

There should be no direct currents or draughts. The windows ought to be so adjusted that the air may enter and circulate without disturbing any light substance in the room.

In order to accomplish this the windows must be opened from the bottom and a guard placed in front of the open space, so as to direct the air toward the upper part of the room.

Even in the coldest weather this may be done without any discomfort, provided the room be properly heated, and the heat should always be regulated with a view to proper ventilation.

A thermometer is indispensable if perfect ventilation and a normal temperature are desired. Nothing has a more depressing effect or causes such a marked irritation of the nervous system as an overheated, poorly-ventilated room.

In reference to work at the chair, one should try to keep an erect position. If any one must assume an unnatural position, let it be the patient.

Manipulate the chair instead of the spinal column. Learn to work with the glass instead of crouching as if about to spring upon your prey. Avoid the patient's breath if possible. The adjustment of the rubber dam mitigates this evil. Do not hurry; do not worry; but do your work calmly and deliberately. Allow your patient's excitability to increase your imperturbability. Nothing will deepen the furrows in one's face or bring on physical wreck more quickly than fretting or worrying. Do not give appointments for trying operations during the later hours of the day, when you are all tired out, but try to arrange to have the easiest work come during the last two hours.

Use an antiseptic solution on your hands after washing them, as it is not safe to depend on soap and water. It has been thoroughly demonstrated that soap and water will not remove diseased germs from the hands, however carefully you may wash them. How frequently operators may be seen using their teeth as a receptacle for instruments while operating. Such instruments, for instance as the mouth mirror, gold pluggers, foil carriers, etc.

The danger of this practice is apparent. We are too careless.

Carelessness frequently costs a man his life. Let us watch these points. Good men are scarce.

There are many other things I might suggest in this connection, but the length of this paper will not permit.

I want to speak of some things we should do outside of the office.

Some do observe religiously many of the points mentioned above, but make no effort whatever to keep the body in perfect health by using, outside of the office, some of the numerous means by which the health may be maintained.

There is such a diversity of ways by which we may gain the necessary amount of recreation, that it is useless for me to