



# MALE PATTERN EXPOSURE

Women are often berated for their OTT styles, but what about the men?  
**LIZ JONES** turns the tables.

This is not the first time I've felt obliged to write about how women often get hot-weather clothing wrong, particularly in the office, exposing completely inappropriate sections of their body and attire.

And I am not only talking secretaries here, but women right at the top. Remember, no-one will take you seriously again if they have spied your red G-string beneath a pair of white city shorts.

But I do think the average woman has been getting too much bad press of late, what with all the talk of "muffins", and "aprons", the tummy bulge created when you have instead opted to belt your trousers or skirt high on the waist in an attempt to hold it all in.

And so, I think it is high time to have a go at the male of the species.

I bravely ventured outside to find out whether it is, in fact, men who are getting it all terribly wrong.

"Understandably, most men have no idea how to dress in the summer, because the only time they experience heat is when they're on holiday," editor of Britain's GQ, Dylan Jones, says. "Consequently, whenever the sun comes out, the streets are flooded with men who look like they're off to the seaside."

And this is exactly the look I was greeted with.

Men in shorts with hairy legs, socks and normal shoes; trainers worn without socks (oh dear); crinkled and wrinkled cream linen suits; white short-sleeve shirts that make them look like prison wardens; and wide, three-quarter-length trousers, again with socks and normal shoes.

There were lots of sandals with Velcro straps; lots of guys dressed as though they are 12, in baggy Ts and giant combats; and lots and lots of men, looking red-faced and cross, in their normal navy blue suit, shirt and tie.

I have something to say here about suits: stop wearing them when they become shiny.

And never wear the same one two days running (the same goes for jumpers – I once dumped a boyfriend for not washing a jumper between wears).

Anyway, men, here are my top tips for getting it right in hot weather:

■ Stop wearing trainers, unless you are on a tennis court or out for a jog. Your feet will smell, with or without socks.

■ If you have to work in an office, or you need to be more formal in hot weather, invest in at least one lightweight suit, Jones advises. "Choose shoes that can be worn without socks, and make sure you have a variety of colourful, large collar shirts that can be worn without ties," he says.

■ Don't wear a tank top or vest top, unless you work on a building site. Even if I had the misfortune to be married to you, I would certainly not want to see under your arms.

■ Never wear the same pair of shoes two days in a row. They need time to breathe.

■ *Wallpaper* magazine editor-in-chief Jeremy Langmead says: "It is cooler, in both senses of the word, to be simple. The perfect outfit is a pair of slim-fit (but not tight) navy cotton trousers teamed with a white cotton T-shirt and a pair of boating shoes with no socks. Effortless, easy and smart."

■ If you really must wear jeans on a hot day, you should buy them in a lighter material, such as those sold in the tropics. Calvin Klein does a really soft, thin pair.

■ If you go to the gym and sweat on the mat that I am about to use, wipe it down with a damp cloth. Do not leave a puddle.

■ If you must wear sandals or thongs, stop being a cheapskate and invest in a pedicure.

■ Do not be tempted to wear pastels, or push your jacket sleeves up to your elbows.

■ **SOURCE:** Daily Mail



HOW WAS IT FOR YOU?

DR BELLA



***"When women fall in love their world becomes singularly focused on the object of their affection: Him. Their former relationships become backdrop."***

You know the story. Your mate meets someone. Falls, deep. And then, hanging on to the balloon of love ... floats right out of your life.

What is the deal with this?

Why does entrance of New Woman or New Man from stage left obliterate previously pivotal friendships?

It makes you wonder: did the friendship really count in the first place?

It seems to me that when women fall in love their world becomes singularly focused on the object of their affection: Him. Their former relationships become backdrop. Why go to the bar with your single girlfriend when you've already got a man at home? Often times the process is subtle. But slowly, hanging out with your friend during the weekend, going to any drinking establishment or grabbing a coffee without their mention to "him" – interspersed with mushy texts to "him" – is an anomaly.

Don't worry, you will hear from her: when she's had a fight with her boyfriend, or when he's already made other plans. To makes matters worse, any talk about boys you've met is accompanied by a patronising, 'I really hope this one works out,' tone of superiority. You become the juvenile. The lonely juvenile. As your importance in their life dissolves, it strikes you: it is as though you were only there as a fill in, an understudy.

For men, it's altogether different. They even have a (albeit, crass) name for it: pussy-whipped. When men break the code of solidarity they are titled Traitor. When he stops making it to the game or to the pub, his masculinity is questioned.

Pussy-whipped, a colloquialism from the mid-20th century, refers to a man said to be hen-pecked

and who, like a horse, suffers under the whip. And although it describes general submission to a woman's desires – lest he upset her – it's also commonly used to describe initial male separation from the ever-important, Lads Faction.

Before you ditch your friends for bliss, read on.

Research shows that friendship among women plays a significant role decreasing stress, enhancing health and quality of life. A study conducted at Harvard concluded that not having one good confidante is as damaging to a woman's health as being overweight or a heavy smoker. This is linked to our evolutionary heritage. UCLA scientist Shelly Taylor says that women are genetically hard-wired to cope with stress through friendship networks: historically women who created strong bonds with one another were better able to survive, as were their offspring.

Male friendships are often bagged as "lacking intimacy," but according to sociologist Michael Kimmel, men are emotional, disclose weakness, and build trust with their mates; they just do it differently than women. Kimmel says that friendship is a major avenue of self-exploration which acts to mirror our growth in life.

So: is the greatest threat to friendship, love? In my opinion, the type of love which eclipses relationships once pivotal is addictive love: the topic of next weeks' column. Stay tuned, darlings.

*Best of luck in love.*

**P.S.** Thanks S for putting up with my I'm-such-a-baby-behavior this week. Being hard done by has never felt so good.

BTW

**Questions, thoughts, sexual tips?**  
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