

SEEN and HEARD around the NATIONAL CAPITAL By Carter Field FAMOUS WASHINGTON CORRESPONDENT



Washington.—Sen. William Gibbs McAdoo is having plenty of trouble trying to drum up support for his bill which would exempt American coastwise ships from payment of Panama canal tolls.

sions) comes from politicians anxious to curry favor with the Negro voters in their districts or states. Whether it really pays dividends in votes is a moot question.

To Cut State Powers

But interested also in the drive are a group which believes the best interests of the country will be served by extending federal powers and decreasing state powers.

But that is only part of the opposition. There are still a good many senators and representatives who remember when Mr. McAdoo was lobbying on this Panama canal tolls question, but lobbying on the other side!

One of the first big fights of Woodrow Wilson was to repeal the exemption of American coastwise ships from these tolls.

Resented Opposition

Wilson, to the day of his death, never forgave any senator or representative who opposed him on this Panama canal tolls issue.

He was the more convinced of the rightness of his cause because most of the Republicans on the senate foreign relations committee, including Elihu Root and Theodore E. Burton, went along with him.

The issue has never quite died. The platform on which Warren G. Harding was elected in 1920 promised that the exemption would be restored, though no move to carry out this promise was ever made.

Opponents of the exemption point out that it would apply only to coastwise ships, never to overseas shipping. As coastwise shipping is barred to foreign ships, there is no question involved of encouraging American shipping except on the possibility that the exemption would permit the coast to coast ships to haul some freight which now goes by rail.

Anti-Lynching Bill Pressure for the anti-lynching bill is not based purely on humanitarian motives, nor is it just politics.

Needs the Money The point is that the Treasury not only needs all existing revenue, it needs more if the budget is to be balanced.

Which confronts congress with the only alternative, as its leaders now view the situation—to cut expenditures to the bone.

So that the only way expenditures can really be cut effectively is for this process to be reversed—for Senator A to say to his colleagues: "I will agree to cut the appropriations for my state if you will agree to cut them in yours."

Most of the agitation for the anti-lynching bill, which originated in the Republican party (Rep. Leonidas C. Dyer, St. Louis Republican, was the sponsor of the bill for many ses-



Berlin's Sidewalk Cafes Are Popular.

Prepared by National Geographic Society, Washington, D. C.—WNU Service.

THE baffling element of Berlin's character is its extreme simplicity. One anticipates complexities which do not exist.

Before one can begin to comprehend what makes Berlin tick, preconceived ideas of capitals must be cast aside.

Behold the anomaly of an urban agglomeration with a total population of some 4,220,000, a city which can boast one of the most highly perfected transportation systems in the world.

Twenty thousand cows (providing a third of the milk supply), 30,000 pigs, 10,000 goats, 700,000 chickens, 180,000 rabbits, 5,800 people keeping bees, only three or four buildings that you can find as much as ten stories high.

Such items would appear fantastic to the dweller on narrow, rock-ribbed Manhattan.

The most striking change observed in the physical aspect of the city is that on Unter den Linden. This wide avenue, because of building the new subway, has been denuded of its famous shade trees.

These dignified patriarchs were carefully dug up and placed in other more hospitable locations.

The so-called "Schreber Garten" movement, which has spread to most cities of Germany, was founded in 1864 by a philanthropist who named it in honor of Schreber, a famous physician of that day.

The two rivers, Havel and Spree (pronounced "Shpray"), with their eccentric twistings and turnings, form a network of waterways which makes it possible to reach many parts of the city by water.

These small streams and their tributaries, connected by canals with the Elbe and the Oder, give communication for transport of freight by steamer and barge to the farthest corners of the land.

Berlin has, except for Duisburg, the largest shipping tonnage of any inland city of Germany.

Through the watery lanes, under gracefully arched bridges—of which Berlin has 1,066, even more than Venice itself—glide along wooden barges, heavy-laden carriers of coal, building materials, petroleum, and an infinite variety of other products.

Large numbers of fruit barges come in from the provinces, bringing apples, pears, and peaches in their holds.

Berliners Love Trees. The banks of the rivers are planted densely with trees. Rows of lindens or plane trees line the majority of the streets.

The most numerous member of the tree family is the linden. Also in large numbers are found most of our familiar American trees, such as maple, elm, horse chestnut (much beloved by the German), oak, acacia, poplar and birch.

exclusive of the parks—totals half a million.

The Berliner's love of trees is so deep that in many cases, where city appropriations have not provided the necessary funds, private citizens have paid for the planting of their own streets.

Venerable, and in many cases un- beautiful, landmarks of a bygone day are being sacrificed to the demands of traffic.

Scaffolds clamber over the facades of many old buildings which do not have to suffer demolition but are going through a much-needed face-lifting operation.

Many Old Buildings Saved.

Where possible, worthwhile old buildings are being preserved. The march of time has not yet intruded on the neighborhood of the Nikolai church, where one comes across such architectural oddities as the Knoblauch Haus—literally "Garlic House"—with its vivacious rococo exterior, and its pretentious contemporary, the Ephraim house.

One learns from the archives of the Markisches museum that this latter was built by one Veitel Ephraim, an enterprising racketeer of Frederick the Great's time.

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Overweight Children

By DR. JAMES W. BARTON

THERE was a time when the fatter the baby the healthier he was supposed to be, and prize winning babies were always the very plump kind.

A very fat baby often means a very fat child, and a very fat child means that there will not be much play, or exercise, and the eating of all kinds of food at all hours of the day.

In addition to this overweight the youngster may have a protruding abdomen which makes him or her appear even heavier, much to its own and its parents' embarrassment.

It is true that in a number of these cases there may be some gland defect—thyroid in the neck, pituitary lying on the floor of the skull—and it is only fair to these youngsters that this point be considered in the treatment to reduce weight.

Dr. P. Mallam, in 'Clinical Journal, London, states that he is "convinced that dieting is the keynote to treatment in almost all cases of obesity (overweight) in children, but before prescribing a system of diet a careful family history and knowledge of conditions under which the child is being reared must be obtained.

Fluids Make Weight. Dr. Mallam doesn't hesitate to point out that fluids—water, tea, milk—are really weight producing foods, and must be watched as "the question of fluid intake is of considerable importance.

Appetite is largely a question of satisfying the feeling of hunger, and these children must be schooled to eat slowly. Salt and sugar should be cut down to the lowest possible amount.

Many children appear even fatter than they are because of protruding abdomen, sway back, round shoulders, or other defects in posture, therefore exercises to develop the abdominal muscles—trying to touch the toes with knees kept straight—and exercises to "take the bend or "sway" out of the small of the back—hanging on rings or a horizontal bar—should be given under competent instruction and in a class if possible.

For a while, at least, the use of an abdominal support or belt is advised by Dr. Mallam, as there is no doubt that if the youngster is thus supported he will play longer and so grow stronger.

If a child loses weight consistently under treatment (as this is his growing age) the treatment is being overdone. If one treats an overweight child of ten years and at twelve the child weighs the same, one should realize that a great deal has been achieved.

Insulin Shock.

One of the recent "cures" that is being discussed favorably and unfavorably by the medical profession is the "insulin cure for dementia praecox"—the persistent dream state; the condition in which the patient has worked out a system of living that satisfies him but which renders him unfit to earn a living or take his place in family or business life.

The treatment consists in giving the patient a "shock" by injecting insulin, after which many patients have apparently become normal in mind. The results in some of the cases reported have been "amazing."

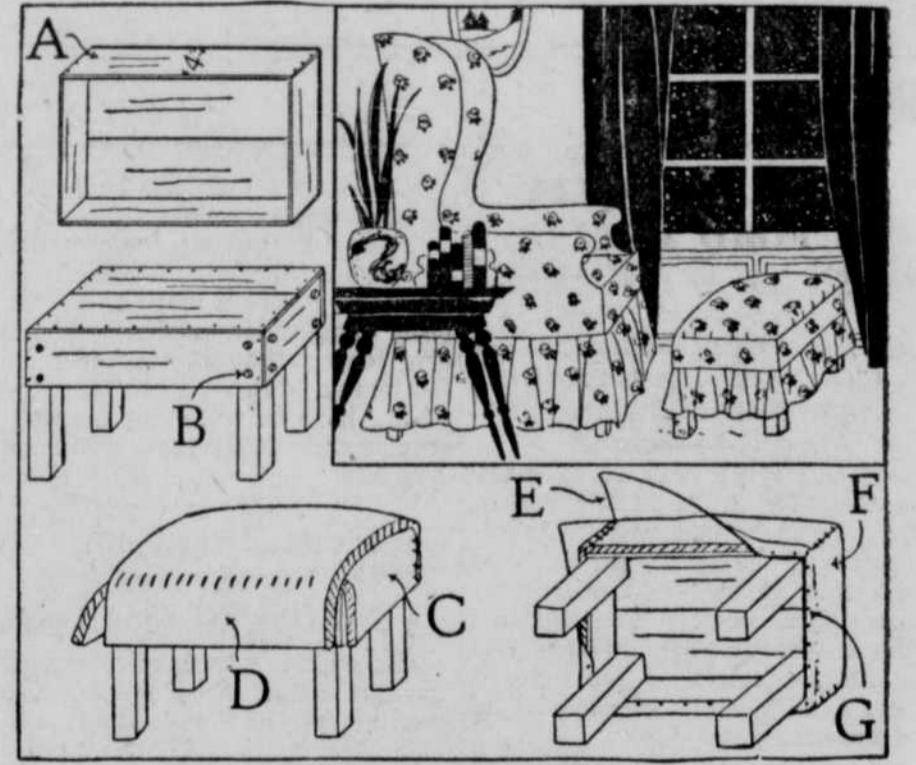
However, as this ailment causes much unhappiness in families because it often affects "the brightest and the best" it would be greatly regretted if the report of this treatment brought false hopes to many.

For this reason, a warning to patients, families, and physicians is given in a recent editorial of the Journal of the American Medical Association:

"It is hoped and may prove to be a fact, that the so-called insulin shock treatment for dementia praecox will find a useful place among the forms of treatment, but its exact value has not yet been determined and it can be definitely stated that it is not by any means a cure for all cases of dementia praecox."

HOW TO SEW

by Ruth Wyeth Spears



Make This Attractive Ottoman.

GET a wooden box from the grocer. It should be about as long as the width of the chair with which the ottoman is to be used.

The legs should be made of two by two's or you may have a set of nicely turned legs from an old table or other piece of furniture that may be cut down to the right length. Fasten in place with long screws through the corners of the box as shown here at B.

About half a bat of cotton will be needed. Put five or six layers of the cotton on the top, cutting the first layer about four inches smaller all around than the top of the box. Place it in the center. Cut the next layer a little bigger and the others still bigger until the last one is the same size as the top. Now, cut a layer of cotton to go over the top and down over

the ends as at C and another to go over the top and down the sides as at D.

Cut a piece of heavy muslin to fasten tightly over the cotton. Cut the corners of the muslin as at E. Sew with heavy thread as at F and then tack as at G.

To make the cover, stretch the top tightly over the muslin and sew it along the sides through the muslin, then make a straight four-inch band to go all around and add the ruffle to it.

Every Homemaker should have a copy of Mrs. Spears' new book, SEWING. Forty-eight pages of step-by-step directions for making slipcovers and dressing tables; restoring and upholstering chairs, couches; making curtains for every type of room and purpose. Making lampshades, rugs, ottomans and other useful articles for the home. Readers wishing a copy should send name and address, enclosing 25 cents, to Mrs. Spears, 2110 South Desplaines St., Chicago, Illinois.

Ask Me Another

A General Quiz

- 1. What is the only walled city in America?
2. Why is the sky blue?
3. What land lies closest to 0 degrees latitude and 0 degrees longitude?
4. What was Aaron Burr's conspiracy supposed to have been?
5. What harbor has two tides a day?
6. What is the length of the longest pipe line in the world?
7. Name a few authors who had to wait a long time for financial success.
8. How long a line would it take to go over the Great Pyramid, reaching the earth on each side?
9. What is the proper name for the salad made of sliced or chopped cabbage?

Answers

- 1. Quebec.
2. Because the particles of dust in the upper atmosphere reflect only the blue waves of light.
3. The British Gold Coast colony is nearest.
4. To form a new empire in the Southwest out of Mexican or Louisiana territory.
5. The harbor of Southampton, England.
6. The longest pipe line was recently built under American direction across Asia Minor, and extends for a distance of 1,150 miles.
7. Joseph Conrad wrote for 20 years before he sold a book. In the first nine years of George Bernard Shaw's literary endeavor, he realized about \$30. A. A. Milne earned about \$100 the first year he spent as a full-time author.
8. A line stretched over the sloping sides and over the top, from earth to earth, would measure 1,186.4 feet, with 36 feet resting on the flat top.
9. Coleslaw, from cole, an old name for cabbage.

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For that matter, watch a wise man buy a car or a suit or an insurance policy. Not a bad shopper himself! He reads advertisements, too!