



Vol. XV

JANUARY 2, 1931

No. 17

THANK YOU! THANK YOU, AGAIN!

The Institutional Synagogue wishes to extend sincere appreciation to the following for their kind assistance rendered to the Institution in soliciting "ads" for our recent Souvenir Journal.

Mr. L. G. Siegel	\$365.00
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	\$1202.00

SORORITY TREATS I. S. JUNIORS TO THEATRE PARTY AND CHANUKAH ENTERTAINMENT.

One of the most distinct assets of the institution is the Gamma Sigma Pi Sorority. One of the objectives of this active group are social welfare projects. Last year this group distributed Passover supplies to needy families and later entertained a group of orphans in our game room.

This year, last Sunday, these girls surpassed themselves as charming hostesses and workers when they treated a large number of our Talmud Torah pupils and club juniors to a performance at the Strand Theatre. Following the performance their guests were taken to our West Side Branch for an active afternoon of refreshments games and further entertainment.

In appreciation for their splendid services Mr. Cohen has designated the Sorority as the official social welfare project group of the Social and Educational Department.

I. S. GIRLS TEAMS FACE ACTIVE SEASON; PROSPECTS SUPERB

Ruth Palter Predicts Victory For Girl's B. B. Team.

Mr. Cohen entered the girls department in the Metropolitan League Athletic Tournaments; appointed Ruth Palter as their Athletic Worker; teams practiced diligently and the ball started rolling towards what we hope will be the I. S. Championship of the Metropolitan League.

Our schedule arranged by Mr. Leff of the League promises contact with some of the finest teams in the city.

The schedule follows:-

Northern Division Schedule

- For Week Starting January 3, 1931
Institutional Synagogue at Bronx YM and YWHA Bronx.
- For Week Starting January 10, 1931
Bronx House at Institutional Synagogue Schiff Center, Bye.
- For Week Starting January 17, 1931
Institutional Synagogue at Yonkers Jewish Com. Center
- For Week Starting January 24, 1931
Institutional Synagogue at Yonkers Jewish Com. Center Bronx House, Bye.
- For Week Starting January 31, 1931
Bronx House at Bronx YM and YWHA Institutional Synagogue, Bye.
- For Week Starting February 7, 1931
Schiff Center at Institutional Synagogue, Bronx YM and YWHA, Bye.
- For Week Starting February 14, 1931
Yonkers Jewish Com. Center at Institutional Synagogue, Bye.
- For Week Starting February 21, 1931
Bronx YM and YWHA at Institutional Synagogue.
- For Week Starting February 28, 1931
Bronx YM and YWHA at Bronx House Institutional Synagogue, Bye.
- For Week Starting March 7, 1931
Institutional Synagogue at Bronx House, Schiff Center, Bye.
- Weeks of March 14 and 21, 1931

Winner in Northern Division will play home and home final games with winner in Southern Division for Girls' Basketball Championship Trophy of Metropolitan League.

Please note change of time of Rabbi Goldstein's Question Box Radio Feature from 3:45 to 4:30, Sunday afternoons, Station WPCB.

FRIDAY EVENING LIGHT CANDLES 4.24.

THE INSTITUTIONAL

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Abraham Bernstein	Executive Director
Maxwell T. Cohen	Head Social Worker
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Vol. XV January 2, 1931 No. 17

J. W. B. HOLIDAY PROGRAMS AVAILABLE IN I. S. LEADERS LIBRARY

The following civic holidays and Jewish festival will be observed during the month of February:

Chamisho Osor Bishevat, or Jewish Arbor Day, on Monday, February 2nd.

Lincoln's Birthday, on Thursday, February 12th.

Washington's Birthday, on Sunday, February 22nd.

The Jewish Welfare Board will gladly forward to constituent societies, upon request, copies of its Bulletins on the observance of the above holidays, which contain specific suggestions and program material in prose and verse, for club and mass celebrations. Copies of these Bulletins may be borrowed from our leaders library.

It is also recommended that the occurrence during the month of January, of the third anniversary of the death of Achad Ha'Am, outstanding leader of Jewish thought of the past generation, be commemorated by the conduct of appropriate exercises. In view of the current interest in the Palistinian question, as evidenced by the wave of protests which greeted the insurance of the White Paper by the government of Great Britain, discussions of the principles enunciated by Achad Ha'Am, commonly known as Cultural Zionism, would prove appropriate and timely.

Copies of the Jewish Welfare Board's bulletin on the life and achievements of Achad Ha'Am, which includes excerpts from his writings, as well as a biographical statement are also available thru The Leaders Library.

CHECKER-CHESS-BILLIARD TOURNAMENTS INTRODUCE G. R. COMPETITIONS

Tournaments in Billiards, Checker and Chess begin next Monday evening. The winners of these various tournaments will be used as a nucleus from which to choose the I. S. House Team for these respective sports. The S. E. Department is conducting the tournament and all those interested see the Council Tournament Comm. or Mr. Siegel, at once.

The following rules will prevail:

1. Only House-members may enter.
2. Contestants may enter all tournaments.
3. In the preliminary round the loser of one game will be eliminated.
4. All games will be played under the supervision of a referee, whose decision will be final.
5. No game will be replayed except with the approval of the Committee.
6. The director reserves the right to disqualify any contestant. In such cases no complaints will be heard.
7. Prizes will be given to the winner and runner-up of each contest.
8. The Council Comm. has authority to plan the dates and schedules of these tournaments.
9. Registration for these tournaments starts this week.
10. Two divisions: Junior—Senior.

COOKING CLASS FEATURED ACTIVITY OF WOMEN'S DEPARTMENT HAS TO THE TIME OF THIS WRITING NEVER CAUSED A DEATH OR NEAR-DEATH

When the Institutional announced that a Cooking Class would be organized this announcement was greeted with comments ranging from the very base depths of scepticism to a high trebel note of enthusiasm.

Let's take inventory. The cooking Class has met consistently on Mondays. The average attendance has been about 15. The Cooking Class's work was recently surveyed by Mrs. Stein, President of the Parents' Association. Her estimation of the girls work was most laudatory. Miss Beatrice J. Swedlow is the instructress. Thus far the Cooking Class has supplied the refreshments for Leaders Conference and Luncheon and various other functions since that time.

That their cooking and refreshments are so excellent is apparent by the well-fed and complacent appearance of most of the members of the department's staff.

Lest the vague facetiousness of this item be misinterpreted disparagingly of the Cooking Class this editor hastens to add that this activity is one of the most outstanding and certainly one of the most meritorious. The girls attending this class must be congratulated on the excellency of their work.

RABBI GOLDSTEIN DISCUSSES PROHIBITION

Rabbi Herbert S. Goldstein speaking on Prohibition over Radio Station W.P.C.H. last Sunday afternoon said in part;

"In speaking to you on Prohibition, I want to say at the outset that I speak to you neither as a Dry nor as a Wet. I believe I speak for the vast majority of our citizenry, which is neither devoted to the side of the Drys nor the Wets.

Certainly none of us want to bring back the saloon, nor do we want on the other hand the present hypocrisy of thousands of our public officials who indulge in liquor against the law, nor do we want to continue bribery now prevalent among the police and enforcement officials, nor do we want the continuance of the thousands of "speakeasies", and hidden night clubs worse substitutes for the open saloons, nor do we want to witness the sad spectacle of juries refusing to bring in verdicts against those who violate the Volstead Act, where the evidence warrants convictions.

Timely and welcome from many a standpoint therefore is Judge Clark's recent decision.

Commends Clark's Ruling

"Judge Clark's ruling on the Prohibition Amendment is the silver lining around the dark economic cloud which hovers over this country. It is the harbinger of prosperity. It is Providential. It is most opportune at this time, when taxes are high, employment at low levels, and wheat rotting away for lack of consumption. I believe that the annulment of the Eighteenth Amendment would open our breweries, and give employment to millions. It would mean an outlet for the use of hundreds of millions of dollars. It would reduce taxes and consume the overproduced wheat and rye.

On the moral side it would bring back as the normal standard law mindedness rather than lawlessness. I do not know of any law, so openly, so grossly, and so flagrantly violated as the prohibition law. It would rid us from racketeering which found its way through bootlegging. It would free us from the bootlegger, the trafficker in that which is forbidden.

Let us confess that both the administration of our government and our citizens have failed in respect to the observance of the prohibition law. The results of prohibition, have brought a theoretic inhibition, and an actual revolt in practice. A people cannot be ruled by extremes. Prohibition is the measure of extremes. It is temperance, and not prohibition which we should stress. From my observation, I will say unhesitatingly that there are more people drinking whiskey to-day than at any time before the enactment of the Prohibition Amendment. Before prohibition I never saw young men and young women drink. At present they attempt to out do their elders. "Stolen waters are sweet", and to-day I would say "Prohibited waters are in demand". Annul the Eighteenth Amendment and you will remove from our midst the young who are psychological drinkers, and who are fastly becoming our potential drunkards. These young people, will not in their spirit of revolt, seek whiskey, when they can have it openly and at will. How often do you hear people say "I never drank before prohibition, but do so now". Judge Clark is to be commended for his courage, his foresight, as well as his insight in interpreting the law of Amendments to our Constitution".

YOUR HEALTH

(MJCPA Service)

by Dr. Morris R. Altman

(Editor's Note - Dr. Morris R. Altman, who will conduct this column, has held the position of Assistant Chief of the Bellevue Hospital Clinic for fifteen years. He is at present associated with our neighbors the Y.M.H.A. He will be glad to answer all questions pertaining to health. If an answer by mail is desired, a self-addressed, stamped envelope should accompany the question.)

1. The Meaning of Health

Health is the endurance and ability to sidetrack disease. It naturally indicates functional and organic vigor. You cannot be healthy unless the organs of the body are possessed of at least a normal degree of strength, and are performing their functions harmoniously and satisfactorily. To be healthy means that you are full of vim and energy, that you possess that enviable characteristic known as vivacity.

A healthy man is at all times thoroughly alive and enthusiastic. He is naturally ambitious and consequently, success with all its splended rewards comes to such a man in abundance. This is only due to good physical condition and vigor. Success therefore depends, first of all, upon intelligent efforts to develop the physical organism to the highest possible standard.

Are these stirring, vital forces in the possession of favored classes only, or can they be obtained by everyone? My reply in nearly all cases would be that it can be developed by nearly anyone. Health is attainable by the vast majority by following certain suggestions such as strengthening the spine and by toning up the limentary canal, muscles and glands of the body.

I will go into detail with each step of the process of "building up" as we go along.

YOU CAN SERVE BEST BY DONATIONS.

The **Jeshurun Club**, one of the oldest and finest clubs of the Institution will conduct a Birthday Celebration Dance, January 10th. All are invited to the Birthday Party. Two orchestras will feature the evening; superb entertainment has been arranged; prizes will be distributed for waltz contest and club popularity contest—certainly this will be the gala event of the year. I. S. members and their friends are urged to attend this dance for **Jeshurun Dances have a rep of pep.**

Institutional congratulates our popular Miss Diana Margolin of the **Amigas**. Miss Margolin recently received a gift from her charming members as an indication of their affection.

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Mrs. Alan Dennison, our Literary Director, has his most recent poem, featured in this weeks Jewish Tribune. Brava, A. D!

Thanks to Fracarus Club for the services of their Orchestra last week.

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