

Register For
I.S. Camp
Ta-A-Noog



Strawberry
Festival
June 16th

"THE WEEKLY PUBLICATION OF THE INSTITUTIONAL SYNAGOGUE"

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CAMP TA-A-NOOG FILLS GREAT NEED

Home Camp Takes Children Off City's Streets

Spring time—school will be soon over! Freedom! Freedom for what?

City children, who have looked forward eagerly to the coming of summer vacation and release from school tasks and school desks, find themselves facing some practical difficulty now that they have freedom. What are they going to do with it? There are, of course, the city's public playgrounds—safe, but crowded and limiting. A fortunate few will go away for the summer; some others will be able to spend a week or two at nearby camps. But for the great mass of children the summer's activities will be centered in the city's streets—dangerous, hot, barren of play opportunity. It is to these children that Camp Ta-a-Noog offers a wholesome, happy and active summer of well-spent freedom.

Camp Ta-a-Noog is conducted at our Main Building commencing July 6th, for a period of eight weeks. The Camp is in session five days a week, from Monday to Friday, from nine in the morning to five in the afternoon.

A complete program of educational and recreational activities, in a Jewish atmosphere, is provided for the children.

A regular luncheon is served at noon, consisting of nutritious and well prepared food. Milk and crackers are served in the afternoon.

Parents desiring to register their children for the I.S. Camp Ta-a-Noog are urged to do so as soon as possible. Due to the ever-increasing popularity of our Camp, an exceptionally large registration is anticipated. Of course, those who come early will naturally receive preference.

Applications for registration and scholarships may be obtained from Rabbi Philip Goodman, Director of the Camp, at the Main Building.

An illustrated leaflet containing complete information concerning the camp will be sent upon request.

Typical daily programs will be found in another part of this issue.

Parents' Association Hold Gala Strawberry Festival Tuesday

EXAMINATIONS MARK END OF TALMUD TORAH TERM

The Talmud Torah is now preparing for final examinations which will take place during the next two weeks. Both oral and written examinations will be given by Rabbi Philip Goodman, principal, to every pupil of the school.

Special certificates of honor will be awarded to the highest ranking students of each class. Within a short time, prizes presented by the Jewish Education Association will be awarded to the five best students of the school for progress and regularity of attendance. The prizes will consist of Palestinian or religious objects which may be treasured by the children for their own use or home use. In addition there will also be book prizes. The Jewish Education Association awards will be distributed at a public function in the fall.

LEADERS END SEASON

The members of the Leaders' Council are planning to end an interesting season of activities with an all-day outing to some point of interest. The members of this group have been particularly active this past season, especially in sponsoring mass activities for the groups and members of the I.S.

At the final meeting of the year, a steering committee, consisting of A. I. Rhine, President; Mrs. Lena Roht, Secretary; and Morris A. Urieff were appointed to prepare a program for the next season's activities.

ATTENTION VACATIONERS

No doubt many members and seat holders are making preparations for leaving the city for the summer. In view of this fact, the Institutional desires to make the following announcement and request. Please make your reservations now for the coming High Holy Days to insure your getting the proper seat. A short note to Mr. Bernstein will save you the trouble of attending to this matter after the summer.

Splendid Program of Entertainment Will Be Featured

Strawberries, strawberries . . . strawberries not to be sold but to be given away absolutely free! Shortcakes, ice cream, jam, cookies, all strawberry flavored, will be served to the guests of the Parents' Association at their Annual Strawberry Festival, which will take place this coming Tuesday evening, June 16th, at 8:30 o'clock.

According to the advance sales, this promises to be one of the best attended functions the Association has conducted in many years. Scores of members and friends of the I.S. are anxiously awaiting this opportunity to join the Association in what promises to be a gala affair.

A splendid program of entertainment, including addresses by prominent Rabbis and laymen, has been arranged for this function. A fine musical program on which violin solos, piano recitals, and vocal selections are all included, will be presented on that evening.

This affair will take place in the spacious and well-ventilated hall of the Main Building to allow comfortable seating arrangements for all.

Mrs. P. Vogel the President, will act as Master of Ceremonies. The chairladies of the affair are Mrs. Ida Bernstein and Mrs. Elgart. The Hostesses include: Mesdames Grobstein, Levine, Levitt, Perman, Rosenbaum, Siegel, Vosberg, and Zaslavsky.

Tickets for the affair are priced at the nominal sum of fifty cents and may be obtained from any member of the Parents' Association or at the Talmud Torah Office. Proceeds of this function will be turned over to the Talmud Torah.

CHOICE PLOTS AVAILABLE

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 they may desire in regard to this matter. Call or write to the Main Building, 37-43 West 116th Street.

THE INSTITUTIONAL

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Editor Rabbi Philip Goodman
Associate Morris A. Urieif

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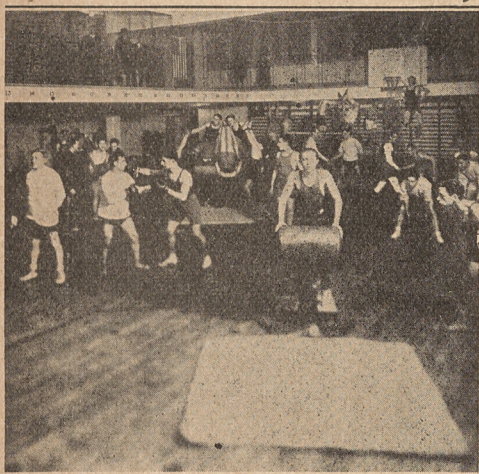
Light Candles Friday Evening, 8:10

Blessing of the New Month Saturday

CALENDAR OF SERVICES

Friday Evening 6:30
Saturday Morning 9:00
Sedrah "Shalach"
Saturday Afternoon 8:10
Ethics of the Fathers Chapter 3
Weekday Evenings 8:15

Proper Exercise is Necessary For Good Health



Join the I. S. Gym and Pool
Basketball Handball
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How Are You Feeling Today?

Today only the physically fit man can hope to come out on top. Good health is of paramount importance in any business.

It is easy to see why good health is so important to man. The man whose vitality is lowered lacks pep; he is not at his best all during the day. He may start off fair enough, but, if things go bad, he becomes nervous, his confidence leaves him and he is discouraged. All is different with the man in good condition. He gets out of bed in the morning, whistles as he shaves and leaves for the office with the firm belief that he's going to beat yesterday's record—he feels that way every day. He has confidence, courage, and he knows he will succeed. Life is a game and he is out to play it for all it is worth. He is a success and we all like to do business with successful people.

We can't all pose for illustrations in physical culture magazines but we all CAN, if we really want to, achieve a fair degree of health. First of all you have to know something about your own body and its reactions. If we paid as much attention to our own bodies as we do to our automobiles, there would be no need for this article. If the speedometer only touches 28 instead of 35 going up the Lexington Avenue hill we take the old bus to the service station and tell the foreman to tune it up. When it comes to taking care of ourselves most of us have to be flat on our backs before we call a doctor.

If we are to keep physically fit we must first develop healthful habits. We must eat right, sleep right, breathe right, and exercise right. Now this may seem like a large order—that we must constantly have these items on our minds. Such is not the case. Pay strict attention to these must-be-developed habits for, say, two months and from then on it will become second nature. Even at the end of that time you will notice the difference.

There is much thought given to eating today. Some eat to grow fat, others eat to grow thin, but what we are interested in is eating to keep fit. It is said that most of us eat too much and doctors say that if we would get up from the table feeling that we could eat just a little more we'd be better off because we are not burdening the digestive apparatus with unnecessary food. This does not apply to one who is underweight. For him a nutritious diet including plenty of good milk, rice, potatoes, and macaroni—all rich in calories—is desirable. Remember, too, that whether you are undernourished, normal or too fat, you cannot keep in good health without an adequate amount of vitamins. A noted M. D. tells us that a baby fed on boiled milk alone will soon fail and ul-

timately die, but add a little orange juice each day and the baby will prosper and develop normally. This is due entirely to the vitamin content of orange juice.

There is a lesson from this remarkable phenomenon that anyone, anxious to be strong and healthy, may well take to heart—include a glass of orange juice with your breakfast.

Eat good wholesome food and chew it thoroughly. Eat lots of fruit and vegetables, less meat, and avoid fried food. The important thing is to eat at regular hours and not between meals. Don't eat when excessively tired—rest first. Water is good for you so drink as much as you like, but at meal time don't substitute it for mastication. A good rule is to start the day with a glass of water (taken as soon as you get up) and top off the day with a nightcap of pure water (taken just before you pile into bed).

Plenty of sleep is necessary. This does not mean an excessive amount but at least an average of eight hours a day. If your business has detained you until late, don't go right to bed for you may not sleep. Read a bit and take your mind off the subject of business. Open your windows wide so as to get plenty of circulating fresh air, avoiding drafts.

One of the first things a singer learns is to breathe correctly—to use his lungs to their full capacity. Avoid cramped positions when working in the office or driving your car as it restricts natural breathing. Make it a point to inhale and exhale deeply for several minutes out doors each day. If you make a real effort to use your lungs as nature intended, carrying yourself chest out, stomach in, head erect, your whole demeanor will be improved, with stronger personality and more self-confidence.

Every man needs some exercise but great care should be taken in its selection. For instance, it would be folly for a man of middle age who has not always been a tennis player to take up tennis. Its possible damage to the heart may be worse than no exercise. It is best for every middle-aged man to consult his physician before deciding on his mode of exercise.

As the average person is pretty busy all day and has little time for these athletic activities on week ends, he should set aside five or ten minutes each morning for simple setting up exercises. Do not neglect exercises that strengthen the muscles of the stomach. Your legs get enough exercise walking around in your business day. Top off these exercises with a cool sponge bath and a brisk rub-down. And then—why you'll feel as if you could break all records for doing things.

TAKEN FROM 'ACCELATOR'

I.S. CAMP TA-A-NOOG PROGRAM AT HOME

MONDAY

- 8:15—Boys: Sr.—Morning Services
 8:50—Boys: Sr.—Breakfast
 9:15—Roll Call and Inspection
 9:30—Boys: Sr.—Dramatics
 Int.—Arts and Crafts
 Jr.—Gym
 Girls: Hebrew
 10:30—Boys: Hebrew
 Girls: Sr.—Dramatics
 Int.—Arts and Crafts
 Jr.—Gym
 11:30—Wash up
 11:45—Lunch
 12:45—Sr. and Int.—Table games and
 reading
 Jr.—Rest
 1:15—Boys: Sr.—Arts and Crafts
 Int. and Jr.—Stories
 Girls: Sr. and Int.—Gym
 Jr.—Stories
 2:00—Boys: Sr. and Int.—Gym
 Jr.—Arts and Crafts
 Girls: Pool
 3:00—Boys: Pool
 Girls: Sr.—Arts and Crafts
 Int.—Stories Jr.—Dramatics
 4:00—Milk and Crackers
 4:15—Sr. and Int.—Hobbies, Camp
 Paper
 to Jr. Boys: Arts and Crafts
 5:00—Jr. Girls: Dramatics

TUESDAY

- 8:15—Boys: Sr.—Morning Services
 8:50—Boys: Sr.—Breakfast
 9:15—Roll Call and Inspection
 9:30—Boys: Sr.—Arts and Crafts
 Int.—Dramatics
 Jr.—Gym
 Girls: Hebrew
 10:30—Boys: Hebrew
 Girls: Sr.—Arts and Crafts
 Int.—Dramatics
 Jr.—Gym
 11:30—Wash up
 11:45—Lunch
 12:45—Sr. and Int.—Table games and
 reading
 Jr.—Rest
 1:15—Boys: Sr.—Stories
 Int.—Arts and Crafts
 Jr.—Free Play
 Girls: Gym
 2:00—Boys: Sr. and Int.—Gym
 Jr.—Arts and Crafts
 Girls: Pool
 3:00—Boys: Pool
 Girls: Sr.—Stories
 Int. and Jr.—Arts and
 Crafts
 4:00—Milk and Crackers
 4:15 to 5:00 Rally
**WEDNESDAYS ARE DEVOTED TO
 ALL-DAY OUTINGS.**

Anniversary Address

Rabbi Herbert S. Goldstein delivering one of the anniversary addresses over radio station WOR, last Sunday morning, in honor of the thirty-eighth anniversary of the UNION OF ORTHODOX JEWISH CONGREGATIONS OF AMERICA said, "The lack of religious Unity in America is the outstanding Jewish problem for which a solution must be found."

With regard to physical relief, the Jewish people of this country are singularly united, through the Joint Distribution Committee. This committee, representative of every element of Jewry, knows no bounds or barriers, when the succoring of our stricken brethren abroad is at stake. Orthodox, Reform, and un-Synagogued unite with singleness of purpose for the physical welfare of the Jew. In the spiritual domain, however, the condition is one of chaos and general disharmony.

Jewish unity in America first became imperiled when we began to label our Judaism. Our grandfathers knew not of orthodox or conservative or reform Judaism. These nominal adjectives the Talmud would call destroying agencies, for, says the Talmud "do not call them (these adjectives) names, but destroying agencies."

Judaism is Jewish tradition. The Jew knows the meaning of the Bible, which is the source of his religion, only through Jewish tradition which in turn gives the legalism of the Bible vogue and practice. Jewish tradition is the unifying force for Jewish loyalty and it is only by setting that up as the standard that we will be able to create any kind of religious unity in America.

I call upon my brethren in faith in this country in spite of some of their varying religious practices, to promote the spiritual growth and unity of the Jew in America. I may cite as an illustrious example of what I mean, the affiliation of Judge Cardozo, with the historic Spanish and Portuguese Congregation, the outstanding congregation of Jewish tradition in the United States. Though not meticulously observant in regard to the ceremonial life, yet he saw fit all these years to continue to strengthen the chain of Jewish unity by his membership in a traditional synagogue.

Most of my brethren who have broken Jewish unity, did so, because of the desire for social prestige, or on account of the pressure of economic conditions. I think we have failed to properly appraise the power and place of the Jewish women in reference to Jewish unity. In the hands of the Jewish woman lies the antidote to both of these disrupting forces. She can guide her husband or children aright, first by determining not to barter social and ephemeral

(Continued on Page 4)

∴ Wit and Humor ∴

PHILOSOPHY

Zanvell, the tailor of Bobruisk, was anxious to have an educated son, so he pawned many of his belongings and sent him to the University of Berne. At the end of the first year the son came home to spend the festival of Shevuos with his parents.

At the dinner table the father said to his son: "Tell me, pray, what are you studying in Berne?"

"Philosophy."

"What is philosophy?"

"It is a study which teaches you to prove anything you wish."

"What, for example, can you prove?"

"If I want to, I can prove that you are not in Bobruisk."

"How can you do that?"

"Let me show you how it is done. Right now you are in Bobruisk—and if you are in Bobruisk you are not in Wilna."

"Correct."

"Since you are not in Wilna you must be somewhere else—and if you are somewhere else—you are not in Bobruisk. Do you get my point?"

The father thought a moment and then he slapped his son in the face twice.

"Father, why are you slapping me?"

"I? Slapping you?" queried the father. "How can I do that when I am not in Bobruisk?"

MOSES EXPLAINS THAT

"It is indeed strange," remarked an old Jew to a prominent cantor. "American Jews are far from being religious; how then can you account for the large numbers of cantors who are to be found in this country?"

"That's simple, indeed," replied the cantor. "These cantors are only repeating the experience of Moses. When God asked Moses to go and address Pharaoh he declined, stating that he was 'slow of speech and slow of tongue'. But when he crossed the Red Sea we are told that 'Then sang Moses'. Our immigrant Jews are therefore following the example of the great Lawgiver. After crossing the ocean they become great singers."

AN UNDESERVED PRIVILEGE

Before the service was over the President of the congregation decided to take the worshippers to task for their indifference.

"You refuse to pay your membership dues to the congregation," he chided, "but all of you want the pleasure of being buried in our beautiful cemetery."

BEGIN SUMMER SEASON

The members of the I.S. clubs started their summer program last week when they visited the Yankee Stadium and watched the New York Team in action. A large group, composed of club members and students of the Talmud Torah, enjoyed this outing, which was held on Tuesday and Wednesday, June 9th and 10th.

The next event on the summer schedule of out-door activities is an all-day outing, probably to Tibbets' Brook Park, during the second week of July. Club members who are interested in participating are urged to register their names in the office as soon as possible. Further details can be secured from Mr. Morris A. Urieff.

A boat ride on the Hudson River to Bear Mountains is being contemplated for the middle of August. Tickets will be sold at a reduced price to members.

Regular weekly dances will be conducted during the summer months on Wednesday evenings in the Game Room.

Suggestions for additional summer activities will be welcomed by the Staff. Let us have your ideas.

CONDOLENCE

Our sincerest condolences are extended to Mrs. Oscar Fensterheim, upon the loss of her father, Mr. Joseph Gelbwaks.

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Anniversary Address

(Continued from Page 3)

prestige for the unbroken chain of Jewish tradition, and second by acting the part of the prophetess as did Deborah of old, pointing the way to victory and not defeat. It is the wife who is encouraging her husband in, or dissuading him from, the paths of Jewish tradition. It is the Jewish woman who is regulating the spiritual tenor of the home and infusing the religious or quasi-religious atmosphere into this sacred shrine. It is the Jewish mother, whose "heart is the schoolroom of the child", who will ultimately fashion the religious future of her offspring. It is the Jewish woman who in her choice of synagogue, sets the standard of religious loyalty for husband, son and daughter.

The men in Jewry must be made to understand their place in Jewish unity. Just because a Jew thinks he is forced to give up this or that part of his faith is no reason for his retreating completely from the banner of Jewish tradition. Just as the physical woes of our brethren have knitted us together into a united people, so, must our religious difficulties weld us together, for the enhancement of Israel's mission, and the greater glory of God. Let me close with the prayer we utter almost daily "O Guardian of Israel, guard the remnant of Israel. O Guardian of a people of unity, guard the remnant of the people of unity, and suffer not the people of unity to perish, who proclaim the unity of Thy name, saying the Lord our God, the Lord is One." The Union of Orthodox Jewish Congregations of America invites you all, men and women, to join them for the preservation of Jewish unity, the preservation of the Jew, through Jewish tradition."

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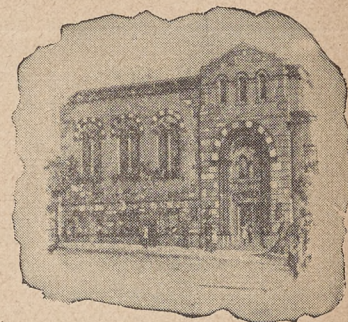
B. S. A. PRESENT AWARDS

On Wednesday evening, June 10th, a Court of Honor conducted by the Manhattan Council of the Boy Scouts of America was held in our Auditorium.

Mr. E. Hartman, Marshall of the Mt. Morris District, was the Chairman of the evening. Representatives of National Headquarters delivered short addresses.

Rabbi Philip Goodman spoke on "Religion in Scouting". He stressed the need of obedience to the Scout Law, "A Scout is reverent".

Among the recipients of awards were several I.S. members including Benjamin Forman and Henry Perman. Both received the Star Scout Award, in addition to several Merit Badges.



ENdicott 2-3600

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