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Shevat 3, 5694

"H. M. S. PINAFORE" TO BE PRODUCED

For the first time in the history of the Institutional Synagogue a Gilbert and Sullivan operetta, entitled "H. M. S. Pinafore", will be produced by the Department of Center Activities.

"H. M. S. Pinafore" is one of the most popular of the well liked works of these prolific writers.

An opportunity is offered to all I. S. members to try out for major or minor parts in the large cast. This will undoubtedly proved to be the most outstanding and stupendous theatrical production ever produced at the Institutional Synagogue.

Final casting will take place this Sunday afternoon. If you think you can sing or act don't fail to attend final casting at this time.

In addition there is now being formed a technical staff to build the necessary scenery for this gala production and also to act as stage managers on the night of the show. Those who would like to take part in this phase of the production may secure further information from the office.

HEBREW HIGH SCHOOL COURSE NEWLY ORGANIZED

Rabbi Philip Goodman, Principal of the Talmud Torah, has announced that as a culmination of the recent commencement exercises a Hebrew High School Course has been organized so that the graduates may continue their Hebraic studies under the tutelage of the Institutional Synagogue.

The class meets two evenings a week for the period of one year, after which time the students will be prepared to enter higher institutions of Jewish learning. Pre-requisite to membership in this course is a diploma or its equivalent from an elementary Hebrew School. There are still a few vacancies in this class, although the membership will be limited.

RED CROSS LIFE SAVING CLASS ANNOUNCED

Mr. Alfred Worken, Swimming Instructor, has announced that an intensive course in life saving, continuing over a period of three weeks, will begin on February 5th at 8 P.M.

Upon completion of the course, and the successful passing of the examination, the members will receive a Red Cross Life Saving diploma, insignia and emblem.

Those interested are urged to report to Mr. Wolken not later than February 1st.

I. S. BASKETEERS WIN EIGHTH CONSECUTIVE GAME AS C. J. I. AND FEDERATION SETTLEMENT SUCCUMB

Our Championship Team defeated the C. J. I. basketball team in a one sided contest at our Gymnasium, by the overwhelming score of 31-19. The boys played their stellar brand of ball throughout the contest and at no time during the contest were they in danger of losing. This was the second victory the I. S. Team chalked up against the 85th Street Institution.

Last Sunday evening, January 14th, will long be remembered by our loyal rooters as the night when our boys showed themselves in true style. The crack and rugged Federation Five were our guests and the game was one of the most exciting court contests ever witnessed on any field. The capacity gathering watched and "whooped it up" as our boys froze the ball for the better part of five minutes at the close of the game. Captain Kochi Pollak, Ruby Nevins, Allie Gebiras, Ruby Klampfort, and "Red" Lisansky starred for our boys. The final score of this hair-raising contest was 30-27.

Next Sunday evening our team will face the Henry Street Settlement Five for the second time this season. In the first contest of the season, the Henry Street Five succeeded in vanquishing our team, but our boys are out to settle this score. We can safely assure you of an interesting, swift, and active game followed as usual by dancing. Music will be furnished by "Miller's Merry-makers."

ONE-ACT PLAY CONTEST AROUSES INTEREST AMONG CLUBS

With the announcement of the Annual One-Act Play Contest there is a new note of interest current among the clubs. They all are now busy selecting the various vehicles which, they claim will cause their club to be the successful one.

The winning production will represent the I. S. in the Metropolitan League One-Act Play Contest which will be held in the very near future. In addition they will also have their name inscribed on a beautiful plaque.

Entry blanks are now available at the office. They must be completely filled out and returned before February 1st, in order that arrangements may be made for rehearsals. For further information apply to the office.

We mourn the loss of our esteemed Director, Max Slomka, who passed away last Sunday morning, January 14th, 1934. To the bereaved family we extend our sincerest condolences.

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BIBLE COMMENTS

Sedrah for Week "Boh"

By RABBI HERBERT S. GOLDSTEIN

Chapter X, verse 2. "AND THAT THOU MAYEST TELL IN THE EARS OF THY SON, AND OF THY SON'S SON, WHAT THINGS I HAVE BROUGHT IN EGYPT AND MY SIGNS WHICH I HAVE DONE AMONG THEM; THAT YE MAY KNOW HOW THAT I AM THE LORD. These plagues were to serve as a means to a higher end, namely, as an evidence to future generations of the Omnipotence of God. This would be possible if the first generation would be duly impressed. Therefore the verse concludes, "that ye may know how that I am the Lord."

Verse 8. "AND MOSES AND AARON WERE BROUGHT AGAIN UNTO PHARAOH: AND HE SAID UNTO THEM, GO, SERVE THE LORD YOUR GOD: BUT WHO ARE THEY THAT SHALL GO?" Pharaoh could not conceive of the idea that to worship God was the inalienable right of all. That poor and rich should worship alike at the same time, and at the same place, were thoughts foreign to his spirits.

Verse 9. "AND MOSES SAID, WE WILL GO WITH OUR YOUNG AND WITH OUR OLD, WITH OUR SONS AND WITH OUR DAUGHTERS, WITH OUR FLOCKS AND WITH OUR HERDS WILL WE GO; FOR WE MUST HOLD A FEAST UNTO THE LORD."

Verse 10. "AND HE SAID UNTO THEM, LET THE LORD BE WITH YOU, AS I WILL LET YOU GO, AND YOUR LITTLE ONES." Pharaoh failed to understand the Jewish view of religion. To the Jew, his religion and his life are one and inseparable. Judaism is a complete civilization, comprising a long and full training. It cannot begin too early for there is much to learn. He probably thought, as so many do today, that it implies some few forms, for the knowledge and practice of which but little time is required.

Verse 11. "NOW SO: GO NOW YE THAT ARE MEN, AND SERVE THE

LORD; FOR THAT YE DID DESIRE. AND THEY WERE DRIVEN OUT FROM PHARAOH'S PRESENCE." Pharaoh imagined that Moses and Aaron were merely bargaining with him. He thought that they were demanding more than they wanted or expected in order to make sure that they should get what they really desired, namely, to have permission for the men to go. Therefore Pharaoh said, "for that ye did desire." You never wanted more than that the men should go. Pharaoh accordingly drove them away from his presence.

Verse 13. "AND MOSES STRETCHED FORTH HIS ROD OVER THE LAND OF EGYPT, AND THE LORD BROUGHT AN EAST WIND UPON THE LAND ALL THAT DAY, AND ALL THAT NIGHT; AND WHEN IT WAS MORNING THE EAST WIND BROUGHT THE LOCUSTS."

Here in our verse as well as in verse 19, "And the Lord turned a mighty west wind, which took away the locusts, and cast them into the Red Sea. There remained not one locust in all the border of Egypt." We note how God employs natural forces to carry out His plans. These plans seem, of course, marvelous to us, but are natural to Him.

Chapter XI, Verse 2. "SPEAK NOW IN THE EARS OF THE PEOPLE. AND LET EVERY MAN BORROW OF HIS NEIGHBORS, AND EVERY WOMAN OF HER NEIGHBOR, JEWELS OF SILVER AND JEWELS OF GOLD." The word "I pray thee" implies urging. According to the Rabbis the children of Israel were quite satisfied with the idea of being redeemed, and being given an opportunity for rest, without taking with them any form of payment for their servitude. Lest it might be said that only the first part of the message, "and they will make them serve and afflict them" was fulfilled and not the latter part which said, "and after that they will leave with great possessions."

THANK YOU!

We wish to take this means of thanking the Women's League of the West Side for their contribution of the sum of \$1000, the proceeds of their Annual Rummage Sale; and the Parents' Association for their donation of \$80, the proceeds of their recent luncheon.

HAVE YOU ENTERED THE ESSAY CONTEST?

The Jewish Essay Contest is being conducted in two divisions. Division "A" between the ages of 13 and 17; and Division "B" between the ages of 17 and 22. Similar awards will be given to the winners in each division. First prize will be a silver medal, appropriately inscribed, second prize a bronze medal, and honorable mention will be given those deserving in the estimation of the Board of Judges. First and second prize-winning essays of both divisions will be published in the "Institutional".

There are several simple rules which must be adhered to: (1) Essays should not be less than three hundred nor more than six hundred words in length; (2) Essays should be submitted to Rabbi Goodman not later than 9 P.M. on Wednesday, February 7th, instead of the date previously announced; (3) The decision of the Board of Judges will be final.

The topics for both divisions follow:

Division "A"

1. "My Favorite Jewish Holiday"
2. "George Washington and the Jews"
3. "What It Means to Be a Jew"
4. "Abraham Lincoln and the Jews"
5. "Chamisho Oser B'shevat"

Division "B"

1. "Zionism"
2. "The Jew in the Making of America"
3. "The Place of the Synagogue"
4. "My Problems as a Jew and How I Meet Them"
5. "Anti-Semitism"

HAVE YOU ANYTHING TO OFFER?

Editor's Note:—The following letter was received by Rabbi Herbert S. Goldstein. This is only one of many others received during the past few weeks. If you have any position available for Sabbath Observers notify us immediately.

My dear Rabbi Goldstein:

I am taking the liberty of stating my problem to you in the hope that you will find it possible to help me.

As a youth, I attended the Rabbi Jacob Joseph School. At an early age I was forced to leave school and find work to support my widowed mother and sister. I have always had difficulty in finding work because I solemnly promised my father, on his deathbed, that I would observe the Sabbath in the same way as when he was living.

I will do any kind of work, and salary is no object. I assure you that any help you can render will be deeply appreciated.

Respectfully yours,

F. S.

Health Habits

IRWIN I. LUBOWE, M. D.

TREATMENT OF COLDS

To combat a cold, one must endeavor to gain back the loss of strength and resistance which has permitted the etiologic micro-organisms to take a foothold, and cause this cold and associated minor symptoms.

The best methods to pursue are these: Proper rest, securing of clean, cool purified fresh air, perfect elimination of the bowels and excretion of all abnormal waste products, ingestion of good fresh wholesome food, and alkalization of the body. We will attempt to discuss each suggestion briefly and to the point.

Proper rest is the most essential factor in the recuperation of the vital forces of the body. If there is any temperature, we should remain in bed under covers until the person is fever-free. If there is no pyrexia, then plenty of rest and sleep should be secured to permit the lowered resistance to recoup itself, and bring the sluggish circulation and antibodies up to par.

There should at all times be a continuous circulation of the air in the room, because from the fresh air we extract the oxygen, which is a very vital product, and we exhale the impure products of carbon dioxide.

With a sluggishness of circulation and an inactivity of the body and body functions, the bowels become clogged and inactive. To properly fight a cold, it is essential that toxins and poisons be eliminated, and a normal intestinal evacuation be restored. Any of the mild active laxatives can be used as milk of magnesia, citrate of magnesia or Agarol.

To build up the broken down forces of the body, one must replace the devitalized and broken down tissues with wholesome nourishing food. To accomplish this properly it is advisable to ingest a great deal of orange juice and lemonade, fresh fruit, plenty of vegetables, especially the green vegetables. The diet should be a light one—that is only foods of light consistency, and quality should be eaten as: toast, butter, soup, milk, cream, and the above mentioned articles of diet. Fried foodstuffs and the heavy meats should be partaken of sparingly. It is advisable to see that with the ingestion of food that proper elimination be obtained.

With the invasion of the body of the cold germs, and the production and formation of toxins, the normal residue of the body is broken down and the condition known as "acidosis" results. With an acid condition of the body, it is difficult for the tissues and the blood to fight these detrimental germs, and the normal resistance is lowered. In order to artificially maintain the alkaline reaction so the body can produce its own alkaline reserve, a teaspoonful of sodium bicarbonate should be taken three times a day with beneficial results.

If complications set in, and if temperature is present for more than two days, the family physician should be consulted.

CURRENT EVENTS IN THE JEWISH WORLD

The "Permanent Benefits" of character building agencies were hailed recently by Mrs. Sidney C. Borg, chairman of the administrative committee of the Jewish Board of Guardians, and Dr. Solomon Lowenstein, executive director of the Federation for the Support of Jewish Philanthropic Societies, in announcing that Jewish commitments to the state prisons at Sing Sing, Clinton, and Auburn had decreased nearly 50 per cent during the past ten years.

A survey by the board revealed that the percentage of Jewish criminals at the three penitentiaries had fallen from 14 per cent in 1920 to 7.1 per cent last year. The actual number of Jewish commitments dropped from 381 to 197 during that period. "These figures testify to the splendid effects which our social agencies are having in molding character," said Mrs. Borg.

"It is well known that the highest percentage of crime is found in second-generation Americans. It is among the boys and girls of this class, born here of foreign parents, that our settlements house Young Men's and Young Women's Hebrew Associations, asylums, schools, and camps carry on their constructive work."

Dr. Lowenstein saw in the decrease an answer to "those who insist that character building institutions should be subordinated or wholly forgotten in philanthropic programs."

"Throughout the depression," he stated, "there has been an insistent demand in some circles that we discontinue support of character-forming agencies in favor of greater emphasis on direct relief. That those who lacked food, clothing and shelter were entitled to first claim on our sympathies and on all available funds was, of course, recognized by all of us. With suffering at this peak we did devote the major share of our service to relief work, but today, when governmental agencies are making available increasing sums for just that sort of work, we find it increasingly important that we restore the institution which we have been forced to neglect during the depression. Of primary importance among these are our communal welfare and character-building organizations."—*The American Hebrew*.

A resolution empowering the Speaker of the House of Representatives to appoint a special committee of seven members to investigate the charge that Nazi propaganda is being spread in the U. S. was introduced at the opening session of the Seventy-third Congress by Representative Samuel Dickstein, chairman of the Committee on Immigration and Naturalization.

The Institutional Synagogue is in possession of choice plots at the Mt. Zion Cemetery. We request every member to call upon our Executive Director, Mr. Bernstein, in regard to any information that they may desire, in regard to this matter.

The resolution declares that these activities "subversively attack the principle of a Republican form of government as guaranteed by the Constitution" and asks that the investigating committee be empowered to hold hearings regardless of whether Congress is in session or not.

* * *

The Belgian government has appointed Max Gottschalk, noted Jewish financier, vice-president of the National Crisis Fund, established by the government for labor and industry. The Jewish banker will retain the presidency of the Belgian Jewish Committee for the relief of German Jews.

* * *

A dividend of one per cent for the six-month period ending December 31, 1933, was declared recently by the Palestine Economic Corporation. Bernard Flexner, chairman of the Board of Directors, in declaring the dividend stated that this declaration followed the original plan and purpose for which the corporation was formed in 1926.

A report which accompanied the announcement revealed that prosperity prevailed in Palestine.

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Arthur B. Ewig, prominent Kingston, New York, attorney, was elected County Attorney of Ulster County by the Board of Supervisors. He is the first Jew in the history of the county to hold office.

* * *

Professor Albert C. Epstein, acting head of the economics department of the University of Buffalo, has been chosen to serve on a committee of statistical experts to advise the heads of governmental departments at Washington on reorganization problems.

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