

that is needed to revive the flagging energy of body and mind. The general appetite for regular meals will in no ways be injured by this habit, which is a national custom in several countries, chiefly in the North. This plan helps to avoid excess at any one time. For those men who are obliged to subject their bodies to postures which prevent the free play of the internal organs, frequent and spare meals will help to facilitate easy digestion. Plenty of milk is an excellent means of calming nervous irritation.

Sleep is the chief factor in general and dental well-being. Loss of sleep means loss of strength; no sleep, no work. By a hygienic mode of life the act of sleeping becomes a source of pleasure, a delicious close to the day's work.

To obtain deep, calm sleep, without dreams or nightmare, total abstinence, or, at least, a very limited use of alcoholic stimulants, must be the rule. Less noxious but still powerful stimulants, such as tea and coffee, must be avoided as the night-hours draw on.

But contentment of mind comes not only from a hygienic life, but from a feeling of confidence in the future, and where this source of trustfulness is to be found, you all know. If I here enter the domain of moral and intellectual hygiene, it is because I have convinced myself of its power on the nervous functions. The sentiment of religious duties performed sincerely is an elixir without a rival, and an efficient soporific. There is the secret of a contented and happy life. As meals should take place with regularity, so should sleeping hours be regular.

We would utter a warning-cry as to the necessity of timely relaxation from continuous toil, to all those who are carried away by duty, love of work or money, and who labor on for years without taking the necessary holiday. As soon as the dentist takes stimulants to keep up his flagging strength, he is overstepping the limit and working too hard. Each practitioner has, according to his strength, a limited number of years before him. Therefore, let every one starting in the profession understand before it is too late that he must make his position more or less rapidly; for few vocations entail so much fatigue, wear and tear, as genuine and artistic dentistry.—*International Dental Journal, Philadelphia.*

On the Management of Patients.

A paper read before the Students' Society, Dental Hospital of London.

By GEORGE NORTHCROFT.

MR. PRESIDENT AND GENTLEMEN,—Although, sir, in your inaugural address you expressed a hope that you might hear really scientific papers read in this society, I fear I shall have to leave