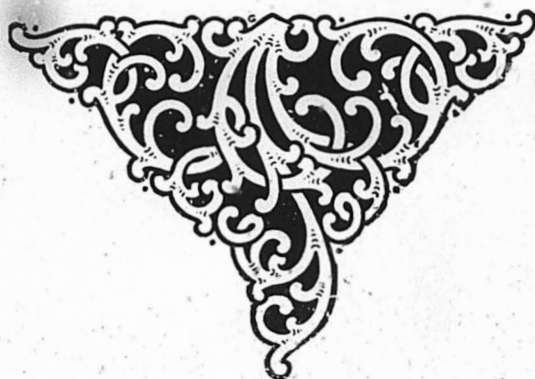


Settlement Bulletin



VOL. II.

APRIL, 1908.

NO. 2.

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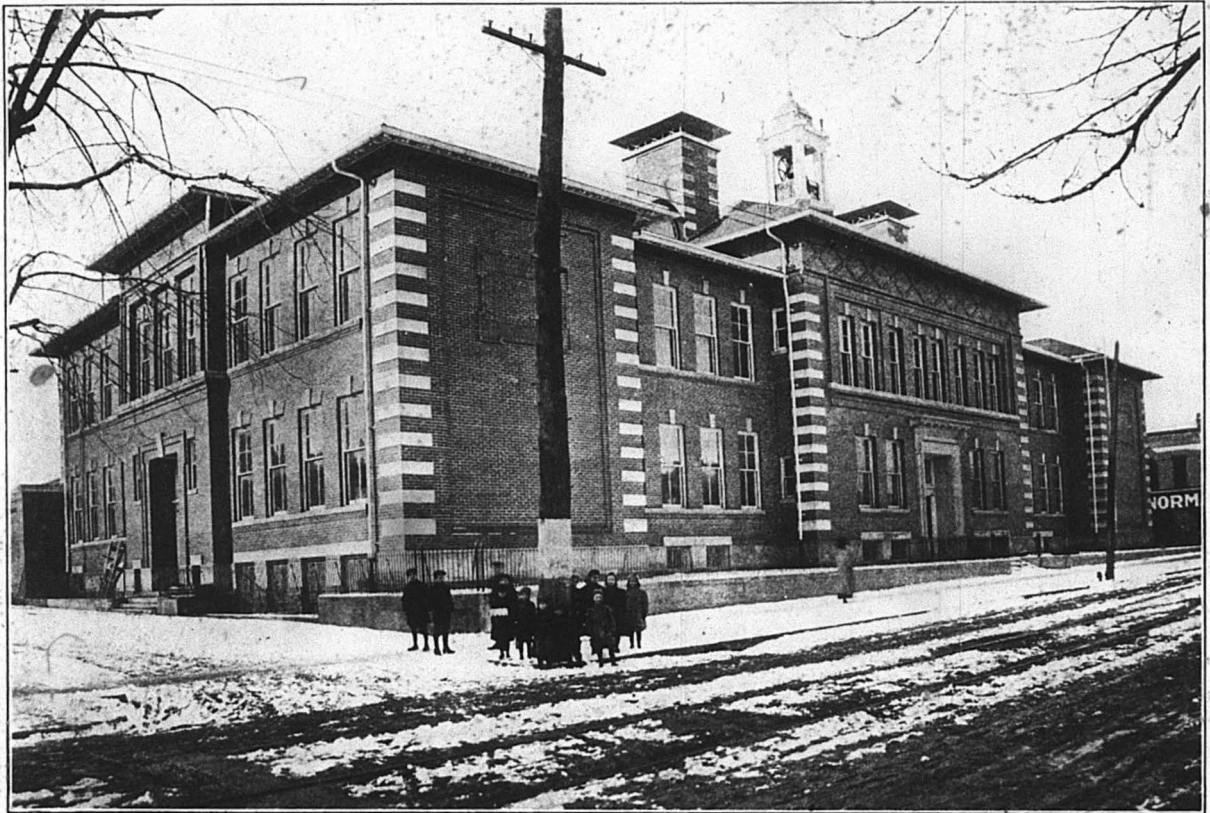
Settlement Bulletin

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

Vol. II.

ROCHESTER, N. Y., APRIL, 1908.

No. 2.



THE NEW SCHOOL.

We are all glad and very grateful that such a fine, well equipped, and generally useful building is at last a real part of our section of the city.

There is always a fascination about new things, for they seem to carry with them the suggestion of improvement, of helping one up to the things that are higher and better. The new year always carries the idea of a fresh start, the new day of untried opportunities, and the new book promises hidden pleasures.

The Andrews School will give us a chance to begin many things that we have long felt were desirable, it will offer larger opportunities to the entire community, and we suspect that it will have many treats for its patrons in the future.

The little blue buttons, that so many of the children wear, inform all their friends that improvement is the watchword of the school, and we believe that the time has come for the grown-ups to take hold with those who are growing up and make this word have a larger meaning. The new Assembly Hall is an ideal place for public meetings, and will give us a chance to get together and discuss our neighborhood problems and work out ways of solving them. Such meetings could be made to afford enjoyable social occasions as well as make for civic betterment.

From what was said on the opening night, we feel that the Board of Education will open an evening school next winter which will meet the particular needs, not only of those who desire intellectual improvement, but also provide systematic "gym" work for those who

want to make their bodies strong and healthy. The list of possible subjects is a long one, and it is for the people to say what they want and it will be provided. Let us suggest, however, that they speak loud enough to be heard and talk to those who are in a position to help. Our new school and the adjacent play grounds will always be a reminder of what can be done when we all work together for the common good.

The work at the school, and the work at the Settlement are no longer two different things but rather two parts of one great enterprise. It is the purpose of each to help the other and of both to exist for the good of all who come within their influence. What can we do to make life more worth the living is the question that each one puts to the community? In the end the individual will be benefited in proportion to the amount of personal effort he is willing to make.

We understand that the school is planning for flower gardens in the rear of the building and this, would seem to be an additional argument for a summer school for the children, as the gardens would furnish many interesting lessons and the pupils would make excellent care-takers. Then, too, there are the shower baths which are so refreshing when the dry, hot, summer days seem to make life in the heart of the city so unbearable. The portable building in the rear of the school would make an ideal summer reading-room and library, and we are sure that under proper management it could be made to provide both pleasure and profit for our young people.

The Assembly Hall would make an ideal place for play on rainy days, when it is always so hard for mother to have all the children crowded about her; and it would also furnish opportunity for systematic gymnastics and rhythm work which would help the growing children as well as give them enjoyment. A happy combination of work and play is the most desirable way of spending a vacation, and we would like to see the Andrews School take the lead in this matter as it has done in many other things.

The American common school has always been a most vital and influential factor in the life and growth of our great nation, and is to-day a most powerful agency in the civic, religious, social, industrial, literary and home life of the entire country. The old school, with its narrow way of looking at things and its disregard of the life about it, is a thing of the past and the new school has come to make education available to all the people. Education in this larger sense helps us to live, not merely to learn; it makes life worth the living because we have learned to see and hear and feel, to believe and hope and love.

How much greater than mere knowledge is such a possession!

Surely this is not too high an ideal for our new school which must always stand for the best things, for the greatest good to the largest number. Let us hope that the Andrews School will be in truth the school of the people, that it will stand in our midst as an open door of opportunity, and that its usefulness to all will far exceed our highest anticipations.

Settlement Bulletin

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

SUBSCRIPTION

Annually (Postage Paid)25

TELEPHONES.

Printer, 36
Social Settlement, 3316
152 Baden Street.

Vol. 11. April, 1908. No. 2.

Editorial

Did you read our Settlement history in the last number of the Bulletin? What do you think of it? Don't you think we're pretty energetic for a seven year old? Surely much praise is due those who have so tenderly nurtured us and considered our every need.

We have come now to the age when we need friends, lots of them, good friends. Yes, we need your attention—give it to us as you will: come over to play with us or give us something to play with. Your small subscription would give us lots of metaphorical candy, would enable us to do many things that at present the very limited pocket-book of our small family must refuse us. Don't make us miss the little joys of our childhood, just because you forget to show that you are friendly!

You think we're quite precocious, and we glory in your praise. But just think how much stronger and happier we would be if we could number you among our friends! How small, too, is the cost of friendship! A thoughtful act, a heart warm with sympathy and love, a bit of encouragement and a dollar bill, to show that you mean it, will make you our true friend, i. e. a member of our organization, a chum of ours, interested in our life and growth and proud of our seven years of progress.

Don't forget that it takes much to clothe and feed a child of seven; don't forget that "we are seven"; and always remember that we want your friendship!

For the benefit of those who did not read the March number of the Bulletin I would report that the Social Settlement came into existence in 1901 and its present state of health and vigor shows the great strides it has made in seven years. Also I would say that we want more members in our organization, more friends for this child and the cost of this is the small sum of \$1.00—unless you really want to give more.

△

Have you an idea? Of course you have. But is it a good one, a new one, a true one? If so pass it on! Let us have it. You see we can use it, and won't refuse

it, so before you lose it, give it to us!

Have you a *Bulletinous* suggestion? By that we don't mean necessarily weighty, but one that would illumine the path of the Bulletin? We don't know whether we need a spring tonic, or a March wind, to stir us up;—will you be the doctor? We want your advice. We know your medicine is sometimes hard to take, but it is beneficial, so whatever the dose, we'll be brave and thank you for it.

△

Thank goodness the warm weather is coming again! We apologize to the beautiful snow, and the cold, bracing air we have had, for the sentiment, but we're glad the dry, sunny days are hurrying near. The cold is hard on those out of work and on those whose work keeps them outdoors, but it is hardest of all on the children, who in winter must spend most of their time in hot, stuffy rooms, and cannot stretch their limbs, and play and rest out in the sunshine.

And now that the warm days are coming, we will try to take advantage of them to the full. We will have walks every Saturday to one of the parks for the school-boys and girls, and walks every morning to the fresh, spring greenness of Franklin Square for the littler children. When the summer vacation comes, the big children can have a daily walk too. Then all the children will have a glorious excursion each Friday to some park, where the little ones can roll and tumble all day long, under someones watchful eye, while the bigger ones romp and explore, free for once from the care of the ever-present little brothers and sisters. It takes lots of helpers to enable us to undertake these excursions with safety to all the wild little excursionists, but we have always found them ready at hand.

There will be individual "good times" too, when some friend of the children takes those she knows best for a long, beautiful picnic day. They could not have too many of this kind of "parties."

But what we are looking forward to the most, we have not told you about yet. Did you know that we are hoping to have a house in the country, where little family groups can come to us for perhaps a week's visit? We hope our teachers will visit us, too, and help us all to have a good time.

If you know of just the house for us, please tell us. We mean to have gardens for the children to putter around in. Perhaps we can be near some beautiful lake, where one can wade, and bathe, and row, or perhaps we will be "truly rural" and just play with the cows and chickens. In any case, isn't it a wonderful plan?

△

Why is it that we put one day out of the 365¼ of the entire year aside when with a careless or maybe hearty laugh

we can admit that we have been fooled? We are being fooled so much, tho' perhaps not so innocently, on other days, that one would think we would get used to it and either keep our mind and senses more alert or learn to regard it more cheerfully. If we could only cultivate the spirit of fun or good-nature to such an extent that little things, like just missing a car, or forgetting a handkerchief, didn't annoy us, we'd have a mighty good time in life. "What's the use of crying over spilt milk?" we hear a philosopher ask, and so far no one has dared to assert that there was any use. We all have days when things seem to go wrong; when we are fooled by everything we come near. Surely a hearty laugh at the upsetting of the dish pan will make it much easier to mop up the dampness, and will perhaps put us on our guard, by strengthening our nerves, against dropping a pile of dishes as we try to put them away. If we can't get the book we want from the library, let's take another one, and hope we can get "Editha's Burglar" next week.

Let's develop the attitude toward little inconveniences and discomforts which seems to be very natural, or at least easy to assume on April first, and surely the amount of nervous energy saved will be worth the effort.

The Bulletin hopes that as you look through its columns, as between those of a mighty palace, the splendor of its intentions will be revealed to you, so that you will not feel "fooled" by its words.

△

The Settlement wishes to express its appreciation and gratitude for the splendid portrait of Susan B. Anthony, so kindly loaned it by the artist, Salvina Gerber. It is an inspiration to have this good, noble face with us, and the children have learned to love the "dear old grandma," as they call her.

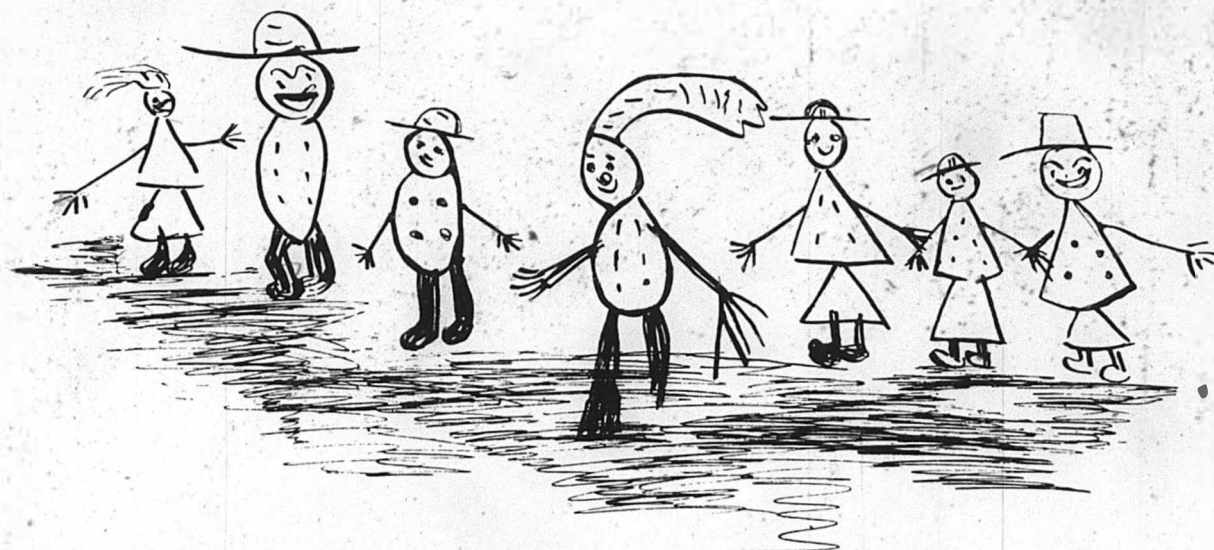
One little girl asked, "Whose grandma is she?"

"Why, she is every little girl's grandma, of course, this woman who sacrificed her love of home and children that she might broaden and improve the lives of all the children, great and small, in this world."

We hope the picture will meet with a ready sale, but would sadly regret to have the dear face vanish from our wall.

Thank God every morning when you get up that you have something to do that day which must be done whether you like it or not. Being forced to work, and forced to do your best will breed in you a hundred virtues which the idle never know.

(Charles Kingsley.)



The thought of a summer home has permeated to the Kindergarten. We feel rather indefinite, ourselves, as to just what kind of a house and location we want for our outing, but there seems to be no uncertainty in the mind of our small friend. The lake-shore plan for her. The house, of the good old country style, where the wood is chopped beside the door and a beautiful row of—not box trees; what made you suppose that?—but *daisies* stretches out in elegant array, in front. The children are all in bathing, the biggest boy stepping out into deep water boldly, and the littlest girl hanging back at the brink, against the persuasions of two solicitous older sisters. A country home indeed!

With the song of the robin outside our windows during these snowy March days, thoughts of the returning Spring fill our minds, and we joyfully hail the balmy days of sunshine, birds and flowers to come. Spring is coming at last! That happy thought brings a vision of the many pleasant outings to our beautiful parks and summer resorts that are in store for our various clubs and classes. A day at

Ontario Beach with "Pail and Shovel" for our little girls is to come, a walk over the hill to the Newport House for the big ones, and visits to the Park Zoo for our boys. Then, too, we are anxious to renew our acquaintance with our bird neighbors and flowers that we know. Trailing Arbutus and Hepatica, the Bluebird and red-winged Blackbird are like old friends whom we are glad to meet again for they are related to the fairies and bring us a little nearer to fairyland with their airy, fairy ways. They bid us be of good cheer and remind us to prepare for the good old Summer time.

BEING—BREATHING,

The study of ancient languages and the origin of modern words from old roots tells many interesting stories. One of the most suggestive lessons in word study is that the verb forms *am*, *is*, and *are* come from an old word meaning *breathe*. The verb form *be* comes from a root meaning *grow*. *To be*, therefore, means *to grow*; and when one says *I am*, he merely says *I breathe*. Hence in the very study of languages we learn that *we be* and *are* because we *breathe* and

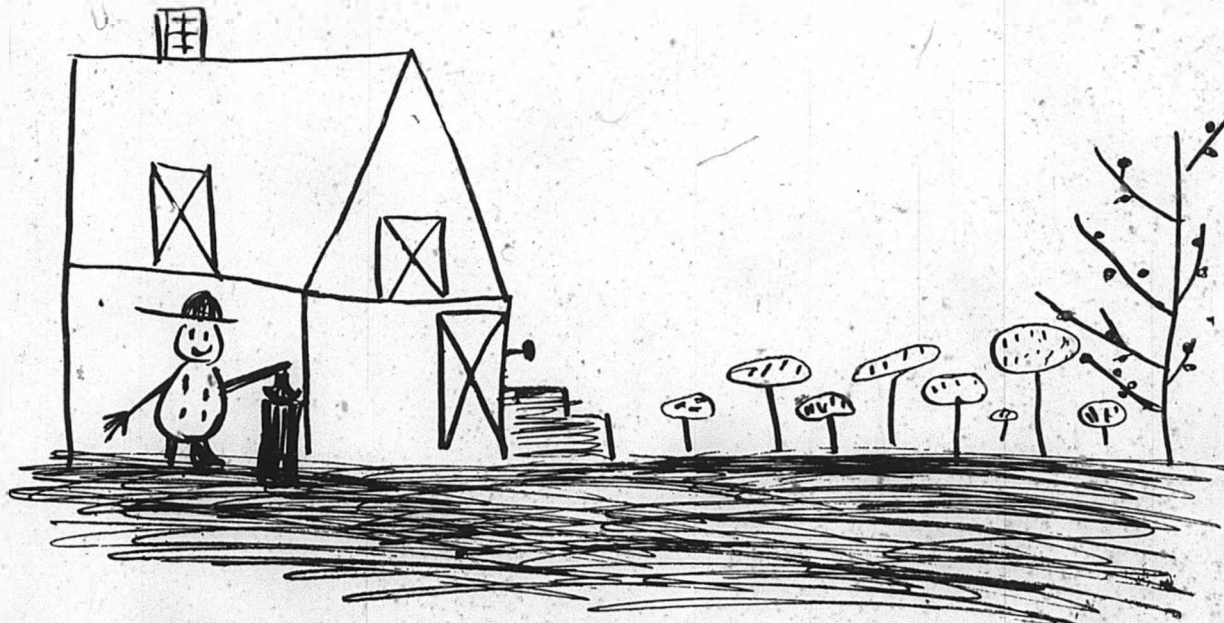
grow. It is the word way of telling us that life depends upon the air we breathe.

To know how to breathe so as to grow healthy or healthier is part of the study of hygiene. Hygiene is the science of the preservation of health. To breathe properly, to breathe the proper air is a religious duty of all people inasmuch as it is a part of everyone's religious duty to prolong human life.

Hygiene with reference to fresh air is a wonderful power in increasing the average length of life. It depends upon three principal factors:

1. The individual.
2. The individual's environment.
3. The community in which he lives.

The individual should be taught in childhood to breathe properly through the nose. Any physical defect that interferes with correct breathing should be removed. When thus interfering with nasal breathing, adenoids and tonsils should be removed. Hare lips should be attended to. Broken bones or growths in the nose should be given attention. The lungs should be developed by deep breathing—especially when in the open air. When dusting or sweeping, a moist cloth or piece of sponge placed over the nostrils



will prevent breathing in the often harmful dust and evil germs.

The child should be taught, then the man will know, that fresh air is a blessing—not a curse to be avoided, even though it is raining out, or the air is damp, or the wind is blowing. People must understand that fresh air is as necessary at night as it is in the daytime. This is particularly necessary because at night they have to bring in fresh air instead of going out into fresh air. Rich people, poor people, people living one in a room, people living ten in a room must appreciate that fresh air is a necessity of life as much as food, in order to grow up strong, without headaches, without "that tired feeling," without pale faces and bloodless cheeks. And fresh air is everywhere possible.

The individual's surroundings at home and at work should be the best possible, the airiest, lightest, sunniest, driest. To secure this environment depends on too many factors for us at present—but all will admit the necessity of a healthy home and a healthy work-shop. Private houses that are over-heated, with double windows are not so healthy as the single room with a broken pane of glass, from the standpoint of fire shair. Hot-house life does not develop strong healthy children any more than forced plants are hardy ones.

The individual house must be properly ventilated, i. e., properly fresh-aired. Cool rooms are not opposed to good health, if clothing is sufficient. Most homes are too hot, too close, especially at night. Some people do open the windows an inch or two at night when they have few clothes over them and keep the windows closed during the day when they are dressed and active. Is it because, when asleep they do not object to fresh air?

Keeping rooms free from smoke, coal gas, bad odors, depends upon the individual, his landlord and his neighbors. But it must be remembered that the most dangerous gases are the ones we cannot recognize by any odor. To throw dust and sweepings to the winds, to have uncovered ash barrels, to fill sleeping rooms with stale tobacco smoke is to fail in one's duty to others who are entitled to fresh air.

The City is a great factor in giving people fresh air. Every citizen is entitled to protection of life by the community in which he lives. Breathing places should be accessible to all classes. School playgrounds, public parks, recreation centers, open air gymnasiums, the laying out of streets, social squares, regulating the height of buildings, improved tenement construction, factory inspection, abatement of smoke nuisances, etc., all offer methods by which the community

can aid its citizens in securing the fresh air which is their right—as part of the right to life—the right to be—the right to breathe.

GOOD TIMES.

Miss Benjamin gave a party on Washington's birthday for the Kindergarten children. A pretty table was arranged in the big Assembly Hall, and each of the children received a little American flag and candy, in a box shaped like a little Log cabin.

On Friday evening, March thirteenth, the Sunshine Club had a children's party. Of all the pretty and all the funny occasions that ever happened here, this one took the prize. The girls were dressed as Sis Hopkins, Dolly Dimple and every other kind of child, and of course most of them carried the inevitable Teddy Bear. They "kept house" and they "played school." They went through the "Baby Schottische" and "Farmer in the Dell," in a manner to make the real Kindergarten children green with envy. Wheneach had received a little paper package, and opened it, the jealous comparing of "my woolly sheep" and "your tin horn," the dragging up and down of little wooden carts, and the rattling of rattles, were enough to remind one of Christmas day. The entertainment was completed by a repast, consisting of peanuts and all-day-sneakers.

On March fourteenth the Sunshiners had a lecture by Professor Shedd on the poetry of James Whitcomb Riley. The lecture was very interesting and enjoyable. He had a large audience, which, after the lecture, pushed back the chairs and benches and had a jolly dance, to Mrs. Sterling's splendid piano-playing.

Mrs. Sol Solomon gave a party for the singing class on Friday, the twentieth. It was a very pleasant occasion and one that the children will long remember.

"If you want to be cheerful, set your mind on it and do it. Can't none of us help what traits we start out in life with, but we can help what we end with."

Mrs. Wiggs.

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Take away our fear of the darkness and keep us homesick for the day. Walk Thou hand in hand with us throughout the hours of brightness, and abide Thou ever near us, when the veil of the shadow drops before our eyes.

We believe in the persuasive personality and the pervasive influence of sun-lit people; in the animating, inspiring and cloud-dispelling energy of the sun-charged atmosphere; in the splendid and peculiar glory of the sun-illuminated face, the potent magic of the sun-filled eye, the eloquent radiance of the sun-tipped brow, the winsome welcome of the sun-warmed hand, the soul-thrilling music of the sun-tuned voice, and the uplifting and compelling power of the light-irradiating smile.

We believe, O Lord, help Thou our unbelief. Aid us while we seek to transmute creed into deed and live the sun-life. Make us Thy messengers, O Lord of Light and Life.