

# These 3 Things

# DO:

- 1 Plant Long Staple
- 2 Plant Early
- 3 Fertilize at Once

The result will be a large, strong crop (B. L. Moss, of Soso, Miss., did it and got 40 bales from 40 acres): a crop that will beat the boll-weevil and get to market and make money.

Fertilize with Nitrate of Soda promptly when you plant so as to get the young plants forward, with squares tough enough to keep out the boll-weevil when he comes around.

When your brand of fertilizer does not carry more than 2 or 3 per cent of nitrogen use in addition 200 lbs. of Nitrate of Soda per acre.

## Nitrate of Soda

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Dr. William S. Myers, Director  
Chilean Nitrate Committee  
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### Our Health Talk

By B. E. WASHBURN, M. D.

#### Baldness

A NUMBER of subscribers have written for information in regard to baldness. One wishes to know the cause, another the cure, and a third asks "is baldness a sign of wisdom?"



DR. WASHBURN

Baldness (alopecia is the medical name) is natural to many people in old age when the loss of hair is an accompaniment and an indication of the general weakening of tissues throughout the entire body. When a person loses more or less of the hair to which he has become accustomed, and this loss is not associated with the changes characteristic of old age, the condition is looked upon as a definite disease condition. Such baldness may result from disease of the scalp or some disease which has affected the general nutrition of the body—typhoid fever, for example. In other cases, in fact in the majority of cases, no cause can be found; yet, in these cases, we do know what happens to the scalp.

Between the skin of the scalp and the skull there is a thick layer of fat. As age comes on, this fat layer becomes thinner and the scalp becomes more firmly attached to the skull and less movable; the skin becomes more tense, especially on top of the head, and with these changes the hair in this region becomes thinner and thinner. Finally, in extreme cases, the hair disappears and the crown becomes bald and glistening. This is what happens when old age comes on; premature baldness is the same thing, only it occurs at an age earlier than these changes are expected to occur.

Statistics tend to show that heredity is one of the main causes of baldness. Mis-treatment of the hair is also an important factor. Daily wetting of the hair, keeping it poor in oil by the excessive use of soap and water, failure to keep it clean, excessive exposure to sunlight, the indiscriminate use of drugs, particularly the patent hair tonics, and too much treatment by barbers and hair-dressers are all causes of baldness in persons predisposed to such a condition. Heavy and tight hats interfere with the circulation and there can be no doubt that this is a cause. But the most important of all the causes of baldness is dandruff—an inflammation of the skin and the glands at the base of each hair.

Few people consider that the hair should receive as much care as do the teeth and the nails. Others overdo the matter of making applications to the scalp, applying strong alcoholic or other so-called tonic preparations too frequently. Others wash the hair too often or shampoo it too often. Occasional washing of the hair (often enough to keep it clean) is beneficial, but if it is washed too often the natural oil from the hair and scalp is withdrawn and harm results. The best authorities advise shampooing the scalp not more often than once a week and not less often than once a month. On these occasions nothing better can be used than warm water and castile soap. Massaging the scalp is also a beneficial procedure as it prevents the circulation from becoming sluggish and this tends to keep the scalp and hair in a healthy condition.

Such unhygienic practices as curling the hair by winding it about hot curling irons or doing it up in curling papers over night must be mentioned and condemned. Also, vibratory and electrical treatments, tonics to "feed the hair roots," neat's-foot oil, mange cures, are, in nearly every case, of little or no value and may be harmful. For women, if the hair is found to be cracking at the ends and becoming thin and irregular, the ends should be cut off.

First, the general health of the patient must be improved. Any constitutional diseases, causes of worry, indigestion, or nervousness, must be treated. If dandruff is abundant on the scalp, one of the best applications is probably a solution of borax (60 grains) with glycerine (300 minims) in water (6 ounces). Certain tonics, such as iron, arsenic, and sulphur, have been claimed to benefit the nutrition of the skin and scalp, but these had best be taken under a doctor's directions.

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