

AS PARIS SEES THE AMERICAN WOMAN

NEVER BEFORE have so many American women invaded Paris as this summer, says the *Paris Gaulois*, which is on the spot and seems to have been making a study of this interesting subject. It finds that most of the American women have left their husbands at home and infers that the men can not bear to be out of the country during the excitement of the Presidential combat. The women love Europe because it is aristocratic and military, the men love America because it is rich and democratic. The feminine mind adores medieval surroundings, this writer believes, and he quotes Ruskin's remark: "It would be impossible for me to live in a country where there are no ancient castles." He proceeds:

"American women are quite of this opinion. Now when you talk of castles you imply nobility, and when you talk of nobility, of course you imply military prestige. All of these things, of course, are wanting in the United States. The military decoration there is of less value than the purse; the adventurer is always the enemy of the fighter. In that vast country, dotted with rich mines, the victories which count are financial. One can judge a little of the trifling importance which American men attach to the noble profession of arms by this typical remark of a Western farmer, after the Spanish war: 'I had to employ three workmen on my farm; one of them had served in Cuba as a private, the second was a retired captain, of no use whatever.' Speaking of the third, the Westerner said: 'I don't like to speak against a man who had fought in the war as a colonel, but if anybody had sent me a general of the American Army I should have said, "Go to the —!"'"

According to this writer, the American man rules in the business world, but his wife rules everywhere else. To quote:

"American society is absolutely divided into two distinct portions. On one side stand the men, eager democrats, genial merchants, who spend their time in making money. On the other side are the women, not democratic, but petted children of aristocracy, who amuse themselves in spending the fortunes of the men. In his office the American is typically a master,—the name even of kings is given to the presidents of trusts. . . . But the men who bear imperious sway in the large business enterprises surrender the reins of government in their own homes. They confide altogether to their wives the whole domain domestic, everything that relates to the family, everything that is sentimental, social, even all which relates to the instruction of the children, or even the composition of a bill of fare."

Of the relation between wife and husband in America this confident writer proceeds:

"The American woman is fully assured of the fact that her husband adores her. By his actions he proves it and need not tell her so in words. Transferred from America to Europe, she puts no confidence in the men she meets. She does not believe

them to be sincere, but she knows how to talk to them. Educated as she has been to live her own life, she always feels quite sure of herself. As she has been transplanted from a society of absolutely independent individualists into the midst of traditional triflings, she may perhaps indulge in flirtations for the sake of superficial distraction. But the American woman will never throw herself away. This would be to forget herself entirely, and of this she is incapable."—*Translation made for THE LITERARY DIGEST.*

FRANCE CHIDES A SUFFRAGETTE

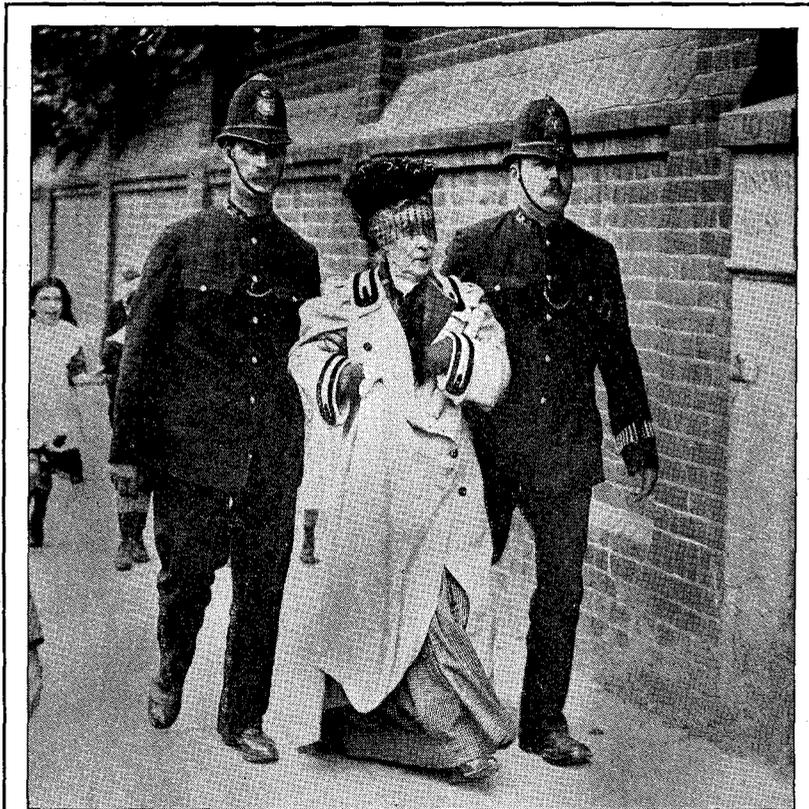
THE VIOLENCE of the English women who are striving to obtain the electoral rights of men attracts the attention of a writer in the *Paris Liberté*, who utters a playful protest to the infuriated advocate of woman's rights who wrenched off the coat-tails of the British Prime Minister. He had enraged the woman's rights party by promising them to consider a bill for female suffrage and then switching off all his legislative agencies in the direction of Home Rule and insurance of employees. Addressing himself to the lady who lacerated the Prime Minister's raiment, this writer says:

"You appear, Miss, to possess a lively and passionate temper; I do not blame you for that. As you spend this vivacity and passion in the service of a cause so dear to you, I am bound to give you praise. That cause is woman's suffrage. You claim that you should have the right of coming forward at certain appointed times and putting into certain receptacles, called ballot-boxes, a few pieces of paper. If I were in your place I should love much better that some one gave me a gown, a hat, lace, or furs—according to the season. But, of course, this is merely a matter of taste, and the wisdom of nations declares that with regard to taste and color there can be no dispute."

The writer argues that while women complain of the brutality

of men in denying them what they claim as their rights, the men can complain too. He writes:

"Will you allow me to acknowledge that there is one point on which I absolutely fail to understand your attitude? You complain of the brutality which men manifest toward you. Now ought you not to recognize the principle of democratic equality? . . . Women have become cruel, men are bound to follow their example. You, dear Miss, have torn to pieces the clothes of Mr. Asquith, and you now express indignation because some policeman, as it appears, has broken the crystal of your watch—has torn your gown, or hustled you down-stairs. Was it done brutally? That, of course, is cruelty. All right, we are really making toward perfect feminism. Thanks to you, dear Miss, and to your associates, instead of the two sexes becoming more and more estranged, they are drawing nearer and nearer—in a permanent and furious conflict."—*Translation made for THE LITERARY DIGEST.*



AN IRISH SUFFRAGETTE.

Arrested for shouting "I represent Tipperary!" during Mr. Lloyd George's speech at Kennington Theater, in London, on July 13.



THE WHY AND WHEREFORE OF DINNER

IS THERE ANY REASON for our methods of eating? Instead of having a stereotyped dinner, with courses of the kind and in the order sanctified by custom, is it not just as well to sit on a log and eat sandwiches? Picnickers think it is—once in a while, at least, but Dr. R. S. Levenson, writing in *The California Medical and Surgical Review*, tells us that they are wrong. There is good reason why we should not top off with soup, or start in with ice-cream. Possibly in far-distant climes, China, for instance, where there are different customs of eating, there may be as good reasons of a different sort; but, at any rate in our own land, Dr. Levenson is sure that discoveries in the physiology of digestion, made during the past dozen years, have shown that there is scientific basis for our habits in the taking of food. Our unconscious routine of courses at dinner “takes thorough cognizance,” the doctor believes, “of the physiological principles upon which digestion is founded.” He says (as quoted in an abstract made for *The Scientific American Supplement*, New York):

“In more elaborate affairs than the ordinary dinner there is seen to be on analysis a purposiveness in our practises that may on casual observation seem to be entirely without physiological significance. Take, for instance, the elaborate gowns worn by the women and the evening suits by the men, the floral decorations, and the music.

“There is no doubt that each of these serves the function of composing a generally favorable stage-setting, as it were, for digestion. It has been abundantly shown in recent years that a person’s mood is of the greatest significance in the performance of the digestive functions. If one is in a happy frame of mind, free from cares and worries of his professional or commercial surroundings, digestion proceeds as it normally should; on the other hand, worry, anger, and anxiety are potent factors in destroying the normal progress of the digestive functions. There can be but little doubt that such practises as we have mentioned tend to dispel any of these unfavorable moods that may be the relics of the care-laden day, and produce a frame of mind conducive to the normal progress of digestion.

“Coming now to a consideration of the composition of the meal itself, think how frequently the first course consists of some article of food which appeals forcibly to our sense of smell, as caviar, sardellen, anchovies, or smoked salmon. This practise is of course in accord with the principles of digestion first thoroughly investigated by Pavlov, who showed in his wonderful series of experiments that the most potent factors in the production of a favorable flow of gastric juice are stimuli which appeal to the various special senses, chiefly smell and taste. Moreover, the taste of these articles as well as others commonly employed as one of the introductory courses of a meal, such as oyster, lobster, clam, or crab cocktail, salads, and the various relishes, is such as to appeal forcibly to the sense of taste and thus produce an abundant flow of ‘psychical’ gastric juice.

“The second course in the usual dinner menu is soup, and here we again find substantial physiological reasons for its being placed where it is. Here also we are indebted to Pavlov for the discovery of the fact that the only other stimulus to the flow of gastric juice, besides the various appeals to the special senses, is a chemical one, and the most potent factors inducing this flow of chemical gastric juice are the meat extractives, which of course are the principal components of broths and soups. We thus see that there is a definite physiological reason for the introduction of broths and soups into the early stages of the meal.

“The *entrée* which usually follows the soup apparently serves the rather negative purpose of merely consuming time for the acid gastric juice to be secreted in sufficient quantities to be in readiness for reception of the next, and, from the gastric standpoint, the most important course of the meal, the meat course; so far as gastric digestion is concerned, proteids, as represented by meat, are the most important articles of the meal, and it is the digestion of these for which we may consider the previous gastric activity to have been in preparation.

“Dessert is usually composed of entirely different foodstuffs than are the earlier courses. Carbohydrate preparations of

frozen foods composed chiefly of milk or cream, water, fruit flavors, and sugar, compose the desserts usually found on the modern menu. Here again physiological research gives us an excellent reason for the placing of these articles at the end of the meal. Until within recent years the general medical as well as lay view of the stomach was a large hollow organ which by a vigorous churning movement mixt together all of the foodstuffs introduced into it, and, when this was sufficiently churned and mixt, expelled it into the duodenum. To-day we know that this is quite incorrect. Instead of there being a general admixture of all the matter taken into the stomach there is a layer-like arrangement in which the material first introduced takes a peripheral position next to the gastric mucosa, that subsequently introduced taking a more and more central position. Only the material which lies next to the gastric mucous membrane is acted upon by the gastric juice; when the latter agent has sufficiently acidified and peptonized this, the slow wavy peristalsis of the fundus moves this peripheral portion into the pyloric antrum and thus the next layer comes into contact with the mucosa.

“According to this progress, the food last taken into the stomach is thus placed most centrally and is in this way protected from the action of the acid gastric juice for as long as several hours. It is this fact which gives us the reason for the carbohydrate foodstuffs being placed at the end of the meal. It is well known that the gastric secretions contain no ferments which act upon starch. Such a ferment, however, is contained in considerable quantities in the saliva, the so-called amyllopsin. In the process of mastication and insalivation of the food the amyllopsin comes into intimate contact with the food particles and, given favorable surroundings, is able to effect a considerable degree of starch digestion for quite some time after the food leaves the mouth. This favorable surrounding the carbohydrate dessert finds in the central position that it takes in the stomach contents, where it is well protected from the action of the acid gastric juice which would immediately destroy the activity of amyllopsin, which is able to act only in an alkaline medium.

“We thus see that there is sound physiological reason for the arrangement of the meal as it is ordinarily composed in civilized countries, and that almost each course and each article serves some function in harmony with the laws of digestion.”

THE VIRTUES OF CHOCOLATE—“Sweetmeat, food and stimulant in one”—such is chocolate, according to the verdict of a writer in *The Lancet* (London) who defends this substance against what he calls some silly things that have recently been said about it. Certain writers have attempted with an air of authority to discount its value as an article of food. But practical experience long ago decided that chocolate is a good sustaining food, and this finding the writer thinks not at all surprizing, considering the food substances which well-made chocolate contains. He says:

“There are present in it all needful classes of alimentary materials—fat, carbohydrates, proteins, and mineral salts, including a notable proportion of potassium phosphate. In addition, chocolate is mildly stimulating and exhilarating to the nervous system when ‘run down’ through fatigue or worry. The alkaloid, theobromine, is probably responsible for this, but its action is less marked than that of the corresponding alkaloid in tea, caffeine. Chocolate has been employed for its staying powers and its nutritive properties with considerable success in army maneuvers, and in similar operations which make a vigorous demand upon the nervous, muscular, and mental energies, and on that account is invariably included among the provisions of expeditions. A chocolate ration used in the Austrian Army was stated to equal five times its weight of beef. It has been calculated that a pint of milk and 4 ounces of chocolate yield about 800 calories, comprizing a fair meal for the invalid. This establishes the nutritive and energy value of milk chocolate.

“Such are the real facts (which, of course, are well known to our readers) about chocolate, but it is useful to recall them, in view of the misstatements referred to. Chocolate can only do harm, in common with all good foods, when eaten to excess.