

unaffected. Full power is retained over the bladder and rectum, though when the atrophy extends to the muscular coat of the intestines, constipation is the rule. The affected muscles lose their power of contracting under the electric current in the proportion of their atrophy. As is implied in its name, the progress of the disease is slow; sometimes after reaching a certain point it remains stationary; in a few cases recovery occurs, or at least the further progress of the disease is arrested before it has reached a condition sufficient to disfigure the patient's body, or interfere with the proper working of the affected muscles. It may last an indefinite number of years before tending to a fatal issue. The prognosis is most unfavorable, the most that can be expected is that the progress of the disease will be arrested, or that its progress will be slow. It has been known to last over 23 years. It is met with principally in males, and no condition of life is exempt. The treatment must be directed to the arrest of the disease. Undue exertion of affected muscles must be avoided; their circulation and nutrition must be cultivated by friction, massage, and stimulating liniments. Electricity is the chief remedy, and all forms of electricity should be used in turn, for all do good. Surround the patient with the best of hygienic influences.

THE HYGIENE OF THE HAIR.*

By J. LESLIE FOLEY, M.D., L. R. C. P. (LONDON),
BOSTON.

Formerly Professor of anatomy, Bishop's College, Montreal; and attending physician to the Montreal Dispensary.

The hair absorbs considerable of the thoughts of mankind. I do not mean to infer that thought-absorption is one of its physiological functions; but to those who are so fortunate as to be blessed with a luxuriant growth of hair it is a source of pleasure, pride and vanity, as its loss or deficiency occasions much anxiety and chagrin. To the youth the first appearance of a hair follicle on the upper lip is not only an indication of dawning manhood, but also the signal for the purchase of a complete barber's outfit (barring the scissors)—razor, shaving-mug, brush, etc.—and their assiduous use. And, as years advance, an exuberant beard or moustache is the result of this cultiva-

tion. To those middle-aged or growing old, the first sign of baldness warns us that we are no longer young, and can disguise the fact no more, although various and ingenious are the devices made, in combing and arranging the hair, to hide, as it were, "the nakedness of the land." A good head of hair is somewhat of a rarity at the present day. All desire to retain their hair, grieve to see it falling out, and fondly cherish the few remaining locks. We have but to enter a barber-shop to verify the truth of this remark, and watch our fellow-creatures getting a hair-cut. Observe, for the most part, how careful we are in giving directions to the barber what manner of cut we want, how punctilious about the part and the way it is brushed, how we scrutinize through the mirror before us his every manipulation in the tonsorial art, and how self-satisfied we feel when the finishing touches are completed—oiling, combing, brushing. How proudly we stand up and look at ourselves in the glass when all is o'er! While all desire to keep their hair, few do the right thing to retain it. One naturally runs to the barber, but generally the barber is the hair's worst enemy. The majority of people consider when they keep the hair a respectable length, neatly brushed, combed and oiled, and have an occasional shampoo, that they are doing all that is necessary. As far as appearance is concerned this may be so, but it will not add much to its health and preservation.

The hair should be looked to from infancy up. To disregard this fact is to render one liable in after-years to a diseased condition of it, or a deficiency. The infant's head is often neglected, and not properly cleaned. As a consequence, a thick scurfy crust often forms upon the scalp. This irritates the skin, and gives rise to an eczema of the head. This should not be allowed to occur. The baby's head should be washed in lukewarm water, with Castile soap, twice or three times a week. This should be practiced from birth up, and the hair daily brushed. In very young infants the softest brush should be used. As the child increases in years, two should be used—a rather harsh one first to loosen the dirt, dried sebaceous material, and epithelial scales from the scalp, and brush it out; then a fine, soft brush to smooth the hairs out. A fine comb should not be used on a child's head, and a coarse one only to part or lay the hair. Too great care can not be lavished on the hair of children.