



Vol. XV

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No. 19

**As We Jews Mourn The Loss Of Our Son,
The World Mourns The Loss Of Its Citizen,
NATHAN STRAUS.**

We join the whole world in thanking God for having given us such a man as Nathan Straus. Saver of babies at all times, leading benefactor in the panic of 1893, champion of the rights of Jews everywhere, lover of Zion and friend of the veterans, he indeed deserves the title of Friend of Humanity.

He breathed the spirit of love everywhere, making friends all the time. He was fearless in the performance of what he deemed his duty. He denounced Ford, when others hesitated. A Democrat in Politics, yet when I became a candidate for the House of Representatives, he gave me his loyal and devoted support.

Let every YMHA and Jewish Center honor its membership by promptly organizing a NATHAN STRAUS CLUB, so that the growing generations may learn to properly evaluate the character and life-work of this great Jew and distinguished American citizen who knew neither creed, race nor color in his benefactions. We of the Institutional Synagogue shall never forget his visits and the great impress he made on all of us. Again I say, Thank God that he gave us Nathan Straus.

ISAAC SIEGEL,
President of the Institutional Synagogue.

FRIDAY EVENING LIGHT CANDLES 4:38

THE INSTITUTIONAL

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OUR CALENDAR

Jan. 17th—Vagabonds "Open Meeting" at W. S.
18th—Basketball Game and Dance
18th—Junior League Installation of officers at W. S.
22nd—Moving Picture and Lecture—Adults only. Meeting, Int.—Sr. House Council.
25th—Basketball Game and Dance
27th—Meeting, Junior Council.
29th—P. E. P. Theatre Party
Feb. 1st—Fracaras "Open Meeting"—Afternoon - W. S. Evening, Basketball Game and Dance.
Debate: I. S. vs. Fed. Settlement.
7th—Tranquillity Club Dance
8th—Amigas "Open Meeting" at W. S.
8th—Evening, Basketball Game and Dance
9th—Parents Assoc. Theatre Party.
14th—COUNCIL — VALENTINE DANCE
15th—Basketball Game and Dance
21st—Vagabond Dance.

Clubbery

The Pawnees, led by the indefatigable Mr. Coleman, recently played a gruelling Basketball game with the City College Evening Session Varsity. Many of the Pawnees are, on the House Basketball Squad.

The Fracaras, one of our new and a most enterprising club, extends invitation to all members to attend their "Fracaras Hospitality Meeting" at our West Side Branch. Their splendid orchestra, the Fracararians, will supply the torrid and rhythmic background to some fine entertainment.

The P. E. P. Girls invite you to attend their Theatre Party, January 29th. These active and congenial girls assure you a most pleasant evening.

The Tranquility—that club stands for perfection in the I. S.—urge you to keep the evening of February 7th open. Ask any member why.

The charming Amigas will conduct an open meeting at our West Side Branch, February 8th. These girls are planning a busy season which will enhance their reputation as a group of active workers.

The Vagabonds will conduct the most pretentious dance this year on February 21st. Bert Lown, famous Radio star, and his band will feature the dance. A portion of the proceeds is being donated to the I. S. for unemployment relief. This dance deserves your co-operation.

We congratulate our genial worker, Mr. Chas. Cohen, Club Leader of the Iroquios, and Pres. of the Buddies, upon his having passed the State Bar Exam.

READERS, DIRECTORS, MEMBERS and FRIENDS of the I. S.:

In our last issue we made a plea for funds to enable us to carry on relief work among our distressed local Jewry. A number of splendid responses were received. We sincerely thank you in the name of those persons who will benefit as a direct result of these contributions.

Compared, however to the great number of members and friends of the Institution, these donations were but a mere "drop in the bucket." We again ask your assistance. Pay your pledges. Pay your membership. Donate so that we can carry on.

IN TIMES OF NEED AND DEPRESSION THE I. S. SERVES.

Rabbi Goldstein Discusses Religion and Science

(Continued from previous issue)

"Alone of all religious and philosophic conceptions of man, the faith which binds together the Jews has not been harmed by the advance of research, but, on the contrary, has been vindicated in its profoundest tenets."

The story is told that when one of Pasteur's pupils declared that many scientists had their faith disturbed by Science, Pasteur replied: "It is not a question of Science and Faith, but it is rather a question of the size of the mind. If you have only a little bucket of a mind, and get a good deal of science into it, the little faith you have may come floating out at the top and be lost. But if you have a good-sized bucket of a mind there will be plenty of room in it for both science and faith."

Judaism, in no unmistakable terms, declares that to feed one's self on "The tree of knowledge" cannot science without being disciplined by "the tree of life," which is synonymous with religion, leads

to man's own destruction. This is portrayed by the first story of Genesis, which shows how man's yearning for the tree of knowledge alone was responsible for his downfall. The cardinal Jewish conception and experience of a living God who rules history, is the very foundation of religion, and the idea toward which science is coming steadily closer and closer. As Professor Haffkine has scientifically put it, "Slowly and by degrees Science is being brought to recognize in the universe the existence of one Power, which is of no beginning and no end; which has existed before all things were formed, and will remain in its integrity when all is gone; the Source and Origin of all, in Itself beyond any conception or image that man can form and set up before his eye or mind; whereas all things perceivable as matter and force are subjected to His inquiry and designs. This sum total of the scientific discoveries of all lands and times is an approach of the world's thought to our Adon Olam, the sublime chant, by means of which the Jew has wrought and will further work the most momentous changes in the world." Science looks backward to perfect a way of life, whilst religion looks forward to a perfect way of life."

Athletics

The first round of the Interclub Basketball Tournament was started last Sunday morning, January 4th, in the Gym, by a game between the Jeshuruns and Tranquillity.

Favored to win the Tranquillity boys started off a fairly brisk pace passing the ball superbly up and down the field to begin scoring.

The Jeshuruns, however, were to be reckoned with. Although not appearing very often for practice during the regular Sunday periods, this does not preclude the idea that they were not going to put up a stiff fight to win.

This they did, surprising the Tranquillities by their furious attack and team work.

Both sides battled away as the minutes flew, with fresh replacements entering at short intervals to furnish a clean, interesting spectacle of basketball.

The final score as time halted proceedings found the Jeshuruns victors by the scant margin of one point, eliminating their rival and securing a place in the second round for themselves.

The final score was 13 to 12.

High scorer for the Jeshuruns was Grande with three field goals and two foul goals for a total of eight points. Gildner

for the Tranquillities shared honors for his side with two field goals and two foul shots a total of six points.

The House Handball Team

The House Handball Team will be represented again this year as in the past in the Metropolitan League Tournament. It is hoped that this is our chance to come through and win. Our Senior Gym representatives on the team have been hard at work practicing and getting into shape. We will again have Al Edelman, Phil Svigals, and Hy Epstein bearing our colors.

The Schedule: Week of Jan. 17th I. S. at H. H. I.; 24th 92nd St. Y at I. S.; Feb. 7th I. S. at Schiff Center; 14 I. S. at Federation Settlement; Week of Feb. 21st Ansche Chesed at I. S.; 28 Mt. Vernon at I. S.; Mar. 7, H. H. I. at I. S.; 14, I. S. at 92 St. 'Y'; 21, Washington Hgts. at I. S.; 28, Schiff Center at I. S.; April 4, Federation at I. S.; 11, I. S. at Ansche Chesed; 18, I. S. at Mt. Vernon.

Kind and grateful acknowledgement is hereby made with deep thanks to our Senior Gym member Dewey Schnitzler for his noble contribution toward a new basketball for our Teams use.

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YOUR HEALTH

MJOPA Service

By Dr. Morris R. Altman

2. Diet and Food

Since the adage, "One man's meat is another man's poison," is still true, each individual should have his or her diet carefully planned. I mean by this that active and inactive people require different amounts and kinds of foods. The individual requirements of a well-balanced diet should be fruits, milk, raw and cooked green vegetables, and a small proportion of meat or fish. This list embraces:

1. The protein or tissue building substances, such as peas, beans, eggs, milk and meat.

2. The carbohydrates, which are the energy producing substances, and are found in cereals, potatoes, bread, etc.

3. The fats, or nutritive factors, are found in milk, cream, peanut butter, olive oil, etc

Vitamins are substances found to be necessary to life and are factors which exist in foods. **Vitamin A** is the name given to food essentially found in butter, egg yolk, milk, sweet potatoes, and in leafy vegetables. Without it there is lack of growth, loss in weight, emaciation and susceptibility to disease. **Vitamin B**, found in liver, eggs, milk, fruits, lettuce, asparagus, celery, potatoes, carrots, sugar and butter. Without Vitamin B, food would be improperly assimilated, and diarrhoea, loss of weight, weakness and anemia would

result. **Vitamin C**, is found in oranges, lemon, tomatoes and onions. It is very important, as it prevents scurvy. Without it soreness of the joints, hemorrhages and looseness of the teeth are apt to develop. **Vitamin D**, controls bone and tooth growth, and is found in eggs, milk and butter. **Vitamin E**, is found in oats, corn and green leaves. The absence of Vitamin E is said to cause sterility.

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