# Your Beauty Consultant

## Betty Guy Wills

*"Tell me how to care for my hair" D. Carter — San Diego, CA*
*"I would like healthy hair" Connie — Brooklyn, N.Y.*

**HAIR CARE**

There is no feature that can glamorize, and balance facial shortcomings as can beautiful hair. Many of my readers worry about their hair. I believe you can have beautiful hair! The texture, color and luster of your hair are mixed in your own body cells, and the biologists today do not have all the answers.

Your hair is a living part of your body, it grows from living roots in the soil of your scalp, which is a specialized part of your skin. Your hair draws nourishment from your blood stream, which nourishes the rest of you.

Every hair strand has its own tiny muscle at the root which can make it stand up, when you are cold, or make your hair misbehave when you are nervous.

The sensory nerve ends of your hair can telegraph to your brain every whiff of wind that stirs and every change of temperature. And, each hair has its own minute oil gland that lubricates it and keeps it soft.

Your hair is nourished from the foods you put into your body. Your hair color is inherited, like the tint and colorings of your complexion. The texture, luster and sheen can be maintained only by the food you eat and by the vitamins and minerals you provide for the hair follicles.

Minority women, from my observation, world wide on the whole, have the best-groomed hair. It is tended carefully on the outside, but neglected from the inside.

If the diet is unbalanced, particularly if there is an excessive intake of carbohydrates and animal fats, the hair glands are adversely affected. It is well known that we food-rich Americans consume more sugar and sugary drinks, more starches, and more saturated animal fats than any other people in the world.

Replace empty starches and sugars, cakes, candies, soda pops, and nutritionless cereals; with first class proteins like fish, eggs, cottage cheese and lean meats.

Use only whole grains, fruit juices and honey. Be generous with the golden vegetable oils. There's a wide choice to suit your taste-sunflower oil, sesame oil, soya oil, wheat germ oil, corn oil, olive oil, etc.

Use in salad dressings, Cook and bake with these oils, perhaps take them by a teaspoonful, if your hair is especially dry. The natural oils taste sweet and fresh.

The best exercise for the hair is to brush correctly. I recommend that you use a brush with

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## Editor's Desk

We are absolutely livid over the deceit practiced by one of our contributors. No sooner had the April edition of Dawn Magazine hit the streets, we received a phone call from Mrs. Rosalie W. Kelly of Baltimore, MD.

Mrs. Kelly said that one of the poems in the Poetrie Gallerie was troubling her. It was entitled "The Aged Woman," and was purportedly written by a Sgt. Mark A. Brown.

According to Mrs. Kelly, the poem was familiar to her — in fact, she remembered reciting it during the early 30s. A letter received later from Mrs. Charles L. Evans of Richmond, VA said the same thing.

So, Mrs. Kelly looked it up, and found in the Granger's Index Poetry, 1973 edition, 6th edition, page 1628, the opening lines, "The woman was old and ragged and gray . . ."

It was entitled "Somebody's Mother," and written by Mary Dow Brine. We are grateful to Mrs. Kelly and to the others who called our attention to the dastardly deception. Poetrie Gallerie was conceived and continues to be a showcase for fledgling poets who merely want to see their work in print.


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## —Beauty

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natural bristles, rather than the synthetic ones, which are often so stiff and sharp that they irritate sensitive scalps.

Begin with your brush at the scalp, remember that at the root of each hair is a little "oil can;" the sebaceous gland that supplies oil to keep each hair soft and glistening. It is also this little "oil can" that makes your hair easy to manage and arrange in the latest styles.

So, press the bristles of your nice clean brush against the scalp to exercise and squeeze the little "oil can" and distribute your own natural scalp oil to each single strand of hair. From the roots of your hair let your brush carry the oil to the very ends of the hair.

While brushing try a little of the new french polynesian oil, fortified with Vitamin A and E on the hair and massage into the scalp. This oil is especially good for hair that is straw dry" or has been damaged by chemicals.

In fact, some users claim that the polynesian oil has stimulated hair growth, not only on the scalp, but also on the eyelids, and eyebrows. The polynesian women keep their long thick, shiny hair until they are in their 80s or 90s!

Don't wash your hair too often! Brushing your hair 50 to 100 times each night keeps the hair clean, so that you will need to shampoo it only every 10 days to 2 weeks.

Before shampooing, give your scalp this simple beauty treatment ... Take a half teaspoon of the polynesian oil and message it into your scalp. Wring out a towel in very hot water, wrap it around your head, and leave it on for 5 minutes.

Then wash with your shampoo, (add a little oil to your shampoo, if your hair is very dry or damaged). Lather up and rinse once or twice, depending on how much hair you have.

Obviously, there are some scalp and hair conditions which are medical problems and should only be handled by a dermatologist. If you have a problem like an infected scalp or your hair comes out in bunches, get professional help, immediately!

There are some hair problems which can be caused by a poor thyroid function. It is always wise to make use of the iodine-rich foods or at least use salt that has been iodized.

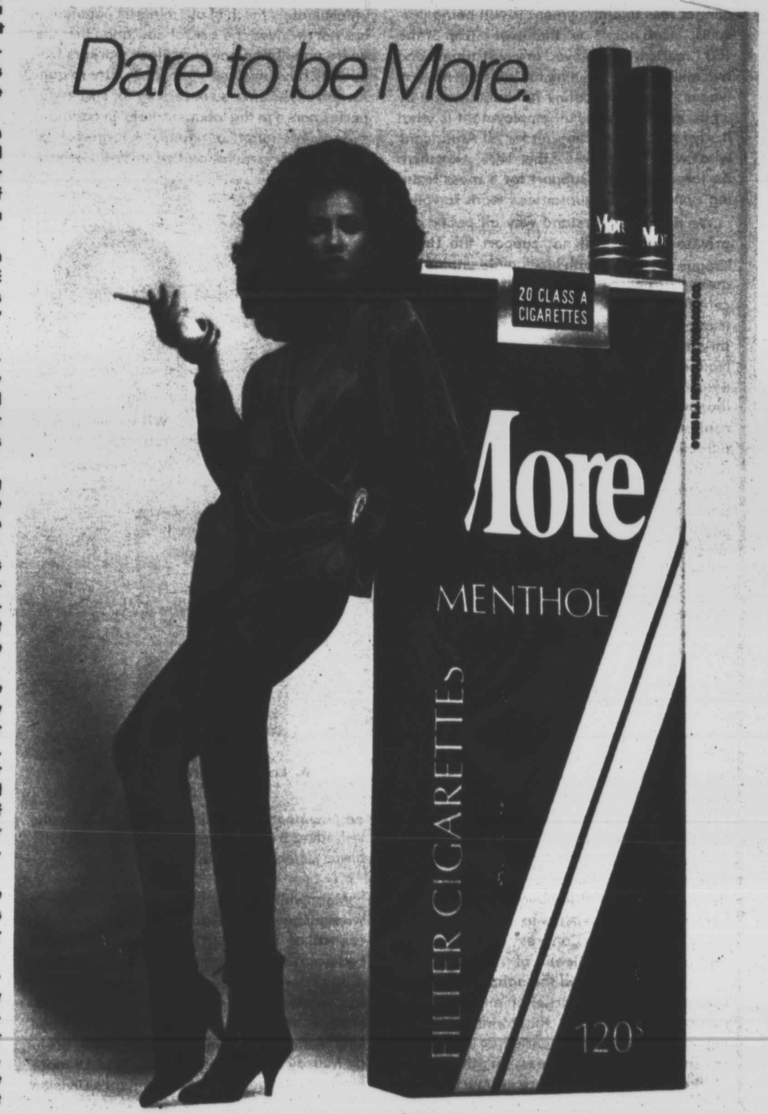
Stresses and strains can interfere with circulation in the scalp and so can constant worry affect the health of your hair. The art of relaxing on a slant board or placing your feet higher than your head is excellent for quick relaxing.

Hair coloring, permanents, curls, etc. are very stylish and look good, however, do not "over do" any of these, always use moderation. Even Cleopatra used henna and indigo. Roman matrons, admiring the slaves used mixtures of vinegar and nutshells to copy them. Renaissance women mixed alum, sulphur and honey to their hair, for style.

Powdering the hair puffs with gold and silver dust was the "thing" with Americans after the Civil War. So, the current techniques that we use are not so modern, after all — just a little more advanced with the addition of chemicals.

And, that, my dears, is the factor we have to watch, or we will end up with no hair at all!

**When writing Ms. Wills, include a self-addressed, stamped envelope. Write to Dawn Magazine, 628 N. Eutaw St., Baltimore, Md. 21201.**


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