

THE FEMALE HAIR.

WHAT IT SHOULD BE, AND HOW TO MAKE IT SO.

A woman's hair to be beautiful must be long and abounding, gently undulating, fine of texture, and of a brilliant surface. As for color, that depends upon taste, or shall we say, fashion? The blonde or golden yellow hair of the Empress Eugenie has brought the light color into great vogue, and excited even the once despised red heads high above the crowd.

The condition of the hair depends much upon the general health. An improper diet and all causes which deteriorate the latter injure the former. Excess of every kind, both mental and bodily, is sure to produce premature grayness or baldness. Baked, it is said, find it impossible to keep the hair upon their heads. The habit of wearing nightcaps, and the hat or any other covering on the head in the house is fatal. The neglect of the hair by people otherwise careful of their persons, is a frequent cause of injury. A coarse comb should be constantly used, but a fine one seldom, and the hair separated over and over again, so that they may be thoroughly exposed to the air. The brush should have bristles long and stiff enough to cleanse thoroughly the scalp and stimulate the bulbs at the root of each hair.

TWISTING THE HAIR.

Too much interference, on the other hand, does more harm than even total neglect. There are some women, and particularly those naturally endowed with the most beautiful hair, who carry its care to an excess. They are in the habit of squeezing, twisting, and otherwise tormenting it to such an extent, that the skin of the scalp is torn, the hairs broken, and even the bulbs, upon which their growth depends, are permanently injured. The hair comb is generally too much used, particularly where the hair is parted. Here, in consequence, and at the back of the neck, where the hair is so tightly drawn up, the first bald spots show themselves.

USE OF THE COMB.

Pomatus and artificial applications of all kinds are not required by those whose hair is in a state of perfect health. A comb and a brush are all that are necessary, and nothing else should be used by such. Occasionally, however, the hair becomes unnaturally dry, loses its brilliancy and suppleness, breaks or splits at the slightest touch, and easily entangles. Pomatus are now useful, and the best is this simple one: Ox marrow, 1 ounce; oil of bitter almonds, 2 drachms—mixed.

With this disposition of the hair to split and break, it is better not to get it cut until its condition is improved.

CUTTING THE HAIR.

There is a common but false notion that frequent cutting of the hair is favorable to its health and growth. Mothers thus often despoil their infants of their first silken locks, with the idea that the second hair will be much more rich and abundant. "This is an error. The most beautiful and abounding heads of hair I ever saw," says Dr. Cazneau, "were those which the scissors had never touched." Mothers, not satisfied with trimming the hair of their children, often have it shaved or cut close to the scalp, when they find it losing some of its brilliancy, or falling out. Except in certain rare cases of disease, the total sacrifice of the hair is unnecessary, and the second growth is never equal to the first. Getting the hair trimmed from time to time may be allowed as a matter of convenience, but it does not produce the benefit generally attributed to it.—Harper's Monthly.

PHOTOGRAPHY SIMPLIFIED. — How often, in the course of a country walk we meet with objects we long to have the power to record with the pencil,—picturesque combinations that may never occur again, which we would fain fix upon paper for after consultation. It is true there are the photographic appliances which place all men with equal technical skill upon a level; but we don't go out willingly for a stroll with bag and baggage—hamper ourselves with impediments that give us the appearance of being out upon a surveying expedition. Hitherto this has been the drawback to the exercise of a most beautiful art. But I am glad to find that the pencil of Nature is now placed at our disposal in a manageable form. A camera is now invented for taking landscapes, not bigger than an opera glass; a stand is improvised out of an ordinary walking stick, and a supply of dry plates, prepared on the plan proposed by Major Russell, in which bromized collodion is used. Such plates develop, with an alkaline preparation, without the aid of silver. No blackened fingers, no laboratory of bottles are any longer needed; and the method of printing, whilst it is clean, enables enlarged proofs to be taken at home at leisure. The tourist may carry in his shooting-coat pocket and in his trusty staff all means necessary for taking transcripts direct from nature in her most interesting scenes. When we see what a number of foot-clogging clay a sportsman will cheerfully carry his fowling piece over for the chance of a shot at a partridge, can we doubt that the artistic pedestrian will in future provide himself with his camera, with which, in a day's walk, he may fill his folio with recollections which will give him pleasure for a lifetime?

BAD HABITS.—Understand clearly the reason, and all the reason, why the habit is injurious. Study the subject until there is no lingering doubt in your mind. Avoid the places, the persons, the thoughts that lead to temptation. Frequent the places, associate with the persons, indulge the thoughts that lead away from temptation. Keep busy. Idleness is the strength of bad habits. Do not give up the struggle when you have broken your resolution once, twice, ten times, a thousand times. That only shows how much need there is for you to strive. When you have broken resolutions, just think the matter over, and endeavor to understand why it was that you failed, so that you may be upon your guard against a recurrence of the same circumstances. Do not think it a little or an easy thing to expect to break off a habit in a day which may have been gathering strength in you for years.

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