

is the sure road to wealth." It is not the amount a man earns as much as the amount he saves that governs his financial standing. Granted that economy is desirable in dental practice at all times, the question arises, how can we economize? First, in the selection of an office. It is desirable to have an office in a respectable part of the town or city. But there are in every city locations where office rents are nearly double the rent for the same accommodation in any other part, which, for dental purposes, may be just as desirable. Then the selection of an office governs the saving or waste of many things that are valuable to a dentist. The rooms should be compact so they may be more easily heated; for the fuel bill in a Canadian winter is no small item. Besides compactness and convenience of arrangement saves time and strength, both of which are important items in the dentist's stock-in-trade. The office should be well lighted. The fine work in an obscure location makes no ordinary strain upon the eyesight under the most favorable circumstances, but to operate in a poorly lighted office is an imposition which no ordinary eyes will tolerate for many years. The best light can generally be secured in upstairs rooms. The office should be away from the residence to avoid having to work at unseasonable hours.

We should practice economy of strength. The dental profession is considered to be one of the most unhealthful of occupations. Close confinement, close application, breathing the breath of patients, and in many cases of those diseased in lungs or schneiderian membrane. In many cases, long hours operating during the day time and doing laboratory work or attending to books and correspondence at night; all this tends to bring on indigestion, constipation, hæmorrhoids, headache and neuralgia from over-worked eyes and brain. The laboratory should be close to the operating room to save unnecessary steps. In no case should the laboratory be on a different flat from the operating room. As the basement kitchen is an abomination to a residence, so is a dental laboratory above or below an operating room.

The arrangement of a dental office and the care of a dentist's health would make fruitful subjects for lengthy papers. Therefore we cannot more than mention them here; the object of this paper being more directed to the little wastes which may take place in a dental practice. Time may be saved by carrying the work along so as not to have to wait for anything; for instance, if two impressions have to be taken for the same individual, take one and run it. The cast will be hardening while the second impression is being taken and run. The second will harden while the first is being taken from the impression, and an articulating plate fitted. When the articulation is taken run it and it will harden while the teeth are being selected.