

# The White Ribbon

FOR GOD AND HOME AND HUMANITY

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## International Congress of Women's Work.

An International Congress of persons interested in the organized works and institutions carried on by women, is to be held under the patronage of the French Government, in the series of official congresses of the Exposition of 1900. The Congress will open June 13, in the Exposition Palais des Congress, and will last six days. The first International Congress was held, also under government patronage, during the Paris Exposition of 1889. The Congress proposes to deal with social problems which are agitated, in greater or less degree, throughout the civilized world.

The organising committee has for honorary presidents, Mesdames Isabelle Bogelet (of Female Prisoners Aid Society of Saint-Lazare) and Jules Simon (of French Children's Aid Society). The acting president is Mlle. Sarah Monod. Among other officers and members are Mmes. Marion (Higher Normal School), Jules Siegfried (Young Women's Aid Society), Pegard (Women's Emigration Society), Legrain (Women's Temperance Society), Leon Bertaux (Society of Women Painters and Sculptors), Sister Candide (Tuberculous Children's Hospital), Ferdinand Dreyfus (Workshops for unemployed women), Kergemard (Maternal Schools), Malmanche (Commercial schools), Toussaint

(Professional schools), Comtesse de Maupcou (Decorative Arts' Union), Auguste de Morsier (Abolitionist Federation), Frank Puaux (Vacation colonies), also Mmes. Jeanne Chauvin, Doctor of Laws; Edwards Pilliet, Doctor of Medicine; Klumpke (American), Doctor of Mathematics, (Paris Observatory); Dugard, Professor of



MRS. WILLIAMSON.

Literature (Lycée Molière) — all of the University of France. Among the vice-presidents is Mme. Blanc (Th. Bentzen of the *Reux des Deux Mondes*), who has written extensively on American women and their colleges.

For its programme, the organising Committee has started on the principle

that, to be efficacious, the work of the Congress should concentrate itself on a certain number of practical questions, rather than concern itself with theoretical problems as to the position of women. It has been divided into five sections:

### FIRST SECTION—PHILANTHROPY AND SOCIAL ECONOMY.

1. Woman's part in charities and provident works, for fifty years.
2. Aid in return for work—its economical and moral results.
3. Help of woman in the struggle against alcohol.
4. Woman's action in the bringing together of classes.
5. Works for preservation and reform—systems of prisons and training houses of correction.

### SECOND SECTION—LEGISLATION AND MORALS.

1. Administration of the wife's property in marriage.
2. Equal rights of father and mother in regard to children.
3. Of guardianship: (a) Equal rights of father and mother in legal guardianship. (b) Opening to women of dative guardianship and family councils.
4. Pecuniary responsibility of the father in regard to the mother and child, outside of marriage.
5. Abrogation of all exceptional measures concerning women in matters of morals.
6. Legal repression of incitements to disorder in morals.

## THIRD SECTION—INDIVIDUAL EDUCATION

## —SOCIAL EDUCATION—PEDAGOGY.

1. Identical education for man and woman—its advantages and disadvantages.
2. Complementary practical education.
3. The part of aid and friendly societies in the education of women.
4. Woman's part in the education of boys.
5. Practical preparation for teaching.
6. Woman's place in teaching, inspection, and administration of scholastic establishments of every degree.

## FOURTH SECTION—LABOUR.

1. Woman's right to work.
2. Economic reasons of the lower salaries of women.
3. Means for favouring the work of women at their homes.
4. Co-operative production societies.
5. Utility of developing agricultural instruction for women. Practical means—agricultural and horticultural schools. School farms. Half-time schools.

FIFTH SECTION—ARTS—LETTERS—  
SCIENCES.

1. Woman's part in arts for fifty years—her place, her influence.
2. Woman in art applied to industry and decoration.
3. Woman's place in literature for fifty years—her position and influence.
4. Opening to women of employments as librarians, museum curators.
5. Women's present place in sciences—mathematics, astronomy, physics, chemistry, natural history, medicine, etc. Practical means for teaching women, in cities and in the country, the hygiene of the family and the child.

The Congress will be divided into five sections, according to the above programme, with separate section meetings and general sessions. The former will be held from 9 a.m. to noon; the latter from 2 to 5 p.m. In the latter, the reports and resolutions of section work will be read. All communications or papers to be presented to the Congress must first have been submitted to the organising committee, at least in a summary form, before the 15th of April, 1900. The delegates of foreign societies or institutions should also send in their names before the same date, such delegates being admitted as free members of the Congress. The regular membership card

is fixed at 10 francs; but members may purchase for their friends for presence at single sessions invitation cards for 1 franc. Only members have the right of taking part in the festivities of the Congress.

Persons who desire to take part actively in the Congress are requested to put themselves in communication as promptly as possible with the Secretary General of the Committee of Organisation, Mme. Pregard, 24 rue Drouet, Paris.


**NEWS OF THE UNIONS**


[We rely on our local Unions to send us news for this column. We cannot evolve it out of our inner consciousness.]

**Colyton.**

The usual monthly meeting was held on January 11th. Miss Macleod read an interesting paper. A discussion ensued with reference to rendering assistance to the Transvaal, and it was decided to hold meetings for the purpose of making bandages and other necessaries for the use of the wounded; also to forward some magazines. One new member was enrolled.

**Greymouth.**

The annual meeting was held on January 4th. We felt we could not do better than re-elect our present staff of officers, which was done unanimously. Mrs James Taylor was appointed Superintendent of Evangelistic work. A large amount of literature has been distributed and posted during the year. We are looking forward hopefully to another year's work.

**Wanganui.**

The first meeting for 1900 was held on Friday, January 5th. All the officers of the past year were re-elected, and the President (Mrs G. H. Smith) was appointed delegate to the Convention. A meeting was also held on Thursday, the 18th, at the residence of the President, to celebrate the anniversary of the girl's sewing class, which meets every Saturday afternoon in the Presbyterian class room. The afternoon being perfect, a variety of games was entered into with spirit by the girls, while members of the Union sat comfortably under the trees, chatting and watching the children's enjoyment. Tables were laid out beneath the trees, and old and young alike enjoyed the

good things provided by members of the Union. After tea attendance prizes were presented to the girls by Mrs W. G. Bassett. Then, in a short, eulogistic speech, the same lady presented to Miss Tucker (the Union's Secretary) a very nice dressing-case. Miss Tucker has been a most reliable, hard-working Secretary during the four years since the establishment of the Wanganui branch, and by her gentle earnestness has endeared herself to her fellow-workers, who, one and all, felt a real pleasure in the presentation. All present expressed their appreciation of the President's kindness in giving members the opportunity for such a pleasant afternoon.

**Kaiapoi.**

The annual meeting was held at the Coffee Rooms on January 31, Mrs G. H. Blackwell presiding. Delegates from Waikari and Woodend were present. A satisfactory balance-sheet was presented and adopted, and the officers for the year were elected.

**Napier.**

The annual meeting was held on January 18. As a number of our members were away from town for the holidays we only had a fair attendance. Reports were read from the various office bearers and Superintendents showing that we have done good work throughout the past year. Our membership has increased from 40 to 68. Officers for the year were elected. Regret was expressed at Mrs Roscoe having to give up her position as Secretary, she having done very faithful work for the Union for the last four years. A great deal of work was done in connection with the December elections. Although apparently we did not gain our ends yet we are sure that there was a much larger vote for No-License than three years ago, and we intend to fight on.

**Wellington.**

The first monthly meeting of the year was held on the 1st inst. There was a small attendance, and nothing of importance was brought forward. There are very many subjects that require attention and earnest work during this year. Will members please note.

On the 5th inst. the classes at our Newtown Girls' Association were reopened after the holidays. A social was tendered by some of the ladies of the Newtown committee. Recitations and music and a graphophone, which a friend kindly worked, were specially enjoyed. It was decided to reserve



Wednesday evening for junior members and Monday and Friday for older girls.

Mrs Boxall is our delegate to Convention. Arrangements are made which we hope will be more efficient in supplying our literary boxes at railway stations.

## \* WOMEN'S SOCIETIES.\*

CANTERBURY WOMEN'S INSTITUTE.—The seventh annual meeting was held on February 2nd. The balance-sheet showed a substantial surplus, and a hearty vote of thanks was passed to the Treasurer for her able efforts during the year. The following officers were elected:—President, Mrs Black; Secretary, Mrs A. Henderson; Assistant-Secretaries, Mrs Godfrey and Mrs Blake; Treasurer, Mrs Williams; Vice-Presidents, Mesdames Wells, Lissaman and Simpson; Committee, Mesdames Peck, Ensom, Isherwood, Jones, Fletcher and Wallis, and Miss Pope. It was decided to elect the delegate to the National Council of the Women of New Zealand at the next general meeting, to be held on March 2nd. Four new members were elected.

## The Growing up of Salome.

BY ANNE HAMILTON DONNELL

Each of the three elderly Misses Camp had a firmly rooted belief that both the other "girls" were getting hard of hearing. That was why, when Aunt Faith overheard Mrs Pippin's uncharitable speech about the Child, she bore it alone patiently. It was really fortunate the girls had inherited the Grandmother Camp's deafness—it would have hurt them so to have heard that speech.

"It's ridiculous that Salome Pitcher's aunts don't let her dresses down"—that had been the arrow that wounded gentle Aunt Faith. "She looks like a long-legged game pullet, tall of its age. When my girls were fifteen they wore their skirts to their boot-tops."

The old ladies had been on their way home from a meeting—three abreast as they always walked. The Elmsboro' selectmen built the village sidewalks with direct reference to that peculiarity of the Misses Camp.

Mrs Pippin had rustled along behind them, in her stiff, creaky black silk. Her pew was just behind theirs, and it was natural they should fall into line that way, coming out of the little vine-embowered church. It was the only connecting link between them.

The Child—Salome—was always the Child to her doting old aunts—had walked on briskly ahead of them, her short skirts swaying about her knees. Salome was fifteen years old and of goodly size.

"The Child's legs are long," mused Aunt Faith, still smarting under her wound, "and so very narrow. She takes after the Camps, dear Child! No, I wouldn't have had the girls hear Mrs Pippin for anything. It's the first

time I've ever felt to be reconciled to their affliction.

Aunt Charity was watching the Child, too—and smarting. Her sweet, delicate face was suffused with a pale flush. She walked between the others,—Aunt Charity always walked between,—silent and grave. Only Aunt Hope spoke, and her words made the other "girls" start involuntarily.

"How—how tall the Child is getting to be!" Aunt Hope said. Then they walked on together without further words. That was as near as they had ever come to confessing that Salome was growing up. Salome? The Child? No, no, the Child could not be growing up! She was just a slip of a thing yet that they could dose and coddle and get out of scrapes, the dear Child!

This was the cloud no bigger than a man's hand that lurked always on the horizon of the Misses Camp—that some day, some time, Salome would grow up and leave them. It haunted them always. Lately the cloud had been growing steadily bigger.

At dinner-time that Sunday they talked with gentle animation of the village picnic that was to take place on Tuesday. Salome's animation was not quite so gentle.

"It's going to be the best one we've ever had!" she cried enthusiastically. "The Keith boys are going to run the little steam-launch on the pond, and Enoch Bentley's going to make gallons of ice-cream—gallons!"

"I suppose they'll all dress up considerably," Aunt Faith said.

"Yes, of course," echoed Aunt Hope. "It's foolish, but they always do. You'll wear your dimity, dear Child. I'm glad you put it on to-day, to kind of take the new off."

"It's a very pretty dress," said Aunt Faith "and simple. Nothing could be more suitable for a child."

She sighed gently. She was glad Salome was sitting down so she could not see how long—and narrow, very narrow—the dear Child's legs were. Mrs Pippin's strident voice was in Aunt Faith's ears still.

"Yes, certainly, it is suitable, most suitable," rejoined Aunt Charity, hastily. Was she hearing Mrs Pippin's voice, too?

"I'm thankful, girls, we made it up with a generous hem and turned down at the belt; and there's plenty of new, too, to face it with some time—when the Child grows up. It's goods that will wash like a pocket handkerchief and wear for years and years."

"You may wear it to the academy at the mills yet, dear Child!" smiled gentle Aunt Hope. The academy was another sore spot, but the three dear old ladies found consolation in treating it as a mild joke. It loomed still so far ahead of them. There was really no occasion to worry about the academy yet. The distance from Salome's knees to her ankles was very considerable. It was Aunt Faith who had set her ankles as the academy limit for skirts.

The Child pushed back her chair suddenly and stood out on the bare, painted floor before them all. They were used to her little whimsies and smiled indulgently.

"Look!" she cried, "see how far it is! I measured last night and it's nine inches!"

She was looking down wistfully at her knee-short skirts and the long stretch of black stockings below them. Salome did not know that she looked like a "game pullet, tall of its age"—that did not trouble her. But how she did want to go to the academy! All the other girls went—even Alethea Pippin was go-

ing in the fall, and she was only thirteen. A sob crept into Salome's voice, and she choked it down with a little unsteady laugh.

"It takes so long for your petticoats to grow nine inches, Aunt Faith, Aunt Hope, Aunt Charity," she appealed to them all, in her own quaint fashion. "Don't you see, at the rate they're growing now, I shall be middle-aged when I get to academy length?"

She laughed again nervously, and then, with one of her sudden impulses, darted round the little tea-table, hugging them all in turn, and escaping in a little whirl of short, crisp skirts through the kitchen door. It was the way of the Child when she was excited. Not for the world would she have the three dear old aunts know the longing in her heart—the longing to grow up like other girls. Her intense loyalty to them forbade the slightest open rebellion. If they wanted her a little girl till she was forty she must bear it.

"But I'll grow up then," she cried to herself, with a fierce laugh in her throat, "and I'll go to the academy, too!"

She threw herself down on the soft grass and stared steadily out across the pretty old-fashioned yard, seeing herself through a long vista of years, in ankle-deep petticoats, going down the straight village road toward the academy. The vision startled her out of her depressed spirits and her clear laugh drifted back to Aunt Faith, Aunt Hope, and Aunt Charity, sitting in sober silence where she had left them.

"The dear Child!" murmured Aunt Hope softly, and the other "girls" drew relieved breaths, they hardly knew why.

The next day was Monday, and preparations for the picnic were on foot. Aunt Charity and Aunt Hope spent the morning in the kitchen, among pans and nappies and warm fragrant odours. The Child seeded rasins and beat eggs on the back door-steps. Only Aunt Faith was left out of the busy proceedings; cooking was not Aunt Faith's talent. She stole upstairs to Salome's room under the eaves, and took down the new dimity dress.

She had her thumb on her and her work-bag at her side. She began to work with nervous haste.

"I'll let it down a little from the top, just a little," she thought. "I can't have that woman saying things about the dear Child at the picnic. She'll go, I suppose—oh, dear me, yes, Mercy Pippin'll go!"

Her scissors snipped the tiny, close stitches with sharp little clicks, and the gathers, released, set free folds upon folds of the soft material. Aunt Faith kept listening, guiltily.

"I wouldn't have the girls know! I want it to come on them gradually," her thoughts kept on, to the tune of the scissors. "They'll hardly notice at all to-morrow, with so much going on, and when they do get round to noticing, they'll be used to it." Aunt Faith's logic was open to criticism, but it satisfied her, gentle soul.

She sat up in Salome's room all the morning, working fast and hard. Once she slipped down into the kitchen, and got a hot iron unobserved. She spread newspapers on the floor, and pressed out the crease and the old gathers, in the dimity skirt with patient care. She had let the dress down nearly three inches, but nothing but the added length told the secret. Now let Mrs Pippin go to the picnic!

In the afternoon Salome went out into the orchard with her book, and the three old ladies went to their rooms for their customary after

dinner naps. The naps were as inevitable as the dinner. Aunt Faith slept the sound sleep of a relieved mind, but the other "girls" were restless and uneasy. It was a good while before Aunt Charity could close her eyes. Aunt Hope gave up the struggle entirely.

"It's no use," she murmured, "I can't get Mercy Pippin's voice out o' my ears. It keeps saying those hateful words right along steady. I'm thankful the girls couldn't hear. Some times it must be a relief to be hard of hearing."

She stirred uneasily about her room, setting right things to wrongs restlessly. Then she tiptoed across the hall into Salome's room. Her mind was made up at last.

"I've got to do it; it's no use," she cried, softly. "I can't have the Child made sport of, and I can bear doing it better than either of the girls. They're so tender-hearted they couldn't see to sew through their tears. It would almost break their hearts to be a party to the Child's growing up."

The tears ran in slow procession down tender-hearted Aunt Hope's delicate, seamed face. She was finding it hard, too. If once they began to admit that the dear Child was growing up, where would the end be?

"And I'm admitting!" groaned Aunt Hope. "Here I'm going to let this hem down in cold blood! But I've got to—it's no use, I've got to! I'm thankful we put in such a very wide hem—Charity didn't want it but three inches, but I said six. Now I can let it half down, and it will look all right. I'll carry it out in the unfinished chamber where the girls can't see me. Poor things! but they'll take it easier if it kind of grows on them gradually."

It was hot in the unfinished chamber, and Aunt Hope was afraid of spiders. Both circumstances made her remaining there all the afternoon heroic; but she worked on steadily. Before it was quite tea-time she kindled the fire and warmed a flatiron.

Her work was done with painstaking neatness, and the pretty dress was hung away again in Salome's little lean-to closet before the girls came out of their rooms. Aunt Hope had forborne to hold it up for the last inspection that women give their work; she was afraid it would look long to her. The same fear had prevented Aunt Faith in the morning. They had both hung away the dimity dress with averted faces.

The Elmsboro' lights were extinguished early. On many summer evenings they were not lighted at all. On this particular evening Salome Pitcher and her three old aunts sat out in their cool little yard till the stars came out, and it was bed-time. All along the pretty village street there was a soft coo of voices, and the creaking of rockers on gravel-walks and verandahs. All Elmsboro' was out of doors in the twilight. The fun-maker of the neighbourhood went along the street, warning them into bed.

"Picnic! Picnic! Picnic to-morrow! All ye good people, hie ye to bed!" his gay voice boomed in their ears, and there was a ripple of laughter and shuffling of feet and chairs along the street.

"Come on, Aunt Faith, Aunt Hope, Aunt Charity!" Salome's bright voice called, laughingly.

"We won't light the lamps, the starlight is so bright," Aunt Faith said.

But an hour later Aunt Charity lighted a lamp. She stole to the Child's door and looked in. She was asleep, dear Child! Aunt Charity tiptoed across the room to the closet. The soft starshine lighted her quaint little figure, in its white nightgown, and kissed her intent,

wistful face. Aunt Charity was smaller than the other girls; she was not "the greatest of these," like the other charity in the Bible.

When she crept back to her own room again, Salome's new dimity dress was over her arm. Its skirt trailed in unwonted fashion on the floor, as she walked. It got in Aunt Charity's way, and made her stumble a little.

"I've got to! I've got to!" she thought. "I can't let folks like Mercy Pippin say unpleasant things about the Child's legs—haven't I suffered ever since meeting let out Sunday? I'm glad the girls were spared. I can bear it better than they could. For once it was a mercy they couldn't hear readily. Now, let me see—"

She bent close to the light, and pursed her lips, thoughtfully. She had made up her mind to let part of the hem down to Salome's skirt.

"It was fortunate—oh! Why, I thought—m-m-m, I see. We only made a three-inch hem, I see. I was thinking we made a very broad one, but I remember there was a good deal of discussion. I was almost hurt with the other girls for wanting it so broad, and they made it my way, after all! All is, I shall have to face it down. The new pieces are downstairs, in the secretary drawer."

And like a white ghost Aunt Charity crept down to get them. They were rather small pieces, and made a good deal of piecing necessary. It took a long time to face down Salome's skirt. The clock in the church steeple struck the hour that takes the most strokes and the hour that takes the least—and yet again—before Aunt Charity had finished. Then, without another look at the heap of soft stuff in her lap, she bundled it up over her arm and carried it back to Salome's closet. It was dark in the bit of a corner, and she had to fumble around among the tiers of hooks. It seemed hard to find one high enough so that the dress would not trail on the floor. On her way out Aunt Charity stooped to kiss the Child.

"Dear Child!" she whispered.

One, two, three! clanged the steeple clock, as little old Aunt Charity went back to bed. She was very tired.

"But I had to, I had to," she spoke aloud. "And it was easier for me than the other girls. They could hardly have borne it. They'll kind of get used to it now, before they know it. It had to come."

She lay awake a while, and the pillow under her faded cheek grew wet. Aunt Charity was remembering so many things about the dear Child—the time when she came to them first, a tiny morsel in long white clothes; the time when she toddled about on uncertain, short little legs; the times upon times she had made sunshine for them with her childish fun and play. She was remembering how fast the years had gone over her small flaxen head, and how, in spite of them all, she had grown from their knees up to their elbows,—their shoulders,—she was up to Aunt Charity's crown of white hair now. Aunt Charity remembered that. They had not been able to keep her a little child.

It was a beautiful day for a picnic. Salome exulted in it, putting her bright tousled head out of the window to breathe in whiffs of the cool air, and humming strains of gay song as she dressed. She reached out to pick clusters of the climbing roses to pin on her dress. They would go so well with the pretty dimity.

"Now for my dress—yes, I'm coming. Aunt Charity! I'll be there in a minute—"

But it was more than a minute that Salome stood before her looking-glass in speechless astonishment.

The tall figure that stood looking back at her was a young woman's figure, lithe and straight and good to see. It was dressed in dainty dimity—that looked natural to Salome. But the skirt! The skirt swung to her slender ankles in graceful folds. It swayed and dipped about them as she, Salome, moved. She had grown up in a night!

Another breathless minute and the girl stood looking. Then, with a swift turning of her wrists and a twirl of her little brown fingers, she had twisted all her mass of bright hair into a demure knot on her neck. She had drawn the childish ribbons into staid loops, and fastened her one treasure—her mother's breast-pin—at her throat.

Then the three old aunts below heard her steps coming down the stairs, staidly and gently, not with a wild dash and clamour. They had hardly time to notice the change before the kitchen door opened, and the Child, grown up, stood framed in it.

She made a prim little curtsy to them, holding out her long skirt mincingly. Her laughing face nodded and swayed before them.

"Where are you going my pretty maid?" "I'm going to the academy, sir," she said, her clear delighted voice rang in their ears: and then something happened. With sudden, complete abandonment, Salome whirled to ward them, and took them, unresisting, into her arms.

"You dear Aunt Faith, Aunt Hope, Aunt Charity!" she exclaimed, crying and laughing against their sweet old faces, "you were so good to do it! It was such a beautiful surprise! You were so dear—dear—dear!"

She portioned out the "dears," one to each of them, with a rapid accompaniment of kisses—the Child's old kisses. She danced about the warm little kitchen, radiantly happy.

That was the day Salome grew up. Long afterward, when even the academy stood dimly in the background, that day made a distinct spot in the memory of three old ladies. They never explained it to each other, or to themselves. Each, in bewildered guiltiness that gradually softened into quiet resignation, held herself alone accountable for the Child's sudden growing up.

"There were so many spiders out in the unfinished chamber, I guess I was kind of agitated," Aunt Faith thought. "I didn't realize how much was turned down at the top."

"I'm so absent-minded—I take it from Great grandmother Camp," Aunt Hope mused, in bewilderment. "I must've faced it down instead of hemmed it."

"The light was so poor, I guess I couldn't see what I was doing very well," murmured little Aunt Charity, softly, to herself. "But it had to come!"—*Youth's Companion*.

## Diet and the Drink Grave.

BY DR. JOSIAH OLDFIELD, L.R.C.P.

The world is always demanding panaceas. There is a popular delusion, founded, like most delusions, upon an element of truth, that there is a reason for everything, and that if the cause be dealt with, the results which we deplore will disappear. The fallacy lies in assuming that every complex problem has only one unknown quantity to be discovered, instead of remembering that the various equations point



to the presence of many unknowns. The search for a panacea or a specific, therefore, is, in the majority of cases, but a hunt for a Chimæra, or is like looking for one of its heads in order to slay the Hydra.

I do not, therefore, look upon dietary as the sole cause of the drink crave, neither do I consider that any definite cut-and-dried dietary will cure this disease. We find that alcohol is consumed and drunkenness is to be found under the most varied conditions of food. Races that live largely on flesh, and races that hardly know the taste of flesh can be found having this one thing in common, that alcohol claims its slaves from among them and that the curse of drink blights the land.

I do not look upon the consumption of flesh as the sole and sufficient answer to the problem of the drink crave, and I do not look upon the disuse of this food as the panacea for its cure.

Let me lay down some of the lines, however, in respect of which I consider that dietary plays an important part in the problem before us.

The chief causes of the drink crave, in so far as it is affected by dietary, fall under the following heads:—1. Insufficient food. 2. Innutritious food. 3. Stimulative foods. 4. Chemically admixed foods. 5. Pre-natal foods.

**INSUFFICIENT FOOD.**—It is to that portion of the community that are habitually under fed that the gas of the gin-palace and the pseudo-warmth of the liquor itself appeal with a force that the full-fed and well-nourished can never know.

We may talk as we will of the dangers and diseases of over-feeding, but I am firmly convinced that if only we could do away with that slow starvation, that daily lack of quite enough food, that daily sapping at the citadel of health, which is affecting a large percentage of our people, during the winter especially, we should get rid of one of the great causes of the drink crave from our midst.

It is when the tissues have been starved day after day, so that all the natural stores of the body have been exhausted, and when some of the very tissues themselves are being called upon to play the part of food for the others, that the longing for stimulants becomes a veritable crave.

Alcohol, so far as *sensations* are concerned, replaces food; and it is the insufficiency of food which affects a considerable percentage of the community that is responsible for much of the drink crave to-day.

**INNUTRITIOUS FOOD.**—There is a second great cause and one of equal importance. There are plenty of people who get plenty to eat, so far as *quantity* is concerned, but who are lamentably underfed, because their food is wanting in one or more of the elements of nutrition necessary for the perfect support of the whole system.

Every hospital and dispensary in the land will provide examples without number of diseases caused by mal-nutrition. The mother who brings the rickety child will be indignant beyond measure if you tell her that she is not giving the child enough to eat. She will assure you in perfect truth that the little one is fed whenever it cries, and that it has plenty and to spare; but the pap made of white bread soaked in boiling water with a dash of milk thrown over it may be plentiful in quantity and in bulk, but the element for bone formation being absent from it, how can the child build up its frame even though it be fed upon it to superfluity?

It is not therefore sufficient to supply *bulk* enough of food, it is necessary to see that the food contains all the elements necessary for the complete nutrition of the body—nerves as well as muscles, bones as well as soft tissues.

Living upon white bread and butter, with washed out vegetables, and but little fruit, people may eat to their fill of beef and mutton and yet go about with nerves all unstrung and impotent to perform their normal functions, because of the absence from their food of those delicate yet important compounds of phosphorus which the nervous organism is craving for.

**STIMULATIVE FOODS.**—One stimulant leads to another. The weaker one not only loses its power after a while, but it sets up "an itching appetite," which demands constant tickling. Every cell in the body does its own little clamour and cries its own little unsatisfied cry for a perpetual stimulation, and the more it is stimulated the more weakened and perverted does its action become, until it may be rightly considered that every cell is abnormal, and that at this stage *moral* forces have as much power to heal the drink disease as they have to cure scarlet fever or rheumatism.

He who takes mild curries habitually soon finds that hotter and still hotter ones please him better, and he who takes stimulants of food or drink in quantities greater than his organs can completely deal with and dispose of, begins to crave for a more frequent or

a stronger supply. Flesh eating is often the precursor of alcohol drinking, and if every butcher's shop in the land were closed a large number of public-houses would soon have to follow suit. Among women, too, whose nervous organisms are so readily affected, we cannot wonder that the constant stimulus of tea has its effect, sooner or later, either in the present or the following generation, upon the nerve cells of the body, causing them to cry out for a further fillip and a more frequent stimulant.

**CHEMICALLY ADMIXED FOODS.**—There are many chemical substances which have a great affinity for water. Salt is one of the commonest examples. When such chemicals are taken in large quantities they abstract water from the tissues, and thirst rapidly follows. Other chemicals irritate sensitive tissues and set up a slight inflammation which calls for some cooling application. This is an age of chemically prepared and chemically preserved foods, we have alum in our bread, boric acid in our milk, soda, sulphur, copper, and lime, and a host of other chemicals in some of the things we frequently use, little wonder then that constitutional injuries result, which often lead to that first great demand in sickness—something to drink.

**PARENTAL INFLUENCE.**—Of this I will say little but to lay down the warning that the mother and father owe a responsibility to their child. Heredity is a force which at present is a mystery, but a mystery which is none the less to be reckoned with. The father drinks of the wine to the lees, and the appetite of the children runs to the same. The mother has a still closer and more powerful influence upon the child, and when she is told to drink beer and porter to keep up her strength, she little reckons that she is bringing an influence of alcohol to bear upon the child, of which fruit may be borne in after years, to her sorrow.

I should like to see every expectant mother well nourished upon a plentiful supply of the rich ripe fruits and grains of the orchard and the harvest field,—soothing, comforting, supporting, and strengthening,—and I should like to see her eschewing all the stimulants of flesh-food and alcohol alike, and then, I believe, we should get a hardier, healthier, and less neurotic race born to us to carry on the battle of life.

Eating and drinking go hand in hand, and those who want to teach people to *drink* aright must learn how to teach them to *eat* aright first.

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OF NEW ZEALAND.

ORGANISED - 1885.

"For God, and Home, and Humanity."

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## THE WHITE RIBBON

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## The White Ribbon:

FOR GOD AND HOME AND HUMANITY.

THURSDAY, FEBRUARY 15, 1900.

N. Z. W. C. T. U. Annual  
Convention.

The fifteenth Annual Convention of our  
W.C.T.U. is now holding its sessions in  
Auckland, and its proceedings will be  
duly recorded in our next issue. We  
trust that our sisters in the North will  
have successful meetings, and that the  
reports of work done during the year  
will stimulate all to fresh zeal, which  
will result in more work and better  
methods in carrying out our "Do  
Everything" policy.

Miss Powell, our N.Z. Corresponding  
Secretary, purposes leaving for Eng-  
land immediately after Convention is  
over. She intends being present at  
the Biennial Convention of the World's  
W.C.T.U., to be held in Edinburgh  
shortly. Miss Powell's hard work in  
connection with the recent elections  
has necessitated rest for a time, and  
we can only hope that her trip to  
the Mother Country will be a most  
enjoyable one.

OUR ILLUSTRATION.—Mrs. William-  
son, whose portrait we publish this  
month, is one of the best-known and  
most widely respected residents of the  
pretty and prosperous town of Wan-  
ganui. Her warm heart has led her to  
take an active part in the philanthropic  
movements of the district for a number  
of years. A member of the Women's  
National Council from its inception, her  
enthusiasm, and shrewd common sense,  
has been invaluable; while her lively  
sense of the humorous is a constant  
sense of refreshment

CONVENTION NUMBER.—The Business  
Manager requests that Unions will let  
her know before March 8, what extra  
copies they require of the Convention  
Number.



## Woman's Suffrage In Western Australia.

By an exchange we see that the Woman's Suffrage Bill has been passed by both Houses in Western Australia, and only awaits the Queen's sanction before it becomes law. We congratulate our sisters most cordially, and especially as the society which agitated for and helped to educate public opinion on the matter was the W.C.T.U. of that colony.

## The Englishwoman's Year Book for 1900.

EDITED BY EMILY JANES.

The title, "A Year Book," has about as interesting a sound as "A Dictionary," yet I venture to think few women will open this Englishwoman's Year Book without a desire being kindled to possess the volume. Valuable indeed the work is, not merely as a book of reference, but for the insight it gives into the life and surroundings of hundreds of thousands of women and children. Those who look beneath the surface letters will find engraved such records of misery and privation, toil and patience, aspiration and achievement, as make one both pity and envy the coming generation, who shall reap whatever of ill or good is now sown.

The spirit in which the gigantic task of editing such a book has been undertaken may be gathered from the preface, a few words from which I cannot but quote: "Nothing human should be outside our scope, it is not those who are too full of self-consciousness and self-conceit to see the tragedy and the comedy of real life, who can ever help poor humanity to those heights to which it can in God's strength attain. For must not all our effort proceed from a heart of love, touched to fine issues, and a tender insight which will

make us teachable, humble, forbearing, ready to give and take, less bent on having our own way, or pushing our own small ends, than in striving to work together with God—Whom we have not seen—by co-operating with our brothers and sisters, whom we see sometimes only too plainly for our peace through those magnifying glasses on which some of us set such store." "We rejoice and we sorrow with the humblest of our kind. In all time of our wealth, in all time of our tribulation, may God deliver us from selfishness and hardness of heart." "The collective conscience of society, 'God's Secretary,' as Milton called it, is awake as it never was before. We see the truth of the Greek proverb, 'One man, no man.'"

Turning to the contents of the book we find that forty-six pages are devoted to education, and in these pages full information is given concerning the Universities, the privileges there accorded to and the restrictions placed upon women with regard to higher education. The University Examination results and scholarships, etc., awarded in 1899, afford clear evidence as to woman's mental ability. The information on Secondary Education, with lists of schools in various parts of England, Wales, Scotland and Ireland, will be welcome to many a parent and guardian. A few short but suggestive and commendatory paragraphs are given to the co-education of boys and girls.

Under the heading of Kindergarten Work, is to be found a short description of Sesame House for "Home Life Training." The curriculum (for boarders and day students) embraces the science and practical work of gardening, household management, simple cooking, hygiene, needlework, and the personal care and education of young children. The free Kindergarten, open daily, is under the leading of an experienced assistant, with whom the students work

in groups at a time. There are afternoon classes in botany, zoology, history of education, etc. "The aim is to form a link between the receptive period of school life and the administrative work of womanhood, the students entering as much with a view to their own development, as with the aim of earning hereafter a livelihood as lady nurses to young children, or as trained child gardeners."

Technical education in all its branches is dealt with, and it is interesting to note that scholarships are given for such subjects as nursing, agriculture, horticulture, dairy work, poultry farming, and domestic economy, as well as for the ordinary branches of science and art. Details of reading unions, libraries, evening schools, and colleges, are given for the benefit of the would-be student who cannot attend the more ordinary means of instruction. A list of "Books about the Education of Women," also one of Educational Periodicals, will be most useful to those specially interested in such matters.

From the article introducing the section, "The Employment of Women," I should like to make copious extracts. The writer (Miss Margaret Bateson) considers that the reason so few careers have been followed by women is that "these few employments engrossed the larger part of their attention. . . . That at any time from the days of Queen Bess to Queen Victoria there have been plenty of these openings . . . I think the very elastic and loosely woven texture of human society clearly reveals. The openings, however, were not very apparent; there were no index fingers pointing 'This way to such and such a career.' Within the last thirty or forty years many sign posts have been set up. . . . What is to my mind more cheering than an entry into certain professions and a pursuit of these

professions according precisely with the ancient traditions of men, is the creation by women of professions, branches of professions, or even more modest departments of work, by which they have organised the performance of some kind of service which was not so efficiently rendered before." Strongly does the writer declaim against the seeking of, and satisfaction with, the "little post," which is all so many women aspire to. In commerce she thinks the woman worker may find a profitable field. One word more I must quote, "In regard to the choice of occupation I would say emphatically, Choose one that is likely to lead to something. Become neither a companion nor a waitress."

Turning to the list of employments and professions we find information as to training, probable remuneration, etc., for such varying branches of labour as accountancy and agriculture, civil service and dentistry, lecturing and needlework. Worthy of note is the fact that some time ago 155 women were reported as being employed as commercial travellers. Stockbroking also claims the attention of two women, though the Stock Exchange does not as yet admit women as members.

To the medical profession is devoted a special section. Full particulars of Colleges and probable expense of training are given, and appended is a list of some hundreds of duly qualified medical women, including the name of our one New Zealand lady doctor.

That science has its women devotees is evidenced by the six pages filled with "Notes on Women's Work in Science in 1899." From these pages we gather that women have rendered service to the cause of science in astronomy, biology, chemistry, geology, physics, history, archaeology, economic science, hygiene and travel.

Opening the section devoted to literature are two short articles on Story Writing and Journalism respectively, and following is a catalogue of women's contributions to literature during 1899. Verily of the making of many books there is no end!

Those interested in the sister studies of art and music are not forgotten. Valuable information is given as to opportunities for study and expense of same. Interesting to many will be the pages devoted to sports, pastimes, and social life. Housekeepers are remembered, and many little semi-legal problems may be solved by reference to these pages. Travellers, too, will find the little volume much more useful than cumbersome, with its notes on places of Interest and Amusement in London and suburbs. The hints on Travelling and list of Boarding Homes for Women will be a boon to many a stranger in a strange land.

From the paragraphs on Thrift, we learn that twelve Friendly Societies, including the A.O.F. and I.O.O.F., admit women as members. Evidently the woman of the future is to be economically independent.

Most comprehensive is the public work section. The leading dates in connection with the "Movement to give women a share in Social and Imperial Government" are given, also a list of the Public Offices filled by women at the present time, from the Queen down to rate collectors. The need for women on all county, town, and parish Councils, etc., is shown, and also the means to be adopted in order to gain a seat on these Boards. In Christchurch difficulty has been experienced in placing one woman on the Charitable Aid Board. From the pages before me I learn that in England and Wales alone there are nearly one thousand Poor Law Guardians. A short article on School Boards sets

forth the absolute need for the presence of women on these bodies.

In the Notes on Temperance Societies it is gratifying to see that a Nurses' National Total Abstinence League was formed in 1897, and a Deaconess' National Total Abstinence League in 1898. One error we detect. The name of Mrs Mary Clement Leavitt is given as the President of the World's W.C.T.U. As my readers are aware, on the death of Miss Willard, the duties of the office fell to the lot of Lady Henry Somerset until the next World's Convention, which meets this year in Edinburgh.

The list of Refuges and Rescue Homes (over 250) is simply appalling, as shadowing forth the iniquity and misery existing in the so-called Christian British Isles.

An interesting section is that dealing with the position of women in Church government. The Society of Friends, we find, makes absolutely no distinction in the duties and privileges of men and women. The schools are for girls as well as boys. In the marriage service there is no "obey," but the beautiful pledge of love and faithfulness is exactly the same for both husband and wife. In many respects the Friends have been pioneers in the woman's movement.

The "Events of the Year as They Affect Women," and a Directory of the names and addresses of women who are well known to the world and to workers, make a fitting conclusion to a book every page of which abounds in interest.—L.M.S.

---

### British Women's Temperance Association.

At the last annual meeting it was resolved that members of the Executive should be delegates to the World's Women's Christian Union Convention in Edinburgh (June 25th, 26th and 27th).



Lady Henry Somerset moved a resolution expressing sympathy with the wounded British and Boers in South Africa and with all the bereaved. The resolution was carried by the whole Committee rising.

The Committee resolved—"To use every effort for the success of the World's Woman's Christian Temperance Union Kiosk at the International Exhibition in Paris next year." As about £600 will be required to build and furnish the kiosk, to supply Temperance literature for free distribution, and for arrangements for the sale of Temperance drinks, an appeal is to be made to Temperance Societies in Great Britain to give donations for this most important work. (The World's W.C.T.U. officers have asked all the affiliated countries and colonies to respond as generously as they did in 1889.)

In her *Bulletin*, Miss Agnes Slack says:—"Miss Brown, the President of the Auckland W.C.T.U., called to see me in Sheffield last week. She is a devoted White Ribboner, and it was most refreshing to meet someone from your far away land. She brought us many kindly greetings from the Antipodes." Miss Slack also comments on Miss Maunder's work in Southland.

## OFFICIAL CORRESPONDENCE.

TO THE EDITOR OF "THE WHITE RIBBON."

DEAR MADAM,—Will you allow me to express to the Unions, through your columns, my apologies for having failed to send in time the programme of the Auckland Convention? When I was hunting through my writing case this week, I found the notes I had prepared for it still unposted. I had put them aside till I should hear from Auckland the place of meeting, etc., and as that information didn't come, the whole thing escaped my memory. I can only express the sincerest regret.

I am, etc.,

L. M. KIRK,

N. Z. Recording Secretary.

Blenheim, Feb. 2.

Half-a-crown a year will procure you a copy of the WHITE RIBBON, posted direct, and you will thus be kept in touch with a large section of the thoughtful women of the colony.

## Report of the London "Daily Mail" on the Drink Traffic.

ESTABLISHING LOCAL VETO.—Licensed victuallers in Berks and W. Hants are much perturbed over the decision of the Whitchurch justices in refusing to grant the transfer of a license for the Harrow Inn at Newtown, near Newbury, on the ground that the inhabitants of the locality had petitioned against it as being unnecessary.

If the action of the Whitchurch bench is to form a precedent, local veto will in the near future be rather prominently before the licensing justices.

Mr Lucas, who appeared for the tenant, protested against the method of opposition, and asked that the transfer should be granted, and then the whole question could be threshed out at the next annual licensing meeting.

Mr Melville Portal, who is chairman of the local bench, and also of the Hants quarter sessions, held, however, that they could not do otherwise than act on the wishes of the inhabitants (forty-five persons had signed out of about 180 inhabitants), and that they ought not to force a public house upon them if they were against it.—March 20, 1899.

A JUDGE'S DRASTIC REMEDY.—Charging the Grand Jury at Durham Assizes yesterday, Mr Justice Grantham spoke strongly of the black calendar presented to him. Out of forty-three prisoners, three were charged with murder, four with manslaughter, and twenty-four with other offences of violence.

In the majority of the cases, he noted, drink was at the bottom, and somebody was to blame—he did not say the magistrates were, but magistrates and the police were responsible for public-houses being properly conducted, and when men stayed a long time at public-houses, and went home drunk and murdered their wives, or did other kinds of violence, it should be stopped.—Nov. 23rd, 1899.

FOUR MURDER TRIALS.—Mr Justice Kennedy, in charging the Liverpool Grand Jury yesterday, said there were no fewer than four cases in which the capital charge was preferred. With regard to the cases which, to the best of their calculations, represented 75 per cent. of crimes of violence, he thought it was right to point out unquestionably that the connection between intemperance and crime was clearly marked. It was a very serious thing when anything like 75 per cent. of crimes of violence was due in a very close way to indulgence in excess of that sort.—November 23rd, 1899.

## POETRY.

### My Love.

Not as all other women are  
Is she that to my soul is dear;  
Her glorious fancies come from far,  
Beneath the silver evening star,  
And yet her heart is ever near.

Great feelings hath she of her own,  
Which lesser souls may never know;  
God giveth them to her alone,  
And sweet they are as any tone  
Wherewith the wind may choose to blow.

Yet in herself she dwelleth not,  
Although no home were half so fair;  
No simplest duty is forgot.  
Life hath no dim and lowly spot  
That doth not in her sunshine share.

She doeth little kindnesses,  
Which most leave undone or despise;  
For naught that sets one heart at ease,  
And giveth happiness or peace,  
Is low-esteemed in her eyes.

She hath no scorn of common things,  
And though she seem of other birth,  
Round us her heart entwines and clings,  
And patiently she folds her wings  
To tread the humble paths of earth.

Blessing she is; God made her so,  
And deeds of week-day holiness  
Fall from her noiseless as the snow,  
Nor hath she ever chance to know  
That aught were easier than to bless.

She is most fair, and there unto  
Her life doth rightly harmonise;  
Feeling or thought that was not true  
Ne'er made less beautiful the blue  
Unclouded heaven of her eyes.

She is a woman; one in whom  
The springtime of her childish years  
Hath never lost its fresh perfume,  
Though knowing well that life hath room  
For many blights and many tears.

I love her with a love as still  
As a broad river's peaceful might,  
Which, by high tower and lowly mill,  
Goes wandering at its own will,  
And yet doth ever flow aright.

And, on its full, deep breast serene,  
Like quiet isles, my duties lie;  
It flows around them and between,  
And makes them fresh, and fair, and green.  
Sweet homes wherein to live and die.

—James Russell Lowell.

## By their Works.

Call him not heretic whose works attest  
His faith in goodness by no creed confessed.  
Whatever in love's name is truly done  
To free the bound and lift the fallen one  
Is done to Christ. Whose own deed and word  
Is not against Him, labours for our Lord.  
When He, who, sad and weary, longing sore  
For love's sweet service, through the sister's  
door

One saw the heavenly, one the human guest.  
But who shall say which loved the Master best?

—Whittier.

## "Woman's Century Calendar."

The above is the title of a skilfully edited and tastefully-printed booklet of 80 pages, published quarterly by the National American Woman Suffrage Association, 107 World Building, New York, at 25 cents per single copy, and 1 dollar 45 cents per annum. The September number which we have received, contains portraits of Susan B. Anthony, Elizabeth Cady Stanton, Julia Ward Howe, Frances Willard, Mary A. Livermore, Clara Barton, Harriet Beecher Stowe, Lucretia Mott, and Mrs Belle Mansfield. On the cover is the picture of a "Sweet Girl Graduate" in cap and gown, and encircling the picture is the motto, "Not new women, but new conditions."

The date 1800 in the left corner is enclosed by the words "Ignorance" and "Repression," and in the right corner the date 1900 is enclosed by the more inspiring words, "Liberty" and "Equality." At the foot of the cover is the motto, "The world does move." The introductory series of paragraphs gives a very fair account of the legal and social position of women in the year 1800, and we cannot do better than republish them. They are entitled,

### Landmarks in Woman's Century.

Married women were not permitted in any country to control their property, nor to will it away at death; to all intents and purposes they did not own it. The Common Law in operation in England and the United States held husband and wife to be *one*, and that one the husband. The legal existence of the wife was so merged in that of her husband, she was said to be "dead in law." Not only did he control her property, collect and use her wages, select the food and clothing for herself and children, decide upon the education and religion of their children, but to a very large extent he controlled her "freedom of thought, speech and action." [With the exception of the Married Women's Property Act the economic position of women has not much improved. Given economic disability, and most of the other disabilities follow.—ED.] If she disagreed with him, or in any way offended him, he possessed the legal right, upheld by public opinion, to punish her; the Courts only interfering when the chastisement exceeded the popular idea in severity. At this time it was held by Courts in England and the United States that a man on

### Whipping his Wife

should be restricted to a stick no thicker than his thumb. Humane, affectionate husbands, always better than the law, treated their wives as loved companions, but upon the wives of fickle, untrue, ignorant and brutal husbands, always numerous, the oppression of the law fell with crushing force, and the wife had no redress. All possessions passed into the hands of the husband at marriage. If a married woman worked for wages, she could not legally collect them, as they belonged to her husband. She could not make a will; sue or be sued. Widows or unmarried women who might possess a bank account did not go to a bank to transact their business, but employed a male friend as an agent. They rarely managed their own affairs; the opinion prevailed so commonly that women could not possess business intelligence, they had neither confidence in themselves nor public encouragement to attempt any ventures of independence. Few occupations were open to women and these were monopolised by the poor. It was accounted a disgrace for women of the upper or middle classes to earn money. The unmarried women of such classes, dubbed "old maid," forbidden by popular opinion to support herself, became a dependent in the home of her nearest male relative. Pitied because she

### Never "Had a Chance,"

regarded with contempt as dependents always will be, she was condemned to a life of involuntary service,

No college in the world admitted women. Men had so long done the thinking for the average woman, it was universally believed that no woman was capable of mastering the highest branches of learning; the few women of genius who had appeared from time to time were pronounced the "Exception which proves the rule." The convents and boarding-schools, wherein girls of wealth were educated, taught nothing but the rudiments, while the daughters of the poor received no education at all. Good manners, polite address, music and dancing were considered the only accomplishments necessary. Public schools were in many places closed to girls, and when admitted they were dissuaded from attempting the study of all branches except reading, writing and elementary arithmetic.

In Churches women were seated on one side and men on the other; as it

was held that men "Could not commend themselves to God unless relieved of the

### Contaminating Influence

of women." Women were forbidden to pray or speak in the churches, and, in many of them, even to sing in the choir. They were forbidden any part in the business management of the Churches, and occupied much the same relationship to the Church as did child members. [In this year, 1900, women are graciously allowed to collect money or provide for the Churches' support, but otherwise they have little more share in the "business management" than they had in 1800.]—Ed.

It was considered highly immodest for a woman to appear upon a business street without a male escort, and any woman seen upon the street after dark was regarded with suspicion. More than one hundred years before, Anne Hutchison, a Godly woman, had been cruelly persecuted for daring to "preach the Gospel to men." So universally was this movement against her approved that the voices of women were silenced everywhere. Not a woman would have dared to speak in public, and few would have given approval if she had.

The recital of the legal and social disabilities of women at the beginning of the century is pitiful enough, but it can only partially convey a full understanding of the timid, self-distrustful, untrained character of the average woman of the day. Taught that it was

### Unwomanly to hold Opinions

on serious subjects—that men most admired clinging weakness in women, and that the one worthy ambition was to secure their admiration—it is no wonder they made little effort to think. The familiar simile of the oak and the vine was not inappropriate at the time.

A few protests against these conditions had been made—the premonitions of the coming revolt. Mary Wollstonecraft, in her "Vindication of the Rights of Women," had pleaded eloquently for the larger opportunities for women, and especially for education, saying, "Women cannot be injured by the experiment, for it is not in the power of men to render them more insignificant than they are at present." The public had received her appeal in the hostile spirit unfortunately customary when a wholly new idea is presented, and Henry Walpole doubtless reflected public opinion when he called her a

"Hyena in Petticoats."



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 White Pique Skirts, choice, 7s 6d, 9s 11d, 15s 9d, 21s  
 New Serge and Lustre Skirts, 6s 11d, 8s 11d, 10s 9d, 13s 6d  
 Black Lustre and Crepon Skirts, 10s 6d, 13s 6d, 15s 9d, 18s 6d  
 Black Lace Mantles, 12s 11d, 15s 6d, 19s 6d, 25s 6d, 35s  
 New Cloth Capes, 12s 11d, 14s 11d, 18s 6d, 25s 6d, 32s 6d  
 Black Silk Mantles, 29s 6d, 39s 6d, 42s 6d, 63s, 105s

Condorcet had made a plea for full liberty for women, including enfranchisement, at the close of the French Revolution, and was supported by a considerable following of representative men and women. Mistress Margaret Brent, the owner of a vast estate in Maryland, had demanded a voice in colonial affairs: and Abigail Adams had pleaded for a larger liberty for women at the close of the American Revolution; but these were the voices of seers rather than the expression of common opinion. Women were satisfied with their lot, and men believed they were fulfilling the highest possibilities of woman-kind. It was upon such conditions the curtain of the nineteenth century rose, the century which the prophetic voice of Victor Hugo has proclaimed to be the "Century of Woman."



**THE HOME.**

SOME friends who were interested in the short article entitled "A Chat with Mrs Pike," published a few months ago, have asked me for further details of some of the cases which have been successfully treated by her. Accordingly I made it again a pleasant duty to have another talk with her on her work. "I have," she said, "a few patients who come to me at intervals for treatment, and who are thus kept continuously in good health. As an example, Mrs A. is naturally extremely prone to rheumatism, but at the first symptoms of an attack, she comes to me for a short course of massage and hydrotherapy;

and to this wise caution she attributes her good health. The course is simple enough. One day I give her a steam bath, another, a hot soapy blanket, another, packs to various parts of the body, another, cold sitz baths, always followed by massage."

Mrs Pike favours general rather than local treatment, except in special cases of injury. She looks upon the body as a whole and realises by her methods that if one member suffer, all the members suffer with it. She claims that her remedies break down adhesions, remove obstructions, and aid secretion, which means of course that the body is aided to perform all its functions simply and naturally.

By the way, she is a strong advocate of wheat meal porridge and whole meal bread. She believes that little meat is needed where there is a plentiful supply of fruit and vegetables. No alcohol is allowed in her regimen. A recent case she has just treated with eminent success will be interesting to all my readers.

A child 4½ years old, suffering from curvature of the spine, was brought to her as a last resource. The child had been confined to its bed, lying on its back, six months. Its little body had been kept in splints which reached to its thighs, bandaged with seven yards of bandages. Weights had been placed on the feet and iron supports to the body. The doctors in attendance had regarded the bone as the centre of the trouble. Mrs Pike removed the weights and bandages and saw that the muscles were wasted and unable to support the bone and keep it in its place.

The muscles then were her first care and consideration. By a system of massage, packs, soapy blankets, and

bathing, the muscles soon grew strong. In six weeks the child could walk about, in strength and appearance a perfectly normal little being.

Mrs Pike has treated many women for abdominal troubles. A case of falling anæmia congestions which like the case of old time had been treated by many physicians, and had grown worse rather than better, was dealt with by her simple applications of soap poultices, vinegar baths, vinegar compresses, injections, and sitz baths. In three weeks the patient was restored to sound health.

Mrs Pike is no believer in darkened rooms and closed windows. Air, light, and water are the three great physicians she invokes to her aid. "Wash, and be clean" is a motto she would urge upon all.

She has had several cases of disease which she considers purely the result of dirt. The skin, when baths are few and far between, becomes thickened and blocked, and the internal organs suffer from the suppression of the exudation of the poisonous matter through the skin.

"Every healing process is a soothing one," said Mrs Pike. "If mothers realised that truth what an amount of suffering would at once be done away with!"

**CHEERING TO N.Z. WORKERS.**—Many of our readers have probably noticed that the "Kipling of the Sea," Mr Frank Bullen, who began life thirty years ago as cabin boy of a little ship, and is now delighting the public with his books and lectures, remarked to an interviewer recently: "It was the mission in Port Chalmers that took me up and turned me right round; saved me body and soul."

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