

AN ARRIVAL FROM BARCELONA

Wife of Former Resident Back in Shanghai Again: Three Terrible Months in Catalonia

After three months of terror, of privation, of seeing priests hanging by their necks from trees in the streets of Barcelona, Mrs. Tamara Jover, who went from Shanghai to Spain in the early part of the year with her Spanish husband, has returned here to stay with her friends and relatives. Only because she was a Latvian by birth was she able to leave the country; her husband was forced to remain in Spain and work for the Government.

In a special interview with the "North-China Herald" on Dec. 22, Mrs. Jover said she had not heard from her husband since she left Barcelona by plane on November 11. "But I know he is doing all he can to persuade them not to send him to the front," she said, hopefully.

Mr. O. A. Jover, formerly connected with the motor car business in Shanghai, left Shanghai for Spain in April this year with his young wife. As he owned a certain amount of property in Catalonia, it was their intention to settle down and live there for the rest of their lives. For the first two months, everything went smoothly. Gradually, however, a sense of tension began to make itself felt as the early days of July few past.

Police Warning

"It was on a Saturday, I remember (July 18)," said Mrs. Jover. "We were then living on the outskirts of Barcelona, and a friend of ours who was in the police warned us that something was going to happen, and advised us to come into the city. We had some relatives living further out, and he told us to tell them to come into the city, too."

"But, of course, we didn't take any notice, for no one thought anything would come of it. We went to bed that night without any worries. The next morning we were awakened by cannons roaring and the fire of machine-guns and rifles. We did not leave the house, and therefore did not see any of the actual fighting. But we saw quite a number of people shot. For days afterwards all the streets were deserted except for an occasional ambulance or a party of armed men."

"It was quite a usual thing to hear a few shots being fired in one of the houses down the street. The shooting would stop, and then a little while afterwards an ambulance would arrive to take away the dead and the wounded. We could look out carefully through the front windows of our house and see a number of dead people lying around in the streets."

"One of the men to be shot was a tram conductor. During a recent strike, he had refused to leave his post of duty and had gone out with the few trams that were working. When the revolution broke out in Barcelona, he was one of the first to be shot. It was an act of revenge by some of the strikers."

Acts of Terrorism

Most of the acts of terrorism, she said, were committed by the Anarchists. Shortly before the trouble started, Signor Companys, president of the Catalonian Generalidad, apparently nervous about the loyalty of the men under his command, issued arms freely to the anarchists. When the outbreak occurred, soldiers stationed in and around Barcelona joined the revolutionists and barricaded themselves in prisons, casernes, churches and other strongholds. The police and the Civil Guard remained firm, however, and the task of driving the rebels out began. Although the soldiers were the better armed, said Mrs. Jover, they were powerless against the overwhelming hordes of anarchists, police and Civil Guardsmen, and were slowly but surely slaughtered. Those who took advantage of the offer to throw down their arms and live were soon disillusioned; all were killed.

Barcelona is still a Government strong-hold, she went on, and the anarchists have now turned their hands to pillaging the wealthy; any resistance means death, and Companys is powerless to do anything. Churches were looted and wrecked, and it was no uncommon sight to see children playing with altar cloths in the street.

With the complete dispersal of any form of rebel resistance, Barcelona in November had begun to assume a somewhat more normal aspect, she said. The shortage of food and supplies, however, was growing worse; many of the people had not tasted meat for weeks, and were forced to stand in queues for hours in order to get a small quantity of potatoes. To walk abroad after 9 p.m. was very dangerous, anyone foolhardy enough to do so risking death at the hands of a nervous sentry or of a roving band of anarchists.

A Sorry Picture

In the day-time, Barcelona presented a sorry picture. While most of

the priests either had been killed or had managed to flee to safety, every now and then one would be dragged out of his place of hiding and strung up on the nearest tree. Huge pictures of Lenin and Trotsky stared down on one from everywhere, while the Red Flag was predominant on all official and large public buildings.

Occasionally, two or three aeroplanes would suddenly appear over the city, and would drop a few bombs before flying away, while at night an occasional outburst of rifle-fire would arouse the neighbourhood. Loyalist workers found it rather a holiday, she said, for although all the factories had closed down, the hands continued to draw their wages. Since the factories are drawing on their bank accounts for this purpose, indications are that this will not last very long.

A daily aeroplane service is maintained by the French between Barcelona and Marseilles, said Mrs. Jover, but a strict watch is kept upon those travelling by the planes by the government. All those who have been able to secure permission to leave have done so, or will do so as soon as possible, she went on. This applies only to foreigners, for the Government has issued orders that no Spanish citizen may leave unless over the age of sixty years.

Mrs. Jover was more fortunate. When she left Shanghai, the local Spanish Consulate encribed on her passport, "Spanish by marriage." After a certain number of preliminary negotiations, she was able to secure permission to make the two-hour flight out of Barcelona to Marseilles and safety. Her husband, of course, was not given similar permission, and was forced to remain in Spain. He is making strenuous efforts, she said, to prevent being called upon to proceed to the Catalonian battle-front to fight with the Government forces, but whether he is still successful in this or not, she does not know.

SIR JOHN BRENNAN PROMOTED

Post in Foreign Office in Place of Sir J. Pratt

London, Dec. 22.

Sir John Brennan, British Consul-General in Shanghai, has been promoted to a position in the Foreign Office.

He will leave Shanghai next March and later in the year will take up the post in the Foreign Office now held by Sir John Pratt, former Acting Consul-General in Shanghai, who is retiring.

Sir John Brennan will be succeeded in Shanghai by Mr. Herbert Phillips,



Sir John Brennan

who has been Consul-General in Canton since 1930.

Mr. A. P. Blunt, at present British Consul-General in Manila, will be transferred to Canton, and Mr. W. P. W. Turner, Consul-General in Yunnanfu, will take Mr. Blunt's place in Manila.

Mr. W. Stark Toller, Consul in Tengyueh and at present serving on the Burma-Yunnan Boundary Commission, is being promoted Consul-General and will succeed Mr. Turner in Yunnanfu.—Reuter.

Other Appointments

London, Dec. 21.

The King has approved the following appointments in the diplomatic service; Mr. H. A. Grant Watson, Minister in Helsingfors, to be H. M. Minister at Havana; Mr. T. M. Snow, Minister in Havana, to be H. M. Minister in Helsingfors.—Wireless through Reuter.



"N.-C. Herald" Photo.

CHRISTMAS AT THE GENERAL HOSPITAL

Special efforts were made in the General Hospital to ensure that the sick children spending the Christmas season there were given their share of the general festivities. The picture shows the Christmas tree, with one of the small revellers who enjoyed some of its delights, and one of the sisters.

DIET'S RELATION TO HEALTH OF WORKERS

Not Enough Attention Paid to Subject in China: Dr. H. C. Hou's Address

Illustrating his lecture with lantern slides, Dr. H. C. Hou, of the Henry Lester Institute of Medical Research, spoke on Dec. 22 at the Shanghai Public Health Club of the world-wide interest of public health workers in diet in its relation to health. He said that this interest is brought out partly by the rapid progress in our knowledge of vitamins and partly through the good work of the health organization of the League of Nations. For the first time, specific recommendations of dietary standards were published by the organization on November 1 last year and revised in June this year.

In China, little attention was paid to the relation of diet to health in spite of the fact that it was recognized since early days that certain foods have curative value in certain diseases. The importance of nutrition in public health was further emphasized by Dr. Hou by quoting the words of Rubner, Hopkins and Fletcher. A complete diet, he said, is not only necessary for the prevention and cure of deficiency diseases but also is essential for the body to meet the great demand during stress, for opposing infection, tissue repair, heightened metabolism, etc.

The greater proportion of the population in China, Dr. Hou continued, are living below the threshold of adequate nutrition. "This is largely due to poverty, but inability to secure proper food is often the result of ignorance of the laws of nutrition. There are many problems which are peculiar to China. Poverty, the difference in dietary habits, and the lack of dairy products make it impractical to apply western standards. Further, since the distribution of inorganic salts and vitamins of vegetables differs much with the varieties, places of cultivation, fertilization and modes of preparation, a careful investigation into this field should help us toward a better understanding of the optional requirement for normal health and for the treatment of deficiency diseases. Recent surveys of the "poor," of the rural population and of factory workers, show that there is an insufficiency of suitable proteins, of fats of calcium and of certain vitamins, particularly vitamins A, B and D."

Six Vitamins

The six important vitamins, A, B, C, D, E, and G, were next discussed, in their relation to health and diseases, by Dr. Hou, who illustrated the various deficiency diseases with lantern slides. The distribution of vitamins in foods and man's requirement of the vitamins were also taken up in the lecture.

Summing up, Dr. Hou said a modern practical diet should first be a well varied diet so as to ensure that many food factors which are necessary for life and health are contained therein, and secondly, a diet containing a large proportion of protective foods; i.e. foods rich in vitamins and minerals.

"Among the common foods, milk ranks best as a food. It contains the best type of proteins and is rich in calcium, vitamins A, B, and G, but lacking in iron. Eggs, meat, fish and nuts also supply first class proteins but the vitamin content varies with the type used. Glandular organs are usually richer in vitamins and salts than other meats. Vegetables and fruits are important for their vitamin and mineral contents. Grains give us primarily sources of energy and secondarily protein which, however, is not adequate by itself unless supplemented. Whole grains contain certain mineral salts and vitamins, but in rice this is lost through the process of polishing. Fats are primarily sources of heat and energy in a concentrated form. Certain fats are essential to life and in certain cases they act as carriers of vitamins A, and D. Sugars like fat are sources of heat and energy. Pure sugar contributes nothing else. Excessive use of sugar will replace the appetite for other foods and therefore should be discouraged.

"In China, for the masses, the use of soy bean and soy bean products should be encouraged since the proteins they contain, approximate animal protein closer than other common plant proteins. Potato, unpolished rice and millet are superior to and cheaper than highly polished rice and white flour, and they should be extensively used. Such a diet of potato, soy bean, unpolished rice and millet, when supplemented with plenty of green vegetables and occasionally an egg or some meat, should make it a fairly satisfactory one and should bring about a decrease in the frequency of common deficiency diseases."

Children's Diet

Dr. Hou went on to say that "a well balanced diet containing an abundance of various food factors is particularly necessary to growing children, expectant and nursing mothers and those required to make exhausting physical efforts, since it has been repeatedly observed that hard work or pregnancy predispose an individual on a defective diet to diseases.

The speaker concluded by saying "A perfect diet should have all the necessary dietary essentials: carbohydrate, fat, proteins, inorganic salts vitamins, water and crude fibres, each in its correct amount and right proportion."

S.M.C. PROTEST EXPECTED OVER ASSAULT

It is understood that the Shanghai Municipal Council will address an official protest to Sir John Brennan, H.M. Consul-General and Senior Consul, over the assault, by an armed Japanese sentry, on Det. Sub-Insps. D. A. Cumming, a British subject who is senior detective at Wayside Station, on December 20.

MERRY CHILDREN'S GATHERING

Annual Party Given by the Customs Club

One of the merriest children's gatherings held in Shanghai each year is the annual Customs Club party, which takes place at the New Asia Hotel every Christmas. Over 250 children gathered there on Dec. 27 for a full programme of Christmas festivities, financed by subscriptions from men not only in the Customs Club but throughout the service. The amount collected this year was \$1,000 for providing the party, and \$287 for charity. The programme included items by Mr. Shaw, playing a musical saw, and a troupe of Chinese magicians, in addition to a cinematograph show. Each child on arrival was presented with a Christmas stocking, and at the end of the programme Father Christmas, in the person of Detective-Sergeant J. J. Glanville, distributed a present to each guest at the party.

PUSHKIN CENTENARY ARRANGEMENTS

Statue to be Erected in the French Concession

A series of events is being planned in Shanghai for February next to honour Alexander Pushkin, great Russian poet, on the occasion of the centenary of his death.

Not only progenitor of Russian poetry,—father, in general, of Russian literature of the nineteenth and beginning of the twentieth century,—Pushkin is looked upon by the entire civilized world as a symbol of the best that has been given it by that great literature, which shines with such names as those of Gogol, Dostoyevsky, Turgeneff, Tolstoi,—in their own admission all disciples of Pushkin.

The centenary will be commemorated both in Soviet Russia and abroad, and will assume an international aspect in foreign countries.

In Shanghai, preparations for the occasion have been carried on, these last few months, by a local Pushkin Committee, consisting, besides members of the Russian community, of British, French and Chinese admirers of Russian literature.

The French Municipal Council has given one of its squares for a statue of Pushkin to be erected; this, to be built after a design by Russian architects and sculptors, will be unveiled with ceremony on the day of the centenary,—February 11, 1937,—at the corner of Route Pichon and Route Ghisi, giving its name to the square.

The Programme

The programme will begin on January 29 and end on February 14. There will be a meeting of the Alliance Française, in French, when Mme. Riviere and Mme. Nilus will speak; and, on the day of the centenary, another meeting, at which the speakers include Prof. Terberg (in Russian), Mr. R. T. Peyton-Griffin (in English) and M. d'Auxion de Ruffe (in French).

One of the most attractive events will be a Pushkin soiree at the Lyceum Theatre on February 2, when the best local artists, to the accompaniment of the Shanghai Municipal Orchestra, are to present Rachmaninoff's opera "Aleko," written after Pushkin's poem—"The Gypsies." The second part of the soiree will be devoted to songs written by Russian composers to Pushkin's words, airs from the "Pushkin operas"—over twenty of his poems and dramas having inspired such works; and recitations of poems not only in their original Russian, but in their English, French and Chinese versions as well.

Special performances for school-children, and a play by the Russian sporting society Sokol are also on the schedule of events.

A full programme of the celebration will be issued in the shape of a book in Russian, English, French and Chinese, and will include the poet's biography, comments by other outstanding Russian writers, and over a hundred illustrations and portraits of Pushkin, his contemporaries and events.

KAOCHIAO EMBANKMENT READY SOON

Construction on the new Kaochiao embankment, which is now being carried on under the joint auspices of the Bureau of Public Works and Labour Service Committee, is expected to be completed shortly. The Kaochiao dyke forms a part of the projected embankment network in southern Kiangsu which measures more than 300,000 feet in length. With a view to protecting the residents in that part of the province, the Kiangsu Provincial Government has already raised all necessary funds for the work.