

Selections.

HYGIENE.*

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There are few vocations which try the endurance of man, physically speaking, to a greater degree than the practice of dentistry. The dentist is closely confined to the office during that part of the day which could be most beneficially and pleasantly spent in the open air. Not only is he confined to the office during this period of sunshine, but his mind is intensely occupied with difficulties which require his earnest and most painstaking efforts to overcome. The concentration necessary to the satisfactory execution of gold fillings, crown and bridge work, etc., etc., would seem to exhaust the nervous force of a robust man; but, in addition to this, the dentist must soothe nervous and frequently hysterical women, and manage children who have been prepared beforehand by tales of pain inflicted, which are equalled only by tortures conjured in the minds of North American Indians of two hundred years ago.

Having worked all day under such trying conditions, how many men are fit for anything except the bed when night finally does come?

Not long ago a lady came into my office and said she had always gone to a certain very busy dentist, but he had become so cross that she could not stand it any longer. Said she: "He is so irritable, I don't see how any one can endure his bad temper."

Notwithstanding the constant strain on our nerves, and the positive certainty of either an early grave or permanently impaired health, we drive along, day after day, with little or no effort to counteract the effects of overwork by pleasant and healthful recreations, or any consistent observance of the laws of hygiene.

Webster defines hygiene as "a system of principles or rules designed for the promotion of health;" also, "that department of sanitary science which treats of the preservation of health."

In this paper, I shall endeavor to offer some suggestions which will, I believe, if followed by members of our profession, do much toward the maintenance of a perfect mental and physical equilibrium.

Let the first consideration always be that of good ventilation. Be sure that there is plenty of fresh air in the room all of the time.

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