

## In and Around the Peninsula.

### Inert.

With the Conference over, local Jewry has again sunk into inactivity—an inactivity that has been largely assisted by the extremely hot weather which has been making itself felt of late. Local societies have for the most part not functioned for at least the last month, whilst many of them show no signs of starting again yet for some time.

Meantime, most of the visitors have begun to depart for their respective homes and very few of the delegates to the recent Zionist Conference are still in the Peninsula. Within a few weeks all the popular seaside resorts will, no doubt, be reduced to their former comparatively deserted conditions.

### The Talmud Torah.

We are unfortunately not able in this issue to give a report of the meeting held last night at which the campaign for the United Hebrew Schools was launched. The meeting was called by Rev. A. P. Bender, Mr. M. Alexander, K.C., and Mr. W. Harris, all gentlemen who have the question of Hebrew education very near at heart and whose patronage and assistance will, we have no doubt, greatly benefit the campaign.

Of the need for the campaign to be a success there can be no doubt. From every point of view a knowledge of Hebrew is essential for the Jewish child to-day. From the national point of view, of course, the Hebrew language is important as being part of the national revival, whilst from a religious point of view the need for a knowledge of Hebrew need not be stressed. The Talmud Torah is the only institution in Cape Town established primarily for the purpose of teaching Hebrew and at the same time supplying those who attend it with a knowledge of the history and traditions of their people. To-day the Talmud Torah finds itself in straitened circumstances, and unless help from the Jewish public is forthcoming it will have no alternative but to close down. This will be more than calamitous.

We cannot do less than wish the campaign every success. We hope that Jewry of the Peninsula will realise the urgent need for its assistance and will come forward in giving of its substance and generosity.

The staff at the Schools consists of the Principal and nine teachers.

The combined salaries of the teaching staff amounts to £2,460 per annum.

School fees for the year ended August 31st last amounted to only £500.

The small sum of £287 was received in annual subscriptions.

The bank overdraft at date is over £1,000.

Those who have the cause of Hebrew education at heart must help the committee to keep open the door of the Schools.

This is only possible if the committee receive a much larger measure of support than heretofore.

Support for an institution such as the United Hebrew Schools dare not be withheld.

### Address by Rabbi I. M. Gervis.

An address was delivered by Rabbi I. M. Gervis at the Roeland Street Synagogue last Saturday afternoon. Rabbi Gervis chose as his subject "Two Generations." He deplored the fact that the older generation had not successfully endeavoured to imbue the younger with the same love for the principles and traditions of Judaism as it possessed.

### Cape Town Hebrew Congregation.

Rev. M. Konviser, minister of the Griqualand West Hebrew Congregation, Kimberley, was the preacher at last Saturday morning's service at the Great Synagogue. Rev. Konviser spoke briefly but interestingly and his sermon was much enjoyed by the assembled worshippers.

### New Cantor at Wynberg.

The Wynberg Hebrew Congregation is to be congratulated on its choice of Oberkantor M. Katzin as its new Cantor. Mr. Katzin is the possessor of a fine lyric tenor. He received his musical education in the Riga Royal Conservatorium and has received excellent reviews of concerts he has given in many parts of Europe. Mr. Katzin studied Chazonuth under Professor Zaviolovski in Berlin.

### Forthcoming Lecture.

The attention of readers is drawn to the lecture which is to be given by Rabbi I. M. Gervis in the Roeland Street Synagogue Hall on Tuesday night. Rabbi Gervis will speak on "The Development of Judaism."

### Aged Home Outing.

A very pleasant outing was arranged by the committee of the Cape Jewish Aged Home for the inmates of the institution on Wednesday afternoon. A number of motor cars had been very kindly lent by members of the community and the old ladies and gentlemen were taken for a drive to Hout Bay, where they had tea at the Beach Hotel. They were then driven to Muizenberg, where they spent a most enjoyable hour or so on the beach.

The committee is very grateful to the following for the loan of cars:—Messrs. H. Bashew, J. Brodie, L. Bernstein, J. Frank, J. Gitlin, W. Harris, M. Kentridge, and S. Schach.

### Social Items.

Mr. and Mrs. Israel Fine, of Rosmead Avenue, Cape Town, are being congratulated on the birth of a daughter.

## Facts About Food.

The scientific definition of food is: a substance which, when taken into the body, is utilised for the formation and repair of body tissue, and for the production of energy.

The energy-value of foodstuffs is universally expressed in terms of calories. The calorie is the unit quantity of heat-energy which is necessary to raise the temperature of a kilogram of water by one degree centigrade.

The average man requires about 3,000 calories per day, if he is to keep strong and well, the average woman 2,500, and children from the age of six months to fourteen years require from 1,500 to 2,500 calories each day. The influence of a normal diet upon the health of an individual begins at the earliest stages of his life. Dietitians say that cereals form the most important foods, since they furnish the largest and most easily digestible proportion of desirable food elements.

Of all cereals, rolled oats or oatmeal form the healthiest food for both children and adults, because they contain elements of great value in nutrition, such as mineral salts, vitamins, carbohydrates and roughage.

One kilogram of oats contains 4,000 calories or energy-making units. We therefore welcome Jungle Oats, which is a special form of the famous Tiger Oats—produced entirely in South Africa from Western Province oats, which have been naturally sun-ripened.

No breakfast table—particularly during the hot weather—should be without this fine food. Jungle Oats has the added advantage of being ready for the table after cooking lightly for only three minutes. It is prepared by experts under the most hygienic conditions, and is guaranteed pure.

The Tiger Oats Company has issued an excellent novelty in the shape of a miniature gramophone record on a postcard, which is certain to appeal to children in households that possess a gramophone, and will also prove interesting to grown-ups.

This little record can be obtained from the Tiger Oats Company, Limited, Maitland, C.P., by any applicant who sends a stamped addressed envelope together with two tiger heads cut from a packet of Jungle Oats.

(N.B. II.)

## United Hebrew Institutions of Benoni.

### Hebrew Kindergarten Mistress.

Applications are invited for a Fully Qualified and Trained Kindergarten Mistress, to organize and take charge of a Hebrew Kindergarten. Previous experience and knowledge of English essential. Only those trained and fully qualified need apply.

Applications with copies of testimonials, stating age and salary required, to reach the undersigned not later than 28th February, 1931.

E. ABRAMSOHN, Secretary,  
P.O. Box 210, BENONI.