

**A treatise on the structure, color and preservation of the human hair / by
Thomas Bogue.**

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**TREATISE
ON
THE HAIR.**

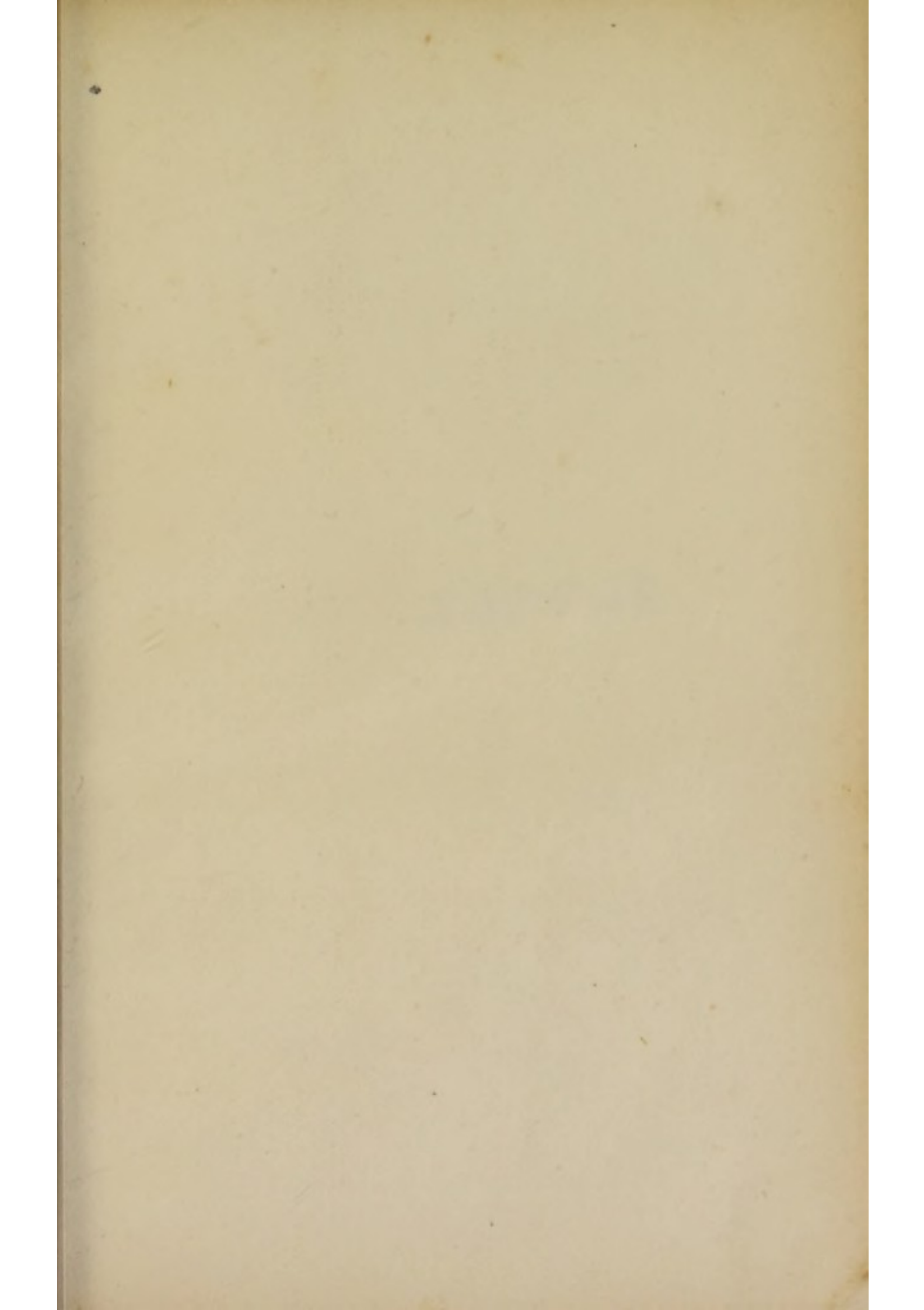
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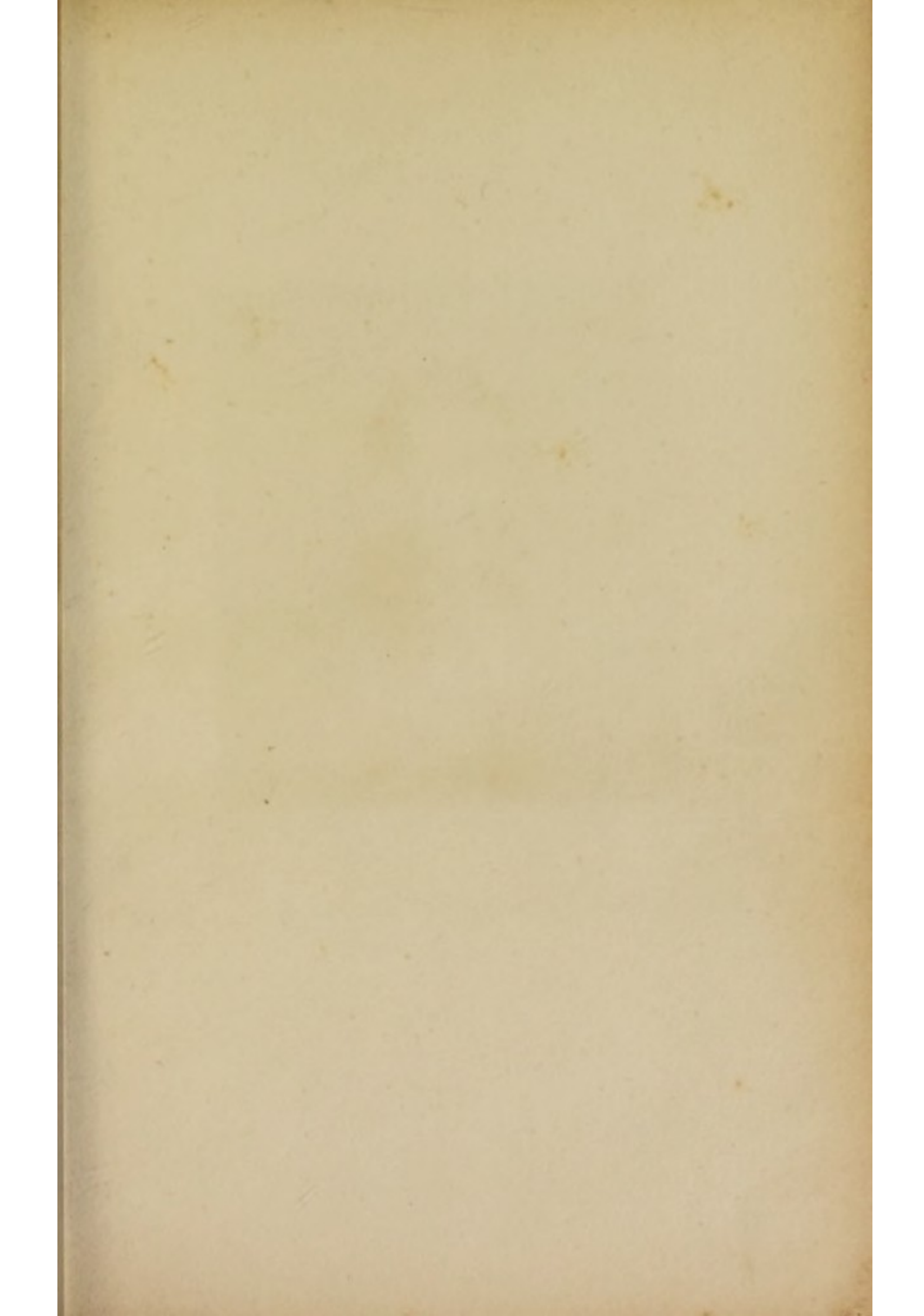


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Thomas Boqueron

A
TREATISE
ON THE
STRUCTURE, COLOR AND PRESERVATION
OF THE
HUMAN HAIR.

BY THOMAS BOGUE.

Faith his *hair* is of a good—an excellent color.—*Shakspeare*.
As full, as perfect in a *hair* as heart.—*Pope*.

Second Edition.

PHILADELPHIA.
J. W. MOORE, 138 CHESTNUT STREET.

.....
1845.

Entered according to the Act of Congress, by THOMAS BOGU,
in the Clerk's Office of the District Court for the Eastern Distri
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TO THE
CITIZENS OF THE UNITED STATES,

THIS VOLUME

IS MOST RESPECTFULLY DEDICATED

BY THE

AUTHOR.

1871

UNITED STATES OF AMERICA

THIS 7th OF JULY

IN THE DISTRICT COURT OF THE UNITED STATES FOR THE DISTRICT OF COLUMBIA

1871

ATTEST

P R E F A C E .

THE importance of the subject of the present Treatise, not only in a philosophical and ornamental, but also in a medical point of view, must be obvious to every individual. It has often been asked, why, amidst the innumerable works published on medical science, so little has been written on the subject of the human hair? I confess my inability to answer the question satisfactorily.

Perhaps, the primary cause of the absence of this *desideratum*, may be principally ascribed to the zeal of hair cutters, who devote the whole of their time solely to the practice of the art. Another cause may be fairly traced to the little estimation in which the human hair is held by gentlemen of the medical profession.

I have studied sedulously and diligently to acquire a practical knowledge of the nature and properties of the human hair; and the result of my researches in this important subject I have endeavoured to communicate in the ensuing pages. The

singular structure and delicate formation of the human hair—the analysis of its several properties and peculiarities—the causes of its varied colors—the wonderful and rapid changes in them—the best method to remedy them when displeasing—the elucidation of the different diseases to which the hair is liable—the surest means of preventing or effectually eradicating them—the means of preserving and beautifying the hair—and evincing how a full growth should be appreciated as conducive to health and additional to beauty—were the primary objects of my unwearied investigations, physiological studies and practical experience.

My object also has been to produce a work, in some degree instructive to the scholar and man of taste, and also interesting to general readers. I therefore have relieved the philosophical part of this work by a selection of numerous anecdotes, and appropriate passages of the most eminent prosaic and poetical writers.

Before the compilation of this work, I was aware of the arduous task I had assigned myself, and of the difficulty which would attend the writing of a comprehensive treatise on the human hair. I had indeed an abundance of materials, which led me to entertain a hope, that by industry and assiduity, I would be enabled to arrange with scienti-

fic skill, and to combine information and instruction in this work, which would furnish a pleasing and familiar treatise.

Not having attempted an elaborate treatise, I would refer the reader, desirous of more general and extensive information, to the voluminous writings of Dobson, Dr. Rees, Aristotle, Buffon, Robertson, Dobrizhoffer, De Galeano, Lawrence, Rowland, also to the *Encyclopædiæ Americana* and Perthenis, from whom I have freely borrowed whatever appeared to me best suited to the nature and extent of my design.

How far I have succeeded in accomplishing this task, I leave to the decision of the indulgent reader, who may honour this book with a perusal, and to whom I now apologise for any defect which may have crept into it, whether in a literary or typographical point of view.

T. B.

1847
The first of the year was a very dry one
and the crops were much injured
by the drought. The wheat was
very poor and the corn was
also much injured. The
cattle and sheep were
also much injured by the
drought. The people were
very poor and the
country was very dry.
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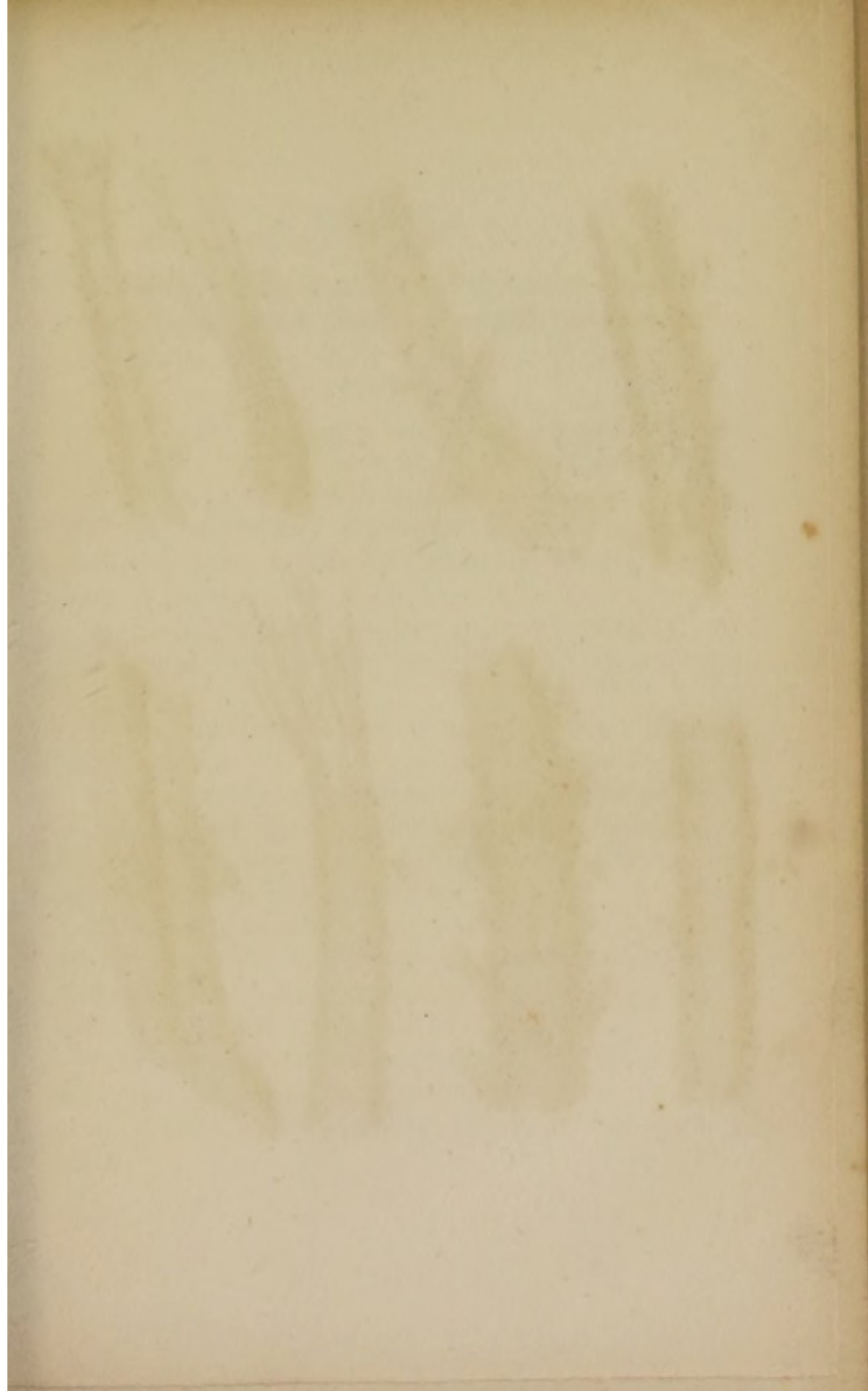




PLATE 1.

THIS engraving is an exact representation of the human hair, viewed through a solar microscope.

EXPLANATION.

1. A piece of strong hair in its full growth, exhibiting plainly different marks, warts and scales.

2. This piece of hair exhibits the coat complete, with the warts and scales on laminæ projecting from the coat, laying in a slanting direction from root to point.

3. Hair cut after a fever or in a consumption, which has become dry and divided almost from the root.

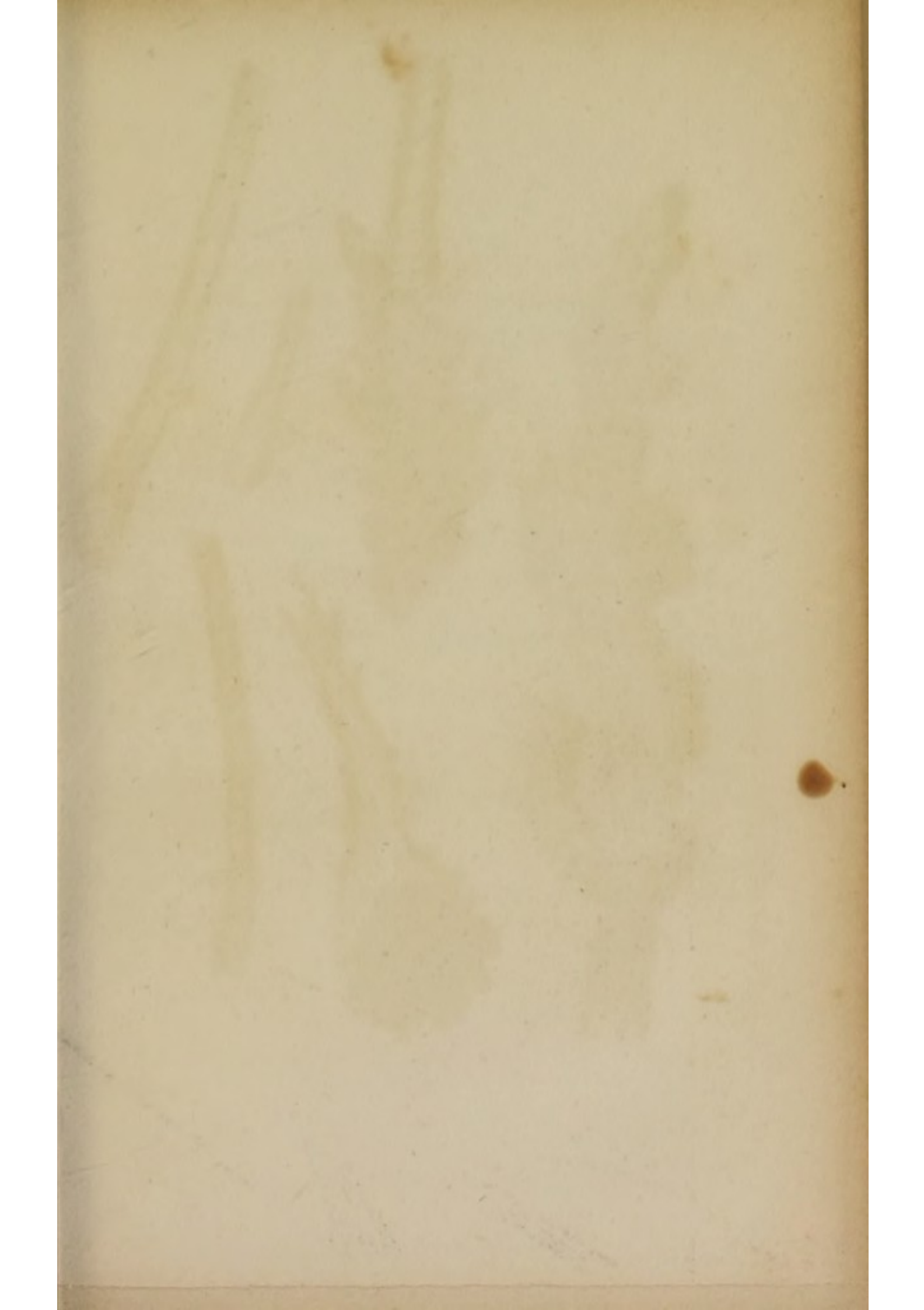
4. A hair broken and displaying the different fibres.

5. This is the representation of a piece of hair, which was of great length and full growth, exhibiting lumps, or warts, and different marks on the coat—the whole appearing transparent.

6. A piece of stout hair, exhibiting a coat more perfect than No. 1, with the warts—also the scales on laminæ projecting from the coat, laying in an oblique direction from root to point.

7. Represents the hair splitting and wasting at the point for want of cutting.

8. A piece of hair which has been cut with a knife.



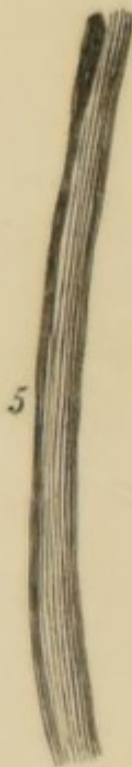
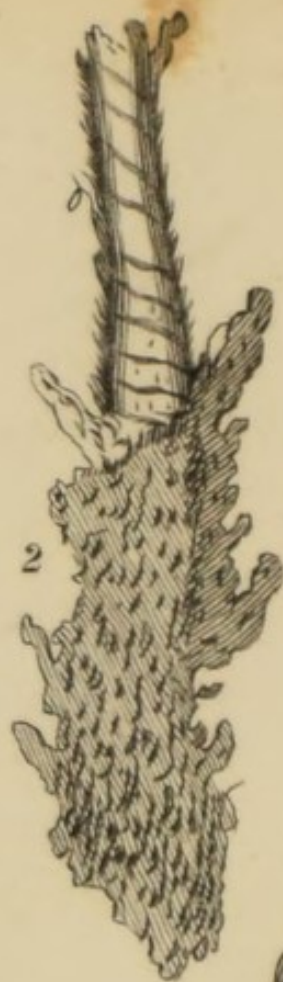
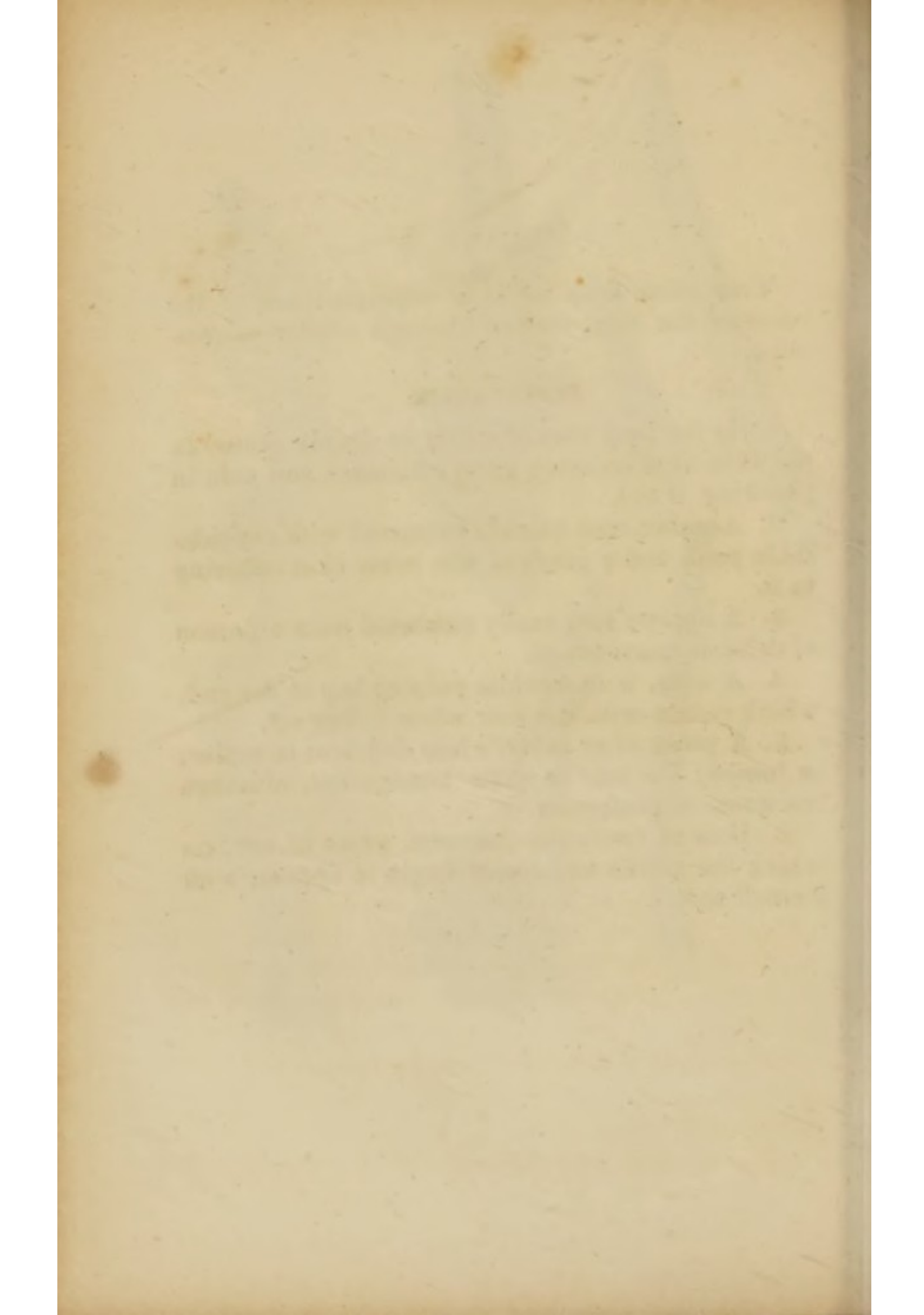


PLATE 2.

THIS plate is an accurate representation of the roots of the hair, viewed through a solar microscope.

EXPLANATION.

1. Is the long root of a hair so deeply seated in the skin as to occasion great resistance and pain in plucking it out.
2. Another root quickly extracted with considerable pain, and a piece of the outer skin adhering to it.
3. A shorter root easily extracted from a person of delicate constitution.
4. A hair, with a white pulp or bag at the end, which comes with the hair when falling off.
5. A piece of an infant's hair deficient in scales, or lumps; the hair is quite transparent, although not come to perfection.
6. Hair at twelve or fourteen years of age, on which the marks and scales begin to appear, with a small root.



A TREATISE ON THE HUMAN HAIR.

CHAPTER I.

INTRODUCTORY OBSERVATIONS.

THE most distinguished ornament of the rational creation is a head of beautiful hair, which has been noticed, in all ages, by the best writers, to be the peculiar or necessary appendage of the human frame; it may not only be said to excel others, but to be the only one in reality, as the loss of it changes the countenance, and prematurely brings on the appearance of old age, which causes many to recoil at being uncovered, and sometimes even to shun society, to avoid the jests of their dearest friends and most favorite acquaintances, whilst others are driven into solitude from the same cause, and the remainder of their lives is consequently spent in lonely retirement. Even the loss of property fills not the generous thinking young man with that heavy sinking gloom, as does the loss of

“ Youth’s bright locks, and beauty’s flowery crown,”
neither can the accumulation of riches exhilarate his mind so much as having it again restored.

The wisdom and goodness of the Creator are

eminently conspicuous in this invaluable gift of nature, which serves as an elegant covering to the head, an auxiliary of health, and tending at the same time, to enhance the contour of the

“ Human face divine”

in an especial manner, as well as to give grace, influence and dignity to the whole body.

Milton has represented hair as constituting the beauty of angels—

a golden tiar

Circled his head, nor less his locks behind
 Illustrious on his shoulders, fledg'd with wings,
 Lay waving round.

The hair shields and protects the head from cold, and it is a fact which every day's experience proves, that persons whose hair is thick on the top of the head, are less exposed to disease than those who have a small quantity of hair, or who are actually bald. The reason is obvious and self-evident—the pores of the head are in the one instance amply secured from cold, while in the other, the want of this covering occasions effects detrimental to the health, as the pores become exposed. The cold air has that power on them which often produces rheumatism, deafness and many other disorders; and at the same time, the countenance loses that beauty of expression so ornamental to its physiognomy, which emphatically indicates how greatly we should appreciate so valuable a protector of those lineaments of the face, which constitute beauty.

“The head,” writes Hervey, “screened from heat, defended from cold, and very much beautified

by a copious growth of hair, which flows down from the parted forelock in luxuriant curls, and hangs mantling on the cheeks, clustering on the shoulders—a decoration incomparably more delicate than any, or than all orders of architecture can supply, and so perfectly light, that it in no way incommodes the wearer.”

Let us, while we behold the admirable work of nature, as exhibited even in a *single* hair of the head, not rest satisfied with merely gazing at its beauty, but raise our thoughts to contemplate that bountiful being who formed it, and by whom “the very hairs of our head are numbered.”

Both ancient and modern poets have, with a degree of enthusiasm, in their descriptions of personal beauty, eulogized the hair—

The pride of every grove I chose,
The violet sweet and lily fair,
The dappled pink and blushing rose,
To deck my charming Chloe's hair. *Prior.*

Fair tresses man's imperial race ensnare,
And beauty draws us with a single hair. *Pope.*

Homer informs us, that the Grecian ladies, proudly sensible of the beauty of their hair, made use of appropriate ornaments,

No more my locks in ringlets curl'd diffus'd
The costly fragrance of Arabian dews ;
Nor braids of gold the varied tresses bind,
That fly disordered with the wanton wind. *Pope.*

Thus we have seen that the hair of the head has ever been considered a distinguished attribute of the person either in man or woman, who receives the most agreeable charm from the

“Graceful ringlets that adorn the head.”

CHAPTER II.

TOILETTE OF THE HAIR.

EVERY part of our frame deserves to be attentively considered. The hair, which is found over nearly the whole external surface, might seem at first view an excrescence hardly worthy of notice. We are soon struck, however, with the contrast between man and animals, in respect to its growth; with its general abundance over the whole body in the latter, and the comparative nakedness of the former; while in the head these proportions are reversed, and its copious and long growth, to which there is nothing parallel in animals, forms a distinguished ornament, imparting a character and dignity to the human head. We find the poets often representing the loss of this peculiar embellishment as fatal to personal beauty,

“ Fallen is thy hair, and beauty is no more.”

The ancient Hebrews esteemed the hair of the head as the principal ornament of beauty, which many passages of scripture prove; and baldness is even threatened as a sign of God's anger. The Hebrew women plaited their hair, confined it with gold and silver pins, and adorned it with precious stones. (Isaiah iii. 17, 22, 24.) According to

Josephus, the body-guard of King Solomon had their long hair floating down their shoulders, which being every day powdered with gold dust, glittered exceedingly in the sunshine; the Israelites wore their hair very long, and they thought nothing too valuable to enhance the beauty of that highly prized ornament.

Artificial hair is a very early invention. It was used by the Greeks and Carthagenians, and particularly by the Romans, among whom false tresses were sold.

The Greeks a few days before marriage, cut off and consecrated their hair, as an offering to their favourite gods. It was also customary to hang the hair of the dead on the doors of their houses previous to interment. They likewise tore, cut off and sometimes shaved their hair, when mourning for their particular friends, and beloved relatives, which they laid upon the corpse or threw into the pile to be consumed together with the body; and this was deemed a token of violent affection, they imagined that no person could die till a lock of hair was cut off, and this act, they supposed was performed by the invisible hand of death, or Iris, or some other messenger of the gods. This hair being thus cut off, they fancied that the person was consecrated to the infernal deities, and under their jurisdiction.

Nam, quia nec fato, merita nec morte peribat.

* * * * *

Nondum illi *flavum* Proserpina vertice *crinem*
Abstulerat. * * *

Virgil.

Since she neither fell by fate, nor by a deserved

death, * * * Proserpine had not yet cropped the *yellow hair* from the crown of Dido's head.

nullum

Sæva caput Proserpina fugit.—*Horace.*

Not a single person does the cruel Proserpine pass by.

In Homer, we learn that Achilles and others offered their hair as marks of affection to Patroclus :

O'er all the corse their scattered locks they throw.—*Cowper.*
And according to Bion, the little cupids, on the death of Adonis,

Shear their locks, excess of grief to show, *Fawkes.*

Sappho tells us, when insatiate death had snatched the youthful and blooming Temas, that,

Her loved companions pay the rites of wo,
All, all, alas ! the living can bestow !
From their fair heads the graceful curls they shear,
Place on her tomb and drop the tender tear. *Sherburn.*

In the book of Ezekiel this custom is noticed in the subsequent passage, "and they shall shake themselves bald."

Mardonius, the Persian general, after one of his defeats, cut off his hair in token of his grief. (*Heroditus.*) At the demise of Hephestion, Alexander, to express his sorrow, ordered the manes of all his horses and mules to be cut off.

In the time of Ovid, the Romans imported much bland hair from Germany, which was then fashionable : and those Roman ladies who did not wear wigs, and yet wished to conform to the fashion, powdered their hair with a kind of gold dust.

The art of dying hair has been ascribed to Medea, and was of course much practised by the Romans. (*Bottiger's Sabina.*) Roman ladies wore circular pins of silver, which served to keep together the different rows of curls, arranged all round the head, this being the most general fashion: and the higher the hair could be towered up, the better; though they also wore the Spartan knot behind. They likewise wore hanging curls on the side. But in the latter times of Rome, fashion regulated the hair of the males. It was cut, for the first time, when the boy had attained his seventh year, and the second time when he was fourteen years old. On the introduction of christianity, it became more common for men to cut the hair short, at least it was considered more proper. Among some orders of the Roman Catholic Clergy, (Sulpicians, Franciscans, &c.) the crown of the head is shaved. At a council held at Toledo in 633, it was formally prescribed and called *corona clericalis*. cutting the hair was a great dishonor among the ancient Greeks and Romans. Hence prisoners of war, and slaves who had committed any offence, had their heads shaved, or their hair cut. With the Lombards it was a punishment for theft under a certain small sum, and according to the law of the Saxons, (*Sachsenspiegel*) for stealing three shillings in the day time. Hence the old expression in Germany, *jurisdiction of the skin and hair*, that is, jurisdiction over minor offences, the highest punishment of which was flogging and cutting the hair, and *jurisdiction of the neck and hand*, that is, jurisdiction over aggravated offences, with the right to punish by death.

The Gauls before the establishment of the monarchy wore their hair very long and combed back, or in a knot behind, and this custom, says Pliny, gave the whole country the appellation of the hairy Gaul (*Gallia Comata.*) The magistrates wore it long or in a tuft, as some North American Indians still do.

But, on the formation of the monarchy, kings desirous of having a distinctive mark of their pre-eminence, reserved the right of wearing long hair for themselves and those of the nobility, consequently their subjects were forbidden to wear long hair.

Some writers assure us that, to cut off the hair of a son of France, under the first race of kings, was to declare him excluded from the right of succeeding to the crown, and reduced to the condition of a subject.

This custom continued till the twelfth century, when Pierre Lombard at length prevailed upon the king to repeal this prohibition.

Women wore the hair loose, but soon after began to wear caps. During the early part of the monarchy, the hair was held in such veneration, that if the subject was to degrade a prince, his head was shaved. In this manner Clovis treated Casaric, whom he had conquered. The son of that king involved in the same disgrace, said to his father in order to comfort him, "my hair, which has been cut off, was nothing but green branches, for the trunk is not dead, which will grow again."

From the time of Clovis, the French nobility wore short hair, but as they became less martial, they allowed the hair to grow longer. In the time

of Francis I., King of France, long hair was worn at court, but the king proud of the wound on his head, wore short hair, in the Italian and Swiss fashion, which soon became general. In the reign of Louis XIII., the fashion of wearing long hair was revived, and as it became desirable to have the hair cut, the wigs were also restored. It was reserved for the French revolution, which overturned so many institutions of the "good old time," to bring back Europe to natural and unpowdered hair. The French, the leaders almost in all fashions, are preeminent in hair dressing. As hair does not grow so full in North America as in Europe, much more artificial hair is worn. In southern Asia, the men turn their whole attention to the beard, and shave the head. But the women cultivate their hair with great care, and ornament it in every possible way. The African tribes generally grease their hair.—(*Caille's Travels.*)

The ancient Britons were extremely proud of the length and beauty of their hair; and it was esteemed a considerable honour among the ancient Gauls to have long hair. Hence Julius Cæsar upon subduing these people, made them cut off their hair as a token of their submission.

It is said to be the last and most earnest request of a young warrior, who was taken prisoner and condemned to be beheaded, that no slave might be permitted to touch his hair, which was remarkably long and beautiful, and that it might not be stained with his blood.

Boadicea, queen of the Iceni, is described by Dio with very long hair flowing over her shoul-

ders, and reaching down below the middle of her back.

The Danish soldiers, who were quartered upon the English, in the reigns of Edgar the Peaceable, and of Ethelred the Unready, were particularly attentive to the dressing of their hair, which they combed at least once a day, and thereby captivated the affections of the English ladies.

In the year 1129, a certain knight, who was very proud of his long luxuriant hair, dreamed that a person suffocated him with its curls. As soon as he awoke from his sleep, he cut his hair quite short. The report of this spread over England, and many of the knights reduced their hair to the same standard. But this reformation was not of long continuance, for in less than a year all who wished to appear fashionable, contended with the ladies in length of hair. Those to whom nature had denied that ornament supplied the defect by art.

Very grave authors have written extensive commentaries on the weight of Absalom's hair, and the question, we believe, is still undecided. It is more than probable that it will never be again agitated. "It was" says Harmer, "a head of uncommonly fine hair, of very unusual weight—which is all we know with certainty about it."

Having now shown the high estimation in which, as the "*decus et tutamen*" of the human head, the hair has been held, we will now proceed to an analytical investigation of it, as regards its structure and properties.

CHAPTER III.

FORMATION AND GROWTH OF THE HAIR.

To understand the organization of the hair properly, it is necessary to possess some knowledge of the skin out of which it grows.

The skin is composed of three different *tunics* or layers; a thin one like India paper, being outermost, which is called the *epidermis*, or scarf-skin, and is not an organized body, for no nerves or vessels have ever been traced to it. It may rather be considered as a covering resulting from the drying of the external layers of the *mucous membrane*.—(*Dr. Bichat.*) Its use appears to be, to blunt the otherwise too acute sensibility of the *true skin*, properly so called, and to protect it from the impression of external bodies.

The next layer, is a kind of glutinous, slimy pulp or paint, in the form of a membrane, which determines the color, and within these two, is a thick, strong leathery coat, usually called the true skin. To be brief, the human skin has a similar number of layers to the bark of a tree. It is to be recollected, also, that the outer layer, like the nails, has no feeling—a useful quality, which serves to protect the great sensibility of the inner skin, where the nerves terminate in millions.—*Dr. Hayward.*

Each hair appears to be composed of a liquid substance, secreted in the *cutis vera*, or inner skin, proceeding through the pores of the *cuticula*, or outer skin, exhaled by the heat of the body to the surface, and thus condensed in passing through the pores, it then becomes hair; and each hair when properly supplied with the nourishment, is extremely firm in those pores.

The celebrated Albertus Magnus informs us that “the brain is divested of gross humor, color or phlegm, which passes through the exterior flesh and becomes dry, and is converted into hair.”

Chesselden, the illustrious anatomist, asserts that “each hair is nourished from the *matria perspirabilis*”—perspirable matter, which constitutes the root, forms it in various shapes, some bulbous, and others very long and thick, exactly like the root of a tree; owing to the plenitude of nourishment it receives, this long root runs deeper into the skin than the bulbous, which the subjoined experiment will demonstrate.

When I attempted to *pull* out a hair, I have found a strong resistance, and discovered it to be occasioned by a *long root*. I have found the resistance such, that several hairs have been broken, which has caused the person from whose head I plucked the hair, *much pain*, before I could succeed in getting *one* out; when on examining it, I found it was strengthened by the long root.

The perspirable matter issuing from the pores of the outer skin, becomes very hard and callous, and is formed into hair. As soon as the moisture gets above the skin, it forms an oval, square or round; and according to the supply of nutriment,

so it grows quickly to a prodigious length, or slowly and keeps short. Each hair has been generally understood to be hollow; it is not entirely hollow, but consists of a number of fibres which are distinctly seen with the microscope. Although the coat of every hair is callous, still it is so transparent, that these fibres may be distinctly seen. The external part of each hair, from root to point, is covered with a hard coat, some resembling the bark of trees, with thorns projecting exactly like a briar; others just like a fish covered with scales, approximating to each other, and with a sharp point; some of these scales are more distant, and in an erect position; most of these hairs have lumps, resembling the warts which grow on trees, interspersed with medulary cells or valves, all forming a pleasing appearance.

Although each hair is covered with three different coats, still they are in many parts transparent. In light hairs, the scales, warts and briars, all bear a different shade, which gives to every hair a beautiful silver or gold hue, which is often observed by the naked eye:—

Half her breast |
Naked met his under the flowing gold
Of her loose tresses hid.

Milton.

The hair of the head forms an elegant and interesting, as well as a most pleasing subject for the reflecting mind. Thus nature in all her operations, even to the minute objects of a single hair, evinces the wisdom of the Great Architect of the universe.

Nature all o'er is consecrated ground,
Teeming with growth, immortal and divine.—*Young.*

The hair presents well marked varieties in the different races of men; compare the short woolly knots on the head of the Negro, or the coarse, straight and thin hair of a Mongolian, together with their beardless faces, to the ample growth of fine and undulated locks, and the full beard which so gracefully adorn the head and face of the Caucasian race.

The scales on each hair are in a slanting direction from *root* to *point*. I have taken a single hair, and held it by the root in one hand, and drawing it through the fingers of the other, from root to point, no resistance has been felt; but passing it in the same manner from *point* to *root*, I felt a tumultuous resistance.

By the same experiment, the root from the point may be distinguished when the root is cut off; and the coarser the hair is, the more perceptible is the friction.

The above observations will demonstrate, that the hair from the root upward, is in some parts hollow, and I have always observed that there are more *square* than *round* hairs, which are anatomically proved, from the size of the pores of the outer skin, whence they issue, and from each pore, from which one hair grows. Though some writers have affirmed that "many hairs issue from each pore," but it is easily discernable by the microscope, that when these hairs are found to have branches, it is through their wasting or decay, whenever that is the case, the hairs have seldom any root, but will easily comb off; then the root comes with the hair, which proves that the pores are open. Therefore, it appears to be according

to the size of the pore, that the hair is square or round.

The coarser hairs are square, and along the hairs, both square and round, there are dark lines, which appear to be the fibres uniting with each other, throughout each hair. These observations are corroborated by Lewenhoeck, who writes, "on examining hairs which have been recently plucked out, I have seen with the microscope, several distinct small fibres, uniting and forming at the bottom of the hair: I have no doubt a great many more would have been perceptible, had they not been broken off. These fibres were transparent."

Dr. Marriot says, "hair does not grow as plants which shoot forth their sap into their fibres and bark, to the extremities of the branches; but as nails, so that what is last formed of them, drives forward and out of the flesh what was already formed. If the hairs should be dyed into a color from what they are naturally, that which grows anew, near the skin of the head, is of a different color from the rest. The fibres of the hair are transparent, and this multiplicity of transparent fibres should have in regard to rays, the same effect as a glass cut facet-wise. Those who have attributed all the rays which appear about candles to the reflections made on the edge of the eye-lids, are mistaken. These reflections produce but two rays, one upper, and the other lower."

The above remarks evidently evince that the hair receives nourishment, and that hair which receives the most, has an additional brilliancy and strength.

The hair is sometimes hard and soft, in proportion to the skin and pores. As fine and delicate skin produces soft hair, and a thick skin with the pores open, causes coarse hair.

It is well known that fear and terror causes the hair to stand erect.

Obstupui, steteruntque comæ. *Virgil.*
I stood aghast ! my hair rose on end.

This is occasioned by the heat proceeding from the outward part of the body to the heart; the pores being shut, the hair assumes an erect position.

————— And from his horrid hair,
Shakes pestilence and war. *Milton.*

We find this effect of fright and terror making the hair stand upright in animals. It has been particularly noticed of that noble animal the horse, under the impression of terror. In the Book of Job. iv. 15, Eliphaz, the Temanite, in his description of a supernatural appearance, observes :

“ And when a spirit passed before me,
The hair of my flesh stood up.”

In the passion of anger, the manner in which the hair is affected, adds to its terrific appearance, as finely delineated in the subjoined quotation from Scott.

Fierce was her look, and stern her air,
Back from her shoulders streamed her hair ;
The locks that wont her brow to shade
Stared up exactly from her head.

The hair spreads according to the form of the skull and the position of the muscles, and it has a

wonderful influence on the countenance. Lavater, the celebrated physiognomist of Switzerland, makes the following remarks on this subject:—
“as is the hair, so the muscles; as the muscles, so the nerves; as the nerves, so the bones: their powers are mutual: and the powers of the mind to act, suffer, receive and give proportionate.”

CHAPTER IV.

BLACK OR DARK BROWN HAIR.

THE colour of the hair depends principally on the quality of the nourishment. Black, or dark brown hair is caused by a redundancy of nutriment. The choleric phlegm, or ebullition of humidity, with which it is fed, being of a cold nature, and the pores open and moist, the hair, consequently acquires great strength.

Long black hair always retains this strength, even until death extinguishes the "lamp of life." This sort of hair when at the length of one yard and a half is equally as strong at the point as at the root: and there are examples of persons having dark hair, which has kept its length and thickness during the period of violent sickness, and continued so till death.

The Celtic and Slavonic races, which make up the chief population of Europe, the eastern Asiatics and northern Africans have generally, with a rather thick and dark skin, strong black or dark brown, and more or less curly hair.

White mentions an Italian lady, whose hair trailed on the ground, when she walked; the same observation may be made of the Greek women. A Prussian soldier had hair long enough to reach the ground, and a certain English lady had it six feet long.

Hearne says, that “the North American Indians leave a single lock on the head; and that he saw some nearly six feet high, and when let down it would trail on the ground, as they walked.

The greater part of the head of the Chinese is shaved, the portion of hair which is left on, often reaches the ground.

So great a portion of nutriment does black receive, that the rest of the body has appeared deprived of its natural moisture, and when it has been cut off, the patient has recovered; this plainly proves that each hair evidently lives. On the contrary, we observe that in various instances, the whole person has received strength.

We have an instance of this in the Scripture, (Judges, xvi. 19, 22.) “And she called a barber and shaved his seven locks; and began to drive him away, and thrust him from her: for immediately his strength departed from him.” Thus we see that the strength of this celebrated man was in his *hair*, which was short. For when the locks were shaved, his Herculean strength was gone: but after “his hair began to grow again” the extraordinary power of bodily strength was restored to him.

A celebrated man who made hair the grand basis of his studies, says, “I knew a person, whose hair was dark and short, of great muscular strength, so as with one arm to tear up a post with apparent ease.”

Wreathed in its dark brown rings, her hair,
Half hid Matilda's forehead fair;
That suited well the forehead high,
The eye lash dark and down cast eye.

Scott.

The ancient Britons had principally black and dark brown hair. The hair of the females grew to an immense length: their skin was peculiarly fair. Indeed, even to this day, a lady with long black hair, and a fair skin, is termed an old English beauty, alluding to the Aboriginal British females.

The Chinese ladies have hair jet black, fastened in a knot at the crown of the head, and decorated with a variety of artificial flowers.

The natives of Macassar in the East Indies have long black curly hair, solely occasioned by the attention which they pay to it.

————— As she fled, the wind
Increasing, spread the flowing hair behind.

Pope.

“The American and European have the longest hair,” says Bell, “next to them the Asiatic, and lastly the African.”

The black hair of some of the Indian tribes grows to a prodigious length; some is so strong, that it has exactly the consistency of horse hair: but square, and not in the least inclined to curl.

Barrington, in his description of the natives of New South Wales, informs us, that “their hair is short, strong and curly; and they having no method of combing or cleaning it, the hair is always filthy and matted; the beard is short and curly, like the hair of their head.”

The inhabitants of the Island of Pugniatan, in the East Indies, have very long strait black hair, and the women have no eye-brows.

“The female population of Java” writes Legat,

“are of a light brown complexion : their features regular and their *hair* very long.”

“The Malays of Malacca,” says Buffon, “have long black and shining hair, which changes to grey at an early period : and the inhabitants of Mexico and Peru have very long and black hair.”

The women of Circassia, so famed for their beauty—for their exquisitely fine features, and the inimitable fairness of their skin—white as snow, have hair of an incomparable elegant black hue.

Black hair has ever been held in the highest estimation. In the Canticle of Canticles, v. 2, we find black hair peculiarly specified as beautiful ; “his locks *as* black as a raven.”

In the poem of Cymon and Iphigenia, we find the following passage :

Thy jetty locks that careless break,
In wanton ringlets down thy neck,
Become thy smiling mein.

Ossian.

Black hair characterised the prophetic virgins of the Druids :

Her sable hair its ringlets spread,
Convolv'd like snakes around.

Chatterton.

In a poem of a contemporary which indicates that the author possesses a poetic genius of no ordinary stamp, we find the following :

Then thy black clustering curls of hair,
That sport o'er beds of snow, &c.

From the very many passages which are to be found in the best works, illustrative of the beauty of black hair, I will only quote two examples.

Nature enriched Mary Queen of Scots, with its richest donations, which were polished and re-

finer by every accomplishment, that can not only elevate the mind, but give attractions to the charms of beauty,

Transcendant charms of ev'ry kind
Adorn'd her person and her mind.

Cornwall.

Though uniformly experiencing ingratitude, from those who shared in her bounty, and basked in the sunshine of her fortune; she was, like Napoleon, forgiving and tolerant to her foes and persecutors. Robertson, the erudite historian, thus describes her hair:—

“Her hair was black, though according to the fashion of that age, she frequently wore borrowed locks, and of different colors.”

In Scott's far-famed poem—*Lord of the Isles*, we find the following distich:—

His garb was such as minstrels wear,
Dark was his hue, and *dark his hair*.

CHAPTER V.

FLAXEN HAIR.

FLAXEN hair is produced from a different nutriment to dark hair; and of which there is not so large a quantity. The skin is fine and the pores closer; consequently the hair becomes fine and transparent; it is also square, which is evidently the reason of the flaxen and light brown hair possessing the additional lustre and brilliant shades, considered by some, far superior to other hair. Persons who have flaxen hair are generally enervated, and sometimes of small stature.

But this is not always a criterion, for there are at the present day, American ladies, who are tall and handsome, having flaxen or light brown hair, extending to the length of thirty six inches. They enjoy good health. A hair cutter, in London, says, "One lady whose flaxen hair I cut off extending to the length of thirty-three inches, three times in the course of eight years, enjoyed a peculiarly excellent constitution; which shows that light hair *sometimes* possesses great strength as well as dark hair."

She, as a veil, down to the slender waist,
Her unadorned golden tresses wore
Dishevell'd, but in wanton ringlets wav'd
As the vine curls her tendrils.

Milton.

Beautiful flaxen hair has ever attracted admiration. Among the Anglo-Saxons and Danes, the unmarried females had their flaxen tresses flowing in ringlets on their shoulders.

Some persons retained flaxen hair to old age; this is true in those who have not been harassed by corroding care, soul-sickening trouble and agonizing afflictions. Anxiety and its concomitant evils preying upon the mind, operate in a high degree on animal secretion, which greatly affects the hair. Young persons having flaxen hair, and experiencing vexation and disappointments, have had their hair changed in a short time.

In 1816, in New York, there was a young man, whose hair was of this color, and remained so until he was twenty years old, when gradually, through study, anxiety and disappointment, the whole mass of hair was changed to a dark color, and soon afterwards to grey; the animal spirits have a surprising influence on hair.

My *hair* is grey—but not with years,
Nor grew it white
In a single night
As men's have grown from sudden fear.

Byron.

In the New England States, the author has observed that very many of the inhabitants have fair hair; at the same time possessing strong constitutions.

The ancient Britons were peculiarly distinguished for possessing fine flaxen hair. Buffon tell us that "the inhabitants of America have their skin as white as milk, the hair is white on the heads of some, and from seven to eight inches long."

In Arkansas, the inhabitants have fine fair hair.

They are denominated “the handsome men,” strong and robust.

The power of grief on the hair is exemplified in the person of Marie Antoinette, whose hair is said to have changed its color in a single night, when she was imprisoned during the revolution in Paris.

Just before the execution of Mary, Queen of Scots, her hair was nearly all white. The inhabitants of Formosa, near China, have fair and beautiful hair.

With dimpled cheek, and eye so fair,
Through his thick curls of *flaxen* hair.

Scott:

There was an exhibition some years ago in London of the Albinenses, from the Glaciers in Switzerland, who displayed uncommonly beautiful hair, which was flaxen, peculiarly soft, and long enough to reach the ground. Their eyes were red as crimson, and their skin was extremely delicate.

An example of fear having changed the hair, is thus expressed by Scott

Deadly fear can time out-go,
And blanch at once the *hair*.

The Swedes have fair hair, and are a strong race of men; as also some of the Russians.

The following anecdote of the Duchess of Marlborough, wife of the hero of Blenheim—may serve as another instance of flaxen hair.

One of her principal charms was an abundance of fine fair hair; and being one day at her toilette, the Duke said something which offended her, she instantly cut those luxuriant tresses, and flung them in his face.—*Walpoliana*.

Lady Sunderland, her daughter, whose beauty captivated Dr. Watts, who wrote some elegant verses to her, was possessed, like her mother, of a head of most beautiful hair.

In the year 1814, a young woman was exhibited in Fleet Street, London, whose flaxen hair was five feet, nine inches long.

We translate from a Parisian periodical, published in 1827, the following paragraph :

“ You ask me, dear friend, to describe the Grecian females, and give you a sketch of their personal charms. The task imposed by friendship, I shall cheerfully perform to the best of my ability. My heart is often gladdened by the revival of some dear recollections, which spring up green and fragrant, under the sun-beams of memory. * *

* From beneath the cap along the cheeks, flow a fine lock of *flaxen hair*, curling on the face, and down the back a profusion of luxuriant tresses, glossy and silver-like, waving over her snowy neck and shoulders in ringlets, which appear to be twisted by the hands of Cupid. *

* * I am now in Corinth, and the few females whom I have seen are handsome, their complexions generally brown; their figure not tall, but finely formed, their face oval, with high foreheads, and dimpled chins; their eyes large and brilliantly blue; and their fine, flowing, *flaxen hair*, add to their charms.”

CHAPTER VI.

RED HAIR.

THIS colored hair is produced from a strong phlegmatical nutriment; and persons who possess it, are of a sanguine disposition, and generally strong and healthy. Their heads are larger than those having hair of a different color; and this kind of hair is often exceedingly long. It is angular: and the scales on it being more predominant than on other hair, give an additional splendor to the shades.

Red hair, in general, grows very thick and is quite strong. Heat has great power over it; especially the burning rays of the sun. There are instances of persons having a fair complexion and light brown hair, who, by travelling in climates, where the sun has great power, had their hair completely changed to red.

There was a young gentleman who went to Sumatra, and resided there for some time; and when he returned home, his friends were astonished to perceive his hair totally changed to red; prior to his departure, it was a light brown.

The inhabitants of that place have glossy raven hair; the change of the hair of the person ad-

verted to, must have arisen from the heat of the sun.

In Tripoli and Turkey, the ladies so greatly esteem red hair, that they even paint the hair of their children, a vermillion color.

Red hair was first discovered in Africa and Asia. It was prevalent among the ancients. It was not known in England, until after the Saxons and Danes had respectively invaded it. But this colored hair was known in France, and viewed at that period, as rather a singular circumstance.—The second son of William, Duke of Normandy, who conquered England at the battle of Hastings, and succeeded to the crown on the demise of his father, was surnamed “Rufus,” or *red hair*.

The Danish soldiers who were quartered in England, in the reign of Ethelred the Second, prior to the Norman conquest, had red hair; and by paying great attention to its tasteful arrangement, they became the object of general attraction.

When brave Canute led on his warlike Danes,
Each man with his red hair took mighty pains
To make it pleasing to the female eye,
And made the Saxon beauty an ally:
Thus with their banners proudly waving round,
Love's triumph after victory was found. *Keating.*

Red hair had been almost universally given to warriors, and golden tresses to ladies. In heathen mythology, the golden locks of Apollo—the red hair and beard of Mars—the yellow tresses of Venus—and the flaxen braids which were twisted under the helmet of Minerva, demonstrated how much the color of this hair was appreciated by the ancients.

We meet, indeed, with scarcely any description

of a fine and beautiful woman or man, in the poems of Ossian, without the red hair being introduced as one of the greatest ornaments of their person.

When the hair assumes a light red hue, it is termed an auburn; and when the nutriment acts upon it properly its gloss and shades are brilliant.

Sweet Clara, artless young and fair,
Enchants me with her auburn hair.

Home.

In an Album belonging to a talented young lady of this city, a friend thus commences a poem to the fair owner:

"I'll neither call thee beautiful,
Nor say that thou art fair;
I will not praise thy witching eye,
Nor laud thy auburn hair,
I'll speak not of the roses sweet,
That blush upon thy cheek,
Nor auburn tresses richly hung
About thy snowy neck."

From a beautiful poem, called the "Captive Girl," written by an esteemed friend, now reposing under the "clod of the valley," I extract the subjoined:—

"Soon in the hall, the captive maid
Before the king her footsteps staid;
And with a bitter anguish smil'd
Upon the court; while floating wild,
Adown her neck *red ringlets* roll'd
In wavy tresses bathed in gold,
And her soft bosom heaved the sighs,
While tear-drops sparkled in her eyes,
And o'er her cheeks convulsive ran,
When the proud chieftain thus began," &c.

CHAPTER VII.

CURLY HAIR.

CURLY hair proceeds sometimes from a superabundance of heat, and frequently appertains to persons of a lively disposition, or disposed to the least irritability of temper; consequently the secretion is more braced, and the pores close; the effect of which is, that the hair becomes curly

There is a variation, however, in some instances; many persons of great strength have thick curly hair: the secretion is more of an oily nature, which proves that when the fluid becomes dry, the curl loses its strength, and that too often irretrievably.

It happens sometimes that persons bathing in a river, or cold bath, upon coming out of the water, find their hair frequently curly, which is an evident additional proof, that any strengthening substance, even water, gives new vigor to the hair of some—those who perspire a great deal.

Many of the Indians have curly hair, and they are of a robust constitution: their employment, hunting especially, requires the exercise of great activity.

The hair of the inhabitants of a few islands in the Pacific Ocean, is so curly, that they make use of various methods to make it straight.

What an addition to beauty is a well-set ringlet on the forehead, or a flowing curl laying gracefully on the shoulders !

Under a coronet his flowing hair
In curls on either cheek played.

Milton.

Homer's description of the nod of Jupiter, is thus translated by Pope :

He spoke : and awful bends his sable brows,
Shakes his ambrosial curls, and gives the nod,
The stamp of fate, and sanction of a god.

The Negro has woolly hair. The thickness of the skin prevents the escape of certain particles of perspiration ; and these render the skin opaque and black. Hence the hair shoots with difficulty, and scarcely has it penetrated, before it curls, and its growth ceases.

My fleece of woolly hair uncurl'd.

Shakspeare.

The natives of New Holland have short black and curly hair.

The women of Mingrelia have beautiful curly hair, flowing in ringlets in all directions. These ladies are very handsome, and some of them display these curls in a tasteful manner, which renders their appearance truly elegant and fascinating.

*Verses addressed to a lady, on having cut off a lock
of her hair.*

Fair friend, this lock I'll ever save,
'Tis what you truly, kindly gave ;
And now it's present to my view,
O ! may it never change its hue :
So you remain unchang'd the same,
Beauty exalts, and virtue gilds your name.

Philadelphia, 1840.

I have before observed, that persons possessing curly hair are generally of a strong constitution, and corporeal powers, I know many—and I may add, that history furnishes us with many instances of men having this kind of hair, who have been eminent for the strength of their *mental powers*.

Such was Brutus among the ancients.—*Livy*.

There are instances of this kind now found in modern times, of handsome men with light curly hair, as well as beautiful black hair, in whose company we have recognised the lucid emanation of a cultivated genius and lettered mind.

Fresh are his ruddy cheeks, his forehead fair,
And like the burnished gold, his *curling hair*.

Pope.

A LEAF FROM AN ALBUM.

Sweet ringlets bright ! sweet ringlets bright !
That cling like tendrils of the vine,
O'er temples of the purest white,
And there in eager fondness twine !
I see you in your glory now,
As half you shade the maiden's brow !

The Greek mythology of old,
Dame Nature's freaks has oft revealed,
Telling of tresses wrought of gold,
And locks mid sparkling gems concealed ;
Of writhing asps, erect and dead,
Close coiled around the gorgon's head.

No such are here ; with serpent *grace*,
And serpent's magic power to charm,
Her ringlets hold their wonted place,
Where I may rest—nor find it harm,
What envying fair may not repine,
“ O ! that those clustering curls were mine.”

And e'en the neck, like jealous sprite,
Its silken scarf disdains to wear,

And through its folds, in dazzling white,
It struggles forth unchecked and bare.
Fancy presents those tresses yet—
Who that has seen them, can forget ?

The prophet tells with truth and power,
What partial nature scarce will own,
Her hair is woman's sweetest dower,
Conferred in grace on her alone.
Proud man unmurm'ring yields the prize,
Which makes her lovelier in his eyes.

And ever may those ringlets flow
In rich luxuriance—clinging wild,
In beauty round that neck of snow,
Like mother to her parting child.—
Such magic gem a maiden wears,
Unconscious of the charm she bears.

This was written by a young gentleman, when he was offering the incense of adulation to a beautiful young lady, whom he “woed and won” shortly after he returned the Album. It is now published with their permission.

CHAPTER VIII.

LONG HAIR.

THE length of the hair is greatly increased by the abundance of the phlegmatic matter with which it is continually supplied, and causes it to augment to a great degree; there is more of this moisture predominant in women than men. Long hair gives to the female, a mild, benign, and beautiful countenance; it is a distinguished ornament of the human frame, and a great addition to the features.

A silent gentle tear let fall from either eye,
And wip'd them with her hair. *Milton.*

It is evident that Mary Magdalene, who washed our Saviour's feet with her tears, "and wiped them with the hairs of her head," had luxuriant locks.

In the hall of the feast came the sinful and fair,
She heard in the city, that Jesus was there,
She mark'd not the splendor that blaz'd on the board,
But silently knelt at the feet of her Lord.

She gaz'd on her Saviour,—she spoke but in sighs,
But she dar'd not look up to the heaven of his eyes,
And the hot tears gush'd forth from each heave of her
breast,
As her *long hair* to his feet was eagerly prest.

Then so sad, and so humble, so pensive and meek,
Hung dark o'er the blushes that burn'd on her cheek,

And so sad, and so lonely, she bent in her shame.
As if by magic her spirit had burst from its frame,

The frown and the murmur went round through them
all,

That one so unhallow'd should tread in that hall,
And some said, the poor were objects more meet
For the wealth of the perfume she shower'd on his feet.

As the clouds after tempest—as shineth the bow,
In the glance of the sunshine as melted the snow,
He look'd on that lost one, her sins were forgiven,
And Mary went forth in the beauty of Heaven.

This poem was written by a young gentleman,
whose name I am not at liberty to disclose.

Godiva, the wife of Leofric, had such an immense
quantity of hair, as to cover her body, which is
beautifully exemplified in this quotation from
Thompson:—

—— and now with streaming locks
That half embrac'd her in a humid veil.

As long hair is so great an addition to female beauty, it behoves every lady to take care of it and improve it. The climate has an astonishing power on the hair. I have already mentioned, that persons, having visited hot climates have had their hair increased to a great length, and it has become hard and coarse: on the other hand, many persons have lost their hair and continued bald during their mortal career.

The reason is obvious, in some persons the heat dries the moisture, therefore it requires an additional aid.

The beauty of long hair has, from time imme-

morial, been viewed as a highly prized ornament.

And lovely, mid his wild despair,
Fast stream'd his eyes, wide flow'd his hair.

Scott.

Addison in his story of Inkle and Yarico, thus describes the former:—

“He had a person every way agreeable: a ruddy vigor in his countenance; strength in his limbs, with *ringlets* of fair hair loosely flowing on his shoulders.”

So was Achilles, of Trojan fame, represented, and many of those heroes of antiquity, whose names have been rendered illustrious by their deeds of glory.

An English author who lived in 1786, thus writes of a woman, who was exhibited at different places in London: “the length and strength of her hair were such, that she could twist it round a blacksmith’s anvil, weighing about 200 pounds, and lift it with ease from the ground.”

Absalom was peculiarly remarkable in respect to the large quantity and the beauty of his hair.

A hair cutter, now deceased, had a sign at his shop window, Grub Street, of Absalom suspended from the tree, whose branches caught his hair, under which were the following ludicrous lines:—

O! Absalom, my son, my son,
If thou had'st worn a periwig, thou would'st not been
undone.

There is a gentleman in this city, who has exhibited to the author, the hair of an Indian, which is six feet long.

When Madame Rowland was brought before

the revolutionary tribunal of France, her appearance was highly interesting; her long dark hair flowed loosely to her waist.

Horace Walpole relates an anecdote of the countess of Suffolk, mother of George II., who, at an early period of life, was eminently conspicuous for her beautiful hair. "Her husband having given a grand entertainment to the Hanoverian Ambassador, and the expenses not being paid, she cut off her *long tresses*, which at that time procured an immense profit, to defray the costs."

Long hair requires particular attention to keep it in a healthy condition, and to produce that pleasing appearance which, every one possessing any personal pride, is so anxious to exhibit. I have said, that it requires more nutritive matter for its support than short hair. Some physiologists have gone so far as to doubt, whether it may not hereby be injurious to the general health as productive of debility. But there seems to be no real ground for such a belief, as a healthy system, like the roots or trunk of a fruitful tree, will always be able, without inconvenience, to furnish sustenance enough for its branching foliage.

Dr. Parr, however, affirms that "suddenly cutting off *long hair*, has, to my knowledge, been injurious, and attended with every appearance of *plethora*."

In all her youth and loveliness,
She lies before me now ;
The same bright *curls* of shining *hair*.
Upon her snowy brow. *Hammond.*

CHAPTER IX.

GREY HAIR.

GREY hair is caused by the disease or putrifaction of the moisture ; consequently it becomes white. The natural nutriment exhaling to the surface, but still of a different kind, nourishes the white hair, which is the cause of its growing. If it be asked, how does grey hair grow ? I answer, it grows from this nutritive matter, but is not of the nature of other hair. It is of some magnitude, yet deficient in those scales and lumps as heretofore mentioned ; it is also more erect than other hair.

The cause of this putrifaction taking place is in consequence of long-continued illness, violent fevers, excessive grief, great anxiety, intense thinking, close attention to study, too much exercise, or anything which tends to injure the natural moisture of the body.

The head is always first affected, and particularly those parts nearest the brain ; which is evident by the hair changing to grey about the temples, and on those parts towards the brain. Very few persons become grey on the back part of head, till a considerable time after the hair had begun to change. Men are more subject to grey hair than women, because of study, anxiety, &c.

Hair generally turns grey, in young persons, at the point. Whenever this is perceived, they should not fail to have it cut regularly twice a month; and to brush it at least three times a day. The brush should be a hard, penetrating one. Use, twice a week, a fine tooth comb. By faithfully observing these simple rules, the nutritive matter will flow from the roots to the points, and the hair will retain its natural color for many years; consequently the growth of grey hairs will be prevented. In older persons the hair turns grey at the root. The same rules are applicable to their case. Continual perseverance will invariably produce joyous results to those who, although not old, appear so.

There is a gentleman, now living in this city, whose hair was turning grey; he applied to me for advice respecting it. I cut it once a fortnight, and brushed it ten or fifteen minutes, three times every week, for a month. Business of an urgent kind demanded his presence in a sister city, whence he wrote, after the lapse of two months, that "his hair grew much thicker, and there was scarcely a *grey hair* perceptible."

This is one example of the very many which have come under my observation. I say to those having some grey hairs, as I said to the gentleman just spoken of, persevere in the directions herein offered, and the result of restoring that hair to its pristine color, will be certain.

As the hair of many persons change at an early period of life, and as immediate attention should be paid to it as soon as perceived, they must not suppose that it can be from one cause. It may arise from many, imperceptible to the person. Sudden

fright, anxiety, or other casualties, the effects of which have changed it even in an hour.

The subjoined singular occurrence happened in 1832. "A young girl, aged 14, very fond of novel reading, in consequence of which she was so impressed with superstition, as to be afraid of even being left alone. This foolish dread was well known to her brother, who, unfortunately, one night frightened her; the results were really alarming; one fainting fit succeeded another during several hours, her hair changed from black to grey, and finally her head of glossy hair wasted entirely away."

A father once related the following freak (which occurred in Cumberland, England,) of his son, who attended school near the sea-side. "The boys were accustomed, during their recreation hours, to stroll to the rocks, for the sole purpose of robbing the eagles' nests. One day, calling to see his son, which was in play hours, the teacher went in search of him; they had not advanced far, when they perceived him, let down the rocks by a rope, with a sabre in his hand, the glittering of which prevents the eagle's approach. The son observed the bird of Jove flying towards him, and in adroitly flourishing the instrument, which shielded him, he cut all but one thread of the cord by which he was suspended. Had the rope been wholly cut, he would have been precipitated into the yawning abyss, and must inevitably have perished. In this terrific situation, the utmost care was taken to draw him up. He was restored to the arms of his affrighted father. The boy was almost lifeless through *fear*, he was conveyed home. Many

hours rolled away, before he recovered from the stupor which the fright occasioned, and to the great astonishment of all who knew him, his jet *black hair* was turned to *white*!

“In the Marian Islands,” says Buffon, “it is the occupation of the females to whiten the hair by certain lotions.” Thus showing that in some parts of the world, white hair is preferred. Dr. Darwin says, that “the vivid white reflected from the snow, is the cause of animals in high northern latitudes, becoming white in winter.” This singular change takes place in the Alpine hare, and the ptarmigan or mountain partridge, though brownish grey in summer, they become wholly white, as soon as the snow begins to cover their places of resort.

The Doctor's opinion on this subject, seems to be derived from the camelion, which is said to take the color of every object at which it looks. If it looks at a field of grass, it becomes green; if at the sky, blue; if at snow, white. He accordingly maintains, that it was the action of the snow upon their eyes, which turned all the Polar animals white in winter: and for a similar reason, he would infer that larks are grey, because they frequent sandy fields; and canaries yellow, because they are reared in brass wire cages! The Doctor forgets to inform us, how cattle and sheep escape becoming green, or how a landscape painter escapes having his face variegated with all the colors of the rainbow.

I am strongly inclined to believe that the winter white color of the Polar animals, is to be attributed to the cold. And I am supported by Dr. Bichat.

For were it possible, by any means to contract the skin at the roots of the hair, so as to compress the *cutis vera*, and prevent the moisture from rising, there will only remain the dry body of the hair, and it will, of course, be white. Such a contraction of the skin may be produced by cold, by grief or fear, as well as by fevers and other disorders of the system: and the skin, independent of the hair, will assume a similar appearance to a fowl stripped of its feathers. Every one has heard of instances of the hair being, by grief or fear,

—————“Turned white
In a single night,”—

and this we conceive is the true explanation of the occurrence.

Grey hair is the common appendage of old age. The patriarch Jacob, when persuaded by his sons to send Benjamin with them into Egypt, pathetically exclaimed:—“Shall you bring down my *grey hairs* with sorrow to the grave?”

The following well authenticated anecdote furnishes another proof of the wonderful effects on the hair, by emotions of the mind:—

“During the revolution a merchant had an only and beloved son in the army. He fell with his lamented commander; the hair of the merchant was yet black. Being in the habit of having it dressed every morning, his hair dresser was astonished to find it totally changed into white, which, upon inquiry, was ascertained that the news had just arrived of the death of his son.”

Wild was the scene, each sword was bare,
Back stream'd each chieftain's shaggy hair. *Scott.*

The effects of care and anxiety on the hair are very happily treated in that favorite and popular song, "Be gone, dull care."

Hume, the historian, makes the following observations relative to Charles I., during his confinement in Carisbrook Castle, in the Isle of Wight:—

"His hair was become almost entirely *grey*, owing to the weight of sorrows under which he labored. His friends, and also his enemies, beheld with compassion, that grey head, on which he himself wrote verses." This is confirmed in Burnet's Memoirs.

And my grey hairs must now descend
To my cold grave without a friend.

Scott.

In the "Museum," edited by the late lamented Matthew Carey, is the following:—

"Henry Moss, an African, was, in 1796, a resident of this city, he was introduced to President Washington. The black crispy wool of the African, gradually changed to the soft hair of the American."

CHAPTER X.

SUPERFLUOUS HAIR.

THE surface of the body would appear to be liberally supplied with bulbs or roots, which, when excited into action, are capable of producing a growth of hair over the whole of the skin, with the exception, perhaps, of that covering the inner surface of the limbs, the palms of the hands, and soles of the feet. Of the particular circumstances, however, which render these roots, over a great part of the body, ordinarily inert, or which cause them, in some individuals, to produce hair in situations where it does not usually appear, we are entirely ignorant.

It is seldom that, what is termed superfluous hair, is met with in young persons, or during the prime of life; it is usually not until after the middle period of life that it occurs. Some have attempted to account for this circumstance from the constituent parts of the hair, *phosphate of lime* and *albumen*, being, also, the principal substances which enter into the formation of the bones: hence it is supposed, that when the latter have completed their growth and firmness of structure, the albumen and phosphate of lime contained in the blood, are prevented from accumulating in excess, by being

appropriated to the production of an increased amount of hair.

This explanation, however, though plausible, is entirely hypothetical, and does not account for the fact, of the almost infinite variety in the amount and extent of the hair on the surface of different individuals. With our present knowledge of the human economy, we are in fact unable to trace satisfactorily, the causes of the hair being in some cases from birth, too low on the forehead, or so irregularly covering the face as to be in the highest degree detrimental to beauty. We are unable, also, to explain the reason why in one, the eyebrows should present merely a curved line, while in another they are thick, coarse and over-hanging, nor why, in some instances, they should be separated by a considerable space from each other, and in others be united into one; which latter, though now looked upon as a defect, "was esteemed by the ancient Romans a peculiar mark of personal beauty," says Tacitus.

One of the most unsightly and disagreeable forms under which superfluous hair makes its appearance on the face and neck, is in the form of large hairy moles: large tawny blotches, also, thickly studded with a coarse hair, are frequently seen upon the cheeks, chin and forehead. These are most generally present at birth, though occasionally they make their appearance subsequently.

Various methods have been proposed and practised from the earliest ages, with the view of removing superfluous hair. The female Jews, by whom a high forehead, free from hair, is considered indispensable to beauty, use, we are informed,

as a depilatory (a term applied to any means calculated to eradicate the hair) a bandage round the forehead, of scarlet cloth. How far this means has been successful, we cannot say.

Numerous depilatories are in common use among the natives of the East; while the toilette of the American and European is bountifully supplied with them. They consist, in general, of a preparation of quick lime, or of some other alkaline or corrosive substance. In some, even arsenic enters as an ingredient, as in the *rusma* of the Turks, and the Egyptians. All such articles, though no doubt many of them effectually destroy the hair, should, we conceive, be carefully avoided; the injury which their use occasions to the skin, being often very considerable. They give rise occasionally to troublesome and even dangerous sores, and cause at times a scar, still more unsightly than the object they were employed to remedy. Those which contain arsenic, can never be resorted to without the utmost risk to health, if not to life.

At first sight, one of the most effectual means of getting rid of the offending hair, would appear to be, to pluck it out by the roots according to the theory of Dr. Darwin. He says, "take fast hold of each hair with a pair of nippers; and if it be then plucked off slowly, it gives pain; but if suddenly, it gives no pain at all; because the *vis inertiae* of the part of the skin, to which it adheres, is not overcome. Some of the hairs may return, which are thus plucked off, or others may be induced to grow near them; but in a little time they may be thus safely destroyed" !!! So far Dr. Darwin

By this procedure, which is productive of not a little pain, besides irritating and inflaming the skin, and endangering the production of pimples and sores, the growth of the hair is but in a very few instances prevented. Thousands of roots, always ready to produce a new crop of hair, still exist in the skin, and they appear, in fact, to be roused into action, by the rooting out of the hair already existing.

With respect to the hairy moles and blotches, which have been alluded to, they may frequently be removed, in early life, by a middling crash towel, moistened with water, or the knife of the surgeon, with but little pain, and without the least danger being incurred. But, at a more advanced age, Dr. Darwin to the contrary notwithstanding, too much caution cannot be observed, in avoiding every means capable of irritating or inflaming them. They ought never to be meddled with. Ulcers of a most unmanageable character, productive of deformity, and even death, are liable to result in certain constitutions, from the slightest injury inflicted upon them.

Under all considerations, therefore, we believe it to be far better to put up with the deformity arising from the superfluous hair, than to endanger the occurrence of a greater evil by attempting its eradication.

I have seen gentlemen, who had hair growing quite low on their foreheads. If a coarse towel be used, during the time of youth, the hair can be effectually destroyed. The towel should be dipped in water, then rub it for five minutes, twice a week, and in the course of a brief space of time,

the superfluous hair will be eradicated. Particular attention should be paid to brushing the hair in a manner to expose the whole forehead. The hair of children should be kept short, which will prevent the growth of superfluous hair on the forehead, when they become young men.

In the year 1830, in Boston, a merchant, who was in the habit of shaving himself, went into a hair-dresser's room, to get shaved. This was the first time that a person ever shaved him. During the operation, the barber remarked that his forehead was quite low, owing solely to his hair; whereupon, he shaved a part of the forehead, solemnly asseverating that the merchant would have a "*Byronic forehead*." This was credited. Weeks passed on, and to the great surprise and dissapointment, nay, I may add violent anger of the merchant, the shaved part produced a crop of thicker hair.

It is useless to shave the superfluous hair, for like beard, it will again grow, and much thicker.

CHAPTER XI.

BALDNESS OR THINNESS OF HAIR.

BALDNESS is more peculiar to the male sex, and it is caused by the loss of the nutriment: the skin becomes dry, and the pores close, consequently the hair falls off. The decrease of the nutriment is occasioned by study, intemperance, difference of climate, sudden change from cold to heat, or, *vice versa*, nervous and hypochondriac disorders, also from the deficiency of natural moisture to which some persons are subject.

The industrious husbandman is often seen bald at an early age, although he may possess a sound constitution and good health. By his laborious exercise, he expels continual perspiration, which tends to weaken the juices that feed the hair; these juices become thin and weak, and are unable to support the hair, consequently the perspiration which is continually lying on the skin, becomes acid, dries and closes the pores; the result is, that the hair falls. Assistance is immediately wanted, and strict attention to the hair requisite.

Hair, like the body, partakes of nutriment. It is an absurd theory to suppose that it has a distinct and separate life. For it derives its nourishment in accordance with the good or delicate health

of the body. Buffon says that "the hair is generally thicker where the constitution is strongest, and more glossy and beautiful, where the health is most permanent."

It is said that perspiration in the head causes the hair to sustain injury. There is, however, an exception to this rule; for I have known some persons who have perspired much in the head, whose *hair* has still retained a thicknes—but they were persons of a remarkably strong constitution, which frequently renders the secretion too predominant to be weakened by the evaporation of it; at length, after a series of years, I have found the secretion much debilitated, and the head has become bald. Although such persons may have retained their health, if due attention had been paid in time, by assisting the feebleness, the hair might have become as strong as it was originally.

Baldness has ever been considered a great defect. Among the Hebrews it was accounted not only a defect but a curse. The prophets often figuratively applied it as a denunciation of judgments.

I have known many persons in a declining state of health, whose hair has retained its pristine strength for a time; it then became weak, because the nutritive moisture was thin and nearly exhausted. Chaumeton and Bichat, state that "hair grows after the decease of a person." This hair is of a different nature: the moisture is putrid, and the hair becomes as grey hair, but more brittle, and will break on the slightest touch. No fibres or lustre can be discovered.

Wolferus, in his "Philosophical Collections," gives an account of a woman who was buried at

Nuremburg, and forty years after her death, the head was covered with thick hair; on the first touch the whole crumbled into dust.

Halford upon examining the head of Charles I., found his beard in a state of preservation.

Violent, nervous, head-aches will cause the hair to fall off, and if neglected, the head frequently becomes bald.

It is a vulgar error, that the roots of the hair are destroyed or perish in every case in which it falls out, and does not again grow above the skin. It is very possible, however, for the roots of the hair, as well as the skin itself, in which they are planted, to be destroyed by accident and various diseases—all I mean is, that this does not usually occur in fevers, followed by a loss of the hair, and in ordinary cases of baldness in young persons. In such cases, the roots may, by examination after death, be discovered equally numerous, as in individuals who are not bald. The hair is merely prevented from growing, either by the inertness of the roots, or on account of the external layer of the skin having become so hard, dry, or thickened, as to prevent the hair from penetrating it as it had formerly done. “It is to be remembered, that the hairs do not rise perpendicularly from their roots, but pass very obliquely and at acute angles, through the layers of the skin, binding these together, as though nature had used the hair for sewing thread. This fact explains the direction and flat position of the hairs on the head, eyebrows, &c., and shows the reason why they adhere so firmly, as to be pulled out with difficulty; and, also, the peculiar and often very painful sen-

sation, occasioned by brushing the hair contrary to its natural direction.”—*Journal of Health*.

In Poland and the northern part of Germany, where the inhabitants are frequently afflicted with *Plica Polonica*, matter has been squeezed out of the tube of the hair.

An affluent lady in Cracow, Poland, who frequently suffered under this complaint, expressed her anguish in the subjoined stanzas, translated from the German:—

My diamonds and my wealth
I would most freely give,
Now to enjoy my perfect health,
Alas ! the life *I live*.

For what are riches gain?
They nothing are to me,
While I endure this pain
And bear such misery.

The greatest possible care must be taken, and necessary and proper remedies applied by those whose hair is thin; many examples have come under my observation; those persons preserved their hair in strength and beauty, by giving a healthy action to the skin.

CHAPTER XII.

BALD HEAD.

WHEN the head has actually become bald, the principal means to recover the hair are as subjoined:—To have the fine down cut close, by a professed hair cutter; great care must be taken that no roots are drawn out.

At the falling of the hair, there is a small pulp or bag which comes with it. Some imagine it is the root. It is merely a particle of the root. The root still remains; and if a mild, penetrating brush be continually applied to the head, it will assist the fluid and strengthen the hair. But if this be neglected, the root will not have power to shoot forth, and the hair consequently will be lost.

Shaving will be useless, in a great many cases; nay, it will destroy the tender shoots, and often bring them out by the roots; the consequence of which is, that what was left to improve upon, is totally lost.

After having the new hair properly cut, and used the pores brush, in the course of a short time the hairs will become open, the nutritive fluid will spread, and thick hair will shoot out.

During last summer a gentleman of the advanced age of seventy, whose hair I frequently cut, called

on me to trim it. His hair, I observed, was extremely thick, and not in the slightest degree changed in color, which he imputed solely to the great attention which he had paid to his hair from a child. I corroborated that true remark.

In my hair cutting room, a few months ago, one gentleman jocosely remarked to the other,

“What, you have got a *natural scratch*!”

“No, indeed,” replied he, “there is nothing artificial in what you see; it is the produce of simple nature.”

“You astonish me,” answered his friend.

“Be not astonished,” he rejoined, and at the same time he attempted to pluck a handful of hair out of his own head, “although middling old, I have had my hair cut once a month, without fail, notwithstanding the dull times. I have used two brushes, evening and morning, and by that means I possess a plentiful crop, *that* you have mistook my head of hair for a wig.”

Many persons when they are bald have recourse to wigs—*a la Brutus*—and certainly they are of peculiar comfort to very aged persons, and to those also where all signs of hair are totally extinct, because they prevent cold in the head, provided they are not worn too long, so as to impede perspiration. In that case the wig becomes damp, the consequence is rheumatism in the head, deafness, &c, therefore a new one is absolutely necessary.

The improvement in this art is carried to great perfection, the hair being so equally distributed, as to appear just issuing from the skin; the form and method of fitting the head, are admirable. There are some which cover no more of the

forehead than the natural hair does. They are of great utility, as persons using them are enabled to dress in a moment. But where there is the least sign of hair remaining, and the person is inclined to restore his lost hair, the wig should be made as light as possible, so as to allow the perspirable matter to flow freely, and when the hair appears pretty long, the wig should be discontinued, as the friction of it will destroy the new growth.

Among the Anglo Saxons and Danes, the unmarried females had their hair flowing in ringlets on their shoulders; but after marriage, they cut their hair much shorter, and wore a head-dress.

On her fair arm, her beauteous head reclined,
Her locks hung careless to the sportive wind.

Langhorn.

In the reign of Charles II., large and magnificent wigs, with long flowing curls, revelling down each shoulder, were imported from France, and were generally worn by the nobility, gentry, and persons even of moderate income.

Addison ridiculed the fashion, "dressed in a long perriwig;" it, however, continued till nearly the middle of the last century.

A gentleman, being one day a fox-hunting, pursued his game into a chalk-pit. The rider alighted from his horse, to see the fox in cover. When looking into the hole, the brambles which hung over the pit, caught his wig. Another one of the party, ordered the man who was digging the fox-pit to release his friend, who, instead of taking the brambles by his hand, reached it with

his pick-axe,—the consequence was, it took both hat and wig off, and left the owner bare-headed.

Through human life's extensive field,
Wild weeds and vexing brambles yield;
Behold her smiling valleys bear
Mellifluous fruits and flowers fair. *Langhorn.*

Dr. Clark thus describes the Sultana of the Seraglio, at Constantinople :—

“Three of the four were Georgians, having dark complexions and very long dark hair. The fourth was remarkably fair, and her hair also of singular length and thickness, was of a flaxen color. The hair hung in loose and very thick tresses on each side of their cheeks, falling down to the waist, and covering their shoulders behind. Their tresses were quite powdered with diamonds, carefully scattered by handfuls among their flowing locks.”

On that fair cheek, that flowing hair,
The brown, its yellow leaf has shed;
And the chill mountain's early air,
Blows widely o'er her beauteous head.—*Johnson.*

CHAPTER XIII.

REMOVAL OF SCURF OR DANDRUFF.

THIS collects on the skin, by its incapacity of throwing off those grosser particles of perspirable matter deposited upon it, in consequence of which the skin scales and peels off: the heat which is on its surface destroys the hair. If the hair does not immediately fall, while the scurf is predominant, it never grows to any length but becomes harsh.

Dr. Good says, that *Capitis* or slight whitish scurf, frequently attacks children and often produces ring-worm. Little attention is necessary to this complaint beyond that of cleanliness, and occasional ablution, if the infant be healthy, otherwise water would be injurious. Dandruff frequently causes, what is termed, a scald head. It is not constitutional, but merely a chronic affection of the skin; and where it is of long standing, it requires some time to eradicate it.

Should timely precaution not be taken by those persons enjoying perfect health when attacked with it, they may experience the evil of a total loss of hair.

Particular care should be taken of the hair of

infants to secure it from dandruff. Parents would do well to have a scientific professor of the hair, frequently to arrange that of their children, and cut it himself.

To prevent the accumulation of scurf, which is not only likely to prove prejudicial to a healthy state of the skin, or injurious to the growth of the hair, but to lay the foundation of eruptions, the hair should be regularly combed and brushed. Too frequently the eye and not judgment is the criterion employed when purchasing a brush, which often irritate and injure the roots of the hair. There are some who should use a middling hard, or penetrating brush, others a softer one; the free use of which for a short time, (and experience has proved it) must be considered a powerful auxiliary in keeping the hair clean, soft and glossy, and in many cases, within my memory, has given it a tendency to curl.

The practice, which of late years appears to have gained ground, of washing the head with water, either warm or cold, requires considerable judgment, as from it not unfrequently result head-ache, ear-ache, tooth-ache and complaints of the eyes—those precious orbs which require all our care. Like every portion of the human frame, the use of water to the hair of those persons who perspire a great deal, is essential to health, and beneficial to the soft and silky character of the hair, by strengthening it, as it tends to remove the secretions, and open the pores, consequently the greatest advantages will result from the practice of using water with propriety.

The oft quoted as well as frequently reputed precept—"To wash the hands often, the feet seldom and the *head never*," is so erroneous that to take up space in correcting it would be a waste of the reader's precious time. I am of the opinion of Dr. Willich, who says,—"*Frequent cutting of the hair* is an advantage to the eyes, the ears and indeed the whole body."

I could adduce many instances of gentlemen, if illustration were required, who consulted me relative to the use of the brush. My advice has been: the frequent use of two well selected brushes, one of long, irregular elastic bristles, the other all one length, every morning and evening: to have the hair cut once a month by a professed hair cutter, will preserve the hair to the latest period of life. This simple rule is highly healthful, while it is indispensable to personal beauty and appearance.

Beneath the paternal roof, washing the head, from time to time, in secret, is frequently performed by inexperienced youths. This operation being easy and expeditious, according to the regulations of some boarding-schools every head is subject to it. The consequence of which is, that many scholars are subject to tooth-ache, then it is often necessary to draw the teeth. Behold those children whose heads are scarcely ever dry; their pallid faces will never be enlivened by the rich color of adolescence, and the sweet smiles of artless infancy will be speedily succeeded by the wrinkles of age. The water continually applied, regardless whether the hair be very moist or dry,

is always sufficient to obstruct the perspiration, to keep the roots wet, and the brain in a state of constant humidity, to the latter. Yet water seldom applied to the former would positively be beneficial. For the abundant sources of perspiration, if not removed by water, or brushing would accumulate dandruff.

It is advisable also to avoid extremes of heat, as well as intense cold—precautions which will be sufficient to prevent the inconveniences arising *from too violent a perspiration of the head.*

Next to the attentions to be paid to the removal of scurf or dandruff, there is a variety of diseases which come more immediately under the treatment of the practical physician or hair cutter.

The tasteful arrangement of a head of fine hair, is thus described by Thompson :—

Together let us tread the morning dews,
And gather in their prime, fresh blooming flowers,
To grace thy *braided hair.*

The beauty of the hair did not escape the notice of James I., of Scotland. While a prisoner in England, he wrote a poem in honor of Lady Jane, daughter of the Earl of Salisbury :—

Of hir array the form gif I sal write,
Toward hir *goldin haire* and rich atyre.

Popea, second wife of Nero, was eminently conspicuous for the delicacy of her complexion, and the unrivalled beauty of her hair, which was the color of amber. Pliny says “ that Nero composed a poem in honor of her hair.

As the hair always was, and is now, considered so great an ornament, doubtless every person

having a head of beautiful hair, will feel happy to possess the efficient means of preserving it: or where the hair is scanty, of increasing its thickness. One article will not answer every one.—The author, therefore, as far as his limited knowledge of hair extends, will offer his advice to those ladies and gentlemen who may wish to consult him.

Truth and experience *alone* will recommend those articles which the diseases of the skin as connected with the hair will require. Their virtues have been found and proved to possess inestimable value, as has been demonstrated by persons of high respectability, still residing in Boston, where the author is well known as a professed hair-cutter, having practised fourteen years.

Although some of the fastidious class of critics may charge me with egotism, in presenting this poem addressed to me, yet I feel, were I to withhold it, I would, through a sense of puerile affectation, deprive my readers of that gratification which they will derive from its perusal.

TO A LOCK OF MY BROTHER'S HAIR.

Respectfully dedicated to T. B.

Bright, dark and glossy lock,
Wilt thou (memento) through life's troubled sea,
Oh! wilt thou thus forever be to me,
Heedless of years so beautiful, and free
From time's rude shock?

Yes, for no angry breath
Shall visit thee within thy little cell;
No, nor a threat'ning cloud, where thou dost dwell,

Shall come, in fatal whispering to tell
Of grief or death.

Rest in thy case, no mock
Of playful jeer shall bid thee to depart,
From out the gold-bound dwelling where thou art,
Or e'er erase thy memory from my heart,
Locket and lock.

Gentle and young the hand,
That from the mass did thee, dear relic, sever :
To Bogue the hair-cutter, thou'rt lost forever,
But time will scathe his locks while thou wilt never
Know its dread brand.

Years will go wandering by,
And in another land perchance that tone,
That made a gentle answering to my own,
Will to another's ear be fondly known,
' Neath their own sky.

Then will I turn to thee,
And, as I took thee in my early days,
Still beautiful and bright thou'lt meet my gaze,
Then, shall I say that heaven's mysterious ways
Are wrong to me ?

No, let me ever wear
This treasur'd relic in a sister's breast,
Close to a sister's heart, be fondly press'd ;
A sister's tenderness can cherish best,
Her brother's hair.

CHAPTER XIV.

PRESERVATION OF THE HAIR.

To possess a head of luxuriant hair, great attention should be paid to it in infancy. It is therefore, incumbent on Parents, Guardians, &c, to pay due attention to the hair of children under their care, the great importance of which should be duly appreciated.

It is absolutely necessary to cultivate the hair in its infant growth, which will render its stability such, as will prevent it being affected by very few disorders. The pleasing effect of fine hair on the infantile countenance is singularly captivating:—

Her golden curly locks diffusely wild,
Behold her image in the lovely child. *Goldsmith.*

The addition of a waving lock on the forehead of the child, renders its little charms more engaging. Hence, we find the most celebrated painters have taken peculiar pains in representations of cherubim, and in portraits of infants and children, to render the hair enchantingly engaging:—

Yet sufferably bright, the eye might bear
The ungrown glories of his beaming *hair*. *Dryden.*

The first and principal requisite with respect to

the hair of infants and children, is to *keep it clean*. As soon as the hair makes its appearance, it is essentially necessary to *wash it every morning*, but not with soap, as the alkali of that preparation renders the hair harsh, causes dandruff, and ultimately destroys the hair.

The hair should be brushed with a fine hair-brush. A fine-tooth comb must not be used, because the teeth of the comb injure the skin, and teaze the infant, without rendering the least service.

The effects will be pleasingly surprising—the scurf will be removed, and the dandruff eradicated without any pain, nay, on the contrary, the infant will experience pleasure. The hair will shoot forth—it will be firm and strong in its growth, and there will be a stamina for a head of *beautiful hair*.

I beg leave to observe that I do not wish the fine-tooth comb to be entirely laid aside. It is requisite in some cases; but where infants have tender skins, it may be dispensed with, as it frets the skin, and brings away the fine hairs with its roots, which are often not recovered.

If the mode of application I have stated, and the advice which I will give those who apply, be repeated daily, *the scurf will never accumulate*.

When the hair grows about two inches long, it should be cut by a skillful hair-cutter, but *never by the nurse*. It requires a great precision in regulating it, so that *every hair* should be properly cut. This promotes the circulation of the fluid through the fibres of each hair, and enforces its growth.

The advice I have heretofore given should be

minutely and faithfully followed, by parents, guardians, &c.

The brush must be used every morning, and when the child is of sufficient age, he or she should be properly instructed in the use of the hair-brush. In the morning comb the hair through with the dressing comb, and then use the hair-brush—sometimes it is necessary to repeat this during the day—but always on retiring to rest. Some articles may be necessary to apply; but the moist or dry skin *must invariably regulate this procedure*. By so doing dandruff will be prevented from settling on the hair, and corroding on the skin. The head will be refreshed, and the hair will possess an inimitable appearance.

I particularly advise every parent to be careful that their children's hair be frequently cut, as it will be of great advantage when the hair is weak.

It should be cut every month, because it is essential for the benefit of children of either sex, to have the hair always kept short. When the heads of children are attacked with a scorbutic humour, the part affected should be occasionally washed with Castile soap, and afterwards annointed with hog's lard and almond oil mixed, which will completely eradicate that disorder.

His hair falls round his blushing cheek
In wreaths of waving light.

Ossian.

If the hair of a child be very thick, so that the hair-brush cannot penetrate it, then it will be requisite to make use of the fine-tooth comb, but very lightly.

The most essential part, (should the hair be

quite moist,) is to wash it every morning or on retiring to rest, during summer. This practice will greatly prevent any particles corroding on the skin, and promote a circulation of the fluids.

Yet nature's care, to all her children just
With richer treasures, and an ampler state
Endows at large, whatever happy man
Will deign to use them.

Akenside.

I am confident that washing and brushing the head open the pores, frequently prevent, and most always relieve the head-ache.

Dr. De Valengin said "that a hair-brush used to the head every morning, was an excellent remedy for relieving pains in the head."

The ring-worm can be eradicated by washing the place with warm water, once or twice every day, and by keeping it moist. It may continue some time, but it will infallibly be removed. This will also prove an effectual remedy in all chronic diseases; and there is no occasion for medicine; patience and perseverance will be found sufficient.

Dr. Buchan says, "the cure ought always first to be attempted by keeping the head very clean—having the hair cut regularly—combing and brushing the scurf."

Children should have a soft and a hard brush, the latter to cleanse the head first, and the former to be used afterwards, which lays the hair smooth, and gives it a gloss. Then a stimulus may be used to moisten the skin:

To form a head of beauteous hair
Children claim the greatest care.

Campbell.

As combs and hair brushes are articles of such great utility, it is necessary for me to speak particularly about purchasing them.

Every cluster of bristles should be of equal distance, and each cluster should be uneven. Each bristle ought to be perceived distinctly, and the whole to be free and open, which by being an equal distance, allow each hair to pass clearly through, then every particle of dust is completely cleared, and the brush fits to the root of the hair: whereas if the bristles are even, and those in each cluster close together, they are of no use—but break and destroy the hair, without getting to the root.

Great care is necessary in the choice of combs. To select a good comb, it should be held up to the light, to see if the teeth are clear at the point, and void of split, or cut uneven, as in that case they break the hair, and frequently bring it away by the roots:—the points of the teeth should be smooth, and of that form which would not hurt the head.

I particularly request your earnest attention, kind reader, to the management of your hair, and of those under your charge. It may appear *trifling*; but as you advance in years, you will find that its value should be appreciated. Let it be your care to follow the rules herein stated, if further information be necessary, the author will most cheerfully communicate it. Recollect the following maxim:—

“Sloth makes all things difficult, but industry makes all things easy.” By due attention to the hair, all will become sensible of the charm it yields. It is truly wonderful, with what carelessness if not

total indifference, the loss of hair—a rational being's peculiar ornamental appendage, is perceived ! Neglect, as in the subjoined extract, speaks too true for itself. “For want of a nail, the shoe was lost—for want of a shoe, the horse was lost—and his rider overtaken and slain by the enemy.”
Reader pause and reflect.

CHAPTER. XV.

TREATMENT OF THE HAIR IN ALL ITS VARIOUS DISEASES.

THE method best calculated to prevent the diseases of the hair, shall be the subject of this chapter.

Studious and sedentary persons are most liable to have their hair fall off, or turn grey; to prevent which, wash the hair in the morning, with cold water, during warm weather. The colder the water is the more bracing it will be found. After having washed, brush it with a hard hair brush, of such a nature as I have described, and brush it for some time, in order to clear the hair of the little particles that corrode it. A nourishment will be imparted, and the dandruff prevented. Particular attention must be paid in having the hair regularly cut, by a professed hair cutter, which is of the greatest utility. It strengthens the hair, and allows a free circulation of the juices through each fibre.

If the hair be long it should frequently be cut by a scientific hand. Ladies and gentlemen should never attempt to cut their own hair, *it being impossible to cut it properly.* The scissors ought to touch every hair.

With respect to the diseases of the hair, I observe, that continual perspiration being exhaled from the skin, weakens that nutriment which feeds the hair.

The hair is liable to a very formidable disease, in which it becomes firmly matted together, while the hollow tube of which each hair is composed, becomes filled with blood, which escapes when the hair is cut.

“Long and luxuriant hair has always been esteemed an ornament, particularly in the female sex; by some, however, a head of full hair has been considered as debilitating, from the great amount of fluids exhausted in its nourishment. Without fully admitting such an opinion, we must allow that in young and delicate habits this long growth is a supporting cause of weak eyes and pale complexion. When the hair is very thick, it becomes uncomfortable in warm weather, and is apt to produce a very copious perspiration, and not unfrequently head-ache—the latter being almost invariably relieved by frequently having *the hair cut*.”—*Journal of Health*.

The above work, from which I extract this paragraph, was conducted by an association of Physicians, who are the only competent judges in the causes of diseases under their care.

When a person has been in a state of extreme perspiration, the hair should, as soon as possible, be wiped with a towel, in a smooth manner; then use the hair brush until the hair is perfectly dry; it should likewise be frequently cut, and if these directions be complied with, not a hair will be lost; if the hair already is falling off, this mode of operation will remedy it. Perspiration is frequently the

cause of harshness and dryness of the hair, and of dandruff.

Too much perspiration is equally as bad as too little ; and too little or no perspiration is also injurious to the hair ; it feels uncomfortable, and never looks well : the skin becomes dry and peels off : the hair loses all its scales. A considerable time is required before all the different maladies can be remedied. Sometimes their continual rising *has appeared* to baffle the effective properties of the means which I have used, but by continuing perseveringly, and following my advice, dandruff or scurf, perspiration and dryness, have been exterminated. By perseverance, many a difficult point is gained.

Long winding vales, where crystal waters lave,
Where blythe birds warble, and where green woods wave,
A *bright hair'd* shepherd, in young beauty's bloom,
Tun'd his sweet pipe behind the yellow broom.
Free to the gale his *waving ringlets* lay,
And his blue eyes diffus'd an azure day ;
Light o'er his limbs a careless robe he flung,
Health rais'd his heart, and strength his firm nerves strung.
Langhorn.

After a violent fever or illness, the hair is sure to undergo a change, although it may not be perceived by the person for a considerable time, but then it is perceived all at once, and occasions a loss of hair in some instances. Many have recommended shaving the head. I will affirm that shaving the head in some cases is of great utility to such persons as have weak eyes, and many other complaints ; but I never perceived any advantages peculiarly arising from shaving the head, in respect to strengthening the hair. I never saw a head of

good hair renovated from shaving. I am persuaded it tends to irritate the skin, and frequently draws the hair out by the root. I have known many instances where the hair never appeared again : when it did appear, there was always a great change in the color. The hair will be invigorated by having it cut by a professional person, and continually using the brush. It is not to be expected that this pleasing circumstance will occur while the fever remains all at once ; time must be given.

A lady sent for me to examine her hair, which was gradually decaying. She had an aversion to any one touching her hair but herself. I examined it minutely. She had cut it herself in such various ways that she had destroyed its beauty. After the lapse of a long time, I had the pleasure to find that by attention to my advice the lady's hair was perfectly restored. "In future I shall always send for a hair cutter of judgment," was her saying, when telling the above anecdote, which she thus concluded :—

Nature designs to sympathise with art,
To restore the lost, and a full growth impart,
And hence its heartfelt joy is known,
The conscious pleasure—possessing all our own.

Dry hair is frequently occasioned by long sickness, nervous and hypochondriac disorders. Sometimes healthy persons possess it. The hair should frequently be cut and brushed. If neglected, it splits at the points, from the fibres losing their circulation which causes it to be thin, and occasions it to fall off. By having the hair properly cut, it will receive at its point a due portion of nourishment, which will insinuate itself into the pores. Thus

the hair receives its nourishment through its vessels ; consequently the points being *regularly cut*, the hair is more enabled to receive nourishment than when split.

When waves the grey light o'er the mountain's head,
Then let me meet the morn's first beauteous ray,
Carelessly wander from my sylvan shed,
And catch the sweet breath of the rising day.

Firm be my heart to nature and to truth,
Nor vainly wander from their dictates sage,
So joy will triumph on the hair of youth,
So hope will smooth the dreary path of age.

Langhorn.

CHAPTER XVI.

BEAUTIFYING THE HAIR.

To beautify the hair, persons must be extremely particular in attending to the growth of it, in preventing the diseases to which it is subject,—in the manner that I have described. The hair thus rendered elegantly soft, will lay in any direction—at the same time, it will reflect an incomparable, transcendant and beautiful lustre; by frequently brushing and cutting, it will constitute a grand ornament to the face.

Nor might she fear in beauty to excel,
From whose fair head such golden *tresses* fell.
Otway.

The mode of dressing the hair in all countries has been frequently the theme of admiration, especially in America, if we may judge from the mode of dressing adapted by those ladies who move in the gay and elevated sphere of fashionable life,—it is superior in graceful attraction to any other country—adding a resplendent charm to *that beauty* for which they stand unrivalled.

Beauty governed the pencil of Apelles, when he delineated the “sea-born goddess,” so lovely and inimitable in the blaze of personal charms—so full of attraction, grace, and the enchantment of fascina-

tion ! It was the plastic principle that fired the genius of Lysippus when he performed such a sublime miracle of art in creating the beauteous illumination of perfection and celestial character, that breathe their charms over the Apollo Belvidere.

Under the ordinary circumstances of health, in conjunction with temperance and regular exercise, the only safe and effectual means of preserving the hair, and of promoting its growth and beauty, is the frequent use of the comb and brush, and regular cutting.

It will be readily perceived by a reference to the structure of the hair, as pointed out in a former chapter, that, whatever has a tendency to impede the passage of the fluids by which it is nourished, from the root along the tube in the centre of each hair, must necessarily prevent its proper growth—render it thin, and deprive it of its soft and glossy appearance. There can be little doubt that this is the effect, to a certain extent, of the practice of twisting the hair from its natural position, and of plaiting or firmly braiding it, pursued, in obedience to the dictates of fashion, by some ladies.—The injurious consequences of such modes of dressing the hair, can only be obviated by a daily resort to the comb and hard brush, which, by disentangling, restores it to its natural direction, and freeing it from every restraint, enables it to receive a due supply of its appropriate fluids.

The growth of the hair is not, however, always impeded by artificial means : this may result also from allowing it to become entangled and matted together—a condition to which it is extremely liable from its peculiar form. Hence, under all cir-

cumstances, frequently combing and brushing it through its whole length, is absolutely necessary to its proper preservation.

Should the ends of the hair split or become dry, then it is absolutely necessary to have those points cut off.

Independant of the good effects of these operations in rendering the hair pervious to the fluids, which rise from its roots, they facilitate its development also, by freeing the scalp from accidental impurities, helping the circulation through its vessels, and thus enabling the hair to perform easily its functions.

Another means of promoting the growth of this structure, and insuring its permanency is, by frequently having it cut.

It must be very obvious that when kept short, its fluids are less liable to be obstructed in their passage, than when the hair is long—it being difficult in the latter case to preserve it straight, and permit it to have its natural flow. It is in early life, particularly, that frequent cutting will be found highly advantageous.

“We admit,” write the editors of the Journal of Health, “that fine *flowing tresses* are among the most attractive ornaments of female beauty, and would therefore be the last to recommend their proscription. When, however, the hair becomes thin and irregular, or its beauty is otherwise impaired, we know nothing better calculated to restore its proper growth, than by occasionally having it cut short by a professed hair cutter. We may also remark that, this acting prevents the hair from splitting at the ends and growing forked—the

occurrence of which, so common in young persons, gives it an extremely inelegant and ungraceful appearance."

In children, keeping the hair short, is a circumstance of no little importance—and should not, from any light consideration, be neglected. Their health (and we conceive, in some respect, their beauty also) is prejudiced by a contrary practice. Nothing is more common than to see a head of luxuriant hair accompanied in children by paleness of complexion, weak eyes, and frequent complaints of head-ache. Upon this subject we find the following excellent remarks in a little work—we recommend their attentive perusal to every parent.

"The hair in children should be cut short until they are eight or nine years old—as the cooler the head can be kept, the less danger there is of many maladies peculiar to that part of the body, *especially water on the brain*.

Besides there is good reason for believing that children who have a great quantity of hair, are those most liable to eruptions, as scald head, &c.; it is at least certain that in them eruptions are very difficult to remove. The trouble, also, of keeping long hair sufficiently clean, and the length of time necessary for this purpose, is often a cause of much ill humor and many cross words between children and their attendants, which it would be better to avoid.

Mothers, whose vanity may be alarmed, lest repeated cutting the hair for so many years should make it coarse, may be assured they have no cause for this apprehension, provided the hair be kept

constantly brushed. I have never seen softer, fairer hair than on girls, who have had it kept short, like that of school boys, until they were in their tenth year."—*Advice to Young Mothers.*

When there is any tendency to sores or eruptions on the head of children, fine combs are very apt to promote them. There is no doubt that the heads of young persons, which are never touched by them, may be preserved much cleaner, by strict attention to my rules, than such as are scratched and scraped hourly every day.

If any dirt appear on a child's head, which a brush will not remove, that particular part should be rubbed with a towel moistened with water,—but in general, the brush will be found quite sufficient to keep it perfectly clean. When occasionally applying a fine tooth comb to the head of an infant, the greatest care is necessary lest it wounds the skin, and produces a sore, or by unduly irritating it, augments the production of the scurf it is often intended to remove.

By dressing the hair with powder, as in "olden times," perspiration was impeded, and the hair both of males and females frequently became grey. Now the hair being without powder is pre-eminently displayed in its different shades, shining with refulgent splendour; every hair in a varied lustre, and producing a *tout ensemble* pleasurable to the eye.

Many writers have been lavish in their praise of the beauty of American ladies. A writer, who visited this city in 1830, and who was an accomplished judge, equal to a Lucian, an Ausonius, a Petrarch or a Byron, thus speaks:—

“Chestnut street is the fashionable promenade. Here the admirers of female loveliness, can see women of the most winning beauty and sylph-like gracefulness of gait, with *luxuriant hair* on their foreheads, and roses blooming on their lips, under the rays of dimpled smiles, and with blue eyes expressing all the soul. The graceful simplicity of the ladies, who trip through Washington Square with buoyant lightness, and a seducing air of feminine delicacy, adds charming blandishments to their beauty.”

The mode of dressing the hair of late, has been so varied in both sexes, that it would be tedious to notice the variations; they have been as vacillating as fashion itself. Suffice it to say there never was an age when more assiduous and due attention was paid to ornamenting and embellishing the hair, than in the present: and in no country was it ever brought to such perfection and height of beauty, as in America.

Dressing and embellishing the hair have varied according to the reigning taste of the inhabitants of different countries. Nothing can exceed in beauty and native simplicity, the manner in which (as travellers have described) the ladies of Switzerland dress their hair.—Adorned by nature with elegant tresses, braided with singular taste, and secured by a large golden pin. Rousseau, in “*La Nouvelle Heloise*” has occasionally marked this circumstance.

The ladies of Palermo, in Sicily, are remarkably distinguished, for the attention they pay to their hair, which is of a beautiful brown hue;—they

have it elegantly braided and interwoven with flowers.

How different is the *beau ideal* which nations form of beauty. Those charms that constitute an elegant and pretty woman, in our estimation would be esteemed deformities in China. The Chinese care not for cheeks enamelled with snowy and vermillion hues, nor for those blue eyes, dimpled cheeks ruby lips, pearly teeth, oval foreheads, which we look upon with such admiration as the fascination of a beautiful female face. To see auburn or golden tresses of silken hair, waving on a living bust of blue veined marble, or veiling with their ringlets downy breast, would be to the Chinese lover an irksome sight—a chilling view that would instantly damp and congeal the ardour of his passion.

The Chinese women cut off all their hair, except a little lock, which they tastefully tie up in a wreath on the crown of their heads. If kind nature blesses them with small feet, they are considered by the men as perfectly lovely, with these requisites of Chinese beauty.

“Their feet,” says Dr. Barrow, “are unnaturally little, so that when they walk, they move like cripples, and seem as if the fore-part of the foot had been cut off, leaving the remainder like the stump of an amputated limb.”

A delicate and beautiful mode of dressing the hair is now prevalent. The ladies of this city, avail themselves of the beautiful and correct plates of monthly fashions, furnished by the American Periodical publications. They may be depended upon as the prevailing style of hair dressing in Paris and London, according to “Le Bon Ton.”

Thus the American fair can make an elegant display of those enchanting tresses which nature has bestowed, when it is considered how highly the beauty of their hair is admired. How beautiful and enchanting are the features displayed in the natural shades and curls of the hair !

The subjoined passage from Calmet, is peculiarly illustrative of the attention paid by females, of former ages, in beautifying their hair.

“ If a woman be long-haired, it is a glory to her ; and is not only honourable, but beautiful : for before artificial veils were, or could be introduced, *long hair* was given to the sex as a natural veil, an envelope, a pendant covering around her head ; and spreading about her person as a veil is at the present time, imparting and maintaining the modesty and submission of the wearer.”

Drayton, who lived in the time of James I., thus describes the mode of ornamenting the ladies hair in his time :—

With dressing, braiding, frouncing, flowering,
All your jewels on me pouring.

And Spenser in his “ Fairy Queen” says in similar language :—

Some frounce their curl'd hair in courtly guise.

In what a forcible manner does the appearance of the hair add to the mourner, when in a melancholy mood :—

Here mourns the lonely bride, her husband fled ;
The sterile nuptials ; the deserted bed ;
Sighs the long nights ; and frantic with despair,
Beats her bare breast, and rends her *flowing hair*.
Fawkes.

Then how is beauty exalted by the display of hair!—

Her *dark brown hair* in ringlets flow'd,
Which charms on her sweet charms bes ow'd.

Moore.

“Le Bon Ton” received from Paris is the criterion for gentlemen. And of all the gifts they have received from Nature, the hair is one of the most captivating.

In conclusion I have only to observe that in the course of the preceding pages, I have selected from various celebrated authors of different ages and countries, passages illustrative of the high estimation in which the arrangement of the human hair has ever been viewed:—Heathen and Christian Poets—illustrious Philosophers—learned Divines—Biblical critics—Dramatic writers—Moral Essayists and Practical Physicians, who have raised the legitimate medical profession to that eminence of respectability, on which education, skill, and scientific qualification entitle it to stand, have all joined to demonstrate this point.

I wish to impress upon the minds of my readers, that in the most magnificent empires which have existed, the costume of dress was viewed as incomplete without a tasteful arrangement of the hair. In all ages—in every quarter of the globe, this has been the universal maxim. And shall the ladies and gentlemen of America, that happy clime, the rays of whose sun never were, and never will be reflected from a crowned head—so pre-eminent for their beauty, their moral and intellectual powers, neglect the cultivation and due arrangement of Nature's sweet attire for the head?

Pay strict attention to the rules laid down in this Treatise, and the strength and beauty of your hair will form a grand addition and make your charms as resplendant as your virtues.

Whene'er lovely man ornaments his hair,
With tasteful art and fashionable care,
Each hair arrang'd within its proper place,
By the hair-dresser giving elegance and grace—
Who can refrain his beauty to admire,
Or not to equal elegance aspire?

But when sweet woman's charming tresses wave
Loose on her shoulders, those locks then enslave;
Nature assumes a charm almost divine,
And thousands worship at fair beauty's shrine.

Smith.

1870

My dear Mother

I have just received your letter of the 10th inst. and am glad to hear from you. I am well and hope these few lines will find you the same. I have not much news to write at present. I am still in the same place and doing the same work. I have not much time to spare for anything else. I have not much news to write at present. I am still in the same place and doing the same work. I have not much time to spare for anything else.

APPENDIX.

HAVING had occasion to mention *Plica Polonica*, a complaint with which many are afflicted in Poland and Germany, I cannot withhold the following particular account of it, which was published in 1814.

“According to the observations of Dr. Vicat, an ingenious Swiss Physician long resident in Poland, and who has published a satisfactory Treatise upon this subject, the *Plica Polonica* is supposed to proceed from an acrid and viscous humour penetrating into the hair; it then exudes either from its sides or extremities, and clots the whole together either in separate folds, or in one undistinguished mass. Its symptoms, more or less violent, according to the constitution of the patient, or malignity of the disease, are itchings, swellings, eruptions, ulcers, intermitting fevers, pains in the head, langour, lowness of spirits, rheumatism, gout, and sometimes even convulsions, palsy, and madness. These symptoms gradually decrease as the hair becomes affected. If the patient is shaved in the head, he relapses into all the dreadful complaints which preceded the eruption of the *Plica*; and he continues to labour under them, until a fresh growth of hair absorbs the acrid humour. This disorder

is thought hereditary ; and is proved to be contagious when in a virulent state.

Many physical causes have been supposed to concur in rendering the Plica more frequent in these regions than in other parts : it would be an endless work to enumerate the various conjectures with which each person has supported his favourite hypothesis : the most probable are those assigned by Dr. Vicat. The first cause is the nature of the Polish air, which is rendered insalubrious by numerous woods and morasses : and occasionally derives an uncommon keenness even in the midst of summer, from the position of the Carpathian mountains ; for the southern and south-easterly winds, which usually convey warmth in other regions, are, in this, chilled in their passage over their snowy summits. The second is unwholesome water ; for although Poland is not deficient in good springs, yet the common people usually drink that which is nearest at hand, taken indiscriminately from rivers, lakes, and even stagnant pools. The third cause is the gross inattention of the natives to cleanliness ; for experience shews, that those who are not negligent in their persons and habitations, are less liable to be afflicted with the Plica, than others who are deficient in that particular. Thus persons of higher rank are less subject to this disorder than those of inferior stations : the inhabitants of large towns than those of small villages : the free peasants than those in an absolute state of vassalage ; the natives of Poland Proper than those of Lithuania. Whatever we may determine as to the possibility that all or any of these causes, by themselves, or in conjunction

with others, originally produced the disorder; we may venture to assert, that they all, and particularly the last, assist its propagation, inflame its symptoms, and protract its cure.

In a word, the Plica Polonica appears to be a contagious distemper; which, like the leprosy, still prevails among a people ignorant of medicine, and inattentive to check its progress; but is rarely known in those countries, where proper precautions are taken to prevent its spreading.

In addition to these facts, I find the following particulars, in Malte Brun's *Tableau de Pologne*, (*Paris* 1807) respecting this horrible and loathsome complaint.

The Plica is endemial in Poland and the neighbouring countries. The disease is not confined merely to the hair, for sometimes it fixes itself also in the nails of the hands or feet. It spares neither age nor sex. It attacks the inhabitants of all classes, and even strangers newly arrived in Poland. It is caused by a matter, at present unknown, both as to its properties and origin. Its disgusting effects are alone visible. It does not owe its origin either to the air, the water, or the food, neither will cleanliness or carefully combing the hair prevent its appearance.

When the matter is separated from the blood it passes into the hair; and that forms the crisis of the disease. The patient suffers greatly before this takes place; and if the doctor fails in impelling it to this point, and it is thrown upon any of the vital parts, as the brain, the lungs, or the stomach, it occasions the most dreadful complaints. If it settles in the eyes, it produces cataracts: and

if it becomes so corrosive as to attack the marrow of the bones, it is then incurable, and the torments of the patient are dreadful.

As soon as the crisis takes place, and the matter is deposited in the hair and nails, all the symptoms cease, and the cure is insensibly accomplished: but if the symptoms return, it is a certain proof that some part of the matter still remains in the blood. Often when the matter is too thick for the hairs to contain it, they crack, and the matter spreads all over the head. The patient is then afflicted with vermin to an incredible degree. Some ancient writers affirm that the hair becomes so attenuated that blood flows from each point of hair; but this seems to be erroneous. When the Plica is entirely formed, nature rids herself of the disease, by the growth of new hair which disengages it from the head. It seldom happens that the disease is cured in a few days, or even in several weeks: it commonly requires a month, sometimes four, and even a year.

The manner of treating this disgusting disease is often very uncertain, and it varies according to the difficult symptoms. Both internal and external remedies are employed. The first thing is to attenuate the acrid and viscous matter in preparing it to exude by the hair. At the moment when the crisis takes place, sudorifics are employed, if the patient have no fever. When the crisis is passed, there is no longer any reason to fear lest the matter should return into the blood, unless the Plica has been cut before the matter was entirely deposited in it. The principal external remedies are the vapour baths, and the hair should be washed

with decoctions from plants. If all these remedies fail in drawing the Plica to a head, inoculation is resorted to, which is accomplished by making the patient wear a hat that has been worn by a person recently attacked by this disorder. It is the more difficult to comprehend why the Plica is exclusively the scourge of Poland, because the ordinary food of that country seems favourable to health.— Little or no meat is used by the inhabitants: much vegetables, and soups made from potatoes, constitute their general diet. It is true they drink more brandy than any other people.

Neither the epoch nor the country where this disease originated can be determined with any certainty. Some Polish authors pretend that it was unknown till 1387, after an incursion of the Tartars; but they add to this tradition, which may be accurate, various ridiculous fables. If this opinion, however, were correct, the Plica is unknown in Russia, which, for many centuries, was far the greater part under the dominion of the Tartars. Even the Russians who live on the frontier of Poland are rarely subject to it, though they follow the same temperature, and use the same food.— Perhaps the use of vapour baths, so general amongst the Russians, contributes to preserve them from the loathsome disease, which without belonging exclusively to the climate of Sarmatia, or to the Slavonic tribes—appears, however, to exercise in no other climate, nor over any other people, so general or so fatal a dominion.”—*New Universal Magazine*.

The above apposite remarks on the case of Plica will, I hope, be perused with interest and

instruction, and now without recommending any of the efficient means which art affords for staining the hair, let us devote a few pages to the consideration of changing the color of the hair.

But since, alas ! frail beauty must decay,
Curl'd or uncurl'd, since locks will turn to grey.
Pope.

The ideas entertained relative to the beauty of the hair vary with different countries. In ancient times the most civilized and polished nations, as well as the most skilful in the arts, were passionately fond of red hair. The Gauls, the ancestors of the modern French, had the same predilection, though that color is held in abhorrence by their descendants. They like black hair, which is despised in some regions of Africa, and light tresses, which are disliked in China. A taste for red hair, however, exists still in vast regions ; the Turks preferred red-haired women. The inhabitants of Tripoli have probably borrowed this taste from the Turks ; with the aid of vermilion, they give their hair a color which nature has refused. The women of the kingdom of Deccan, likewise stain their hair yellow and red.

Midas in history we are told,
Could turn whate'er he touch'd to gold ;
With matchless skill some prepare
What will transform the color of the hair ;
And thus to nymphs and swains impart
What's ever dearest to their heart,
The charms of elegance and grace,
And make the hair add beauty to the face.
Southey.

Every country, indeed, manifests a particular

taste for certain colors, and a decided aversion to others; it is a kind of national prejudice, which sometimes triumphs over love itself. A strange dislike has invariably been manifested in this country for red hair, but with what reason or justice we will not pretend to decide; that such hair is decidedly more conspicuous than any other color, is true, but it is often seen flowing in the most splendid tresses and ringlets with admirable effect; and again in some individuals, particularly females, such hair, from neglect and want of taste in the proper arrangement of it, as well as from the absence of all corporeal elegance in the wearer, unquestionably produces everything but a pleasing effect: hence, red haired men are more conspicuous than those of the opposite sex, from the latter displaying more taste in its adaption to their person—and in the multiplicity of instances where the individual is divested of those freckles with which, for the most part, people of this complexion are studded, this color of the hair is by no means so unseemly. But those females whose hair displays a color so prejudicially proscribed by the national taste, may employ means to modify or disguise it, if they think proper.

The Germans held white hair only in estimation. Those to whom nature has denied this highly valued advantage, employ all the means which art could supply, to produce a resemblance to it. For this purpose a kind of soap, composed of goat's tallow, and the ashes of beech wood was used. This soap, which was called Hessian soap, from its being made in the county of Hesse, was also used "to change the color of the German wigs,

in order to give them a flame color," as Martial informs us.

The Roman ladies had the same predilection for this color.

"The Peruke makers of Rome bought up all the spoils of German heads, to gratify the caprice of the *petites maitresses*, who were determined to conceal their fine black, under a light wig."—*Ovid*.

Among the Romans, the men themselves were not exempt from the payment of this tribute to the predominant taste for a light color. It was the desire of giving the light color to their hair that induced them, as we have seen in a foregoing chapter, to powder it with gold. By some, this caprice was carried to a still greater length.

The Emperor Verus, had such a fondness for light hair, that, in order to keep his own of that color, he sprinkled it from time to time with distilled gold, that it might be of a more brilliant yellow.—*Capitolinus*.

Many learned men have treated of the colors for staining the hair and eye-brows. And while men of talent were descanting upon this topic, individuals of a contrary opinion wrote against the practice.

Let us however, leave this far-fetched discussion of the learned, and proceed at once to recommend the necessary caution against the use of many dangerous preparations, such as the solution of silver, known under different names. Instances have been seen where, after the use of this solution, people have been reduced to a state of phrenzy. They should equally guard against compositions into which venomous plants enter, as also

those in which aqua fortis and arsenic are introduced as ingredients.

—————Others by the hand
She led o'er vales and mountains to explore,
What healing virtue dwells in every vein,
Of herbs or trees, then the charm prepar'd:
I look'd, and lo ! the *former scene* was chang'd.
Akenside.

FINIS.



