

Falling Hair.

Can falling hair be successfully and satisfactorily treated?

Most emphatically "Yes!" I would guarantee to make a vast difference in the hair of ninety per cent. of girls in the space of six weeks, if they would only promise to faithfully and regularly carry out the treatment ordered (says a specialist writing in "Home Chat"). It is no use at all to make spasmodic efforts at brushing and massaging and electric treatment, and the application of wonderful hair-restorers of unknown ingredients. "Discover the cause, then apply the proper treatment," is the golden rule. The chief causes of falling hair are dandruff of the scalp, and a condition of lowered vitality and dryness of the hair, which is most commonly found in girls suffering from anaemia. Dandruff, (technically known as "seborrhoea," is an affection from which most people suffer at one time or another, and it is easily enough recognised by the scaly or scurfy condition of the head, the dry, lustreless hair, and the fact that the hair comes out steadily in spite of all the brushing and the hair applications which are tried. One can confidently anticipate satisfactory results if the following treatment be faithfully carried out.

Any chemist will procure a soap for you called "resorcin, sulphur and salicylate soap," a medicinal soap of ordinary appearance, costing about sixpence, which is to be applied to the scalp in a lather with warm water at night.

The lather is to be well rubbed into the scalp and left on for about five minutes; the hair then rinsed thoroughly with warm water, and dried with hot towels.

This is done for three consecutive nights, and each morning a little brilliantine must be well brushed into the hair. The treatment must be thorough to be of any use.

The same washings at night and the morning applications of brilliantine are to be continued twice a week for a fortnight, then once a week for a month, when the hair should be markedly improved, and the loss of hair effectually stopped.

In less serious cases of dandruff a simpler treatment will prove effectual. A liquid soap, made up of equal parts of soft soap and rectified spirits (say, three ounces of each) is an excellent shampoo.

The hair is to be washed with a lather of soap and warm water, and afterwards thoroughly rinsed in luke-warm water. This soap should be regularly used once a month by anyone with a tendency to dandruff; and, if the hair is dry, a few drops of brilliantine may be well brushed into the hair about twice a week at night.

An ointment of precipitated sulphur in cold cream (in the proportion of one in ten) is a most efficient application in dandruff associated with dryness. If this be rubbed in every night for a week, and the hair shampooed with the soft soap and rectified spirits mentioned above, at the end of the week, it may be all that is required in mild cases.

But do not forget to use absolutely clean brushes, to nightly brush the hair and, whenever possible, to dry it in the fresh air, and get all the sunshine possible.

Anaemia is often the cause of falling hair, the scalp being poorly nourished with blood deficient in quality. Cure the anaemia, and the falling hair is very simply disposed of. For the hair itself, the following prescription will be found of value, rubbed in night and morning. Any chemist will make it up: Liquor carbonis detergens, one ounce; glycerini, four drachms; apuae distillatae, four ounces.

Brilliantine, or simple lard, or a little lanoline and vaseline rubbed or massaged into the hair with the finger-tips about twice a week will help to nourish and strengthen the hair-bulbs in anaemia.

Electricity, properly applied by a competent person, will often do good in cases of lowered vitality of the scalp and hair.

Some Austrian Children.

Austria is so far away, and the Austrians are so little known to most of us, that it is really interesting to hear something of how the children are brought up. In the case of the high nobility ("White Nobility," as it is called there) the interest is doubled, for is there not a halo of romance around the title of Prince, and a charm in that of Countess? But, first, you must know that a prince who is not of the blood royal is of the same rank as our duke, nobility, and is styled "His Highness," not His Royal or His Serene Highness, as English journalists so often wrongly designate them.

One of the first of Austria's White Nobility is the family of Windischgratz, and it has been my good fortune to be the guest of this honoured and illustrious family on many occasions. In fact, it has been my privilege to see the ten children of their Highnesses Prince and Princess Hugo Windischgratz grow up from infancy to youth, and a better trained—or as they say, "educated," in a broad, all-round sense, little regiment of youngsters I should think does not exist in all Europe. We hold an idea that British youth is the model for everything contained in those two little words "pluck" and "sports" as applied to the sterner sex, and "refinement" and "accomplishment" as concern the gentler. But with intimate knowledge the staunchest Britisher must confess that there are others who run

them close, and in some respects surpass them. Granted, all are not favoured by birth and fortune like the noble Windischgratz, so that the pick of tutors and of governesses is theirs. Nevertheless, at back of this there is the desire, the will, to have the children, like young shoots, trained in all things in the right way, and that desire, that will, is to be sought and found in the parents. If only parents generally realised this! Each visit I have paid to Austria has astonished me more on marking the development in these little Princes and Princesses, and, without forcing or "crum," which is always attended with disastrous results. A merry, happy family they are, who take their driest studies cheerfully. To hear their baby lips chatter fluently in four languages is cause for amazement, while on the score of foreign history and literature they can tell you more about Good Queen Bess, Marie Antoinette, Teunyson, and Lamartine than John Bull and Monsieur know themselves. But one of the most pleasing sights is to find them, all ten, in company of the Princess, and under the supervision of "the drawing-master from Vienna," sketching in the castle grounds; even the "bunny wee thing" has her sketch-book, and all are engrossed in their work. Then, when recreation time comes, all may be seen. Her Highness included, gardening, or, maybe, playing croquet or tennis on the spacious lawn or court. Whatever it be, it is done properly, while the number of tutors and governesses runs into tens. And a lucky lot is theirs, for when no longer required, each is graciously given a pension and is never forgotten.

Each season brings its suitable recrea-

tions. In winter, which is severe in Austria, tobogganning is much in vogue, as well as skating on the lake attached to every Schloss. Each little Prince, moreover, is a sportsman home; he handles a gun as a duck takes to the water, and in his hunting dress of gray and green, with a coquettish tuft of feather and bit of ochreous at back of the Alpine hat, is a picture to make any girl's heart bound.

And now for the Princesses. I am aware of the horror the up-to-date English girl has of the Hausfrau; I have myself. But in the case of these Austrians that odious designation is modified and embellished by the simple yet stately grace of their accomplishments as chatelaine. Sometimes at the early age of twelve the keys of the store closets of the lovely castle are given up to her, the daughter, this little damsel holding the responsibility of the whole establishment, and having to keep an account of all expenditure. An excellent education it is, too. Her heart being in it, just as much as in her other lessons and pastimes, it is no work to her, but pleasure.

We English are only now awaking to this system of education, to which the Kindergarten opened our eyes. In time the children's horror of the school-room will disappear. If all could see the pretty bungalow in the grounds of Schloss Windischgratz, where the children have their lessons, and to which the little Princesses invite you to tea, with delicious cakes made by themselves in their school-kitchen, one would not be surprised at the happy, easy and graceful manners that distinguish the children of Austria's "Noblesse Blanche."

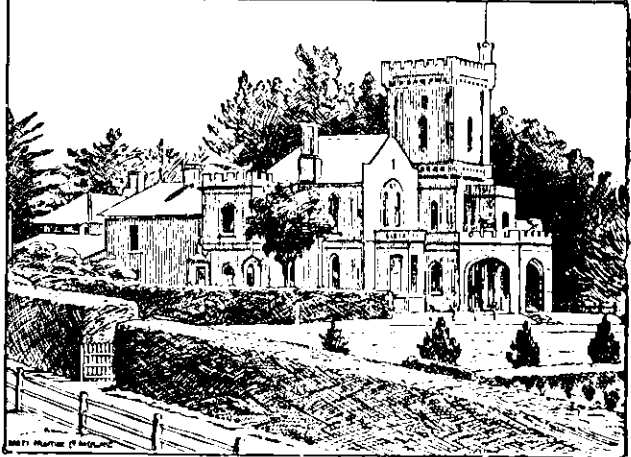
NO FOOD for BABIES
equals
ROBINSON'S PATENT BARLEY
 With Milk, upon which it acts as a digestive.
 KEEN, ROBINSON & CO., Ltd., LONDON,
 Makers of KEEN'S MUSTARD.

Dales' GOLD MEDAL Dubbin
 WATER PROOF BOOTS and HARNESS water proof as a duck's back, and soft as velvet. Adds three times to the wear of leather. Pleasant odour. Allows polish with blacking. 3/6. Children's Blacking. Awards for superiority. Black or Brown colour. Sold by Boot Stores, Saddlers, Ironmongers etc. Manxfactory—Dulwich, London (E.C.)

THE LADIES' COLLEGE, REMUERA,
 FOR GIRLS OF ALL AGES.
 The beautiful and extensive property known as Cleveland House. Half Term commences March 20th.

The Problem Solved.
 How a woman who is thin, pale and enervated through poverty of blood, may become plump, rosy and strong.
WILTON'S BOVO-FERRUM
 (Beef and Iron)
 Has done this for many women, and can do it for many more.
 A chemist who agreed to try it on his own daughter made the following statement:
 "BOVO-FERRUM has worked wonders on my girl. I have since tried it on others with equally good results. It not only imparts new life and vigour, but it gives quite a characteristic complexion. I call it the 'BOVO-FERRUM COMPLEXION.'
MORAL.
 If you are Anemic, take it.
PRICE.
 Half-a-Crown, all chemists.

S.L. PRIMA DONNA Corsets.
 REGISTERED.
 Straight Fronted
 Unequaled for Style, Durability and Comfort.
 PERFECT FITTING.
 Obtainable at all the Leading Drapers and Warehouses in the Colony.

This first-class Private School provides modern high-class Education and moral training on Christian but unsectarian principles. Home-life is combined with the culture and disciplinary influences of School under maternal supervision and with selected companionship. Full Staff of Resident and Visiting Professors and over-seees English and Foreign.
 Prospectus on application of Messrs. Epton and Co., or Principals.
MRS. S. A. MOORE-JONES, M.R.C.P., M.M., C.M.I., S.K.