

WOMAN and HER WORK.

I think it is a pretty true saying that we never value anything we possess, properly, until we lose it, and of nothing is it more true than the hair. The girl who has almost more hair than she knows what to do with, is always complaining about it and envying her friends who have just enough light fluffy tresses to do up in the prevailing fashion, and not enough to be a care and an embarrassment. There is no doubt that too much hair is a great trouble, but the care of it is not only a great trouble, but it is difficult to make it look well, and it seldom lends itself gracefully to the fashionable style of dressing the hair, while doing it up is really a heavy task, and brushing out its long strands a weariness of spirit. Many girls who have very long hair find it almost impossible to dress it themselves, as they can scarcely reach the ends to pass the comb through it, and their arms are tired from stretching them out, before the hair is ready to twist up, and put in place. So it is little wonder that the girl with the too luxuriant tresses is not very grateful for her blessings in that line, and duly appreciates them when it is too late.

As for the trials and tribulations of the fire who has far too little hair—well it is for her benefit I am writing!

Few people seem to realize how much care and attention are required in order to keep the hair beautiful, glossy and healthy, and they seldom begin caring for it until, like many another invalid it is too far gone for recovery. Fortunately the scalp is long suffering, and most of its diseases and weaknesses, unless the hair follicle is quite dead, and careful treatment will often result in a new growth of hair, after the sufferer has lost all hope of cure.

When the hair falls out after a long illness, or from overwork of mind or body, or grief, the first and best remedy is the desperate one of amputation; it should be cut close to the head, and kept short for at least a year, and the head washed with warm water and soap every other day, rinsing and drying it thoroughly. Twice each day the following excellent hair tonic should be applied.—Ounce of glycerine, a quarter of a pint of eau de cologne, one fluid drachm of spirits of ammonia, one half spirit drachm each of rosemary, and oil of origanum and one fluid ounce of tincture of cantharides. Shake the mixture well together for ten minutes and then add half a pint of camphor julep.

Another specific for the hair is electricity properly applied, it really works wonders in restoring the vitality of the hair. Used in conjunction with the wash I have just given, it has been known to restore the hair after all other means had failed.

Dandruff, contrary to the general supposition, is not a disease, unless it assumes a very exaggerated form, it is rather a state of uncleanness, and caused by the lack of thorough brushing and frequent washing. In very thick and heavy hair it is especially liable to form, and the remedy is frequent washing. If, in spite of all precautions, the dandruff continues to form, it indicates an unhealthy state of the scalp and some simple remedy should be tried. The following will be found excellent if used in connection with plenty of washing and rinsing.

Extract of Rosemary one drachm; tincture of cantharides, one drachm; solution of carbonate of potassium, one and a half drachms; distilled water, four fluid ounces. To be applied daily using a small sponge.

The number of people whose hair turns gray now-a-days in early youth, is surprising, and scientists find it almost impossible to account for. In fact it will soon come to be a badge of extreme youth, instead of age, to have iron gray hair. The number of people I can count up myself who are under thirty and yet whose heads show more white, than dark hairs, is simply appalling, while I know several whose hair was of a pepper and salt tint before they were twenty-one. Unfortunately there is nothing known to science which will really restore the color of the hair once it has turned gray, it can be stained or dyed, but that is all, and as there is a terrible uncertainty about the result, as the vegetable dyes—be they harmless ones—not only fade very quickly but show a tendency to come out in rather uneven shades.

The best of all vegetable hair dyes is senna, which is the preparation used to produce the fashionable shade of Titian red which is so popular amongst French women. It is asserted in fact by those who should know, that the genuine Titian red which appears in the great artist's pictures was simply the product of the senna leaf as his models used it to produce the peculiar tint of burnished bronze, for which his pictured women are famous.

Preparations of senna may be purchased of any druggist in a strong solution, but they should be reduced with water until the desired shade is produced. The senna stain may be prepared at home by simply brewing the leaves like tea. It will stain the skin of the head, but that stain can be removed by washing at once with soap and water, which will not effect the coloring of the hair in the least if it is carefully done. To produce various shades of brown the following recipe is both effective, and I

believe harmless. A quarter of an ounce pyrogallie acid, one and a half ounces of distilled hot water, and when the mixture cools, add gradually half a fluid ounce of rectified spirits.

Many years ago a celebrated hair restorative which was credited with almost miraculous powers, was analyzed, and proved to consist merely of a decoction of green walnut shells scented with oil of rosemary. It is one of the oldest and safest of hair dyes and is made after the following rule.

To a strong decoction of green walnut shells and water add enough alcohol to preserve it, and a few bruised cloves. Let it stand a week, and then filter. (The color may be lightened by adding water. The decoction is made by steeping, like senna, or ordinary tea.

For baldness, or falling hair, there is nothing better than any of the preparations from paraffine oil, one of which is cod-liver-oil—This is an excellent excellent formula.

50 grammes of yellow vaseline, 30 grammes of coconut oil, six grammes of gallic acid twelve drops of oil of rosemary. Rub the mixture well into the hair every night. But above all, and before all, brush the hair well, and wash it often.

The reign of the bolero jacket has begun, and the dress that is made up without some sign of a bolero, either in fact, or in effect, should be classed with the hat which shows no indication of a bell crown, and relegated to obscurity.

The bolero seems a special accompaniment of the blouse, and is adopted as a finish for that form of blouse, but it appears on all other styles with strict impartiality. They are supposed to be very becoming to the figure, but I cannot help fancying that they give a very short waisted divided-into-two-parts, appearance, to most people. The bolero is made in all shapes, pointed, square, or round, and velvet, silk or cloth, are the materials generally used. Sometimes these little jackets are entirely covered with lace, embroidery, or braiding and trimmed on the edge with a tiny ruche of ribbon, silk or chiffon. A great deal can be done in the way of renovating a shabby gown with these janty little jackets, so there is good reason for their popularity, but like all such fashions they are sure to become very common, and their life, with fashionable people will of course be short, in consequence. It is not imperative that they extend across the back, and a light silk blouse which has done duty all summer and is showing the effects of its long campaign, can be made almost as good as new by the addition of a little bolero front, made of lace covered satin or velvet, or of the lace alone, and a velvet belt and collar. A very pretty bodice to wear with a black skirt of either satin or moire, is a black velvet bolero, which meets the wide satin belt in the back, and opens over a full front of white satin covered with cream lace. The sleeves may be either of satin or velvet, and the collar a high flaring one of velvet, ending with the jacket in front over a close collar band lace and satin. White and black guipure lace are both very effective when made into separate jackets to be worn over different bodices. Applique embroideries are much used to trim these jackets, and another favorite trimming is a narrow border of fur with fur straps to fasten it across the front. Later in the season it is said that the entire jacket will be made of fur.

Bands of fur are to be very popular as trimmings this winter, and one elegant French gown of blue cloth has three rows of sable around the skirt to the tablier front, which is trimmed with the same fur in the form of a V. The bodice is of blue silk covered with Irish guipure, and covered with bretelles of the cloth, which extend across the back and are oddly trimmed with narrow bands of the fur placed crosswise at intervals.

It is predicted that black is to be very much worn this season, and black cloth with a very fine stripe of either white, or gray, is said to be the very latest thing for tailor-made suits. Where the wearer can afford silk linings, they are bright red, and the coat bodice is decorated with small gold buttons. Zibeline which is a sort of Camel's hair cloth with lines forming a plaid, and ribbed cloths such as poplins and reps, are amongst the favorite materials. One pretty gown of silk and wool broche is of blue and black, and has a blouse bodice of soft black ribbed silk finely tucked up and down and trimmed in front with a little cream lace, and some fancy buttons. The sleeves match the skirt, and the narrow belt is of silk fastened with a fancy buckle.

There is no longer any doubt that trimmed skirts will be worn, many of the newest dresses having trimming on the skirts; but somehow the innovation has not been received with much favor so far. There is such a difference in the fulness of the new skirts, however, that even the most conservative people will be obliged to become accustomed to the trimming, as it will probably be generally adopted by next spring if not before. Some of the recently

imported dresses have skirts that are either gathered or laid in very small plaits over the hips, while others are severely plain with all the fulness drawn to the back.

Green is the color in the fashionable world and some of the green cloth suits are very stylish. One of dark green cloth is an illustration of the the trimmed skirt, having five bias folds of velvet on the skirt; the bolero is of the cloth trimmed with an applique of velvet and braid. The vest is of cream white lace and the belt and collar of velvet.

CLIMATE AND DISEASE.

Proper Choice of Climate for an Invalid is a Nice Question.

The London Lancet in a recent issue discusses the views put forth with regard to the influence of climate on disease by Dr. Hermann Weber and Dr. Michael Foster, in an article which appears in the first volume of Allbutt's 'System of Medicine.' As the subject is an interesting and important one, it may be well to outline the conclusions which are supported by high authority.

It has been said that the subject is an important one, but the extent of its importance until lately was not recognized fully. Formerly climatic treatment was almost restricted to diseases of the respiratory organs; now we know that the treatment of almost every chronic deviation from health may be assisted by judicious change of climate. What is still often lacking on the part of patients and practitioners alike is precision in the choice of locality and a due appreciation of the capabilities and limitations of climatic treatment. It is as absurd for a physician to recommend a given place on general principles as it is for a diseased person to assume that change of air alone will suffice to cure his malady. Even in the case of phthisis, which has received an exceptional amount of attention and study, the selection of a suitable climate is often a difficult problem, not merely from the obscurity of the subject, but also owing to the fact that choice is often circumscribed by extraneous considerations. Thus, if a patient be poor, a locality must be selected where there are facilities for earning a livelihood; and, in any event, the need of securing suitable accommodations and congenial surroundings and companionship must be kept in view. A locality, theoretically desirable on meteorological grounds, may be too inaccessible, or there may be a lack of civilized society, occupation and amusement.

Passing over these secondary questions, which complicate the matter, we come to the primary inquiry whether in the case of phthisis calling for climatic treatment, high altitudes are likely to be suitable. It will not do to assume that the answer will be always in the affirmative. Sometimes it is better for the patients to go to such a seaside resort as the Riviera, or to the Nile Valley, or to an island like Madeira; sometimes a sea voyage should be recommended. There is no doubt that early cases of unilateral or bilateral phthisis in young and fairly vigorous persons, in whom the disease is of a limited character, should be sent to a mountainous region, like Switzerland or Colorado or the Adirondacks. The chief contra-indications to the mountains are held to be, it seems, albuminuria, degenerative disease of blood vessels, ulceration of the intestines, advanced laryngeal mischief, active tuberculosis, extensive destruction of lung tissue, constitutional erithism, and advanced age. These are pronounced by the Lancet to be thoroughly sound rules. It used to be taught in the profession that if a phthisical patient had suffered from hemorrhage, this should be regarded as a bar to either a sea voyage or the mountains. The true view is, according to the Lancet, that while an existing or very recent hemorrhage precludes a change of climate altogether, past hemorrhage is no bar to the mountain or sea voyage. The contra-indications to the sea are laryngeal and intestinal complications and fever; on the other hand, a sea voyage is useful where phthisis is part of a general breakdown from overwork, or in cases of limited lung consolidation without fever. The Riviera is deemed a suitable place of sojourn for persons who find the Alps, or mountains of equal latitude, too cold, or where phthisis is complicated with catarrhal pneumonia or bronchitis. Madeira is preferable when there is much irritability of the mucous membrane. The patients who may be sent to Egypt are those who find even the Riviera too cold, or those in whom phthisis is associated with albuminuria, provided there has been no great destruction of lung tissue; and those, finally, whose conspicuous symptoms are insomnia and nervous irritability.

DOING HIM A FAVOR.

Was Willing to be Hung by the Man Who Had Treated Him Well.

He had been tried for murder and sentenced to be hanged and the day named, and as I happened to be in town on that day the sheriff invited me to witness the execution. Half a dozen of us accompanied him to the cell of the condemned at the proper hour and he said to the man:—'Well, Jim, it's about time to be movin'.' 'Folks all ready outside?' asked Jim. 'Yes, all ready. That's a big crowd to see yo' go and I hope yo' won't make no fuss.' 'Say Bill,' said the condemned after a moment's thought. 'I've concluded not to be hung.' 'Shoo! Why yo' was reg'larly sentenced.' 'Yes, I know, but I'm going to kick agin it. I didn't hev no fair show.' 'It was as fair as could be, Jim, and only yesterday you agreed not to make any fussin'.' 'Pears like yo' don't want to do the right thing by me.' 'Yes, I do, but this yere hanging don't do a man no good. Mebbe I'll hang next week, but I'll hang next week if I do it to day. Just go and tell the folks that it's put off.' 'Shoo! Shoo!' grumbled the sheriff, 'the law says you 'ave to be hung between the hours of 10 and 12 o'clock. Don't be contrary, Jim. Jest git ready and come out and be hung like a man. Hain't I used yo' all right?'



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RIPANS

ONE GIVES RELIEF.

The leading contra-indications to Egypt are intestinal ulceration, or a tendency to diarrhoea, or the early occurrence of acute pneumonic symptoms. Thus we see what a mistake it is to take for granted that all sufferers from phthisis are benefited by the mountain air. On the contrary, a careful study of a given case is requisite in order to determine the particular locality from which benefit may be expected.

The rules for other diseases are much simpler. Thus gout and rheumatism demand warm and dry inland climates, or fairly warm seashores. For most cases of nervous disorder, the mountains are on the whole, unsuitable, and the Lancet also thinks that sea voyages are contraindicated; herein reversing the opinion expressed by Dr. Weber and Dr. Foster, Scrofula, i. e., lymphatic tuberculosis, is, on the other hand, notably benefited by a bracing marine resort, and for this malady sea voyages are also useful. Bronchi is in a young person is often ameliorated by the mountains; but for elderly persons the Riviera, Egypt or the Canaries, that is to say, a warm seashore or insular climate, are held more suitable. Asthma is too erratic a disease to admit of definite rules; many asthmatics do best in large towns. Young sufferers from asthma are often relieved by a stay in the Alps or similar mountain regions; those who are more advanced in years are recommended to try Egypt or the Riviera.

The Lancet has rendered a service by showing the necessity of nice discrimination in the selection of climates considered as remedial agencies. It also consoles those who, for one reason or another, are unable to leave home, by reminding them that with judicious management it is often possible for an invalid to obtain great benefit by availing himself of all the advantages and defending himself from the injurious influences of his home climate.—N. Y. Sun.

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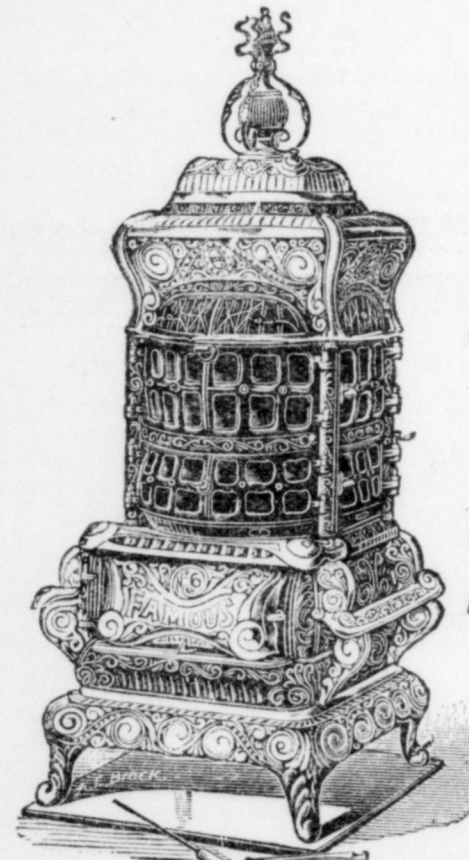
He had been tried for murder and sentenced to be hanged and the day named, and as I happened to be in town on that day the sheriff invited me to witness the execution. Half a dozen of us accompanied him to the cell of the condemned at the proper hour and he said to the man:—'Well, Jim, it's about time to be movin'.' 'Folks all ready outside?' asked Jim. 'Yes, all ready. That's a big crowd to see yo' go and I hope yo' won't make no fuss.' 'Say Bill,' said the condemned after a moment's thought. 'I've concluded not to be hung.' 'Shoo! Why yo' was reg'larly sentenced.' 'Yes, I know, but I'm going to kick agin it. I didn't hev no fair show.' 'It was as fair as could be, Jim, and only yesterday you agreed not to make any fussin'.' 'Pears like yo' don't want to do the right thing by me.' 'Yes, I do, but this yere hanging don't do a man no good. Mebbe I'll hang next week, but I'll hang next week if I do it to day. Just go and tell the folks that it's put off.' 'Shoo! Shoo!' grumbled the sheriff, 'the law says you 'ave to be hung between the hours of 10 and 12 o'clock. Don't be contrary, Jim. Jest git ready and come out and be hung like a man. Hain't I used yo' all right?'

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'Yes, reckon so.'
'Gin yo' plenty to eat and a good bed?'
'Yes.'
'Then why go back on me? If I don't hang yo' what's the Governor gwine to say 'bout it? What's the Judge gwine to do?'
'I ain't asking yo' to hang 'cause yo' killed yo' ole woman, but to oblige me.'
'Is that it? Would it be a favor to you, Bill?'
'It would, Jim—a big favor. Yo' couldn't do nuthin' to oblige me mo'.'
'And yo'll remember it of me?'
'I will and jif I kin ever do yo' a good turn yo' kin count on me.'
'Well, then,' said Jim, as he rose up, 'I reckon yo' kin go ahead with the hangin'. I don't keer for the Governor nor the Judge, but when a feller has used me whie I'm willin' to do him a favor and won't go back on him. Git erlong to the gallus and hev it over with.'—Chicago News.

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