

DOES MUSIC MAKE THE HAIR GROW?



Making the Wild March Hair Stay at Home

THIS year my docile hairs became the roaming wild March sort: Without a by-your-leave they left, disclaiming a passport. I tried to entertain them and took them to a play. But though they quite enjoyed it, that didn't make them stay. I showed them comic papers, I talked about the war. But every time I combed those locks more left like those before.

IN DIREFUL desperation I gave a fancy ball. But, though they were invited, some failed to show at all. I hired spellbinding speakers, regardless of expense. To stir them to their duty with ringing eloquence. I shot off Roman candles, I fed them juice of prunes. And then some one suggested that I sing them Wagner tunes.

IMAGINE my amazement when, without a pause or rest, Those hairs began to grow again as if they were possessed. Of course I could not fathom the meaning of the notes That from the works of Wagner I used as antidotes. And, though I can't get Wagner, one boost I have to hand him— I proved beyond all question that my hairs sure understand him.

A WIFE may help her husband's hair to grow by playing the piano and singing to him—if her voice is fairly sweet. A husband can do the same thing for his wife, but usually it is not necessary for him to do so. The domestic life she leads is an aid to the growth of hair. She is not in the turmoil of business as is her husband, therefore she is not subject to the strain that causes nerves to stand on edge.—*Dr. William A. Stuart.*

THE reason why Paderewski's locks are leonine; why Ysaye's tresses are the envy of symphony debutantes, and why Kubelik is able to emphasize passages of his masterful renditions by studied shakings of his flowing adornment, is just this—the tranquillity, the peace, the harmony and the joy of music make for the growth of long hair.

No less an authority than Dr. William A. Stuart, the well-known scalp specialist, vouches for this. And, further, he says that a wife's disposition may play an important part in the luxuriant sprouting of a man's hair. His suggestion to wives, therefore, is this: If you would have your husband retain his hirsute adornment play the piano, sing to him. (The doctor admits, of course, that all singing is not conducive to a fine growth of hair.)

"It is a fact that a nervous strain for a long period of time will often cause the hair to turn gray," says Dr. Stuart. "The nerve centers of the scalp are exceedingly sensitive and when the body becomes exhausted by overwork or by nervous strain the shock goes directly to the scalp and hair. So it is good reasoning to say that music affects the growth of the hair in this way: It has a soothing effect on the whole of the nervous system of the body, and the hair nerves, being sensitive, are aided, and in return contribute to the health of the hair."

Discord Brings Baldness.

"Such, to a more or less degree, has been true, I believe, in the cases of Paderewski, Ysaye, Kubelik and the many other musicians of our time whose hair is luxuriantly long. Some people might say: 'How about Hertz, the conductor of the Metropolitan opera? He is as devoid of hair as a billiard ball, and yet he is one of our greatest musicians.' From the viewpoint of a scalp specialist, several different things no doubt contributed to making him bald. But his case was not helped along any by the nervous strain he undergoes—a strain not experienced by most musicians. A prima donna singing off key, or a tenor breaking on a high note, is enough to play havoc with his sensitive nerve system. Long hair isn't apt to grow under such conditions."

"A wife may help her husband's hair to grow by playing the piano or singing to him (if her voice is fairly sweet). A husband can do the same thing for his wife, but in the majority of cases she doesn't need his assistance. The domestic life she leads is an aid to the growth of her hair. She is not in the daily turmoil of business, as is the man—consequently, her nerves are not on edge."

This Is No Joke.

"We often hear the remark, 'I was so frightened that my hair stood on end.' This expression has been laughed at, as if too foolish to be true. But it is true. The hair follicle lies in the scalp at an angle of about 45 degrees. Thus the hair lies flat on the head. Now, let one become suddenly startled. The sensation is that the hair is standing—and it is. The little muscle that controls the follicle contracts and draws the hair follicle to a perpendicular position, and, therefore, the hair stands erect."

"The hygiene of the hair and scalp lies in the following: First, shampooing properly; second, brushing and combing the hair properly; third, arranging the hair properly; fourth, exposing it to air and light; fifth, cutting and trimming; sixth, the use of proper lotions. The child is born with a

coating or fatty substance on the scalp. Care should be exercised by the parent to remove this by using olive oil or sweet almond oil, keeping this up for two or three weeks, washing the head daily to prevent the oil from becoming rancid.

"The washing of the scalp in adults should be followed with care and precision to prevent the foreign matter that the hair catches from stopping up the follicles. The hair requires for its growth and health plenty of air and sunlight. The man who wears a heavy or tight-fitting hat cuts off the circulation of the blood that passes up over the head, starving the hair root, and allowing disease to enter the follicle. The sebaceous glands become contaminated and the fumes that pass upward out of the scalp then enter the vacuum, or space inclosed by the hat, the air soon becoming impure, as in a sleeping-room which has not been properly ventilated."

Teach the Children.

"To prove this: Has anyone ever seen a man bald below the hat band with plenty of hair on the top of his head?"

"It is just as essential that hygiene of the hair be taught in our public schools as it is that 'care of the teeth' be taught. Children should be told more about how to keep their hair and scalp in sanitary condition. Go into a theater or some other public place and invariably you will detect the odor of oily hair or an unclean scalp. These conditions should not exist among an intelligent race of people."

"There cannot be too much stress laid upon the insanitary barber-shop. Every state should have a law providing that bar-

Below picture of Jean Paderewski, famous Polish pianist, is Emil Sauer, well-known German pianist. Center drawing shows how stiff hat band congests blood vessels. Lower left, Ossip Gabrilowitsch, Russian pianist.



bers shall keep their instruments sterilized. There should be an inspector for these shops, whose sole duty would be to see that the law was enforced.

"The barber benefits financially by many foolish and, in fact, harmful fads. For example, singing of the hair is harmful, and does not, as you are told, stop up the ends

to prevent a certain fluid from escaping. Another foolish and harmful fad is the application of tonics that contain a large percentage of alcohol. Alcohol dries the hair and, if used extensively, works down into the hair follicle and hardens and dries the fatty matter upon which the hair lies. "It is argued by some that baldness is

hereditary, but I believe it is caused mostly from using the comb and brush, the same soap and water, and eating the same kind of food that the parent was in the habit of eating."

"There are many cases where women almost bald cover up the exposed scalp with false hair. All wigs and false hair are

harmful and should not be worn. Women who practice this are often found to have oily heads of hair.

"In conclusion, let me say that the care of the hair is important, not only for those with a tendency toward baldness, but to all who wish to preserve their hair in good condition. If the hair is properly attended to

it will go a long way toward the prevention of diseases of the scalp and hair, and also to parasitic troubles."

Dr. R. Kendrick of Boston is inclined to agree with Dr. Stuart relative to the theory that music tends to the growth of long hair.

Hair of Animals Useful

The hair of various animals is employed in many uses. The strongest and most durable of hair cloth is woven from the tails of horses. The horse hair from the mane is twisted into ropes, and after being boiled and then dried in an oven is untwisted and in a half-matted condition employed for stuffing beds and cushions.

The hair of cows is employed as a binder for plaster; in Europe it is sometimes woven into carpets or hose. Pig's hair is used in China for the same purposes. The stiff hair or bristles from the ridge of a hog's back is made into brushes for the hair, teeth and nails, as well as into brooms and the larger painting and whitewashing brushes. The finer paint brushes are of the hair of the camel, sable, badger, squirrel, marten, raccoon, goat, etc. Quills of the crow, pigeon, goose, turkey or swan are also used.