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**A Real Guy's  
Survival Guide  
To Mornings**  
*by Amy Tardio*





Yes, mornings are the pits.

But here's a guide to surviving everything from  
pillow-head to mattress-mouth

# D A M N !

IT IS A PRETTY GOOD HANGOVER WHEN YOU LOOK AT YOURSELF IN THE MIRROR AND CAN SEE nothing above the bridge of your nose. You do not see your eyes, nor the condition of your hair. You see your beard, almost hair by hair; and the hair on your chest and the bones that stick up at the base of your neck. You see your pajamas and the lines in your neck, and the stuff on your lower lip that looks as though it might be blood but never is. You first brush your teeth, which is an improvement but leaves something to be desired. Then you try Lavoris and then an Eno's. By the time you get out of the bathroom you are ready for another cigarette and in urgent need of coffee or a drink, and you wish to God you could afford to have a valet to tie your shoes.

—John O'Hara, *Appointment in Samarra*

SOMETIMES, MORNING CAN BE A WAKING NIGHTMARE FOR A guy. Say you celebrated into the wee hours with two too many grappas, or had to stay up just five more minutes to catch "Stupid Pet Tricks" on *Letterman*, or accepted a blind date that turned out to be anything but an ordeal. It may have been a night to remember, but don't forget, you still have to pay the price—and the toll can be high. Morning problems are as varied as the men who face them. For some, it's the dread pillow-head; for others, "trench mouth," puffy eyes or the shaving nick that seems to require an entire roll of toilet paper to stop its stubborn drip. Believe it or not, you don't have to stagger through the next day like an extra from *Night of the Living Dead*. Whatever the problem, help is on the way.

## MAJOR DISASTERS

### HAIR

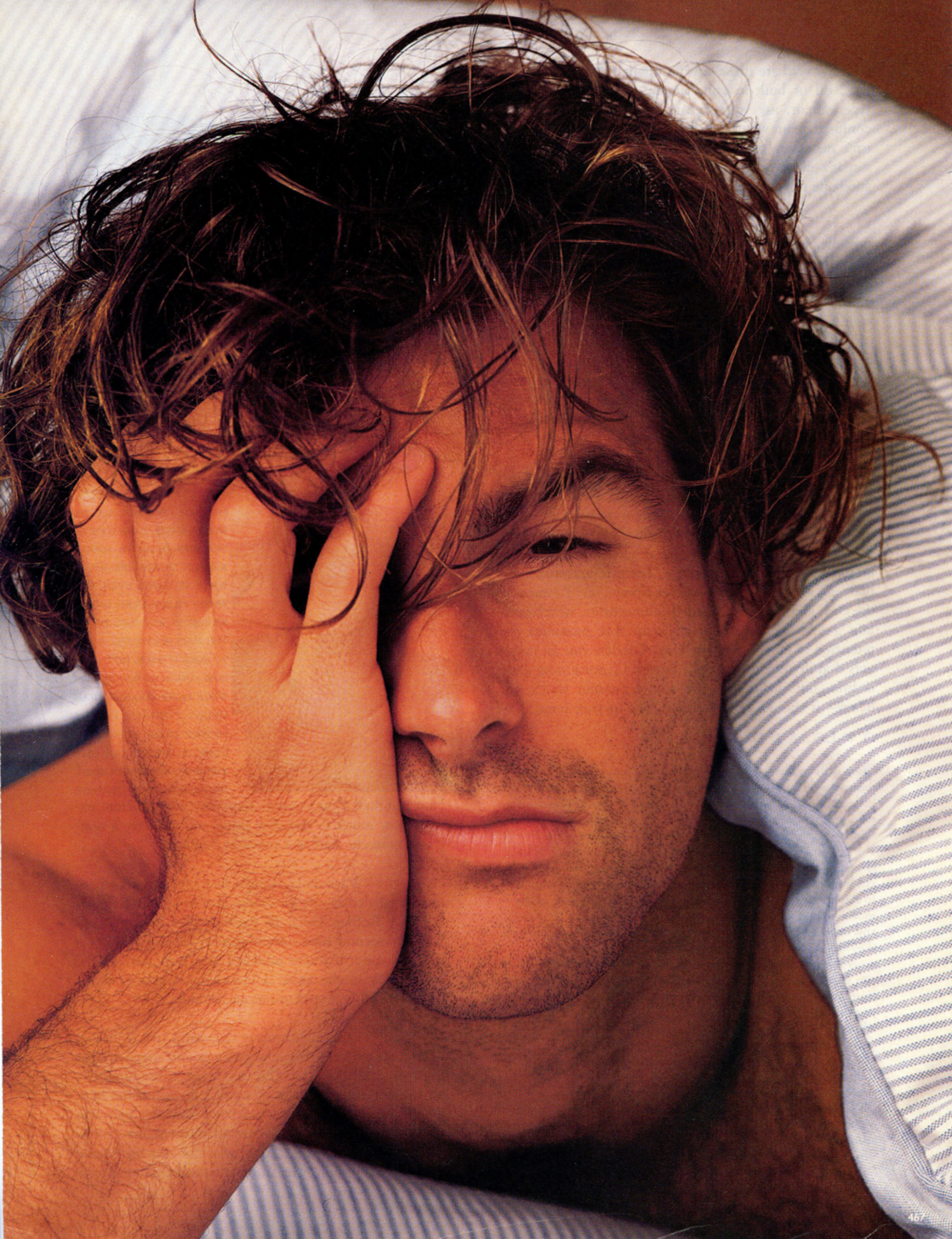
Pillow-head  
Dandruff  
Hair loss

**PILLOW-HEAD** Just what is pillow-head (also known as bed-head, rack-attack, mattress-mop)? If the matted mess on the top of your head looks like a dead squirrel, then chances are you're a victim of this syndrome. What to do? Since wearing a hat all day is probably out of the question, hit the shower. Chances are, anyone walking around the streets with major pillow-head went for the splash and dash. Here's a guide for most hair types on how to handle this situation.

**FINE, THIN HAIR** "Since this type of hair tends to look flat, greasy or unruly, no matter what, wash your hair every day," advises Michael Gordon, owner of New York City's Bumble & Bumble salon. Use an extremely mild shampoo, one low in detergent, that controls flyaway hair. A baby shampoo or a product labeled as mild or gentle or as one for dry hair, such as Paul Mitchell Shampoo One, will work best. Also great are shampoos designed to thicken hair (Nutriplexx by Aramis or Thrive by Shulton). Sham-

By Amy Tardio







poos to avoid are those containing paraffin, heavy wax, oil or built-in conditioners. (As with any type of hair, ask your stylist for advice if you're confused about what's best for you.) A conditioner isn't necessary except for detangling, but make sure it's oil-free or formulated for fine, thin hair. A good one is Neutrogena oil-free conditioner.

**STRAIGHT, NORMAL HAIR** Wash hair daily, if possible, using an acid-balanced shampoo with a pH of less than 6.5. A conditioner isn't necessary unless hair feels dry. "If you've had a rough night and there's no time to shower," says Gordon, "wet your hair and use a gel to slick it back. You'll look put-together, and it'll make you feel better." It's also the perfect way to tame cowlicks (try Slick by the Body Shop or Clinique Hair Gel). For a softer version of the look, stylist Didier Martheleur of Oribe at Parachute in New York combines a gel and a styling cream, such as Laboratoires Phytosolba's Phytifix with Kiehl's Silk Groom.

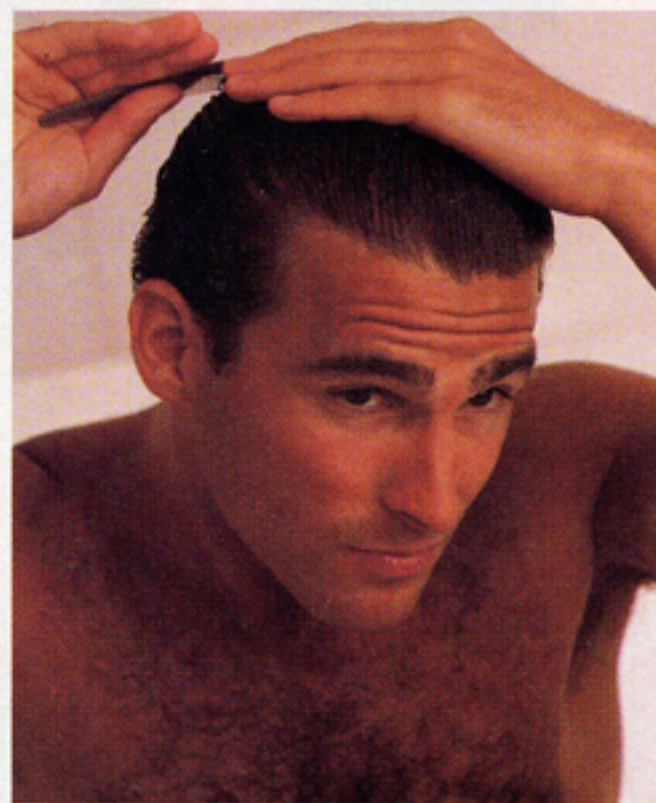
**CURLY HAIR** Gordon suggests washing every two or three days, or daily if scalp tends to be oily. If there's no time to shampoo, dampen hair slightly by misting, then use a light, oil-based styling product, such as Laboratoires Phytosolba's Phytoplage. For fine-textured curly hair, use a spray gel, such as Flex Spray Gel. To encourage curl, use products known as humectants, which contain a substance, such as glycerin, that promotes the retention of moisture in the hair. The less you use products that dry out the hair the better. Conditioning daily is fine, but make sure you use a product that's not heavy—it should look and feel light in your hand. Try

## OWLS AND LARKS

Sleep is the quintessential addiction. You may often wish you didn't need it, but once you have some, you always want just a little bit more. How much sleep does the average 30-year-old man need? According to New York City physiologist Stephen Gidro-Frank, eight hours a night is still far and away the average. But many people don't get the sleep they need. "The classic 'morning' or 'evening' person refers to the owl-and-lark syndrome," says Gidro-Frank, "the owls being people who like to stay up late and would prefer, if possible, to sleep late in the morning, and the larks being people who like to go to sleep early and wake up early. What happens with the owls is that although they enjoy staying up late, they still have to be at work when everyone else does, which leaves them feeling sleep-deprived." If you've been burning the candle at both ends or are suffering from insomnia, Gidro-Frank recommends the following to get you through the day:

- Keep active.
- Avoid sedentary activities.
- Don't eat large meals, particularly any high in protein or in carbohydrates.
- Avoid warm environments.
- If you work in a quiet area, get up, move about, take frequent walks, stretch your legs. When possible, climb stairs instead of taking the elevator.
- Splash your face with cold water periodically during the day.

"You can override sleep deprivation—with motivation, excitement, physical activity or just sheer strength of will—to an amazing degree," says Gidro-Frank. Of course, sooner or later the lack of sleep is going to catch up with you.



DAMAGE CONTROL BEGINS WITH A GOOD, CLOSE LOOK IN THE MIRROR, ABOVE. FORTUNATELY, THERE ARE QUICK WAYS TO TAME EVEN THE WORST PILLOW-HEAD, ONE OF WHICH IS WETTING DOWN THE HAIR AND USING A GEL TO SLICK IT BACK, LEFT. HAIR LOSS, USUALLY DISCOVERED WHEN MORE STRANDS THAN USUAL TURN UP IN THE SHOWER DRAIN OR IN YOUR COMB OR BRUSH, CAN GIVE THE MOST MACHO MAN MORNING SICKNESS, OPPOSITE PAGE.

Paul Mitchell Conditioner. Experience will dictate exactly how much to use. For shine and curl, try a non-greasy pomade, such as Dresser by Roffler.

**OILY HAIR** Wash daily, using a deep-cleaning shampoo, usually labeled as one for oily hair or as one for frequent use. Try Roffler Thick & Rich or Flex for oily hair. Lather a second time only if you've skipped a day or if hair feels oily. If you're nowhere near a shower, try the oldest trick in the book: a little talcum powder and a quick brushing. Avoid using conditioners.

**WAVY HAIR** Guys with wavy hair can't live in limbo. "You have to decide if you're going to encourage or fight the wave," says Gordon. To encourage it, use mousse—an amount about the size of a golf ball—on damp hair. Don't comb it out; just scrunch, or squeeze, hair into place and allow it to dry. To get rid of waves, use a blow-dryer and a soft brush, such as a flat one by Mason Pearson or a Jerome Alexander antistatic cushion brush;



vigorously brush in different directions across the head until your hair's almost dry. To set, use a styling spritz or spray. Try Sorbie Spraye or Vidal Sassoon Hair Spray.

**KINKY HAIR** André Walker, owner of the André Walker Salon in Chicago, says, "Wet hair down, even if there's no time for a shower. For dry or processed hair, use a curl activator to provide lubrication. Look for products with glycerin or oil, such as Carefree Curl Lite by Soft Sheen. For normal hair, use an elixir to coat hair for a soft, smoother curl. Aveda Elixir is one of the best. For extremely curly hair, use an anti-humectant, or moisture repellent, to control the curl. Try Designer Touch by Luster or Sorbie Polisher to fight the frizz in humid weather and provide more manageability."

**DANDRUFF** Until you get the situation under control, it's best to wear light-colored clothing. (First make sure the problem is really dandruff. Other culprits: over-applied, flaking hair gel or a sunburned scalp that's peeling.) Since dandruff is caused by excessive cell production and subsequent shedding of dried skin, the only way to keep the condition in check is by consistent use of a shampoo that's formulated to normalize cell production. Most shampoos of this type contain the active ingredient pyrithione zinc. If the problem persists, see your dermatologist. Some good dandruff defense: Pert Plus, Clinique Therapy anti-dandruff sham-

poo, Head & Shoulders Dry Scalp Shampoo. Also try Alberto European Fixing Gel, which is formulated not to flake, or a mousse-gel combo, such as Touch Control Styling Whip by Redken (available only at salons).

**HAIR LOSS** One of the most devastating morning disasters a man can face is when he notices those telltale clumps of hair on the pillow or in the sink. According to stylist John D'Orazio of the John D'Orazio Salon in Manhattan, who specializes in thinning hair, the shower is usually where you'll first notice unusual hair loss. If you are losing hair, don't panic. Follow D'Orazio's suggestions:

- If your hairline is beginning to retreat, ask your stylist for a shorter, more layered style to add fullness.
- See your dermatologist; he can order a blood test that will determine if the hair loss is caused by a hormonal imbalance. There are also treatments to slow loss.
- Start using the right types of brushes. On wet hair, use a brush that glides through the hair and massages the scalp. Try one by Denman or a rubber-tipped, low-bristled Maxibrush. When hair is dry, use a soft brush, such as one by Mason Pearson.
- Be gentle when shampooing. Use at least two brands of shampoo, alternating with each washing. It's okay to condition hair, but use only a small amount. Never use a leave-in conditioner unless your hair is coarse.
- Never towel-dry your hair vigorously; instead, blot it

dry. It may take a little longer, but it's worth it.

- Blow-dryers are fine, but don't use a brush or a comb to style. Use only the fingertips. (Letting hair dry naturally is best.)

- Mousse is great for fine, thin hair and for softer-looking styles. (Try Paul Mitchell conditioning mousse.) Gels give more control and work best on thicker hair. Caution: Gels can harden in the hair; use the fingertips to gently break up. Also good: setting lotions, such as Clinique's Hair Programmer Lotion.

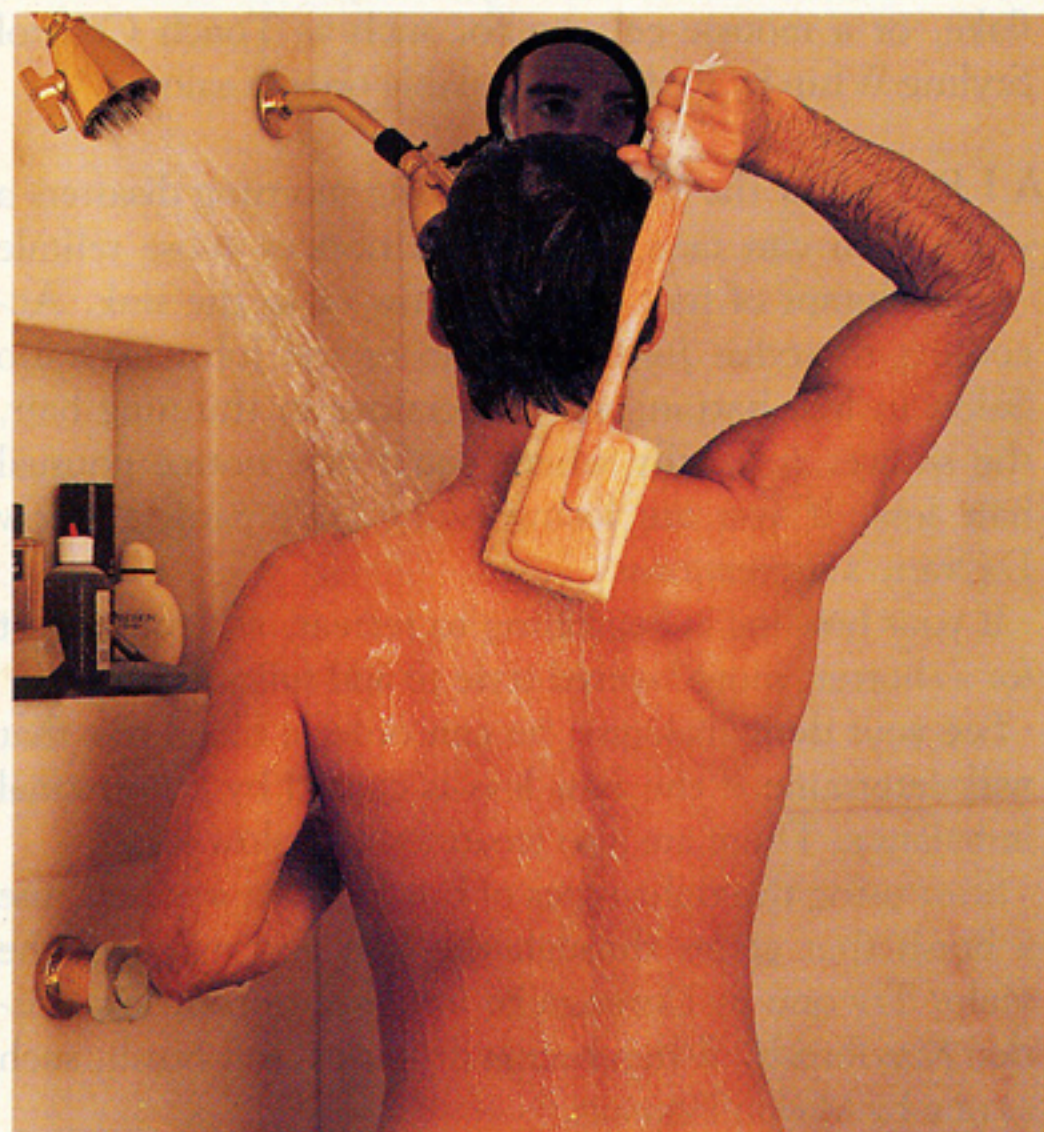
- A little hair spray will keep hair in place and give you a sense of security. Try Systema Hi Energy Hold by Sebastian.

- For very thin hair, try getting a light body wave. It will give hair a heavier texture and more control. Since this option is not for everyone, consult your stylist.





A VIGOROUS SCRUB, SHAMPOO AND SHAVE (WITH A GOOD FOG-FREE MIRROR) IN THE SHOWER WILL HELP CLEAR YOUR HEAD IN A MINIMUM AMOUNT OF TIME. (PLASTIC MIRROR BY SHOWERTEK, AVAILABLE AT ALL SHARPER IMAGE STORES. LOOFAH BY LECLAIRE & BAYOT, INC.)



#### MAJOR DISASTERS

Ingrown hairs

Razor burn

Cuts and nicks

Beard and mustache mistakes

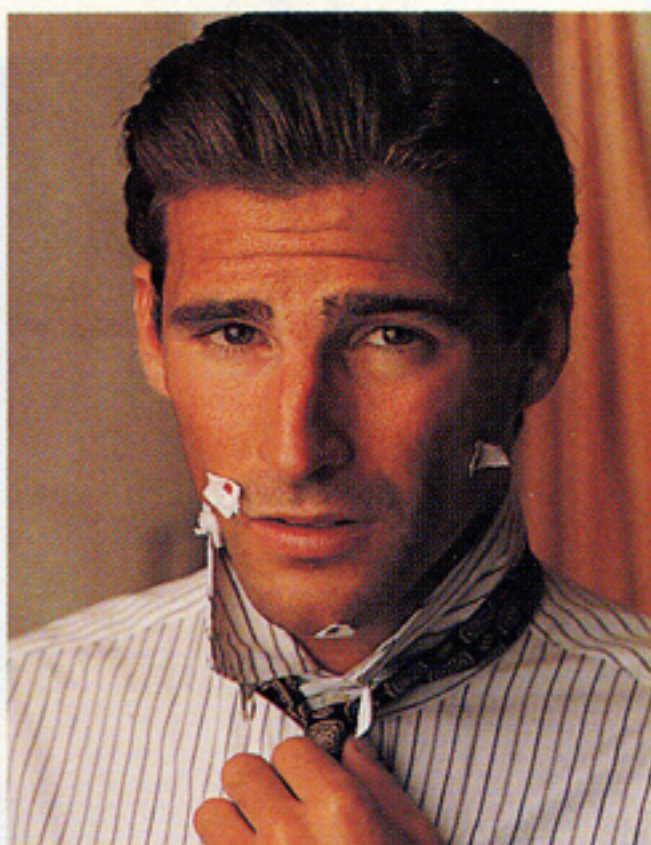
## SHAVING

Morning may be Public Enemy Number One, and for some guys shaving is the number-one reason. To what degree you'll experience problems depends on your beard growth, skin type and technique. Most experts agree that the only way to determine the best individual method and tools is by process of elimination. Not an easy task, given the plethora of products turned out by what is now a multibillion-dollar industry.

**INGROWN HAIRS** Otherwise known as pseudofolliculitis barbae (PFB) and definitely a sore spot for many men with coarse, curly hair. The cause can be one of two things: an inflammation of the hair follicle (folliculitis) or an already surfaced hair that has reentered the skin, becoming inflamed at the point of penetration. At least 25 percent of all black males suffer from this painful problem. According to Manhattan dermatologist Ronald Sherman, there's really no way to prevent ingrown hairs. Electric razors and single-edged blades can be less traumatic on problem areas but don't offer as close a shave. If you need to remove an ingrown hair, do the following: Clean your face with a mild antiseptic soap; then use a pin (make sure you sterilize it first by wiping it with alcohol) to gently lift the hooked end of the hair out of the skin. (Using a pin may sound drastic, but it's actually a common practice, so Sherman says it's best to know what you're doing.) Never dig into your face for hairs embedded under the skin's surface. For a persistent problem, see your dermatologist.

**RAZOR BURN** This stinging, raw feeling is usually accompanied by redness that may take as long as thirty minutes after shaving to appear. Experienced by most men at some point, razor burn is most common in guys with sensitive, thin or lightly pigmented skin. Many pre-shave products now come in a variety of formulations to soothe and precondition the skin. Look for those with such ingredients as aloe vera or allantoin. Good products to try are Lancôme's Gel Apaisant or a specially formulated shaving prep, such as Gillette Foamy or Edge Gel for sensitive skin. Also new are post-shave products that reduce redness and relieve irritated skin. Andy Bevacqua, head of research and development of Aramis treatment products, says that the compound tetrahydrozoline (the active ingredient in the company's Lab Series Razor Burn Relief), which is also found in vasoconstrictor eye drops, works to normalize the blood flow to the irritated area, reducing the redness that can be caused by shaving. For best results, the product must be applied within three minutes of shaving. Others to try: Clinique Post-Shave Healer, Eclipse Razor Relief Balm or an aloe-vera gel, which will soothe and cool skin and promote natural healing.

**CUTS AND NICKS** Frustrating is an understatement. That tiny shaving nick just won't quit dripping. You stop it up with toilet paper, get dressed and—voilà!—another



FORGET TOILET PAPER. SAVE YOUR SHIRT COLLAR BY USING A NONSTAINING STYPTIC CREAM OR LIQUID TO QUICKLY STOP THE BLEEDING FROM SHAVING CUTS.

collar bites the dust. A new blade is usually the culprit, but you've got to change a dull one sooner or later, so in this case, the best offense is a good defense, and the first line of defense is to shave carefully. But if you're rushed or feeling a little shaky after a wild night, that's not as easy as it sounds. If you do nick yourself, try a styptic liquid or cream, such as Stop It by the Saratoga Company; it won't stain your clothing, and it stops blood flow quickly. Another option on those days: Get yourself to a barber who will give you an old-fashioned blade shave. (See the box on the opposite page for some shops that offer this service.) Added incentive: Many a man has been known to catch a needed snooze in the barber chair.

**DISASTER TIP** What's the best thing to use if you run out of shaving cream? "Hair conditioner is the number-one choice—it's very comparable to shaving cream in formulation," says Damien Miano of La Dolce Vita Salon in New York. "As a second choice, try a skin moisturizer with cream-based emollients. Make sure to soften the beard with warm water before shaving."



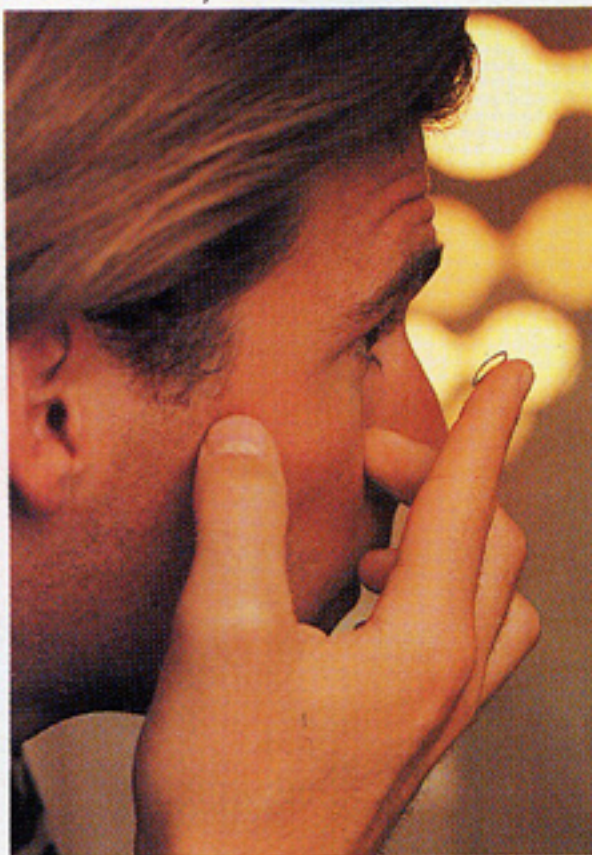
**BEARD AND MUSTACHE MISTAKES** There's only one manly way to face your beard or mustache after a rough night—with a stiff upper lip. If you screw up, as a lot of guys do under these trying circumstances, Miano has these sobering words: "If you make a major mistake trimming your mustache or beard, you'll have to reshape it completely or shave it off." For less disastrous slips of the razor, Miano says, "Use a comb and scissors to thin out the rest of the mustache or beard." Or—remember, hard times call for desperate measures—use an eyebrow pencil (light, medium or dark brown, never black) to camouflage small spots by filling them in with color.

## MORE MORNING MISHAPS

We talked to experts who make their living clearing up any number of morning misfortunes and came up with a relief plan and some options to get you back in action.

**CONTACT-LENS PROBLEMS** Morning is definitely the trickiest time for contact-lens wearers, says ophthalmologist Kenneth Marton of Lansing, Michigan. "The cornea is swollen by about 5 to 7 percent when we first wake up, accounting for the morning light sensitivity we all experience. It takes about fifteen minutes for the eyes to recover, so don't put in contacts when you first wake up. Ideally, wait at least twenty minutes." To ward off potentially disastrous situations, plan ahead.

- If you fall asleep wearing daily-wear lenses, use a rewetting or a lubricating solution, such as ReNu by Bausch & Lomb, *before* removing the lenses. Do not put them back in the eyes for at least as long as you slept with them in.
- Try the new lenses with visibility tint; these don't change eye color but are easier to see when handling.
- Own an extra set of contact lenses; remember to take them along when you travel.
- Know where your glasses are.
- Consider disposable lenses. Introduced last year, these extended-wear lenses are replaced weekly. Though the lenses can correct only some degrees of nearsightedness and farsightedness, for those who can wear them, there are benefits: You always have a spare pair on hand, and you don't have to hassle with an array of solutions or heating appliances (the limited wear of the lenses reduces the need for cleaning). The cost for a year's supply will be about the same as for one pair of regular extended-wear lenses (with the \$10 to \$15 per month for cleaning and disinfecting solutions). Try SeeQuence by Bausch & Lomb or Acuvue by Johnson & Johnson.



**PUFFY EYES** Our experts came up with some ingenious solutions to this tough problem. Charlotte Taylor, Peter Jennings's makeup artist at ABC-TV, says, "Tea bags are best. First, dip the bags in hot water to leach the tea so that it won't stain the face. Put the bags in the refrigerator for several minutes, then lay them on the eyes for two to three minutes. Because of the tannic acid in tea, it really works."

Manhattan skin-care expert Trish McEvoy says, "Remember those old movie scenes of boxers with spoons over their eyes? Keep a couple of tablespoons in the freezer, and when you need to reduce swelling, simply press the rounded area on the eye for several minutes."

Joseph Cola, makeup artist for CBS's *Guiding Light*, advises that you "use ice in a towel on eyes for several minutes. Other options: a cucumber slice over each eye or a cold compress soaked in milk."

**DARK CIRCLES UNDER THE EYES** Taylor uses Clinique or Merle Norman undereye concealer. Her technique: Blend with fingers, starting in the fold of the eye by the bridge of the nose, continuing underneath the eye to the outer corner. McEvoy suggests using a tinted moisturizer, such as Neutrogena Moisture. Cola recommends William Tuttle Hi-Lite. He applies it with his fingers, then uses a damp sponge to even it out.

**BLOODSHOT EYES** It's unanimous. Everyone gets the red out with eye drops such as Visine or Murine. Don't use them too frequently, though, since eyes can develop a dependency, requiring more of the drops to achieve the same effect.

**SKIN DISTRESS** Dull complexion: McEvoy recommends splashing cold water on the face, then applying a cooling astringent. For color, use a bronzer. Good ones come in gel and cream forms and contain a sunscreen. A man who wants color that won't wash off

## BARBERSHOPS

Here's where you can still get a blade shave.

**Boston:** The Ritz-Carlton Hotel

617-536-5700

The Parker House Hotel

617-227-8600

**New York:** The Pierre Hotel

212-308-7600

The Broadway Barber

212-666-3042

**Washington, D.C.:**

Mayflower Hotel

202-347-3000

Hollywood Men/Women

Hairstylists

202-234-4572

**Chicago:** The Drake Hotel

312-664-1377

Charles of the Barclay Hotel

312-787-6000

**Los Angeles:** The Beverly

Hills Hotel

213-276-2251

Druckers

213-275-5805

## THE RIGHT WAY TO SHAVE

Some expert advice from Argyrios Koumas, counter manager at the Aramis Lab Center at Bloomingdale's in New York City:

- For the softest beard, shave in the shower (using a fog-free mirror) or immediately *after* showering. Disaster tip: If there's no hot water, soak a towel in cold water and put it in a microwave oven for a minute or two on high. Keep the towel on your face for several minutes to soften whiskers.
- Apply shaving product against the grain of your beard growth.
- Warm the razor by running it under hot water.
- Shave the areas with the toughest beard growth last, since they need additional softening time. Follow this order: cheeks, neck, lip area and, finally, chin.
- Shave only in the direction of beard growth, especially when doing the neck.
- Use short strokes, and don't shave the same area twice.
- Keep blades extremely clean. Rinse with hot water, and shake off excess water (but don't wipe) before storing.
- Rinse your face with cool water, then apply moisturizer or a soothing product if your skin tends to become irritated.
- If a second shave of the day is necessary, try using an electric razor.









A MECHANICAL TOOTHBRUSH, SUCH AS INTERPLAK'S, MASSAGES THE GUMS WHILE IT REMOVES PLAQUE AND THOROUGHLY CLEANS THE TEETH.

should try a self-tanner. These have come a long way since the days they inevitably turned skin orange. Suggested bronzers include Aramis All Year Bronzer and Lancôme's Moisturizing Sport Tint. Guerlain's Terracotta Pour Homme powder gives a light, even color.

**Sweaty forehead:** Immortalized by a very damp Albert Brooks in *Broadcast News*,

this is a common symptom of nerves or a hangover. Cola rubs a chamois cloth dipped in ice water over the forehead, temples and back of the neck: "I've tried everything, and this is the only thing that works."

**Oily skin:** Taylor suggests witch hazel or an astringent, such as Clinique Scruffing Lotion or Noxema antiseptic skin cleanser.

**Acne:** Nothing's worse than waking up to Mount Saint Helens of the face. To cover and conceal skin irregularities, Taylor uses Dermablend, a line of professional corrective-skin-care products. They're waterproof and practically invisible. Dermatologist Ronald Sherman recommends that before using a concealer you use an over-the-counter product containing sulfur, salicylic acid or benzoyl peroxide, such as Buf-Puf's Acne Cleansing Bar, to dry out the acne and to promote healing.

**BAD BREATH** Ever wonder why women prefer to shake your hand in the morning? Saliva acts as a natural mouthwash during the day, but production of it shuts down while you sleep. So you awaken with what is commonly known as morning breath, a sticky colony of bacteria and protein that sends you into the bathroom to brush your teeth before she gets up. Dallas cosmetic-dentist Lorin Berland says good oral hygiene will minimize morning gorilla breath: At least twice a day, floss and brush with an anti-plaque, fluoridated toothpaste; be sure to brush your tongue, since its porous surface attracts bacteria; and have your teeth professionally cleaned at least twice a year. See your dentist if the breath problem becomes chronic. He can prescribe a chlorhexidine-gluconate mouthwash that kills bacteria. A mechanical toothbrush, such as Interplak's, is good for guys who tend to do a hit-or-miss job of brushing, though a thorough job can be accomplished with a soft-bristled toothbrush and good technique.

**COLD SORES** Anyone who's experienced the itchy, tingly feeling of a fever blister that's about to surface knows

it's a major morning bummer. Since the sun, as well as emotional upset and stress, is a known stimulus, always protect your lips with a sunscreen with an SPF of at least 15. Try Eclipse Skin Cancer Garde Lip Sunblock or Blistik Lip Balm by Blistex. If you're susceptible to these blisters, Dr. Joseph P. Bark, a Lexington, Kentucky, dermatologist, recommends taking prescription Zovirax capsules, which actually cause the herpes-simplex virus—the virus that provokes these painful sores—to destroy itself.



SMOOTH OVER A ROUGH MORNING WITH A GOOD BREAKFAST CONSISTING OF A PIECE OF FRUIT, JUICE, HIGH-FIBER CEREAL WITH LOW-FAT MILK, A TALL GLASS OF WATER, A MULTI-VITAMIN—AND A PAIN RELIEVER, IF NEEDED.



KEEP A WELL-STOCKED DOPP KIT ON HAND FOR EMERGENCIES. DOPP KIT, ABOUT \$175, AT BARNEYS NEW YORK, N.Y.C. MOLTON BROWN DAILY CONDITIONER, ABOUT \$17, MADE FOR EMPORIO ARMANI, N.Y.C. 2501 RECHARGEABLE ELECTRIC RAZOR BY BRAUN, ABOUT \$60. TOOTHBRUSH BY LECLAIRE & BAYOT, INC., ABOUT \$3. MOLTON BROWN DAILY SHAMPOO, ABOUT \$17, MADE FOR EMPORIO ARMANI, N.Y.C. EXTRAORDINARY AFTER SHAVE BALM BY GIORGIO, ABOUT \$20. LAB SERIES RAZOR BURN RELIEF BY ARAMIS, ABOUT \$15. PROGRAMME HOMME GEL EXFOLIANT BY LANCÔME, ABOUT \$12. NEUTROGENA MOISTURE FACIAL MOISTURIZER, ABOUT \$6. SCULPTE JEL BY SORBIE, ABOUT \$8. ANTISEPTIC CLEANSER BY NEUTROGENA, ABOUT \$4. BLISTIK LIP BALM BY BLISTEX. PRESCRIPTION SEQUENCE DISPOSABLE CONTACT LENSES BY BAUSCH & LOMB. ADOLFO SPRAY COLOGNE BY FRANCES DENNEY, ABOUT \$23. NAIL CLIPPERS AT SAKS FIFTH AVENUE, N.Y.C. LOTION BY LUBRIDERM. KIEHL'S WASHABLE CLEANSING MILK, ABOUT \$7, AVAILABLE THROUGH KIEHL'S, N.Y.C. TOUCH-STICK BY CLINIQUE, ABOUT \$9. ATRA RAZOR BY GILLETTE, ABOUT \$5. (ALL PRODUCTS IN THIS SECTION ARE AVAILABLE AT DRUGSTORES AND DEPARTMENT STORES NATIONWIDE, EXCEPT WHERE NOTED.)



# Reflections in a Bloodshot Eye

The disastrous dawn of man



"I once had an audition at nine o'clock in the morning, and the night before, me and the boys went out for a couple of pops. So I got home at 7:30 A.M. and I set the clock for 8:15—I don't need a lot of time to get ready. I get up and take a look in the mirror—not gorgeous, you know what I'm saying? So I go into the kitchen and I whip myself up a humungous Bloody Mary, and I suck it down *toute de suite*. Then I fill the sink with freezing water—I put about six trays of ice in there—and I soak my head for a good ten minutes. I can hold my breath for a really long time. Then I go into the bathroom and put a little dab of Preparation H under each eye—the old Detroit eye tuck; it works every time. Then I brush my teeth about six or seven times, gargle with Listerine, then the Binaca for the breath and the Visine for the eyes (you mix those two up and you're screwed!). I do my hair up and pull myself together—I figure, what the hell, you're up, let's go for it! You're probably going to get rejected, but at least you're developing the good work habits."

—Buster Poindexter, tall-haired rock star

"There are definitely mornings that are what I call a 'roll and go.' I get dressed, dip my head in the sink and run out the door. If I've got bad pillow-hair, I just wear a hat all day. The kids I work with have a lot worse problems than pillow-hair, so no matter how bad I look or feel, I get there."

—Andrew Houghton, manager, Sam's Café (nights), social worker, Association to Benefit Children (days)

"This may sound weird, but to get rid of puffy eyes, I stick my head in

the freezer for as long as I can stand it. Then, after showering, I try to exercise the muscles in my face and get the blood moving by slapping my cheeks and by doing all the vowel sounds."

—Patrick St. Clair, model, actor

"The first thing I do when I get up is have a glass of orange juice. Then I brush my teeth and shave. I don't use an electric razor; I use the foaming shaving cream in the can. I don't use anything else, no lotions. Usually I've showered the night before, and that's when I've washed my hair."

—Representative Bill Green, Republican, New York



"Eating is a problem. I never know when the hell to eat. Lunch is at nine in the morning, dinner comes at three or four in the afternoon. I'm hungry at all the off-hours."

—Charles Gibson, cohost, *Good Morning America*

"If I've had an extremely bad night out, I usually go right to the office and sleep under my desk. Someone usually gets there around 7 A.M. and wakes me up. I have a whole closet filled with supplies—500 aspirin, razors, you name it. Now we have a shower at work, but I used to just put my head in the sink. As far as clothes go, you're an exact copy of the day before, except you look a lot worse. I think the longest 'Xerox' I've ever had was three days in a row, but that was really bad."

—B.H., government-bond broker

"I get up at 4 A.M. How do I get up? Usually I hire a construction worker to come in with a two-by-four. Sometimes I click on the TV. The other day I clicked on *The Big*

*Easy*—right at that great scene, and I couldn't get out of the house. I kept saying, 'Come on, get to it already, I'm late.'"

—Mark McEwen, weatherman - music editor, *CBS This Morning*



"Sometimes I leave the set at 2 A.M. and I have to be back there by 6. But I always get up and run four to five miles. I use mouthwash, then the toothbrush, then I put on my headband, sneakers, Walkman, and I'm on the beach running. After the run, I stick my head under ice-cold water to get the blood circulating. If I'm doing close-ups, I wash my hair so it gets fluffed up. My hairdresser says not to wash it every day, because oils shine on film, but I like to anyway; I feel better, and it curls better. I shampoo, rinse, condition, and I'm in and out in seven minutes. Once, I saved it all for the trailer, and when I got in there, the septic tank had overflowed, and I couldn't take a shower after my run. I stank. Thank God I didn't do any love scenes that day."

"The big plus of all of this is when you get in the car, turn on the car radio full blast, and you look in the mirror and say, 'Ray, you are looking good today.'"

—Ray Sharkey, actor



"I get up at 3:20 A.M. I set two quartz alarm clocks—not electric, in case of power failure. There is a car waiting to take me to the city—a commute of about forty minutes. I often say they treat us like hookers, because they send a car for us when they want us, but then we have to get home on our own."

—John Palmer, news anchor, *Today*