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THE

# Catholic Citizen

*Organ of St. Joan's Social and Political Alliance, (formerly Catholic Women's Suffrage Society), 55 Berners Street, London, W. 1.*

Vol. XXIII, No. 2.

15th FEBRUARY, 1937.

Price Twopence.

Daughter of the ancient Eve,  
We know the gifts ye gave and give ;  
Who knows the gifts which you shall give,  
Daughter of the Newer Eve ?

—Francis Thompson.

## The Problem of Nutrition

BY ISABEL HEATH, M.B., Ch.B., M.R.C.S., L.R.C.P.

In spite of the application of the knowledge of Medicine and Hygiene, the physical condition of a large part of the human race is still far below the accepted standard, while the more recent advances in medical science have established the fact that this inferiority is largely due to imperfect nutrition. Such is the opinion of the Mixed Committee of agricultural, economic and health experts on the Problems of Nutrition set up by the 1935 Assembly of the League of Nations, with instructions to present a general report on Human Nutrition to the 1936 Assembly. This report\* has recently been published in four volumes.

One of the most striking paradoxes of the post-war period is the difficulty experienced in the disposing of the products of agriculture, while hundreds of thousands, if not millions, of human beings are under-fed. These facts were brought to the notice of the 1935 Assembly of the League of Nations, and led Mr. Bruce, first delegate of Australia, to propose that the problems of agriculture and public health should be considered side by side. The marked interest which the 1935 Assembly showed in Nutrition was thus due in a large measure to the hope that, through improved nutrition, a solution of the national and international agricultural problems would be arrived at together with an improvement in the world economic situation.

There is considerable difference between communities both in degree and nature of malnutrition and in the extent to which

national resources could allow of improvement, but in no country does the whole of the population attain the standard scientifically desirable in the interests of health. In every country, there is a problem to be solved, a defect to be corrected a task to be undertaken. The Mixed Committee was furnished at the time of its appointment with the results of the investigations into the economic and financial aspects of nutrition which the League of Nations had collected through its health and other organisations, these organisations having worked in close collaboration with the International Labour Office and the International Institute of Agriculture in Rome.

Nutrition has become an essential part of public health work. Gradually Governments have adopted measures of protection and assistance in regard to food supply, it being now recognised that care for popular nutrition is a task no less essential for the public health services, than, for example, the campaign against tuberculosis. Just as there are supreme National Defence Councils and National Economic Councils, so there should also be a National Food Council. This Council would study food problems and their influence on social life.

The statement of the Health Organisation Commission of the League of Nations agrees with the conclusions of the Burnet-Aykroyd report† that "deficiencies in important nutrients are common features of modern

\* *The Problem of Nutrition*. Vols. I, II, III, IV, 1936. League of Nations Publications Department, Geneva.

† *Nutrition and Public Health*. By Et. Burnet and W. R. Aykroyd. Quarterly Bulletin of the Health Organisation. Vol. IV, No. 2, 1935.



diets." Malnutrition is manifest in the prevalence of the many diseases and defects due to its incidence.

In determining human dietary standards, physiologists in the past have generally devoted their attention to minimum requirements. The idea of an optimum diet, on the other hand, has been developed and brought into prominence by modern science. An optimum diet is one which provides for the full development of the individual for efficiency without exhaustion, and for his resistance to disease. Feminists will be glad to see that the Committee find that a revision of the various scales for calculation of daily rations is required, and that, in the common scale which it recommends to allow for uniformity in national and international comparison the unit is taken of the basic requirements of the average adult, male or female, living an ordinary everyday life in a temperate climate and not engaged in manual work. Conditions and age being equal, no difference is made between the sexes, supplements being added for four grades of work, for growth, pregnancy and lactation.

That ignorance of the principles of the modern science of nutrition is one of the commonest causes of deficiencies in nutrition is abundantly proved by the information at the Committee's disposal, and in its opinion effective teaching and propaganda are likely to produce important and rapid results. Until quite recently in most faculties of medicine, very little space was allotted to nutrition. The time has now come to introduce this subject into medical curricula and examinations. A doctor wishing to specialise in nutritional hygiene should be able to obtain the advanced instruction he or she needs and specialised visiting nurses could have their sphere extended to include nutrition. As regards the general public the aim should be to make the recent discoveries in the science of nutrition available to everyone in a simple form.

The question of income is definitely proved to be at the root of the workers' nutrition problem; the majority of the low income workers consume an insufficient quantity of calories to satisfy physiological requirements. The family budget studies of the International Labour Office indicate that the consumption of protective foodstuffs (fruit, vegetables and "good" proteins) increases greatly with increasing incomes and the examination of the diets of the different income groups among workers show that the average diet in the lower income groups is inadequate for good health. All the

facts go to prove that the gaps between available knowledge on nutrition and the application of this knowledge in legislative practice are very wide indeed and the problem is to bridge these gaps. When public assistance in kind or by means of price privileges is afforded, it is of the greatest importance that it should be guided by sound nutritional precepts and that those food stuffs should be selected of which the lack is most real. The case of milk, in this connection, deserves special attention particularly for its high protective food value both for children and for general consumption. A land "flowing with milk" was the ideal of pastoral tribes in ancient times and still remains so.

The prosperity of the farmers, peasants and agricultural workers is an essential element in any policy directed towards improved nutrition. The old saying, "Peasants have always enough to eat" is belied by the almost tragic situation of the masses of the rural populations particularly in Eastern Europe. The Mixed Committee has received overwhelming evidence that there is ample scope, even in Western Europe and the U.S.A., for a great increase in the consumption of many forms of food, while in the world as a whole there is need for increased consumption of all foods. There can be, therefore, no doubt that the real interest of nations demands, not a restriction of agricultural production, but the discovery of means whereby the real needs of the community for the health-giving foods may be co-related to the undoubted power of agriculture to produce all that is necessary for abundant health. In the face of the general depression, which so seriously affected the agricultural community, Governments throughout the world adopted special measures in the endeavour to protect the agriculturist from the effects of the slump in prices. Certain of the measures adopted have, unfortunately, by blocking the channel of trade, increased the ills it was intended to avert or to ease.

I would end this article on the same note as Lord Astor who in his introductory remarks as chairman of the Mixed Committee, quotes Sir Frederick Gowland Hopkins, the late President of the Royal Society of Great Britain: "Policies concerned respectively with the production, transport, distribution and consumption of foods will all, we may hope be discussed. They seem to be the very proper business of the League, and, if discussion goes deep enough, it may well do some small service to the interests of peace itself."

## Notes and Comments

From the New Year's Message of His Grace the Archbishop of Westminster, published in the January issue of the *Westminster Cathedral Chronicle*, it gives us much pleasure to quote the following:

Woman's place in Catholic Action must also have a prominent part; for the test of the worth of any culture is the dignity of womanhood within that culture, and on woman weighs the heaviest burden of wrongful social order. At the beginning of revelation God promised to fallen man that the woman and her seed should crush the serpent's head. That promise endures. By the humility of His handmaid and Mother He will scatter the proud in the conceit of their heart.

Fr. Gerald Vann, O.P., has asked us to inform our readers of a Union of Prayer for Peace in which it is suggested that Catholics enrol themselves by promising to say, every day, at least one decade of the Rosary or its equivalent (or for small children the Hail Mary three times) for the realization of the motto of the Pope—the peace of Christ in the Kingdom of Christ. Once every month Mass will be offered for this intention; and that all members may share together in it, the register of their names will be placed upon the altar. Those who are willing to join in this work are asked to send their names on a postcard to: Fr. Gerald Vann, O.P., Blackfriars School, Laxton, Stamford.

We trust that all our members have written to their M.P.s expressing their opposition to the so-called Marriage Bill which gives further facilities for divorce and which has now passed its Committee Stage.

It is hardly necessary to remind our readers to record their votes in the Triennial County Council Elections which take place about the first week in March. Our member, Mrs. C. J. Mathew, J.P. (Lab.) is retiring from the L.C.C. where for many years she has represented Limehouse. In her place Miss Monica Whately, another member, is standing for election.

We offer our congratulations to Mrs. Richard Acland, who has produced the winning scheme in the architect's open contest for the Coronation decoration of Bond Street. The contest was organised by the Bond Street Association and the Architectural Association.

The Inheritance (Family Provision) Bill passed its second reading on January 22nd. This Bill empowers the Court, on certain conditions and at its discretion, to order such reasonable provision as it thinks fit to be made out of the net estate of a testator for a surviving spouse or child, for whom the testator has failed to make reasonable provision by will.

The following is the translation of a letter (written by a man) which appeared in the Dominican weekly *Sept* (Paris), 25th December, 1936.

The collaboration of husband and wife in household tasks is the practical outcome of women's work (outside the home). And for the husband it is an enriching experience just as work outside is for the woman. This discovery of the home by the husband, of the intimate duties of paternity by the father, is one of the best things of our time. By it, the intimacy of the family gains. When the father realises the joy there is in looking after his children, peace will be assured. I often say, and I believe it firmly, that the day when the father as well as the mother knows how to nurse his child and even to knit its vests, and to like these things, then he will refuse to consider war even in the abstract. We have not reached that point yet, alas. But the direction in which home life is developing, a direction which enriches the soul and mind of both husband and wife and which affirms the equality of the woman, is, I think, one of the rare signs to-day, that our civilisation is progressing.

The Unity and Action Inaugural Dinner given under the auspices of the Catholic Citizens' Parliament took place at Thames House on February 3rd, when His Grace the Archbishop of Westminster, His Lordship the Bishop of Southwark, and His Lordship the Bishop of Pella were the honoured guests. The toasts included "His Grace the Archbishop of Westminster," proposed by Mr. Peter J. Hand; "Unity and Action," proposed by Dr. W. J. O'Donovan; "The Catholic Citizens' Parliament and its President," proposed by Mr. J. S. Jonas; while Miss Christine Spender had the privilege of proposing "Our Guests." The dinner, which was presided over by Mr. Peter J. Hand was an unqualified success.

Members are invited to attend a Conference on "Australia's Aboriginal Problem," to be held under the auspices of the British Commonwealth League at the Aviation Club, 41a Albermarle Street, W.1, on February 17th, 10-30 and 2-45. Admission 1s.



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AND

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Signed articles do not necessarily represent the opinions of the Society.

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## Factory Legislation

It will be a great disappointment to all feminists, if in the forthcoming Factories Bill,\* consolidating former factory legislation, women are still to be classed with young persons as perpetual minors. Feminists have always pointed out that this attitude is neither beneficial to the women nor to the young persons because while protection framed for women and not for men may seriously handicap the woman as an adult worker, this same protection may not be sufficient for the young worker. It is also often forgotten that protection for women only among adult workers may serve as a sop to the public conscience so that men as well as women suffer. Are the women and children protected? If so, all right. Something, even though it is not everything, has been done—say by excluding women and young persons from a dangerous process. But this very "something" may delay the desirable "everything" for a very long time, thus causing needless suffering and perhaps even mortality. On the other hand, if by Trades Union action or otherwise the dangerous process is made safe and hygienic for the worker, the question arises is it just that women should have been excluded from it, since by this exclusion they have lost a gainful occupation? Of course it is not just—the process should have been safeguarded from the beginning (so far as possible), women should not have been subjected to differential treatment and thus justice would have been secured for both sexes, i.e., for the adult worker.

In short, what is sauce for the goose is sauce for the gander, and this principle should be applied throughout industry in matters of pay

\* The Bill has now been introduced into Parliament and will be dealt with in a future issue.

of opportunities and of protective legislation. It is surely only reasonable to demand that protective legislation should be based on the nature of the work and not on the sex of the worker. Everyone admits that as the world becomes more and more mechanised various processes become less and less arduous, that women dress sensibly nowadays, that they are blessed with just as much commonsense and brain as men and that, if reasonably fed, their health appears to be just as good. Yet when such things as night-shifts, dangerous processes, weight-lifting, cleansing of machinery, lead processes, hours of work are mentioned, at once a timid mentality becomes everywhere apparent. Hardly anyone sits down to think out implications, least of all those who frame factory bills. It is not realised that, if their men-folk do night-work, very often women will have to do it *at home*, and anyhow they do it as night-nurses; that at all times every possible safe-guard should be used where dangerous processes are concerned and continual efforts made to make them less dangerous; that some women can lift weights and some cannot, just as some men can and some cannot, moreover there are scientific ways of lifting weights and even special gadgets for their lifting; that laws forbidding women to clean machinery were framed when it was not considered decent for women to have their hair short and wear trousers; that lead poisoning in the man produces miscarriage in the woman just as it does when she is poisoned herself and should be prevented altogether; that if it is bad for women to work long hours it is also bad for men—in fact the men's Trade Unions consider this is so and have made their own limitations to working hours, which are not, however, law, as the women's are. Feminists as a body are

not opposed to protective legislation in itself. But in the interests of their sex feminists oppose it when it is framed for women only, for in this form it hampers the woman worker in every way. It is an excuse for paying women less, for giving them fewer opportunities of work and training, and, worst of all, it lowers their whole status in industry to be considered by their fellow workers and by their employers as perpetual minors.

CHRISTINE SPENDER.

## A BILL TO AMEND THE FRENCH CIVIL CODE

According to French law the married woman owes obedience to her husband in everything. The terms of Article 213, framed by Napoleon I, are absolute and provide for no exceptions, and the whole civil code where it concerns the married woman is based on this principle. She can neither engage in paid work nor contract, nor enjoy her own property, nor administer it, without the authorisation of her husband. She has no power over her own children. "The father alone may exercise paternal authority." The term "maternal authority" does not exist.

For several years now workers have been accorded the free disposal of their salary, and householders latitude in the use of "biens communs." But in spite of these few exceptions accorded through necessity, the married woman remains in principle in the same class as minors and criminals; she is "incapable."

The Renoult Bill, now before Parliament, aims at remedying this state of affairs without however interfering with male privilege. The wife shall no longer owe obedience to her husband. But the husband shall be "head of the family" and for this reason "the right of decision shall belong to him." At least this is what M. Georges Pernot demanded as champion of the family, and his demand was received amid the applause of the Assembly.

"The married woman shall have full exercise of her civil capacity" (Art. 215), but this shall be "subject to the terms of the various marriage settlements" (ditto), and further (Art. 216): "The husband may ask the civil Court to enforce, in the case of his wife's exercise of her capacity, restrictions justified by the interest of the household." M. Georges Pernot insists that instead of this restriction, the husband shall simply have the right of veto, the wife retaining the right of legal appeal in case of abuse. A very illusory right since this procedure would entail the use of funds only to be obtained through the authorisation of the husband.

The question of the right of the wife to enjoy and administer her own property remains untouched, as also the question of the right of the mother over her own children.

If the amendments proposed by M. Pernot are excluded, the Renoult Bill will be accepted by some feminists as a step in advance, but others will consider that such an inadequate law passed in the year 1937 would only block further reform.

M. LENOEL.

## Adult Dependents

The *Commonweal* (U.S.A.) publishes (January 1st) an interesting article entitled "Many American Wives," by Alice S. Trams. In it the author maintains that too many American wives have been thrust into the position of "adult dependents."

"A Missouri pastor recently made the statement: 'Most wives have to ask their husbands for every dollar they spend, just as children have to ask their fathers for spending money.' The pastor said, of course, that such should not be the case—that marriage is a partnership, and a wife should be given a reasonable allowance to spend as her very own."

The pastor was speaking of church collections at the time and was telling his parishioners how he classed the various members of his parish, and what he expected of them in his system of regular contributions toward church expenses. Owing to this condition, of so few wives being given a personal allowance by their husbands, the pastor had been obliged to class the wives as 'adult dependents' in his method of budgeting church expenses."

Further quotations will show what sturdy commonsense views Miss Trams holds. Would that they were more widely held:

"It has been said that women are the world's greatest spenders. Statistics show that women spend the major part of men's wages. A little fact that statisticians, husbands and in-laws often forget to mention is that most wives make every one of their husband's hard-earned dollars do the work of two."

"Many women do not object openly to being forced to ask for every dollar they spend, but any woman of intelligence resents this form of procedure, and it is bound in time to have a demoralizing effect. It is in reality depriving her of a rightful freedom."

"From the beginning of the world, women were destined to be the companions, helpmates, of men. And in no relation of life is this emphasized more than in marriage. Christ intended marriage to be a partnership in every sense of the word. Partnership implies equal rights in everything concerning a business. In this case the business happens to be marriage. This certainly proves that a wife should not be classed as an 'adult dependent,' not if she is to retain her self-respect."



## In Africa

The ruling principle in British Africa is that native law is to be applied among natives except where such native law is contrary to natural law and justice. The servitude of women, i.e., eternal minority, is not considered as being against natural law and justice. In theory a widow can dispose of herself as she likes. In practice she would have to be a heroine of a very high order indeed to attempt to do so. Her father will have to return part, probably about one third, of the bride price, if she elects to remain a widow. Her children, by native law, supported by British Courts, all belong to the husband's family though, if under six years, generally stay with their mother until they have come to this age. Therefore a widow who refuses to go automatically to the next male of kin of her husband loses her children and is fined in the sense that bride price is repaid in part.

An example of this shameful state of affairs has been sent us by a Missionary of S. Rhodesia.

V.— M.— married about 14 years ago a sergeant in the native police. By that marriage she had five children. The husband died about 18 months ago. The widow went to the Missionary with the children and begged to be allowed to take them to her father's home and bring them up, sending them to school when old enough. She went home. Then the younger brother of the husband claimed the children because she refused to go to him as his second wife. He was given the custody of the three elder children by the court, thus the mother lost not only her husband but her children also. The eldest child (a girl) has run away from the man to the Missionary, saying that she is not fed properly or clothed properly, and that she has been told to go and look for a husband.

Besides the children, the brother-in-law was awarded a return of part of the bride-price (£5 and three head of cattle). This is a further grief to the woman, for her father will make her life miserable, since she is costing him this as part of her widowhood.

We draw the attention of our readers to the important speech on "The Trusteeship of Backward Races in Africa" delivered by His Grace the Archbishop of Westminster at the Leeds Institute on January 20th. This speech is reproduced in full in the *Tablet* of January

23rd. We quote a sentence which might well apply to our own work.

"It is better in my mind to be an idealist than an Imperialist, for idealism—the upholding of a high standard only to be attained more fully in the future—may achieve more solid and lasting results for the Commonwealth and for the world than a short-sighted realism concentrating on present benefits."

The January number of the *Pylon*, the well-produced Missionary quarterly published "in the interests of the work of the Society of the Holy Child Jesus in Southern Nigeria," contains articles by three native girls who write on "The Dowry System in Nigeria." The first two writers who are Handmaids of the Holy Child (Native Sisters) describe the customs of the Ibos tribe:

To be able to marry a girl in our part one has to go to much expense, with the result that many people do not keep strictly to custom. When the girl is old enough to go home to her husband for good she is fattened up and on the day of her coming out of the fattening house a great deal has to be done for her by her parents as well as by the husband, apart from the dowry which he has already paid.

The third writer is a girl of 13½ who describes the customs of the Efiks. She describes the method of making the girl a "big woman" before she can be married.

To do this she has to go through a fattening house which lasts generally a year or two, sometimes more, sometimes less as the case may be. In this state she just lives, eats, sleeps and plays. She is not allowed to do anything else whatsoever, she is given a very great quantity of food and if she is not able to eat she is flogged. She may not go out nor be seen by anybody from outside.

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## Meetings

A most interesting meeting entitled "Australian Sketches" will be held under the auspices of the Alliance on Wednesday, February 24th, at 8 p.m., at St. Patrick's Club Room, Soho Square. Miss Marie Carroll, already well known to our readers, and Mr. Michael Spender, member of the Great Barrier Reef Expedition, will be the speakers, while Miss Nancy Stewart Parnell will preside. Readers will remember that Miss Carroll is a member of the Executive Committee of St. Joan's Alliance in Australia and was present at their inaugural meeting in Melbourne. Mr. Spender has been on many Geographical expeditions, and his experiences on the Great Barrier Reef should have the authentic thrill of the explorer. Both speakers will give of their first-hand knowledge and we hope to hear, among other things, more about the Australian Aborigines and their problems.

We remind members that the 26th Annual Meeting of St. Joan's S.P.A. will take place on Saturday, March 13th, at 3 p.m. at St. Patrick's Club Room, Soho Square. The Liverpool Branch is sending a special contingent and we hope everyone in London, in the suburbs, and even further afield will make a special effort to attend. Mrs. Laughton Mathews, M.B.E., will be in the chair and speakers will include: Miss Bowden (Liverpool); Miss Eleanor Denton, M.A.; Miss I. M. Dickinson; Dr. Adams Clark; Miss Stella Mannion (Oldham).

A Public Meeting for the Mui Tsai Commissioners will be held on Wednesday, March 3rd, at 5-15 p.m., in the Queen Mary Hall, Y.M.C.A., Great Russell Street, W.C.1. Mrs. Corbett Ashby will preside and the speakers will be Miss Picton Turbervill, O.B.E., and Mr. Willis, C.I.E. Admission 1s. Reserved seats 2s. 6d.

This meeting, held under the auspices of the British Commonwealth League, will be of special interest, because the Report of the Mui Tsai Commission will be issued on March 1st, and this will be the first public utterance by the Commissioners. It will be remembered that our chairman, Mrs. Laughton Mathews, was a member of the Deputation to the Colonial Office on April 3rd last year, when she assured the Commission that they had our prayers and best wishes.

## Reviews

**Palestine on the Eve.** By Ladislav Tarago. (Putman, ros. 6d.)

This spirited description of conditions in Palestine during the stormy summer of 1936, as seen by a journalist, contains passages of great interest on the status of Arab and Jewish women. It is in the country districts that the contrast of the two civilizations is greatest. There, the Arab woman is still a chattel sold by her father to the highest bidder, and divorced on the repetition of a formula by her husband. Her position has improved slightly owing to the rise of the standard of living which has increased her price and cost of maintenance after divorce. The author states that, in Nablus, the centre of the Arab National Movement, the price of women had risen by over 50%. Men now seek their wives in Syria and Cyprus, where they can still be bought for from £20 to £50, a statement which is of painful interest to those who care for the position of women in these countries under British and French rule.

A life of grinding toil on the land which allows of no romance in married life is the lot of both Arab and Jewess. In one respect the Jewess is worse off, as work and housing conditions in the Agricultural Colonies do not permit of home life. Her children are placed in institutions from birth. In spite of this a passionate devotion to their children distinguishes both Arab and Jew in their otherwise loveless lives. Divorce is frequent in the Jewish colony, but it is usually the woman who leaves the partner whom she has married as a means to facilitate emigration to the land of promise.

I. M. D.

**Woman In India.** By Rajkumari Amrit Kaur and L.M. (All India Congress Committee, Allahabad.)

This very interesting pamphlet is No. 9 of the Congress Golden Jubilee Brochures (1936). Rajkumari Amrit Kaur writes on women's "Role in the Reconstruction of India," and L.M. writes on "Indian Women and National Progress."

The woman's movement in India has always been remarkable as cutting across barriers of caste and creed and this breadth of spirit is shown in the present pamphlet. Rajkumari Amrit Kaur makes a strong plea for educational and social reform, touching on such problems



as the Indian villages, child marriage, purdah, untouchability, etc. Writing of Indian marriage she says:

... If woman is to regain her rightful position in society, if she is to be the true helpmeet and companion of man, the idea that she is but a means of perpetuating the family name or maintaining intact the material existence of the family through the production of male heirs must go . . .

Of "Work before us," she says:

The main difficulties we have to face are lack of workers and money, ignorance, age-long prejudices and superstitions, a strong wall of orthodoxy, and the fact that most of the intelligentsia among women live in cities whereas the real work lies amongst the villages which connote the poor, struggling mass of Indian humanity.

L.M. gives us a most interesting "Historical Background" to the Hindu woman. She writes on the "Marriage System," the "Curse of Widowhood," the "Law of Inheritance," the "Awakening."

General as are the legal disabilities of the sex, her social disabilities are even greater. Child marriage, the purdah system, the stupendous ignorance of the mass of women, their acquired inferiority complex of ages, the helplessness of widows—all these make the position of woman in modern India a matter of serious concern to the nation.

At the present moment there is an immense work and an immense opportunity awaiting the educated Indian woman. May the educated Catholic woman come forward to take her full share in helping on her country. A boundless apostolate lies to her hand.

C. S.

**Our Freedom and its Results.** By Five Women. Edited by Ray Strachey. (The Hogarth Press, 8s. 6d.)

This book constitutes a most useful and interesting handbook of the Woman's Movement. In excellent essays the movement is dealt with from all angles.

To take the essays in order; Miss Eleanor Rathbone, M.P., who considers "Changes in Public Life" is a little too inclined to favour compromise in working for political change, though she admits that the method of the early suffragists "was to ask for the whole of what they wanted." Miss Rathbone's distinction between the "Me too" feminists and the "new feminists" will not satisfy feminists as a whole, since "new feminists" as conceived by Miss Rathbone, brush aside far too many fundamental issues to please those seeking for the equity upon which every social reform must ultimately rest. This, however, is not to detract from the value of Miss Rathbone's essay as a whole.

Dr. Erna Reiss' essay on "Changes in Law" is a competent survey of the legal changes affecting women which have been enacted since the granting of the suffrage.

Mrs. Oliver Strachey can hardly be praised enough for the insight and vision which she displays in her contribution, "Changes in Employment." She never ignores difficulties but patiently considers them one by one—a most encouraging method of procedure to those whose familiarity with propaganda makes them suspect that sometimes in essays of this kind "the other side" is too easily dismissed.

Though Miss Alison Neilans' contribution "Changes in Sex Morality" is in many ways the most interesting in the book and her survey of the great struggle initiated by Josephine Butler, and its results, admirable, yet the last section entitled "The Modern Problem" is curiously inconclusive and unsatisfying. One feels one is being left too much in the dark as to the personal views of the author in the solution of the "Modern Problem" of sex morality. Perhaps she really has reached no definite conclusions, but it would be more interesting and stimulating if she had.

All modern young women should read the last essay on "Changes in Social Life" by Mrs. Mary Agnes Hamilton. It makes a good introduction to the rest of the book for it cannot fail to arouse interest in the Woman's Movement as a whole. Old stagers, who are puzzled by the often indifferent attitude of the younger woman to the movement, will probably find the solution here.

C. S.

**Diversity in Holiness.** By R. H. Steuart, S.J. (Sheed & Ward, 6s.)

In a series of penetrating studies of men and women of recognised holiness—some well-known, some who should be better known—Father Steuart sets out to prove that there are as many ways of achieving sanctity as there are persons. Yet sanctity is one and indivisible and all the subjects studied in this book, diverse as they are, bear its unmistakable stamp. Holiness does not mean conforming to a pattern but being "whole" (a complete man or woman) as the good God would have us be. No two persons are alike yet we are all "called to be saints." So it is good to recognise that there is "diversity in holiness."

C. S.

## The "Catholic Citizen"

The *Catholic Citizen* is sent all over the world to Convents, Libraries, Clubs, Missioners etc., and so for this purpose we need extra allocated subscriptions unless the paper is to lose heavily. A few years ago a Jesuit priest gave us twenty-five Indian address, and we have faithfully sent our paper to these addresses ever since, and more than once have had reason to know that we were doing valuable propaganda. Up till now a kind reader has subscribed for these twenty-five papers to be sent. We hope and trust someone will be willing to come forward for this purpose this year. But even one half-crown does valuable work so please send one along and tell us to which category of reader you would like the paper sent.

\* \* \* \*

"We should like to see our Catholic pressmen and all our Catholic writers banded together under the patronage of Saint Francis of Sales, pledged to a holy crusade for Catholic faith and morals. We desire that one Sunday in the year be appointed in each diocese and in each parish, at the discretion and by the direction of the Ordinary, as Press Sunday, when sermons should be preached on the importance of the Catholic press, and the duty of the faithful to give all possible support to our Catholic writers and journalists who are doing the work of Catholic Action."—*Joint Pastoral Letter of the Hierarchy of England and Wales (Advent, 1936.)*

### LIVERPOOL AND DISTRICT BRANCH

Hon. Secretary: Miss Bowden, 22 Fern Grove, Liverpool, 8

The 25th Annual Meeting was held on February 1st at 25 Croxteth Road, by kind invitation of Mrs. McCann. Miss Barry gave a commentary on the new propaganda leaflet shortly to be published, and typed copies of Miss Fedden's speech of November last on "The Fight for Enfranchisement" were distributed. Resolutions passed and sent to the local M.P.s asked: for Equal Pay and Opportunities in the Civil Service; for Equal Nationality Rights between men and women; that in the new factories Bill regulations and restrictions concerning the health and welfare of the worker and hours of work should apply equally to both sexes; and a further resolution expressed opposition to the "Marriage Bill." Three new members were elected to serve on the Committee: Miss Garrick, Mrs. Hart and Miss O'Donnell, B.A. Miss Stephens was re-elected and all the Officers, viz., Chairman, Mrs. McCann; Vice-Chairman, Miss Johnstone; Hon. Treasurer, Mrs. Maxfield; and Hon. Secretary, Miss Bowden. A very satisfactory statement was given by the Hon. Treasurer who was able to report a balance in hand, and the Annual Report was read by the Hon. Secretary. A vote of thanks was passed to Mrs. McCann for her kindness in allowing the use of her house for many meetings, and for supplying refreshments each time. The general impression of the gathering was of hopefulness for the future.

The next meeting will be held early in March at 25 Croxteth Road.

### HON. TREASURER'S NOTE

We should be very grateful if all members of the Alliance would send their subscriptions, which are now due, promptly.

Suggestions have been made that the minimum subscription be raised to meet the needs of the Alliance, which as you know, are increasing with its ever increasing activity.

Although it is felt that this would be detrimental, by possibly excluding from membership those unable to give more than the minimum, yet from those who can give more we should welcome all that they can spare, for all will be used for the "Daughters of the Newer Eve." Minimum Subscription to St. Joan's S.P.A. is. *Catholic Citizen* 2s. 6d.

C. J. GARRARD

### SUBSCRIPTIONS AND DONATIONS

January 1st to February 1st

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Pearce, Miss .. .. .	2	6	
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