

A hair is composed of horny cells, and is formed from the epidermis. It lies in a pit—the hair follicle. The wall of the follicle passes deep into the skin, and is formed of dermis lined by epidermis. This forms the sheath of the root of the hair. At the bottom of the pit the dermis rises into a vascular papilla, and by the multiplication of the cells over the epidermis the hair grows. As new cells form, the older ones become corneous, or hard, and are thrust outwards; so the hair grows. The shaft of fully formed hair consists of a pith or medulla, loose in texture, enclosed by a cortex of dry, horny cells, covered by a cuticle of scales.

The sebaceous glands near the hair roots supply the necessary oily material, so artificial pomades are quite unnecessary.

Some people used to cherish the idea that washing injured the hair. I venture to think this is a mistake. Dirt, dust, stale oily matter cannot be good for the scalp. It is not needful or possible to wash the hair as often as the body, but it is quite impossible to keep the head as clean as it should be in smoky or dusty places. Therefore, it is reasonable to consider our brush and comb as the register of cleanliness for the hair, and when either shows a less than clean appearance to wash the head and get rid of the strange assortment of dust, dirt, smuts, microbes, which we have gathered from the surrounding atmosphere. The head should be washed in the evening, or at all events, when we are not going out again. Warm water and castile soap should be used, and the scalp gently rubbed with the fingers. Then the hair should be well rinsed

from soap, and in cold water. It is a very good plan to add some salt to the water, as this lessens the chance of catching cold, and is in no way injurious to the hair. We have only to notice the thick hair many seamen have to see that salt cannot be harmful. The head should be well dried with a soft towel and the hair left loose to dry. It may be brushed dry if one has time for such attention. The water and soap will, of course, remove all natural oil, and this would render the hair brittle, if we did not brush it well to increase the circulation and consequent secretion of oily matter. The hair should be well brushed every night both for cleanliness and to remove scurf, and increase the activity of the skin. If this is done, no harm can result from washing, and in the case of persons who perspire freely, it is even more necessary than in instances where the skin is naturally drier. Perspiration is ruination to the hair, and many people lose it from this circumstance. Anything which produces perspiration of the head is bad for the scalp, hence hot and heavy hats are very bad wear for women, and we see the results of continually keeping the hat on in the bald heads of so many business men. The natural growth of hair does not fail in the case of the savage, the gipsy, and other out-door dwellers, to whom the hair is the natural and only head covering. Probably in primitive times baldness was very rare, else why did the small boys make merry over Elisha's lack of hair? The youth of the present day are too accustomed to this deficiency to see any joke in it. The condition of the hair is very largely determined by