

equivalent to durable or lasting, but not to undecaying or unalterable." If it meant the latter, it could certainly not fairly be applied to artificial teeth in their relations to the mouth. Changes in the mouth affect the continued usefulness of a plate in two ways: first, by making it difficult or impossible to retain it in place; and secondly, by depriving it of proper support, it is liable to break from the increased strain of mastication. This I believe to be a very frequent cause of breaking of plates in the mouth, of whatever material they are made.

To these causes must be added the various accidents to which they are liable out of the mouth, and the recklessness with which some persons use them. I have no statistics from which to form an estimate of the average duration of permanent sets, but my impression is that full sets on rubber average from five to eight years; partial sets on the same base considerably less, and whole sets on gold somewhat more,—say ten years. Suppose, then, a person neglecting his natural teeth on the score of economy, begins with a partial set, which he may find it necessary to have replaced before desiring to part with all his teeth; later he gets an entire set, which, in addition to occasional repairs, requires to be renewed every five or ten years; and the financial argument—that which to him is the most weighty—will upon examination be found less favorable to artificial teeth than it seemed at first sight.

Another question worthy of attention is this: Are not those changes which are constantly going on in the mouth destitute of natural teeth, even where substitutes are worn, liable, if commenced early in life, to become so great before old age is attained as to make the continued use of artificial teeth impracticable? If so, it ought to be known, as it might tend to check recklessness in regard to the natural organs.

The above has been written rather to get an expression from others upon the points involved than to determine them myself, and I hope I will not be disappointed.—*Dental Cosmos*.

WORK AND REST.

In these days of fast living and hard working, when every nerve is strained to get the most done in the shortest time, it is well to remember that the

"Sweet vicissitudes of rest and toil make easy labour."

It is not so much for physical toil that the present day is noted;