

often observed on top of the forehead is nourished by the two supraorbital arteries which escape pressure by passing over the forehead in the slight concavities between the frontal eminences." The existence of this little island or tuft of hair depends more likely upon its being located over the belly of the occipito-frontalis muscle, and not over its tendon.

That women do not become bald so often as men is probably because they preserve the cushion of fat under the scalp longer than men do. Pincus says that their comparative exemption is due to the fact that in them "the spaces between the connective-tissue fibres in the deeper and middle layers of the scalp are much larger than in men, the skin of the women during their life preserving more of the characteristics of the skin of children." Other reasons for their comparative freedom from baldness are given, such as: Because they do not wear their hats as much as men, neither are their hats so close-fitting nor made of so impermeable materials; because they give more attention to the care of the hair than men; because they seldom wet their heads; because they are not so abundantly covered with hair as are men, and therefore have less drain upon the hair-forming elements; because their hair is less often cut. Of all these reasons those of most weight are the preservation of the subcutaneous fat and connective tissue, and the greater attention paid to the scalp.

The treatment of idiopathic premature baldness is mainly one of prophylaxis and of hygiene. Though hosts of remedies have been proposed from time to time and more or less vaunted, I am inclined to believe that due attention to the proper care of the scalp and to the general hygiene of the body is more reliable than any so-called remedies. Unfortunately, men who most often are bald are least inclined to give the requisite time and trouble to the care of the scalp, and therefore our results are not as good as they should be. Women, though less frequently bald, are willing to give attention to their scalps, and with them our results are better.

Prophylaxis consists in giving early and proper care to the scalp and hair, and this especially in families in which baldness is markedly hereditary. Prophylaxis should be begun at the birth of the child in such families and continued throughout life. The proper care of the scalp consists in keeping it clean by an occasional shampoo of soap and water, borax and water, or some such simple means, and in brushing and combing the hair, and in the avoidance of all things that can harm the scalp. The shampoo need not be repeated oftener than once in two or three weeks, and whenever the scalp has been washed it should be carefully dried, and some simple unctuous substance applied, such as vaseline or sweet-almond oil. Women

should dry their hair by sitting before an open fire or in the sun, and should not dress it until entirely dry. The first shampoo the baby gets is to rid the scalp of the vernix caseosa. This should be most carefully done, without the employment of force, the sebaceous plate having been thoroughly soaked with sweet-oil before the attempt to wash it off is made. After it has been removed the infant's scalp is to be oiled daily until the hair is growing nicely; this is done to guard the tender scalp from injury from atmospheric and other causes. So soon as the hair is grown the scalp only needs an occasional wash to keep it clean, unless there is some sebaceous concretions, when that condition is to be treated.

The hair should be thoroughly brushed and combed daily, not in the careless way in which it is done by most people, but systematically for some five or ten minutes, and with vigor sufficient to make the scalp glow. For this we need a good brush with long, moderately stiff bristles, set in groups widely separated from each other. Such a brush will reach the scalp and brush out all dust. A comb with large, smooth teeth, set wide apart, should be used with the brush to open up the hair to the air; first a stroke of the comb and then of the brush. After the systematic brushing the stiff brush should be laid aside and a softer one used to assist the comb in parting the hair and to polish it. This operation of brushing is rather difficult for women, and most women merely employ the comb. But the stimulation caused by the brushing is very valuable and should be insisted on.

What *not* to do is of nearly equal importance with what to do, in the care of the scalp. We should not allow the use of pomades on the healthy scalp, as they are quite unnecessary if the hair is properly brushed, and by becoming rancid are apt to irritate. The daily sousing of the hair with water should be positively interdicted. Women should not use bandoline or the like sticky substances; should not pull and twist the hair in all sorts of unnatural positions; should not scorch it with curling-irons and hot pipe stems, nor smother it under false hair. The hair needs light and air for its growth, and will not endure forever the pulling and twisting which fashion demands of its votaries. Men should not constantly wear close-fitting hats or caps. If their avocation requires their heads to be covered, they should wear ventilated, easy-fitting hats. Working under hot artificial light should be avoided, so that the head will not be sweated. Withal, the general condition of the physique should be maintained at as high a standard as possible by exercise and moderation in all things; and worry and anxiety of mind should be combated by the cultivation of a more cheerful habit of thought.

When the hair is falling the care of the scalp, as