Health, Beauty And The Home

Your Hair and Its Care

By Lina Cavalieri, the Most Famous Living Beauty.

THIS is a subject upon which I receive so many inquiries that often I ask myself if there be not something either in American life or the climate of this country which works for the destruction of woman's crowning glory. Nor is it a subject of interest to women alone, for man himself seems less the lord of creation when deprived of an abundant hair supply.

If you will compare the people of the north with those of the south of Europe you will observe that it is the Southerners who suffer least from loss of hair. I can point out several habits of life in which we of the South differ from you of this beautiful and prosperous land.

In the first place, our climate is so much more uniform that our vital energies are not consumed in making up for the great loss of heat in Winter and the excess of it in Summer. As we heat our houses but little, the air indoors is about the same temperature as that outdoors. Yet we seldom go out under the sun's rays bareheaded, while I find that many young persons here pride themselves upon wearing no hats even when disporting themselves upon the beaches in midsummer.

This custom of getting too much sunlight is quite as harmful to the scalp as that of many of your workingmen of wearing their caps even when at work indoors. Never neglect an opportunity of allowing the air to blow through the hair on the scalp, but avoid heating the scalp by direct rays from the sun or other similar means. The exception to this rule, for of course every self-respecting rule has its exceptions, is after the hair has been shampooed. Then the excessive loss of heat from the scalp should be made up for by artificial means.

You know that all the life business of the hair is transacted under the skin, and that the shaft which comes out and which we know as hair is merely like the blade of grass whose roots and life work are in the soil. So you must devote your energies to scalp regeneration if you would beautify or increase your supply of hair.

Have you ever observed how much more of your hair comes out on your brush and comb when you are in need of a shampoo than after you have performed this necessary function? When the scalp is not clean its pores become clogged with its own oils mixed with the dust particles from the air. Of course, the little skin vessels are not able to act properly. Now, though you may accuse me of blowing hot and cold, I cannot refrain from criticizing the habit of many men of taking a daily shampoo with their morning bath. From the point of view of cleanliness it is a glorious habit. Yet I have seldom found its votaries to possess an abundant supply of hair when they approach their thirtieth year.

About every two weeks the scalp and hair require a shampoo. But when this is taken every morning the scalp vessels are unduly stimulated. In his haste to finish up with the entire bathing process a man scrubs his scalp much more violently than other parts of his body, for he can devote just two minutes to drying his hair. This not only stimulates the tiny vesicles too much, but it often bruises them. Meanwhile, the oil glands have thrown out all of their secretion into the shampoo and it will be fully twenty-four hours before they have another supply on hand, and this, too, will all be wasted as before.

The reason I have devoted so much time to the daily masculine shampoo is that I know we women are constantly held up as horrible examples for our lack of this habit. But can you imagine what would be said of us if we were to devote the amount of time to a daily shampoo that is really required for it?

"A woman's hair is her crowning glory and she can afford to overlook nothing that will aid in its preservation."
Photograph Posed by MISS GRACE DARLING at CAMPBELL STUDIOS.

For shampooing use a good liquid green soap and do not economize on it. Lather the scalp well, and then make sure that the very tips of the hair strands are white with soapsuds. Rinse the hair in hot water, then cool it somewhat and finally let the cold water play over the scalp until the roots of the hair tingle. Dry very thoroughly, using a fan if necessary.

Unless your hair is very oily it is well to dip the finger tips into a good skin food and then gently massage the scalp after it is quite dry. Several drops of brilliantine should be poured into the palm of the hand and the hair brush rubbed along the palm. By this means the hair will regain some of the suppleness lost in the bath, and the fact that you have just performed this necessary toilet rite will not be too apparent.

Beauty Questions Answered

WHAT should I do to remove painful calluses from my feet?—B. H.

Soak the feet in hot water, as hot as can be borne, for several successive nights. Afterward apply the following ointment to the calloused spots only, taking care to avoid the healthy skin:

Salicylic acid	1 dram
Benzoinated lard	1 ounce

PLEASE print the formula for a good mouth wash.—A. G.

You will find this myrrh lotion one of the best for the mouth:

Orange flower water	5 ounces
Tincture of myrrh	3 drams
Pulverized gum arabic	2½ drams
Pulverized gum mastic	2 drams
Balsam of Peru	½ dram

YOU have mentioned an Oriental vegetable product for coloring the hair. Where can I get it and how is it applied?—E. O'C.

The leaves of the henna plant can be secured in any first-class drug store. I have often advised the use of this Egyptian product for coloring the hair a Titian shade. So, unless you want red hair, do not try it, because this reddish tint will scarcely ever wear off. In making the tea, the correct proportion is one ounce of the henna leaves to two pints of of boiling water. Allow this to steep twelve hours and then strain through a thin cloth and set aside until ready for use. First shampoo the hair, and when it is dry dip the head in this solution and dry once more, out of doors if possible. Several applications may be needed to secure the desired shade. The hair may also be washed afterward without injury to the color.

MY skin is terribly dry and cracks easily upon the slightest provocation. What kind of cold cream should I use?—B. H.

Use a milder soap; the one you have is too severe in its action. Rub cocoanut oil into your dry skin occasionally. This will soon restore the skin to its normal state and will probably prove more desirable in your case than any cold cream.

PLEASE tell me of something perfectly harmless that will whiten my neck and arms.—J. C. M.

Almond milk is an old-fashioned favorite still much in use as a complexion emollient and a bleach. A good astringent cream that both bleaches and softens the skin is this:

Almond milk from	50 crushed almonds
Rose water	1 pint
Alum	½ ounce

WILL you please advise me how to make my lips thinner?—B. L.

To lessen the size of your lips without injuring the skin rub them very gently at night with the following pomade:

Olive oil	5 drams
White wax	5 drams
Alkanet chips	½ dram
Tannic acid	15 grains
Oil of roses	6 drops

MY hair used to be a lovely ashy-blond shade. Now it is turning dark and coming out rapidly. Please tell me how to lighten it and put it back into good condition.—MRS. M. G.

Your hair should be shampooed once in two weeks with tar soap and warm water. Some blondes use the following to keep their hair light:

Washing soda	2 tablespoonfuls
Warm water	1 quart

A half dozen drops of ammonia in the shampoo will keep the hair light. One teaspoonful of peroxide of hydrogen in a quart of water will also lighten the hair without injuring it. But you must be careful not to make the hair too dry. To counteract this tendency I would massage the scalp twelve hours before shampooing with this:

Oil of sweet almonds	30 grams
Oil of mace	2 grams
Essence of rosemary	60 grams

How to Prevent Food-Borne Infections

INTESTINAL disturbances, traceable to some food eaten shortly before the attack, are of very common occurrence, declares Dr. Edwin O. Jordan, professor of bacteriology in one of our big universities, in an address which he delivered recently before the annual meeting of the American Society for the Advancement of Science.

The usual theory about such illnesses is that they are due to ptomaine poisoning, it being assumed that the proteins in the food have undergone a species of bacterial decomposition, which results in the production of ptomaines.

This, however, is not correct, vigorously asseverates Dr. Jordan, because the ptomaines do not form in any food except that in the last stages of decomposition. Food in this State would be rejected by the consumer immediately after the first taste if the appearance of the food did not induce him to do this before.

The cause, therefore, must be placed elsewhere. After close study of the matter, two factors are cited, namely: (1) Bacterial toxins, or the final products of the process of decomposition, and (2) infection with specific bacteria. The first-mentioned toxic organisms undoubtedly give rise to certain specific poisons, although but little is known of the way they find an entrance into our food products.

Perhaps it would be as well to state, just here, that there are two classes of food prone to infection: Food contaminated without human intervention and food directly contaminated by human beings, through infected fingers or other more direct and personal means of contact.

Furthermore, infectious diseases are carried usually by convalescents and not by persons seriously ill indeed, because the latter are, as a rule, unable to touch or handle in any way the food of others. Convalescent patients recovering from diphtheria, typhoid and consumption are a grave menace to those with whom they come in contact, particularly if they have anything to do with the care or the serving of the food.

To the second class of foods belong those that have been, somehow, contaminated at their source of origin, like milk, certain kinds of meats and raw vegetables that have grown in infected soil. To avoid this source of danger there should be a rigid inspection of all foodstuffs, not only by Government inspectors but by the housewife as well. Nothing should be used in the kitchen unless its purity has first been assured by every possible means. Carelessness in such matters is nothing less than criminal.

By observing closely the five important rules given below we can go far in safeguarding the health of the family and the community in regard to its food supply:

1. All milk used in the household should be pasteurized.
2. The health of persons handling or preparing the food should be watched with particular care.
3. We must insist upon a thorough examination and inspection of all food animals.
4. A careful system of general cleanliness should be maintained in all households and in all places where food in any form is handled for the market.
5. Food must be in an absolutely fresh condition when used.

What the Doctor Advises

By Brice Belden, M. D.

I AM a boy fourteen and a half years old, five feet five and a half inches in height and weighing 106 pounds; chest expansion 31½ inches. Are these normal figures?—L. S.

You are about 2¾ inches over the average height for your age. The weight is just about right. The expansion is exceptionally good.

I HAVE been troubled for several months by morning dizziness. What may be the cause of it?—M. A.

Dizziness of the sort described may be due to nephritis (Bright's disease), anemia, chronic coal gas and illuminating gas poisoning, chronic caffeine poisoning (in excessive coffee drinkers), fatty heart, valvular disease of the heart, neurasthenia, hardening of the blood vessels, gout, diabetes, intestinal toxemia, poisoning by tobacco, lead and alcohol, organic disease of the base of the brain and disease of the middle ear or that part of the ear called the labyrinth.

MY daughter, eight years of age, is physically normal, full of fun and of an even disposition, but she is a little slow in school and has peculiar attacks while at play or while studying or eating. Suddenly stopping her activities she stares into space and is oblivious to everything about her until roused, when in a confused way she will ask what is the matter. Questioned about the attacks she will say: "I am thinking."—A. B. G.

It may be merely a case of intensified day-dreaming, or the attacks may be hysterical or of the nature of minor epilepsy, sometimes known as petit mal. In minor epilepsy the seizures come on suddenly and usually last but a very short time—from a few seconds to half a minute. The unconsciousness passes off rapidly and very often the patient is unaware that an attack has occurred. The face is usually pale, the body rigid and the eyes are staring. The patient rarely falls. Sometimes the attacks are so slight that the patient will suddenly stop in the midst of conversation, and those with him will notice that something peculiar has happened; in a few seconds the patient may continue the conversation, not realizing that it has been interrupted. If the patient is engaged in some occupation or is eating at the time the seizure occurs he may drop his tools, upset objects, drop his food and then regain consciousness and exhibit confusion. A definite diagnosis should first be made in order that appropriate treatment may be instituted.

MY daughter, aged six years, suffers from intestinal trouble and is disturbed at night by her disordered digestion. What should a suitable diet for a child of her age consist of?—X.

A good sample diet for your child would be as follows:

BREAKFAST—Cooked fruit, cooked cereal, bread, butter, milk or cocoa.
DINNER—Pea soup, chop or fish, rice or macaroni, potato, green vegetable, bread, butter, pudding.
SUPPER—Cereal, bread, butter, cooked fruit, milk.

Give no tea or coffee to the child; give no spiced foods, and give no candy until after normal digestion is restored, and then if you allow the child any give it after meals. The candy must be of the best quality, as cheap candy is made up largely of substitutes for sugar and of artificial flavoring and is actually harmful. When candy is given between meals it is apt to be eaten in excess, thus spoiling both appetite and digestion.

MY little girl, aged four, eats her food too quickly and does not seem to chew it, which brings on indigestion. Can anything be done to correct this?—H. J. M.

She may be unable to chew her food; you should consult your dentist about this. Nervous irritation of some sort may cause the trouble; a complete examination might disclose the cause of the irritation. Worms, adenoids, tea and coffee, foreign bodies in the nose or ears, pyuria (pus in the kidney secretion from pyelitis, an affection of the lining of the kidney), and certain errors of hygiene are common causes of nervous disturbances. Constipation must be corrected if it exists by 10-20 drop doses of cascara evacuant. Good hours, the daily bath and regular meals, consisting of easily digested and properly prepared food are all essential. Withhold cheap sweets and other sources of indigestion between meals. Fresh air and normal play activities are most important. The stomach should be examined, as it may have become dilated from overdistension due to the rapid eating and drinking and require washing out and temporary feeding with predigested foods. Lastly, persuasive methods are in order to induce a normal manner of eating.

We now live in the country and the baby walks and speaks, but has only seven teeth and weighs only 28 pounds. Each one of my other four babies died before reaching the age of one year.—J. D.

In view of the history that you give concerning yourself it may be that the baby has suffered from abdominal tuberculosis, in which disease there are usually persistent colicky pains. The outlook in this condition, sometimes called tuberculosis of the peritoneum or tuberculous peritonitis, is very favorable. It is sometimes possible to feel the nodules through the abdominal wall. Country life and good food will in the case of your child probably effect a cure.

WHAT makes me catch cold so easily and what can I do to prevent this? The colds that I get are characterized chiefly by aching in the muscles and bones.—M. J. G.

Your resistance to the organisms that cause colds and influenza must be poor. This may be in part a special weakness, having to do with certain germs, and in part a general weakness due to lowered vitality. In order to deal with the former vaccine treatment would be required; your physician will apply this method if it is necessary. Attention to your general health will, however, probably suffice to protect you against new infections. This means good hygiene in general, in other words, fresh air day and night; good, nourishing, well-cooked food; proper hours of rest and sleep, daily bathing, regulation of the bowels and avoidance of alcohol. It is well to bear in mind that some infections of the kind under discussion that seem to be new are really outbreaks of old sinus infections, so that it would be well to have your nose examined thoroughly. A good general tonic to take would be the following:

Elixir of the pyrophosphate of iron, quinine and strychnine (National formulary)	3 ounces

One teaspoonful after meals in water.

WHAT can I do for my daughter, aged fourteen, whose hair falls out in bunches?—R. G.

Repeated shaving or cutting of the hair and attention to the child's general health should be resorted to. Rub the following into the scalp daily:

Tincture of cantharides	1 dram
Carbolic acid	40 drops
Castor oil	1 dram
Bay rum	2 ounces

Prospects of Another Coal Famine Next Winter

WINTER is just over. It will be eight months before the grip of another Winter is upon the United States. There is plenty of time to mine and distribute coal to provide against another coal famine. And yet there is every prospect of another coal famine again next Winter.

Not enough coal is being dug out of the mines to insure against next Winter's needs.

The output of a coal mine depends entirely on the supply of railroad cars. The mines are not getting as many coal cars as they can fill. Here is the way the coal mines are operated:

Nowadays little coal is dug by the old pick and shovel method. The coal is first broken loose by blasting. It is then thrown onto cars and, in the case of soft coal, carried out of the mine and dumped upon what is known as the "table." Here the earth, rock and debris is removed, leaving only burnable coal. From the table the coal progresses to the "tipple," a device for loading it quickly and economically onto the coal cars waiting below.

The empty coal car waiting below the tipple is therefore the last and vital link in the whole process of coal mining. The moment an empty car is lacking the mine comes to a standstill. No more coal can be mined until another supply of "empties" is available.

The country loses not only the coal which might have been mined while the mine was idle, but it steadily loses its labor. The miners are now receiving such high wages that they are glad to remain if assured of four or five full days per week. But now, and for some time, the lack of cars keeps the miners idle in many mines from four to five days per week.

It is not surprising that this scarcity of work and uncertainty has driven increasing numbers into other and less important labor. These men, however, state that they will gladly return as soon as steady employment is guaranteed.

The hard coal, or anthracite, is blasted and removed to the mine-mouth in much the same manner as the soft, or bituminous, coal. When it comes out of the mine it goes through a "breaker," which crushes the large pieces of coal into odd sizes of smaller ones. These broken pieces are sorted mechanically and dropped into pockets according to size. The pockets empty into the coal cars waiting beneath. As in the case of soft coal, the whole process can only go on as long as the filled cars can be replaced by empty ones.

The anthracite mines, however, are better supplied with cars, and while this continues they can get out a normal supply. But a normal supply of anthracite means an anthracite famine for the householder unless at the same time there is sufficient soft coal provided.

Factories, which are equipped for soft coal turn, as they did this Winter, to the small sizes of anthracite. The hotels, office buildings and city factories which use small anthracite are obliged to burn the larger sizes, such as "nut" and "stove." In ordinary times these sizes are the ones burned by the householder, who will suffer next Winter exactly the same whether the original shortage is in the hard coal he burns or the soft coal he never uses.