

The INSTITUTIONAL

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No. 13

GYMNASIUM AND SWIMMING POOL ARE FORMALLY DEDICATED

The President and Board of Directors of the Institutional Synagogue formally dedicated the Gymnasium and Swimming Pool last Sunday, November 30th. The programme as printed in last week's INSTITUTIONAL was divided into three consecutive parts.

The exercises began at 2 P. M., with a parade through the vicinity of Harlem, led by Hon. Isaac Siegel, Rabbi Herbert S. Goldstein and Rabbi Isadore Goodman. The Hebrew Orphan Asylum Band provided music for the occasion, and members of the clubs paraded with banners describing the work of the building.

At 2:30 P. M. a Dedication programme was featured in the Auditorium. The programme included an invocation by Rabbi Isadore Goodman, Salute to the Flag by the Institutional Synagogue Troop 524, B. S. A., followed by an Address of Welcome by Hon. Isaac Siegel.

Mr. Henry Blankfort, Chairman of the Building Committee then reported progress on the building work, and Rabbi Goldstein, concluded with an address to the Congregation.

An inspection of the Gymnasium and Swimming Pool followed.

Mr. Elias Cohen played several violin selections.

Mr. Morris Jablow was Master of Ceremonies.

At 8 P. M. in the Gymnasium proper there was held a dance and gymnastic exhibit through a programme arranged by the Social and Educational Department and Mr. William Dreeben, the new Director of the Department of Physical Education.

Before the dancing there was an exhibition basketball game by the Freshmen of the Savage School of Physical Education and the 92d Street Y. M. H. A., and an exhibition of gymnastic stunts and tumbling by Misses Marion Muller, National A. A. U. Women's All-Around Gymnastic Champion, Geraldine Heany, Karin Carlton and Florence Coryell.

This was followed by a boxing exhibit by Joe Littman and Otto Goldman, of the 92nd St. Y. M. H. A.

At the request of members of the various teams, because of the number of demands being made upon them by people who desire to join, it has been decided to extend the Join Week until Sunday, December 14th. On this evening, which is the opening day of the Monster Bazaar, the winning teams will be announced.

Music was supplied by the original Blue Devil Orchestra.

BAZAAR COMMITTEE WORKS RAPIDLY AS OPENING DAY NEARS

The Sisterhood Committee on the Bazaar officially announces the opening day as Sunday evening, December 14th, at 8 P. M. sharp.

Every morning ladies of the Sisterhood leave the Synagogue in empty cars and come back laden with packages containing every conceivable variety of merchandise, from safety pins to fur coats. Although the Bazaar store-room is beginning to be quite crowded, the Gymnasium, with its tremendous capacity, still makes it imperative that we get quantities of additional merchandise.

YOU SURELY HAVE SOME FRIENDS IN BUSINESS FROM WHOM YOU HAVEN'T AS YET RECEIVED A DONATION. DON'T PUT IT OFF. TIME IS GETTING SHORT.

Among the special features of our Bazaar this year will be an entertainment every evening, a restaurant and an Oriental booth, which is to be decorated by Madame Benoliel.

These are the ways in which you can help to make the Bazaar a success:

Get a donation of merchandise.

Give a donation of merchandise.

Procure for us the loan of a car.

Bring your friends to the Bazaar.

Volunteer to act as saleslady or salesman at the Bazaar.

Don't do any shopping until our Bazaar opens. You will surely be able to satisfy all your needs there.

The following booths will be featured at the Bazaar: Drugs, Dolls, Blankets, Gent's Furnishings, Oriental, Household Furnishings, Groceries, Silver, Piece Goods, Ready-to-Wear, Millinery, and Tobacco, Cigars and Cigarettes.

Three cheers for Mrs. Max Stavish. The Bazaar Committee wishes to take this means of expressing its appreciation to the wife of our worthy Second Vice-President for the splendid work which she is doing in her quiet, unassuming way, to make our Bazaar the howling success which it promises to be.

JUNIOR LEAGUE HOLDS ANNUAL DANCE THIS SUNDAY—WILL ENTERTAIN AT THE PENNSYLVANIA

The Junior League of the Parents' Association will hold their Annual Dansant this Sunday evening, at the Hotel Pennsylvania, at 8 P. M. Miss Eva G. Stein, President of the organization, announces that the affair will be one evening of pleasure. For those who attend, a special well-known radio orchestra has been engaged to play, and a few interesting numbers will be offered by way of entertainment.

Members may secure tickets at the Institutional Synagogue building or at the door.

FRIDAY EVENING CIRCLE :: HOST, JUNIOR LEAGUE :: REFRESHMENTS 9 P. M.

Light Candles at 4:12 P. M.

THIS SATURDAY MORNING, RABBI ISADORE GOODMAN WILL PREACH

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JUNIORS AND INTERMEDIATES WILL HOLD CHANUKAH ENTERTAINMENT TO CO-OPERATE WITH UNION HIGH SCHOOL CLUBS

The Juniors and Intermediates of the Social and Educational Department, in conjunction with the High School branch of the U. O. J. C. A., will hold a series of Chanukah entertainments at the Institutional Synagogue building.

The first of these entertainments will take place on Wednesday evening, December 24th, at 8 P. M., and will be exclusively for the Juniors. A play and several other interesting numbers on the programme are being arranged under the supervision of Miss Selma Nitzberg, of the Dramatic Department.

The big entertainment for Intermediates will be held on Sunday evening, December 28th. The plays and other numbers of the programme are being specially prepared by members of the Wadleigh and Clinton branches of the U. O. J. C. A., who are also members of the Intermediate Department. They are being coached by Mr. David Davidson, of the Dramatic Department, and the programmes are being arranged through the co-operation of Mr. Lou Simon, as Director of the Union Clubs and a member of the Board of Director Committee on Social and Educational Work, and Miss Beatrice T. Martus, Associate Director of the Social and Educational Department.

Both entertainments promise to be quite interesting and educational. Boys and girls of the High School of Commerce and Julia Richmond have been invited to attend.

ZENITHIAN CLUB HOLDS FAREWELL DANCE

The Zenithian Club, one of the oldest groups in the building, having emigrated with the rest of us from our old quarters at 112 West 116th Street, has decided to disband and will amalgamate themselves into the Order of Knights of Pythias. Although they will hereafter be known as the Zenithian Lodge, they promise, as individual members of the building, their full co-operation in all of the building's undertakings.

The club held its farewell dance as a club at the Aldin Club last Saturday evening, November 29th. Many old friends gathered and a good time was had by all.

CLUBS DONATE THANKSGIVING BASKETS TO POOR

Many of the clubs last Thanksgiving Eve bought food and filled baskets for the purpose of distributing them to needy families in the immediate neighborhood. The baskets were well received and the boys and girls of the clubs were sufficiently compensated for their labors and kind thoughts upon the blessings given them by the families who were the recipients of the baskets.

Amongst these clubs who supplied baskets were the Eldorado, a Senior Organization; the Alhoa, an Intermediate Organization; the Arista, Rosebud and Sunshine, Junior Organizations.

The Sunshine Club is also dressing dolls for the orphan children of the various asylums and for the children of the Day Nurseries. These clubs deserve special commendation for their charitable endeavors.

IMPORTANT EVENTS OF DECEMBER

Sunday Evening, Dec. 7th, at 8 P. M.
—Dance, Junior League, at the Hotel Pennsylvania.

Sunday Evening, Dec. 14-28, at 8 P. M.—Monster Bazaar in the Gymnasium.

Saturday Evening, Dec. 20th, at 8 P. M.—Dance, Topaz Club, at the Aldine Club.

Sunday Evening, Dec. 21st, at 8 P. M.—Dance, Young Folks League, at the Hotel McAlpin.

Wednesday Evening, Dec. 24, at 8 P. M.—Chanuka Entertainment for Junior Clubs.

Sunday Evening, Dec. 28th—Chanuka Entertainment, Intermediate Department and U. O. J. C. A.

TO OUR READERS

We maintain an EMPLOYMENT BUREAU for young men and women, who desire to observe the Sabbath. Let us help you fill your positions when in need of help.

Call Employment Department—"University 6729."

This ad paid for by Fischel Family Foundation.

SIGN UP FOR GYM AND POOL

CULLED FROM COLLECTED PENS

The INSTITUTIONAL has invited men and women interested in specified lines of endeavor, in professions and writers to contribute articles, the nature of which would be of interest to our readers. Each week we hope to publish an article by another individual and topics will cover a wide range. Your ideas of the subjects touched upon will gladly be published in our weekly, irrespective of the views which you take.)

THE ANCIENT HEBREWS AND MEDICINE

By Dr. Zadok Kapner

The basic sources of ancient Hebrew medicine are the Bible and the Talmud. The priests were, as a rule, the physicians, although, however, not the only physicians. Some among them who were not sufficiently learned were not physicians, but were the executives of the sanitary department of the Jews. (Erachin 3.) The ancient Jews employed medicines, and also made use of the obstetric chair. (See first chapter of Exodus.) The Hebrew woman held the office of midwife. The chiplet flint (celt, sharp stone) was used by Zipporah, wife of Moses, for circumcision. Wounds were dressed with wine, oils and balsams.

The efforts made by the Jews to ward off disease are the most interesting features of Biblical medical history. The ancient Jews were the chief founders of public hygiene. The sanitary code laid down in Leviticus is of such great value to modern practice that the German doctor, Vircho, the greatest pathologist of our age, said that "Moses is one of the greatest physicians of all time." The ancient Jew was imbued with the sacredness of human life, the duty to preserve health, and the care of his body as a matter of religion. This is evidenced throughout the Pentateuch.

The remarkable vitality of the Jew cannot be attributed to any other characteristics. Garrison says that the Hebrew regulations of sexual hygiene and morality invested a good and virtuous woman with that peculiar halo of respect which has been preserved by all highly civilized nations down to the present time. The institution of the Sabbath was and is of the greatest physical and spiritual benefit to mankind. Among the Jewish people the meat intended for food is carefully inspected and is either Kosher (fit) or Trepha (dangerous).

An injured or diseased animal is Trepha (dangerous). This practice gave the Jews an insight into anatomy which the other nations did not possess. Various organs are mentioned in the Bible. The laws concerning clean (Tohorah) and the unclean (Tumah), also laws concerning family purity, illustrate the familiarity of the ancient Jews with certain branches of anatomy. In the Talmud the number of bones of our body is given as about 248. Of these bones the bone Luz, lying somewhere between the accipit and the cocyx in the spine, is declared as the indestructible nucleus from which the body is to be reconstructed at resurrection.

They had a fair idea of the study of Myology,—of muscles. Rabbi Chisda made the remarkable observation that the psoas muscles (which are placed on the side of the lumber region of the vertebral column and the margin of the pelvis) in all clean animals have two accessory muscles whose fibres run longitudinally and transversely. Thus if an animal is found without hoofs and without gums the two accessory muscles would indicate whether the animal was a clean one (Tohora). Nearly all the internal organs are mentioned and described in the Talmud as they relate to different laws of trepha, etc.

The study of embryology was highly esteemed as the Talmud praises King David for devoting his time to these investigations. Rabbi Samuel said "that he was able to tell the exact age of the fetus" (Nidah 25). The opinion of the same Rabbi is that it is impossible to differentiate sex before the fourth month which embryologists hold today.

The ancient Jew was well versed in physiology, as evidenced by the functions of different organs as described in the Talmud. The phenomenon preceding the period of menstruation is described in the Talmud Nidah.

It is remarkable that the Rabbis have been well up in that branch of medicine known today as pathology in that they were the first to recognize what is now the prevailing theory that the symptoms of disease are merely an outward manifestation of internal changes in the tissue. Furthermore, in order to pass upon the animal slaughtered as Trefa, an investigation of the pathological changes of the different organs was made. The pathological changes of different organs are precisely described in the Talmud as they relate to respective organs.

The Mishna enumerates 140 pathological conditions which make a man (a Bal Mum) unfit to perform any religious services in the temple. Talmudical surgery includes the use of sutures and bandages. The present well known manoeuvre of refreshing the edges of the old wound to hasten union was practiced at that time (Hulin 77). Venesection, cupping, and leeching were common. Fractures, caesarian sections, excision of the spleen, kidney, amputations, trephining and the operation of unperfected anus in babies was known. The use of speculum and uterine sound (certain instruments) were common in major operations. The patient was anesthized. Crutches, artificial limbs and artificial teeth were employed.

In the Talmud we read that the ancient Hebrews had a materia-medica, the Sefer Harafua, and the Sefer Samonim about drugs.

PALESTINE TO HAVE RADIO FANS

Jerusalem, Nov. 12.—Residents of Palestine will be permitted to install radio sets in their homes and listen to the broadcasting from Europe and, eventually, America, according to official announcement issued today. Special license will be required, however.

Special Semi-Formal Dance This Saturday Evening

When Nature Wants a Man

When Nature wants to drill a man
And thrill a man,
And skill a man,
When Nature wants to mold a man
To play the noblest part;
When she yearns with all her heart
To create so great and bold a man
That all the world shall praise—
Watch her method, watch her ways!
How she ruthlessly perfects
Whom she royally elects;
How she hammers him and hurts him
And with mighty blows converts him
Into trial shapes of clay which only
Nature understands—
While his tortured heart is crying and he lifts be-
seething hands!—
How she bends, but never breaks,
When his good she undertakes
How she uses whom she chooses
And with every purpose fuses him,
By every art induces him
To try his splendor out—
Nature knows what she's about.

II.

When Nature wants to take a man
And shake a man
And wake a man;
When Nature wants to make a
To do the Future's will;
When she tries with all her skill
And she yearns with all her soul
To create him large and whole,
With what cunning she prepares him!
How she goads and never spurns him,
How she whets him and she frets him,
And in poverty begets him,
How she often disappoints
Whom she sacredly anoints.
With what wisdom she will hide him,
Never minding what betide him
Though his genius sob with slighting and his pride
may not forget!
Bids him struggle harder yet
Makes him lonely
So that only
God's high messages shall reach him
So that she shall surely teach him
What the Hierarchy planned.
Though he may not understand
Gives him passions to command—
How remorselessly she spurs him,
With terric ardor stirs him
When she poignantly prefers him!

III.

When Nature wants to name a man
And fame a man
And tame a man,
When Nature wants to shame a man
To do his heavenly best;
When she tries the highest test
That her reckoning may bring—
When she wants a god or king!
How she reins him and restrains him
So his body scarce contains him
While she fires him
And inspires him!
Keeps him yearning, ever burning for a tantarizing
goal—
Lures and lacerates his soul.
Sets a challenge for his spirit,
Draws it higher when he's near it—
Makes a jungle, that he clear it,
Makes a desert, that he fear it
And subdue it if he can—
So doth Nature make a man.
Then, to test his spirit's wrath,
Hurls a mountain in his path—
Puts a bitter choice before him
And, relentless, stands o'er him—
"Climb, or perish!" So she says.
Watch her purpose, watch her ways!

IV.

Nature's plan is wondrous kind
Could we understand her mind;
Fools are they who call her blind.
When his feet are torn and bleeding
Yet his spirit mounts unheeding.
All his higher powers sneeding,
Blazing newer paths and fine:
When the force that is divine
Leaps to challenge every failure and his ardor still
is sweet.
And love and hope are burning in the presence of
defeat
Lo, the crisis! Lo, the shout
That must call the leader out.
When the people need salvation
Doth he come to lead the nation
Then doth Nature show her plan
When the world has found—a man!

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NOTES

"The War Department is daily receiving cases where veterans who have thought themselves in the best of health have died or been killed by accident without having submitted their applications for Adjusted Compensation. Their widows and children, many of them in needy circumstances, receive, in such cases, the amount of adjusted service credit, an amount equal to approximately ONLY one-third of what they would have received in one payment in cash, had the veteran made application prior to death.

"A further reason for prompt application on the part of the veteran is the fact that the face value of the insurance certificate furnished him is dependent upon his age at the time of filing of his application.

"Lastly, the cash payments under the Act are due on March 1, 1925, and unless veterans apply immediately their payments will be delayed."

Men who fought in the war and desire to secure these applications may do so by applying in Room 507 any evening except Friday, between 8 and 10 o'clock.

The Collegiate Branch of the Union of Orthodox Jewish Congregations of America, through the Chairman of the Educational Committee, Mr. Leonard Friedman, announces the inauguration of two study groups.

The first one meets every Monday evening at 8:15 P. M., in the Trustees' Room of the Spanish and Portuguese Synagogue, 2 West 70th Street, and takes up "Leading Chapters of Jewish History." It follows Israel Abraham's "Jewish Literature" as a guide, and discussion is led by different members of the group itself.

The second one meets every Tuesday evening at 8:15 P. M. at the Institutional Synagogue, 37 West 116th Street, and takes up the discussion of the Jewish code as it affects our lives today.

All college men and women are welcome to either or both of these groups.

Mr. Max Braun of the Institutional Synagogue during the past month officiated at the wedding of Kasnowitz-Gordon at the Hotel Savoy on November 9th; Berman-Rathfeld wedding at the Hotel Astor on November 16th and the Fiftieth Anniversary Golden Jubilee of the Shakespeare Lodge of the Masonic Order at the Hotel Astor, November 22d.

For good Kosher catering under the supervision of the Union of Jewish Orthodox Congregations of America write Max Braun, 135 West 119th Street, Telephone University 4006.—Adv.