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66153 milliseconds to read the records into a Binary Search Tree
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Order of complexity

$\text{countHelper} + \text{getCountTime} = O(N)$

$\text{findChildren} = O(N)$

$\text{Scan} + \text{Insert} = O(N)$

3

I would recommend the recursive method approach to counting the nodes specifically because it is much easier to understand and write out correctly. It also saves code space.