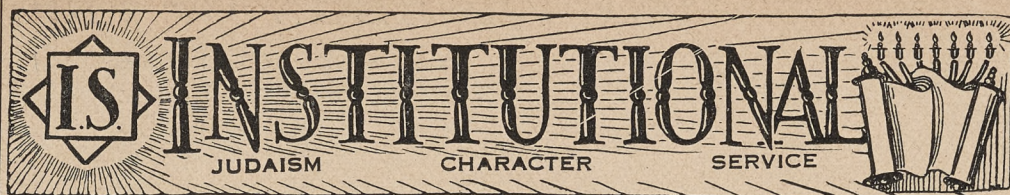


**Keep Fit
Use the I. S.
Gym and Pool**



**Triangular
Debate
April 26th**

"THE WEEKLY PUBLICATION OF THE INSTITUTIONAL SYNAGOGUE"

Publication Office: 37-43 West 116th Street, New York City

VOL. XIX, No. 32

APRIL 10, 1936

NISSAN 18, 5696

Jewish Youth Topic Of Essay Contest

**All Young People Invited To
Participate In Contest**

The paramount question facing our young people today is the general topic for the annual essay contest, which is now being conducted for the members of the I.S. clubs and groups. The topic is "The American Jewish Youth Faces the Future." With the unsettled conditions existing both here and abroad, this question is looming very large and important in the minds of thinking people; and the essays submitted should prove to be of interest both from the point of view of arriving at a solution and the individual method of attacking this problem.

Contestants are required to write on either of the following topics:

1. What the Future Has in Store for the American Jewish Youth Economically.
2. The Jewish Education of the American Jewish Youth.
3. The Role of the American Jewish Youth in Palestine Rebuilding.
4. The Concern of Jewish Youth with World Peace.

The final date for the submission of essays has been set for Tuesday evening, April 21st, at 9 o'clock.

The essays will be handed over to a board of judges consisting of Rabbis Goldstein, Burstein, and Goodman and Mr. Abraham Bernstein.

Dance and Frankfurter Roast Planned for May 9th

The Leaders' Council of the I.S. and the recently organized Institutional League will jointly sponsor a Dance and Frankfurter Roast on Saturday evening, May 9th, in the Main Building Gymnasium.

A good orchestra, delightful refreshments, and an entertaining program of novelties will make the evening an enjoyable one for the many members and friends who are expected to be present.

Tickets for the function are priced at thirty-nine cents, and may be secured from the office, or from any member of either organization.

Only Nine Days To Make Reservations For The I. S. Anniversary Dinner

Rabbi to Broadcast

This Sunday morning Rabbi Herbert S. Goldstein will continue his series of Sunday morning addresses over station W.M.C.A. between ten forty-five and eleven o'clock.

LAG B'OMER FIELD DAY SET FOR SUNDAY, MAY 10th

The Annual Lag B'Omer Field Day will be held this year on Sunday, May 10th, at the Rice Stadium in Pelham Bay Park. Entry blanks for club and gym members are now available in the Office.

All entry blanks must be submitted to the gym office not later than Sunday, May 3rd. There is no entry fee. The club or group winning the highest number of points will be awarded the I.S. Field Day Plaque. Members are urged to make sure that their medical certificates are up to date, as no entry will be accepted unless there is a proper medical certificate on file in the office for every entrant.

Further information about the events, details concerning the scoring of points, and blanks may be secured from the gymnasium office.

OLD TIMERS TO CONVENE

The Institutional League, the oldtimers of the I.S., will hold a very important meeting on Thursday evening, April 16th, at the Main Building. An important business program will be discussed by the membership. Emanuel Greenberg, President, has extended a most cordial invitation to all young folks, who have been affiliated at one time or another with the I.S., to join its ranks.

Calendar of Services

Saturday Morning	8:45 A.M.
Sunday Afternoon	6:15 P.M.
Monday Morning	9:00 A.M.
Tuesday Morning	8:45 A.M.
Yiskor	10:00 A.M.

Joe Moss and His Orchestra To Play at This Affair

With only nine days to go, the Nineteenth Anniversary Dinner Committee, under the leadership of our industrious and popular First Vice-President Lester Udell, is making every effort to secure a large attendance. Tickets for the dinner and dance are available for twenty-five dollars per plate. The entire proceeds of this affair will help maintain the numerous recreational, athletic, social, and religious activities of the I.S. The support of every member and friend of the I.S. is urgently needed at this time.

In addition to supporting a worthy cause, all those attending will be assured of a most enjoyable evening. The Hotel Savoy Plaza, the scene of this gala festivity, has promised to spare nothing to guarantee a great success.

Joe Moss, and his far famed orchestra, will supply the music for the occasion. His orchestra recently made a special trip to Washington to play for the dance given by President and Mrs. Franklin D. Roosevelt at the White House. They also have the distinction of being the first dance orchestra to open the new Waldorf-Astoria, remaining there for sixteen weeks in the Empire Room.

At the present time Joe Moss is being featured with the Brunswick Phonograph Company, whose recordings are widely known.

An array of Broadway celebrities will provide entertainment for the evening.

Executive Director Abraham Bernstein requests that you be good enough to send in your reservations immediately, so that the proper arrangements can be made.

T. T. TO VISIT BREYER'S

Some of the best pupils of the Talmud Torah will be taken by bus for a visit to the Breyer's Ice Cream Plant in Long Island City, on Wednesday afternoon, April 15th. There they will see how ice cream is manufactured in every detail.

Following the visit to the factory, they will, of course, sample the product they witnessed in the process of making.

THE INSTITUTIONAL

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Editor Rabbi Philip Goodman
Associate Morris A. Urieff

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Vol. XIX, No. 32 April 10, 1936

Light Candles Friday Evening, 6:12.

JEWISH PRAYER

By MARCIA STEBBINS

(Editor's Note:- This essay received the first prize in the Prayer Contest conducted by the Young People's Conference).

There are two kinds of prayer — private, and public. Private prayer is very old, but on the other hand, public prayer was established in the later years of Jewish History. Jewish prayers were compiled by the 'Anshe Keneseth Hagadol' or the 'people of the great synagogue.' These prayers express the joy, faith, and sadness of the Hebrews.

The greater part of the "prayerbook," consists of selections from the Bible, mainly those from the Book of Psalms, which express the great yearning of the Hebrew soul for closer connection with God, the want of overcoming the temptation of sin, and the hope of renewing Jerusalem as the real homeland of the Jews. Prayers for peace are many, but prayers for health and relief from pain are few.

The two most important prayers in our prayer book are the "Shema" (Hear O, Israel), and the "Sh'moneh Esra" (Eighteen Benedictions). The former tells of the duty to obey God and the meaning of Jewish symbols; while the latter deals with the thanks to God and the praise of the Almighty. In spite of the fact that the Jewish prayer is so old, only minor changes have been made because of the fine work accomplished by the Great Sages who compiled our Prayer Book.

THE PARADOX OF FREEDOM

A Passover Message

By RABBI HERBERT S. GOLDSTEIN

Life is made up of a plethora of paradoxes. Ben Zoma, in the "Ethics of the Fathers" presents a number of these apparent contradictions. He asks, "Who is wise"? He answers, "He who learns from all men." It is commonly supposed that to learn from others, is a mark of intellectual inferiority, whilst in truth it broadens one's mental horizon. "Who is mighty"? he further asks. He answers, "He who subdues his passion, as it is said in the Book of Proverbs, 'He who is slow to anger is better than the mighty.'" "Who is rich"? Ben Zoma again asks and answers, "He who rejoices in his portion." It is commonly believed that riches implies an abundance of material possessions, whereas in reality it means satisfaction with one's own (B'chelkoh) possessions, be they many or few. "Who is honored," he further asks and replies, "He who honors others." It is commonly thought that only in receiving honors, do we attain honor, whilst in truth, he proves himself to be the fountain of honor, who honors others. I should like in the same vein to present this paradox, in the spirit of Passover, by asking the question "Who is free"? I answer paradoxically, "He who seeks to obey the law." It is commonly believed that freedom means to do as one pleases. No, that is false freedom. "Leave to live by no man's leave, but underneath the law," exclaimed the poet. True freedom is realized when one is at liberty to do what the moral law prescribes. Liberty is law. We think of law as anything but liberty or freedom. We commonly regard law as a restraint. This is another of life's paradoxes, as a great preacher once said, — "He who stoops to wear the yoke of law, becomes the child of liberty, while he who will be free from God's laws wears a ball and chain through all his years."

Life without law is not freedom but chaos. There are agitators to-day in our land who condemn this genuinely free country because it is ruled by law, by the Constitution, and by the Supreme Court. Let me say to the detractors of our Supreme Court, that this supreme court of law is not a usurper of our nation's freedom, but a guarantee of its perpetual liberty, in the face of any transient wave of public clamor. Freedom carries with it the implication of lawful liberty, but not liberty without law. The great and glorious Milton declared, "They mean license when they cry liberty." This, I repeat to those who would like to limit or weaken the power of the Supreme Court.

The safety of the individual is guaranteed by obedience to the law. Let me give you an illustration of this fact, from our daily experience. When we cross the streets, the traffic light is either red or green. If we

obey the laws of traffic which these lights represent, we are safe, if not, we may be injured. If the light is red, and we cross the street, we may be hurt, but if we wait for the green light to cross, we know we are safe. Take also the mariner at sea, if one fine day he says, "I do not want to be bound by the compass," the law of the sea, and tosses his compass overboard with the joyous cry, "Now, I am free! I can sail as I please, and not bother looking into that thing's face for permission," is he really free? Yes, he is free to do as he pleases, but not free to steer his steamer safely across the sea. He now becomes a slave to the winds. He may figure them out correctly, and then he may not. But with his compass, the directing law of the sea, he is free to travel North, South, East, or West surely and safely.

Society's greatest peril today is the demagogue who teaches and the ignorant man who believes that liberty without law is desirable. The planets have no liberty; they follow their sun. The seas know no liberty; they follow the moon in tidal waves. When the river refuses to keep its liberty within its banks, it becomes a curse and a destruction, as we have just witnessed through the ravaging floods in the various sections of the country. If disobedience is destruction, obedience is liberty. Obeying the law of steam, man has an engine. Obeying the law of fire, he has warmth. Obeying the law of speech, he has eloquence. Obeying the law of sound thinking, he has leadership. Obeying the law of religion, he has character. The stone obeys one law, gravity, and is without motion. The worm obeys two laws, and has movement. The bird obeys three laws, and can fly as well as stand or walk. And as man increases the number of laws he obeys, he increases in richness of nature, in wealth, in power and in influence. So, too, in the realm of the spirit, the more laws we obey, the stronger, and grander is our character. This is preeminently the fineness, and the contribution of orthodox Judaism. Rabbi Chananya ben Akashia used to say, "God wanted to make Israel worthy, therefore He gave them much law, and many commandments." Yes, my friends, we are made better, worthier, nobler, because of the many religious commandments. The more of these we follow, the less is our danger of going wrong. Our Judaism, because of its legalism, with its very many minute and detailed commandments, points out and indicates the safe road for every individual to travel through life. Thus, the Israelites were made worthy when God gave them much law, and many commandments. Indeed we may well say with the Rabbis,

(continued on Page 4)

See Page 4

A Tribute To Col. Michael Friedsam

(Reprint of article published a short time after the decease of Colonel Friedsam, on April 16, 1931, in commemoration of his Yahrzeit which occurs tomorrow.)

"The nation paid its tribute to a distinguished American and a great Jew, when last week there was laid to rest, Colonel Michael Friedsam.

"He loved to be generous without display. He gave freely without desiring to have his name plastered all over the walls of the recipient institutions. Of him it may be truly said, that he was a gentleman amongst gentlemen, who added, in unmeasurable words, to the glory and renown of the Jew.

"Indeed, the cause of Jewish education has lost one of its best friends. The City, State, and Nation are poorer since he has passed to the Far Beyond.

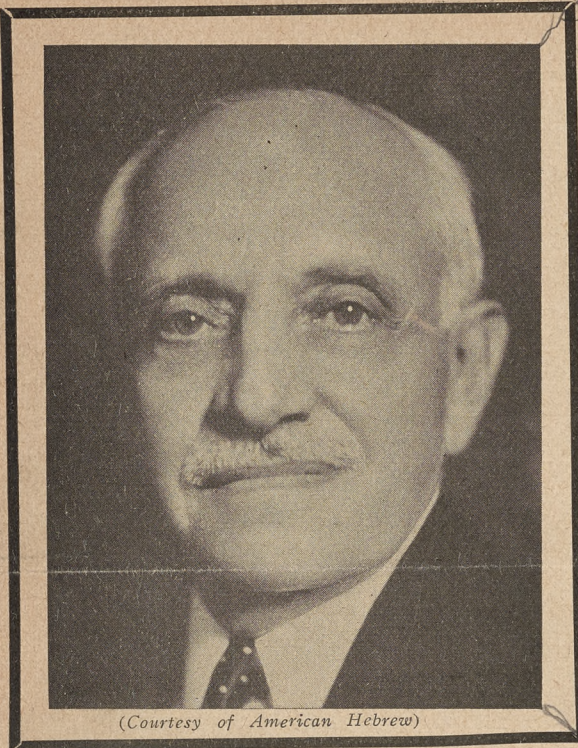
"No more loving and greater tribute to his memory can be paid than to say of him that he was never a knocker, but always a builder. He did fine things, and in the memorable language of Kingsley, let us say of him:

"to labor with zest and give of your best, for joy and sweetness of the giving, to help folks along with hand and with a song."

was what actuated him, typifying real religious thought which humanity can never forget; hence, it is that we believe that he came into this world inspired with the thought that he was born to bring sunshine in every way, during the time that he was to sojourn here.

"Well may every boy study the life work of Michael Friedsam and follow in his footsteps. We of the Institutional Synagogue, will never forget him."

ISAAC SIEGEL.



(Courtesy of American Hebrew)

COLONEL MICHAEL FRIEDSAM

Among The Clubs

The SPARTAN CLUB is looking forward to more and bigger inter-club contests. Now that they have won the One-Act Play Contest and the Swimming Meet, their interest is centered on Field Day and the Essay Contest.

They also plan to publish a club newspaper in the very near future, dealing with activities and personalities of their group.

The SPADES A. C. have recently published the first edition of their club newspaper, and are actively engaged upon the preparation of the second issue. In addition, they are now planning their activities for the spring and summer. Outdoor games and hikes play a prominent part in their program.

The ADELPHI CLUB is continuing its program of the discussion of a different topic at each meeting. The range of their selection is both wide and interesting. Several of their members are represented on the I.S. Debating Team, and forensic activities, therefore, is of paramount interest to all.

The NOHTARAM GIRLS believe that activity is the secret of success. No sooner was the One-Act Play Contest concluded, when they have already prepared a program of activities that will keep them busy for the next few months. A basketball team, hikes, and regular social programs at meetings are but a few of their specialties.

The newly re-organized GIRL SCOUT TROOP, under the leadership of Yetta Margulies, is preparing a novel way of intro-

In The Rabbi's Mail

The following is a typical letter received by Rabbi H. S. Goldstein as a result of his Sunday morning broadcasts.

March 25, 1936.

Dear Rabbi Goldstein:

As requested by you over the Radio on Sunday, as one of your weekly listeners, I am enclosing herewith \$1.

At the same time, I would like to tell you that years ago when I lived in Harlem and first started to attend the Institutional Synagogue, I could not wait for every Saturday to come soon enough to hear your sermons, as they proved to be a real tonic. But, of course, like many others, we were amongst those who moved away and needless to say, I miss you and your Synagogue.

I cannot find words to tell you how grateful I am to Station WMCA for allowing you the time to broadcast. If you could only realize what your weekly sermons mean to me and to thousands of others who listen in. I only hope and pray that the time will come when we will have many more Rabbis of your calibre who will inspire boys and girls like myself.

With sincerest wishes for your continued success, I am One of Your Proteges.

ducing themselves to the I.S. membership. Their secret will be known on the morning of Field Day. We understand that their formal investiture as Girl Scout Troop No. 116 will take place shortly.

The EMMANONS, another newcomer to our club roster, are at present engaged in practicing for Field Day. Their first practice session to choose representatives for the various events was held last Sunday.

Thomas Jefferson's Ten Rules

(Editor's Note: On the occasion of the anniversary of Thomas Jefferson's birthday, which occurs on April 13th, we are printing his famous "ten rules").

1. Never put off till tomorrow what you can do today.
2. Never trouble another for what you can do yourself.
3. Never spend your money before you have it.
4. Never buy what you do not want because it is cheap; it will be dear to you.
5. Pride costs us more than hunger, thirst, and cold.
6. We never repent of having eaten too little.
7. Nothing is troublesome that we do willingly.
8. How much pain have cost us the evils which never happened?
9. Take things always by the smooth handle.
10. When angry, count ten before you speak; when very angry, a hundred.

Talmud Torah Holds Beautiful Model Seder Services

During the week prior to Passover, the members of the Talmud Torah, both of the Main Building and of the West Side Branch, held typical Sederim under the direction of Rabbi Philip Goodman, Principal.

Rabbi Goodman felt that the teachers had done justice to their pupils in fully preparing them to participate actively in their family Sederim. The novelty of this holiday celebration proved extremely interesting to the students and they entered wholeheartedly into the spirit of the occasion.



JOE MOSS

Joe Moss and His Orchestra will be at the 19th Anniversary Dinner - Dance of the Institutional Synagogue

to be held SUNDAY EVENING, APRIL 19th, 1936

SAVOY PLAZA HOTEL 59th Street, East of Fifth Avenue

Twenty-five Dollars per plate

Your Early Reservations Are Requested

The Paradox of Freedom

(continued from page 2)

"Do not call these laws (Chaw-roos), engraven-burdensome, but (Chay-roos), freeing, uplifting agencies in life, as a result of choosing to live in the law-abiding, divinely-ordained righteous way.

In childhood, the imagination played upon by a certain type of literature leads the child to an ambition to become a sort of outlaw, a swaggering brigand of the highway. But as he grows older, he realizes that the outlaw is the least free of all men. He is bound by impregnable chains of suspicion and dread. Everywhere he runs the risk of possible capture and he is forced to sneak and cringe cravenly across the face of the earth, seeking to escape the penalty which society has built up against him because he has violated its laws of conduct. He who breaks through these laws of conduct falls into the steel-walled trap of conscience and, in seeking liberty through lawlessness, becomes the caged beast of outraged convention.

Liberty, truly interpreted, means the freedom to act in the area of right. There are many kinds of freedom. There is physical freedom which distinguishes the citizen from the slave. There is spiritual freedom which distinguishes the refined man from the wild beast.

Young people, throughout life you will be given this choice. Upon the one hand, you will be offered false freedom, freedom to do as you like and on the other hand you will be offered true freedom, freedom to do what you ought to do. Choose the true. Forsake the false. Observe the law, for only through the law can you climb to liberty. Throughout life you will discover that you will only feel free when you have fulfilled your obligations to yourself, your community, and to society; or as the Psalmist put it, "I walk in freedom when I seek to carry out Thy precepts."

Thus my dear friends, as we usher in Passover, the Festival of Freedom, let us approach it with its implication, that the more of God's laws of our faith we observe, the freer we are to travel aright, with God, with Man, and with our conscience.

DEBATING TEAM PREPARES FOR NOVEL CONTEST

The I.S. Intermediate Debating Team will participate in a three cornered inter-community center debating match on Sunday, April 26th, between the Port Chester Jewish Center, the Stamford, Conn., Jewish Center, and the I.S. At each center, there will be held at the same time a debate on the topic "Resolved that Palestine is the only hope of world Jewry." Each center will be represented by two teams, one defending each side of the topic.

The I.S. team upholding the affirmative, will face the representatives of Stamford, Conn., at the I.S.; while another team will defend the negative at Port Chester.

The I.S. will be represented by Nat Lichtenholtz and Marcus Smith, affirmative team; and Sherman Lefkowitz and William Finger, and Gabriel Goldstein, negative team.

This will be the second in a series of inter-community center debates which the I.S. is sponsoring this season. Another series of debates is now being arranged with the Hebrew Educational Society of Brooklyn to take place during the month of May.

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The undersigned hereby requests you
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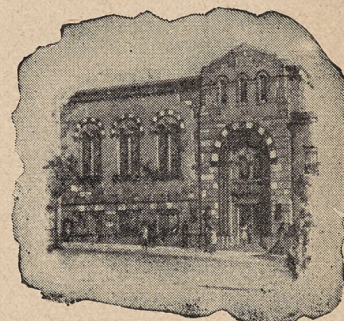
The above card must be mailed into the office before Sunday, April 12th, preferably sooner, so that they may be had for the memorial services.

Dr. A. I. Weisman Will Address Young People's Conference

At the forthcoming meeting of the Young People's Conference which will take place on Tuesday evening, April 14th, Dr. Abner I. Weisman will deliver a lecture on "Socialized Medicine."

Dr. Weisman is a well-known physician, and is frequently called upon to deliver addresses at medical meetings on various subjects.

Following the lecture, Dr. Weisman will answer questions and conduct a discussion.



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