

Settlement Bulletin

ISSUED NINE TIMES A YEAR IN THE INTEREST OF THE SOCIAL SETTLEMENT

Vol. 1. No. 3.

ROCHESTER, N. Y., APRIL 15, 1906.

ONE CENT.



A CLASS IN PHYSICAL CULTURE.

GRUMBLINGS.

It's fair to begin the week with Monday and, as we had a glimpse in last month's *Bulletin* of the little tots who every morning make the big hall ring with their songs and jolly games, let us not start Settlementward until three o'clock. You see we are very provident against the risks of street car speculation. You have to be pretty lucky to make good connections with the public carriage which conveys you slowly but surely to the corner of Baden Street, but we hope that by increasing the interest of the public in our own work we may perhaps increase the demand for Joseph Avenue cars and spend less time gazing up Exchange Street. Perhaps even we may gain this end quicker by arousing the sympathy of the Rochester Railroad Co., and if anyone can suggest the method we should be very grateful. (This seems to be a long digression but anyone who makes frequent trips to the Settlement will understand the importance of mentioning the nuisance in hopes that it may be bettered). Now I'll put my trolley

back on the wire and land in time at Mrs. Stewart's door.

Before seeing the children or indeed anything let us examine our own feelings, especially if we are teachers. This article was not intended to be a talk to teachers and yet it will not be out of place to mention a few things that have long been in the mind of the writer. There is an attitude on the part of some of the workers which is most unbecoming and which can, I'm sure, be changed, viz., teaching is a duty and "I'm always glad when Wednesday's over." It is a duty but no different than the duty of patriotism which indeed is its parent idea. We want our citizens to grow up intelligent and useful and, if we can help to make them so in a pleasant way by little services to them, we owe it to our country as well as to ourselves to do it. But we all know that patriotism is a pleasure both to possess and to inculcate; then why shouldn't its phases all be pleasurable? To do anything properly we should do it cheerfully and to be able to do it cheerfully we should really enjoy and look forward to it. There should be

pride in our work so that we exert ourselves to do it well; which, by the way, suggests another thing that the writer would like to say to teachers. It is all very well to set good examples of industry, etc., but can you help the children as much when you have your own fahey-work with you as you could if you gave them your undivided attention? It's true that as the girls get advanced in their work they need less attention, i. e., you needn't look at every stitch as the dog's head grows on the doyley; but what an excellent opportunity to get acquainted with your class, to learn their customs, tastes or even to tell them your interesting experiences or other stories! "What's worth doing at all is worth doing well" and though it may take more effort, the result of knowing the children and gaining their confidence and love would, I'm sure, be gratifying.

It's bad to begin Monday with grumbling, especially about such trivial things; but now our mind is relieved and next month we will enter the Hall with pleasure and get acquainted with the work, the teachers and the pupils.

Settlement Bulletin

*Issued nine times a year in the interest
of the Social Settlement of
ROCHESTER, NEW YORK*

SUBSCRIPTION RATES.

Single Copy (without postage) \$.01
Annually (postage paid) .25

TELEPHONES.

Printer, 36 Social Settlement, 3316
152 Baden Street.

Vol. I. April 15, 1906. No. 3.

Editorial.

On page three there may be found a contribution from one of the members of the Boys' Club. The *Bulletin* expresses its appreciation to its young contributor and hopes many boys and girls may be encouraged to follow in his lead.

If you are not getting your *Bulletin* regularly, write or telephone to the Settlement.

PHYSICAL CULTURE TALK.

In the days of the early Greeks when Sparta was at the height of her prosperity, physical development was considered of equal importance with mental training. We go to Greece for the greatest orator, philosopher and sculptor. Shall we not, then, take the Greeks for our guide in the matter of physical training? They accomplished more by the harmonious development of mind and body than we do by our exclusively intellectual training. A portion of the best years of a young man or woman's life was devoted to physical culture.

Any true system of physical culture aims at the highest condition of health and beauty through such exercises as are required by the laws of the human economy. It should give to the man or woman, boy or girl, who conscientiously practices the exercises daily, a straight spine, a broad, deep chest with flexible walls, a perfect control over the muscles and nerves, and correct deep breathing. Beside all this it should make the mind more alert in grasping the numerous problems daily presenting themselves, and show itself in an improved facial expression.

We must remember that any system of exercises to attain the best results must be continued day after day and year after year. We cannot overcome years of improper carriage and misuse of the body by a few weeks or months work. But we can learn to sit, stand and walk correctly; we can learn to drink in deep draughts of God's pure air that we may

better ward off disease. We can get a good start on the road to health, long life, and beauty, which if followed, will bring its reward.

To accomplish this without the aid of apparatus or special costume, and with as few exercises as possible has been the aim of the Saturday afternoon class at the Settlement this winter.

PURE FOOD.

Food is a suggestive word, so alluring to everybody that one scarcely needs seek an excuse to talk about it. At this time, however, any information pertaining to it is particularly in point, since Congress has just passed a bill (The Heyburn National Pure Food Bill) regulating its sale. No one thinks of questioning the importance of the subject; and yet few realize the commercial magnitude of it. It is far and away our principal article of manufacture: excluding liquors, the value of our annual production of foods is \$2,278,000,000, a much bigger amount than any of us can even imagine. Nine-tenths of our people actually spend over half their entire income for food alone; indeed, a Massachusetts statistician estimated the average weekly expenditure at \$1.50; on the basis of a population of 60,000,000, our weekly expenditure is \$90,000,000, about \$6,000,000,000 per year. And yet many people, even including dealers know little or nothing of this enormous product. Though it is the largest single item of our cost of living, at the same time it is the portion of which we are most densely ignorant. Here indeed is a need for enlightenment, a call for the study of food science.

Food is to the human body what fuel is to the steam engine. The industrial efficiency of all people depends largely, if not entirely, on the quality and quantity of the foods consumed. If the food is nutritious and increased in quantity up to a certain amount, it will certainly increase productive capacity. The agitation over pure food in advancing investigation along just these lines must be of immense value to any one enabled to devote time and study to such matters.

Briefly put, adulteration may be of three classes: harmful, fraudulent and innocent. The unrestricted use of unhealthful preservatives, such as are sometimes used in the manufacture of cheapest candies, is an adulteration of the first class; the delivery of oleomargarine when butter is called and paid for is an example of the second class; the use of small harmless quantity of vegetable matter to give unusual color to a food product in order to satisfy a perverted public taste, is an adulteration of the third class. Some of the commoner intentional substitutions following under any one of these three classes occur

Barnard, Porter & Viall

WHOLESALE AND RETAIL
DEALERS IN

PAINTS, OILS, GLASS,
BRUSHES, VARNISHES

— AND —
ARTISTS' MATERIALS

15-17-19 N. Water Street

HOLDING TRUE

The New Store, with greater facilities for serving you, holds true to the principle upon which this business has been developed—

The world's Best Merchandise
at the Lowest Possible Cost.

Sibley, Lindsay & Curr Co.

J. B. Keller Sons

FLORISTS

25 Clinton Ave. North

Rochester Savings Bank

Cor. Main St. West and Fitzhugh St.

Wouldn't it be a wise plan
to deposit \$1.00 every
month in this Bank?

"Where the
good clothes
come from."

McFarlin Clothing Co.

HOWARD A. BARROWS, Pres't.

Henry Likly & Company

TRUNKS,
TRAVELING BAGS, SUIT CASES
POCKET BOOKS
SMALL LEATHER GOODS
AND UMBRELLAS

155 Main St. East, Rochester, N. Y.

GEO. E. NOETH CO.

MANTELS
GRATES
TILES



MARBLE AND TILE CONTRACTORS

—GAS FIXTURES—

46 CLINTON AVENUE NORTH
ROCHESTER, N. Y.

The Yates Coal Company

Wholesale and Retail Dealers and Shippers

Anthracite & Bituminous

COAL

Shipping Docks, CHARLOTTE, N. Y.

General Office,
Elwood Bldg., Rochester, N. Y.
Telephone 311.

H. MICHAELS

IMPORTER and JOBBER

158 MAIN STREET EAST
ROCHESTER, N. Y.

Home Phone 2457.

ALLIANCE BANK,

ROCHESTER, N. Y.

CAPITAL, \$275,000.00.

HOBART F. ATKINSON, President
JAMES G. CUTLER, Vice-President
ALBERT O. FENN, Vice-President and Cashier
JOHN F. PALMER, First Assistant Cashier
CHARLES L. BARTON, Assistant Cashier
THOMAS E. LANNIN, Assistant Cashier

in nearly every grocery transaction, such as cereal products for coffee and cocoa, glucose and molasses for maple syrup and honey, wheat-flour for buckwheat, watered milk, imitation liquors and what not. The people have been fooled along these lines all the time. Probably 15 per cent. of our total expenditure of \$6,000,000,000 for food and drink purchases adulterated stuffs: that is, we have a food supply of \$9,000,000 a year in an adulterated condition. Further than that it is stated that only about half of all products capable of adulteration are manufactured pure. Does this not call for correction?

Correction in the form of national regulation cannot and will not complete the desired reforms. State after state having passed through the pure food agitation has made ineffectual efforts at its regulation. Occasionally something has been accomplished, but never much. Frequently the worthlessness of the state laws have been due to poor officials (indeed whenever anything has been accomplished the inspectors deserve entire credit) but the one great weakness in local legislation of this character is its failure to influence at all the character of foods coming from other states. For this and the inspection of import and export food, national legislation was essential. The Heyburn bill especially designed to interest interstate commerce makes it a misdemeanor punishable by fine of \$500.00 or one year's imprisonment or both to manufacture adulterated or misbranded food-stuffs. It may do a good deal to help us, but it cannot do all. To produce results there must be cordial co-operation between governmental and reputable trade interests, that is, manufacturers and grocers. Effort must be made to foster education along these lines, education affecting not alone the trades, but the consumer as well. No person of intelligence can afford to remain ignorant of what sustains his mind and body. If the new pure food bill has done nothing else, it has stimulated interest in this very important matter. May such good work go on.

A VISIT TO THE SOCIAL SETTLEMENT.

"Did you ever visit the Social Settlement on Baden Street on a Thursday evening," inquired one of my friends?

"No I didn't," I answered.

"Why don't you," he asked?

"Too busy," I said.

"Well, you'll accompany me, won't you," he asked?

"Oh, well, if you really want me to—"

Thursday evening I went to the Settlement and found that my friend was already there. We both walked into the large room where we saw boys,—and boys of every description,—lean, fat and short, tall, in short, boys of every kind. Then they began to drill. Then they were separated into classes and at last they

Scrantom, Wetmore & Co.

POWERS BLOCK

BOOKS, STATIONERY

AND

FANCY GOODS

HOLIDAY and ANNIVERSARY GIFTS



Afford Your Neck the Honor of Wearing

**SUPERBA
CRAVATS**



They're really notable ties — the blacks especially. Rich tones in a series of rich silks converted into numerous aristocratic shapes. 50 cents and \$1.00. At all furnisiers; if not yours, send to

H. C. GOHN & CO., ROCHESTER, N. Y.

John C. Moore Corporation

67 STONE STREET

LOOSE LEAF AND
BOUND BLANK BOOKS

Bausch & Lomb Optical Co.

MANUFACTURERS

Microscopes, Laboratory Apparatus,
Photographic Lenses and Shutters,
Prism Binoculars, Eyeglass and
Spectacle Lenses, Etc.

ROCHESTER, N. Y.

Marcus Rochenthal

Commission Merchant

68-72 St. Paul Street

TELEPHONE 444

EGBERT F. ASHLEY CO.

FOR

INSURANCEFIRE — LIABILITY — MARINE
BONDS — STEAM BOILER
TRANSPORTATION — AUTOMOBILEGRANITE BUILDING
ROCHESTER, N. Y.

THIS SPACE RESERVED

BY

GARSON, MEYER & Co.

THE GIFT STORE

E. J. SCHEER & CO.DIAMONDS, WATCHES,
STERLING SILVER, CUT GLASS,
BRONZES and HALL CLOCKSLook here for the Newest in Jewelry
Novelties at reasonable prices.**142 MAIN ST. EAST.****Wm. Skinner Mfg. Co****PURE DYE
SATIN****GUARANTEED TWO SEASONS**See that you have it in
your overcoat.**Shur-On** Eye-glassesFOR SALE BY ALL
FIRST CLASS
OPTICIANS**Shur-On** Eye-glasses

were all pretty well settled for at least an hour. Soon I heard a rush and saw about ten imps rushing toward the door of the basement. They reappeared with dumbbells and did some manoeuvres and again disappeared.

And so the evening passed until there was a cry, "Ready for Tug-of War!!" Then there was yelling and pushing until there came the cry of "Ready, pull!!" Then—such tugging and pushing and straining! Oh, those kids! it was great fun to watch them. Suddenly I heard the cry of the referee, "This side wins." At this they jumped up as one man and yelled until I thought my ear drums would split. Soon after they had got their books (still yelling) and passed out.

As we were leaving my friend said to me, "Will you be willing to come next time?"

"I guess so," I answered.

JOE BERNHARDT.**DONATIONS.**

Mrs. Henry W. Stern, \$5.00; Mrs. Louis Waltermann, games, books, clothing; Miss Gertrude Barnard, clothing; Mrs. A. Stettheimer, 1 box crochet cotton, 2 crochet hooks; Miss A. E. Clark, clothing; Mrs. David Garson, material for six shirt waists; Mrs. S. Sloman, clothing; Mr. Elmer Adler, six Turkish towels; Mr. Amon Mason, Leslie's Weekly; Mrs. Sol. Solomon, clothing; Dr. Ingersoll, 30 books; Miss Alma Whitney, clothing; Mrs. Fred Meyers, clothing; the Sisterhood, 3 gallons ice cream; Mrs. M. Landsberg, cakes; Mrs. A. Adler, clothing; Mrs. Carrie Wile, 1½ dozen knives and forks, clothing; Mr. Harold Akerly, 14 books.

SCHEDULE OF WORK.**March-April.**

Neighborhood Work—Every day.

Neighborhood Baths—Every day except Sunday—Women, Children.

Neighborhood Baths—Wednesday, Thursday evenings—Boys.

Kindergarten—Every morning except Saturday and Sunday.

P. M. MONDAY.

4.00 to 5.15 Eleven Embroidery Classes.
7.30 " 0.15 Shirtwaist and Garment Class.
7.30 " 0.15 Foreigners' Club.
7.30 " 9.30 Clothing Sale.

P. M. TUESDAY.

4.00 to 5.15 Nine Crocheting Classes.
4.00 " 5.15 Circulating Library.
7.30 " 10.30 Dancing Club.

P. M. WEDNESDAY.

4.00 to 5.15 Darning, Mending, Story Classes.
4.00 " 5.15 Bead Work, Sewing.
4.00 " 5.15 Housekeeping, Kitchen Garden.
7.00 " 9.00 Willing Workers, Boys' Club.
7.00 " 9.00 Circulating Library (Boys).
8.00 " 9.30 Basketry Class.

P. M. THURSDAY.

4.00 to 5.15 Twelve Sewing Classes.
4.00 " 5.15 Penny Provident Bank.
7.30 " 0.30 Social Settlement Guards, Boys' Club.
7.30 " 0.30 Circulating Library (Boys).

P. M. FRIDAY.

4.00 to 5.15 Sewing.
4.00 " 5.15 Picture Class.
4.00 " 5.15 Basketry Class.
8.00 " 9.30 Lecture Entertainment.
8.00 " 9.30 German Class.

P. M. SATURDAY.

2.00 to 3.00 Physical Culture Class.
2.00 " 3.00 Elocution.
3.00 " 4.00 First Dancing Class.
4.00 " 5.00 Second Dancing Class.
8.00 " 10.00 Sunshine Club.
8.00 " 10.00 Shakespeare Club.

Free Dispensary every Thursday, 11 to 12 A. M.
Visitors welcome every Thursday from 10 A. M. to 9.30 P. M.

FOR FASHIONABLE

**Cloaks, Suits, Millinery,
Furnishings, Laces,
Neckwear**

You can always depend upon

Burke, FitzSimons, Hone & Co.**N. Erlanger, Blumgart & Co., Inc.**
IMPORTERS

New York.

NATE NEWHAFFER
Representative*Compliments of**McCurdy & McNeill Co.*

Business Established 1867

JAMES C. CLEMENTS

GENERAL

INSURANCE

Nos. 602 & 603 New Insurance Bldg.

19 Main Street West

Telephones 219

Anniversary Number
in Commemoration
of the Fifth Year of the
Social Settlement's
Activity

