

**THE CARE OF THE HAIR AND THE
SCALP: HOW TO KEEP THE HAIR
FROM FALLING OUT AND
TURNING GREY, FOR
PROFESSIONAL AND PRIVATE USE**

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The Care of the Hair and the Scalp: How to Keep the Hair from Falling Out and Turning Grey,
for Professional and Private Use by William A. Woodbury

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WILLIAM A. WOODBURY

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THE
CARE OF THE HAIR
AND THE SCALP

*How to Keep the Hair From
Falling Out and Turning Grey*

FOR PROFESSIONAL AND PRIVATE USE

BY

WILLIAM A. WOODBURY

DERMATOLOGIST

AUTHOR OF "BEAUTY CULTURE," "THE CARE OF THE FACE,"
"HAIR DRESSING AND TINTING," "THE CARE OF THE HAND,"
"THE CARE OF THE FOOT," "HOW TO GET THIN
AND HOW TO ACQUIRE PLUMPNESS," ETC.

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

—Pope.

WILLIAM A. WOODBURY

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INTRODUCTORY

LUXURIANT, lustrous hair adds distinction to a man and often positive beauty to a woman.

Equally true is it that many persons, with a fine growth of hair originally, do not develop its value, through sheer carelessness.

Since most women devote considerable time to the arrangement of hair, they surely cannot be convicted of a lack of care. The trouble seems to spring from the fact that so little is generally known of the scalp and its covering; and so many conflicting things have been advised for their care that naturally feminine minds have been confused.

It is, therefore, necessary to give the student, who intends to devote earnest efforts to the beautifying of the hair and to the proper corrective treatment of scalp disorders, a concise, comprehensive idea of what is imperatively needful to know in order that the best results may be obtained.

There is no more grateful patron than a lady well satisfied with the general appearance of her hair, and who enjoys the agreeable sensation of possessing a clean, healthy scalp that previous to treatment had been a source of great anxiety to her.

Much can be done for the hair and scalp of any person, whether in health or disease; but one thing must especially be kept in mind: that is, the necessity for **perseverance** on the part of the operator; and at the

same time patience must be impressed on the mind of the person applying for treatment.

- ✓ Faults or diseases of hair and scalp that have existed for months or years cannot be overcome in as many days. The more serious conditions may require careful attention for months.

It was perhaps with the hair in mind that the old philosopher gave the preference to the "ounce of prevention"; for while there are grave doubts of ever restoring the hair to a shiny bald pate, there is no question of the ability to long postpone its loss or decay.

THE HAIR

CHAPTER I.

STRUCTURE OF THE HAIR.

Anatomy of Hair and Scalp—The Colors of Hair—Racial Differences—Albinism—Number of Hairs—Growth of the Hair—Shape of the Hair.

It would seem that the possession of healthy, beautiful and abundant hair should be so universal as to be unnoticeable, instead of the reverse as we actually find it, for the exercise of intelligent care is all that is necessary to bring this about, and the average woman requires no chiding for indisposition to take pains to look her best. The trouble springs from the fact that so little is generally known of the scalp and its covering, and so many conflicting things have been advised for their care, that feminine minds have been confused with disastrous results ensuing to the very object designed to be conserved and cultivated.

It is, therefore, necessary to give the woman who intends to devote earnest efforts to the beautifying of the hair and to the proper corrective treatment of scalp disorders a concise, comprehensive idea of the physiology of the hair and of the skin in its special relation to the hair, and to advise her how she may conduct her treatment in accord with the processes of nature.

ANATOMY OF HAIR AND SCALP.—The hair of a human

being is similar in structure to the nails of the fingers and of the toes. In other words, it is made up of the cuticle or scarf skin.

It is vulgarly believed that the hair is a hollow tube closed at its upper end. This is not true. The shaft of

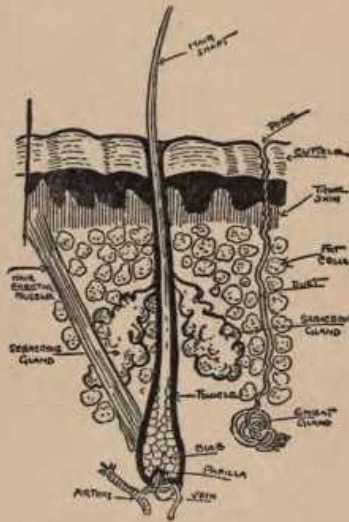


Fig. 46

DIAGRAM OF SKIN AND HAIR

the hair, or that part of the hair appearing beyond the skin, is a solid rod, varying in color, texture, length and curl with every individual. Let a hair slip between your thumb and finger from its root to its tip, then from tip to root. If your sense of touch is keen, you will notice