

This associated, simultaneous movement has its most perfect example in the movement of the eyes. By taking advantage of this natural associated movement, the right hand over which the will has acquired free control may guide unrestrained, in the same direction, the left hand, over which the will has not acquired free control. Try making a different figure or letter with each hand simultaneously, and you can see the force of what I mean by associated movement; or watch the figures of a very awkward and unsophisticated person while feeling with the fingers of the other hand in the corner of his pocket for some object that eludes his grasp, and see the movements produced by this involuntary, consensual, nervous action unrestrained by the will.

Now, let the dentist who would become ambidextrous, commence with simple movements at first. A variety of excellent exercises may be found in the June *Cosmos* of 1890, given by Prof. J. Liberty Todd, as a method of acquiring absolute manipulative skill. Continue these movements with a persistency that means success; after frequent repetitions, let the left hand execute alone again and again, and soon an adhesion will take place between the will and the forces of the nervous system that control the muscles of the left hand, so that they become immediately responsive in force and direction to the will. Your success in becoming ambidextrous will depend, therefore, on the repetition of the various movements to be acquired, and the complete concentration of the mind thereon, your success being greater or less, according as you possess muscular vigor, an active temperament, and more especially the power of discriminating the finest shades of muscular movements, for, as a matter of fact, this is the foundation of muscular expertness. In closing this paper, let me insist upon the fact that all dentists should be ambidextrous, and that any dentist with a determined will and a reasonable amount of muscular sensibility may become so.

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### The Bridge-work Fad.

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This is an age of "fads," even in dentistry.

Perhaps the patrons of bridge-workmen are the true sufferers, judging from cases that have come under my observations, both