

THE INSTITUTIONAL

"THE PLACE FOR EVERY MEMBER OF THE FAMILY"

Vol. XV.; No. 35

MAY 8th, 1931

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BOYS CONDUCT SHABBOS SERVICES AT WEST SIDE AND HARLEM BRANCHES

THE JEWISH MOTHER by Henrietta Szold

Jewish custom bids the Jewish mother, after her preparations for the Sabbath have been completed on Friday evening, to kindle the Sabbath lamp. That is symbolic of the Jewish woman's influence on her own home, and through it upon larger circles. She is the inspirer of a pure, chaste, family life whose hallowing influences are incalculable; she is the centre of all spiritual endeavors, the confidante and fosterer of every undertaking. To her the Talmudic sentence applies: "It is woman alone through whom God's blessings are vouchsafed to a house."

JESHURUN PRODUCTION WINS DRAMA CONTEST. LARGE AUDIENCE COMMENDS FINE PRODUCTIONS

L. Frances - J. Kash Win Prizes For Best Performances

Before a large and most appreciative audience the Jeshuruns were awarded the R. Richman Dramatic Trophy for the best production in the One Act Play Contest conducted by the Institution in the Main Building Auditorium last Sunday night.

The Judges recommended two prizes for the best individual performance instead of the one prize previously announced. Mr. Leo Frances of the Jeshurun cast and Mr. Joe Kash of the Arista cast were awarded prizes.

Great Enthusiasm Marked Contest

The Jeshuruns presented "A Night At An Inn." Their production was coached by Louis Sugerman of the club, and at times by Mr. Bookbinder, Leader of the Buddies. The actors were: Leon Frances, Murray Katz, Al Cutler, Harry Kazen, Seymour Kaufman, Sam B. Heifetz, Jim Grandi, and Julius Leitcher. Their performance reflected the results of long and painstaking rehearsals; fine appreciation of the dramatic values of the play and a superb restraint on the part of the actors. Your reporter believes that Mr. Kazen, Mr. Frances and Mr. Katz carried the production to its deserved reward.

The Arista Club presented "A Game of Chess." Mr. Sidney Geller won the admiration of those present by his remarkable treatment of the cunning and suave leading

"I'LL BE THERE WITH BELLS ON," BENNY LEONARD

Mr. Bernstein in long-distance telephone conversation with Benny Leonard, the most popular Jewish athlete and one of the most beloved sporting notables, received this assurance from Benny Leonard in response to Mr. Bernstein's invitation to attend the I. S. Sports Carnival, May 17th, at 8 P. M. The proceeds of the Carnival will be devoted to the "Send - an - I. S. - Junior - To - Camp - Fund."

Cantors Sing Well; Youthful "Rabbis" Prove Their Eloquence

"Boys' Week," celebrated at both the I. S. Synagogues on the West Side and Harlem, proved a real source of inspiration to the youngsters and a source of much gratification to the adults who attended. In fact, so great was the audience present in our Harlem building, that one was immediately reminded of "founder days." The girls of the Talmud Torah showed a real spirit of co-operation with their "boy friends." They made an excellent show-up in their honor for the balcony was just as crowded as the synagogue below. It was a pleasure to see the entire service conducted by the children of our Talmud Torah.

Not only were they satisfied with the acting in the capacity of officers, but also filled in a most satisfactory fashion the function of Cantors, Rabbis, Bal Korim, Shamosim and Gabbaim, and in fact, the entire gamut of dignitaries.

Our New "Officials"

At the Harlem Synagogue, Morris Grumer took the usual place of the president, while Leon Goldberg was vice-president; "Rabbi" Marvin Livingston, the son of our esteemed Director, occupied the pulpit and gave a fiery sermon indeed. It was another victory, after the many laurels he carried for the last few weeks, namely in the Times Oratorical Contest and his most inspiring message at the I. S. Annual Dinner. Leon Goldberg was gabbai and Simenon H. F. Goldstein shamos.

Hero of the Day

Sidney Hauer gave the impression of a genuine hardworking young man. He was busy from the moment he entered the synagogue as Bal Schachrith and then as a reader. He read all of the Torah from beginning to end, and then, in addition, he read the Haftorah as a Bar Mitzvah Boy of the day. He also conducted the services as Chasin in the concluding services. Most impressive was the ceremony when the Rabbi addressed him and urged him to take with him the ideals which he was taught in our school and to carry out in life in years to come. Without being asked to do so, he offered his hand to the Rabbi and promised him solemnly to comply with

(Continued on Page 3, col. 2)

Jeshuruns To Represent I. S. in Met. Tourney

The Jeshuruns will also be accorded the distinction of representing the House in the Metropolitan League Dramatic Tournament.

We wish to express our appreciation to the splendid Judges, Miss Elsie Goldstein, Messrs. Julius Cohen, Herman Edelsberg, Harry Richman and Sidney Rosenblatt. Mr. Bookbinder was chairman of the performance and Mr. Max Miller, House Superintendent, was stage director. Miss Sara E. Taitz entertained the assembly with a fine character sketch which was received with much approval.

Friday Evening Light Candles 7.42
Greetings To The I. S. Mothers

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To Mother

Each passing year pales to indifferent grey
A last year's fervid friendship. Each new
day

Adds its new coat of dust to youthful gold.
Yet mother mine, each year that makes you
old

But makes you dearer to me.

I grow strong
As seasons swing their changing course
along,

And your smile grows more tender. Yes, I
know

For you have come the quiet days and slow
When living calms to dreaming tender
things

Of those you live.

Your smile, dear mother, brings
A sweeter, dearer, better love for you
Than e'er I felt when with a laugh I threw
My arms about your neck and clug with
might.

O, mother, oft when wearied of the fight
To live, and grow, and prosper, still I sit
Beside you, your wise smile will not permit
My loss of faith. To be alone with you
Brings newer hope and newer courage true.
I pray a tribute rendered unto thee
Dear mother, every act of mine shall be.

—LEON MONES.

JUNIOR TATTTLER STAFF
TO EDIT SPECIAL ISSUE
OF THE INSTITUTIONAL

The Editorial Staff of the Junior Tattler will edit a special number of the Institutional which will be issued May 22nd. Ben Dobrow, Editor-in-Chief of the Junior Tattler, will also retain his editorial supervision over this special issue.

A feature planned for this issue is an interview with Rabbi Herbert S. Goldstein. The column conducted by Rabbi Goldstein regularly in the Institutional will, for this issue, be taken over by young Marvin Livingston, who was Rabbi at the Institution during Boys' Week, and Joshua Levine, who delivered the sermon at the West Side services.

My dear Mr. Cohen:

It is indeed with great pleasure that we hear of the kind co-operation extended by you and your staff to the A. N. I. group recently organized at your Institution.

The A. N. I. has for its purpose the fostering of Jewish ideals, and the encouragement of Jewish youth to live according to Orthodox principles.

Enclosed you will find a small contribution, which we hope you can use for the furtherance of the A. N. I. policy in your Institution.

Very truly yours,

A. N. I. Aten.

(signed) Mac Shenken,
President.

NEW S-E APPOINTMENTS
ANNOUNCED

Mr. Cohen announces the following additions to the staff:

Miss Frances Phillips has been appointed Assistant Headworker. Miss Florence Meltzer has been appointed Director of Girls' Athletics.

The following new club leaders have been added to the list of I. S. Workers: Miss Diana Goldstein, Miss Sylvia Goldberg, Miss Helen Zausmer, Mr. Herman Lipschitz, Mr. Ben Nadder.

Mr. Harry Kazen, president of the Jeshurun Club, has been appointed Leader-in-Training and will supervise the work of the Seacs.

Miss Phillips, formerly Girls' Worker, has been elevated because of her splendid work.

Miss Meltzer was formerly Director of Girls' Athletics at the Harlem Hebrew Institute and is very well known as a superb athlete in local sports competitive circles. She is at the present time a student at the School of Journalism at Columbia University.

The Gamma Sigma Pi Sorority has been admitted to membership in the Leaders' Conference.

BUDDIES START BALL ROLLING
FOR THE "SEND - AN - I. S.
JUNIOR - TO - CAMP - FUND"

The ever-active Buddies are going to put their shoulder to the wheel once more, and as a result several Juniors will be the recipients of a two weeks' stay in camp.

They are going to conduct a massive athletic carnival, replete with interesting celebrities and a colorful program of sports.

Mr. J. W. Bookbinder, the exceedingly well-liked Club Leader of the Buddies, has secured the most outstanding boxing and wrestling stars to come down, and in addition to merely making an appearance, they will also put on some boxing and wrestling exhibitions. Mr. Bernstein has invited Benny Leonard, the undefeated lightweight champion of the world, to attend the Carnival.

The Carnival will take place Sunday night, May 17th, in our Gym. The admission will be only fifty cents. The proceeds, we repeat, will be turned into the "Send-an-I. S.-Junior-to-Camp-Fund."

—O—

HANDBALL TOURNAMENT TO
START MAY 12th

The annual Handball Tournament between the Intermediate Clubs will begin in the early part of May. Entries must be in no later than May 12th.

Rules

- 1—Members competing must be members of their respective clubs, in good standing, prior to January 1, 1931.
- 2—A handball team shall consist of five men, three of whom will compete in the singles and two in the doubles.
- 3—No only player can compete in both the singles and doubles matches.
- 4—The ball to be used will be a regulation handball and will be supplied by the Physical Educationa Department.
- 5—Scoring: Each single match will count as one point and the doubles match will count two points. The team winning three or more matches will be adjudged the winner.
- 6—A team that does not appear fifteen minutes after scheduled time will lose by forfeit.
- 7—The tournament will be run in rounds. Any team losing one game will be eliminated.
- 8—All entries must be received by either Mr. Silbert or Mr. Urieff, no later than May 12th.

Enter your team NOW and start practicing.

Our active member, Mr. Lou G. Siegel, invites the I. S. constituency to attend the unveiling of the head-stone for his departed mother at the B'Yisroel Burdiyener Plot at Baron de Hirsch Cemetery in Staten Island, this Sunday, May 10th, at 1:30 promptly.

RABBI GOLDSTEIN

ON "PRAYER"

If I were to define prayer in modern scientific terms, I would say that prayer is a wireless message between man and God. Every morning, afternoon, evening and night we send the wireless message of prayer to God, renewing thereby our constant friendship with Him. Those who make prayer a rare practice are only passing acquaintances but not intimate friends of God.

God-Given Speech

I take it that prayer distinguishes man from the brute. We have been given the power of speech to make us different from the dumb driven animal, as the Psalmist put it, "O Lord open thou my lips, and may my mouth declare thy praise." But how like the beasts have we fallen. The cattle get up in the morning, are fed, and sent out to the green pastures. In the evening, they are brought back to the barn, given some food, and after ruminating a while they go to sleep. Are there not many of us today who, like the cattle, rise in the morning, swallow our food quickly, and hurry downtown, our pasture for the day? In the evening we come back home again, eat, ruminate in some movie house, and then go to sleep, just as the beast without a word of prayer or thanksgiving, for the life God daily renews within us. Every pious Jew upon opening his eyes in the morning utters the following prayer, "I give thanks before Thee, because Thou hast returned my soul unto me in mercy; great is Thy faithfulness." Thus every morning we thank God for the daily return of the soul, for another chance to take that soul and make the most of our opportunities as men and women to serve Him.

Why Pray?

At times, some of us get discouraged and seem to think that God is angry, and does not answer our prayers. We have asked for money, for success, for strength, and yet we have not been blessed with any of these things. God may show us His kindness, my friends, in denying some of the things for which we pray and long. Just as the parent does not and should not fulfill every wish of the child, so does the Omniscient deny us some of our petitions for our own good. Why pray if you do not get what you want? The answer is you do not know what you ought to have. God alone knows. Let us ask Him, rather than tell Him.

—o—

JUNIORS PREPARE FOR INTER-CLUB DEBATING TOURNAMENT

The very active Junior Clubs are now preparing for the Junior Inter-Club Debating Tournament scheduled to start very shortly. A full schedule has been arranged with these Junior Clubs participating:

Troop 619 vs. Sunshine Girls.

Troop 525 vs. A. N. I. 24.

Iroquois vs. Happy Wanderers.

Seacs vs. Outdoor Girls.

The dates of the contests will be announced very shortly and all members and others interested in these Junior debates are invited to attend the debating meetings.

THE I. S. ALBUM

Success . . .

There were sixteen readers of this column last week. We know there were sixteen readers because there were nine complaints for omission, three because names were included in this column, and four sensitive souls objected to the liberties we were taking with Mr. Webster's really fine opus.

*

In a large Institution such as ours, personalities are as a rule overlooked in the struggle to appease the great god "I." This column attempts to justify this extravagance of good space by telling you all about our I. S. personalities. You like to read this because there may (by some unforeseen brilliancy on our part) be a news item about you. And even if you don't see your name here you will read this anyway because there may be something about some one else you would like to know. Proving what? Well, that even in a large Institution we are provincial-minded, and secondly, that inane paragraphs like this fill up space and make that demon-printer of great accomplishments, Ira Rosenberg, regret that he became a printer instead of a columnist.

*

Mr. Bernstein, never-tired and ever-active worker of the I. S., can drop his work long enough to tell this alleged columnist a good story. Mr. Bernstein was distinctly annoyed by a visitor who took up valuable time by an inane chatter. After several hopeful gestures as if to leave, the pest leaned back more comfortably and rubbed his hand across his chin. "It's been such a long time since I shaved," remarked the pest, "that I look like a hog with bristles." "The bristles," quietly remarked Mr. Bernstein, "the barber can take away at once."

*

Alan Dennison, Literary Director, is willing to give any reputable publisher an opportunity to make a fortune and to subliminate American Literature by permitting the publisher to publish his poetry. This is the first public announcement of this intention.

*

—MEPHISTOS.

Now is the time to ascertain the advertising value of the Institutional.

*

Thirty-four seems to be Congressman Isaac Siegel's lucky number. Thirty-four years ago the President of the I. S. and Vice-President of the Metropolitan League was a Club Leader. At the age of thirty-four, Isaac Siegel stepped into the House of Representatives as a new Jewish Congressman who would make for the next few years and sessions a brilliant record for legislative activity.

*

A cheerful, beloved personality, held in high affection by both the adult membership and the Junior membership; esteemed by his associates; possessor of a beautiful voice and an extensive repertory of folk songs and doxology; a good friend, an ideal Jew; his only weak point is his wife and his two stout and red-cheeked kids; we bow to a superb I. S. personality, Cantor Zalman Yavneh.

*

We don't want to make any premature announcement, and we are not too certain of our information, but here goes: An I. S. official has been retained to defend a youngster in a murder case which, because of its many angles of great interest to students of Sociology and Law, may be one of the most outstanding cases in recent years. We would expect this gentleman to be interested in this case because of his great interest in child-welfare and Jewish Center ideology. But we have not verified the information. Which is, to be sure, poor journalism.

*

Miss Sara E. Taitz, the versatile daughter of our esteemed Sexton, the Rev. Samuel Taitz, will present her pupils in a Dramatic Recital, Sunday, May 17th, at Roerich Hall. Miss Taitz has always shown an interest in I. S. Junior work and we hope that the recital will be a most successful one.

Your name will POSITIVELY be in the next column.

*

BOYS' WEEK SERVICES

(Continued from Page 1-

his wish and to be an honor to his parents and the Institutional Synagogue.

"The West Side Notables"

Jerome Goldstein, the son of our esteemed Director, Dr. Benjamin Goldstein, was President, and Sidney Siegel was Vice-President. The approach of something extraordinary was felt when Joshua Levine neared the pulpit after the manner of his uncle, our beloved Rabbi. Joshua occupied his place as Rabbi of the day. The audience knew that something good was in store for them, for he has been Rabbi during Boys' Week for the past three years. He certainly lived up to expectations this time. His speech had all the qualities of a first rate sermon.

Jules Cohen was both gabbai and Bal Korai and the shamos was Ira Bernstein.

The office of cantor was filled by three boys who thrilled the audience by their rich, melodious voices. They were Gabriel Goldstein, Ira Bernstein and Benjamin Newhouse. Other boys participating in the ceremonies were: Charles Bernheim, Bernard Fisher, Sidney Silberman, Alex Moskowitz, Leon Goldberg, and Master Levinsky.

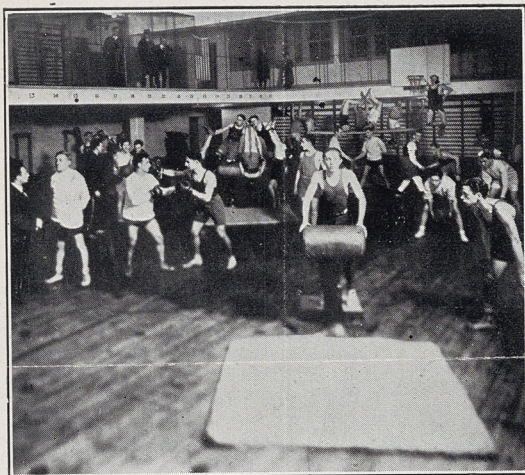
Parents Gratified at Results

Both synagogues were well attended by the boys and girls of the Talmud Torah, many members, seatholders of the I. S. Dr. Datt, principal of the Talmud Torah, deserves a great deal of credit for having coached the "rabbis" to such excellence and Mr. Manny Gluck, gabbai of the West Side, is deserving of thanks for his assistance in putting across "Boys' Week."

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Depression vs. Health

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YOUR HEALTH

No. 11—What the Doctor Means. (continued)

The **Pulse** is the chronicle of the heart's action. This can be felt below the thumb, on the wrist, or in the temple. Pulse is known as frequent between 100 and 115 beats per minute; rapid if between 115 and 140, and running when over 140. In general, new born babies have a pulse of 130 to 160 beats per minute; children 6 to 12 months old, 105 to 115; 2 to 6 years old, 90 to 105; 7 to 10 years old, 80 to 90; 11 to 14 years, 75 to 85; adult men, 60 to 70; and adult women, 65 to 80. Of course, excitement, worry, disease, or poisons, etc., cause alteration in the pulse.

Respiration — In breathing one inhales and expires oxygen to purify the blood. This process is called respiration. It is determined by the chest rise and fall, counting one for the process each time it occurs in the minute. Normal respiration is one-fourth the total pulses beats. A respiration off normal indicates trouble. Normal respiration for adults is usually 16 to 18; children 20-24, and for infants 24-30.

Blood Pressure is the force with which the blood courses through the blood vessels. Very low and very high blood pressure are apt to mean trouble. I will give a chart for blood pressure at different ages.

Blood Pressure Chart

Ages	A	B	C	D
15 - 20	105	120	132	150
21 - 25	108	123	135	153
26 - 30	109	124	136	154
31 - 35	110	125	137	155
36 - 40	112	127	139	157
41 - 45	114	129	141	159
46 - 50	116	131	143	161
51 - 55	117	132	144	162
56 - 60	120	135	147	
61 - 65	121	136	148	

A—Represents the lowest safe pressure.
B—Normal.
C—The highest safe pressure.
D—Dangerous if customary.

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