

BRISBANE THIS WEEK

Descend Among Bicycles Many Strikes and Worries Two Flags That Clash Two National Hymns

This column, like others to follow, written in Europe, traveling about by automobile, will represent an effort to see things clearly, and describe them simply, according to the old formula. You descend from the ship at Havre into a world of wheels, bicycle wheels, a change from the world on automobile wheels left on the other side of the Atlantic.

Arthur Brisbane

Here working men and women, thousands of them, ride to and from work, ten to thirty abreast, depending on the width of the street.

They have the right of way, properly, in a democracy.

So it used to be in America, when automobiles were new, small boys shouted "Get a horse," and New York state law compelled the automobile driver to stop his car and engine, while a farm wagon passed, if the farmer raised his hand, or even lead the farm team past his machine if the farmer requested it. Here the car stops, while bicycles circulate around it on both sides. Similarly, you stop, later, meeting flocks of sheep, on roads across the salt marshes of the Vendee.

France is a land of bicycles, of many political parties, and, at the moment, a land of strikes. Like all other European countries, it is a land of permanent war scares. America looks upon war as a distant, improbable possibility, and when it comes spends billions on airships that do not fly, ships that never go to sea, and similar evidences of patriotic dollar-a-year efficiency. Europe's nations live in a state of fear, as an American family might live if it knew that, at any moment, well-equipped gangsters from next door might enter, "shoot up" the household and set fire to the house.

American travelers leaving the boat by railroad, descending in Paris at the Saint Lazare station, were surprised to find crowds fighting each other, not waiting for Germany, crowds made up entirely of Frenchmen of different political opinions.

Some wore ribbons with the red, white and blue colors of the French flag; others, more numerous, wore the plain color red. One side sang the "Marseillaise," national hymn of France since the revolution.

Others wearing small red flags sang the "Internationale," official song of the Communists the world over, from Moscow to Harlem. Crowds grew bigger, the Frenchmen sang the two hymns at each other, more and more violently, with excellent voices, not one out of tune, all knowing the words of their respective hymns. The "Marseillaise" says, "Let us go, children of the fatherland, the day of glory has arrived"; the other says, "Arise ye prisoners of starvation; arise, ye wretched of the earth."

It was a scene never to be described, now that Dooley is dead, and Ariemus Ward. Nobody bothered the descending foreigners from across the water. A few Frenchmen hit other Frenchmen, not hard, then agents of the Surete, whom we should call policemen, gradually dispersed the crowds, that met and sang at each other again the next day. They live in the suburbs and work in Paris, or vice versa, and, meeting in the railroad station, it engages them to encounter those that sing the wrong hymn and wear the wrong colors.

Those singers have chests like drums, complexions that reveal countless billions of red corpuscles and voices that could be heard, almost, from Los Angeles to Santa Monica.

One of them broke off at the sad word "starvation" and said to your narrator, who had politely congratulated him on his vigor: "Tenez, tenez mon bras, et j'ai soixante sept ans"—meaning, "Here, feel my muscle, and I am sixty-seven years old."

The muscle rose in a biceps like a small melon.

The duty of a visiting foreigner is to observe, describe and not comment; but this writer, had he accepted the invitation to speak at the American club in Paris recently, would have suggested that the French, whose only earthly possession is France, should be careful not to tear that property apart, especially with Germany ready to gather up the pieces.

This crosses the water by mail, is not new, and not news, when you see it. Only heaven knows what might happen in a week.

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Easy to Knit and Easy to Wear

By CHERIE NICHOLAS



It is cool because it is lacy. Choose yellow for the color of the mercerized crochet cotton so that it will match the sunshine of a perfect summer day. This cunning model has practically no sleeves and is held together by a drawstring about the neckline in peasant fashion.

IT IS a foregone conclusion among women of varied activities that knitted clothes are the logical sort to wear at play or at work. This conviction in regard to the practical wearability of things knitted has come about from actual experience, and not from mere theory. And so the clicking of needles goes merrily on.

There is added inspiration, too, in the knowledge that knit or crochet yarns have been brought to such high state of perfection through modern processing that one is cheered with the assurance of dependable washability both as to shrinkage and to color fastness. Thus a new confidence has been created in the minds of the practical minded to the extent that knitted apparel has come to be recognized as staple wear rather than in the category of fleeting moods or fads.

As to the knitted items pictured they are new and they are practical, just such as you will appreciate wearing during week-end and vacation hours. The suntan halter as shown in the upper left of the group will give you all the exposure and freedom you need in beach and summer sports clothes. You can combine it with knitted bathing trunks or gabardine shorts or the popular culotte costume, or wear it with a linen skirt.

Out in the garden on a warm summer day with gay flowers about and skies that are blue it will be the frivolous dainty type of a blouse you will be wanting to fit in with the joyous landscape. Centered in the picture is a pretty blouse that is so simple and easy to crochet you can make it in a

STAR-PRINT CREPE

By CHERIE NICHOLAS



Attractively studded with the symbol of the Lone Star state, this star print crepe cocktail dress is a special design in honor of the Centennial now being held there. The closely positioned buttons, the tunic silhouette, the fanciful slit hemline, the widened puffed shoulders and the turnover collar effect are all contributing style details. Free-flowing, allowing ease of movement, this smart-looking dress is ideal for semi-formal afternoon or early evening wear.

To the left below a sheer blouse is shown knitted of mercerized crochet cotton. It is the sort that will add the feminine touch to your mannishly tailored suit or will carry through smartly with your summer linen skirts. The rows and rows of tiny ruffles at each side above the waistline are something new. You will like this styling immensely and so will your friends for it is out of the ordinary. The sleeves puffed just above the elbow are also a smart and very new feature. The neck is high, giving that close-to-the-throat line which fashion decrees this season. This high neck effect fills the opening of a classic laped suit jacket to perfect satisfaction.

Cool and lovely in its dainty coloring is the dress pictured to the right. The majority of dresses are knitted but this one is crocheted of soft washable knit-cro-sheen. The work goes rapidly as the stitch is a very open lacy one. A dress of this type should go into every trunk that is vacation bound, for it packs, washes and wears beautifully. The soft rolled collar and the cord and tassel fastenings are style details that give "class" that is recognized at a glance.

Of course you have taken note of the crownless garden hats which the girls in the sweaters are wearing. You can make one yourself and at trifling cost—just one of those big farmer straw hats with the crown cut out and the brim slashed up the back, rounding the corners. Finish all edges with a wide bias-cut binding of gay gingham and add ties of the same.

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WOMEN ADD COLOR; DON GAY GALLUSES

Not satisfied with copying men's suits, both as to material and styling, the women are now wearing suspenders. They have discovered that galluses not only furnish an added chance to introduce color and swank to the accessory theme, but these dashing skirt "holder-uppers" are exceedingly practical. In the narrow width sizes, chosen to form a daring contrast with the suit and blouse, suspenders present a smart appearance as they flash out from behind an unbuttoned jacket.

The whole idea, designers claim, is not just another fashion whim but springs directly out of style requirements set by the present trends in women's apparel; manish suits, hence suspenders! Clipping onto the skirt, suspenders hold this garment in line properly, preventing it from acquiring that ungainly "sat-in" look.

Swim Suits Are Dark and Snug-Fitting This Season

Wine-and-white is the prize color combination for swim suits this season.

Navy-and-white comes next, and then black, in lustrous suits of elastic satin.

Most of the newest suits have a dressmaker look. They are closely fitted, complete with uplift brassiere top, halter necks and sun-backs.

The great-open-spaces fad, which left the tummy bare to the sun's rays, is doing a graceful fadeout.

Negligee Ensemble

In making a silk nightgown, buy enough silk to include a little bed jacket to match it. This can be elbow or waist length and slip over the nightgown for breakfasts in bed.

HOW ARE YOU TODAY

DR. JAMES W. BARTON Talks About

Spacing Meal Times

IT IS hard to understand how the idea ever started, and still persists, that an individual doesn't weigh any more after than before eating food. Yet the increase in weight after eating is exactly the amount of the weight of the food. Putting it into the stomach is just the same as the scales as putting it on the scales themselves.

Boxers, jockeys, and others who must keep their weight at a certain figure know exactly what they must eat to attain a certain weight at a certain definite hour. They know also that the amount of liquids must also be measured the same as foods, as water or any other liquid increases weight.

Thus in the case of boxers, where the weight is taken at two o'clock and the bout takes place at 9 o'clock or later, their first thought is for "a big drink of water."

This is because they have been "drying out" for weeks. After this large drink of water and eating a big steak a little later, at the hour of the bout they will be some pounds above the weight taken at two o'clock and will feel much stronger. Boxers are usually in good health and therefore the effects of food and liquids will be the same as in any other healthy individuals.

When food is eaten, the body immediately begins to use it, which really means burning it up to manufacture heat and energy. And just as anything that burns gives off wastes—smoke and other substances—so the body gives off wastes and sends them to the lungs, to the kidneys, to the skin, and to the lower bowel, from which organs they are sent out of the body.

Body Weight Adjusted
The urine and the feces remain in the bladder and bowel for hours at a time, whereas the breath and the perspiration are being lost all the time into the surroundings air.

An interesting experiment is recorded in the American Journal of Physiology. Dr. C. I. Howland recorded the hourly loss of weight on two successive days for ten individuals following the eating of (a) a light lunch made up of a glass of milk weighing about seven ounces and a ham sandwich weighing 11 ounces, and (b) a heavy lunch consisting of three glasses of milk and three ham sandwiches—21 and 33 ounces respectively. In other words the light meal weighed a little over one pound and the heavy meal a little over three pounds.

After the light lunch there was a progressive increase in the rate at which the weight was reduced for two hours, then the rate of losing weight became less, so that by the end of five hours, the rate of weight loss was the same as before the food was eaten. Digestion was completed.

After eating the heavy meal there was an increased rate of weight loss for three hours. Five hours after the food was eaten the rate of loss was still nearly 5 per cent above the rate at which the weight was lost when no food was being digested.

The greatest increase in the rate at which weight was lost after eating the small meal was 10 per cent, and after eating the heavy meal 23 per cent above the normal or average rate with digestion not going on.

Thus the body adjusts itself to the amount of food eaten, increasing the rate of weight loss in proportion to the amount of food eaten.

The above experiment shows that when a heavy meal is eaten although the rate of weight loss is greatly increased, nevertheless five hours after a heavy meal is eaten the rate of weight loss is still five per cent above the basal rate, that is the rate of decrease when no food is being digested.

Understanding the Patient

A knowledge of all the sciences included in medicine should naturally be a part of the equipment of the physician but a knowledge of human nature, the workings of the patient's mind, his reactions to everyday life is just as important if the patient—the individual—is to be treated properly or completely.

It has been well said that every patient when he first visits the physician is really a mental patient; he is complaining of some symptoms and whether these symptoms are due to any real underlying cause or only exist in his imagination, they must be carefully considered and treated.

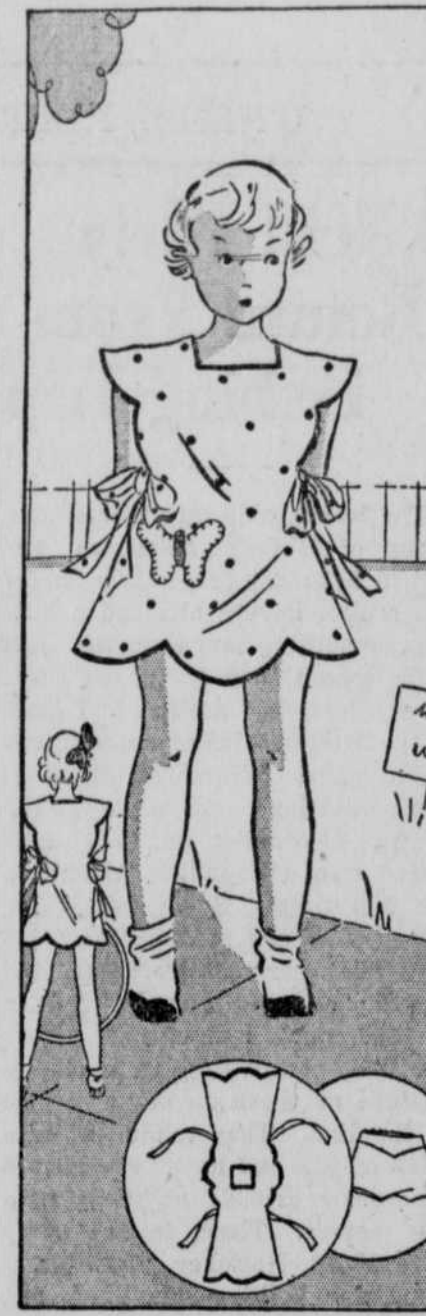
In other words the physician must know men and women and never forget that he is treating men and women and not just some group of symptoms of which these men and women are complaining.

The first consideration of the doctor is not the symptoms or disease but the patient himself.

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Pinafore for Little Girl

The clever cutting of this useful pinafore is shown in the small diagram beside the little girl. You will see at once that this frock requires no seaming and



Pattern No. 1910-B

course the feature which so greatly intrigues children is the butterfly which forms the pocket.

Notice how simple it is to put on, merely slipped over the head and tied at each side. Mothers find it a great help because it can be used as an apron over a frock, which must be kept clean, or worn instead of a frock. The panties to match are an asset—

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