

The INSTITUTIONAL

"THE WEEKLY PUBLICATION OF THE INSTITUTIONAL SYNAGOGUE"

Publication Office: 37-43 West 116th Street

Vol. X.

DECEMBER 10, 1926

No. 10

FINAL EFFORTS CONCENTRATED ON MAKING THEATRE PARTY AN UNUSUAL SUCCESS

**Big Drive On To Dispose of Remaining
Tickets and Fill Up Ad Space in Journal—
Moving Pictures Taken of All Activities
To Be Shown At Theatre Party**

The Theatre Party Committee is concentrating its efforts during this week and making a final drive to dispose of the remaining seats for our Theatre Party. The Ad Committee, under the direction of Mrs. Mose Goodman, is also speeding up their campaign to fill up the remaining space in the Theatre Party Journal.

Members are urged to take advantage of this final opportunity to co-operate with us by disposing of the remaining seats now on hand. Your co-operation is earnestly solicited in filling in the few remaining blank pages in our Journal. The Committee will reserve space for the next few days for the benefit of those who have been unable to get in touch with us previously. Send in your ads and requests for tickets immediately!

During the entire week, moving pictures have been taken of the various building activities, and they will be shown at the Theatre Party on both nights.

Let's get together in a happy family spirit and make this Theatre Party a memory of united action and true institutional spirit.

FIRST FRIDAY EVENING FORUM BRINGS OUT A LARGE AND ENTHUSIASTIC AUDIENCE

Alhoa Club As Hosts Discuss "Chanukah"

The first Friday Evening Forum of the season was held last week in the Social Rooms. The Alhoa Club were hosts for the evening. They chose for their topic, a timely discussion on "Chanukah." The speakers were, Irene Cantor and Sally Leff. Rabbi Goldstein delivered an inspiring talk on the message of Chanukah and Cantor Yavneh added lustre to the program with his usual fine melody.

Following the regular program, The Alhoe Club proved to be generous hostesses and the evening culminated with the serving of refreshments.

The Abraham Lincoln Club will be the hosts this Friday night, and they have selected the topic, "The Jewish Love For Learning." We are glad to note the co-operation of the clubs, and we hope that their interest will be keyed up for the balance of the season.

RELIGIOUS NOTES

This Saturday Morning
RABBI HERBERT S. GOLDSTEIN
Will Occupy the Pulpit

Friday Evening Circle at 8:15 P. M.
MODEL FORUM—Sylvan Saffer, Chairman
Light Candles at 4:12 P. M.

The Critics Say:

"BROADWAY IS THE
SENSATION OF NEW YORK"

"A Powerful Performance"

The Best Value on the Boards

AND WE SAY —

**BUY YOUR
TICKETS NOW!**

THEATRE PARTY

**December 20 and 21st
BROADHURST THEATRE**

LOUIS MARSHALL CELEBRATES BIRTHDAY

The Jews of the entire world are taking note of the 70th birthday of Mr. Louis Marshall, who has taken first rank as a public benefactor, and whose life has been one of dedication to the service, not only in the United States, but all the Jewry of the world.

The Institutional Synagogue congratulates him on his approaching birthday, and sincerely and earnestly hopes that for very many years he may continue in good health, doing the great work which he has been doing.

REMINDER:—BUY YOUR THEATRE TICKETS TO-DAY!

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Published weekly except during July and August, by the Institutional Synagogue
37-43 West 116th Street, New York

Subscription.....One Dollar per Year

Edited by Sidney B. Alexander

"Entered as second-class matter February 15, 1924, at the Post Office at New York, N. Y., under the Act of March 3rd, 1879."

"Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917, authorized February 15, 1924."

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**I. S. NATATORS BEAT Y. M. H. A.
Hopes Of Retaining Metropolitan
Championship Very Bright**

The Institutional Synagogue Swimming Team started their season in a great style, by beating the 92nd Street Y.M.H.A. in our pool. Although handicapped by the absence of our captain and constant scorer, Moe Rothman, the team came thru with flying colors.

The first event, the relay, was captured by our team, due to Sig Meyers' wonderful sprint in the last lap. The rest of the events showed the true calibre of our representatives.

On Thursday evening, December 9th, at the Y.M.H.A.'s pool, a return meet will be held. Another meet will be held with the Holy Name Society later in the season.

Harry Florence deserves a good deal of credit in making such a wonderful team that is sure to retain the championship that was won last year.

AD SPACE AVAILABLE

TICKETS STILL ON SALE

OBEY THAT IMPULSE NOW!

**SOCIAL AND EDUCATIONAL
DEPARTMENT CELEBRATES
CHANUKAH WEEK**

**Splendid Entertainment Is Chief Attraction
Of Interesting Program**

The Social and Educational Department carried on its usual Chanukah program this year with splendid results.

During the week, all of the clubs were told the story and discussed the significance of Chanukah. In each club the Chanukah candles were lit. On Friday evening at the first Club Religious Forum of this season the Alhoa Club discussed the significance of Chanukah.

This program of activity was produced under the direction of Mr. Theodore Charnas and Mr. Sol Klein, with the co-operation of Sylvan Saffer.

The annual Chanukah entertainment was produced on Saturday evening in the auditorium. The entire program was supervised and coached by Miss Beatrice T. Martus, and consisted of the following:

After an address on "Why We Celebrate Chanukah" by Mr. Sidney B. Alexander, Judith Winokur, of the Jolly Juniors, and Ethel Schwartz, of the Merrymakers very pettely welcomed the parents and friends.

Rae Mallin played a piano solo, entitled "The Robin's Return." Then came an original story of Chanukah with Judith Winokur reciting the story, and the Eight Chanukah Lights depicted by Clara Semos, Kathryn Rosanes, Lillian Romoff, Mollie Hassan, Gertrude Peretzman, Lillian Negrin, Yetta Getzoff and Flora Hassan, all of the Jolly Juniors.

Nathan Schulster, a brilliant violinist of the Stars of Zion, played two solos, "Traumaria" and "Souvenir." Rabbi Goldstein delivered a fervent Chanukah appeal to the parents for their co-operation.

The main feature of the evening was the play entitled, "What's Tonight?" This play was produced Saturday night by the Social and Educational Department for the fourth time. At this offering, everyone of the cast played his part for the first time, and the play received its usual splendid ovation. The program ended with the lighting of the candles and the singing of the Mo-Oz Tzur.

A Seeyum Hatorah

WILL BE HELD

THIS SATURDAY EVENING,

December 11, 1926

at 8:30 o'clock

at the Institutional Synagogue

37-43 W. 116th Street.

The Torah is presented by Mrs. Fannie Stich and her children in memory of her husband and son.

All Members and Friends of the Institution are cordially invited.

REGISTER YOUR CHILD FOR THE TALMUD TORAH!

TALMUD TORAH PRODUCES BRILLIANT CHANUKAH PROGRAM

Moving Pictures Taken Of Audience And Actors

The Talmud Torah produced an unusually brilliant Chanukah entertainment last Sunday evening in the auditorium.

After the lighting of the candles and the singing of Haneros Halolu and the Mo-oz Tzur, a Chanukah pageant was produced with the following cast: R. Gooberman, H. Pastow, D. Hadler, S. Sirotah, J. Cuziel, S. Goldman, Y. Sirotah, J. Winokur, and M. Ouziel. There was also a recitation entitled, "Al-He-Cha-Lon," with the following participating: B. Baron, B. Coopersmith, F. Sinuk, D. Schulman, A. Schulman, J. Silver, and J. Silverman. Eva and Rose Gooberman then rendered two interpretative dance numbers, and the chorus of the Talmud Torah then obliged with their solos. Michael Greenberg recited "Rutz Yeled." Then came a musical program consisting of a vocal solo "Shir Eress" by Benjamin Weinstein, accompanied on the violin by Hyman Silverman. Hyman Silverman then played a violin solo number. This was followed by a musical story of Chanukah, with the lyrics by Sidney H. Reiss, a member of the faculty, and accompanied by the chorus and audience with Herbert Hyman leading.

The first play of the evening was entitled, "Her Sacrifice," the story of Hannah And Her Seven Sons. "Hannah" was played by Gertrude Siegel, and the "Seven Sons" were: Harold Newman, Morton Goldenburg, Joshua Levine, Monroe Siegel, Benjamin Weinstein, Milton Reiss, Michael Greenberg. Antiochus was played by David Schreiber and Appolonius by Herbert Hyman. S. Geller and W. Kantor were soldiers.

Three addresses were on the program. Hon. Isaac Siegel, welcomed the parents as President, and our own Rabbi addressed then on the significance of Chanukah. Mrs. them on the significance of Chanukah. Mrs. tion, explained the work that that organization is doing.

Following a short intermission, came the main play of the evening. The cast of characters in this Chanukah farce, entitled "What's Tonight?" included Emanuel Greenberg, Frieda Clark, Martha Clark, Leonard Laiken, Pearl Kramer, Hattie Clark, Herbert Hyman and Joseph Prager.

The Talmud Torah is indebted to Miss Gertrude Goldman for her assistance in the musical numbers and to Miss Eva G. Stein for stage and scenery decorations. Anna Becker ably assisted in the costuming, although she refused to pose for the moving pictures.

The Talmud Torah was very fortunate in being able to secure funds for the carrying on of this program from the Parents Association and its Junior League.

All in all, every one spent an enjoyable evening.

SAVE A LIFE

We earnestly appeal to every automobile driver, whether he be owner or chauffeur, to exercise care in driving. We would ask him to think of the 299 children who have met death in New York City up to October 1st of this year. We ask him also to think of the 440 adults who also have been killed by automobiles in New York City during the same period of time. Help save a human life by driving carefully.

SECOND PRIZE CLUB BIBLE CONTEST, 1926

DEUTERONOMY—THE GUIDE TO THE MOSAIC LAWS OF DIETETICS

And when we consider that the Jewish race of today represents the survival of the smallest race on earth—a race that was a mere handful in comparison with the hordes of barbarians in Europe, to say nothing of the Greeks, the Romans, and other civilized peoples of the time—and that it has survived under the most adverse conditions which ever confronted a race, the story of that survival is the most remarkable chapter in the annals of man's history on earth.

To look into the causes of that strange survival and multiplication and to profit thereby is the only hope of those who would also be preserved.

The groundwork laid by Moses is directly responsible for the survival of the Jews. It is entirely due to the Jewish eating habits and to the strict Jewish law regarding sexual morality, as outlined in the book of Deuteronomy, that the Jewish race has lived on through the ages. These strict dietary laws have been transmitted from father to son, have been transplanted from generation to generation. They are the basis for the longevity of Judaism.

Diet is the most important factor in health. The orthodox Jews have long ago realized this statement as a truth, and they have retained their old habits, the Mosaic laws governing food. That explains their immunity from very serious disease. The so-called "reformed Jew," who violates the food laws handed down by his forefathers, soon falls a victim to the ills common among the peoples of the motley group. In this dangerous age of plasticism and jazz-mania, the youth often forgets to obey the Mosaic dietary laws. He finds his greatest momentary pleasure and enjoyment is being a glutton on "chop suey," large course dinners, pastries, and ice cream dishes. And what is more, after filling his stomach to capacity, he does not rest; on the contrary, he must consummate the meal by dancing the Charleston. Poor, restless youth! Little does he dream that the food he eats is slowly, but surely, poisoning his system; and that the excessive exercise soon after eating is so detrimental to him. Need we wonder why disease is rampant, why ap-

SIGN UP FOR GYM AND POOL CLASSES!

pendicitis and tuberculosis are so prevalent why diabetes takes its death toll by the thousands each year.

We moderns have built up an entirely erroneous idea of dietetics. We have made a fetish of having so many calories, and of getting certain minerals, certain proteins—in other words, a mixed diet, containing all the essentials of health. That is all well and good, as far as it has gone. But we have supposed that if we poured all these ingredients into our stomachs, the system would absorb what it needed. We have decided, for instance, that oranges, milk, and green foods, from which salads are made, are essential to health. So they are. But by pouring a hodge-podge of unrelated, non-assimilable, sometimes non-masticated, foods into the stomach at one time we defeat the very end for which we strive.

The orthodox Jew, on the other hand, has been taught that he must not eat milk, cheese, butter or eggs at the same meal with meats. He has been taught and instructed by the Gomorrah and by the words of Moses in the Book of Deuteronomy that at least six hours must elapse between his meal containing milk products and that containing meat products. He has been taught to eat meat which contains no blood, that is, meat which has been made "kosher," and which has been soaked in water and salted, allowing the blood to run off. This in itself is a sign of purity and of cleanliness, another reason for the absence of sickness. For does not Moses say in Deuteronomy: "And thou shalt say, I will eat flesh; because thy soul longeth to eat flesh; thou mayest eat flesh, whatsoever thy soul lusteth after." But these remarks also carry their warning. For Moses bans certain varieties of flesh, as for instance, "ye shall eat of them that chew the cud." And he repeats continually, "Only ye shall not eat the blood; ye shall pour it on the ground like water."

These simple rules of dietetics are the fundamental cause for the survival of the smallest race on the face of the earth. The orthodox Jew eats only a few related foods at one time which can be digested simultaneously. And to further preserve his health, he observes certain fasts to give his overworked stomach a rest.

Those who would read the Book of Deuteronomy of the Holy Bible would find in it more advice, more good counsel, on right and clean living than in any other single volume or than the greatest doctors of today could render. Avail yourselves of the opportunity to read this magnificent piece of art, this Book of Books, eternal guide of Life!

JEWISH WELFARE BOARD TO HOLD THIRD BIENNIAL CONVENTION

A nationally representative gathering is expected at the Third Biennial Convention of the Jewish Welfare Board, which will be held on December 19th, at the Elysium Club, Boston, Mass.

As the national parent body of the Jewish Community Centers and Young Men's and Young Women's Hebrew Associations, the Jewish Welfare Board is calling together representatives of these local associations, which number more than 300, in cities in all parts of the country, for a consideration of problems in the Jewish Center field. It is expected that important decisions will be reached affecting the entire movement.

Judge Irving Lehman, of New York City, president of the Jewish Welfare Board, will preside at the sessions and present his report as president. Other reports will be presented by Dr. Cyrus Adler, chairman of the Army and Navy Committee, Edward S. Steinam, treasurer of the Board, and Harry L. Gluckman, executive director of the Board.

One Page	\$50.00
Half Page	25.00
Quarter Page	15.00
Eighth Page	10.00
Sixteenth Page	5.00
Name	1.00

ADVERTISING CONTRACT INSTITUTIONAL SYNAGOGUE

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New York City

For our Souvenir Program of the Tenth Annual Theatre Party at the Broadhurst Theatre, Monday and Tuesday Evenings, December 20th and 21st, 1926.

You are hereby authorized to insert my our advertisement in your Souvenir Program for the sum.....

Name

Address

Contract Received by

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