

## Woman and Her Work

The following article on the hair, which I quote on account of the clearness and simplicity with which it explains the various causes of faded and falling hair, and the excellent advice it gives about the hair—rather upsets our most cherished ideas on the subject, and robs the almost tiresome, and dreaded function of going to bed, of half its terrors. How those 'hundred strokes with the brush have haunted us and made bed-time a perfect terror, and caused some of the more lazily disposed of us to sit up half the night, in a short sighted effort to postpone the evil hour at any price. It is a blessed thing that modern research has simplified some things even if it has elaborated others at the same time; because the modern belle will now be able to devote the extra moments that she formerly wished on her flowing locks, to massaging her face and caring for her complexion, twisting her arms to keep round, holding her breath while she counts five, to fill out her throat and make it round and white, breathing deep breaths to develop her chest, and going through physical exercises to improve her figure and give her a graceful carriage. Truly compensation is the law of existence the world over, and it is a good thing that some benefactor of the race made that little discovery about brushing the hair, else we should soon have been obliged to go to bed at about eight o'clock in order to get through with all our preparations in time to get any beauty sleep at all.

'What do you think of a theory advanced by some savant that man is tending to evolve into a hairless animal?' was asked of a hair-dresser, whose specialty is diseases of the scalp. 'There is about as much probability of his walking on his all fours,' was the positive reply. 'They know next to nothing about the hair and the scalp or they would never have such a thought. The hair never falls out unless there is something wrong about the scalp caused by the general health, the habits of the individuals, or the way the scalp is treated. Blonds, of course, as a rule, have the thickest hair, as they average 790 hairs to the square inch, while there are 608 chestnut or brown hairs, 572 black hairs, and only 493 red hairs. I believe, as a rule, red-haired persons keep their hair the longest, while it turns gray sooner than any other. The hair is a good barometer of the health, for if a person is weak and ill, with an imperfect circulation, the hair invariably becomes thin, uneven, and lacking in natural gloss. It is wonderful, with the constant falling out of the hair, that thin hair should be not more common, or that there is not more cases of total baldness. The average life of a hair is from two to six years.

'About the best way to keep the scalp healthy is to preserve its elasticity. To do this massage is necessary, and if there should not be enough oil, the hair feeling dry and brittle, a preparation containing lanoline, softened by the addition of either vaseline or glycerine, should be worked in with the fingers. If there is a tendency to baldness this should be done daily. In such cases the application of water and too frequent shampooing should be avoided. The best hairdressers will all tell you that the hair should not be washed too frequently, as it deprives it of its natural oil. This is one of the chief reasons why more men than women loose their hair early. They wash or wet it too frequently. The average person doesn't need to wash his hair oftener than once a month, but where the hair is excessively oily, which is really a good fault, it may be washed once every three weeks.

'As age comes on, the small vessels, the capillaries which feed the roots of the hair, become smaller, the hair roots are not properly nourished and the hair falls out. This also happens in fevers and disease. As a usual thing after illness these vessels soon regain their normal condition and the lost hair is quickly restored, but with age, restoring the hair is much more difficult. And if the hair follicles are entirely destroyed there is no remedy. The best agents for restoring hair, especially where the person has been bald some time, is by massage or electricity. The first can be given by almost any barber, and I have known ladies who massaged their own heads successfully, but the second should only be given by or upon the direction of a physician. I have restored what at first appeared hopeless cases of almost total baldness of long standing by daily massage and the free use of lanoline and vaseline on the scalp. The tincture of cantharides, diluted to suit the condition of the individual scalp, is very useful when the loss of hair is due to inactivity of the circulation and the wasting of the glands and hair follicles.

'Now dandruff is caused by the opposite condition of the scalp, or the over secretion by the glands. It is to the scalp what pimples are to the face. In this case the hair follicles are clogged with too much grease, the simplest and most effective remedy being a thorough shampooing once a week and a daily massage of the scalp to aid the circulation. Washes containing alcohol, ammonia, borax, and carbonate of potassium are good, but I have never had a case that would not yield to shampooing and massage.

'Some ladies have great faith in the old fashioned idea of giving the hair one hundred strokes with the brush night and morning. I do not hesitate to tell them it is a fake. Many of them think my dislike of the brush a prejudice and pay little attention to my advice, but my dislike of the brush comes from more than twenty years' experience. The brush drags out the hair much more than the comb and should be used as little as possible. A good healthy head of hair can be kept glossy as well without the brush as with it. All that is necessary is to keep it clean and well combed. Another fact about keeping the scalp and hair in perfect condition which many ladies disregard is the fact that the hair should be allowed to fall loose over the shoulders whenever circumstances permit, and should never be confined at night or during the hours of repose.'

There are no infallible rules of fashion this season at least so say those who should be authorities; so one can wear pretty much what they please—and better still—what they happen to have on hand! Speaking for myself I know it is a real joy to be able to take out the bodice which was cast aside before its first youth had waned, merely because the tight sleeves condemned it and the material could not be matched, and after sewing a full flounce of lace over those impossible sleeves, find it on the top wave of fashion. There is also an innocent pleasure in widening the too narrow skirt with a lavish addition of panels, and freshening up a slightly shabby one with half a dozen flounces around the bottom. It is so seldom that stern fashion lends herself to our little economies that we should rejoice when she smiles on genteel poverty, and make hay while the sun shines.

But unfortunately the very latitude allowed in the choice of costumes has had the effect of throwing some very remarkable combinations of color and texture on the market, and in not being quite sure which of the brilliant colors to choose many women whose taste is fairly good ordinarily, are led to make mistakes in choosing their costumes which would surprise them if they could but see themselves as others do. Therefore the secret of real distinction in dress this year lies either in the ability to design harmonies, or telling contrasts in dress, or else in choosing neutral tints which will make the dress stand out amidst all the brilliant colors so generally worn. Black, pale gray, and biscuit color, are the shades that carry out this idea best, and a touch of some bright color about the bodice is quite sufficient to redeem the gown from dullness, and give it a certain character of its own, without which no gown can be a success.

Almost the only costume to which this rule does not apply is the popular foulard which is nothing at all if not gorgeous both in color and design; not like the chales foulards seems to be a law unto themselves and they must be showy. One very pretty one is pink and black and white, and is trimmed at the foot of the skirt with two ruffles of ecru lace. The bodice is of fine ecru canvas covered with an applique of guipure worked with gold thread, and full braces of silk edged with narrow lace extending over the shoulders. The belt is of black satin with a large bow at the back, and the collar which is of embroidery has a little frill of pink and silk another of cream lace, at the back. Another of these brilliant gowns is of green, blue and yellow and white silk with a plain skirt tucked around the hips. The bodice is of white mousseline de soie over white silk, and is trimmed all around the figure with bows of narrow cream lace an inch apart. Full braces of the bright colored silk form a pretty contrast over the white and the collar and belt are of white satin ribbon.

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The latest novelty in trimming, if one can call such a revival of a bygone fashion, a novelty, is the narrow silk fringe of fifteen years ago, which is used with a lavish hand in the trimming of crepe de chine dresses. Embroidery is very largely used on pique this season, and so recklessly is it applied that the pique might be said to form merely a foundation for the thick covering of jet and colored silk which is used in both open and close patterns. Of course the piques are in such delicate tints that they might almost be mistaken for corded silk, especially at night, and when loaded with embroidery the illusion is complete. The hip trimming is a feature which seems to be growing in favor, and it is seen on numbers of very swell summer dresses, and so much stress is laid upon it as a decoration that it is made as conspicuous as possible. For instance a dress of black and white checked silk has two killed frills of the silk, headed by a band of lace insertion over white satin, around the hips, as the sole skirt trimming. The bodice of this very striking and costume is of green mirlor velvet, with a vest of white chiffon over white satin, and the revers of the bodice are covered with lace matching the insertion on the skirt.

Next to the foulards, and the transparent canvas materials, come the muslins and organdies which look so fresh and sweet, so quaint and simple and inexpensive, but which really cost by the time they are made up, so much more than a really good tailor made costume. Yards and yards of costly lace edging and insertion, and expensive ribbon are required for the trimming of these fresh little gowns, and if they are made by a leading dressmaker, she is sure to require silk linings for them, and declare that it is impossible to turn out a really elegant muslin dress with any other kind of foundation. In spite of this, many very pretty dresses are constructed over linings of colored dimity, which is most satisfactory, and would look just as well if one did not happen to know that it was not silk. A lovely model of a white organdie is made over mauve silk and trimmed with rows of lace insertion set on both crosswise, and up and down on the skirt. This trimming is applied first in perpendicular stripes set on at intervals of eight or nine inches, and around the bottom are three rows running around the skirt and the same distance apart and heading a full ruffle of lace. On the bodice all the stripes run up and down, while the order is reversed on the sleeves which are trimmed from shoulder to elbow with rows of insertion running around them. A frill of lace finished the full bodice where it opens at the left side, and both the neck and the tops of the sleeves are finished in like manner wide mauve satin ribbon forms a sash, and loops of the same in narrow width catch up the lace at the top of the sleeves and appear at the neck. ASTRA.

### GIVE BIRDIE A GUN.

Let Her Emulate the Deeds of Other Famous Amazons.

The laws of Colorado having admitted women to all the rights, duties and responsibilities of men, they claim as among those rights the privilege of serving in the militia. The latest dispatches from that commonwealth inform us that Mrs. Birdie Morgan, of Denver, has made formal application for a command in the national guard, and that she expresses the belief that a company of women would prove an important adjunct to that body.

Why not? Have there not been women warriors in every age of the world? Have there not been queens and amazons who were soldiers every inch, familiar with the tented field, setting squadrons therein, and knowing the division of a battle? Most certainly there have. Why, then, should not an American amazon be permitted to buckle on her sword or shoulder her musket and show how battles are won?

Not to speak of Belle Boyd and other heroines of our civil war, history is full of the warlike achievements of women, and

their names are enshrined in verse and story. Samuel Butler has preserved the memory of an English heroine whom he calls English Moll, who was indeed a celebrated character in her day. Clad in mail and armed for battle this heroine placed himself at the head of a thousand English warriors and sustained a combat with three thousand Spaniards for seven hours, at last retiring into a castle, which she successfully held. Mary Ambree was her humble name, and a ballad assures us—

When captains courageous, whom Death did not daunt,  
Did march to the siege of the City of Gaunt,  
They mustered their soldiers by two and by three,  
And the foremost in battle was Mary Ambree.

When the Armada threatened England Queen Elizabeth  
Most bravely mounted on a stately steed,  
With truncheon in her hand,  
Marched her troops, deeply resolved 'to lay down for my God, for my kingdom, and for my people, my honor and my blood even to the dust.'

At a far earlier date another British queen, Boadicea, led her people against the Roman legions with a constancy and courage that deserved a better fate.

Whose blood has not thrilled at the recital of the heroic deeds of Joan of Arc, whose renown is imperishable? With these and a thousand other historic examples before them, can it be that the Colorado authorities will deny Birdie Morgan's just demand? She votes, she serves on juries, she attends political meetings, and she is qualified to hold office. Why, then, should she not be permitted to fight and die, if need be, for her country? By all means let Birdie have a gun. Chicago Times-Herald.

### MONKEYS AT CHURCH.

How They Once Set an Example of Good Behaviour at Church.

That monkeys, and wild ones at that, should be able to set an example of decorous conduct at a religious service seems an extraordinary thing, but that they once did so is attested by the Rev. Jacob Chamberlain in his book, 'In the Tiger Jungle.'

The missionary was holding a service in the streets of a town on the Telugu coast. The preachers stood on a little raised platform on one side of the street against the house-walls. On the opposite side of the narrow street was a long row of trees, the branches of which stretched out over the flat roofs into the street.

'One of our native assistants,' says the missionary, read a portion from the gospels and another preached, while I watched the audience of natives, to study the countenances of the people among whom I was to work for many years.

'Chancing to raise my eyes, I noticed many branches of the trees beginning to bend downward toward the roofs, and saw the faces of some old jack-monkeys peering out through the foliage. Soon some of them jumped down and came forward to see what their 'big brothers' in the street were about.

'Springing upon the parapet of the low roofs of the houses opposite, they seated themselves, with their hind feet hanging over in front, and gazing fixedly at the preacher, as they saw the people in the street doing.

'Other monkeys followed, until there was a long row of them on the parapet, looking for spaces between the monkeys already seated: they would put up their hands, and, pushing another monkey sideways, would seem to say, 'Sit along, please, and give a fellow a chance,' until the 'bench' was crowded.

'I had noticed that many mother-monkeys had brought their babies to church with them. The baby-monkey would sit upon the thigh of the mother, whose arm was twined around it in a very human fashion.

'But the sermon was evidently too high for the little folk's comprehension. I saw one of these little monkeys cautiously reach his hand around, and, seizing another young monkey's tail, give it a pull. The other struck back; whereupon the mother-monkeys, evidently disapproving such levity in church, each gave her child a box on the ear, as much as to say:

'Sit still! Don't you know you must behave in church?'

'The little monkeys, thus reprimanded, turned the most solemn faces toward the preacher, and seemed to be listening intently to what he was saying.

'With the exception of now and then a

monkey's pursuit of a flea that was biting him in a tender place, they all thus sat demurely until the preacher finished his sermon and until we had distributed gospels and tracts among the audience and had started for our tents. Not until then did the monkeys walk back and spring up into the trees.

'There were no 'monkey capers' as they went; they were as serious as any congregation leaving a church; and they sat a while on the branches as though thinking over what the preacher had said.'

### 'No Fish.'

Fine as are the salmon of Newfoundland, they are without honor in their own country, as the following incident from Dr. S. T. Davis's 'Caribou-shooting in Newfoundland' will show:

Our way into the interior was over a lovely pond. We had made an early start, and left the foot of the pond just as the day was breaking. We had not proceeded far when the writer thought he could occasionally see the water break with a splash in close proximity to the canoe. Seated as he was in the bow, he turned to the native who was handling the paddle in the stern, and inquired whether there were any fish in the pond.

'Fish? No, sir, no, fish, sir.' Presently, when about half-way up the pond, and just as the sun was peeping over the eastern horizon, he saw, not six feet from the bow of the canoe, a magnificent salmon rise to the surface, and with a splash of his tail, disappear. Again the writer turned to his friend with the remark, 'Daddy, did I understand you to say that there were no fish in this pond?'

'No fish, sir; no fish.' 'Yes, but—I beg your pardon—I a moment ago saw what I took to be a twelve- or fifteen-pound salmon break the water not six feet from the bow of the canoe.' 'Oh, that was a salmon. There are plenty of trout and salmon in all these waters, but no fish, sir. Nothing counts as fish in these parts but codfish, sir.'



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