

and compressed cells, filled with a horny substance. The "root" of the hair, as it is called—the bulbous enlargement which is seen on a hair when it is pulled out—is the only part that grows. The softer substance in its interior called the pulp is pushed forward and converted into the hair proper, which is therefore always growing from the *root*. The little cavity in which the root lies is called the *hair follicle*. When this is diseased the hair falls out; if it be seriously injured, the hair never grows again. The falling of hair after fever and similar diseases, is owing to defective nutrition of the follicles; and when they are restored to health the hair grows. All that is needed is to keep the hair cut short, and wash frequently in water. In the baldness of old people the follicles are generally wasted away, and no applications will bring the hair out again. Where they are not entirely destroyed, stimulating preparations have sometimes appeared useful; such as weak solutions of ammonia, vinegar, tincture of cantharides, etc.

The best hair wash that we know of is a wash of water; and if the head is not as clean as it might be, a little powdered borax dissolved in the water will serve as good soap. Frequent washing with water and brushing will be more likely to keep the hair in a good condition, both as regards health and appearance, than any of those preparations whose virtues are loudly vaunted in newspaper advertisements, quack almanacs, and apothecaries' show-bills. A little more attention to the inside of the human head would be more advisable and more beneficial than the extravagant anxiety about its exterior with which so many are afflicted.

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**FISH AND BRAIN.**—Great mental activity creates in the system a demand for food containing phosphorus. Fish is on this account a very valuable article of diet for persons engaged in intellectual labour. Prof. Agassiz adds his testimony to this when he says that "fish is a kind of food that refreshes the system, especially after intellectual fatigue. There is no other article that supplies the waste of the head so thoroughly as a fish diet."

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**BEST FOR THE WEARY.**—We see that John H. Weeden, of Waterbury, Conn., has taken out a patent for a "head-rest attachment for church-pews," which is intended "to support the head of the worshipper when inclined," and which "may be conveniently detached from the pew when not required for use."