Before elections to the Jewish Gmina

Preparatory work for the elections to the Jewish Gmina is progressing rapidly.

After selecting the electoral commission, as we have already reported, the authorities approved lawver Konarski as commission chairman and Dr Geisler as his deputy.

As preparatory work continues, a complains committee has been elected consisting of eight people:

Dr Hipolit Geisler (chairman), M. Fogel, R. Szenfeld, Jakób Kohn, D. Borzykowski, M. Feigln, A. Epsztajn and J. Weksler.

The complaints committee is responsible for considering complaints from voter, who are omitted from the voter roll and wish to vote.

Voter lists and complaints

The lists of Jewish Gmina voters, prepared by the Municipality, have now been sent to the Gmina and can be inspected at the Gmina's

Until 17^{th} July, from 8:00 am until 8:00 pm. From 19^{th} to 26^{th} July, the complaints committee will accept voters' objections and complaints.

From 27th July to 3rd August, voters have the right to lodge a complaint with the local supervisory authority against a decision of the complaints committee

Electoral groups

Electoral blocs have not yet been formed and individual groups will probably present their own lists. The following will enter the

The Craftsmen's' Union, the Small Traders' Union (Garibal.), the Small Traders' Union (Berek Joselewicz). the Merchants and Manufacturers Association, the Zionists, Mizrachi, Aguda, the Association of Military Veterans, the Butchers' Guild, the Old Synagogue Committee and the New Synagogue Committee.

In addition, two lists are to be submitted, namely from supporters of the Pilica Tzaddik and the Radomsko Tzaddik. It is possible that these two groups may yet merge

Who has the right to vote for the Gmina?

Jew who is over the age of twenty-five and who has lived in Częstochowa, has the right to vote

The District Court in new premises

The relocation of the District Court to its new seat on ul. Racławicka (between Kilińskiego and Dąbrowskiego) should be considered as a successful escape from the difficult working condition which the Court had to endure thus far.

The District Court now occupies the entire ground floor of the new building. In the right wing (from the entrance), there is the criminal department, with two courtrooms, a separate room for witnesses, a separate room for lawyers, etc. This wing also houses the prosecutors' offices. The left wing contains the civil department, the judges' offices and the commercial registrar

The District Court's relocation to new, spacious premises will no doubt contribute to the improvement of court procedures which, so far, have often had to suffer due to a lack of space and inappropriate working conditions in the Court's previous premises.

We advise that the new building's first floor is occupied by the District Supplement Command (P.K.U), entry from ul. Dąbrowskiego.

As we have already mentioned, the Municipal Court has remained at al. NMP 51, to where the office of the investigating judges and the Labour Court will soon move.

New Board of Management for **Community Savings Fund**

In order to improve the operation of Community Savings Funds, the State Treasury, pursuant to the 1934 Act, reorganises the boards of individual funds which, in many cases, is combined with the introduction of a temporary reorganisa-

So, regarding the Częstochowa Community Savings Fund, an Interim Board of Management has been established comprising, the current director Bruno Bartoszewski (president), long-serving deputy director Zygmunt Wichura and Mieczysław Niedzielski.

Following the reorganisation, the Interim Board will hand over its duties to the authorities, who will be elected in accordance with the newly applicable regulations

Stefan Jarzebiński, the long-time member of the former Board of Management, has resigned as the new regulations provide for only permanently held officials in the executive authorities.

As a trustee, Mr. Jarzębiński has been appointed as deputy chair-man of the Fund's Discount Committee.

New State Police Commander in Częstochowa

By decree of the Łódzkie Province Internal Affairs Minister, the current Police Commander in Czestochowa. Czesław Ciesielski. been transferred to a similar position in the Łódzkie Province.

Superintendent Roman Janikowski, has been appointed Police Commander for the Częstochowa District. He was a captain in the 7th Infantry Regiment and, recently, Court Officer in Częstochowa.

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Why, in summer and late autumn, do infectious diseases spread?

The summer months, so desired by all, especially the young, are a period of diseases such as typhoid fever, bloody diarrhoea, catarrh,

How can I explain that, when we can benefit the most from sun, water and air, the factors so necessary for the life of every system, it is then that diseases are

The answer is simple. We must remember one rule – as many vitamins as possible, but equally important is cleanliness. It should be in the first place – "Cleanliness is health!'

The point is that, in summer, we eat a lot of vegetables, fruit and water. And how often do you meet people, in the street, eating delicious fruit from bags that have been previously touched by other

On the other hand, we must remember that not every disease will confine you to bed. After all, are diseases such as ambulatory typhoid fever, when the patient, without even knowing about his illness, becomes infectious. Let's imagine such a person offering fruit to

So, in order to avoid unnecessary, often dangerous and even fatal diseases and realising that disease spreads through water and eaten

fruit, all need be done is to take the following common precautionary measures:

1) Wash your hands before every

2) Never drink raw water

3) Do not eat unwashed fruit (best scalded with hot water). 4) Avoid animal fat (rancid lard)

5) Avoid icy cold drinks when we

6) Protect yourself against flies.

A few words about sunbathing which occurs often and inappropriately – the sun's rays are very intense, especially at noon, and can sometimes cause very serious illnesses, such as sunburn, skin blistering, etc. To

avoid these, you should:

1) Lubricate exposed body parts with Vaseline.

 Cover your head.
 Limit exposure time appropriately, namely begin with a few minutes and then to a maximum of one hour at a time, extending by a few minutes each day.

In the event of severe sunburn apply a mixture of linseed oil and lime water to the skin. If there is headache, vomiting or possibly convulsions, immediately consult a doctor. Finally, in the event of nosebleed, apply a cold compress to the head, and lay the patient down, inserting a cotton wool "tampon" in the nose.

Dr. med. Wł. Sable

Dr. Schleicher took part in the Second Congress of Jewish War Veterans

The Second Congress of Jewish War Veterans took place last ienna. were Ausum Pa Lithuania, Africa, week in Vienna. Countries represented Canada, Bulgaria, Poland, South Africa, America and Hungary.

Poland's delegation comprised ten people including, from Częstochowa, Dr. Schleicher, president of the Association of Veterans in the Struggle for Independence.

The Austrian state and Vienna municipal authorities welcomed the Congress participants. The Polish delegation was hosted, at a breakfast, by Polish Ambassador

Opening of the first instructor course camp in Blachownia

The instructor course in Blachownia was officially opened on $15^{\rm th}$ of this month, thanks to the efforts of the board of the District Association of the Częstochowa Workers' University (T.U.R.).

The course was opened by Mr. Władysław Dewor, T.U.R. District Secretary. Speaking to participants, he stressed the role which they would play as future trained activists in the socialist system. While singing the Youth Anthem, a red flag, bearing the T.U.R. logo was hoisted as a sign that the course was open.

Following the opening, Mr. M. Niemeczek, the Course Director, spoke after which participants left for a lecture.

In total, the course was attended by thirty-five participants from: Częstochowa, Dąbie, Mstów, Ostrowy, Ostatni Grosz, Raków, Stradom Blachownia.

This very interesting match will decide which club will enter the State League.

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Football match for entry into the State League

On Sunday, 18th July, the match between champions of the Łódź district Ł.T.S.G. against

Częstochowa Brygada, will be played at the Ognisko Niepodległości stadium.