A new solution

If there is a lack of orthodontic specialists in your area, Dr Andrew McCance suggests that you read on...

The demand for cosmetic dental treatments is growing at an exponential rate, and it is the duty of dentists to meet this demand. More and more patients are beginning to appreciate the importance of a nice smile, but whether they can get the results they need or not depends on many factors – not least of which being geography.

Not so simple

Imagine for a moment that you wanted restorative treatment, to build your confidence and provide a boost to your quality of life. How would you feel if, having taken the first step, you now had to wait several weeks or even longer, to see an orthodontist because there was a shortage of specialists in your local area? Now imagine how you would feel when, having waited weeks or even longer, to see an orthodontist because there was a shortage of specialists in your local area, it turned out that the orthodontic work was very minor in-...
The Sceptic presents

The case for... and against Moderation

A middle way

‘Everything in moderation’ would seem an excellent maxim by which to govern our lives. Great thinkers including Confucius, Buddha, Socrates, Muhammad and the Dalai Lama have preached the value of ‘The Middle Way’ or a middle path. So, what values constitute ‘moderation’? Consider the following: grace, balance between extremes (say between asceticism and careless desire), righteousness, proper conduct, self-control, restraint, non-gluotony, modesty, non-authoritarian, humility; quietness, temperance: nothing wrong with any of those qualities – but on the other hand, nothing terribly exciting either.

Not far enough

Confucius said that going too far was as bad as not going far enough. If we don’t test our abilities to some degree beyond that which is normal, comfortable or moderate, we run the risk of setting overly constrictive limits to ourselves and our societies on our ability to be imaginative, creative or innovative. Perhaps this ability is what enabled America to become the world’s most powerful state, and conversely was one of the most potent causes of the failure of Communism.

Exercise dietary control

An area where moderation is considered virtuous is dietary control. Eric Schlosser, in Fast Food Nation says that rather than indulging in junk food, our diet should be limited in scope, size, production, distribution, selection and profitability. Pigging out is considered to be very bad form indeed, an extreme type of human conduct, whereas careful, sensible and controlled dieting is considered to be moderate and therefore good. But what happens when we become calorie-counting zealots, eating nothing bad? In such a situation we become extremely self-controlling, which is not moderate at all!

Earning enough money

As a dentist, my earnings by comparison to City business-folk are very moderate. On the other hand, the same earnings by comparison to your average citizen of Bangladesh or Ethiopia or Chad are outrageously excessive. Do I need all that excess?

Extremism – or not?

At the other end of the spectrum from moderation lies extremism. One of the core characteristics underpinning an open, modern society is that it sets no preconceived parameters on our ability to enhance and cultivate our most humane aspirations. Mahatma Ghandi advocated non-violence, demanded that the Indian nation accept his creed, and was prepared to starve himself to death to achieve his objectives, which seems a rather extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself. Nelson Mandela, faced the death penalty because of his belief that, when circumstances demanded it, no extreme measure in itself.

Should we change?

Can we change to a more moderate course in the way we live our everyday lives? Is it desirable, much less necessary? Surely, just as there are pernicious, damaging and negative forms, there are also excellent forms of excess—such as when you test and expand the limits of your aptitudes and abilities, of your courage and social conscience. So ‘everything in moderation’ might not always be good advice.

Do you think concern with moderation is important; or is it an outdated concept? Email jury@dentaltribuneuk.com and let us have your views.