Ottolengui, in his "Methods of Filling Teeth," very wisely says, "Cavities in the crowns of molars, though out of sight, should be filled with gold, the rule being relaxed only as the cavity becomes larger. If a cavity be small, and therefore of that class which may be safely filled with anything and be preserved as long as the duration of the material, it is the very place for gold, because gold is the most durable and reliable of all materials." This I know to be a fact, as during the last four years I frequently had the opportunity to examine such fillings in molars inserted eighteen, nineteen, and twenty years ago by a