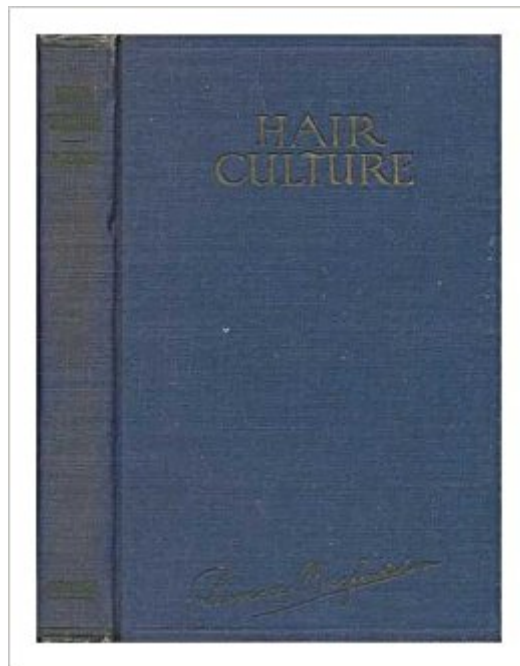




The book was found

Hair Culture: Rational Methods For Growing The Hair And For Developing Its Strength And Beauty.



Book Information

Hardcover

Publisher: Physical Culture Corp.; y First edition edition (1922)

ASIN: B00100IJ98

Shipping Weight: 2 pounds

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,934,689 in Books (See Top 100 in Books) #75 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Hair](#)

Customer Reviews

This book was originally published in 1901 and is a true classic by the man who has been called the "father of physical culture." Macfadden (1868-1955), the author, was a true "nature boy," helped launch the health consciousness which has become a major industry, and was an early advocate of natural means to better health and longevity. Considered a prophet by some and a self-promoting charlatan by others, he authored numerous books on health, nutrition, exercise, and natural healing. This book, in my estimation, is one of his best. The style is somewhat rambling, but there is much useful information that is presented clearly without scientific jargon. The book is amply illustrated with photographs both of the author and of female models with long hair. The photographs are definitely from an earlier era. Macfadden's method for restoring and/or maintaining healthy hair involved massaging the scalp, brushing the hair, and pulling the hair "to strengthen the roots." He also advocated a nutritious diet. He blamed hair loss on poor circulation to the hair roots. Eating the proper foods - especially fruits and vegetables - is vital to the health of the whole body including the hair. In many ways, Macfadden was ahead of his time. Although his writing style has a kind of "homespun," amateur quality, the content is not to be dismissed. I would recommend this book to anyone who is interested in the history of natural health and/or is interested in reading about some unique and interesting ways to have healthy hair.

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