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MY SECRETS OF BEAUTY

"Begin to mas-
sage the scalp
at the parting
of the hair on
the crown."

MME. CAVALIERI gives valuable advice of a timely nature in to-day's article, on "Summer Care of the Hair." She explains the method of the German specialists, who use a burning-glass to stimulate lazy scalps, but advises moderation in its use. She describes also the severe, but, in some cases, successful treatment by alternate applications of hot and cold towels, or of ice.

Mme. Cavaleri also fully describes the best method of mas-
saging the scalp, and recommends certain cleansing and tonic lotions,
for which she publishes the formulae.



No. 122-SUMMER CARE OF THE HAIR -

By Mme. Lina Cavaleri, the Most Famous Living Beauty.

By Mme. Lina Cavaleri.

WITH Summer approaching, I would be careless of my duty to my army of charming American readers. I do not write for them some timely warnings and advice about the care of the hair.

Let me first call attention to the device of a German hair specialist I know who arrests—no one can cure baldness in a curious way. He has named it the sunshine cure. When the alopecia, that is baldness, begins to appear, not by a general thinning of the hair, but in spots or circles, beginning with a point scarcely larger than a pin head and spreading until it is as large as a dollar, the best treatment, this German specialist says, is concentration of life-giving sunshine upon the barren spot. A burning glass should be held as close as comfort will permit to the spot where the hair is thin.

Let the person upon whose head these spots are appearing sit near an open window, or out of doors. Let the hair be parted well about the thin spot and let some one hold the burning glass at a comfortable and yet an effective distance from the head. If the stinging sensation be painful the glass must be farther removed. If the heat of the concentrated sun's rays be hardly felt the glass must be held nearer the head. The person's own comfort must be the guide. This focussing the sun's rays until the heat is perceptible stimulates the growth of the hair and has caused seemingly arid patches of scalp to become once more well covered with hair. Certainly the results obtained by this great Berlin hair specialist would go far to prove that his theory is correct. I should advise giving it a thorough trial in such cases.

If the hair is thin and the circulation in the scalp less vigorous than it should be, a method of treatment, used in some of the best beauty parlors in St. Petersburg, a city whose women have magnificent hair, is this cheap and simple one. Fill two bowls with water, one with water as hot as can be borne, the other cold water, or, if preferred, with cracked ice. Dip a soft, old towel into the hot water and press this upon the scalp. Leave it on for two or three minutes. Flunge another towel also old and soft and small, or a large napkin, into the bowl of cold water, and press this upon the scalp. Or if the bowl be filled with cracked ice, wrap the towel about the ice and place it upon the head. Leave it there for one minute. Then repeat the hot water application. Then the cold water or ice. Let each be three times repeated.

Dry the scalp thoroughly with a towel and by rubbing it with the finger tips. Shake out the hair well, so that the strands will not cling to each other. Part of the invigorating treatment given by

one of the best New York hair specialists consists in rubbing small strands of hair briskly between the palms of the hands. This detaches the hairs from each other, making each stand out individually; it also polishes the hair, giving it the peculiar gloss of health, not of cosmetics, that is one of the unmistakable signs of good grooming.

I have said so much about massage of the scalp that it seems useless to repeat it, yet from the hundreds of letters that come to me, I judge it is apparent that the writers have not used this indispensable aid to growth of the hair.

When hair falls unduly—authorities differ as to whether the normal daily fall of hair be ten to thirty hairs or fifty to one hundred. A Viennese authority says ten to thirty during the most of the year and fifty to one hundred during the Spring and Fall, when the scalp yields its crop most easily, is the natural fall of hair. When hair falls unduly, I began to say, it is because the hair roots are not nourished by enough blood. In other words, the blood does not circulate freely enough around and among the roots of the hair. How shall the fresh supply of blood be obtained in the scalp? In one word, massage. Massage the scalp with the finger tips. Begin with a slow, firm pressure at the outer rim of the scalp, or the hair line.

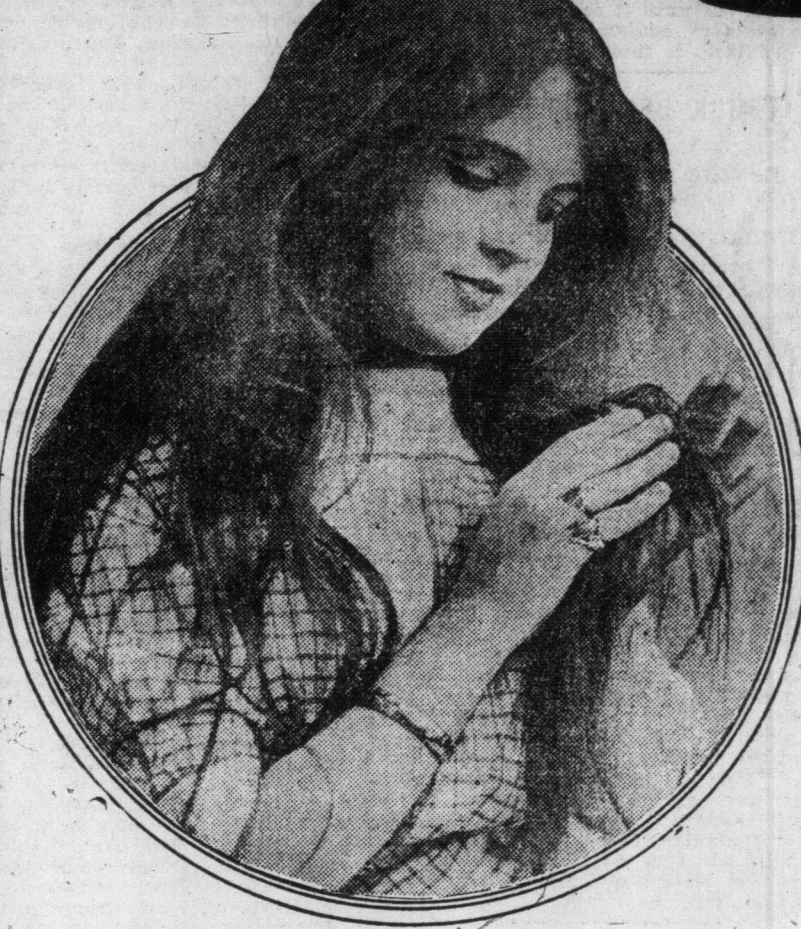
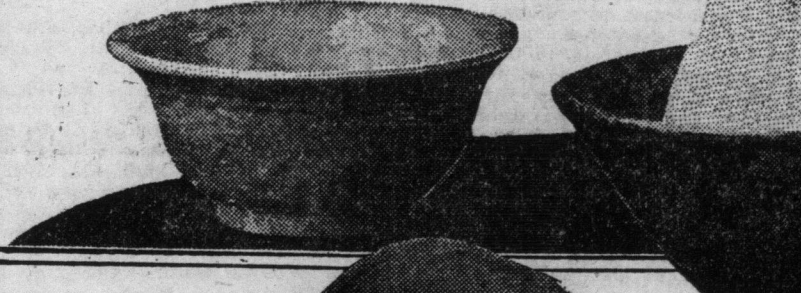
Beginning at the natural parting of the hair, above the middle of the face, press the scalp lightly but gently. Move the finger tips thus all around the hair line until your finger tips meet at the back of the neck. Then beginning again at the parting at the crown of the head, work the fingers about with the slow, gentle pressure of the tips until your fingers again meet at the back of the head. Continue this finger pressure in circles until you reach the apex, or crown of the head. There use a firm rotary motion.

If the hair be oily it is well to dip the fingers into this dandruff remover, or better still, pour a half teaspoonful of it upon the parts of the head most affected with the scalp, unclean formations, massaging the liquid well into the scalp:

Witch hazel, 1 ounce.
Alcohol, 1 ounce.
Distilled water, 1/2 ounce.
Resorcin, 20 grains.
Or should the scalp be too dry this will help to cleanse it of the flake-like formations that choke the oil glands and cause the hair to fall:

Bay rum, 2 1/2 ounces.
Tincture of cantharides, 1 dram.
Olive oil, 1/2 ounce.

Be sure to secure good circulation once more in the ill-nourished scalp. Excessive falling of the hair is due to bad nourishment of the roots of the hair; and malnutrition of the hair is due to the defective circulation, as I have said, and to



"Rub strands of hair briskly between the hands."

nervousness, which causes the defective circulation. Once the thin hair has progressed to baldness and that state in which the scalp is bare and the skin tight and shining, there is no cure. But in the early stages good results follow intelligent treatment.

For instance, be sure to give the roots of the hair exercise by gently pulling it at the ends. Be sure to give it plenty of ventilation by letting it hang after brushing, so that the air can reach the scalp and roots. Parisian maids, and even hair specialists, supply this need of the hair by gently fanning it after the hair has been brushed. They do not fan it vigorously, because this would cause cold and neuralgia. But a gentle fanning for five to fifteen minutes every day will give the scalp what we ourselves so greatly need, and cannot live without, fresh air.

The hair must be kept absolutely free from dust, and to this end it must be carefully brushed every night. Never retire without brushing your hair, giving it, if possible, one hundred strokes, to free it from all of the collection of dust of the day.

The hair should be washed whenever it is unusually dusty or the scalp is other than pure white or pink. If the scalp is overlaid with brown dust it is high time for a shampoo, else the hair will begin to fall. Ordinarily once a fortnight is enough. But after a journey by train or automobile, or any other exposure to the dust, it should be cleansed by a shampoo. Use a non-acid soap, and rinse in many waters. A flat pan with one side cut down to fit the neck, so that the head may rest easily in it, is a new German device for hair washing. It rids one of the painful,

often headache-bringing, necessity of leaning forward. In this the head rests comfortably back. The eyes are closed and a nap may comfortably be taken while the work of washing and rinsing the hair goes on. The bottom of the

"Dip a soft, old towel into hot water, another into ice cold water before pressing them on the scalp."

pan, colander-like, lets the water through, so that washing the hair in this case is a process of pouring the water over the hair; and rubbing the scalp with the palms and fingers. Carmen Sylva recommends drying the hair by leaning the head



Mme. Lina Cavaleri.

"Hold the burning glass at a comfortable but effective distance from the head."

above a rounded tin vessel filled with hot water. A sun-drying is still better, but the process should always be aided by rubbing the scalp with a towel or with the tips of the fingers.

A New York reader asked for a whiteners for the skin. This gives at once the refined, slightly powdered appearance that is desirable with an evening toilet.

Powdered borax, 1/2 ounce.
Glycerine, 1/4 ounce.
Camphor water, 1/2 pint.

I always advise my readers to avoid any preparations that choke the pores, as most whiteners do. But since some readers insistently ask for formulae for whiteners, I have given this one, advising you not to use it "too often." You yourself must be the judge of how often when I have advised you never to use whiteners.

How can I thin lanolin, which I find is rather stiff to apply to the face? writes a Boston girl.

It should not be so in its pure state. Try heating it a little over a lamp or the stove before applying it. By the addition of a little olive oil it will be more easily applied.

Getting Rid of "Superfluous" Women.

OF course this country has no "superfluous women"—the idea is not only absurd, but unchristian and generally objectionable. Up in New England there is a small area where "old maids" are more than ordinarily numerous, owing to the exodus of enterprising young men in search of power and better fields of endeavor; but all over the Western part of the United States men are in the majority, and the advent of more women is much encouraged.

In England, however, the case is different, as noted in the eager response of women of all classes to the demand for brides that comes from Canada and other colonies.

Even the music halls have made note of the fact, and the joke about the numerical inequality of the sexes (not expressed quite like that) is already stale in those haunts of humor.

Now, it appears, the boom is about to wane, for Dr. R. J. Ewart, writing in Nature, comes to the conclusion that various forces are operating to restore the numerical equality of the sexes. In his own words:

"We may possibly look upon ourselves at the present moment as being at the zenith of a female oscillation, and as time progresses, helped probably by a saving of infantile life, a more numerical equality of sex will be established."

Here is an interesting statement of the present position of the sex balance:

At birth, the ratio of males to females is about 1,030 to 1,000; at the fifth year, owing to deaths among the males, the balance is

equal; from the fifth to the fifteenth year, the mortality among the females is slightly higher than among the males, but from that time onwards the females relatively increase.

The result is a surplus of women, for whom there are not enough husbands to go round; and it is because these superfluous women naturally direct their energies into other spheres that, according to Dr. Ewart, we have witnessed the great outburst of feminine activity in politics.

The agitation is no new one, according to the doctor, and apparently is dependent for its strength and virility on the relative numbers of the sexes. If the present female oscillation has not yet reached its zenith the agitation will continue; if the reverse is happening, as there is reason to believe to be the case, then the present movement, after certain bursts of rejuvenescence, should slowly subside, to be again resurrected at some future epoch in the history of the world. That is Dr. Ewart's theory.

Few theories seem better calculated than this to enrage the earnest suffragist, and it will be prudent to hasten away from it to the less dangerous consideration of Dr. Ewart's reasons for supposing that "the female oscillation has reached its zenith."

He produces figures showing that young mothers, of ages below thirty, have more girl than boy children; but that in their maturer years the births show a preponderance of boys. In other words, the younger the mother the more likely are her children to be girls.

This, as Dr. Ewart argues, provides the clue to the "self-regulating balance" by which nature adjusts these numerical differences.

For when women are in the majority, as at present, they are in less demand for wives and marry at more mature ages—the result being that there are more baby boys than girls, and a consequent adjustment of the sex balance in the next generation. The tendency is enhanced by the effect of modern education, which is all in the direction of deferring the age of marriage.

Dr. Ewart thinks that the relationship of the age of the father to the sex of the child is much the same as the mother, and where disparity in age occurs the influence may neutralize each other, "so that with a mother of about twenty and a father of about thirty the chance of a boy or a girl should be about as equal as nature can make such a problem."

The marriage age is steadily rising, and Dr. Ewart adds the opinion that an average marriage age of between twenty-seven and twenty-eight "should produce a population in which the males are at all periods in excess of the females." And then the "superfluous woman" would be a dream of the past.

Fair Warning

"It is reported from New York," says The Mirror, "that Mrs. Smith H. McKim, who obtained a divorce from her husband last August, will sail for England next month for the purpose of marrying Mr. A. G. Vanderbilt. After this it will not be possible for Mr. Vanderbilt to complain that he was not warned."

Fair She—I have my mother's hair and teeth.
Unkind He—H'm, left you them, I suppose.