

should be divided into three equal parts : one-third, rest ; one-third, work ; one-third, recreation. A barber will tell you that a razor needs rest to keep it in good working trim. The same is true of other inanimate things, and must, therefore, be true of the human frame, which is so complex in structure.

Dr. Melotte, of Ithaca, having been invited to the floor, took the occasion to compliment the essayist. Dr. Cavanagh, on his paper, and to add to the interest by some remarks on it in his own inimitable style. To him the subject of recreation was of vital interest. Many a time he had to leave his work and go apart to "allow the boiler to fill up." A scientist had told him that the nerve cells of the honey-bee were full and round in the morning, but after a day of toil the same cells were flat and shrunken. We get old when we lose the power of recreation or building up the broken down tissues.

Dr. J. B. Willmott, continuing the discussion, said that in no other profession had culture so great a money value as in dentistry, coming as we do in such close contact with cultured people for hours at a time. Time outside of office hours should be devoted to culture. Every man should have a hobby, so that when old age comes and a man has to retire from active work he will not be a burden to himself and to others.

Drs. Brownlee, Birmacombe, Clements, and others, added suggestions as to means of recreation, such as horticulture, music, walking, bicycling, horseback-riding, etc., after which Dr. Cavanagh closed the discussion on what had proved to be one of the best features of the programme.

Dr. C. N. Johnston's paper, "A plea for the preservation of the natural teeth," was then read.

Discussion opened by Dr. N. Pearson. Dr. H. T. Wood urged the necessity of removing deposits from teeth that come under our care, giving several instances where he had seen teeth very carefully filled, but no attempt had been made to remove the deposits that are so destructive to the gums and process.

Dr. J. G. Adams advised starting early. The teeth of all school children should be examined by a dental health inspector at stated periods, except those bringing a certificate from their family dentist to the effect that their teeth had been recently cared for.

Dr. J. B. Willmott took exception to Dr. C. N. Johnston's statement that a larger proportion of people in Ontario wear artificial teeth than among any other people he knew. After further discussion by Drs. Fear, Templeton, Sparks and Clements, Dr. C. N. Johnston closed discussion.

In afternoon, Dr. Melotte addressed the convention on "Crown and bridge work," illustrating his methods as he went along by models and practical work.