

WHEN YOU FEEL IRRITABLE

Blame your GALL-BLADDER

Nerves frayed through constant headaches, ever recurring twinges of backache? At your wit's end with liverishness and frightening kidney troubles? Afraid that these nervous ailments are signs of far more serious troubles?

Your fears are well-founded. These complaints are all symptoms of a deep-seated disorder, which very likely originated in the gall-bladder.

The inflamed gall-bladder, blocked by bile and possibly by small gall stones gives rise to an alarming number of complaints varying from obstruction of the bowel to Liver Disease and Heart Disease. It's a lucky thing that Nature provides us with such clear, unmistakable warnings. It gives us a chance to treat the gall-bladder in time and effectively.



HOW OSMOSIS CLEANS YOUR GALL-BLADDER

The physical principle known as Osmosis implies that a saturated solution will draw away a weaker solution through a membrane. This is applied to the blocked gall-bladder by means of Dr. Heinz Liver Salts which go to the root of the trouble and tone up the entire system.

Take with a spot of hot water — Dr. Heinz Liver Salts is a medicine and not a cool drink!

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DEPUTIES CAMPAIGN LAUNCHED

Speeches Review Past Activities

THE biennial campaign of the Jewish Board of Deputies was inaugurated at an informal gathering at the Carlton Hotel on Monday evening, 28th February. Mr. D. Hayden presided.

Mr. B. A. Ettlinger, K.C., President of the Board, gave a brief outline of its manifold activities. The Board, he said, is recognised by both Jews and non-Jews as the official spokesman of South African Jewry, and being in direct contact with the Government, is the basis of Jewish representation in South Africa. Apart from its noteworthy activities in connection with the Jewish war effort, the fostering of cordial public relations between all sections, the combating of anti-Semitism and the rehabilitation of refugees, one of the most important tasks of the Board is the internal organisation of South African Jewry. "A worse organised Jewish community, culturally and spiritually, would be difficult to find," continued the speaker. In view of the difficult nature of the Board's work, the utmost co-operation and support was required by every member of South African Jewry, concluded Mr. Ettlinger.

Combating Anti-Semitism.

Mr. G. Saron, General Secretary, gave a comprehensive account of the Board's work in the struggle against anti-Semitism, which, he said, began as far back as 1933. In spite of the fact that we were passing through a comparatively "easy" period, there was certainly no justification for complacency. The insidious influence of Nazi propaganda of the kind that emanated from Zeesen regularly, had aggravated the position of South African Jewry considerably. The defeat of Nazism would not automatically bring about the defeat of anti-Semitism. There were antagonistic forces at work in South Africa itself, and with these also the Board would have to cope.

It was usually not possible to measure the success or failure of our efforts to combat anti-Semitism. Nevertheless the Board constantly received evidence showing the interest and support of people of all ranks for

its work. Their work was part of the far bigger "battle for men's minds" which was going on all the time.

"But we can not fight alone," concluded Mr. Saron. "We will do what we can, but we must have the Jewish community's understanding and collaboration if our work is to be effective. The community must help us more than it is doing to-day."

Jewish War Effort.

Mr. Lyons, the ex-President of the Board, dealt with the Board's work in connection with encouraging the Jewish war effort and providing for the welfare of the Jewish forces. He quoted letters from highly placed Christians, one a chaplain, another an officer, commending the great value of the assistance which the Board was rendering to the Jewish chaplains and the good work which the latter, in turn, were doing in cementing goodwill between Jew and Gentile.

In conclusion, Mr. Lyons made an appeal for financial support, which was essential for the maintenance of an organisation such as the Board.

Sunday's Meeting

Sunday's meeting of the Deputies was of unusual interest, as it was devoted almost entirely to a discussion of the Board's Public Relations work. It was particularly unfortunate that the meeting clashed with the Transvaal Provincial Conference of the S.A. Zionist Federation.

The chairman, Mr. David Hayden (the acting chairman of the Executive Council), expressed regret that it had not been possible to avoid the clashing of dates and drew attention to the fact that the Meetings of Deputies are, as a rule, held regularly on the last Sunday of every month. A lengthy address on Public Relations work was given by Mr. G. Saron, the General Secretary of the Board. This was very much appreciated, and in the subsequent debate, there were no fewer than fourteen speakers.

The debate will be continued at the next monthly meeting.

A fuller report will appear in our next issue.

TRADE BETWEEN PALESTINE AND SOUTH AFRICA

Good Progress of Palestine Africa Shippers

TRADE between South Africa and Palestine to the mutual benefit of both countries will be greatly encouraged after the war by the activities of the newly-formed company, "Palestine Africa Shippers, Limited," stated Mr. H. J. Kirsch, Deputy Chairman of the Company, at a press conference last Friday. Amongst those present were Mr. Wilk of Cape Town and Mr. Wolman, Mr. E. Hechter, and Mr. M. Gonski.

Mr. Kirsch pointed out that during the short time of its existence the capital of the company which is £100,000, has been subscribed by over 70 per cent. Only 119 people have so far taken shares. Of these 60 were in Cape Town, 48 in Johannesburg, and 11 in Durban. It is felt that many more members of the public will be keen to participate.

Mr. Kirsch went on to explain the great prospects offered for mutual trade between Palestine and Africa. Both are young countries with newly developing industries, and there would be much room for exchange of goods and raw materials. For this purpose sound shipping arrangements would be of the utmost necessity. It will be the object of the company to foster shipping and thus help in the economic development of both countries.

Pnina Saltzman to Give Concert in aid of Palestine Orchestra and Habimah

AT the invitation of Miss Pnina Saltzman a number of friends of the Palestine Orchestra and Habimah Theatre met at the Carlton Hotel on Monday afternoon and listened to an interesting report by Mrs. Ethel Hayman, who presided, on the development of the two institutions. Mrs. Hayman spoke of the fine work which the orchestra was doing for the entertainment of the troops "up North" and the high esteem in which it was held throughout the Middle East.

Mr. R. L. Frankel and Sgt. D. Levinson vividly described their own impressions, while on active service "up North," of the high standard attained by the orchestra and the Habimah Theatre, and urged that South Africa should give every support to these great centres of art.

In the course of the afternoon was announced that Miss Saltzman has kindly consented to give a concert in aid of the Palestine Orchestra and Habimah as soon as she returns to Johannesburg from her South African tour some time in June. The announcement was received with acclamation by all present.

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