



# The European Heart Project

Let's learn from history ...

Episode 2

Step out of the shadow

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# 1 Introduction

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## ***Welcome!***

In this booklet you can put into practice what you have learned so far about basic human needs and about helpful and less helpful strategies.

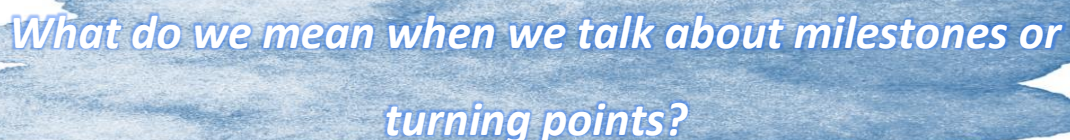
Here you have the opportunity to experience history in a completely different way: Historians from Austria, Greece, France, and Sweden have worked intensively on the question of what we can learn from the history of Europe. They have described exciting episodes from the perspective of the 5 basic needs. You now have the chance to slip into the roles of the people involved in an episode and experience the scene from their individual point of view!

If you haven't heard of the basic needs according to the concept of William Glasser, you should first familiarize yourself with the booklet "Needs and Strategies", because this knowledge is already assumed for the following exercises.

Of course, you can always refer to the booklet "Needs and Strategies" if you are not sure about one or the other question. This is not a test or a school assignment ;-). You can also do your history experience in pairs with a friend and talk about it with him or her in between.

# 2 Turning points in the history of mankind

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*What do we mean when we talk about milestones or turning points?*

At such turning points in history, a decision was made in some way to leave the old behind and try something new and better.

In order for you to experience these fundamental decisions as vividly and intensively as possible, historians from Greece, France (La Reunion) and Austria have come together and compiled their knowledge:

- *How and under what circumstances people lived at that time*
- *What image of the world they had?*
- *What they believed in*

What we can't know is how they felt and what they thought. And this is where you come in: The second part of this booklet is all about bringing the people who acted back then back to life by putting yourself in their shoes.



*Would you like to join in?*

### 3 How you can work with this booklet

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**Join us and travel with** us into the past! Experience history from new perspectives! In this chapter, you will find a selected episode that set the course for major changes in history.

First, familiarize yourself with the historical background of the episode (Step 1). Here you can get to know the situation and learn about the circumstances that led to the following episode.

In the chapter "The Situation" you will find a description of the challenge people faced.

And now you can already take action: In the chapter "The People Involved," different people who were at the scene at the time will tell you about the situation from their point of view. Choose one of the people for your historical experience.

Of course, you will also learn how the story continued according to the historical accounts, but for that we ask you to be patient. After all, it would be half the fun if you knew everything in advance. Instead, go to the second part of this booklet, take on the role of the person you have chosen and experience the story from their point of view. What is on your mind when you are in that role? How would you act?


Follow the steps, and only at the very end, see how the story actually went. If you want to know more about it, ask your history teacher, he or she will be happy about your interest and will tell you more about it.

## 4 The individual steps

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### **Ready to go?**

Then, let's turn back the clocks and dive into history!



### **Step 1: Familiarize yourself with the situation**

Read the description of the episode and the situation carefully. Don't hesitate to ask your teacher if you don't know what you're talking about or if you have further questions of understanding. You can also do further research on the Internet if you are particularly interested in a topic.

Episode 2: Step out of the shadow!





## What you should know about this time

Today, it is a matter of course that every Austrian male and female can participate in political decision-making from the age of 16. For a long time, however, this was denied to half the population, the women. Women had to fight for this right to political participation for a very long time.

Historians see the initial spark for women to represent their rights in public in 1848, in the "bourgeois revolution," when the middle classes in Austria generally began to demand political rights. Before that, a united, cohesive movement of women to represent their interests was unthinkable. But a growing education and a growing participation of women in economic life (economic crisis after Napoleonic wars, industrialization, ...) also promoted political interest.

From 1861 onward, the Empire of Austria had a parliament (Reichsrat) consisting of two chambers, the Herrenhaus and the Abgeordnetenhaus. The people had no say in the composition of the Herrenhaus because all members were appointed by the emperor. In the Chamber of Deputies sat representatives who were elected indirectly through electoral votes (curia system). The right to vote was not linked to gender, but to education and wealth. Thus, if a woman provided the necessary direct tax contribution, she could vote through a representative or proxy. However, there were very few of them.

In the middle of the 19th century, the first associations representing the interests of women were founded. Women were not officially allowed to be members of (political) associations or to participate in political meetings until the beginning of the 20th century. Despite this prohibition, they organized themselves in various women's associations. One example is the Viennese Women's Employment Association, which was founded in 1866. A first women's rights movement emerged in Austria. The goals of these women's movements were primarily to improve the living conditions of working women and to achieve equal participation in public, social and cultural life. In addition to the right to work, the right to earn their own money and the right to a school and university education, women also wanted the right to political participation - the right to vote.

In 1907, all male citizens were finally granted universal and equal suffrage, regardless of wealth class. This reform abolished the so-called "curia system" and thus also the right to vote for the few wealthy women. Discrimination against women in political terms thus reached its peak. Women from all social classes now increasingly campaigned for their right to co-determination. Social Democratic women, who were influenced above all by the international

socialist women's suffrage movement, increasingly organized demonstrations. On March 19, 1911, the largest women's demonstration in Austrian history marched along Vienna's Ringstrasse: 20,000 women and men demanded: - Women's suffrage!

The women's rights movement was now at its peak and penetrated all social strata. Even middle-class women became involved in the suffrage movement, primarily through petitions and writings.

## The Situation

### ***And this is where we enter our story...***

We are in Vienna, in March 1911.

With over two million inhabitants, Vienna is the fourth largest city in the world after New York City, London and Paris. Together with Budapest, Vienna is the capital of the second largest empire in Europe and is considered a cosmopolitan city with its rich cultural and social life, its scientists, artists and men of letters.

Vienna at the beginning of the 20th century has two different sides. On the one hand, it is characterized by modernization and cultural flourishing; on the other hand, the misery of the masses is omnipresent. There is a lack of decent and affordable housing. Many families have to live in very cramped quarters and can only pay their rent with so-called "bed-riders". At this time, there are around 66,000 bed-riders in Vienna. These people do not have their own apartment and are only allowed to use someone else's bed for sleeping for a few hours in return for payment. There is no question of fair wages for work performed. Women serve as cheap labour in the textile and food industries, as well as in brick factories.

A worker earns around 20-24 crowns a month, women less than half. A better suburban apartment (room, kitchen, cabinet) costs around 28 crowns a month.

There is hardly any legal protection for workers, and no social safety net in case of illness or unemployment. Diseases such as rickets and tuberculosis are highly prevalent.

In the summer of 1910, at the 2nd International Socialist Women's Conference in Copenhagen, Austria's Social Democratic representatives, together with comrades from other countries, decided to hold an annual "Women's Day" to fight for women's suffrage.



Initiated by Clara Zetkin, an International Women's Day is celebrated for the first time in 1911. The date is intended to emphasize the revolutionary character of Women's Day. March 18 is the day of remembrance for those killed in the March Revolution of 1848, and the Paris Commune of 1871 had also begun in March.

This International Women's Day on March 19, 1911, becomes a mass rally in Vienna for women's equality and is one of the largest events of the time, with more than 20,000 participants.

It is a chilly Sunday morning in March. Thousands of people, men and women, have gathered in downtown Vienna to take part in the rally followed by a demonstration procession along Vienna's Ringstrasse.

**Step 2: Choose a person whose  
footsteps you want to follow**

In the following section, we have selected four characters for you, who can give you an insight into the emotional and mental world of people at the time of the first women's movement. Slip into one of the four characters on March 19, 1911, in Vienna. What were the thoughts, the hopes, what were the fears of those characters? As different as their circumstances are, so are their worlds of feelings and thoughts. Of course, these characters (two of them are historically documented, two actors are fictitious) only give an excerpt of the most diverse needs and sensitivities, but they can still help us to better understand this time.

The people involved



**Adelheid Popp,  
Journalist**



**Ignaz Seipel, Politician  
and theologian**



**Anna, 19 Jahre,  
Factory worker**



**Heinrich 31 Jahre,  
Owner of a brick  
factory in Vienna**

*Whose role do you want to take on now?*

*Choose a person and read the role card carefully. You will learn a lot about their circumstances, thoughts and feelings.*

*After you have read through the role card, fill the thought bubbles with all possible adjectives that could describe the person's situation, feelings and thoughts.*

*Then, go to step 4*

**Attention! Please read only the text for the one person you have chosen and then go on to step 3.**

■ **Person 1: Adelheid Popp – Politician**



**My name is Adelheid Popp** and I am an Austrian Social Democrat. For decades I have been campaigning for women's suffrage and for social justice and democracy, especially for the underprivileged, socially vulnerable, women. My young life was marked by bitter poverty, hunger, exploitation and humiliation. My father usually wasted all the money in the tavern and then came home drunk, where he beat up my mother and us children. Therefore, at the age of 10, after only three years, I had to leave school and start working to support my family financially. Every day I did 12 hours of hard

work in a factory, which one day led to my breakdown. I had a nervous disease, they told me at the time - that was, of course, an excuse for my malnutrition and anemia. As a result, I was prescribed fresh air, good food and rest, a luxury I unfortunately could not afford, so my daily life in the factory continued unchanged. Through newspaper articles I came into contact with socialist ideas for the first time, which gave me the courage to break out of the unworthy dependence and to take life into my own hands. I began to go to workers' meetings and to work for the improvement of the situation of the working class and especially for women's rights. Public speaking in front of others was something I was really good at! And so I soon became a sought-after speaker and was asked to write articles. This was difficult for me, however, since I had only been in school for three years and knew neither spelling nor grammar. Thanks to the support of my husband Julius Popp and my sponsors Emma and Victor Adler, however, I caught up on everything. By marrying Julius, I was able to give up factory work and devote myself entirely to publishing the *Arbeiterinnen-Zeitung*, of which I became co-founder and editor in 1892. This was a great fortune for me!

I very much hope that our efforts will now finally be successful and that women will then not only be able to vote but also to hold political office!

Because then I might finally be able to achieve my goal of actively shaping politics, e.g., as a member of the National Council. And I could then finally use myself correctly for further

*important women and family-political interests. Because there is still a lot to do on the way to an equal society.*

*Today is a historic day! I am so proud! Finally, we are being heard! A few years ago, such a large demonstration, with so many women taking part, would have been completely unthinkable. It was a hard, rocky road but it is worth it.*

## ■ Person 2: Ignaz Seipel, Theologian and Politician



*What a racket! I'm standing here at the window of my study on Vienna's Ringstrasse, and down on the street thousands of people are passing by. They are apparently demanding universal suffrage for women as well, the eight-hour working day and the legalization of abortion. Unbelievable! How uncomfortable, what a mob! Our God-ordained order of state and society is in danger!*

*Greetings! I am Ignaz Seipel, Austrian prelate, theologian and Christian social politician. These are difficult times in Austria. Everywhere the unrest is increasing, everywhere our social and political order is being shaken. The Social Democratic Party is getting more and more votes, a very alarming development! That is why I am now devoting myself more to the fight against dangerous atheistic currents in the country and to the preservation of our Christian God-ordained order of state and society. Already in my habilitation thesis, which I submitted to the University of Vienna in 1907, I pointed out that Christian ethics can and must be applied to all branches of society. Because only in this way a harmonious living together is conceivable! At the moment we have no time to discuss ridiculous topics like the introduction of "universal and equal suffrage without distinction of sex". I also see no need to move to women's suffrage. On the contrary, it would be of great evil if suffrage were extended to all women. It would call many more untrained people into the political arena than is already the case. Besides, it is the man's duty to protect the woman and not to burden her with unnecessary burdens and duties, such as political agendas. Just as it is the duty of women to relieve men of their domestic worries. The female gender is inferior to the rational and active male gender because of its emotional and passive character. This "God-ordained order" should not be upset. Furthermore, I am convinced that the majority of*

women have little or no interest in political issues. Therefore, most women - especially our Christian socialist supporters - will stay away from the election, which would play into the hands of the socialists. A political disaster that we simply do not need in times like these. Universal suffrage, therefore, not only brings difficulties, but it also carries the additional danger of introducing a political dichotomy into the family. However, if the wife has the same political opinion as her husband, then the entire right to vote is superfluous. So why bother with it. Instead, we should now concentrate on appointing women to offices that are more in keeping with their natures. They should first work in poor councils, orphan councils, in welfare offices or nutrition offices. Then we will see what other needs become unnecessary.

Good heavens, there are more and more people down there on the street! I wonder if I should also go down to get a better picture?

### ■ Person 3: Anna, Factory worker



Hello, my name is Anna. I am 19 years old and live in Vienna. Ever since I can remember, I have been struggling to survive. I grew up in poor circumstances and we never had enough money to eat. When my father died, my mother had to prostitute herself, in addition to her work as a Viennese laundry maid, to feed me and my three siblings. I was never able to go to school, nor did I have any other education, because even as a child

I had to contribute to the income so that we could make ends meet at all. When I was 6 years old, I started working in the Apollo candle factory in Simmering. Unfortunately, the work was not only hard, but also dangerous due to the open fire and fumes. At the age of 15, due to a mistake during the maintenance of the steam boiler, I burned my forearms, which limited my ability to work. But I was lucky, the factory owner took pity on me and now I am allowed to work in the factory 2 days a week instead of 7. I think the owner is aware that he is to blame for my accident and my continued employment is a kind of amends. Of course, the money I earn from working in the factory is far too little to live on, but at least this work is a respected job. This makes it a little easier for me to disguise the fact that I also work as a prostitute. Even though most people despise me and see me as a social evil, I can earn more money this way and support my family. Five of us live in a 20 m<sup>2</sup> apartment, which we have to share with subtenants or bed-walkers, because otherwise we can't afford the rent. The apartment is

*damp and the straw sacks that serve as mattresses are mouldy. My little 12-year-old sister Martha is always sick because of this and therefore can't find work. As a little girl I always wanted to become a midwife, but my social background does not allow me to do so. To become a midwife, you need a "good reputation and good hands", but my good reputation is long gone....*

*I am just on my way to my work at the factory, suddenly there are so many people! They are carrying signs, holding slips of paper and shouting something about "justice". I don't know exactly what is written on the signs and leaflets, unfortunately I can't read well. Surprisingly, there are also many women in this human procession. I have to wonder about that. Don't they have to go to work? Maybe this is the, what's the word, "demonstration", or something like that, that my friend Käthe told me about the other day. She said that such a meeting and rally is planned by the Social Democrats. You see, they want to campaign for better treatment of workers and also for equal treatment of men and women. They also demand the right to vote for all and the introduction of a social insurance that protects the workers in case of illness or an accident at work, Käthe told me. This all sounds so unbelievably great, and I would like to join in, because it has something to do with my situation, I think. But I'm not sure if such demands really have a future. Should I just join these people with their signs? Not go to work? I don't really know! What should I do now?*

#### ■ Person 4: Heinrich, Brickmaker



*What are they writing here in the newspaper? Big rally on March 19 in downtown Vienna? They are demanding the right to vote for women, the eight-hour working day, the legalization of abortion and equal pay for equal work for men and women?! That's where it all stops! Now these brazen socialists are even trying to win more votes for themselves through women, scandalous! That will be nevertheless hopefully not the meeting, which mentioned my wife yesterday and where she would like to go gladly?...*



*Have the honour! My name is Heinrich, I am 31 years old and the owner of a brick factory. I live in Vienna with my wife Marie and our two children and financially we don't have to worry. What I have to worry about more and more lately, however, is my wife. Lately, she often meets this one woman who is a social democrat for women's rights and puts ideas into my wife's head. Lately, my wife has been complaining that she is often lonely and hardly ever gets out of the house. Marie even wants to join the new women's movement and go to demonstrations. But I immediately forbade that, a decent woman doesn't hang around! As a young girl, she said, she had always read a lot and also had many interests. As a teenager she even wanted to study, but, fortunately, I say, that was not possible for women. Besides, her father would never have allowed it back then. Now, however, she has taken up the idea again, because she heard about a certain Gabriele Possaner, who a few years ago became the first woman in Austria to be admitted to medical school. Can you imagine that? My wife now also wants to go to university. But I immediately put a stop to this nonsense. A woman belongs at a man's side, and motherhood and housewifery should be her only duties. Here I completely adhere to the anti-feminist Helene Hummel: "The house belongs to the woman, here is her realm and her world, here she forms herself into a personality, here she renders the greatest services to her people, here she creates her part in the cultural work of mankind! And Mrs. Hummel is a woman, after all, she knows what she is talking about. In addition, there is a natural separation of the areas of responsibility of men and women. Women are physically, but above all mentally inferior to men. Therefore, they would never make it as far as men. Not only at university, but in general. They are also not at all capable of understanding, let alone deciding on, things that do not concern the household. And besides, who should take over their duties at home anyway? Who should take care of our two children? Women's occupation in general is a basic evil. A drastic decline in the birth rate would be the consequence, that would be national "suicide"! How do these women's rights activists actually imagine this? This whole equal rights nonsense is hopefully soon over!*

*But what is going on down there in our entrance area? That can't be true! Marie! Where is Marie? She won't... She won't disobey my order and want to go to this demonstration after all? Should I quickly check to see if it was really Marie I heard in the entryway?*

## 5 Needs and strategies

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*Now it is your turn!!*

You have already had experience with the five basic needs, and now it is a matter of putting yourself in the position of the people who were there at that time and were involved in some way. If all people all over the world have these basic needs, we can assume that these people had them then, too. Do you agree?

You now have the opportunity to help shape history as one of the actors of that time! The more you have familiarized yourself with the circumstances of the time in the previous chapter, the better you can now put yourself in the position of the person you have chosen and their circumstances.

If you do that now, just follow the instructions in this chapter. It will guide you step by step through your historical experience.



### Step 3: Instant History – Be the person

Put yourself in the shoes of the person you chose as best you can and imagine that you are that person for this historical experience at the time of the first women's movement.

Now answer these questions:

- *What does the situation look like from your point of view?*
- *Describe in the first person what you are thinking/feeling right now.*
- *Start with "I am (e.g., Anna, a so-called "easy girl" from Vienna,...)".*
- *Which people in your environment are in the same or a similar situation?*

## Step 4: How are you?

You are still in the role of your chosen person. Now tell us about your needs. Take time to answer the following questions:

### Survival

- *Is your need for security and survival threatened somewhere? By what?*
- *Is your need for safety and survival met anywhere? -Where?*

### Love and Belonging

- *Is there someone you currently feel a sense of belonging to? Who is that?*
- *Who do you want to stand up for?*

### Fun

- *Do you find the situation rather boring or rather exciting right now - why?*
- *What possibilities does this situation hold for you to discover something new?*
- *What are you curious about right now? How could you satisfy your curiosity?*

### Freedom

- *In what areas do you feel free?*
- *In what areas does someone else rule over you?*
- *For whom do you have responsibility?*
- *For whom do you feel responsible?*

### Power/Influence

- *Do you currently feel more powerful or powerless?*
- *What areas of the situation do you have influence over?*
- *What areas of the situation do you have no influence on?*

## Step 5: What would you do?

**How would you act now? Which of your needs would you most like to fulfil in this situation?**

Decide on two needs that you find most important at the moment and answer the questions about them:

### Survival

- *What can you do right now to feel safer?*
- *Who needs protection the most in this situation?*

### Love and belonging

- *How can you gain the trust of another person?*
- *Who could you give pleasure to now, - through what?*

### Fun

- *What could you do right now to make someone laugh?*
- *How would that affect the situation?*

### Freedom

- *What could you decide right now to improve your situation?*
- *What consequences would this decision have for you?*
- *What consequences would this decision have for others?*

### Power/Influence



- *What action could you take to improve the situation for yourself and the people you care about?*
- *What skills do you need to do this?*
- *Who do you need to do this?*
- *Who would benefit from this act, who would be harmed?*



## Step 6: Stopover!

**Wow, those were some turbulent times back then, weren't they?**

If you want to know how the person you have now put yourself in the shoes of actually acted back then, read on here in the corresponding box:

**But beware!** Read only this one box, otherwise you will lose the excitement of the other characters!

 <p><b>Box 1: Adelheid Popp, Politician</b></p>	 <p><b>Box 2: Ignaz Seipel, Theologian and Politician</b></p>
<p><i>Adelheid Popp appears as a keynote speaker on this day, alongside Victor Adler, the founder of the Social Democratic Workers' Party.</i></p> <p><i>In 1918, Adelheid Popp is called up to the party executive of the Social Democratic Party and becomes the first woman in the new republic to enter the National Council. In parliament she dedicates herself to other important women's issues such as: the reform of marriage law, the liberalization of the abortion paragraph and of course equal pay for equal work!</i></p> <p><i>Want to know more about pioneers in Austrian women's history? <a href="#">Here is a link:</a></i></p>	<p><i>Ignaz Seipel writes a speech in which he vehemently opposes women's suffrage. He stayed away from the rally out of deep conviction.</i></p> <p><i>After the collapse of the monarchy, Ignaz Seipel became party chairman of the Christian Social Party from 1921 to 1930. He served twice as Federal Chancellor. Especially in his second term, he fought the Social Democratic Workers' Party as well as Austromarxism and supported the militarization of paramilitary militias such as the Heimwehr.</i></p>

	<p><b>Box 3: Anna, Factory worker</b></p>		<p><b>Box 4: Heinrich, Brickmaker</b></p>
<p><i>Anna can bring herself to do this and takes part in the mass rally. Together with her, 20,000 people demand the right to vote for women.</i></p>		<p><i>Heinrich rushes down to the door. But when he gets there, his wife has already left and joins the demonstrators. Heinrich's wife Marie is strengthened in her position and increasingly asserts her views to her husband. She also becomes more involved in women's organizations, organizing meetings and writing brochures and newspaper articles to raise political awareness among women.</i></p>	

### Step 7: Now you have the choice

Did you find it exciting to dive into the story and put yourself in the shoes of one of these characters? If you have time and feel like it, you can now choose another person whose role you would like to play. So go back to step 3 on page 18 and choose who you want to be next.

If you decide you don't want to play another role in this episode, you'll find out what happened in the Austrian story in the next chapter.

## 6 How the story goes on

International Women's Day on March 19, 1911, became a mass rally in Vienna for equal rights for women and, with more than 20,000 participants, was one of the largest events of the time.

The women's movement was now unstoppable throughout Europe. Finally, World War 1 (1914-1918) completely changed the role of women in society. With men serving at the front, it was up to women at home to keep the economy going. Many indispensable activities were now taken over by women. This permanently changed the social status of women and thus represents a radical change. The fact that the war cost thousands of men their lives also brought women more and more into focus.

In 1918, (almost all) women finally received the right to vote, making Austria one of the earliest countries in Europe to introduce universal and equal suffrage. It still took a few years until finally all people in Austria without exception were recognized as full citizens.

It was not until 1921 that prostitutes were also able to vote. This example shows very well that in marginalized social groups such fundamental changes/milestones are often hardly felt or only much later.

Women's suffrage in 1918 proved to be a milestone in politics and society. However, the actual equality of women and men only took place step by step. The women's movement experienced a major setback during National Socialism.

It was not until the Second Republic was established in 1945 that Austrians were once again entitled to elect a parliament and thus a representation of the people. The electoral law was based on that of the First Republic.

In any case, it was the Social Democrats of the First Republic who theoretically prepared those reforms that could only be realized decades later. For example, the equality of boys and girls in education, the reform of abortion or the family law reform of the 1970s.

Today, Austrian citizens are allowed to vote after reaching the age of 16. Regardless of how much money they have and which social class they belong to, each of their votes cast is worth the same.

Historically, women's rights were and are not a matter of course. They had to be fought for with great difficulty. And there is still a lot to be done. Although women are now legally equal to men, there is still a clear need to catch up in many areas: The demands for equal pay for work of equal value, women in leadership positions and adequate representation in political bodies, for example, have still not been adequately met.

## 7 Learning from History

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Now share your experience and reflections with your classmates:

- *How was it? Did you manage to put yourself in the situation and the person(s)?*
- *Can you understand why they acted the way they did?*
- *Would you have acted the same way?*

### Further questions

- *How did women's suffrage improve women's lives?*
- *Were there also losers? Who were they? What did they lose?*
- *If you look at the current world - do we have situations in the world right now that are similar to the historical episode?*
- *What can we learn from this episode of history for today?*

## 8 Sources

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- [https://www.academia.edu/35152588/Die\\_Debatte\\_um\\_das\\_Frauenwahlrecht\\_in\\_der\\_Sozialdemokratie](https://www.academia.edu/35152588/Die_Debatte_um_das_Frauenwahlrecht_in_der_Sozialdemokratie)
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