

18,6,3

"Do unto others as ye would that they should do unto you."

N.C.W. News

OFFICIAL ORGAN OF THE

National Council of Women of South Africa

Nasionale Vroueraad van Suid-Afrika

(Affiliated with the International Council of Women in 1913)

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HEADQUARTER'S NOTES

Names and addresses of New Office Bearers:—
Vereeniging: Act. Pres., Mrs. Amm, c/o Galen Chambers, Voortrekker St.
Hon. Sec., Mrs. Harris, 51a Rhodes Avenue.
Ladismith (Cape): Hon. Sec., Mrs. Blomerus, P.O. Box 41.
Rustenburg: Hon. Sec., Mrs. A. M. Murray, P.O. Box 87.

PRESIDENT'S LETTER

Dear Fellow Members,

July is traditionally a holiday month with us, and I am sure that many of you have been able recently to secure change and relaxation, and are returning to your round of duties and interests much refreshed, and eager to continue with your special work in your own branch of N.C.W.

Here at Headquarters we have experienced, as might be expected, rather a quiet month, but I myself have been very busy. After attending the Executive meeting of the Institute of Race Relations, I was able to remain in Johannesburg for a few days for the "Winter School" organised by the Institute. The topic chosen was "the reasonable man's attitude to race relations," and the venture was amply justified by the attendance of nearly two hundred students, mostly genuine seekers after reliable information upon which to base or modify their opinions. Vacation Schools, which are a commonplace of life in many countries, are something of a novelty in South Africa, but they are making a valuable contribution towards our adult education, and proving a great stimulus towards wider thought and extended knowledge to many of us. I commend to those interested the Summer School being organised for January next by Rhodes University College, when courses on "Christianity and Civilisation" and "Education and the Citizen" will be available. Particulars may be obtained from Professor Irving at Rhodes.

A request has been received from the Tweespruit-Westminister Outpost that the name of Lady Duncan may be added to those in our Book of Memory. The Board of Officers has been happy to agree, and it has been suggested that other members who were Lady Duncan's friends or admirers of her work would like to be associated with her own centre in this mark of appreciation. I have already received a contribution to this end. Any money received will be placed to the credit of the N.C.W. Memorial Fund, which forms our only endowment—at present a very small one.

At the Penal Reform Conference we were represented by Miss Horwitz, a legal member of the Johannesburg Branch. Miss Horwitz was unfortunately not able to attend for the whole period of the conference, but she has submitted an interesting report on the main part of the proceedings. Many of our Branches are keenly interested in this matter, and if any of them would like a copy of Miss Horwitz's summary, we shall be glad to send it.

We still await the report on the Legal Disabilities of Women. I have heard that this is to be published on August 6th, and hope to have more to say on it next month.

Yours sincerely,

ELEANOR RUSSELL.

PERSONAL

Members will join in our expression of sympathy to Mrs. Dugmore, President of the Uitenhage branch in the sudden tragic death of her husband whilst on holiday at Katberg.

* * *

A most unfortunate accident has befallen Mrs. Mitchell-Hunter, past national President and President of the Johannesburg branch. Dr. and Mrs. Mitchell-Hunter were staying in Cape Town, awaiting the arrival of their ship en route to America and on the day before sailing she was knocked down by a careless cyclist and her leg broken in two places. At the time of writing she is in Groote Schuur Hospital and all thought of the long-looked for trip to America has had to be given up. Meantime we all wish her a speedy and complete recovery and hope that the holiday has only been postponed and not abandoned. Dr. and Mrs. Hunter have returned to Johannesburg where she will have further treatment at the General Hospital.

UNITED NATIONS APPEAL FOR CHILDREN

Hereunder we have pleasure in printing in English and Afrikaans the Broadcast made by His Excellency the Governor General in connection with the above appeal. Mrs. Spilhaus is chairman of the Committee in Cape Town, with Mrs. Dunay as org. secretary, and they are hard at work in that centre. Committees have been formed in many other centres — but where there is no local committee — one day's pay should be sent direct to the National Organising Secretary, the Rev. F. B. de Beer, Welfare House, Fox St., Johannesburg.

UNITED NATIONS APPEAL FOR CHILDREN

Broadcast by H.E. the Governor General

An emergency confronts the world at the present time for the future of half the children of the world is threatened. Millions of children in the war devastated areas are facing starvation and disease. They lack all things which are the birthright of children, food, clothing, medical attention, schools and, equally important, they lack a sense of security and the experience of human kindness and love.

The devastation of war has been followed by the failure of crops, due to severe winters and summer droughts and the consequence is that in Europe about 40,000,000 children, and in the Far East even more, are in need of immediate aid. They will grow up bitter, suspicious, warped in outlook — or they can become healthy world citizens — depending entirely on how they are treated in the next few years. It will take a great deal to restore their self-esteem and their faith in basic human values. Without that faith there can be no peaceful to-morrow.

An appeal has therefore been launched by the United Nations and has been responded to by 44 countries. The United Nations Appeal for Children (UNAC) asks every citizen in the world to give "one day's pay" to meet this emergency. In every country a national committee has been set up composed of representatives of voluntary organisations and of public spirited individuals to organise this appeal.

The aim is to bring the appeal into every home and to enable every person to make a contribution. "To give one day's pay" is to

give life itself to a great number of children; to give ourselves peace of mind; and to give the new generation its chance to build a better world.

The machinery for distributing the fund is already in being. The United Nations Emergency Children's Fund was created by the General Assembly of the United Nations in December, 1946, and is already, through the agency of voluntary organisations functioning in: Albania, Austria, Bulgaria, Czechoslovakia, Finland, France, Greece, Hungary, Italy, Poland, Roumania, Yugoslavia and in Germany.

It provides food and medical supplies to infants, to expectant mothers and to children and adolescents. Already nearly 4,000,000 children in Europe are being fed with dried milk, meat and fats. The food is distributed entirely on the basis of need. It has been laid down by the United Nations that there shall be no discrimination against hungry children on religious or political grounds.

The I.C.E.F. (International Children's Emergency Fund) is co-operating with the World Health Organisation and has begun a programme for the testing of 50,000,000 European children for tuberculoses and is arranging for the inoculation of 15,000,000 who can still be protected against this dread disease.

Forty-three countries have now launched their appeal and to-night I am asking South Africa to join in this world-wide campaign.

True, many children in South Africa are suffering from malnutrition, but in this land machinery has been set up to help them and most of them have parents to look after them. While we hope that the conscience of South Africa will be awakened to their need their case cannot be compared with the tragedy in Europe where immediate help is needed if these children are to survive.

The National Committee has been formed under the Chairmanship of Professor S. Pauw, consisting of representatives of voluntary societies, church and nationally organised bodies. It is proposed to set up local committees in every town and village in South Africa and it is anticipated that help and co-operation will be forthcoming from municipalities and the many existing voluntary organisations.

I ask one and all to give and to sacrifice, if it be a sacrifice, just one day's pay or income. This may save the life of a child — a citizen of to-morrow.

* * *

RADIOPRAATJIE DEUR SY EKSELLENSIE DIE GOEWERNEUR-GENERAAL, GEHOU OP 9 JUNIE 1948

Ek het vanaand 'n dringende boodskap vir elke luisteraar. En ek vra dat elkeen van u wat luister die boodskap asseblief verder moet uitdra. Die boodskap moet elke man, vrou en kind in Suid-Afrika bereik.

Dit is my taak om die noodgeroep van kinders in oorlogsgeteisterde lande aan u oor te dra. In Europa alleen is daar veertig miljoen kinders wat honger ly. Hulle is nie net ondervoed nie, hulle is honger. Omdat hulle honger is, is die meeste van hulle ook siek. In baie Europese lande ly die meeste kinders aan tuberkulose. Elke dag sterf daar duisende. En dié wat lewe moet veelal die erfreg van elke kind, naamlik die gevoel van veiligheid en liefderike versorging, ontbeer. Die gevaar bestaan dat hulle nie alleen met verswakke liggame groot word nie, maar ook met bitterheid en verwyf in hulle harte. En dit is voorwaar geen vaste grondslag vir wêreldvrede nie.

Om die lyding van kinders te verlig, is die Verenigde Volke se Kinderfonds in die lewe geroep. Onthou, die V.V.K., Verenigde Volke

se Kinderfonds. Die fonds is alreeds in drie-en-veertig lande geloods, en vanaand word hy in die vier-en-veertigste land, in ons eie Suid-Afrika, van stapel gestuur. In al hierdie lande het mense in die afgelope maande hul bydraes gedoen. In 'n landjie soos Ysland het die inwoners gemiddeld meer as twaalf sjielings per persoon geskenk.

Die oproep bestaan daarin dat elke persoon gevra word om een dag se loon of inkomste af te staan vir die kinders van die wêreld. So gul was die reaksie in ander lande dat vier miljoen kinders nou reeds elke dag gehelp word. Die meeste kry bykomstige voedsel, maar daar word ook gesorg vir klere, mediese hulp, skooldienste en veral vir hulpdienste aan moeders en verwagte moeders. Vyftien miljoen kinders in Europa moet inspuittings teen tuberkulose kry.

In die besluit watter kinders gehelp moet word, is daar een oorweging wat swaarder weeg as enige ander. Die hulp moet gaan waar die nood die hoogste is. Geen verskil word gemaak ten opsigte van geloof of politieke oortuiging nie. Geen persoon behoort 'n kind as vyand te reken nie.

Op 20 Mei laaslede is 'n vergadering op versoek van die Eerste Minister (Generaal Smuts) in Pretoria byeengeroep. Daar is die Nasionale Komitee van die Verenigde Volke se Kinderfonds gestig. Die Komitee het dadelik begin werk en sal gedurende Augustus 'n veldtog loods waarin elkeen in Suid-Afrika genader moet word om sy bydrae. Die veldtog sal op 31 Augustus afgesluit word. Die sukses van die veldtog sal afhang van die geesdrif waarmee die plaaslike komitees hulle werk gaan aanpak. Besonderhede in verband met die stigting van u plaaslike komitee sal eersvolgende Maandagaand in 'n nasionale uitsending bekendgemaak word.

My beroep op u is vanaand om u deel by te dra tot hierdie grootse poging. Elke pond wat u gee beteken ekstra voedsel vir 'n honderd

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Life Assurance, Annuities, Mortgage Loans, Educational policies for children, Fire and Burglary Insurance, Personal Accident and Sickness Insurance—all these different ways and means of safeguarding the Home and providing for the security of dependants are are matters of particular importance to women.

These days, the business girl with an eye to the future realises that she, too, needs Insurance. The Women's Dept. is there to meet this need. There are attractive saving plans for women and there are special policies that protect the girl-in-the-job as well as the professional or business woman-on-her-own from the financial consequences of illness or accident.

All these matters can be discussed freely, fully, and in absolute confidence with the lady organiser of The Southern Women's Insurance Department, at whose private office enquirers are welcome to call at any time.

The Southern Life Association of Africa

Cape Town, Johannesburg, Durban, Bloemfontein, Pretoria, East London, Port Elizabeth and Kimberley.

kinders per dag. Deur u deel te doen, gee u miskien die lewe self aan een of meer kinders. Niemand van ons kan miljoene gee nie, maar miljoene van ons kan elkeen iets gee. Nie alleen u geld is nodig nie, maar ook u kragte vir organisasiewerk in u eie omgewing. Om miljoene te bereik, het ons tienduiseende helpers nodig.

Dit is my ernstige verwagting dat die volk van Suid-Afrika eindelik hier 'n taak gevind het waaraan hy hom eendragtiglik kan wy. Geen persoon en geen volk kan hom aan 'n edele taak wy sonder om self innerlik veredel en verryk te word nie. Ons moet iets nalaat om te groei. Die voedsel wat ons verskaf sal liggaamlike groeikrag vir duisende kinders bring. Maar die gees wat ons besiel sal ook in hulle harte weerklink vind. Deur ons hulp sal ons die goedgesindheid en welwillendheid in die wêreld laat toeneem en dit kan 'n magtige kragbron word vir wêreldvrede.

En mag hierdie liefdedaad na buite ons ook met welwillendheid teenoor mekaar vervul. Mag hierdie poging ook ons oog en oor skerp vir die nood van kinders in ons eie land.

UNITED NATIONS APPEAL FOR CHILDREN.

AN ADDRESS GIVEN BY MRS. DUGMORE, PRESIDENT OF THE UITENHAGE BRANCH AT ITS JULY MEETING

There will be brought to your notice very shortly, an appeal which cannot fail to excite the sympathy and generosity of the whole world. It is known as UNAC.

In these days when so many organisations are known by their initial letters, like our own N.C.W. — this word UNAC stands for the "United Nations' Appeal for Children."

These children are not the unfortunate few—but the vast majority. Children of all nations, without exception, whose own countries and communities cannot save them. There are 230 millions of them.

To many of these children, help will come, if it comes at all, too late. They are dying now — some from actual want and starvation; many from the exigencies of the War years which form these children's entire past and background.

Some 15 months ago, a group of decent English men and women were sent by a religious organisation to Europe to teach young children the value of Christian and democratic behaviour.

After months of struggle the workers issued a brief report. It read, "How do you teach the Ten Commandments to half naked children who are dozing with cold and hunger on the floor before you?"

No spiritual mission can flourish unless it brings along with it food, clothing, warmth, medicine and some hope for the future. In other words what is wanted is **practical** christianity.

Authorities have been busy estimating, in terms of pencils, chalk and exercise books, what will be required to **educate** these children.

But of what use are pencils, chalk and exercise books, or indeed education itself, to children who have neither bread, homes, clothes nor the parents to provide them?

Of what use is it to try to teach them that to steal, to beg, to rob, to scavenge and solicit in the streets is **wrong** — when their bones are almost piercing through their skins, and the skin itself hangs in folds over their limbs?

No—the starting point is **food**. But **so** much is required, **so** great is the need and **so** short the supply, that children have to be almost dead from starvation before they can be given priorities of food and warmth.

There are in Europe a number of hospitals for acute starvation cases, run by various voluntary relief societies. In the summer, children of all nationalities arrive in ambulance trains for a two or three months' feeding course. On arrival, the majority cannot even walk. For the first few weeks nourishment is fed to them in the form of liquids or by injection.

Now listen to the pathos of all this:— **As soon as they have gained sufficient strength to run about and play, the food holiday is over.** Back they go to the hunger and decay they came from, in the only home they know. Millions of European children carry a tin can slung over their shoulders by a string. With this they go on scavenging trips — from rubbish heap to dust bin, collecting any waste or scraps of food which may be found among the litter.

Ladies, our dogs would turn away in utter distaste from what these children salvage with eagerness. I doubt if pigs — usually considered the least fussy of feeders — would eat what these children pounce upon with avidity.

The school meal is the salvation of thousands. Here they get **the only meal of the day** and this makes them attend school, and even **like** school very much indeed, although few have shoes to go in (and remember these are European winters with rain, snow and ice — not Eastern Province winters where we can wear summer clothes and bare legs) and none have adequate clothes.

One boy in Poland explained his irregular attendance in this way.— He had two sisters and two brothers who had to take turns with him in wearing his suit. The elder sister used his boots and trousers, the younger brother his jacket and jersey — in order to get to school to qualify for the precious meal, and when one or both of them attended, well, he had to remain at home.

A little chap of five was caught stealing potatoes from a communal feeding centre. They took him home to his mother who scolded him bitterly, not for stealing but for being so foolish as to be caught at it.

And what punishment do you think the mother promised him?

Well, it appeared that the whole family intended spending the following Sunday scrounging coal and food from the railway warehouses in the neighbourhood, and this little chap's punishment was that he should be excluded from this family Sunday outing!

One very young boy and girl were stopped in the street and asked where they were going. They said they were going to get married. The boy explained that his shoes were worn out, and he had heard that when couples got married they received new shoes.

A girl of good manners and appearance and some education, aged about 16 or 18 was found to have gathered a group of stray children in the cellar of a bombed house. She had become a street walker in order to feed these children, and when she was arrested and warned about her way of life, she was completely bewildered and quite unconscious of any sin. In her mind the theory obviously was — as Shakespeare has it, "To do a great right, do a little wrong."

The natural outcome of hunger, cold and over crowding is tuberculosis, so **that** scourge has to be coped with as well. And the longer we leave it, the more leeway there is to make up.

For workers in the midst of want like this to receive a parcel of educational pamphlets is almost an insult. One woman worker who received such pamphlets, acknowledging such a parcel said— "It is



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HISTORY of **N.C.W.S.A.**

1909-1948

Compiled by

Mrs. MARY TREHARNE

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the Council should
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sheer hypocrisy to try to educate children who are glassy eyed with hunger."

But the pamphlets were not wasted. She distributed them among the children to stuff into their boots to keep the damp out, and the cardboard container was particularly useful.

I have told you a little about the conditions of the 230 millions, to pave the way for the appeal that is coming. This is not an appeal from N.C.W., though Headquarters has intimated that branches should help.

It will be organised, I understand, through the Mayor and Council. UNAC relies for its success on two motives—First the love of all parents for their children, and second on a world-wide longing for peace.

Grown ups everywhere are ready to sacrifice for their children and to give priority for children of milk and other protective foods.

The war cannot be blamed for everything. Once upon a time **nature** could be blamed in some measure for the world's hunger.

That time is past. For more than two generations man, with inventions and increased knowledge, has conquered nature on many fronts.

1. But the fault now is ours. Though we **have** or could build the agricultural implements, and the knowledge which would make greatly increased production possible, we still allow vast areas to be cultivated by methods, Ladies, which are 3,000 years old.

2. We **know** havoc is caused by floods, but we have failed to dam up and regulate the flow of our rivers.

3. We know drought causes infinite distress — yet we do not conserve the water when it does come.

4. Irrigation is the secret of plentiful crops but we don't irrigate lands to help them yield immediate and rich returns.

5. We have not produced sufficient fertilisers to enrich the soil though we very well know how.

6. We know what erosion costs, but we have done little to save the millions of acres of top soil which is regularly being washed away or blown away.

7. We have fed grain to fatten animals and that grain should have been used to make bread.

8. Worst of all, to keep up high prices in a hungry world, food has actually been reaped, — then covered with petrol and **burned**. Other food has been dumped in the sea or buried in the ground to keep it from reaching a market where its very plentifulness might bring down its price.

You have heard, probably, of "Genocide" — the elimination or wiping out of an entire group of people. This has actually been recommended in certain countries, and methods of starvation and systematic malnutrition on a wholesale scale have been recommended as effective means as being superior in the end even to the deadly work of machine guns during war.

Chester Bowles is the chairman of the committee of UNAC. In the name of UNAC he is asking the people of the whole civilised world to make contributions to the appeal. He asks for one day's pay from everyone.

Of course he will not get it. There are countless thousands who will give nothing at all. There are others who cannot afford one days' pay. But nearly everyone could give something.

What happens to contributions? From your town they will go to some central committee who will send it direct to the main committee in Europe... and from there it will go **immediately** to feed the children and to inoculate them against disease and, less immediately, to work for peace.

For this generation, in all its misery will neither forget nor forgive if we desert them now. Those who live to grow up will be full of hatred, suspicion and bitterness — and stunted in mind and body.

They will one day rule the world, and slender is the chance of future peace if they are not cared for now.

UNRRA did marvellous work for starving Europe and displaced persons. But, alas, UNRRA ended before its work was done in 1946.

It is expected that about 50 countries will eventually take part in this appeal. You have already heard talks about it over the wireless and seen accounts of it in the papers. Iceland has already completed its drive — raising £100,000 which works out at £1 per head for almost its entire population — plus 5 tons of clothing.

A stout effort for a small country.

All over the world people of all classes, religions, beliefs and political opinions have shown that on this subject — the future of the children — there are no divisions of opinion.

The world cannot agree about everything; it cannot unite on complex issues, but it can join forces on a very simple issue; it can shake hands on one basic proposition. It can agree that no child whatever its race, colour, nationality or political complexion should be allowed to starve to death. And if once we collaborate and co-operate on feeding and caring for the children of the world — we might learn to agree on other and more complex (though not more vital) things in the future as well.

The problem UNAC tackles is enormous. UNAC scheme is bold. It cuts clean across national boundaries; it cleaves through iron curtains; it brushes aside all prejudices created by war or class or race or doctrine.

The appeal is aimed directly at the hearts of human beings — all of whom were children themselves once and most of whom are now, or are going to be, the parents of the children of the future.

When the Mayor calls his meeting of the citizens of Uitenhage let us see to it that we are there. It may mean collecting on street corners; or helping in some other organised effort or making a personal contribution; but do not let our widow's mite of endeavour be missing.

What does N.C.W. DO? The old slogan of our critics sounds again. Well, here is something that N.C.W. CAN do if it has the will to do it."

EXHIBITION — WOMEN IN THE NETHERLANDS

1898-1948

This exhibition takes place at the Hague from August 18 to September 30, 1948. A Brochure giving full details is in the hands of your Editor and should any of our members be flying to Holland in September this would be a fine opportunity of visiting this unique exhibition which is being held to tell the world what the women of the Netherlands have achieved in 50 years of prosperity and peace, of darkest despair and stern resistance against a most tyrannical oppressor of rebuilding a country cruelly ravaged by war.

The Exhibition is further intended to be an expression of the love and admiration of the women of the Netherlands for her Majesty Queen Wilhelmina in honour of her golden jubilee. The great progress which women have made during the past 50 years is a direct result of Her Majesty's beneficent reign.

NATIONAL COUNCIL OF WOMEN OF SOUTH AFRICA NASIONALE VROUERAAD VAN SUID-AFRIKA

INTERNATIONAL STANDING COMMITTEE MEMBERS/LEDE VAN DIE INTERNASIONALE STAANDE KOMITEE

International Standing Committee Member for/Internasionale Staande Komiteelid vir:—

1. Arts and Letters/Kuns en Lettere.
2. Broadcasting/Uitsaai of Radiowese.
3. Child Welfare/Kinderwelvaart.
4. Cinema/Rolprente, of Kinematografie.
5. Education/Onderwys.
6. Finance/Finansies.
7. Health/Gesondheid.
8. Home Economics/Huishoudelike Ekonomie.
9. Housing/Behuising.
10. Laws and Suffrage/Wetgewing en Vrouestemreg.
11. Migration/Verhuising.
12. Moral Welfare/Morele Welsyn.
13. Peace and International Relations / Vrede en Internasionale Verhoudinge.
14. Press and Publicity/Die Pers en Reklame.
15. Trade and Professions/Handel en Beroepe.

NATIONAL ADVISERS/NASIONALE RAADGEWERS

National Adviser for/Nasionale Raadgewer vir:—

1. Coloured Affairs/Kleurlingsake.
2. Indian Affairs/Indiërsake.
3. Less Privileged Europeans' Affairs/Minderbevoorregte Blankes Sake, of (Nasionale Raadgewer i.s. aangeleenthede vir blanke minderbevoorregtes).
4. Native Affairs/Naturellesake.
5. Soil Conservation/Grondbewaring.

CONVENERS OF NATIONAL COMMITTEES/SAAMROEPSTERS VAN NASIONALE KOMITEES

1. Parliamentary Committee Convener / Saamroepster vir die Parlementêre Komitee.
2. The Editor „N.C.W. News” / Die Redaktrise van die „N.V.R. Nuus.”
3. Additional Press Member (Afrikaans) / Addisionele Perslid (Afrikaans).

H. KEYTER,
Additional Press Member (Afrikaans).

„Wismar,”
1, Rochester Road,
Sea Point.

AFRICAN AFFAIRS

SEEING WITH OUR OWN EYES

The newspapers report that the new Minister for Native Affairs has been conducted on a tour through the peri-urban areas of Johannesburg where the Africans live (and frequently die). This is a wise beginning in deciding what is to be done.

May I strongly recommend that any member of sectional committees on African Affairs who have not yet visited their town locations and local shantytowns should do so without delay. It is better to go in the cold weather so that our sluggish imaginations may be stirred. Let us not bluff ourselves that black skins feel the wind and cold and wet less than white ones, for they are really much more sensitive; they are naturally people of sunshine and warmth. That is why so many black babies die of chest troubles while they are small.

When Elizabeth Fry wanted to stir up prison reform in the towns that she visited in England and on the continent, her method was to take the local ladies with her to have a good look. She knew that there need be little more effort on her part.

Much of my own concern about the sufferings of the Africans stems from the good look I had some years ago at the 70 children, all with TB spines, on the verandah of one country hospital in the Ciskei. I read that now a new orthopaedic block of 185 beds is to be added to that hospital at Lovedale. So the cases of childish agony and deformity have greatly increased.

We cannot all travel far to see the sorrows of our land, but each group can tackle the conditions near-by and get them altered. It will be found that the African educated women are themselves anxious to do social work and fight for health and education and a better way of life. If we keep in touch with them we shall see how we can support their efforts.

There is a growing need of provision of homes for the old men and women, as well as crèches and pre-school nurseries, and indeed many other amenities now lacking in most African communities.

But first let us go in person and make ourselves acquainted with the terrible conditions under which many of these people are living.

KAFFIRS ARE LIVELY

This book, by Oliver Walker, the well-known journalist, must not be missed. He was taken round African areas for fifteen months, with a view to his writing reports that would counter the adverse criticism from overseas. The account of his travels as submitted to the Government never saw the light. This book tells the story of what he saw. It is commonly said in our usual ostrich fashion, "Oh, it is exaggerated!" Oliver Walker might have made his tale more terrible and still told the truth. It is true that he has perhaps failed to report enough about the efforts being made by missionaries, social workers and others to alleviate conditions, but his picture as it stands is not overdrawn. The writing is so witty and vigorous, that even the most hide-bound reactionary is likely to turn page after page to the end. He may then throw it in the fire, but he will have learned a lot!

JESSIE HERTSLET,
(National Adviser on African Affairs.)

44, Norfolk Rd.,
Lakeside.

'N PROEFNEMING TE OOS-LONDEN

ARBEIDSBURO VIR BANTOE HUISBEDIENDES

Geruime tyd al bestaan daar in Oos-Londen, soos elders, 'n behoefte aan so 'n buro. Na ons die saak reeds oorweeg het het die geleentheid hom aangebied om 'n begin te maak toe die voedselbeheerkantoor in die lokasie sluit, en die stadsraad goedgunstiglik die gebruik van die kamer aan die N.V.R. toegestaan het.

Die volgende stap was om 'n Bantoe vrou te kry om die kantoor te bestuur, en weer was ons gelukkig om iemand te kry wie 'n huishoudkunde onderwyseres in 'n skooltjie wat deur die N.V.R. gestig is, was.

Dit is belangrik om hier te sê, tot voordeel van ander takke wat van voornemens is om 'n soortgelyke arbeidsburo te stig, dat dit noodsaaklik is om 'n noukeurige studie te maak van die betrokke regulasies in die Naturelle (stedelike wyke) Konsolidasie Wet No. 25 van 1945. Applikasie moet ook gemaak word deur die plaaslike Naturelle Arbeidsafdeling na Pretoria vir registrasie. Uiteindelik moet die saak voor die Minister van Naturelle Sake gelê word, met die gewone vertraging noodsaak i.v.m. prosedure.

Daarna is ons in kennis gestel dat ons 'n lisensie moet uitneem teen £5 per jaar. Na verdere ondersoek het die Ontvanger van Inkomste ons meegedeel dat Seksie I van die Lisensie Konsolidasie Wet

Westminster
"Petite"
Virginia Cigarettes



Petite ..
 for the pause
 that's brief!

No. 32 van 1925, soos gewysig deur die Lisensie Wysigingswet No. 31 van 1946, dat alle liefdadigheids-, godsdienstige en onderwysverenigings, van 'n publieke aard, nie aan hierdie wette onderhewig is nie — dus 'n besparing van £5 p.j.

Geskikte aantekeningkaarte, met plek vir die naam en besonderhede, is laat druk teneinde die daarstelling van 'n kaartstelsel van werkgewers en werknemers, ten koste van 2s. 6d. elk vir die werkgewer en 1s. vir die Bantowerknemer. Ons is van mening dat die laasgenoemde bedrag daaraan sal toedoen dat die Bantoe sal terugkom om deur die buro gehelp te word. Anders is dit moeilik om met hulle in aanraking te bly, daar hulle gewoonlik rondtrek en nie altyd per telefoon bereik kan word nie.

Een van die aspekte van die saak wat baie sterk voor die dag gekom het, is die feit dat in die algemeen die gewone huisvrou baie huiwerig is om 'n getuigskrif aan 'n diensbode te gee; indien elke werkgewer dit doen sal dit maklik wees om inligting aangaande onbevestigende bediendes byderhand te hê.

Die feit dat getuigskrifte dikwels vervals word word voorgehou as 'n rede teen die gebruik, maar ons is tog van mening dat dit gedoen moet word en sal op die lang duur tot voordeel van die werkgewers wees. En ons wil ook aanbeveel dat elke tak hierop nadruk lê en hulle beywer ten gunste van die instelling van getuigskrifte vir bediendes in elke wyk.

* * *

Tweespruit-Westminster.—Die Junie-vergadering is gehou in die huis van mev. B. S. Wood, "Deveron," Tweespruit. Daar was 'n mooi opkoms. Ons was gelukkig om twee lede van die Bloemfontein tak in ons midde te hê, mev. Myers, die ere-sekretaresse, en die Korresponderende Lid vir Vrede en Internasionale Verhouding, mev. O'Connor.

Almal het groot belang gestel in mev. O'Connor se toespraak oor 'n Westerse Verbond (Western Union). Sy het gesê dat die begrip nie 'n nuwe idee is nie. Om so 'n onderneming met welslae te bekroon sal elke nasie van die verbond sekere van sy regte moet prys gee. Byvoorbeeld Verdediging en Buitelandse Verhoudinge sal 'n gesamentlike saak moet wees, en enige handelstariese of hindernisse tussen die volke van die Verbond sal uit die weg geruim moet word. Mev. R. Wood het die spreker bedank.

Op 'n voorstel van mev. Nicholson, geseondeer deur mev. K. C. Johnson, is daar besluit om die naam van Lady Duncan in die Herinneringsboek te skryf. Die bedrag van £5 12s. 6d. is vir die doel ingesamel.

'n Brief van die Tesourier van die Kinderreddingsfonds is voorgelees waarin die lede van Westminster bedank word vir 'n besending klere vir die kinders van Europa. Die sekretaresse het meegedeel dat die Buitepos 'n bedrag van £85 aan die Kinderreddingsfonds van die Verenigde Volke gestuur het.

Op versoek van die Korresponderende Lid vir Naturelle Sake, Tak Bloemfontein, het mev. Noltens 'n verslag i.s. skoolvoeding vir Bantoe kinders voorgelees. Die verslag is goedgekeur.

Dit is baie bevredigend om te merk hoe goed die opkoms van lede en besoekers by ons maandelikse vergaderings is.

Die Julie-vergadering is in die woning van mev. R. Wood, van Westminster gehou. Die Korresponderende Lid vir Grondbewing, mev. R. Wood, het 'n paar baie interessante artikels oor die onderwerp voorgelees. Op versoek van mev. Parkes, Nasionale Raadgewer vir Grondbewing, het die vergadering besluit om aan ons Volksraadlid, mnr. N. C. Havenga, te skryf en hom dringend te versoek om die salarisse van amptenare i.v.m. Grondbewing te verhoog.

Die omsendbrief van die Addisionele Perslid (Afrikaans) is voor-gelees, en die vergadering het besluit om nou en dan die maandelikse verslag in te stuur vir publikasie in Afrikaans in die „N.V.R. Nuus”.

Daar ons nie 'n Korresponderende Lid vir Verhuising het nie is die ere-sekretaresse versoek om aan die Internasionale Staande Lid te skryf en om aan te bied om haar op elke moontlike manier te ondersteun om die Regering te bewoeg om ons kwota van verplaaste persone te neem.

“ROPE” IN BREAD

The following article on the control of “rope” in bread by Prof. Dr. J. T. R. Sim of the Stellenbosch-Elsenburg College of Agriculture, Technical Adviser to the Wheat Control Board, is released for general publication.

B. S. MINNAAR,
Chairman, Wheat Control Board.

Pretoria.
19th November, 1941.

“ROPY” BREAD

A good many housewives have had the experience that during warm summer weather their bread becomes sticky in the centre of the loaf two or three days after baking, and that if these sticky spots are touched, fine threads come away on their fingers, while the bread also develops a most unpleasant smell. This condition is a bread disease known as “Rope,” which is caused by bacteria of the Mesentericus group. These bacteria occur in the soil, and any object which comes into contact with soil or dust can easily become infected with the germs of this disease.

During harvest time the wheat sheaves can easily become infected, especially if the crop lodges or if wet conditions prevail. In threshing the spores fall on to the wheat grains, and when the wheat is milled the meal becomes infected. When wheat is milled into flour the chances for infection are greatly reduced for the wheat skins or bran on which the spores rest are removed in the milling process. The chances for the development of Rope are therefore much greater in whole wheat meal such as our “Standard Meal” (No. 1 Unsifted Meal) than in flour, and housewives are advised to take all the necessary precautions to prevent an outbreak of “Rope”.

This bread disease normally occurs in warm weather, because the bacteria develop and multiply best under a temperature of 30°C (or 86°F). One characteristic of these bacteria is that they form spores which are so resistant to heat that they are not killed by the heat of baking. As soon as the bread from the oven cools down to 40°C (104°F) the spores germinate and the bacteria start to multiply.

Another important characteristic of the bacteria is that they do not develop or multiply under cool conditions. Thus the development of Rope may be controlled by exposing the bread to such cool conditions, and even bread heavily infected with the Rope organisms, if quickly cooled after removal from the oven and stored in a cool well ventilated place, will develop the Ropy condition very slowly indeed, if at all. It has also been found that if bread is well baked out and then stored in a cool dry place it develops Rope much more slowly than when it is poorly baked out.

Still another important characteristic of the Rope bacteria is that they are exceedingly sensitive to acid conditions. In fact, as soon as they are exposed to such conditions they can develop only very slowly, if at all.

This knowledge can be put to good effect in controlling the outbreak of Rope. If the dough and the resultant bread is made slightly acid, the bread does not readily become Ropy. An excellent example of this result is the bread baked in the old days with "suur-suurdeeg" (sour yeast) which never showed signs of Rope, because of its slightly acid condition.

To-day it is quite easy to prevent any outbreak of Rope, simply by rendering the dough and bread slightly acid by the addition of vinegar. The small amount needed in Standard Bread (bread from No. 1 Unsifted meal) is so slight that it in no way affects the flavour of the bread. The degree of acidity required to control Rope in the baking of such bread can easily be induced by adding 3-4 teaspoonfuls of ordinary commercial brown vinegar to each pound of meal used in making up the dough. If sourmilk or buttermilk is used in baking it is normally unnecessary to use vinegar, for these substances themselves induce the slightly acid condition needed to control the development of Rope.

At the same time it must be pointed out that if the proper conditions are provided it is unnecessary to have to use vinegar. Thus

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if the bread is thoroughly baked out, and if it is quickly cooled after baking and then stored in a cool place the chances for the development of rope in the bread are very remote indeed. However, if such conditions cannot be supplied, then the use of vinegar is advisable during warm weather.

A basic essential requirement in the control of Rope is absolute cleanliness in baking. Mixing dishes, baking pans, etc., must be thoroughly cleansed after each bake. Dusty or dirty utensils can easily harbour the organism.

If Rope should develop, however, it can be brought under control by thorough sterilizing of all utensils by washing with boiling vinegar water and then following the precautions mentioned above.

BRANCH NEWS.

ALICE.—At our July meeting Miss Darroll gave us a very interesting account of the findings of the recent Broadcast Commission. It was an eye-opener to the majority of members to find that the work of announcer and producer is assigned to one member of the staff and that his working hours total up to about 59½ per week.

Miss Darroll pointed out that this double role of announcer-producer is an exceedingly difficult one to carry out, and that in most broadcasting companies there is an announcer and a producer, two different members of staff.

It is with regret that we have to report the resignation of our President, Mrs. Kilgour. Mrs. Kilgour has been a hard-working and keenly interested President, and it is only owing to the fact that she will not be in Alice for some months that she has resigned.

Miss Darroll has kindly consented to take the chair until the end of the N.C.W. year, and Mrs. Benyon has taken on the secretaryship.

BENONI.—Our meeting in June was a business one, at which our President gave us a most interesting account of the conference held in Cape Town, at which she had been our delegate. After listening to a brief summary of the various discussions which had taken place at the conference, I think we all came away with a better idea of the enormous scope and variety of the work of the N.C.W.

The meeting also heard the report of the deputation which we had sent to interview the Town Council in order to press for the establishment of a native crèche in the location. The deputation had been most sympathetically received by the Council, but despite this, they came away with the impression that the Council was not prepared to interest itself in a relatively small institution sponsored by the N.C.W., but would prefer to postpone the matter for a number of years until they could themselves put into operation an elaborate scheme for native social welfare. As we are convinced of the urgent necessity for a crèche, even on very small lines, the meeting decided to continue to work for it and to approach the Departments of Native Affairs and Social Welfare to see if we could get help and support from them. At our July meeting we had the pleasure of listening to a most interesting and delightful address from Miss Kachelhoffer on Adult Religious Education. She stressed the necessity for all of us to try and establish spiritual values in life in order to combat present-day materialism, and Mrs. Fredman expressed the feelings of all of us in a very sincere speech of thanks. It was agreed that members should investigate reports that the school-feeding scheme in the location was being conducted in an unhygienic manner, and it was agreed that a number of our members should accompany a

member of the Town Council to the location during the next school term and see the scheme in operation.

For some time our members have been most unfavourably impressed by the prevalence of objectionable film advertisements and window displays in Benoni. After writing several letters pointing out the undesirability of these being on view to children, in the case of cinemas and to both children and natives in the case of shop windows, we received a most sympathetic reply from the Chamber of Commerce promising their help and co-operation, but up to now we have received no satisfaction from the film companies.

CAPE TOWN.—Mrs. J. Hertslet, at our July meeting, brought forward a resolution protesting against the type of film shown in low-priced cinemas. Her views were confirmed by Mrs. J. Nongauza, representing the National Council of African Women at Langa.

Mrs. N. B. Spilhaus, newly elected chairman of the local appeal committee of the United Nations Appeal for Children, called for our support in the drive for funds. She emphasised that in Europe there are sixty million starving children needing assistance.

We were told by Mrs. J. Hertslet of the need for the establishment of a home for aged Africans at Langa and of the real hardships that they endure living in crowded houses on a Government pension of £1 per month.

Mrs. Beckett told us of the homes for maternity work maintained here by the Salvation Army and urged us to give our support to the Ladies' Association which was being formed to assist this work.

EAST LONDON.—A moving and heartfelt appeal for the co-operation of all members in the drive for funds for U.N.A.C. was made by Mrs. B. A. Steer at the July meeting, presided over by Mrs. H. H. Fuller. Information on the terrible need for instant help on a large scale to the hundreds of millions of homeless, hungry, sick child victims of war was given and literature distributed, and much sympathetic interest was shown by the meeting. Mrs. Steer expressed her readiness to address any societies further on this matter.

Mrs. McMillan reported on the Labour Exchange and asked for contributions towards the jumble sale in aid of funds. Mrs. Lemmer, of the Native Affairs Department, had said sympathetic consideration would be given to the request for a grant in aid of capital expenditure, and such a request would be made to the Department. An article prepared by Mrs. McMillan and edited by the Press member had been forwarded for translation into Afrikaans and publication in the "News."

Mrs. Newman appealed for help in connection with the N.W.M.H.F. and the local war memorial. For the latter it had been agreed that there should be only straight giving, and affiliated societies are to be circularised regarding help, either by immediate donations or by helping in a house-to-house collection. There will be a table in front of the City Hall during probably the first week in September, when small cash donations may be handed in, and help is required in this and in the running of a competition for a Studebaker car for the N.W.M.H.F. Please phone 8259 if willing to help any of above appeals.

The attention of the Executive having been drawn to the deplorable condition of the local native cemeteries, it was resolved to address the City Council on the subject after the cemeteries had been inspected by the Native Sub-committee members.

Mrs. Fuller referred sympathetically to the formation of a local branch of the business and professional women's clubs, and it is hoped to arrange a function when members of the club and N.C.W. may meet.

GRAAFF-REINET.—At the July meeting ordinary business was disposed of, and the half-yearly reports of corresponding members on the various activities of the Branch were read.

Thereafter members listened to a most interesting talk by Mr. Botha, of the Training College, who spoke on the causes of delinquency among children. He stressed the fact that these causes were to be found primarily in the background circumstances of the child's life. Homes broken by divorce, morally weak homes, which denied to children the security they naturally craved, slum conditions, lack of playgrounds and recreational facilities; these things were the breeding ground for juvenile delinquency, which varied in degree from truancy, lying and petty pilfering, to grave sexual offences, and even murder. This was the child's protest against the bad social surroundings of its existence.

The deviate child of weak intelligence sometimes fell into delinquency because of its inability to hold its own with the normal child, and our school system, which tied him until the age of 16 to a school curriculum from which he was not mentally equipped to benefit. In such cases it was necessary to provide children with the kind of education best calculated to fit them for the competitive battle of life. Here our educational system required readjustment.

In conclusion, he urged the N.C.W. to work for the betterment of those social conditions which are the primary cause of juvenile delinquency, and frequently laid the foundation for a future life of crime.

JOHANNESBURG.—The July meeting was well attended, Mrs. Eybers presiding.

Broadcasting Commission's Report: Miss G. Horvich proposed a resolution in this connection that the Branch accept the recommendations relating to the improvement of the programmes and the economy in the maintenance of broadcasting be implemented, but that this Branch is strongly opposed to any recommendation to introduce commercial broadcasting.

Mrs. Thornton Archer proposed a further resolution with regard to the Broadcasting Commission—that, as the listening hours of women are approximately five times as many as those of men, another woman should be appointed to the Board, should it continue to consist of nine members, and that should the membership be reduced to five, one of these five members should be a woman.

Address on the Fagan Report by Mrs. A. W. Hoernlé: Mrs. Hoernlé stated that the native question was a national problem and is a national responsibility. Analysing the report, Mrs. Hoernlé pointed out that the Commission had specific terms of reference and was not asked to deal with the total relations of the Europeans and non-Europeans. A great deal of this report could be used immediately, no matter what government was in power. As the report took up a definite attitude in the matter of "apartheid," it remained necessary to find the highest common factor in the two policies which would be in the best interests of the native.

Mrs. Hoernlé appealed to the N.C.W. to support to the best of their ability any move for the improvement of native housing, the establishment of nation-wide labour bureaux in urban areas, and the institution of identification certificates instead of the present pass system.

The meeting appointed Miss Sally Kussel as branch nominee for the position of I.S.C. for Peace.

KIMBERLEY.—The President welcomed eight new members at the July meeting, and gave them an informative talk on the desirability

of nursery schools. One, which will accommodate about thirty children, is to be built shortly. It is hoped that in due course others will be erected in different parts of the town.

The question of publishing the local branch news in Afrikaans was discussed. As the big majority of members are English speaking, it was suggested that we continue to send the news in English, but any articles of general interest to be sent in Afrikaans. Mrs. Coetzee kindly consented to do the translations. Mrs. Broom gave a short explanatory talk on Local Option to determine the granting of licences for bars. This seems to be the fairest way of deciding the matter.

Mrs. Broom gave another interesting talk, this time on her recent travels overseas. She visited many different parts and saw much of beauty and interest. She was impressed by the educational facilities afforded the children in Britain. Most towns and villages had connections with something of historical or cultural interest. Placards bore names to mark special sites, these stimulated interest and encouraged one to make further enquiries. Teacher organized groups of school children to tour ancient castles, galleries, churches, etc., pointing out treasures and places of historical interest. Actually seeing things connected with past events or great persons, makes a

Hurry... its curry!

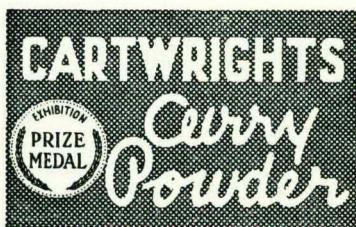


Children Love
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CURRY

*For a delicious, wholesome dish
try this recipe*

DRY MUTTON CURRY

Mince two pounds of cold roast mutton or cut up into tiny pieces. Chop up a sliced onion, a clove of garlic, a pinch of ground ginger and a minced chilli and cook them all in butter; add a couple of teaspoonsful of curry powder and stir well. Finally add the meat and cook slowly in uncovered pot, shaking occasionally. Add salt and lemon juice.



more lasting impression on the memory than having to learn everything from books. Mrs. Broom said although South African children did not have the same advantages as those abroad she felt they were taking an increased interest in things cultural.

The members thoroughly enjoyed the talk. In passing a vote of thanks, Mrs. Alex Smith said she felt she'd been on a most delightful tour and found it none too easy to come down to earth.

KING WILLIAM'S TOWN.—Mrs. M. Gilfillan presided over the July meeting as Mrs. J. B. Johnson, the president, was ill in hospital.

It was decided at the meeting to support the ex-servicemen's resolution for the local war memorial. This will take the form of a Warrior's Gate at the existing war memorial and with the rest of the funds available a hall will be built.

Owing to the fact that the cost of packing parcels to be sent to Britain was very high, it was decided to accept the offer of the East London organisation and to collect the donations in cash and in kind and to send them to East London to be packed and despatched.

Mrs. Geddes Page said that a great deal of inconvenience was caused because only one person was serving at the general counter of the Post Office. After some discussion it was decided to write to the Postmaster to ask if the matter could be rectified.

Mrs. Gilfillan announced that Miss V. L. Brown, Head of the Department of Pre-School Education at the Witwatersrand Technical College, would address a meeting on the subject of nursery schools, under the auspices of the local branch of the N.C.W.

OUDTSHOORN.—The chief feature of our July meeting, which was rather poorly attended, was the reports by Mrs. Shepherd on the housing scheme for coloureds, the health report by Mrs. Dallas-Smith, and the report on the work of the Peace Committee by Miss Blythe. We were pleased to learn from Mrs. Shepherd that in the new housing scheme for coloureds a special block had been set aside for the aged and sick. Mrs. Dallas-Smith, in her report, paid tribute to the people responsible for the establishment of a blood transfusion service in the town, and special tribute to Miss Townshend for her excellent work in the establishment and maintenance of a soup kitchen for poor children.

The President, Mrs. Van Sollen, announced that the August meeting would take the form of an address by Miss S. Kussel.

It was proposed by Mrs. Dallas-Smith, and seconded by Mrs. R. Cloete, to nominate Miss Blythe as the I.S.C. member for Peace.

PIETERSBURG.— There was a fair attendance at our July meeting at which Corresponding Members were asked to present their reports.

Three new Corresponding Members were appointed:— Health: Mrs. Rabinowitz; Broadcasting: Mrs. C. Brunton, and Child Welfare: Mrs. Grové Steyn.

Several interesting reports were read and the President thanked and congratulated the Corresponding Members for the good work done which had stimulated interest in the affairs of the N.C.W.

The meeting was addressed by Mrs. Legum, a visitor to Pietersburg from Bloemfontein, on the rehabilitation of displaced children from the war devastated areas of Europe.

The Speaker, who had personally worked amongst some of these children in Palestine, was able to give first-hand information on this subject and painted a vivid and heartrending picture of conditions prevailing in war devastated areas. The President in thanking Mrs. Legum, said that her talk was indeed well timed and should act as a means of rousing interest and spurring on the efforts of all to make the U.N.A.C. appeal a great success.

PIETERMARITZBURG.—At the June meeting Miss Tilley, Con- vener of Peace and International Relations, expressed her satisfaction with the response she had received from members and friends during Goodwill Week. The various functions had been most successful.

Reports were received from the Legislative Council Committee of various matters of interest to N.C.W.

The Rotary Club Community Service has approached us asking for our co-operation in forming a Marriage Guidance Council. A sub- committee was formed to meet the members of Rotary in order to discuss this matter.

The guest speaker was Professor Haarhof, of Pretoria. His subject was "The Ethical Basis of World Co-operation."

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During the course of a very beautiful and inspiring lecture he said the world had accumulated a vast amount of knowledge, and the question was "What are we going to do with it?" It could be used for good or evil. To civilise and construct or to destroy. He cited Germany and Japan as examples of what could be done when science culture and sound technical knowledge were subordinated to the love of power and self aggrandisement.

Science had placed a tremendous power in our hands; this was a grave responsibility. It was not, however, correct to say that science was all. Behind this world was the unseen world on which we must depend. This spiritual world has its own laws, which are immutable and unchanging. Its principle is the Law of Love, which embraces all that is good. In order to understand this law, it is necessary that we change our sense of values and realise that it is service and humility that will save us at this time. We have come to the parting of the ways and must make our choice. Either to bring ourselves into harmony with the great spiritual laws and live or to ignore them and perish.

Mrs. Malherbe, in proposing a vote of thanks to the speaker, commented on the pleasure and privilege that it had been to listen to such a thought-provoking and inspiring address.

PORT ELIZABETH. — At the July meeting the Corresponding Member for Housing reported on conditions at Korsten and other outlying districts where non-Europeans, unable to obtain housing accommodation, were erecting shanties of packing case material. It was estimated that these dwellings were going up at the rate of about 60 a month. While recognising that a man has a right to provide a roof over his head the existing conditions were deplored. She also reported upon an experimental block of two semi-detached houses being built by the city health department at New Brighton of the same material and explained the scheme advocated by the health authorities to erect these dwellings departmentally and to provide essential services. While in many countries in Northern Europe and in America and Canada people live in wooden houses there is a strong prejudice against houses of this material in South Africa. It was suggested that this prejudice should be fought and every effort on the part of the city to provide housing should be encouraged. (The City Council has since approved the building of 500 of these temporary houses).

The principal speaker was Mrs. Hatch, Lady Superintendent of St. John's Ambulance Association, who outlined a scheme which the Association is sponsoring to provide a recreation club for young people. The scheme is an ambitious one, but it will meet a real need. The various activities it is hoped to provide were discussed and the matter of ways and means considered. Mrs. Hatch explained that an auxiliary committee had been formed at a meeting called by her as a result of certain correspondence in the press following a complaint, through that medium, by a woman over 50, who had stated that she was lonely. Here, it was suggested, was some useful avenue into which the energies of such women might well be directed, as well as those of women of all ages. The Branch appointed a representative to serve on this committee.

The Treasurer reported the result of a fund-raising effort as approximately £20. The responsible committee was congratulated.

UITENHAGE.—At the July meeting, Mrs. Sholto McIntyre, who was in the chair, paid tribute to the late Mr. N. C. Dugmore whose sudden death at the end of June had grieved and shocked all sections of the community in Uitenhage, and she expressed the Branch's deep and affectionate sympathy to its President, Mrs. I. G. Dugmore and her son and daughter.

The speaker for the evening was Mrs. Murray of the Port Elizabeth Legal Aid Bureau, who gave a very interesting talk on the aims and functions of the Bureau throughout the Country. Miss Magennis thanked the speaker and remarked that she felt the services given by these Bureaux were most commendable and considerable.

The matter of housing for the aged being provided for in all new town housing and flat schemes received much discussion and was referred to the next meeting.

The Corresponding member for Cinematography, Mrs. Dovey, gave a short resume of the I.S.C.'s interesting circular on this subject.

It was agreed that a Rummage Sale be held early in August to help augment Branch funds.

During the evening Mrs. Dugmore came especially to address the Branch on U.N.A.C. and gave a most splendid and inspiring talk, urging members to respond whole-heartedly to any appeal which the Mayor might make in the near future.

An interesting account was given by Miss Magennis of the previous Council meeting and volunteers were called for to attend the next meeting. Members were urged to attend a meeting of property owners in August, called for the purpose of raising an additional loan for the sewerage scheme.

UPINGTON.—At the July meeting it was stated that there is as yet nothing to report regarding the social welfare's grant for the pre-school feeding scheme. This matter is left in abeyance pending the Department's decision.

It was decided there should be one combined effort annually of all affiliated societies of N.C.W. to assist the Red Cross in the pre-school feeding scheme.

A reply has been sent to the Council that support would be given to the United Nations appeal for children but it was impossible to support the "parcels for Britain" appeal as well.

A decision was passed to organise for the Fire-brigade. Applications are to be made for emergency phones, and water mains in each street.

Dr. Swart then gave a most interesting lecture on general health and the various sources which contribute to varying degrees of ill-health. He stressed the influence the mental attitude has over physical well-being and the part physiological factors play in the satisfactory operation of all the digestive organs. The competitive, ambitious spirit which prevails in our existence to-day makes abnormal demands upon our physical resources.

He made it clear that stresses and strains such as fear, repression and depression have to be overcome, and the individual must soar above them if the general health is not to be impaired.

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He explained how bodily health is effected by different types of mentality. Consider for example the physical life of the peasants, and our own less civilised population. Their physique is to be envied because they are not harnessed by driving mental forces.

He commented on the quality, times and types of food, general nutrition, and the necessity for balance between various classes of food, namely fats, proteins, and carbohydrates, comprising sugars and starches. The tendency for excess in the latter class upsets the proportions for an average healthy diet.

Dr. Swart in conclusion suggested that in many cases of ill-health it was necessary to cure the mental aspect before tackling the physical symptoms.

VEREENIGING. — Dr. R. E. Meaker, M.O.H. for Vereeniging, addressed the July meeting of our branch on the subject of the pasteurisation of milk.

He stated that pasteurisation is of such importance to the medical profession in its constant struggle against disease that it has been discussed and approved by nearly all the important representative bodies concerned with this important question. In our Country various resolutions have been passed in favour of pasteurisation and the South African Medical Association at its Congress in Durban in 1946, passed the following resolution:—

“Efficient pasteurisation of a clean and controlled milk supply is essential in order to provide a milk supply as free as possible from disease carrying organisms.”

The possibility of infection of milk by these disease producing organisms is ever present and some means to render milk safe is necessary.

Dr. Meaker contends that pasteurisation is necessary particularly in South Africa where almost all the milking is done by natives whose ideas of hygiene are virtually non-existent.

Discussing the objections to pasteurisation, Dr. Meaker mentioned the following points:—

1. Pasteurisation diminishes the nutritive value of milk. This has been disproved and denied by world-famous bodies and persons.
2. Pasteurisation causes loss of calcium. This is correct, but as cow's milk contains approximately three times as much calcium and five times as much phosphorus as does human milk, the reduction in calcium through pasteurisation is not important.
3. Vitamin C content of milk is largely destroyed by pasteurisation. Even without pasteurisation the Vitamin C content of cows'

milk is insufficient for children and has to be supplemented with orange juice or other suitable source of Vitamin C.

Various methods are used to pasteurise milk, but whatever method is used, the milk which is to be pasteurised must be clean milk and the standards of cleanliness in its production cannot be relaxed.

After pasteurisation milk should be rapidly cooled to a low temperature, bottled and the bottle sealed with a cap. Pasteurised milk should never be put into cans and later bottled again, as in this way it is open to fresh infection. Cleaning of the outside of the bottle on receipt by the housewife is a definite insurance against infection.

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