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THE INTERNATIONAL WOMEN'S NEWS

JUS SUFFRAGII

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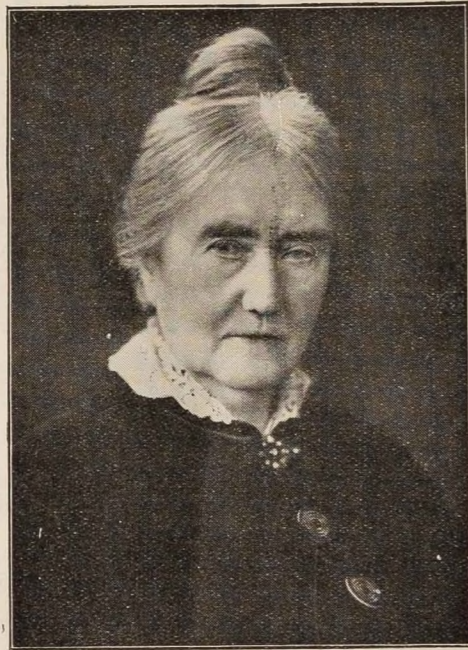
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HELENE LANGE.

Helene Lange has died at the age of eighty-two. She was born in Oldenburg, Lower Saxony, and was one of the representative figures in the German women's movement. She was a teacher by profession and her life was given up to the education of women in the widest sense. She was one of the founders of the Allgemeiner Deutscher Lehrerinnenverein (The German Women Teachers' Union), and she also started courses in Berlin for women to train for university studies, before Girls' High Schools existed, and eventually secured the admission of women to the Universities. She worked in this cause to the end of her life, urging that the education of girls should be in the hands of women, and that women should be headmistresses in the State and other schools.

She was prominent in the movement for women's citizenship, and was President of the Allgemeiner Deutscher Frauenverein (now affiliated to the Alliance) for 20 years, from 1902-1922. During this time she directed its work especially along municipal lines, so that women might learn by experience to take their share in national affairs. In international



HELENE LANGE.

work she was connected with the International Council of Women. At the time of her death she was still Honorary President both of the Allgemeiner Deutscher Lehrerinnenverein and the A.D.F.V.

She lived in Berlin with Dr. Gertrud Bäumer, her colleague and disciple with whom she founded an admirable review, *Die Frau*, which was devoted to the interests of women. She wrote many books on education, politics and the woman's movement. Her Memoirs ("Lebenserinnerungen") is a charming book full of wisdom and humour. She was surrounded with friends, old and young, whom she had helped on the way to a wider and fuller professional and public life.

Many State and Municipal Girls' Schools have been named after Helene Lange, and the University of Tübingen awarded her the degree of Doctor *honoris causa*. On her eightieth birthday, two years ago, there was a great woman's meeting in Berlin in her honour. The Alliance and its members will wish to be associated with the German Auxiliary in paying tribute to the memory of a noble woman.

EVENTS OF THE MONTH.

The Alliance at Vienna. Our readers will no doubt remember that at the Congress at Berlin the co-operation of the Alliance with the International Council of Women was discussed and encouraged. Putting into practise the resolutions of the Congress at Berlin, the Board of our Alliance decided to convoke its members at Vienna in order to be in daily contact with the International Council of Women while it held its sessions. Although there was not as much free time as one could have wished, the members of our committee and the presidents of the auxiliaries had frequent opportunities of getting into touch with the International Council.

Because of our recent meeting in Holland the programme of the Board was less full than usual. We regretted the resignation of Miss Belle Sherwin, who having been re-elected to the Presidency of the League of women voters of the United States of America cannot continue to serve on the Board.

We proceeded to the election of officers of the International Permanent Committees according to the decisions of the Berlin Congress, and discussed a project for a Peace Conference which will be held at Belgrade next year. A temporary office will be opened at Geneva in the month of September.

The meeting of the International Committee composed of the presidents of Auxiliaries, and of the Board, discussed two important questions—first, the eternal financial question, second, the forthcoming Congress of

1932. The help of the Leslie Commission from which we have so long benefited comes to an end in 1932. From then on we shall have to find other resources, and the Board is searching for a solution.

As for the Congress itself the main problem is how to allow the necessary time for plenary sessions without sacrificing the important discussions in committee.

Viennese hospitality was naturally extended principally in favour of the International Council of Women, but the Alliance also had its special reception when Frau von Fürth, president of the Austrian Auxiliary, entertained the Board to tea at her house.

Palestine. It will be remembered that a few months ago women in Palestine were admitted to the Bar on the same terms as men. This triumph has been of short duration; a decree of the High Commissioner now takes back with one hand what was given with the other. Women are prohibited from appearing as barristers in a court of law in cases connected with religion or tribal custom. As the greater number of cases, particularly those which refer to personal status and domestic differences, are within the jurisdiction of the religious court, it follows that the influence of women barristers is completely nullified by this official decree. The Equal Rights Association of Palestine Women and Mme. Rosa Ginzburg in the name of the women lawyers and the Jewish Bar Association, have protested energetically, and it is to be hoped that they will succeed in their efforts to make the new right of women to practise the profession of barrister in Palestine a reality and not a fiction.

Jamaica.

We hear with satisfaction that the Legislative Council of Jamaica has granted eligibility for municipal election to women. By a strange anomaly, although the British possessions in the West Indies have for some time had women's franchise, it has not, as in the Dominions and other British dependencies, carried with it eligibility. We congratulate the Legislative Council of Jamaica on the step it has taken, and hope that it will soon make the logical next move—the granting to women of eligibility for the Legislative Assembly.

THE PROBLEM OF ILLEGITIMATE CHILDREN AND THEIR MOTHERS IN JAPAN.

Those who glance at statistics carelessly may come to the conclusion that the public morals of Japan must be very lax, as there are so many illegitimate children, but in reality it is not so. The law on this matter in Japan is not in accord with the customs of the country, and the result is recorded in the census register in a way which may give rise to misconceptions. There are children who are regarded in law as illegitimate although they are the offspring of happily and legally married parents.

Up to the 3rd year of Meiji, the duty of supporting these children devolved only upon the mothers, but the civil law has since then been revised, and it has now become the father's duty as well as the mother's. But the civil law has still many anomalies, for example, when a married man has a child as the result of illicit intercourse with a woman, and the woman brings an action against him to legitimize her child, and he loses the law suit, he has to take the child into his family as a "Shoshi" (a child whom he acknowledges), to be brought up by his wife. Thus the legal wife and the illegitimate child will be tied by a connection forced upon them by the law. When a married couple have no son, but only a daughter, and the newly registered child is a son, the son has the right to be the heir of the family and the wife and her daughter will receive no share of the fortune. The mother has to suffer materially and spiritually.

Although the number of illegitimate children has decreased in Japan there are still between 70,000 to 80,000 yearly. Against 92% legitimate children there are 8% illegitimate. The cause of this is chiefly due to the rigidity of certain laws. According to the law of Japan, the only daughter of a family can never be married to the eldest son of a family. This is the law, but in fact the law can not bind natural inclination, and when love rides over the law there will be illegitimate children. Then again, the law admits a marriage only on its notification, and when the parties neglect to notify it, they are not regarded as legally married. They ought to register the marriage at the time they marry, but they usually neglect to do so. There are many cases where the husband has taken advantage of this loophole and disowned his wife.

In Japan, there is no period of engagement before marriage. Most of the marriages are arranged by "go-between." The "go-between" arranges the first meeting between a man and a girl in the presence of the relatives of both sides. They have to decide whether or not they will marry on the strength of this interview, although during it they are not allowed to speak a word to each other. There can be no understanding of any kind between them. There are many cases of false identity in Japan which can cause the nullification of marriage. This proceeds from the mistaken way of choosing a wife or a husband, i.e., choosing a prospective bride or a bridegroom by means of a silent interview or from a photograph. It is an astonish-

ing fact that there are so many marriages of this kind. There is no law to protect the wives whose husbands delay the marriage notification purposely. If a child happens to be born during this time, it will be called an illegitimate child and will be recorded as such.

Japanese law oppresses women and honours men. The judges are all men and so are the lawyers. Women have been placed at a disadvantage, but in recent years many judgments have been given more generously in their favour. When husbands neglect and delay notification of their marriage, and a child is born during this time, the husband has no liabilities according to the law, but quite recently the following judgment was given in the Supreme Court: "The marriage ceremony is the first step towards marriage, and is a promise of marriage. The husband who neglects the notification of marriage, after the ceremony, is not fulfilling his promise, so the duty of supporting the wife and the child is the husband's."

An illegitimate child can be a "Shoshi" when the child is acknowledged by the father, and it can also be legitimized after carrying out certain formalities as prescribed by the law, but in this case if either of the parents is dead, it is impossible to legitimize the child. Without the consent of the head of the family, no woman can be entered in the register of another family. When a woman marries a man of whom the head of the family and her parents do not approve, they can refuse to remove her name from the register as a single woman, and then any children she may have will be regarded as illegitimate. Or if a widow wishes to re-marry, even though she is no longer living with her late husband's family they may refuse to remove her name from the register where she figures as a member of their family. In fact, she may no longer be a member of the family, but the law binds her to it on the register, and then if she re-marries, leaving the register as it was, and a child is born, that child will be illegitimate.

So that a great many of the children who figure in the census returns as illegitimate in Japan are only so by reason of old traditional rulings. The need for the law to be brought into relation with the practical side of modern life is thus obvious.

KANeko KITAMURA.

NEWS IN BRIEF.

The Assembly of the United Free Church of Scotland decided by an overwhelming majority that any office in the Church, even that of Moderator of the Assembly, shall in future be open to women.

Miss Rosa Manus has been appointed Vice-Convenor of the Suffrage Committee of the International Council of Women. Senator Plaminkova, of Czechoslovakia, is the Convenor.

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DIET.

The idea of modifying the dietary to assist in curing disease is a very ancient one: Hippocrates, the father of scientific medicine, who was born B.C. 460, wrote a treatise on diet in acute diseases, and his medical treatment consisted mainly in attention to diet and regimen; since much of the Greek learning was derived from Egypt, it seems safe to conclude that even further back in antiquity some knowledge of dietetics existed. Throughout the intervening centuries, dieting has been used as an adjunct to curative medicine, but with the modern conception of medicine as ideally preventive rather than curative, attention is being focussed more and more upon the everyday diet of the normal person, in the belief that correct feeding, particularly of children, will do much towards lessening disease.

The science of dietetics is, as yet, in its infancy; this century has seen its birth. Isolated discoveries were made before, such as the fact that fresh fruit juice would prevent scurvy, which led to the issue of lime juice to the crews of sailing ships on long voyages; but they were accidental discoveries. The scientific investigation of food, its factors and effects, is new, and a vast field for research is opened.

The importance of this new science is not yet so generally recognized in this country as it should be, although some of our investigators have done such valuable work. The American Medical Association maintain a Committee on Foods, which analyses and investigates proprietary foods (canned fruits, dried milks, ice-creams, etc.); if the claims put forward in the advertisements are justified, a certificate to that effect is given; if not, the company concerned is asked to withdraw or modify its claim. In these days of widespread advertisement, this seems an excellent way of helping and safeguarding not only the public, but also the honest manufacturer. Again, in most American Universities are Chairs of Dietetics, and attached to many of the big clinics are dieticians who visit the patients in their own homes to advise on diet, giving suitable recipes, and teaching their preparation; although this is meant mainly to help those who are ill and are on special diets, yet it must do much general good in spreading knowledge of wise marketing, well-balanced and well-prepared meals. Last year London University inaugurated a Chair of Dietetics, the first in England, and we may hope that other Universities will soon follow this lead.

By Dietetics is meant the principles underlying the proper use of food, its quality and quantity. The object of taking food is for the maintenance of the body—for growth, or to replace wear and tear—to supply energy for work and to keep the body temperature constant. All food-stuffs are broken down in the body into their simpler component parts—what is needed for growth and repair is assimilated for these purposes; part of the rest, by oxygenation in the body, supplies energy for work and to maintain heat; and the remainder is excreted as solid, liquid or gas by the bowel, kidneys, skin and lungs.

A mixed diet contains four main constituents:—Proteins, which are utilized for the growth and repair of the body, and are found in meat, peas, beans, milk, eggs, fish, cheese, etc. Fats, which are used to supply heat and energy, and are found in fat meats, cream, milk, butter, and a small amount in the seeds of cereals. Carbohydrates (starches and sugars) which also supply heat and energy, and are found in cereals, root vegetables, sweets and sugars. Mineral salts (phosphorous, lime, magnesia, potassium, sodium, etc.) which are very necessary both for growth and repair and occur in small amounts in green vegetables, cheese, eggs, oatmeal, milk, meat, fish, etc.

The total intake of food must equal the total output

of the body, through respiration and excretion, in order to maintain equilibrium; if more is taken in than is required, weight will be gained, since when not used to produce energy, the carbohydrates and fats are stored in the body as fat; conversely, if the intake is less than the output, weight will be lost, since the body is then forced to obtain its energy from the break-down of its own stored fat.

From this, it can be seen that diet requirements are very variable; persons engaged in heavy manual work require more energy-producing food than those leading a sedentary life; people in cold countries require more food than those living in the tropics, and growing children require relatively more than old people.

Twenty years or so ago, attempts to find a well-balanced diet were mainly in the direction of determining the correct amounts of protein, carbohydrate and fat required, varying of course according to age and occupation, and much stress was laid on the caloric value of food substances. A calory is the amount of heat produced by the oxidation of one gramme of food substance, and multiplying the weight of the food taken by this constant gives the caloric value. But the discovery within recent years of what are known as accessory food factors or vitamins, has rather overshadowed the importance of caloric intake, and attention is directed more towards the quality than the quantity of food; although of course a sufficiency of energy and growth producing foods is still essential.

Up to date, the vitamins discovered are five in number; though little is yet known of their structure, or chemical properties, yet their presence as vital principles in certain food substances and their importance to health is established beyond doubt, chiefly owing to the work of the Mellanbys and their helpers.

Vitamin A, soluble only in fat, has great influence on the growth of the body and in strengthening its resistance to infection; this vitamin is found in animal fat, in large quantities in liver fat (of sheep, calf and cod, salmon, halibut, etc.) and in lesser amounts in butter and milk.

Vitamin B, soluble in water, is known as the anti-neuritic vitamin, since its absence leads to degenerative changes in the nervous system; it also influences markedly the growth of the muscle of the internal organs of the body; its main source is the germ of cereals; hence more is contained in wholemeal than in white flour, and it is absent entirely from husked rice.

Vitamin C, also water-soluble, is the anti-scorbutic vitamin; its absence leads to the development of scurvy, and it is found in all fresh fruits, oranges containing the richest supply.

Vitamin D, fat-soluble, may well be known as the sunlight vitamin, since it is formed by the action of the ultra-violet rays of the sun on a fatty substance found in the skin of all animals, and also in certain food stuffs, notably milk and butter. This vitamin has most important effects, since its presence is indispensable in aiding the body to assimilate lime and phosphorous which are essential for the proper calcification of bones and teeth. Deficiency of vitamin D is one of the main causes of dental decay and rickets.

Of Vitamin E, little is yet known except that it has an influence on fertility, its deprivation leading to sterility in certain animals.

Of all the food substances, milk is probably the most comprehensive and valuable, since it contains protein, carbohydrate, fat, water, mineral salts, and vitamins A, C, and D; it has been said that a navvy could do full work on a diet of milk only, and Nurmi, the Finnish runner, is said to train on a milk diet. Yet it is found that children obtaining an excess of cow's milk frequently develop rickets, and certainly a diet of milk only would prove very monotonous. The vitamin D content of milk varies with the season, being most in summer when the cow is exposed to sunlight, and very

REVIEWS.

MANDATES.

The Mandates System in relation to Africa and the Pacific Islands. By E. van Maanen-Helmer. (P. S. King. 15s.)

Mrs. van Maanen-Helmer has done a very useful piece of work in her study of the activity of the League of Nations Permanent Mandates Commission. Her account is confined to its supervision of the administration of the territories under B. and C. Mandates, since, as she rightly points out, the "A" Mandates, with their much more highly developed populations, present entirely different problems. Many of those who are interested in the application of this new theory of colonial government, but have not time to go through the voluminous documents published by the League, must wish to know how the system really works. Is the League control really effective? How is it carried out? What aims do the Mandates Commission, and the League itself, set before them when they review the exercise of trusteeship by their Mandatories?

Mrs. van Maanen-Helmer describes the genesis of the Mandates system, analyses the provisions of the Mandates, and proceeds to the composition and competence of the Commission, its relations with the Assembly and Council, and a survey of the main lines along which it has pursued its work. Its primary object, in her view, is to ensure that the Mandates are administered in a real spirit of trusteeship, and with that end it opposes unhesitatingly any measure that might savour of annexation and closely scrutinises all aspects of administration which may affect native welfare. This idea of the Commission's function is disappointingly narrow. It is true that its members are by no means unanimous in their views as to what native policy should be, and the view has been expressed within the Commission that it is no part of its duty to prescribe a particular policy but merely to comment where the line chosen seems to produce results definitely in conflict with the spirit of the Mandate. It is true too—within limits—that different circumstances require different policies. But if the Mandates system is, as its protagonists hope, to open the door to a new conception of the relations between colonial powers and the races under their control, the Mandates Commission cannot be content to remain a mere negative check; it must evolve, on the basis of its unique opportunities for the comparative study of colonial problems, some broad general principles which it may make the rule in mandated areas and an example to the rest of the world.

In her attitude towards the major issues of colonial government Mrs. van Maanen-Helmer shows signs of an immature judgment. There is no real consistency between her zeal for native welfare and her emphasis on economic development; she barely faces the fact of their possible incompatibility. If the white man's desire for material gain is to be accepted as a first principle, or even as a necessary evil, if all that trusteeship can do for the native is to enable him to satisfy that desire with the least possible inconvenience to himself, then Mammon has indeed won hands down.

Without a Mandates System the world would probably have to accept this position; with it one may at least hope for something better.

L.M.

A GALLERY OF WOMEN.

A Gallery of Women, by Theodore Dreiser. (Constable, 7s. 6d.)

In reviewing books, critics allow themselves to be very sensitive. They fasten shudderingly upon mis-

prints and inexactitudes. It should be said at once that this kind of sensitiveness is of no use with Mr. Dreiser. To English-trained ears his whole style is one excruciating inexactitude. It simply has to be swallowed for the sake of anything he may have to say.

In his "Gallery of Women" he does have something to say. He is like a person speaking with extreme awkwardness but with force. His force is his accuracy and his sincerity. His portraits are of a variety of women, mostly American, in many ranks of society. All of them, from the wife of a financier to an Irish charwoman, and from a drug-addict to the enslaved daughter of a Dutch farmer, are observed with a steady, mournful subtlety, and one never doubts Mr. Dreiser as a portrayer of all kinds of modern conditions.

All modern conditions, according to Mr. Dreiser, are pretty miserable. His poor women have their perennial tragedies of overwork and want, and his rich women their tragedies of weakness and purposelessness and submission to the canons of what is called pleasure. On the one side is physical and on the other side spiritual poverty. It appears to be established in Mr. Dreiser's world, before any of his characters are born, that there is no romance.

This premise works out as rather boring. Perhaps it is truer for America than for England, but one finds oneself constantly asserting against it that the meanness of modern spiritual conditions is only superficial. Mr. Dreiser's characters are the logical outcome of their over-material and over-mechanical age, but actually there is no such logical reaction in any generation, even in this. Human beings, in spite of what science tells us, are not units of mass psychology. Mr. Dreiser is more prosaic than life itself. Let him, with due and accurate reference to modern conditions, introduce a few pros and cons of contraception before a love-embrace, but even so he need not spoil the spirit of the embrace. He need not constitute himself the universal wet-blanket.

Pessimism, however, is a matter of taste. Mr. Dreiser's fellow pessimists will no doubt eagerly defend him from criticism on this count. But there is one failing in this gallery of portraits which cannot be defended. It is, briefly, that these characters have no true point. In a length such as *La Bruyère* used, the snapshot method, of which Mr. Dreiser is such a master, was admirable. But on Mr. Dreiser's own plane one cannot go on snapshotting for ever. Once the subjective and psychological element enters in, the thing must be dealt with in some measure like a story. Everything about it, its embarkation, its development and its conclusion, must be governed by necessity. Mr. Dreiser plunges in, continues and concludes without compulsion. He tells the truth all the time, but he tells it inconsequently, so that one wonders just why he has chosen to tell it at all.

All the same it is so rare to tell the truth that one should be grateful to Mr. Dreiser, though not so much as a novelist as a portrayer of modern American conditions. He is like a good doctor diagnosing the social case. His women are symptoms, not characters. As such, like Schnitzler's, they are interesting from the clinical point of view, but not truly interesting from that other mixed and indescribable point of view, literary, artistic and human, which is what concerns us in the reading of books.

A.M.H.

COMFORT AND TASTE.

Modern Decorative Art, Interior Decoration, Furniture, Lighting, Fittings, etc. Maurice S. R. Adams. (Batsford. 15s.)

This is a sort of super catalogue of the type of interior decoration done by Mr. Maurice S. R. Adams, from

the treatment of a complete London flat to such details as mirrors and light fittings. The book would have been better named "Comfort for the Wealthy Middle Classes." The modernity, where it is present at all, is the thinnest of veneers over the kind of luxury that can be found at any expensive hotel. One can imagine anybody who wishes to be up-to-date without the trouble of thinking about the modern point of view, saying to themselves that this modern stuff is really quite easy to understand after all, and then proudly furnishing according to the book.

The first set of illustrations is for the furnishing and decoration of a London flat. In this, modelled ceiling decoration and panelling of the traditional Adam type is used with furniture designed by the author, in some cases restrained and kept in harmony with the decoration, in others at variance with it, because of an arbitrary use of vertical sub-division, both in volume and area, on shapes of which verticality is not an integral part.

Although the flat possesses a studio, luxury in it is very comfortably in excess of culture. Looking through the illustrations at designs where limitations of space do not enter, the breach becomes complete. Culture disappears, and the result is swagger impersonal rooms meant only to contain people to whom their surroundings mean nothing but bodily comfort and assurance of wealth.

Later on we come to designs for a yacht in which this lack of personal quality is emphasised. No one can be unfamiliar with the size and pomp of a modern yacht—American films have seen to that. This designer gives us nothing unfamiliar.

An interesting part of the book is a set of illustrations for wardrobes and beds using beautifully marked woods. Some of these are very attractive, but most of them have a want of consonance between form and material that leaves one dissatisfied.

It is difficult to see how a really expressive scheme of decoration can be made without some already existing reality—a room, a carpet, a picture or a person—round which to build it up. The lack of limitation in making designs to illustrate a type of furnishing is of course a tremendous disadvantage to the designer.

M.B.N.

TEMPORARY OFFICE OF THE ALLIANCE IN GENEVA.

(6 rue de Saussure.)

During the Assembly of the League of Nations
1st—30th September, 1930.

The Alliance will again open a temporary office in Geneva during the League Assembly. This office is intended to serve as a meeting-place for all feminists who visit Geneva at that time, as well as to serve members of the Board who are following the work of the League on various points which are on our programme.

As the Assembly will be held this year, not in the Salle de la Reformation, but in the building called the Batiment Electoral (where the International Labour Conference has always had its sessions) it has been necessary for the Alliance to find a new temporary office close to the Batiment Electoral. We have been lucky enough to secure one which is almost opposite to it, so that all those feminists, journalists, secretaries, etc., who are attending the sessions of the Assembly can go from them to the office of the Alliance in three minutes. This office, situated at 6, rue de Saussure, on the first floor, will be open every day, except Sunday, from 2 until 6. It will be possible to see feminist papers

there and publications of the League of Nations, and to obtain cards of admission for the meetings of the Assembly; information and addresses will be furnished, tea will be served, and a typewriter will be at the disposal of visitors who wish to deal with their correspondence there.

In addition, as in former years, talks on subjects connected with the work of the Alliance will be organised, and receptions and informal gatherings will be arranged. Several members of the Board have announced their intention of coming to Geneva to assist the Secretary, Mlle. Gourd, notably the President, Mrs. Corbett-Ashby, who has already arranged to arrive on September 8th, and the Treasurer, Miss Sterling, who intends to spend the whole month of September in Geneva, and several of the Vice-Presidents—Mme. Plaminkova, Czechoslovakian senator, Mme. Malaterre-Sellier, perhaps also Mme. Schreiber-Krieger, first Vice-President, and Mlle. Atanatskowitz.

Geneva is becoming more and more, and especially in the month of September, the centre of an intense international life. We expect therefore that all those members of the Alliance who can, and all those readers of *Jus* who are interested in the international feminist movement will help us to make the temporary office a success, in making it widely known, giving the address to any women they know who mean to follow the work of the Assembly, or that of the many other congresses held in Geneva at this time, and we thank them in advance, and offer a cordial welcome to all who will come there next September.

E. GOURD.

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REPORTS FROM AUXILIARIES.

CANADA.

MONTREAL WOMEN'S CLUB.

Report of Franchise Committee, Year 1929-30.

The most impressive and indeed spectacular event affecting the women of Canada during the year has undoubtedly been the decision of the Privy Council, that in the terms of the British North America Act women shall be recognised as "Persons" in the eyes of the law. In the words of Mrs. Pankhurst: "At great price we obtained this freedom," because it was largely owing to the devoted and unselfish work of Judge Emily Murphy and her associates in Alberta that the appeal to the Privy Council was made, whose decision reversed that of the Supreme Court of Canada.

The appointment of Senator Cairine Wilson, of Ottawa, to the Canadian Senate is a wonderful step forward, and is bound to have a repercussion on our movement all over the world. A striking instance of this is seen in a letter to Judge Murphy from Mrs. Rosa Ginzberg, of Palestine, in which she states that her application to be admitted to the bar was helped by the report of the Privy Council.

Even in our own Province of Quebec, which, alas, lags far behind in the march of human progress, we have reason for hope. Never has there been so much interest shown or attention given to our work as there has been during the past year. While the women of this Province have not yet been admitted to the Bar, the forceful and eloquent speech of Mr. Eugene Lafleur before the Bar Association focussed the attention of all Canada on the fact that Quebec women cannot be called to the Bar, although the Bar Association passed a Resolution stating that they had no objection to their admission. The vote in favour in the Legislature Assembly showed an improvement. Those of the Committee who attended the session of the Legislative Assembly when the Bill for the Provincial vote came up, were much impressed by the eloquent and logical speeches of Mr. Vautrin in introducing the Bill, and Messrs. McMaster and David in support, and it seems improbable, if not impossible, that deputies can listen to such convincing arguments without reacting favourably to them. We note with thankfulness that our vote was much larger than ever before, and without attempting to prophesy, it is abundantly evident that our cause is marching on and that victory cannot long be delayed.

Following an unsatisfactory correspondence with the corporation of McGill regarding the admission of women to the study of architecture in the University, a delegation waited upon Sir Arthur Currie whom we found to be, on his own showing, a very decided anti-feminist, and from whom we received no encouragement whatever. Members of the Club who may happen to hear of prospective applicants desiring to take the course in Architecture are urged to communicate with the Franchise Committee, as a concrete application might bring favourable results, as was the case in Medicine.

The Pharmaceutical Association was also approached in the hope of having women admitted to the practice of pharmacy—this too was unsuccessful. It may be of interest to note that notwithstanding this attitude on the part of the Pharmaceutical Association, at least six women pharmacists are practising their profession in this city—four in the Royal Victoria Hospital and two in General Hospital—the hospitals not being under the jurisdiction of the Association. This draws attention to another of the handicaps under which Quebec women suffer—these six women pharmacists have graduated from other Provinces.

A unique feature of the year's work was the intro-

duction of suffrage propaganda in French and English on sandwich boards, carried by women who paraded the streets of Montreal and Quebec in the vicinity of the Provincial Headquarters, the Court House, and the East End in this city and around the buildings of the Legislative Assembly and the business section in Quebec. These boards attracted a great deal of attention and provoked little or no opposition.

We mourn the loss of our true and tried member and friend, Mrs. J. H. McIntyre, a former President of this Club, and for many years a trusted officer in the Montreal Suffrage Association. From the inception of your Committee until her death, Mrs. McIntyre was a faithful and ardent worker for feminism.

ISABELLA SCOTT.

GREAT BRITAIN.

THE WOMEN'S FREEDOM LEAGUE.

At the end of May we held our Twenty-Third Annual Conference in London, when Mrs. Pethick Lawrence and Dr. Elizabeth Knight were unanimously re-elected President and Hon. Treasurer, respectively, of our League.

Mrs. Pethick-Lawrence returned from South Africa on June 19th, and we had a Welcome Home Reception to her on June 24th Mrs. Despard, our first President, was present at this Reception as well as members of many other women's organisations.

On Monday, July 7th, we are celebrating Mrs. Despard's eighty-seventh birthday at Caxton Hall, Westminster, when we hope to see workers in the women's movement in great numbers, and we extend an invitation to all such workers, from every country, who happen to be in London. We want this Birthday Party to be a great occasion, and will gladly welcome all who come to help us make it successful.

We are continuing our work to get the membership of the House of Lords opened to women; more women as candidates for Parliament and for local governing bodies; more women on magistrates' benches; equal pay and equal opportunity for men and women in the Civil Service and in the teaching profession; equal opportunities, equal conditions and equal pay for men and women throughout industry; an equal right for British women with British men to change or retain their nationality; women in adequate numbers on all Royal Commissions and Departmental Committees; and women on Committees and Commissions under the League of Nations.

Our special work at the present time is to secure the appointment of more women on Committees appointed by the Colonial Office, and a woman adviser within the Colonial Office whose function would include the collection and dissemination of information affecting the status and well-being of women, both British and native born, in the Colonies, Dependencies, and Mandated Territories.

F. A. UNDERWOOD.

ST. JOAN'S SOCIAL AND POLITICAL ALLIANCE.

In view of the forthcoming Imperial Conference to be held in London in September, St. Joan's Alliance has written to the Prime Minister to beg that the British Government will place on the agenda of the Imperial Conference the following points:—

1. The Nationality of Married Women, i.e., That British men and women shall have equal rights as regards nationality.

2. The urgent need for Reciprocal Legislation for the enforcement of Maintenance and Affiliation Orders throughout the Empire.
3. The abolition of all Brothels known to the authorities within the jurisdiction of the British Empire.
4. The Abolition of Slavery in all its forms, including forms of domestic slavery such as Mui Tsai, throughout the Empire.

A similar letter regarding Vice Regulation and the Abolition of Slavery for the agenda of the Colonial Conference was sent to the Secretary of State for the Colonies.

St. Joan's Alliance has noted with anxiety the danger to women lurking in certain clauses of the 'Hours of Industrial Employment Bill.' This Bill is intended to be a ratification of the Washington Hours Convention, intended to apply to all workers equally, but by clauses 7 and 10 of the Bill introduced on April 16th, the Minister of Labour is given power to make special regulations for "any class of worker." This power may be used to discriminate against women. It is hoped to get the following amendments moved:

Clause 7, sub section 1 etc., add: "Provided that persons of one sex shall not be deemed to be of a different class of workers from persons of the other sex."

Clause 10 (1) add: "Provided that persons of one sex shall not be deemed to be of a different class of workers from persons of the other sex." Similar words to be added to clause 13 (1). To clause 8 (1) which does not lay down the principle of equal pay, we ask that these words should be added: "Such remuneration to be the same for women inspectors and other officers as for men inspectors and other officers."

St. Joan's S.P.A. has written to the Minister of Labour raising these points.

SWEDEN.

It is with deep regret that we have to record that the Swedish Committee for International Suffrage Work held its final meeting on June 18th when it was decided to dissolve the Committee. This Committee was the direct descendant of the Swedish National Association for Woman Suffrage, one of the original Auxiliaries of the Alliance, and although we still have two affiliated Societies in Sweden, the Fredrika-Bremer Forbundet and the Svenska Kvinnors Medborgarförbund, the breaking of such a long connection must be saddening. Moreover this news is accompanied by that of the death of Miss Anna Whitlock, one of our honoured pioneers. We hope to publish a memoir next month on the life of this splendid woman, whose name will be coupled in our minds with that of Anna Bugge Wicksell. Last year in Berlin we rejoiced that the Alliance was able to celebrate 25 years of life and work, but alas, the life of an Association, like that of an individual, is marked with the loss of friends. We shall hope that the members of the Swedish Committee, all of whom have worked so long and faithfully in the national and international movement, will still give us their aid through the channel of the two existing organisations.

UNITED STATES OF AMERICA.

Women in United States Celebrate.

Living again that dramatic struggle for woman's emancipation, hundreds of former suffrage workers attended the convention of the National League of

JUS CARTOONS: NUMBER VI.

FEMINISM THROUGHOUT THE AGES.



The Wife of Leonidas, King of Sparta, to a visitor who is amazed at the freedom of women in that country: But it is very extraordinary that you should be surprised at our equality with men—are you ignorant, then, of the fact that we *make* men?

Women Voters held in April 1930, to celebrate the tenth anniversary of their victory and to lend their counsel and wisdom to their younger sisters in the plans for the work that women have yet to do. With glowing eyes the noble women who suffered derision, opposition and persecution told over again the story of that movement for political enfranchisement. Younger women looked and listened, but to them it seemed to be just a bit unreal, so completely have they taken for granted the privileges they now enjoy.

On the night given over to a festive Birthday Party, delegates from the various sections of the country presented at a "Little Suffrage Theatre" episodes portraying chronologically the way "Votes for Women" were won in the United States. Loud and long was the laughter when the 1870 school master agreed to begin his "School for Shes" at which girls might learn to read and write. The trial of Susan B. Anthony at which she faced the charge of having voted like a man brought laughter from the young, but tears from those who remembered Miss Anthony's serene, undaunted spirit which led them on in moments of discouragement. The climax of the theatrical presentation was the 1920 episode when delegates from Tennessee rushed into the banquet hall flinging yellow flowers and distributing reprints of the "Extra" edition of the newspaper which in 1920 first carried the news of the final ratification of the amendment to the Constitution of the United States which made woman's suffrage a reality.

The names of Susan B. Anthony, Anna Howard Shaw and Carrie Chapman Catt headed the National Roll of Honour which was announced at the Convention. The memorial tablet honouring these well-known women and others who helped to make possible the participation of women in political life will be hung in the office of the National League of Women Voters in Washington, D.C.

The grandeur and enthusiasm of the celebration of ten years of the right to vote did not interfere, however, with the very careful weighing of what women have been able to do with their suffrage in ten years and the suggesting of goals for the next decade. Guided by Miss Belle Sherwin, the delegates modestly reviewed their achievements. Laws improving election systems in the states, acts limiting the working hours of women and children, statutes for the promotion of maternity and infancy hygiene, and provisions to remove the discriminations against women, headed the list. But considered just as important as actual legislative victories was the long account of educational methods—voters' schools, get-out-the-vote campaigns, candidates' meetings, radio programs, and study groups held in practically every section of the United States. These activities are illustrations of the method which the League has gradually worked out to make possible the continuing political education which it believes necessary to the success of democratic government. One speaker stated that suffrage *propaganda* by the magic of an anagram has been changed to League *program*. The ability of women to discuss public issues intelligently was gratifying proof of the value of that League program.

Great was the rejoicing when the members of the organization received the word at the convention that Miss Sherwin had consented to serve as president for another term. The news of her desire to retire had penetrated to members all over the country. The task of the nominating committee in finding someone to fill her office was difficult. As its chairman said "This organization has been so blessed with its leaders that we associated with them ability, experience, integrity, disinterestedness and the renunciation of every other tie in the world." No such superwoman could be found who could serve, so finally after arrangements to grant Miss Sherwin a long leave of absence had been

worked out she consented to be the leader of the organization for another two years.

Appreciation of the six years of understanding, intelligent, successful leadership which Miss Sherwin has given the League was evident every hour of the convention.

"A patriot is one who heartily wisheth the public prosperity and doth also study and endeavour to promote it."

—was the inscription on the dedication page of the beautiful anniversary book which was presented to her at the end of her tenth-anniversary address. Messages and newspaper editorials in great quantities gave evidence of the support which Miss Sherwin will receive in her next two years of service.

ADA BARNETT

THE PROFESSIONAL MIND.

Among the things that reformers call upon us, from time to time, to alter, the professional mind is not included, and yet it is a thing that might very well be changed.

I use the term "professional mind" because I do not know how else to describe it, and by it I mean that frame of mind and way of thinking that invests its own affairs with a mystery and importance that they do not, of themselves, possess. It is found everywhere and discourages to a very great degree clear thinking and forthright action. A great many examples suggest themselves, on consideration, chief among them being the income tax forms. They are the worst type of this abracadabra, a matter in which we are all very actively concerned, wrapped up so closely by the authorities whose affair it is to present it to us, in a mass of legal terms and involved expressions that it is impossible to get at the truth and the facts without the help of an expert. And yet there seems no reason to suppose that income tax would be more easily avoided, or the returns less, if the forms were comprehensible to the taxpayer. The same criticism applies to many laws and acts of Parliament that the citizen is supposed to understand and obey. The law-makers have so wrapped these up in fine-sounding words, with the intent to impress us and to lend to their pronouncements what they consider a fitting dignity, that we cannot understand them. But we are not so easily impressed. In these days of universal education we are no longer dependent for all our knowledge on the scholar and the scribe. We could glean it for ourselves if only it were clearly stated.

Medicine shares with the law the same fondness for disguising its findings in words incomprehensible to the layman. He is, after all, not an initiate, but merely the victim, obeying the law or suffering from the disease, as the case may be. But why give to the commonest ailments a name unpronounceable except to doctors? The given reason is that they form a universal language that can be spoken and understood by doctors of any nationality. Of the really serious diseases this may be true, but that it is not so ordinarily is only too plain to anyone who has tried to glean a little information from a foreign doctor. If one knows the nature of the illness, the name is rarely the same, and if the name is familiar one is generally driven to the conclusion, so strange is the treatment, that the disease is not the same. The obstacles to a clear understanding by the layman are many, and he is tempted to think that medicine man, rather than medical man, is a truer description.

This tendency to endow a craft with a great importance, so that it shall be made difficult for any but its

initiates to practice descends into other and less important walks of life. Take, for example, the painter and decorator. He will tell you that to paint a room satisfactorily can only be done by one who has served a long apprenticeship, and that, even then, it will involve a series of difficult operations. If we refuse to be overcome by this argument, the answer is to take a can of paint and paint the room forthwith. It will usually be found that no time need be wasted in apprenticeship, and that only two operations are needed, the first and second coats. The same applies to gardeners. Those who have never been privileged to be a lad about the garden, and so be initiated into the mysteries of gardening, can never hope successfully to grow anything more important than a little mustard and cress. And yet, during the war, how many people by the light of nothing but common sense satisfactorily grew enough vegetables to feed themselves and their families. If they had listened to the wizard, with his abracadabra, where would they have been?

It is time that a stand was made against this attitude of mind. In everyday matters, at least, even civilised life is not so specialised, and we must prevent it from becoming so. To be able to do all small and everyday things for oneself brings with it a mental briskness and alertness, and to depend on the expert for every little thing brings a corresponding stagnation. I think there is little doubt that the average person, on the average desert island, would not need to be a member of the Swiss Family Robinson to fend very satisfactorily for himself, but let him beware of losing this faculty and having to be spoon-fed. Let us show the craftsmen that their craft is not, after all, so very mysterious, and that their assumption of mystery does not impress, but irritates us. We are quickly out-growing our credulity, just as we have long outgrown the skull and the crocodile in the wizard's den.

FRIEDE HARRIS.

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SECTION FRANCAISE. NOUVELLES INTERNATIONALES. L'ALLIANCE A VIENNE.

Nos lectrices se rappellent sans doute qu'au Congrès de Berlin la coopération de l'Alliance avec le Conseil International des femmes avait été discutée et encouragée. Mettant en pratique les résolutions du Congrès de Berlin, le Comité central de notre Alliance décida de convoquer ses membres à Vienne afin d'être en contact journalier avec le Conseil international des femmes qui y tenait ses sessions. Bien qu'il ne fut pas toujours possible de trouver autant de temps libre qu'on l'aurait souhaité, les membres de notre comité et les présidents de nos auxiliaires eurent fréquemment l'occasion de se mettre en rapport avec les membres du Conseil International.

Par suite de notre récente réunion en Hollande, le programme de notre comité était moins chargé qu'à l'ordinaire. Nous eûmes à déplorer la démission de Miss Belle Sherwin, qui, réélue à la présidence de la Ligue des Femmes Electeurs des Etats-Unis d'Amérique, ne peut continuer à faire partie de notre Comité.

Il fut procédé aux élections des Comités internationaux permanents, d'après les décisions du Congrès de Berlin—puis discuté un projet de Conférence de la paix qui se tiendra à Belgrade l'an prochain. Un bureau temporaire doit s'ouvrir à Genève au mois de septembre.

La réunion de la Commission internationale, composée des Présidents des Auxiliaires et du Comité central débattit deux questions importantes—(1^o) l'éternelle question financière, (2^o) le prochain Congrès de 1932.

Le secours prolongé de la Commission Leslie prend fin en 1932. D'ici là il nous faudra trouver d'autres ressources, aussi le Comité central est-il à la recherche d'une solution à présenter au Congrès.

Quant au Congrès lui-même la question principale est d'allouer le temps nécessaire aux séances plénières sans pour cela sacrifier les discussions de comités dont les décisions sont si importantes.

L'hospitalité viennoise s'exerça naturellement surtout en faveur du Conseil International des femmes, mais l'Alliance eut aussi sa réception particulière lorsque Frau von Fürth, Présidente de l'Auxiliaire d'Autriche nous offrit le thé chez elle.

ETATS-UNIS D'AMERIQUE.

Un anniversaire.

C'est celui de la Ligue nationale des Femmes électeurs qui fut célébré en Avril 1930. Dix ans après l'obtention du suffrage les championnes de la première heure rappelaient les temps héroïques, la dérision dont elles furent l'objet, leurs luttes acharnées et les femmes plus jeunes avaient peine à se persuader que ces années là avaient été réellement vécues.

Une représentation au Petit Théâtre du Suffrage transposa sur la scène cette histoire dramatique de l'émancipation féminine. On y vit les procès de Susan B. Anthony accusée d'avoir voté en homme, et l'épisode de 1920, quand les déléguées du Tennessee jonchant de fleurs jaunes la salle du Banquet, brandissaient l'édition extra du journal qui annonçait enfin l'amendement de la constitution, triomphe définitif de la campagne suffragiste.

Les noms d'Anna Shaw, Susan Anthony, Carrie Chapman Catt figurèrent en tête du "Tableau d'Honneur national" qui doit orner les murs du Bureau central de la Ligue à Washington.

L'utilité de l'effort féministe des électrices fut

amplement démontrée par le récit des réformes accomplies. Miss Belle Sherwin rappela les lois améliorant le système électoral des Etats, la législation industrielle limitant les heures de travail des femmes, le progrès dans l'hygiène maternelle et infantine etc. D'autre part elle insista sur le fait que le travail de la Ligue est éducatif, grâce à ses écoles d'électrices, aux campagnes électorales, aux groupes d'études fondés par chaque section. L'action politique et sociale des femmes est chaque jour plus intelligente et mieux informée.

Miss Sherwin ayant consenti à sa réélection, un témoignage d'appréciation lui fut donné sous forme d'un livre anniversaire avec cette dédicace:

"Le patriote est celui qui désire cordialement la prospérité publique et s'efforce en même temps à la créer et à l'accroître."

PALESTINE.

On se rappelle qu'il y a quelques mois les femmes de Palestine étaient admises à la profession d'avocates au même titre que les hommes. Ce triomphe a été de courte durée, car une ordonnance du Haut Commissaire de Palestine vient de leur retirer d'une main ce qu'il leur donnait de l'autre. En effet il est interdit aux femmes d'apparaître comme avocates dans une cour de justice où sont jugées des causes qui sont du ressort soit de la religion soit des coutumes de la tribu. Comme la plupart des litiges, en particulier les questions de statut individuel et de différends domestiques, relèvent de la juridiction religieuse il s'ensuit que l'influence des femmes avocates est complètement annihilée par ce décret officiel. L'Association des femmes Israélites pour l'Egalité des droits, et Mme. Rosa Ginzburg au nom des membres féminins du barreau Israélite, ont protesté énergiquement.

JAMAÏQUE.

Nous apprenons avec plaisir que le Conseil législatif de Jamaïque a accordé l'éligibilité aux femmes pour les élections municipales. Par une étrange anomalie et alors que toutes les autres possessions britanniques bénéficiaient du suffrage les Jamaïquaises n'avaient pas droit à l'éligibilité. Nous espérons que ce deuxième pas en avant leur promet bientôt le suffrage complet, c'est à dire l'éligibilité à l'Assemblée législative.

BUREAU TEMPORAIRE DE L'ALLIANCE

(6 rue Saussure.)

A Genève pendant L'Assemblée de la Société des Nations.

1er—30 septembre 1930.

Comme ces années précédentes, l'Alliance ouvrira à Genève, pendant l'Assemblée de la Société des Nations, un Bureau temporaire, destiné aussi bien à servir de centre de ralliement et de rencontres à toutes les féministes de passage à Genève à ce moment-là, qu'à permettre aux membres du Board de l'Alliance de suivre de près le travail de la Société des Nations sur les points qui touchent à notre programme.

La Société des Nations ayant délaissé cette année la Salle de la Réformation pour tenir les séances plénières de l'Assemblée dans le bâtiment appelé "Bâtiment Electoral," et où siège toujours la Conférence Internationale du Travail, l'Alliance a été obligée de ce fait de chercher un local autre que son local habituel, et qui soit à proximité de l'Assemblée. Elle a admirablement

réussi en ce sens qu'elle a pu s'assurer un bureau immédiatement à côté du Bâtiment Electoral—de l'autre côté de la rue—ce qui permettra à tous ceux et toutes celles, féministes, journalistes, délégués, secrétaires, etc., etc., qui suivent les séances de l'Assemblée, de passer en moins de trois minutes de la salle des séances au bureau de l'Alliance. Ce bureau, situé 6 rue de Saussure, au premier étage, sera ouvert tous les jours, le dimanche excepté, de 14 à 18 heures; on y trouvera, avec des cartes d'entrée pour les séances de la S.d.N., des journaux féministes, des publications de la S.d.N.; on pourra s'y procurer des renseignements et des adresses, y prendre le thé, y faire sa correspondance y écrire des articles, une machine à écrire étant à la disposition des visiteuses, etc.

En outre, et comme chaque année, il sera organisé dans ce bureau des causeries sur des sujets touchant au programme de l'Alliance, faites par des spécialistes de différents pays, et des réceptions et des réunions familières y seront données, qui permettront de rencontrer toutes les personnalités féministes internationales de passage à Genève à ce moment-là. Plusieurs membres de notre Board ont annoncé leur intention de venir à Genève, pour aider Mlle. Gourrd, Secrétaire de l'Alliance, notamment notre Présidente, Mrs. Corbett Ashby, qui a déjà fixé son arrivée au 8 septembre, la Trésorière de l'Alliance, Miss Sterling, qui compte passer tout le mois de septembre à Genève, plusieurs de nos vice-présidentes, Mme. Plaminkowa, sénateur de Tchecoslovaquie, Mme. Malaterre Sellier, peut-être aussi Mme. Schreiber-Krieger, première vice-présidente et Mlle. Atanatskovitch, secrétaire-adjointe. Nous comptons aussi sur la présence de plusieurs des Présidents des Sociétés affiliées à l'Alliance, et probablement sur celle de membres de notre Commission du Travail.

De plus en plus, et chaque année davantage, Genève devient, et surtout pendant le mois de septembre, un centre de vie internationale intense. Nous comptons donc que tous ceux des membres de l'Alliance qui le pourront, toutes celles des lectrices de JUS qui s'intéressent à notre grand mouvement de féminisme international, voudront nous aider à faire de ce Bureau temporaire un nouveau succès pour notre Alliance, en le faisant largement connaître, en en donnant l'adresse à toutes les femmes qui ont l'intention de suivre de près ou de loin les travaux de l'Assemblée ou ceux des nombreux Congrès convoqués à Genève pour cette époque, et nous les remercions d'avance de contribuer ainsi à notre effort, en assurant de la plus sympathique et cordiale bienvenue toutes celles qui voudront bien venir à nous en septembre prochain.

E. GD.

LES MOTS LIBERTE, EGALITE, NE SIGNIFIENT RIEN QUAND ON LES APPLIQUE A LA POLITIQUE.

Le premier Ministre du Canada, l'hon Mackenzie King prononça un discours au banquet de la Jeunesse Libérale qui a eu lieu la semaine dernière à Ottawa.

Entre autres pensées remarquables exprimées par le chef du Gouvernement canadien, nous détachons celle-ci, et nous demandons à nos lecteurs de l'analyser dans toute sa signification.

"Le libéralisme," a dit le premier Ministre, "s'identifie avec l'idée de liberté et d'égalité."

Combien de gens appartenant au monde politique de la province de Québec et j'oserais dire de tout le Canada comprennent le sens complet de ces deux mots: "liberté" et "égalité," et surtout combien parmi les

champions de ce libéralisme tant dans le domaine fédéral que dans le domaine provincial agissent conformément à ces deux grands principes.

Si par exemple l'on se rend compte que les femmes du Canada participent à la politique fédérale depuis plus de dix ans et si l'on se demande, dégagé de tout préjugé, quel degré de liberté elles ont obtenu il nous sera très facile de constater qu'elles ne sont pas guère avancées de ce côté. Si l'on songe à ce qui se passe dans certaines provinces où l'on refuse à la femme mariée le droit de travailler et d'apporter sa part au budget familial, croyant résoudre, grâce à ces restrictions très injustes, le problème angoissant du chômage n'y a-t-il pas lieu de se demander où se trouve le principe de la liberté nécessaire non seulement aux hommes, mais à tous les êtres humains intelligents et responsables? On oublie trop facilement, il nous semble, la décision qu'il a fallu demander au Conseil Privé, mais qui déclare d'une façon définitive que la femme est une personne, qu'elle représente la moitié de la population du pays, et que par conséquent elle a droit à un traitement inspiré d'un libéralisme bien compris et au respect de sa liberté d'action et de travail.

Une enquête relative aux femmes dans les administrations nous prouvera, par exemple, que dans les bureaux de poste les femmes n'ont plus le droit d'être commis. Une loi a été passée il y a environ quatre ou cinq ans, déclarant que dans les bureaux de poste, seuls les hommes peuvent être commis, et que la femme ne devra agir dans ces différentes administrations qu'à titre de sténographe et de dactylographe. Heureusement que celles qui remplissaient les fonctions de commis avant que cette loi soit adoptée n'ont pas été remerciées. Il nous semble qu'il est souverainement injuste d'imposer ces restrictions qui entrent en conflit direct avec le principe d'égalité qui est fondamental pour tout libéralisme bien compris.

Dans le domaine politique, où en est la femme après plus de dix années de suffrage?

La Chambre des Communes compte 245 députés et les femmes qui représentent la moitié de la population du Canada ont une seule représentante. Pourquoi les partis ne supportent-ils pas quelques candidatures féminines? Où se trouve l'égalité, principe d'un libéralisme bien compris?

Un seul des dix-huit ministères du Gouvernement libéral du Canada est-il confié à une femme? Un seul de ces ministères, dont plusieurs sont d'un très grand intérêt féminin, ont-ils des femmes sous-ministres? Pourquoi ne pas leur permettre l'entrée de ces départements dans lesquelles elles pourraient rendre de très précieux services? Où se trouve l'égalité?

Depuis que le Conseil Privé a déclaré à nos gouvernants que les femmes étaient des personnes, pouvant prendre place parmi les hommes à la Chambre Haute, sur 95 sénateurs on a nommé une femme qui est supposée représenter tout la population du Canada. Où se trouve l'égalité?

Nous ignorons si dans les autres provinces les femmes font partie des conventions pour le choix des candidats, mais nous savons que dans Québec, elles sont bien rarement invitées à donner une opinion. Elles n'ont eu jusqu'ici que le seul droit de travailler dans les campagnes pour des candidats qu'elles n'avaient pas choisis. Bre, la femme n'est admise qu'à faire la cuisine politique et l'égalité en ce qui la concerne est lettre morte pour la plupart de ceux qui lui décochent des compliments fades au cours des campagnes électorales, et qui une fois élus oublient très facilement qu'ils représentent les femmes tout autant que les hommes.

En ce qui concerne la province de Québec, où la femme est tenue outrageusement au rancart de la vie publique, situation qui l'affecte même dans ses droits fédéraux, un moment de réflexion nous fera comprendre que le principe de la liberté et de l'égalité non seulement en ce

qui concerne les femmes mais en ce qui concerne les différentes classes de la société est violé avec une totale absence d'esprit chrétien, par ceux qui se prétendent les champions de la grande et belle cause libérale.

Nous demandons en terminant aux politiciens qui se présentent au peuple sous l'étiquette "libéral" de se rappeler les premiers éléments du programme dont ils se disent les défenseurs et de l'appliquer dans leur législation.

IDOLA SAINT JEAN.

ALIMENTATION RATIONNELLE.

D'après DR. D. M. ANNING.

Le fait de modifier la nourriture d'un malade pour aider à le guérir n'est pas chose nouvelle. Hippocrate, père de la médecine scientifique, avait déjà, en l'an 460 avant Jésus-Christ écrit un traité sur les régimes alimentaires—et comme la science des Grecs était héritée de l'Égypte le sujet qui nous occupe est donc d'un intérêt millénaire. Jusqu'à nos jours, cependant, le régime n'était qu'une aide, un complément du remède. Mais la médecine moderne qui tend à être plus préventive que curative fait désormais une grande part à l'alimentation rationnelle dans le but de diminuer l'incidence des maladies. On a remarqué par exemple que les marins sont sujets au scorbut parce que pendant de longues semaines ils sont privés de fruits. Si des citronnades ou autres jus de fruits font partie de leur ration, le danger du scorbut disparaît.

La Science de l'Alimentation rationnelle est un département spécial aux États-Unis d'Amérique. L'Association médicale a un "Bureau alimentaire" qui analyse toutes les spécialités nouvelles—alimentaires ou médicales telles que fruits en boîte, laits poudre—crèmes glacées etc.—et examine le bien fondé de leurs réclames. Si l'examen est satisfaisant, un certificat prouvant la véracité de la réclame est donné aux propriétaires des spécialités—sinon on leur demande de modifier ou leurs produits ou l'éloge de ceux-ci. C'est là une façon de rendre la réclame honnête et profitable à la fois au public et au fabricant consciencieux. Plusieurs universités américaines ont des chaires de "Dietetics" et des experts visitent les malades chez eux pour leur recommander les meilleures méthodes de cuisine et d'alimentation rationnelle. Une chaire de même sorte s'est fondée à l'université de Londres, l'année dernière.

Quel est donc l'objet de cette nouvelle science et sa méthode?

Son premier souci est l'examen des aliments, leur qualité, leur usage. L'être humain se nourrit pour maintenir sa corps en bon état, et en réparer l'usure. Ce qui est nécessaire à la croissance et à l'entretien de la machine est assimilé; une autre partie fournit par oxygénation l'énergie nécessaire pour le travail et la température du corps, et le reste est dégagé en excréments solides, liquides ou gazeuses par les intestins, reins, poumons ou les pores de la peau.

Une alimentation variée contient quatre éléments principaux: *Les Protéines*, utilisées pour la croissance du corps et qu'on trouve dans la viande, les pois, haricots, lait, œufs, poisson, fromages; *les Graisses*—source de chaleur et d'énergie qu'on rencontre dans les viandes grasses, la crème, le lait, le beurre et quelques céréales; *les Carbohydrates* amidons et sucres, aussi producteurs d'énergie, enfin *les sels minéraux*: phosphore, chaux, magnésie, potasse, soude qu'on trouve en petite quantité dans les légumes, les œufs, le lait, etc.

L'accumulation d'énergie dépend nécessairement de l'effort corporel, d'où il s'ensuit que les travailleurs sédentaires réclament moins d'aliments producteurs d'énergie que les sportifs ou les travailleurs manuels.

Les habitants des pays froids mangent plus que ceux des tropiques et les adolescents ont besoin de plus de nourriture que les vieillards.

Il y a vingt ans on attachait beaucoup d'importance à la valeur calorique des aliments, mais la découverte en ces récentes années des facteurs alimentaires dits "vitamines" a démontré que la qualité de la nourriture, importe plus que la quantité.

Les vitamines jusque là découvertes sont au nombre de cinq. La Vitamine A, soluble dans la graisse, seulement accroît la vigueur du corps et la résistance à l'infection. On la trouve dans les graisses animales—surtout dans les foies des animaux et de poisson et en moindre quantité dans le beurre et le lait. La Vitamine B, soluble dans l'eau, est une antinevrite; elle influe sur la croissance des muscles et des organes internes. Sa source principale est le germe des céréales, d'où la préférence qu'on devrait accorder au pain bis plutôt qu'au pain blanc. La Vitamine C, soluble dans l'eau, est anti-scorbutique. Elle se trouve dans les fruits en particulier l'orange.

La vitamine D, soluble dans la graisse, est la vitamine "irradiée" puisqu'elle est formée par l'action des rayons ultra violets du soleil sur la couche adipeuse de l'épiderme de certains animaux. Elle se trouve aussi dans le lait et le beurre.

La présence de cette vitamine est indispensable pour l'assimilation des calcaires et phosphores nécessaires aux formations osseuses. L'infériorité d'un sujet en vitamine D conduit au rachitisme et à la carie dentaire.

Quant à la vitamine E on en sait peu de chose, sauf qu'elle doit avoir une influence fécondante, car son absence chez certains animaux conduit à la stérilité. De toutes les aliments le lait est probablement le plus complet, puisqu'il contient protéine, carbohydrate, graisse, eau, sels minéraux et les vitamines A. C. et D. On dit qu'un manoeuvre peut accomplir un effort prolongé avec une alimentation lactée et c'est là, en particulier, le régime du coureur finnois Nurmi. Pourtant, on a découvert qu'une alimentation exclusivement lactée est susceptible d'amener le rachitisme chez les enfants—d'où la nécessité de varier ce régime, et en tout cas d'en corriger les mauvais effets par l'irradiation du lait en hiver—la vache étant plus sujette en été à l'action solaire. On trouve maintenant dans le commerce des préparations de radio-stérol, et Mellanby a prouvé que par l'irradiation de la farine ou d'autres aliments on peut suppléer à l'insuffisance de la vitamine D.

Il ressort de tout ceci que la nourriture des pauvres gens—composée surtout de pain blanc, de margarine et de thé—est singulièrement insuffisante en protéines et en vitamines.

Le défaut de la nourriture des classes aisées est qu'elle est abondante en protéine animale et ne contient pas assez d'aliments naturels tels que les fruits, salades, etc. On a une tendance à donner aux enfants surtout des carbohydrates et pas assez d'aliments durs à mastiquer.

L'alimentation devrait être variée, plaisante au goût. Il est stupide de forcer les enfants à manger ce qui ne leur convient pas. Les repas devraient être réguliers, et la cuisson des aliments telle qu'elle conserve toute leur valeur nutritive. Des légumes, du poisson cuits à l'étuve sont plus sains et nourrissants que bouillis ou frits; dans tous les cas ils conservent leurs sels minéraux.

Dans une alimentation rationnelle la proportion des carbohydrates aux graisses est de 4 à 6 plus une partie de protéine, préférablement animale, la protéine végétale étant d'assimilation plus difficile. Les légumes sont abondants, à cause des sels qu'ils contiennent et à chaque repas on doit servir quelque aliment naturel, salade ou fruit. Le beurre et le lait froment les éléments principaux de l'alimentation infantine parce qu'ils sont riches en vitamines A et D. Pour plus de sécurité en hiver il est bon d'ajouter à l'ordinaire, des aliments irradiés ou du radio stérol.

Notre connaissance des vitamines est encore incomplète. Le minimum nécessaire à la santé n'a pas encore été calculé. On ne sait même pas si une abondance de vitamines n'entraîne pas un danger d'intoxication. En tous cas, une alimentation comprise comme ci-dessus devrait reléguer le rachitisme et la carie dentaire dans le domaine de l'impossible. Il n'est pas douteux qu'une étude attentive du problème de l'alimentation améliorerait le sort de l'humanité—et il est au pouvoir de toute maîtresse de maison d'y contribuer par la formation d'une race saine et vigoureuse.

DÉCÈS.

Nous regrettons d'annoncer le décès, à l'âge de 82 ans, de Frau Helena Lange. Sa disparition est une grande perte pour le mouvement féministe allemand. Elle était la fondatrice du Conseil national des femmes allemandes.

Nous déplorons aussi la mort de Miss Anna Whitlock une pionnière de l'émancipation féministe en Suède, amie et collègue de Anna Wicksell.

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