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Community survey of sanitation and recreation in a typical slum area

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COMMUNITY SURVEY
OF
SANITATION AND RECREATION
IN A
TYPICAL SLUM AREA

Submitted by
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SANITATION AND RECREATION
IN A
TYPICAL SLUM AREA

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CHAPTER I

INTRODUCTION AND BACKGROUND

Purpose of the Study:

It is the purpose of this study to determine what the health and sanitary conditions are in the recreation areas of a typical city slum area. Also to determine what they have to offer in activities to contribute to the health and welfare of the people in the community.

Source:

Since it has been known that slums have a pernicious influence on an entire community and lower moral standards, it is without doubt that attention be given to such situations. In our complex civilization it is entirely impossible for an individual to maintain optimum health without the aid of community participation. Today our very existence is dependent on other people. The community must accept the responsibility of doing for its citizens the things the citizen cannot do for himself. Laws and regulations protect him from thoughtlessness or indifference of his neighbor. Establishment of community facilities protect his health and well being. Health is now considered to be a group responsibility as well as a concern of the individual. His health is the key to fullest development of individual potentialities.
Justification:

Every boy and girl should be provided not only with the necessities of life and education, but with a real creative guidance program. The ideal solution of the slum problem would, of course, be a complete clearance of the slums. This being impossible from a practical point of view, something must be done to alleviate conditions as they are found. In order to insure safety to our people, we must remove defects of sanitation, obstacles to hygienic living, and hazards to safety. It should not be difficult to convince the social service agencies of this need. The mere recognition of the fact that people in this area are living under deplorable conditions should motivate these agencies to formulate such a program as is here recommended.

"The health of all peoples is fundamental to the attainment of Peace and Security and is dependent upon the Fullest Co-operation of Individuals and States."

Procedure:

Since there is no written material to speak of on the North End of Boston and its recreation centers it will be

1/"World Health Organization", Bulletin of September 15, 1948
350 Fifth Avenue, New York City.
necessary to make a survey of the agencies within the said community through personal interviews and visits of all the areas providing the district with any recreation at all. By means of these visits it is expected that the writer will obtain the exact information from the directors or managers or whoever is in charge of the centers. This is necessary in order to determine the overall picture of the community in recreation; and if it is being conducted in the best conditions in so far as health and sanitation are concerned. Last, but not least, it is the pleasure of the writer to determine how the community measures up to the social needs (health and welfare), as given by the Greater Boston Community Survey.

Conclusion:

It is the hope of the writer that this study will show the relationship of the area allotted to each individual as per capita normally and the percentage of such area given over to recreation. Is the territory occupied by the areas providing recreation meeting the requirements of the space allotted to each individual by law? Is the recreation area meeting the needs of the number of people in the community? Accepting the fact that the North End is a typical slum area because it lacks those things that are necessary in life, this study tends to bring out the highlights which need special attention. Through the co-operation of all the
agencies concerned with recreation in this area, some conclusion may be reached as to how they can better serve the community to raise their standards of living. If health is one of the fundamental rights of every human being, regardless of race, religion, political belief, economic or social condition, then the health of all peoples is fundamental to the attainment of peace and security. It is also dependent upon the fullest co-operation of individuals and states. This is where each community can contribute its part toward a healthy world.

No previous studies of this kind can be found anywhere on the history of the recreation and its surroundings in the North End District of Boston. Consequently, all the material contained herein is original. It has been obtained through personal interviews and visits which made available the information contained here. It is what the people in charge of these centers have told me and shown me that are being related in this study.

Introduction and Background:

Since the city of Boston, Massachusetts, is made up of so many towns covering a total area of 3,237 acres, it would be almost impossible to make a complete study of its health and sanitation and recreation facilities in a limited time and still do justice to it. Therefore, in this study will be considered only one section of Boston typical of the slums,
otherwise known as historic Boston, namely the North End. This area including its outlying boundaries covers approximately 640 acres or one square mile; just about one fifth of the whole city.

The North End of Boston is the most congested part of the city. Within its boundaries are housed over 20,000 people. In 1925 the peak population was 38,000. Records show it to be the most densely populated district in the world. The 20,000 people live in less than sixty acres of less than one tenth of the total North End District. From these figures it would be fair to assume that there are 330 people living in one acre of land. If these conditions prevailed throughout the city of Boston with its 3,237 acres, then the total population of the city would be over 1,000,000; but statistics show that Boston's population is only 777,816. For each acre in the North End there are about 109 more people than in the average acre throughout the rest of the city. Is it any wonder that the North End of Boston is considered the most congested slum area in the world?

Of the 640 acres previously mentioned, only 210 are considered as the North End Proper. Of these 210 acres 165 are commercial, 45 are partially residential and 10¾ acres are all residential. Imagine about 20,000 people living in 55½ acres of land! In one small area there are 440 families
or 1760 people to the acre.

There are carlines, buslines, a cemetery (Copps' Hill Burying Ground), seven churches (four Catholic and three Protestant), two engine houses (Harbor Master's Department and Engine no. 8), two hospitals (one Medical Mission Dispensary and one Health Unit), one library branch, two police stations, about fifty four industrial plants, social service agencies, seven schools (three public and four Catholic), parks and playgrounds, and many historic landmarks such as the Old North Church, Paul Revere's House, Boston Stone, Circle Square, Ebenezer Hancock's Office in Creek Square, Constitution Wharf, and Mather-Eliot House.

The North End is Old Boston. With few exceptions the houses are substantially brick, three and four stories high and with stores on the first floor or in the basement.

Besides the schools there are many places of recreation in the community. Among them are fifteen buildings that include settlement houses, clubhouses, recreation centers, and a public gymnasium. In so far as gym facilities are concerned they will be found in practically all of the aforementioned schools, and are made available on request by those desiring to use them. There is only one large gymnasium in the vicinity which is housed in the municipal building that also has many public showers which are used by the residents of the North End as there are little or no facilities for bathing at home.
This gymnasium is, however, opened to the women on two days of the week and four days to the men, all free of charge. As this study is in progress the writer finds that after the interview with the director of the department handling this building the renovation of it provides showers and bathing opportunities to men and women every day in the week each using a separate entrance and a separate part of the building.

The playgrounds are many but small. There are ten playgrounds which include play lots for little tots, etc. The playgrounds are open all year 'round but not supervised all the year 'round. They are open for activity and with supervision for five months of the year, from the middle of April to the middle of September. The recreation houses are open all the year 'round. Thus there is opportunity for year 'round recreation for the residents of the North End of Boston. Not many cities can boast of this opportunity. The recreation offered is varied according to the needs of the individual. No person living in this vicinity need want for a place to go to whenever he or she wishes.

All areas are well supervised when open for activity. As for recreation there is no lack of it; but there is a very great need for housing improvements. This seems very difficult as a federal housing project is out of the question due to the price of land being so high in these parts.

In spite of the fact that the people here live so closely the health of its residents is considered better than average.
There is one health unit (a Robert White Fund Building), and one medical dispensary besides numerous doctors who have their offices in the neighborhood. Their health is well taken care of.

The social houses are the most effective groups in the North End, working for the improvement of living conditions. There are many labor organizations in the district, but they are not too interested in the residents of the North End. The leaders of these social organizations hold monthly luncheon meetings during the winter season. Such projects as the "clean-up-campaign" which has really accomplished a lot in the attempt to eliminate the rat population have been sponsored by these agencies. This has been done within the last year or two only. They have also conducted a campaign on chest X-rays which brought good results. If only they would continue the good work and not stop as soon as something good has been done. There is much to do, but people seem to get tired and stop just when the need is greatest.

With the primary purpose of providing for the recreation and health of those living in the vicinity, the Trustees of the George Robert White Fund have created what is the most unique and interesting civic center in the country by erecting what is known as the Mall of memorial tablets to those of the North End who have contributed to the fame of Boston. The Paul Revere Mall, first known as the Prado, was erected to open up
to the sun and air a most congested district and at the same time created a most remarkable historic vista between those two treasures of Old Boston, Christ Church and Saint Stephen's Church. This open space was once the pasture of Christopher Stanley who came to Boston among the first and who was the first to bequeath money to the schools of Boston.

The North End is important for two reasons: it is the breadbasket of Boston and Northern New England; and for its historical importance. North Station, South Station, and the Haymarket Bus Terminal are all in this neighborhood. The main arteries of traffic are Cross, Hanover and Commercial Streets and Atlantic Avenue. Cross Street is particularly so since the opening of the Summer Tunnel. The bus terminal at Haymarket Square is the starting point for all North Shore traffic and is a very busy place.

Because of its age and proximity to the business district the North End represents the most intense concentration of occupancy to be found in Boston. The population consists preponderantly of new Americans many of whom do not speak our language. Over 90% of them live in rented apartments. They are really tenements, and have been described as being as crowded as African hovels. It has been known that the health conditions are pretty bad—fifty people using one toilet; and eight people living in three rooms.

As stated in previous papers the North End of Boston contains the most congested slum in the world, with the
possible exception of two districts in Cairo and Tunis in North Africa; and far more crowded than the worst section of New York or London. This was revealed by Mr. A. R. Cass, National Public Works Administration Director, in his denouncing Boston housing conditions in his address of 1938 in Washington. Arguments have it that Cairo and Tunis are worse. Even if they are, the North End slum is on the map as one of the worst of the world.

No doubt the North End is a very congested area. Its gardens and back yards behind old houses have been built up solidly into tenements, some of which did not face the street and in which the sun never shone.

Delinquency grows among the young when thrown upon the streets due to crowded homes. In spite of this the folks are thrifty, self-respecting and their kitchens are immaculate.

The first generation was made up of people who came to America some years ago, mostly from the rural districts of Italy. They still cling to their old customs and usually can speak only Italian--dialect. Their church and home are their sole interests, and they seldom leave the district for any reason. The second generation in most cases were born in Italy and brought to this country when very young and received some education in the schools here. Only a few went to high school but became absorbed in industries such as
candy making, sewing, and other piece work trades, or married early in life. With restricted immigration a noticeable change can be seen in the district. This was the depression which made the possibility of securing a job almost impossible and has kept the third generation in school for a much longer period. A great many now go to high school and college and prepare themselves for different professions.

A very large percentage of the people here have been on the relief rolls. The rest are for the most part shop keepers, laborers, factory workers, etc. Before the depression the postal savings department of the local office was the second largest in deposits in the country, with more than a million dollars deposited in a single year.

The original English settlers were supplanted by the Irish during the Revolutionary period. By the last of the nineteenth century the population was largely Jewish who no longer live there but in many cases still carry on their business there.

At about 1900 and particularly after World War I hordes of Italians poured into the district which is now 98% Italian. The other 2% represents French, Spanish, Portuguese, Polish, Irish and American families. Since World War II families of various nationalities are drifting into the North End and the district is becoming more cosmopolitan. A few immigrants have arrived from Italy recently.

The daily life of a large portion of the residents is
spent in the open, in hard but invigorating work; outside the
district, which tends to fortify them against the deleterious
influences of the tenement and serves to maintain the average
of health; but with large numbers that are confined to the
district, and the increase in the number that work in nearby
factories, this advantage is largely to be less marked in the
future.

The North End has been considered a slum district as far
back as 1898. It is still considered the worst in the world.

It may interest you to know that at one time (1919)
the death rate of the North End was sixteen per one thousand,
not as high as the average for the city. The birth rate was
phenomenal—fifty per one thousand while the city rate was
twenty five. The population of the North End has decreased
thirty eight per cent since 1920, as taken from the Housing

While the outdoor recreation opportunities are not up
to the standard of those in other parts of the city, indoor
activities, with which the North End is satiated, are almost
too numerous and far-reaching to mention. There are no
theatres, but moving pictures are shown twice a week at church
halls or club houses, schools, etc... There is a small beach
to accommodate those that stay at home in the summer. This
beach has since been closed, as of this date, May, 1950. A
swimming pool is to go up in the very near future so they say.
CHAPTER II
HEALTH THROUGH RECREATION

One of the more obvious characteristics of the modern age is the rapidity with which the social forms and habits change. Recreation, being one of the social habits, has been subject to an especially rapid development. Consequently, any survey of recreation opportunities which must be compiled over a period of time, cannot claim absolute accuracy and with passage of time, reflects less and less accurately the actual recreational situation.

In 1930, recreation leaders and recreation minded individuals welcomed the publication of opportunities, by the Prospect Union Association, entitled "Recreation in and about Boston". For the first time, in Boston, the complete picture of the city's facilities for leisure time activities was presented in this book in a comprehensive and useful manner. By 1937, however, the facts presented in this book had become largely obsolete, and the need for a supplementary survey, to bring the list of opportunities up to date, was widely felt. Certainly, by today, 1950, there is still greater need for more; so it goes on and on. At present the latest edition available is not right up to date, but the Park Department is willing to give all the information they have on hand in preparing another survey.

The National Youth Administration for Massachusetts has
accepted the responsibility of undertaking the modernization of this work. It is glad to make this supplementary handbook available to the public without charge, in the hopes that it will serve as a stimulus to greater community recreation consciousness and to more thorough recreation program planning.

WHAT IS HEALTH?

As recently as the latter half of the last century health was commonly considered to be merely the absence of disease. A person was looked upon as healthy if he could be up and about, but was said to be ill if prevented from participating in everyday affairs. Today health is considered a matter of degree rather than an absolute state or condition. One's state of health is known to vary in accordance with physical inheritance, immunity or susceptibility to disease, home circumstances, conditions of work or play, diet and a variety of other influences. This is very true as may be seen in the following statement:

1/ "Health is defined as a state of complete physical, mental, and social well-being; not merely the absence of disease or infirmity. This is the new

2/ "A New Look At Child Health", by Dr. Brock Chisolm, executive secretary, Interim Commission of World Health Organization.
look. This is the recognition of sixty four nations that the necessary equipment of the individual has changed, that never again can we regard people who merely have healthy minds in sound bodies or who enjoy only physical health as being healthy. Never again can such people be considered truly healthy.

The requirements for health now go beyond the old definition. It is recognized that a necessary part of the equipment of every human being is social health, the ability to live harmoniously with other people of other kinds, with other traditions, with other religions, and with other systems, throughout the world.

Healthy development of the child is of basic importance. The ability to live in harmony in a changing world of total environment is essential to such development.

The above statement was signed by sixty four nations. Surely, sixty four nations can't be wrong!

As related in "The Nation's Health", in order to promote the highest level of national health it is necessary that the physical, mental and social welfare of all individuals of all communities be attended to first. The world will be what the children of the next generation will make it.
Recreation plays a large part in the health program. Organized recreation has grown up largely during the present century and continues to grow as a result of early recognition of the child's need for play. Today both public and private organizations in the community offer recreational opportunities designed to give those individual satisfactions which enrich life, promote health, increase working efficiency and develop personality. Many communities have been awakened to the desirability of providing a year-round leisure-time program adjusted to the cultural, physical and social needs of the people.

Recreation encourages wise use of leisure time. It is characterized by activities of a voluntary yet purposeful nature and because of this is classified among the educational or life-enrichment activities. Recreation opportunities are provided through public and private organizations, prominent among which are municipal recreation authorities, park departments, boards of education, settlements, clubs, churches, and industrial organizations.

Since living, not business, is the end of life, our cities should be planned for living as well as for business and industry. Sunlight, air open spaces, parks, playgrounds, in abundant measure are essentials to any one living that is to give permanent satisfaction.

Organized recreation now reaches only a portion of its potential clientele largely because necessary financial
support for leadership and facilities is not to be had from the communities. In most communities the responsibility for administering public recreation has been vested either in the park authorities or school authorities or in a separate recreation authority created for the purpose.

It has been said that a community is only as strong as the health and moral fiber of its people. The basic problems of the people are those of economic need, of health, of recreation, of behavior, and adjustment to every-day living. If we can help to preserve good health, prevent crime, build character in our youth, promote good family life, then we are contributing to the moral and physical well-being of our community.

Shall recreation enrich or impoverish life? The purpose of this study is to determine the health and sanitation conditions of the recreation areas in a typical slum area where the need is found to be the greatest. The one in this study is the NORTH END OF BOSTON.

Is the leisure time of the citizens being put to worthy use when they attend the places that afford recreation? Are these places fit in so far as health and sanitary environment is concerned? Do they afford the best health situation?

Statistics show that the American school child has approximately ten hours a day of free time (40%) which makes it a problem worthy of thoughtful attention. Depending upon the use made of it, leisure can break down health or build
it. It can do many things. Why do people behave or misbehave as they do?

The clinics and hospitals, courts and jails, reformatories and prisons of America deal, year in and year out, with thousands of human maladies that go back directly or indirectly to the wrong use of the free time which was at their disposal to do as they saw fit.

Since youth has so much leisure on its hands and its wrong use brings destruction, it will be well to educate them in choosing time. Will he choose that cause which will mean healthful satisfaction within plus growth; or another cause which will bring corroding regret and at the same time at least a measure of disintegration; or still another which will result in sheer boredom? Thereby hangs the tale!

Facilities and program for recreation and education of people in their leisure should be available to all. Recreation is one of the essentials of good individual and social living. It provides the sanity and balance to living in a technological civilization.

Why do people need recreational provisions? What basic satisfactions do they wish to derive from the use of their leisure time? Any plan must have a purpose, and the purpose of recreation and youth leisure should be to meet the innate needs of people.

The basic problems of the people are those of economic need, of health, of recreation, of behavior and adjustment
to every-day living. If we can help to preserve good health and prevent crime, build character in our youth, and promote good family life, then we are contributing to the moral and physical well-being of our community.

The future of our nation depends more upon how we shall employ our leisure time than upon what we do during working hours. Therefore, those areas that are available in the community which is overcrowded have a big job on their hands to help guide those that come within their doors and provide a healthy atmosphere to uplift their morale. The great purpose is to enrich the lives of as many young people as possible in order that they may forever want to live abundantly. Much of this depends on the recreation areas and what they have to offer its community.

Habits, good or bad, are very easily established in the period of early childhood. Doctors stress the great importance of these years in laying the foundations of good physical health; and psychologists point to them as responsible for the beginning of right mental, emotional, and physical development as well. But it was not until recently that educators became interested in the possibilities of these years as regards positive training outside the home. Therefore, some of the centers have undertaken to conduct habit training classes. The aim of the class is to correct the wrong habits and establish right ones in their places. The results have been most gratifying.
Public recreation is one of those municipal functions which directly affect many citizens, and in forming policies for which these citizens should have a part. Like education and libraries, recreation in many cities functions under lay boards and is integrated with community life through committees, neighborhood playground associations and councils of an advisory nature.

The "Basic Principles of Healthful Housing", put out by the American Public Health Association, 1941, contains thirty basic principles with specific requirements and suggested methods of attainment for each. They are grouped under four broad headings, namely:

1. Fundamental physiological needs.
2. Fundamental psychological needs.
3. Protection against contagion.
4. Protection against accidents.

Under the first heading is included the provision of adequate space for exercise and for the play of children. The scientific measurement of recreational needs of urban dwellers is difficult if not impossible. Relating recreational facilities or their absence to health would seem at the moment to be impossible. No basic formation on this subject has yet come to our attention.

Under the second heading are included provision of opportunities for normal community life and concordance with prevailing social standards of the local community.
The recreation houses help in this situation.

Under the third heading the needs can be brought to the community's attention more intelligently by the groups that meet at the recreation areas. Here exchange of ideas on different points of view help spread knowledge on this as well as on the protection against accidents.

Play and recreation are a part of the soil in which personality grows. In play one explores a whole range of roles and relations; one achieves social adjustment and group effectiveness, or, under unfavorable conditions, one experiences defeat, rejection, and disorganization. Play is an important means, also, for the development of motor skills and the manual and artistic skills; for contact with nature, for creative contemplation, for non-vocational learning, for the socializing experiences of group life, and for the responsible participation in community life.

In order to meet these needs it requires trained leadership in addition to space and facilities for informal play. Many even require specialized recreational guidance. We have now reached the point where we have become leisure-wise rather than work-wise.

Health is a first objective in the modern program of education. The responsibility of this objective lies in the co-operation of the school, home and community. This study is concerned with the part that the community plays.
"God will forgive us if we forget to pray, but nature will not forgive us if we forget to play".

"Talent is nourished in the quiet of retreat while character is built under the stress of life".

This last quotation was heard some time ago which the writer feels is befitting at this point in the study. If she remembers correctly, it was by Goethe.

"National Education Association Journal", October, 1928.
CHAPTER III
THE COMMUNITY'S RESPONSIBILITY

In our complex civilization it is entirely impossible for an individual to maintain optimum health without the aid of community participation. Today our very existence is dependent on other people. The food we eat and the water we drink, the clothes we wear, the mode of transportation, the places of work and play; all are so interwoven with the activities of our neighbors, that unless there is sufficient control of the surroundings, the health of the individual will surely be affected.

The community must accept the responsibility of doing for its citizens the things the citizen cannot do for himself. Laws and regulations protect him from the thoughtlessness of indifference of his neighbor. Establishment of community facilities protect his health and well-being.

Health is now considered to be a group responsibility as well as a concern of the individual. Because of its intimate relationship to successes achieved in personal and social enterprises, good health is an important objective of public education. It is the key to fullest development of individual potentialities.

Mental health can be considered as attained when the individual has made an adjustment to the world, and to other
people, which affords a maximum amount of effectiveness and happiness.

The community can help him in mental by providing for him those places where he can mingle in with others and thus learn to respect others, to live with others, not only at home and in his own country, but in the world. Man's mental as well as physical health is very much at the mercy of what goes on about him. Therefore, the community must have organizations, both voluntary and official, which are striving to build a more stable society and thereby enhance the security of the individual.

Experience gained throughout the country during the past ten or twelve years has shown not only that the basic health programs languish without full-time local participation, but that new special programs initiated at the state level fail to reach maximum operation without it. Where local organization is well developed, even when units are not completely staffed, both traditional services and essential new programs reach the people more effectively.

The community is responsible for the welfare of its people; therefore, it is necessary that provision be made to supply them with the best they can in regard to health and recreation to supplement the homes they come from which lack the space to make this possible. Recreation and worthy use of leisure time are two of the major objectives in life for the youth. The writer hopes and believes that if a program
of recreation were developed within the community to meet the needs of the people, then would a great contribution be made toward better citizenship.

"Not only is recreation necessary for the good of the girl during her process of re-education but, if that re-education is to be made permanent, a program of recreation must be developed for each girl, so that when she leaves school she will automatically put that program into operation for herself. The community must be prepared to accept her in providing the necessary recreation."

The purpose of recreation is to enrich the lives of as many young people as possible in order that they may forever want to live abundantly. Therefore, the community must have organizations, both voluntary and official, which are striving to build a more stable society and thereby enhance the security of the individual.

There are two reasons why we must look to the community for a large share of the recreation facilities required for children as well as for adults. One is that by no stretch of the imagination can one expect the income of most Americans to be large enough to afford a reasonable amount of

the purchasable, commercially provided recreation, including not only radio, motion pictures, and reading; but also camping, travel, sports, music, dancing, parties, and the scores of other recreation amenities that American taste and habits provide.

The other reason is that some of the most important types of recreation are to all intents and purposes not purchasable, or even that they derive their recreation characteristics from the fact that they have community characteristics. These two motives have brought about considerable community facilities for recreation.

How much of the delinquency in the slums is due to lack of proper recreation facilities? Are they providing the necessary environment which is so vital to develop youth to his highest potentialities? Activity is a means of an outlet for nervous and emotional tension. Health comes in through the muscles and flows out through the nerves. The purpose of muscular exercise was not to attain bodily health alone, but to break up morbid mental tendencies to dispel the gloomy shadows of despondency, and to insure serenity of spirit. Physical fitness plus mental and social well being are necessities for efficient living.

When a man knows what is good for himself, he is merely informed; when he does it under orders, or out of fear, he is coerced; this is a dangerous state. Only when he is genuinely enjoying it is he educated.
So educated, he may be turned loose. In seeking satisfaction he will now serve his best interests. He will be a satisfaction to himself and of service to his fellowmen.

As sleep and rest are to physical restoration, so recreation is to mental, emotional and spiritual restoration. Play is a biological necessity in the child's growth and development. In many instances mental retardation is a factor in limiting play education.

Since the underprivileged child is to a disadvantage because of his home conditions and congested area and all the facts of slum areas hold true, the community has a greater responsibility toward him than the child who can afford to pay for the things in life needed to make it more abundant.

The happy playhood of childhood is essential to normal growth. Normal men more easily continue normal as they keep up childhood play. As Dr. Kilpatrick said at the University of California in Los Angeles on July 19, 1949, "You learn as you live".

Therefore, if the community is responsible to its citizens for better health and normal growth, what are they offering to bring this about? Community recreation programs should allow for a broad range of tastes and interests allowing for individual interests and differences, and varying degrees of mental and physical energy. It is the fundamental obligation of a community to protect the people in it through sanitation of the environment. Slum clearance is a
public measure!

The community must act to preserve its existence. If the crisis is successfully met, the group may be stronger as a consequence; if it cannot be met, social disorganization results and the community's existence may be endangered.

A study made in medical sociology by Mr. R. W. Hyde and Mr. I. A. Kingsley included the study of the relation of mental disorders to the community socio-economic level and to population density in Massachusetts, (eastern part). Their sample was 60,000 selectees examined at the Boston Armed Forces Induction Station during the winter, spring and summer months of 1941-1942. They concluded that there is a need for intensive study in places of different population density regarding the influence of the community environment on mental health.

In providing community-wide and community-type recreation the public bodies under local, state, and federal governments took the lead, but they have always been supplan­ted by private agencies. Today services provided by these public bodies are quantitatively of vastly greater importance that those offered through private agencies, and professional leadership is no longer confined to the latter. The demo­cratic motif inherent in publicly offered services has made these a civic activity of growing importance, and they have been strengthened and promoted by the more progressive and foreseeing leaders in the field as well. Recreation for all
is the slogan and characteristic of the modern American program.

It is the general assumption that under present conditions and in accordance with our current philosophy the responsibility for providing recreation facilities and services is clearly a public one.
CHAPTER IV

RECREATION IN THE SLUMS

Public recreation in Boston stands at the cross-roads. With a total area of 3,237 acres, the city owns one acre of open recreation to each 241 inhabitants. To help correct deficiencies of indoor and outdoor facilities in its congested areas without additional taxes, the city has the income of the George Robert White Fund, and approximately $250,000 yet remains from the gift of James J. Storrow which may be applied by the Metropolitan District Commission to erecting additional facilities on the Charles River Basin.

Everything considered, Boston is well prepared with facilities to meet the demands of the "new-leisure", but it has fallen behind most cities of its class in the organization of it. Boston was among the first of the cities to establish school centers and after-school playgrounds. The Park Department of Boston provides for the safety and comfort of the public at its beaches and parks, and makes golf and gymnasium activities available, some of which will be mentioned in the findings in the coming chapters.

The handicaps imposed by inability to purchase recreation, including such space as goes with dwellings in prosperous neighborhoods, became obvious in urban centers long before they were felt in the countryside. Private agencies came into being in the cities in order to provide recreation
facilities for children of low-income families; in many cases agencies added this to their functions already exercised by them, as in the cases of churches; and in many instances older age groups were served. Settlement houses and boys' clubs are outstanding examples of these agencies. To some extent, because non-profit organization permitted low fees, "Young Men's and Women's Associations", Scouts, and similar organizations have served a like purpose.

Although all ages received some of the advantages thus afforded, the chief beneficiaries, especially in settlements and boys' clubs, have been children of school age, particularly children in the more congested urban areas. The blessings of these early recreation offerings can be hardly exaggerated.

People, especially children, must have recreation where they are, where they can have reasonably easy access to it. This is at least as important as the question of where control or financial resources abide. In so far as the schools are an important recreation resource we have already recognized the need for State and Federal aid for its proper functioning; the direct provision of State and Federal parks and recreation grounds tells the same story, and it is repeated again in the case of libraries.

It is known that the Boston average per acre is 113 people. Yet in the North End the average is 738. Therefore, congested! There are over 20,000 people today in the North
End, in a one square mile area. To be a good neighbor to so many people means that to each must be given something that is of personal value to him as an individual. Throughout the recreation centers here a staff of highly trained teachers or leaders and social workers and others interested in it, conduct and direct the recreation activities in the community. Working shoulder to shoulder with them are more than one hundred volunteers from every section of Greater Boston, all motivated by a desire for service; and all maintaining the ideal of friendly help that makes these centers great neighbors in Boston.

The younger the child, the more local the recreation facilities must be. For this reason any community program of recreation in the service of the youngest must be routed through the homes.

Most of the discussion in the field of public recreation centers, of course, around playgrounds, playfields, and public parks; and these are usually found in incorporated places, cities, villages, or boroughs. The past decade or two has seen enormous progress in the recreation of these play facilities despite the depression, even without counting the projects and personnel contributed by the Works Progress Administration.

Although children may make as much use of park systems as adults, the more pressing need is for more accessible areas where the child may go unaccompanied and where profes-
sional supervision and stimulation of his activities may be obtained.

People, particularly children and young people, want the satisfaction which comes not so much from an activity itself as from the opportunity for close group association with those of their own age and kind. For certain children and young people who are not too well adjusted, association with others in small groups can be so directed as to serve a more precise and positive social purpose. The need is for socialization and understanding guidance. It is through the skillful conduct of such groups, with the highest quality of skilled leadership, with a premium upon individualization within the group, and in close co-operation with other agencies which have at their disposal case workers, visiting teachers, psychiatrists, probation officers and the like, that we can achieve the true purpose of "social treatment".

SLUM? What is a slum?

The general interpretation of the slum is that it is but a system of low economic status. Wherever poor housing exists there also is to be found poverty and its attendant ills; crowding, illiteracy, poor nutrition, and with it delinquency.

After reading many books on the subject of delinquency there is one that merits quotation. All of them seem to agree that the general conditions contribute to the above mentioned facts.
Delinquency areas are characterized by physical deterioration and decreasing population, high dependency rate, high percentage of Negro and foreign-born, and high rates of adult crime."

In a book entitled "Catching Up With Housing" it has been revealed that a close relationship exists between slum conditions and delinquency rates. Slums have a pernicious influence on an entire community and lower the moral standards. Bad housing goes hand in hand with bad neighborhood conditions. Housing is a necessity of life.

The trouble with the slums is that they are disorganized communities say some people. The real problem is not the lack of organization but the failure of its own social organization to mesh with the structure of the society around it. It has been impossible up to the present to prove many specific relationships between housing and health. Creditable studies conducted in recent years have shown that people who live in good housing are, in the main, healthier than those that live in sub-standard dwellings. For certain diseases, notably enteric infections and tuberculosis, morbidity and mortality rates for those who live in sound, sanitary structures are significantly lower than for families and individuals living in sub-standard housing. Sharp differences in respiratory disease rates have been

demonstrated as being related to the degree of room crowding. Recent reports of the relationship of physical environment to draftee rejection also have focused attention in the cumulative effects of bad housing.

Because slums are a contributing factor so important to healthful living, the recreation areas can do so much to give these people a "lift" in life. Health is more than the mere absence of out-right disease; it is a state of being in which all physical and mental processes approach their highest efficiency. That is possible only under satisfactory conditions of housing.

The excess illness rate, to whatever extent it is due to bad housing itself, occurs in the low-income, poorly housed populations, who are least able to meet the burden of disease. Therefore, let the recreation areas do all they can to help educate these people of the neighborhood along these lines. If you can't get what you want, then do the best you can with what you have.

The community effort is the spearhead of all Federal and State action for health. It is in the local front that national, state and community planning fuses to improve conditions, to prevent individual sickness and disability and to save individual lives.

Why does our youth today need so much attention? It is true all over the country that they need to be well guided.
There is a great need for the right kind of attention given to the teen-agers more so than any other age. This can be seen from the studies made by those in the field. Even on the west coast, where conditions are not so crowded as here in the east; studies made by their Youth Project in Los Angeles in 1945 and 1946 made the following recommendations:

1. To emphasize further work with minority youth.
2. To expand interracial and intercultural programs.
3. To work with older teen-agers and to develop co-educational programs.
4. To work for balanced service to boys and girls.
5. To intensify work with delinquent youth and with unadjusted youth."

From this may also be learned that the greatest need lies in those areas that are known as the slums. The five indices used to determine the needy areas by the same report are these:

1. Minority racial group.
2. Occupational status.
3. Labor force seeking work.
5. Delinquency."

Therefore, attention must be focused in those areas where such conditions exist. Since slums are considered

1/2/ "Recreation for Everybody", by Welfare Council of Metropolitan Los Angeles, pub. by Community Welfare Federation, Los Angeles, California, January 1, 1946.
badly congested areas with poor housing conditions, delinquency finds its way with very little effort.

Furnishing recreation for thousands of young people in a congested neighborhood constitutes a very real obligation upon the center located within the district. The general purpose of a recreation center is to provide a center of good moral and social influence; to engender a spirit of co-operation and to promote the ideals of democracy for individual, family and neighborhood improvement.

The specific purpose is to make available to the neighborhood through the facilities of the centers those needed privileges and opportunities which are not otherwise provided through clean, warm furnished and well lighted rooms for neighborhood use.

Of course, all this takes money. Without the proper funds very little can be done. Yes, even the prevention of delinquency! The youth needs only a place where he may meet his friends, chat with them, read, play some games, a guiding hand that can only be found in a well established settlement house or club house of some kind; and feel that he is not being pressed with doing something he doesn't want to do. These places must, of course, be clean and inspiring.

*Good citizenship has been defined as the ability to live with others for the greatest amount of good to all".*

Recently, a group of parents, discussing the aims of education, concluded that the aims are to make it possible for the child to get the best out of life for himself and to make the greatest contribution within his power to his country and his time. Can he do this alone? Certainly not!

It is being more and more realized that the community as well as the home must provide a more personal, unselfish interest in youth's development and right to a contributive place in contemporary living. The formation of youth councils, which encourage young people to participate in various all-community activities, is of inestimable value; and there should be a far greater effort on the part of the parents to understand their children and be their real companions.

Community health education and school health education are essential parts of a well balanced program. Neither can function with full effectiveness without the other. The community health education program should provide persons of all ages with accepted scientific facts adapted to their needs, interests and educational levels. There must also be a continuous evaluation of all phases of total health education program.

Every community should have an organization through which all health educations are co-ordinated, and in which all official, voluntary and industrial and civic groups concerned with the child or adult health, and the general
public can plan together; and thus carry into action a total health education program suitable to the needs of all the people.

Slums are a threat to social well-being. Slum clearance and public housing will abolish disease breeding slums for the benefit of all the people in the state.

Giving girls of suitable age an opportunity to meet and have good times with boy companions under wholesome surroundings is a constant objective. Speakers are invited to speak to mothers in various recreation centers, on "Parent and Sex Education", and "Good Health at Low Cost", etc.

The daily life of a large portion of the residents is spent in the open, in hard but invigorating work, outside the district of the North End, which tends to justify them against the deleterious influences of the tenement, and serve to maintain the average health. But with the large number that are confined to the district, and the increase in the number that work in nearby factories, this advantage is likely to be less marked in the future.

Settlements or neighborhood houses strive to equalize, in so far as possible, the chances for wholesome living for men, women and children, regardless of the neighborhood in which they are reared. A settlement strives to maintain high levels of character, culture and citizenship in the neighborhood it serves. It trains people to be good neighbors, whether they remain in the neighborhood where they
are born or whether they move to other communities. Capitalizing on leisure-time, it provides priceless opportunities designed to develop those attitudes, appreciations and skills that make for health, character and good citizenship.

Settlements exist on the assumption that all people have a God-given right to the good life; that no accidents of heritage or background shall deprive them of this right. They exist also on the assumption that the character of a neighborhood is determined by the character of the men, women and children in it; that the well-being of the larger community is determined by the well-being of the neighbors that compose it.

Thus to equalize opportunities, thus to build "the beloved community", is an ideal. As with all other ideals, it can only be approximated.

The detailed ways in which the North End Union, (a settlement house in the North End) within the limits of its resources, has striven to realize this ideal will be given in this study later where the findings are related in detail. To what it has done, the North End Union also adds some things that present to it a great challenge for enlarged and intensified work in the future.

Another good purpose of the recreation center is to provide a center of good moral and social influence; to engender a spirit of co-operation, and to promote the ideals of democracy for individual, family and neighborhood improvement.
Children who have defied home correction of temper, lack of self-control, and freak habits from the more usual thumb sucking to eating hair, quickly respond in class atmosphere, under scientific management. Success of habit training involves the maintenance of intimate contact with the home, a contact which would strengthen educational efforts at any period. At present at the North Bennet Street Industrial School, (another settlement house in the North End) the play school for habit training is doing work that is watched closely by those concerned with pre-school children everywhere. This also will be told in the findings.

At one time it was said that 5% of the area in each city was suggested as a minimum to be set for play spaces and small parks, with additional space of possibly another 5% in a few large parks. Although this 5% of play space was already available in the North End, it was, owing to the character and locations, inadequate; and the tremendous crowds living in this district turned at every opportunity to the public parks for rest and recreation. A few can go to the more remote parks, to Boston Common of the banks of the Charles River; a few can get away occasionally; but the majority must turn to the streets or the local open spaces for their daily outing.

In 1919 the population was over 30,000 living on less than 100 acres, and even then it was realized that this...
number of people should be able to turn out into the public open spaces on Sundays and holidays, and especially on hot summer evenings. For them most of the local streets were and still are too narrow and too high walled to afford much relief. For example: some streets and alley ways are only six, eight and ten feet wide. On these same streets you must remember, also, that tenements stand four and five stories high. How much sunlight do you think can get into these rooms?

Of the total population it was fair to assume that at times nearly one half would turn to nearby playgrounds and open spaces if such were available. Under the prevailing method in 1919, of directing the use of the playgrounds it has been found that persons can be kept healthfully busy or amused at the rate of 1,000 to the acre. Under favorable conditions, with segregation of those who prefer quiet and rest, those who wish to exercise vigorously, and those who wish to play quietly in small groups, and by providing for them pleasant surroundings, with plenty of light and air, it is possible that this proportion be justified.

On the basis of 1,000 persons to the acre, one half of the present population of the North End would require fifteen acres or nearly double the present area available. It is absolutely necessary and a duty that a community do all in its power for the district if health and comfort, and even a fair chance for producing strong and useful citizens, is to be made
possible.

The law requires that rooms shall not be less than eight and one half feet high in the clear. Health regulations require 400 cubic feet of space for adults and 200 cubic feet for children. In the forthcoming chapters the findings will show how close to these specifications the North End measures. It can be said now that certainly not have the people in this section of the city anywhere near this amount of space made available to them. It is amazing to see how many people are living in the crowded conditions existing here at present.

Many evils to both mind and body result from congestion and bad housing, reflecting not only on the business and social progress, but on the general welfare of the community and of the city at large. These evils are manifest not only in injury to the people themselves, but in the increased need for public expenditures to mitigate the evils or to afford necessary relief.

The social housed are the most effective organized groups in the North End working for the improvement of living conditions. There are many labor organizations in the district but they are not interested in the residents here. The leaders of these social organizations hold monthly luncheons during the winter months at which are discussed many projects such as "clean-up-campaigns". They work for a while and then drop for a while. For instance, they were
successful in accomplishing a lot when they undertook to eliminate the rat population, but stopped there until many years later when they conducted a campaign on chest X-rays which brought good response. If only they would keep this up they would do well. Now there is nothing on the program.

As stated before, the need of a meeting place in a congested area is essential; thus the need for a settlement house. It plays a social role. The corner-gang structure arises out of the habitual association of the members over a long period of time. Living close together as they do here provides the first opportunities for social contacts. Gangs grew up on the corner and stayed there until they were twenty years old or over. Except when he eats, sleeps, or is sick, he is rarely at home, and his friends always go to his corner first when they want to find him. All because their homes are so crowded with just room for shelter; that is a kitchen for meals, and crowded bedrooms for sleep.

The life of the corner boy proceeds along regular and narrowly circumscribed channels. Also for the girls. The boys and girls do not know what to do within a radius of about 300 yards. They come home from work, hang on the street corner or clubhouse, go up to eat, back on the corner, up to a show, and then they come back only to hang on the corner again.

The stable composition of the group and the lack of social assurance on the part of its members contribute toward
producing a very high rate of social interaction within the group. The group structure is a product of these interactions. Out of such interaction there arises a system of mutual obligations which is fundamental to group cohesion. Actions performed explicitly for the sake of friendships were revealed as being part of a system of mutual obligation.

A group may be said to be in equilibrium when the interactions of its members fall into the customary pattern through which group activities are and have been organized. The pattern of interactions may undergo certain modifications without upsetting the group equilibrium, but abrupt and drastic changes destroy the equilibrium.

Gang activities proceed from day to day in a remarkably fixed pattern. The members come together every day and interact with a very high frequency. No matter what, the individual member has a way of interaction which remains stable and fixed through continual group activity over a long period of time. His mental well-being requires continuance of his way of interacting. He needs the customary channels for his activity, and, when they are lacking he is disturbed.

Recreation in the slums differs a great deal from any other part of the city in that the child is anxious to get out to meet his friends in some clubhouse or settlement house or at the street corner; this is because the crowded conditions that exist in such a neighborhood do not exist in
the better sections of the city. In less crowded cities the children have enough room at home where they may invite their friends and socialize in the homey atmosphere with his family at home to meet his acquaintances and so make for better relations.

In the slums where the child must resort to the recreation centers for his leisure time activity the parents do not have that golden opportunity to meet the friends of their children. At times the centers have parents' night for this specific purpose where the children are asked to bring their parents so that they might meet the other children and their parents. This is not done too often due to lack of space in the program already crowded with all other activities vital to the needs of the youth.

This is just a small example why the recreation area is so important in the slums. They literally supplement the home. It works wonders for the youth and also for the parents in the North End!
CHAPTER V
MAJOR FINDINGS

The Boston Market is claimed to be the fifth largest in America. Sectional boundaries in corporate Boston were drawn along census tract lines. The population of corporate Boston follows:

1920--748,060
1930--781,188
1940--770,816

Of interest is the following picture of the North End at a glance:

1. Wholesale food markets, manufacturing establishing concerns and steamship docks.

2. Principal shopping is on Hanover Street, the main street of the North End.

   a. native white---------11,254--64.00%
   b. foreign born white----6,335--36.00%
   c. negro------------------5------.00%
   d. other races--------------4------.00%

4. Country of origin
   a. Italy------------------5,940----92.00%
   b. Spain and Portugal-----179------2.80%
   c. Canada------------------37------.60%
   d. Irish Free State-------36-------.60%
   e. Russia------------------18-------.20%
5. Families----white----non-white----total
  owner-------256---------0-------256-------6.00%
  tenant----3,979--------4-----3,983-------94.00%
  total--------4,235-------4-----4,239-------100.00%

6. Families by monthly rent:
  a. $100.00 and up--------11-------6.30%
  b. $75.00 to $99.00------6-------10%
  c. $60.00 to $74.00------11-------30%
  d. $50.00 to $59.00------18-------40%
  e. $40.00 to $49.00------56-------1.30%
  f. $30.00 to $39.00------176-------4.20%
  g. under $30.00---------3,917-------93.40%
  h. unknown----------------44-------

7. Residential structures:
  a. one family------60-------6.40%
  b. two family----54-------5.70%
  c. three or more families---829-------87.90%

8. All dwelling units by the year built (4,637)
  a. 1930 to 1940----------6-------1.00%
  b. 1920 to 1939----------42-------1.00%
  c. 1900 to 1919----------1,847-------42.30%
  d. 1899 or earlier-------2,472-------56.60%
  e. not reporting year built-270-------
9. Heating fuel:
   a. with central heating--------207-----5.00%
   b. without central heating----3,980-----95.00%
   c. not reporting heating equipment------52

10. Refrigeration equipment:
    a. mechanical-----------------946-------22.70%
    b. ice------------------------3,072-------73.50%
    c. other or none----------------159--------3.80%
    d. not reported----------------62---------

11. Radio:
    a. families with radio---------3,614-------88.00%
    b. no radio-------------------491--------12.00%
    c. not reporting radio--------134---------

12. 1940 passenger automobile owners---------1,689

13. Home conditions:
    a. 75% of the houses are substandard, needing major repairs and lacking private baths.
    b. 18% are overcrowded; that is over 1\frac{1}{2} persons to each room.

14. Health of the North End:
    better than average.

15. Playground facilities:
    less than average.

16. Nursery facilities:
    less than average.

17. 184 streets in the North End.
Back in the early part of the twentieth century nearly eight percent of the area within the district surrounded by the wide streets, together with the North End Beach, was devoted to park, playground and beach purposes. The areas were approximately as follows:

1. North End Beach in 1893
   a. Recreation pier.
   b. Land for playground was 3.7 acres.
   c. Flats available only for bathing were 3.0 acres.

2. Copp's Hill Terrace was .6 acres.

3. Prince Street Playground was .4 acres which was acquired in sections in 1897, 1899 and 1901.
   This made a total of 7.7 acres.

In addition to these there was open space around the school buildings, especially the Hancock School, (now no longer in existence as it was razed for a new recreation center at present in the making) amounting to about 0.8 acre and more about a new school building on Charter Street.

The North End is important for two reasons:

1. The breadbasket of Boston and Northern New England.

2. Historical importance:
   a. Paul Revere's House
   b. The Old North Church, better known as Christ Church, where Paul Revere hung the famous lanterns in 1775.
c. Copp's Hill Burying Ground
d. The Old Charter House, and many others

In this area of one square mile, housing over 20,000 people today, there are available twenty three recreation areas at the disposal of its citizens all within five minutes walk from the furthest point. They vary from play lots to large buildings. Each one of them has been visited and toured by the writer thoroughly, and the following report is the result of such interviews. They are the best that could be obtained under present situations.

A list of the places will be given first and then the detailed data as obtained from those in charge of them. The classified list follows:

I. City owned and operated property:

1. Public library branch, North Bennet Street.
2. North Bennet Gymnasium and Showers, North Bennet Street.
3. Playgrounds:
   a. Greenough Lane on Charter Street.
   b. Foster on Foster Street.
   c. North End Park and Beach on Commercial Street.
   d. Prado and Paul Revere Mall on Hanover Street.
   e. Snowhill on Prince and Snowhill Streets.
   f. Vincent Cutillo on Wiget Street.
g. Health Unit on North Margin Street.
h. Prince on Prince and North Bennet Streets.
i. Copps' Hill on Charter Street.

II. Independent Centers:
1. Boston Baptist Bethel on Hanover and North Bennet Streets; Mr. and Mrs. Zibelli, Proprietors.
2. Children's Haven on Hanover and Salutation Streets; Mr. and Mrs. Barker, Directors.
3. Social Service House on Hanover Street.
4. Boston Seamen's Friend Society on Hanover Street; Dr. George Sylvester Sutton, Executive Secretary.
5. Mariner's House on North Square; managed by Captain J. B. Colbeth.

III. Red Feather Services:
1. North End Union on Parmenter Street; Mr. Frank L. Havey, Director.
2. North Bennet Street Industrial School on North Bennet Street; Mr. Franzeim, Director.
3. Catherine Moore House on Tileston Street; directed by the Sisters of Saint Joseph.

IV. Churches:
1. Saint Mary's Hall on Cooper Street; The Reverend Edward J. Whalen, Pastor.
2. Saint Anthony's School Hall on North Bennet Street
Street; The Reverend Roger Imperiale, Pastor.

3. Sacred Heart Hall on North Square; The Reverend Arnaldo Vanoli, Pastor.

4. Saint Stephen's Church Hall on Clark Street; The Reverend Maurice J. O'Brien, Pastor.

Before going into the detailed data obtained on these recreation areas, it is wise to brief you on the total area. It is divided into six tracts namely F1, F2, F3, F4, F5 and F6. These take in several blocks each in order to facilitate census and the like. All six tracts include 184 streets made up of avenues, squares, streets, courts, alleys, places, ways, lanes, wharves, rows and terraces. This area is divided approximately into three quarters commercial and industrial property, and the other quarter is inhabited.

The North Bennet Street Municipal Gymnasium is one of three actually owned by the Boston Park Department. The other two being the Cabot Street Gymnasium in Roxbury and the Paris Street Gymnasium in East Boston. In other municipal gymnasias they are only the tenants.

In each municipal gymnasium approximately one hundred players participate in the weekly activities which vary a great deal. Here, also, have been held training courses for officials and referees for the sports that the park department sponsors. Workers are uniformed and strictly organized.

Under the Boston Park Department activities are conditioned and conducted from April first to December first; and
then the activities are conducted indoors from December first to April first.

The scope of the program is this:

1. Supervision of all activities conducted on recreation areas.
2. Organization of leagues in all sports.
3. Assignments of permits, schedules, and officials for league sports.
4. The registration of players, the grading of teams, keeping records, and recognition of championships.

Sixty types of athletic and other events are conducted, ranging from major sports to such activities as roller skating, modelyacht racing, handcraft and pet shows. A number of major athletic and special events are arranged in co-operation with individual newspapers. Suitable weather is taken advantage of in the organization of winter sports' carnivals. Settlements and other semi-public organizations enter their teams in the leagues of the Boston Park Department; and the semi-professional baseball teams have come under its control now, too.

The program functions in both semi-public buildings, in private homes, in places that are donated, and in others for which rent is charged. More than any other recreation program in the city, it is un-institutionalized and flexible.

Mention can also be made here of the safety programs
conducted over the radio every Saturday morning on Station WMEX at nine o'clock under the direction of the Boston Park Department in conjunction with the Boston Police Department.

On playgrounds the greatest activity is during the cool hours as there is very little or no shade on any of our playgrounds. Trips for nature study away from the playground are conducted. Each summer and fall the department has training courses for the entire personnel conducted by major permanent employees, assisted by lecturers. Attendance is mandatory!

The department tries hard to make every opportunity available to learn about and enjoy nature—day camping, hiking and picnicking strongly emphasized.

They also have an information program—ways and means of relating to the lay public through neighborhoods and city.
The North End Branch of the Boston Public Library was founded April 30, 1828. A building of three floors and a basement, its total area over all is 4,899 square feet; approximately 4,346 square feet of this floor space is open to the public. It is a red brick building with sandstone trimmings, and stands flush with the street.

Beginning at the bottom, every available space is used for the public. Here in the basement is a room for puppet shows, a kitchenette and a story hour room.

On the first floor are the study and reading rooms for adults and a staff room.

On the second floor is the children's room and also the reference room.

On the third floor is a small storage space as the building tapers off here. The roof of the building was formerly used as a summer reading room.

There is a lavatory and also washing facilities on every floor.

The health and sanitary conditions appear to be very good. Ventilation is obtained through the many windows which have awnings to keep the hot sun out when necessary. The heating system is good—run by oil, formerly by coal. The floors are kept very clean; and the safety rules and inspection are in order as there are fire-escapes on every floor.
The librarian in charge whom the writer interviewed was Miss Mary U. Nichols. The program for recreation included story hour on Thursday for children up to twelve years of age, and on Fridays for the North End teensters; on every Wednesday evening for the young adults. Movies are also shown for adults on alternate Wednesday evenings.

There is hope to have an adult book club and also book reviews in the Italian local papers. The library informs the social settlements and club houses of their activities so that the word can be spread to as many people of the section as is possible. On Saturday morning from ten to twelve, puppet shows are held for children and their parents.

Working on the staff at the library are six permanent librarians and four temporary or part time workers who help with book binding and other odds and ends.

The place is kept clean by a custodian employed full time. He washes and cleans the building daily before it is open to the public.

As for health education the branch library offers literature, and occasionally a speaker comes to address the residents. The health services offered are the cleanliness and appearance of the building in and out.

This library goes far in cooperation toward improving the conditions in the North End. Its contributions are many. For example, in cooperating with the National observance of Better Homes Week, (April 30, 1949) it displayed an attrac-
tive luncheon arrangement, color schemes, table settings, etc.. The library also takes this opportunity to call attention to its collection of books in home-making subjects. Child-training, nutrition, care of the home, and a variety of cook books are at the service of the housewife free. The library also subscribes to several women's magazines, the back numbers of which may be borrowed for home use.
THE HEALTH UNIT PLAYGROUND

This building was the first of the George Robert White Fund units to be built. It is not a recreation center, but the yard or space around the building is used for play space. It is a small courtyard effect with a few stone benches. It is kept clean by a city worker who takes care of the playgrounds in the neighborhood. It is fenced in so that children playing there are safe from the street. Seldom does one find supervision here other than parents who have children playing there. Finance in the city treasury does not permit or warrant it. It is a breathing space for both the parents and the children living near the building. It is a concrete playground with no shade.
NORTH BENNET GYMNASIUM AND SHOWERS

This is a City of Boston Public Bath House, gymnasium and also a playground. The conditions of both the building and the playground surrounding it were simply awful until this year (1950); in fact, as this study is in the making, the improvements going on there are drastic. It has been renovated, remodeled, and reconditioned for better public service.

This building including its surroundings, that is the playground, covers not quite an acre of ground. Inside this red brick building are three floors all open to the public for use; there is a basement where the custodian's headquarters are housed with the heating unit which is coal.

On the first floor have been built many more public showers than were there before; and the same on the second floor. These showers which have been open to the residents of the North End free of charge, have designated days for men and for women. Mondays and Thursdays were for the women, and the others excluding Sundays were for men. However, since the renovation took place while this study was being made, every day is now open to both men and women with separate entrances. Sundays the building is closed, although at one time it was open seven days a week. This has been the greatest improvement in the district.

No one can realize what this means to those people who
live in the North End. There are but ten percent of the homes in the North End with bathing facilities. Therefore, they must resort to these public baths if they want to keep clean.

The entrances are on opposite sides of the building; and so are their showers. Those taking showers pay absolutely nothing for the use thereof. However, there are available to those that wish to make use of them, small linen towels and soap for the price of one cent each, and the towel must be returned. They may bring their own and pay nothing at all. There is plenty of hot water and nobody is rushed. There are at least fifty showers for the men and fifty more for the women.

In charge of these showers on the women's side are two full time matrons who see that order is kept, and that the towels are put in the right receptacle after use; also to see that the place is kept clean. They are on guard as long as the showers are open to the public: from 2 P.M. to 10 P.M. at which time the building is closed for the night. The same is true for the man's side with men in attendance there.

The towels and soap are purchased at the front window for all. All showers are private stalls with attached locker rooms for dressing. The first aid kit is kept at the front office where the sale of towels and soap goes on. Here on the first floor is also a public telephone.

As we approach the top floor we look toward the physical
activity arrangement. Here is the best gymnasium in the
district which measures 50' x 90'. It is one of the nicest
looking gymnasiums in the city. Its ceiling is extremely
high. The two long sides of this room have each five windows
that measure seven feet high and five feet wide. These
provide plenty of light and a pleasant atmosphere. The
ventilation goes without saying to be excellent.

Although hard to clean such windows that are set up
high on the wall, they are well kept so that the light is
not hindered in any way. Plenty of light as long as there
is daylight. The floor is of hardwood, very well marked,
and cleaned daily.

There are two instructors in charge here full time. A
man for the boys, and a lady for the girls. The gymnasium
is open to the public from Monday through Saturday from 2 P.M.
to 10 P.M.; Mondays and Thursdays for the girls, and all
other days excepting Sundays for the boys. There are special
age groups that use the gymnasium at different times.

Children up to twelve years of age attend in the after-
noon from 3 P.M. to 6 P.M.; teen-agers and adults from 7 P.M.
to 10 P.M. Organized play is given along with free play.
A good workout is given them and then they are dismissed to
go down to the showers for a refreshing bath and then off to
their homes well exercised and clean. This is a very great
contribution to the health and cleanliness of the residents
of the North End. A healthy mind and a clean body for all!
Because the building and gymnasium are officially opened to the public from 2 P.M. to 10 P.M., this does not mean that before 2 P.M. it cannot be used; on request any group who wishes to make use of it for games, etc., may be granted permission through the Park Commissioner of Boston. However, no activity may take place here that allows a fee for admission. It is a public service.

Activities take place in the gymnasium from October first to April first, after which they are shifted to the outdoors on the city playgrounds until the time of re-opening of the gymasia. Hence, the instructors move from the indoor program to the outdoors. The showers are open all year 'round.

The building is kept clean, in good order, well ventilated and well checked which make it a pleasure to visit. The shower stalls are disinfected at least once a day and sometimes twice depending how much they are used. The floors in the building are swept every day, and also washed every day. If the traffic in and out of the building is great, then there is more cleaning done. It all depends on the use made of its facilities.

The safety rules are abided by in that there are fire-escapes with well lit exits to them on every floor. The stairways are of iron and ten feet wide. No fear of crowding on the stairs. The back stairs are of ordinary width. Plenty of exits, plenty of light, plenty of room, plenty of
everything. Last, but not least, there are two bubblers for drinking water on the first floor, and one on the top floor where the gymnasium is. There isn't much more one can desire in a building of this sort.
## PLAYGROUNDS

<table>
<thead>
<tr>
<th>Playground in Acres</th>
<th>Field House</th>
<th>Swings Ages</th>
<th>Playgd Apparatus</th>
<th>Other Facilities and Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copps' Hill</td>
<td>none</td>
<td>none</td>
<td>rest area for tots</td>
<td>water fountains, 6 stone benches, mothers' shelter, jump ropes, balls, tables, table games and sand boxes.</td>
</tr>
<tr>
<td>Cutillo</td>
<td>destroyed none</td>
<td>up to 14yrs</td>
<td>none</td>
<td>property degraded a great deal, used for garbage disposal by market nearby.</td>
</tr>
<tr>
<td>Foster</td>
<td>none</td>
<td>8</td>
<td>up to 3 teeters, balls, jump ropes, sand boxes, tables, table games, 1 water fountain.</td>
<td></td>
</tr>
<tr>
<td>Greenough Lane</td>
<td>none</td>
<td>8</td>
<td>tots and parents jungle gym</td>
<td>balls, tables, table games, sand boxes, jump ropes, wooden benches, and water fountain.</td>
</tr>
<tr>
<td>North End Park</td>
<td>none</td>
<td>all ages</td>
<td>none</td>
<td>the only baseball diamond in the district, and 1 water fountain.</td>
</tr>
<tr>
<td>Prado and Paul Revere Mall</td>
<td>yes none</td>
<td>all ages</td>
<td>none</td>
<td>many stone benches, some trees and 1 water fountain.</td>
</tr>
<tr>
<td>Prince Street</td>
<td>yes none</td>
<td>all ages</td>
<td>none</td>
<td>1 stone bench, balls and jump ropes</td>
</tr>
</tbody>
</table>
PLAYGROUNDS (cont.)

<table>
<thead>
<tr>
<th>Play-</th>
<th>Area</th>
<th>Field Swings</th>
<th>Ages</th>
<th>Playgd Apparatus</th>
<th>Other Facilities and Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>ground</td>
<td>in</td>
<td>House</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>acres</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snow-</td>
<td>1.13</td>
<td>yes</td>
<td>8</td>
<td>all</td>
<td>1 jungle</td>
</tr>
<tr>
<td>Hill</td>
<td></td>
<td></td>
<td></td>
<td>ages</td>
<td>jump ropes, balls.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 gym, 1 slide, 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>games, sand boxes,</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>teeters, few stone benches,</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>4 baskets for</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>1 softball diamond</td>
</tr>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>and 1 water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>basketball fountain.</td>
</tr>
</tbody>
</table>

The report and information on playgrounds was obtained through a personal interview with the playground supervisor, Mr. O. Ricker Freeman of the Boston Park Department.

Through the efforts of this department a Board of Recreation originated in 1945, made up of seven members. It was organized in this manner: The Mayor of Boston appointed four men, they being at the time Mr. Bushway of Bushway Ice Cream fame, Mr. Albert West, Mr. Henry L. Shattuck, and Mr. Casey; the school committee appointed two men who at that time were Mr. Joseph Lee and Mr. Joseph V. Cummerford; and the seventh member was the chairman of the Board in the person of the Park Commissioner of the city of Boston.

They meet once each month at the City Hall Planning Board room and are considered the consultant and investigating body.

On personal visits to all these playgrounds the writer found sanitary conditions all right with one exception, the Cutillo Playground. That is, they are well kept, swept daily and cooled off by a sprayer when the weather makes it
necessary. All glass and anything that is injurious to anyone playing on the playground is removed before the opening time for activities which is at 9:30 A.M.
BOSTON BAPTIST BETHEL SOCIETY

This building is a two story unit run by privately owned people, a Mr. and Mrs. Zibelli as proprietors. All information obtained from them was that it contained a reading room for sailors, held religious services for adults every Monday evening, and a concert often following, with refreshments served in the end.

On a tour of the building (as much of it as I was allowed to see), the conditions were found to be very satisfactory. The building was well kept, clean, warm and airy. They had lavatory facilities for children and adults. Children went during the afternoons for play activities in general. A sort of an indoor playground is what this institution looked like. Here also was conducted a nursery by Mrs. Zibelli.

This building occupies approximately 300 square feet of which two thirds is used for public recreation. It is a charitable institution and non-sectarian; that is all the information the proprietors were willing that the writer should know.
BOSTON SEAMEN'S FRIEND SOCIETY

This building stands fifty feet high and is about one hundred feet square. It has three floors plus a basement where the storage and furnace are kept. The floor in the basement is concrete. On the other three floors they are of hardwood. The heating system is by soft coal.

On an interview with the director of the organization, Mr. Thorpe, the following information was disclosed: they cater exclusively to merchant seamen, coastguards and seamen in general. Its facilities include thirteen rooms with twenty-nine dormitory beds and showers. There are fifteen men to a washroom that has three washstands and on shower. The sleeping rooms are large, approximately 9'x12', many windows, and very well heated. Inspection of the building is done often which includes fire inspection, safety inspection, and all others by the city and state. All fire-escapes are in very good condition.

Of interest to you the lodging for those who seek shelter at this institution is not by any means profitable. For example, for sixty cents a lodger gets a dormitory to sleep in plus his breakfast the next morning. If the individual wishes some privacy and seeks a single room, he may have one for $6.00 a week, but with no meals at all. A lunch is possible to be had for the sum of fifty cents.

Here also are housed convalescent patients from the
marines. If they have no home to go to they may convalesce here free of charge until they are able to go to work. They must be sure he is a seaman or they will not take him in.

The laundry is sent out to be done weekly. The beds are sprayed weekly, and exterminated monthly. This is only as a safety measure. A change of linen with every change of customer, of course.

The meals are prepared on the premises and served in a very attractive cafeteria. There is one cook with two assisting him.

Inspection of the building is done every three months. This is a general inspection. A housekeeper does the daily cleaning of sweeping and dusting. The place does look neat and attractive. There are no unpleasant odors. It is a very pleasant place for the seamen who frequent it.

The equipment in this building includes a pool table, a reading room, a library made up of books donated or borrowed, a television, a record player, ping-pong set, playing cards, darts, ring toss, and all sorts of table games. There is also a piano. All this certainly provides its members with plenty of material to keep them active.

The recreation program varies. It being a non-sectarian organization its doors are open to all types from 8:00 A.M. to 11:00 P.M. every day in the week including Sundays. Their weekly program is as follows:

Monday: No special program during the day, but the
guests may entertain themselves at smoking, reading, playing games, or use anything in the house that is available for their pleasure. In the evening there is a pianist who comes in and plays the piano for their enjoyment; she conducts organized games after which there is general dancing. The junior hostesses who help out are the volunteer workers.

Tuesday: Again in the evening, there are two parties, a whist party upstairs with the hostesses conducting, and a party downstairs for the young people or the junior hostesses. Sandwiches are served at all parties.

Wednesday: No organized program at all; everyone on his own. Television is available for those who wish to use it.

Thursday: Recordings are played, and there are general games for all. Volunteer senior hostesses attend and dancing is allowed.

Friday: This is the big night. There is a variety show with a great deal of entertainment. This is followed by general dancing.

Saturday: No organized program. There is just television and any of the games they wish to use by themselves.
Sunday: A quiet day with religious services in the evening followed by a social hour.

This organization caters to all age boys who are in the service of any of the seamen's groups. When a ship is in town they send them notices to be posted aboard ship to notify them of the parties that are held at their headquarters, twice a week. They also send books and magazines aboard ship for those who cannot leave to come ashore and partake of their general recreation. A very co-operating organization and well managed one, it is welcomed in the neighborhood, and respected for all it does.
CHILDREN'S HAVEN

This is a nursery run by Mr. and Mrs. Barker who would not give too much information other than is told here. It is a long and not too narrow a room which was formerly a store. Consequently, the front of the nursery has a large window, the store window, that cannot be opened. The means of ventilation are poor. In the rear of the room is one window with another one on the side, and that is all. The room stands about 12'x36'.

Because it is on a level with the street the ventilation and lighting are not of the best. You must remember that the buildings in this neighborhood are very close together thus prohibiting the best in light and air. In order to offset these disadvantages the room is very elaborately decorated with colored pictures, draperies, etc. to lend a pleasant atmosphere. It is not the best thing for children. They accept as many children as go to their doors with no regard for overcrowding. The ages catered to are from three years to five years. A small lunch is served to them as they stay from 9:00 A.M. to 3:00 P.M.; many children attend. It is a charitable organization; there is no fee charged to those attending.
MARINER'S HOUSE

A personal interview with Captain J. B. Colbeth, the director in charge, disclosed the following information: The building is of red brick and covers an area of seventy five square feet; it stands five stories high with a basement beneath the first floor. Here in the basement are a storage room, the heating system which is of oil, a men's room and a laundry that is not in use now any more.

The street floor which is the first floor, includes a self-service cafeteria, a reading room, smoking room and a recreation room which offers table games. No pool room facilities here.

On the next four floors are the bedrooms and washrooms. There are twenty two bedrooms, eighteen of which are double and the other four are single ones. Besides this there are three dormitories which accommodate a total of eighteen men. The total enrollment of lodgers does not exceed sixty men. It caters only to men. The only woman in the building is the matron who does the cleaning.

There are three washrooms on each of the five floors, a total of fifteen for sixty men. For bathing facilities the building houses six showers, one on every floor including the basement floor.

This is a non-sectarian organization. It accepts any convalescent patient from the marine hospital until he is
able to go to work.

In the cafeteria are prepared three meals per day for a very small fee. The bed linen is changed weekly; there is a clean bed for every new comer. The place is not bothered by pests or cockroaches. Nevertheless, it is exterminated faithfully once each month just to play safe.

All the floors are of soft wood. They are washed once each week. The first floor is of hardwood. All floors are all covered with linoleum, and the house is cleaned every night in the week. The place is very well kept. From the basement to the top floor it is spotlessly clean. There is constant inspection by various health inspectors and never a bad report was given. This is the information that the director gave. From its appearance this seems to be the truth.

The health and sanitary conditions of the building are O.K.'d by all inspectors at least once each month. The board of health has favorable reports. The fire-escapes are easily accessible to all on all floors.

The recreation offered by this organization to its lodgers is given on Wednesday and Sunday afternoons during the year, except in the summer months. The recreation consists of two shows weekly, movies and a variety show.
NORTH END UNION

Another personal interview with the director, Mr. Frank L. Havey. There is an abundance of material gathered from this interview. It is a typical settlement house. What is true of this house is true of most houses of this type.

This building was opened to the public on January 1, 1892 in the most congested district of the country where the population is forever changing, it being first colonial-American, and now 98% Italian.

As is the habit of privately supported social agencies, the North End Union pioneered in needed services. It started the first two trade schools in New England, for training in plumbing and printing; and carried them on for sixteen years, after which they were taken over by the Wentworth Institute.

Other successful experiments were clinics: a Baby Hygiene Association, one of the first playgrounds, a library and public baths. All of these have been transferred to other agencies, or to the City of Boston. Today its program is very different. This is due to the North End Union's adjusting its program and practices to meet the changing needs of its neighborhood which it will continue to do.

An adult advisory committee made up of influential citizens living or working in the North End has been organized through which this center of recreation will ascertain the needs of the neighborhood more directly; and the neighborhood
will be brought into closer touch with its Union. The North End Union will be referred to as the Union from now on in this report.

It is strictly non-sectarian and non-political in its endeavors. A member of the Community Federation of Boston it participates in Greater Boston's Community Fund and joins in social planning for all Greater Boston. It is an agent of the Benevolent Fraternity of Unitarian Churches which is also non-sectarian and non-political.

A playroom for little tots while their mothers met in their clubrooms represents the range of ages served by the Union. Carried on under its roof or the auspices of the Union are social and advertising clubs to be mentioned later.

A plan for vocational advice and help, social service to unfortunate families, training in health and good citizenship, a low-cost fuel project, and education in savings, thrift and insurance protection; all these are likewise in the year's work of the Union.

They have made studies of working conditions of the girls attending the club house and helped remedy those situations that needed it. Giving girls of suitable age an opportunity to meet and to have good times with boy companions under wholesome surroundings is a constant objective.

Speakers have been here to speak to mothers on "Parent and Sex Education", "Good Health at LOW COST", etc. Another group, the See Men Association, with character and citizen-
ship" as its motto, has for its chief purpose keeping the North End Neighborhood a safe, happy and wholesome place. Its activities include the charge of three committees namely the neighborhood conditioning, safety, and law and police. They hunt out sub-standard housing conditions in the vicinity and have them attended to. They also have outstanding speakers come in and address the younger members on topics of personal living and community welfare.

Looking to constant improvement of neighborhood conditions, the Union is well represented at meetings of the North End Civic Association, and it brought about the revival of the North End Joint Planning Committee. In looking ahead the director suggests that a comprehensive study of the work of the Union be made in relation to the needs of the neighborhood, especially the needs of its out-of-school and unemployed youth. These are the people that need more guidance. The past director felt that there was need for building up the adult work through the employment of a full-time worker, and also a neighborhood visitor which has since been done; and to place more emphasis on parent education, health training, social and economic education.

Also needed was a play space on the roof which has been accomplished since, too. An improvement in the recreation hall has taken place in the form of an enlargement of the room with a new stage for better shows along with dressing rooms, etc.
Because funds are low, they depend a great deal on voluntary donations for the purchase of equipment, for the use of their time, etc. Following are a few of their immediate needs as stated by the director some ten years ago. These are given at this time to show how they have progressed since and continue to do. The needs then were: two sewing machines, shop equipment, living room furniture, linens, kitchen equipment, bridge tables, folding chairs, benches for the shower room, games and playground equipment, phonograph records, funds for taking more children on healthful and educational trips. All of this has since been accomplished.

The North End Union in its four floors includes an office, large hall for recreation and a social room on the first floor; on the second floor of this house are three social club rooms with tables and chairs and a piano; the third floor has a sewing room, a scout room, a wood-working shop, a nursery and a social room well equipped with lovely drapes, pictures and a piano. There is an adjoining kitchen which makes it most appropriate for party arrangements. There are also lavatories and washing facilities on every floor but the second for both men and women.

High on the rooftop is a very unique, but small children's playground equipped with swings, sandboxes, seesaws and a jungle gym. There are many toys, too. This play area is fenced in with a high wooden fence. Here are spent many pleasant hours by the little tots, and many times when the
weather is hot the adults use it as a recreation outlet. This is a great relief from the hot and crowded streets.

Down in the basement of the Union is the gymnasium. It measures 35'x75'; on one side of the gym are bleachers for the spectators which will accommodate about 250 people. The ventilation in the gymnasium is poor as the only means of fresh air are by way of the windows behind the bleachers. Here again we are reminded of the closeness of the buildings in the North End. Because they are so close the windows in the gymnasium open into a narrow open space thus hindering any good ventilation that might otherwise be obtained. If you can't get what you want, then do the best you can with what you have. That is just exactly what they are doing at the Union.

With the gymnasium is connected the shower room with six showers in one big stall. Here in the same room with the showers is the dressing room with lockers, and toilet facilities and wash basins with a drinking fountain. The arrangement seems to be somewhat satisfactory. Of course, the floor here is of concrete, but all other floors in the building are of hardwood.

There is a summer camp connected with the Union at Oldham Pond in Pembroke, Massachusetts, which is only forty miles from Boston's North End. It is for members of the clubhouse only, but extends its invitation to any needy child of the neighborhood. Because of the growing need of outdoor
life for the children in the congested North End, the camp has outgrown the facilities of the beach, playfield, dining hall, dormitory, and two cottages. Consequently, they are looking forward to expanding the place. This is also hard as not only is there a shortage of funds, but the purchase of more land nearby is hard to get.

This camp is opened for use to summer campers with good supervision and instruction for ten weeks beginning July first. During the year winter parties are planned occasionally. As much use of it as is possible is had.

The social work carried on through the Union is a worthy one. The neighborhood visitor makes an average of 115 home visits each week. Staff workers are co-operating members of professional groups of social progress in Boston. It is through their contacts with the families in the neighborhood that a needy child is sent to camp. While over 200 children enjoy the summer vacation at the camp, (Camp Parker) still more are attending summer vacation school in July and August at the club house. Here in the city daily and weekly picnics are planned for the stay-at-homes.

The North End Union building is of red brick standing on an area of 75'x45', or 3,375 square feet of land. Its doors are open to anyone at all. They have catered to all ages from twenty-eight months to eighty odd years old. As of 1948, the Union has as registered members who pay a small fee, 980 people; and non-members who come on special events numbered
as high as 1,500. The activities offered here are so many and so varied that to mention them all would be almost an impossibility, yet to mention some would be advisable. The following is a quick picture of the Union in action:

1. A nursery for children from two years and eight months old to four years and six months old. They attend the nursery from nine in the morning to three thirty in the afternoon for a very small fee. It has since changed from nine in the morning to twelve noon. This continues from Monday through Friday during the school year. There is no nursery in the summer.

2. On Wednesday and Friday afternoons from three fifteen to four thirty there are games for the children of four, five and six years old.

3. On different days of the week, from three fifteen to four thirty there are movies, dancing, story hour, games, sewing, etc., for those of the ages of five, six and seven years.

4. Monday through Friday from three fifteen to four thirty in the afternoon there are classes for boys and girls in cooking, knitting, dramatics, games, and many others. These activities are for those who range from eight to ten years of age.

5. Varied activities for ages eleven to thirteen years every afternoon from three fifteen to four thirty.
6. For mothers and grandmothers each afternoon is offered the following:

Monday, community night at seven thirty, for a very small fee there is entertainment including movies, community singing and refreshments.

Tuesday, the grandmothers' club at one thirty in the afternoon where they just gather for social talks and refreshments.

Thursday, mothers' clinic at one thirty on child care and neighborhood problems.

The building is kept in good order by the custodian and a helper who go over the complete house from top to bottom every day. The lavatories are washed and sterilized daily. In safeguarding against pests the institution is fumigated twice each year. Because the building is so close to the next one there is not as much ventilation as is desired to make it comfortable enough for the crowds that frequent it. Other than that the building offers a very safe place for leisure time. There are many exits and fire-escapes to meet the safety rules and regulations.

In its annual report for the year 1947, we find that the Union offered to all people in the neighborhood many opportunities for civic, social and educational improvements. It works vigorously and continually in the interests of freedom, tolerance and good-will. The varied program of activities, principally of a cultural nature, utilizes natural
groups for the development of individual attitudes, interests and tastes, skills and general well-being. Much friendly advice and counsel is given to individuals trying to work out peculiarly personal problems relating to education, employment, health, social and financial needs. The Union is actively engaged in carrying the full share of the efforts aimed at alleviating or correcting underlying social problems that affect the welfare of large numbers of people.

Some of the significant highlights are these: The nursery school which operates to its capacity of twenty five children for forty weeks with, in addition, an active parents group; Camp Parker was used the year 'round with ninety two boys and girls served in the summer, scores of adults on picnics and week-end trips in the Spring and Fall, and with many more enjoying its winter skating, hiking and general good times.

For the tenth consecutive year the Community Night program of music, dancing, plays, movies and games for the mothers has continued to serve to the full capacity of their largest hall. It has operated 460 Monday nights without fail, and is in large part self-supporting with 280 mothers acting through committees, and aided by a smaller mothers' club plan and contribute to this affair.

For three summers a group of young men of the district sponsored and produced at their own cost, with the guidance of the Union, a series of Block Dances for the teen-agers.
These, complete with sound tracking and lighting on a playground, served an average of 850 youngsters one night each week, and are looked upon by the neighborhood as an important follow-through of the Recreation Project set up by the Greater Boston Community Council and financed by the Community Fund during World War II.

A quite new and notable development has been the program for the growing number of five to seven year old boys and girls. The North End District has been no exception to the rising birth rate seen all over the country during the war years. Greater numbers of this age are coming in and they are hard pressed to meet the demands. They have expressed keen delight in the big, but nevertheless, crowded game room, gymnasium, storytelling sessions, craft classes and the playground.

The North End Union operated a playground across the street from them starting in mid-June to Labor Day with a daily attendance of two hundred from nine in the morning to dark. This area used as a playground after a public school building on its site was razed, is now taken over by His Excellency, Richard J. Cushing, Archbishop of Boston. He is breaking ground in May, 1950, to build a youth center.

Other interesting highlights in the life at the Union are these: sixty two educational and special-interest groups in arts and crafts, music, drama, sewing and useful skills; fourteen clubs; twenty four gymnasium groups; thirteen...
different services for individuals such as game rooms, reading rooms, eye clinics, lounge, music practice, and shower baths; eleven different classifications of special events, and thirteen outside groups using their facilities for a total of 137 groups. The average total attendance throughout the year runs in the vicinity of 81,460.

The records at the Union show a steadily rising participation of those who are eighteen years old and upwards, a constant number of mothers and older people, and a decrease of children from ten to fourteen years of age. The reason for this latter decline is largely due to the lack of leadership to supervise them. The Union is trying hard to get the leadership necessary for the classes, but voluntary service is hard to get. Lack of funds is the reason here. The North End Union has as its principle this purpose: to provide a center of good moral and social influence; to engender a spirit of co-operation; and to promote the ideals of democracy for individual, family and neighborhood improvement.
NORTH KENNET STREET INDUSTRIAL SCHOOL

A personal interview with the assistant director was the best that could be obtained as the director is out in the field most of the time. This interview resulted in the following information: a program very similar to that of the North End Union. Therefore, in order to avoid any repetition of events, mention will be made of any noticeable differences. This is a much larger building thus providing more room for activities and the program is consequently on a larger scale. The Industrial School, as it is usually referred to, is approximately four times the size of the North End Union.

It has been in existence since 1885. With it is connected the Social Service House; and between the two buildings almost every field of social work is covered. Here the trades are taught such as watch repairing, paint mixing, cabinet making, lighting fixtures, sewing and cooking, sculpture, painting, and the Italian language. These are made possible here because of the large amount of space that the Union has not.

A class in pre-school habit training, problem children in the homes, are trained and developed in self-control and constructive activity.

A Social Service Credit Union, one of the community organizations, is housed in this building. Classes similar
to those at the Union in dramas, dancing, debating, mothers' clubs, etc. are successfully carried on. Here, too, is the problem of volunteer and part-time workers due to the lack of funds. There are approximately 193 different groups of boys and girls, young and old, meeting here every week. The number of people that pass through its doors each week is 5,000 people.

A project carried on by this school was to help social and mental health. A contribution of $75,000 was given for this work through private donations. Through the Industrial School's Work Relief Projects this money contributed in work relief wages to the unemployed.

The Industrial School also has a summer camp. It is the Boxford Camp in New Hampshire. It is for the mothers and their children. For the boys in the neighborhood they have two caddy camps at Maplewood and Bethlehem in New Hampshire where boys are given an opportunity to earn their own summer in the out-of-doors.

At the clubhouse for those mothers and children who must stay at home in the summer, is conducted a special school. It is a program of daily picnics and outings. They also have a kindergarten for 200 small children.

This building is also very well kept in so far as the appearance goes. It is heated by coal. There are two full-time janitors to keep it clean and warm. The floors are all hardwood. The safety laws are well kept as there are no fire
hazards, and the fire-escapes are aplenty and in the proper places. The building has passed all inspection with no complaints by any health board.

So far, all that seems to be the trouble is the lack of space to accommodate the crowds of people that look toward these institutions for leisure-time activity.
CATHarI.NE MOORE HOUSE

This institution is run and operated by the Sisters of Saint Joseph, a Catholic order of nuns, under the general direction of the Catholic Charitable Bureau of Boston. The sister in charge here is Sister Mary Susanne who provided the information given in this report.

It is a red brick building built on an area of 100'x25'. Although it is a Catholic institution it refuses admittance to no one. It is deep, narrow and high, standing five stories high plus a basement and a roof garden. The basement is mainly for storage and heating, (oil). The janitor makes his headquarters here. The first three floors above the basement are used for activities, and the two upper ones for living quarters for the sisters who run the center. The roof is used as a rest resort for the sisters when it is not in use by the children. It is equipped just like a playground having teeters, swings, tables and table games, sandboxes, and many chairs and tables. It is well protected against danger since it has a high fence around it and the awnings to protect them from the rain and the hot sun.

The building is the cleanest of them all. All floors are of cement and covered with what seems to be battleship linoleum. They are washed and waxed at least once each week and dusted every day. All exits are well marked. They have no trouble at all in passing any inspection by the board of
health. The toilet facilities are adequate for the members of the household and the members of the clubhouse. There are four toilets and three showers, these being for the club members only. For the sisters who live there, there are three bathrooms with wash bowls, showers and tubs. The sisters who conduct the activities here are five in number. When the House was built it was meant that only a few sisters would live there, just those who would conduct the activities and run the House. Since then, the World War II broke out, and because transportation was difficult for all, the sisters who work in the nearby parochial school had to make their headquarters here, and because of the convenience have never left. Hence, there are now ten more living here with no more toilet facilities. This also meant cutting out some play space for the children to provide more sleeping room for the sisters. Now there are a total of fifteen people who share the facilities originally meant for not more than six. They use the two top floors. Their rooms are six single and five double bedrooms. These, of course, are not open to the public.

The whole building is fire proof. There are no fire-escapes, but a front and rear exit. All rooms have good ventilation as there are numerous windows which also provide good light. It has passed all healthy and safety inspection. There are no pests and the building is rat proof.

There is a kitchen and also a dining room for the sole
purpose and use of the sisters. All their meals are prepared and served on the premises.

Because it is a settlement house, its nature and activities program are run similar to those of the North End Union and the Industrial School. These three institutions are the only settlements in the neighborhood; and they are just one block apart from each other. They are in the center of the district.

The Catherine Moore House is opened to boys and girls in the afternoon from three fifteen to five for ages three to twelve years; and in the evening for adults and teen-agers from seven thirty to nine thirty. It is closed all day Sundays, holidays and Holy Days of the Catholic Church. It is open for activities on Saturday in the morning when the women of the neighborhood come for a social get together from nine thirty to eleven thirty.

Besides conducting such activities as in the other settlement settlements such as crafts, sewing, cooking, etc., they have been able through the Red Cross to have some health education for its youth, namely good grooming courses, first aid and the like. This has been discontinued temporarily as the Red Cross can give no time at present. There is hope that it will be resumed soon.

As in all club houses there are always many pamphlets and fliers to be distributed which are supplied by the city and state health departments. They have also given from time to
time, lessons on the proper foods for health.

A full-time social worker keeps her headquarters in this building working in conjunction with the organization. Her job is to take care of needy families and to supply them with the necessities of life. This is done by personal visits. On discovering those in need she recommends them to the proper authorities for their special needs and follows through to make sure they have been well cared for. They are supplied with such things as clothing, medicine, food, etc.

To help out with the program and its activities there are several volunteer workers from the Catholic colleges, and some of the neighbors in the district.

No more need be said of its activities as it would only be a repetition of the activities in the other two settlement houses. Because this is the smallest of the three settlement houses its activities are fewer and more limited. They do very nicely, anyway! It is a breathing space for the child or adult in a congested area like the North End.
SACRED HEART CHURCH

A personal interview with the pastor of the church, the Reverend Arnaldo Venoli, revealed the following information: This church runs a school by the name of Saint John School. It was built quite some time ago, and within the last two years a playground was made of the roof the full size of the building which measures 100'x100'. It was an old building with school rooms that were condemned by the Boston Board of Health; so the Sacred Heart Church took over and rebuilt the whole structure with modern improvements. One would never believe it is the same building from the drastic changes that have been made.

Since its renovation it is now one of the outstanding buildings in the vicinity. At one time the top floor of this same building was the third largest hall in the city of Boston with a seating capacity of 5,000 people. The new playground on the roof is able to hold as many people. The sanitary conditions in this building have been so improved to see them is the only way to really believe it. Just below the roof playground are the most attractive and nicest washrooms and lavatories in the city. They are all tile from the floor up. It is a large room with fourteen toilets and four wash basins for the men. For the girls there are ten toilets and five wash basins. The lavatories for boys are on the floor below those of the girls.
The playground on the roof is the talk of the town. It is above the second floor of the building which stands as high as any ordinary five story structure. The floor of the playground is of asphalt which allows for skating, dancing and games. It is fenced in by a six foot strong cross wire with no chance of any one falling off. All precaution has been taken to make this a safe place for activity.

Due to lack of supervision and equipment this playground in the sky cannot be put to its best use as yet. Before long there is no doubt that it will be the best attended and best run recreation center in the neighborhood. There high hopes.

To speak of the rest of the building, it contains classrooms as any ordinary school building does. This being a parochial school it is run by the sisters. They are the Sisters of Saint Joseph who occupy the Catherine Moore House.

Another great improvement that has taken place in this building is in the basement. This floor was the most detrimental place ever in existence for health reasons. At one time the writer taught in this school and had to use the basement for physical activity. There were old lavatories, very little light, many posts in the way, the floor was of red brick and not at all level; the place was always damp and gloomy, and also dirty.

When the building was renovated they rebuilt the basement floor to make it look like new. It is the greatest contribution to health that could have happened in the
district. It shows that someone is interested in the welfare of the people of the North End, enough to lift them from the dirt they were lying in. This same basement is now one of the nicest recreation halls made available to the residents. It has a low ceiling which limits it to the type of activities that may take place there. Outside of that it is ideal.

The floor has been changed to concrete; some of the posts have been removed; windows have been installed; new lights have been put in; a good paint job has been done; a platform has been erected for entertainment; a juke box was purchased for it; lavatories and washing facilities have been put in; and now it is ready for good wholesome leisure-time recreation.

The activities conducted in this basement are many. It is open to any organization in the neighborhood that wishes to make use of it. It is a breathing space for the North Enders.

In the rear of the church is another recreation hall which is quite small, but offers another breather for the young boys of the parish. It measures 50'x30'. This, too, has a low ceiling, and is not too well ventilated. However, not too many people congregate here at one time. It is mainly for the use of the altar boys of the parish. From time to time movies are held here for the "small fry" of the parish for which a fee of ten cents is paid; and in the evening for the parents the same movie is shown for a fee of twenty five
cents. The idea is to keep the people in that vicinity occupied and off the streets. A good step toward preventing delinquency.

It might be of interest to you to know that in order to get the Saint John School Building in its present condition an expense of $50,000 went into it. Of this amount $20,000 was utilized for the toilet facilities alone. The plumbing and sanitary arrangement is one of the best in the city of Boston. This is the biggest stepping stone to better health that has been done in the North End up to date.
SAINT LEONARD'S CHURCH

The data obtained on this institution was through the cooperation of the school director, the Reverend Leonard Bacigalupo. Whatever recreation goes on here is done in the school building. The school connected with this church is the Saint Anthony School. It being a regular school set-up no need of telling of the class rooms as they are the same as any ordinary school building with the classrooms, toilets, water fountains, etc.

All the recreation that takes place in this parish is done in the school hall. It is in the basement of the building and measures 60' x 25'. The ceiling is low; the windows are close to the ceiling and are small. There is a platform for entertainment and shows which is used very much. The hall accommodates approximately 200 people, and even then it is not too comfortable.

The type of recreation offered here is movies twice each week, in the afternoon for children for a fee of five cents, and in the evening for adults for a fee of twenty five cents. Other evenings it is used by the various organizations of the parish which are many. They conduct plays, dances, penny sales and a number of other activities. The hall is seldom idle. Any place where people may gather is a breather for the residents of the North End, just to get out of the crowded homes. A place to meet their friends is all they ask
for.

The toilet facilities are not of the best. One large toilet room for the youngsters which is the only one made available to those who use the hall as the school building is not open to those using the recreation hall. In spite of this the parishioners enjoy the use of the hall as still another place to go to when looking for recreation.

Other than this hall the church has no facilities on its premises for recreation. Nevertheless, much is done with what they have. The most is done with the little space they have to offer.
SAINT MARY'S CHURCH

Upon speaking with the pastor of this church, the Reverend Edward J. Whalen, the following information was given: What they have to offer in recreation is done in the school hall connected with the church. It is Saint Mary's School Hall. This hall measures about 100' x 55'. It is somewhat like a little theatre. It seats 750 people. Every other week movies are held here; in the afternoons for the children of the parish at ten cents each; and in the evening for the adults at a fee of twenty five cents.

Within the school building is a gymnasium that measures 35' x 70'. It is used every day by the children of the school. There are about 100 children that make use of it daily. They have some supervision. Here are organized teams in the sports of basketball, softball and sometimes volleyball.

The toilet facilities in the building are substantial. There are two washrooms for the boys, and two for the girls. The sanitary conditions of the building meet with the approval and satisfaction of the health inspectors. The heating system is through oil; the ventilation is good due to high ceilings and numerous windows. The school custodian keeps the place clean by washing it once each week besides sweeping it daily. There are no pests here.

Other activities for the parishioners are parties for the teen-agers, and dances besides competitive sports. As with
all other churches in the neighborhood, frequent picnics and trips are planned for the children and the parents of the parish.
SAINT STEPHEN'S CHURCH

Since an interview with the pastor of the church was impossible due to illness, one of the curates, a Father Hardigan, spoke for the Reverend Maurice J. O'Brien, the pastor. In the discussion the following information was disclosed: Within the last two years many changes have taken place with emphasis on the recreation facilities for its parishioners. The basement of the church has been transferred into a recreation center for the youth of the neighborhood. This space measures 80' x 100', has an asphalt floor, good lighting because of the many windows, good ventilation and is fitted for sound.

It has been equipped with an electric record player for dancing in the evening for teen-agers. Many dances and parties are held here for a very small fee. Every Friday evening a special dance is held which is attended by some 200 teen-agers from the district and their friends.

The hall is available for use to any group who wish to use it for any special event with the permission of the pastor. Meetings of all kinds are held here. It is another breathing space for the people in the neighborhood.

Because the hall has been built with a platform for plays and other entertainment, many groups take advantage of this and put on plays and shows for the benefit of the church and church groups. Many good times are held here.
This hall was at one time the lower church where services were held. But because there are three other Catholic churches in the vicinity they felt that the upper church would accommodate the people near it and more use could be made of the basement as a place of recreation to help keep the people off the streets at night and provide for them a place where they could meet their friends and enjoy their leisure time. It has certainly proved its worth.

To add to its worth the hall has been very nicely decorated with beautiful drapes on the windows, lovely pictures, and good color scheme; it is kept clean and in order by the caretaker of the church. A curate of the church supervises it. It has passed all health inspection.

A temporary schedule is now in operation. It is subject to change when things get rolling again in the fall. This is the tentative program:

Monday's, at seven thirty in the evening, an organization of the church known as the Young Ladies' Sodality, holds a meeting after which they are allowed to use the record player for general dancing. Occasionally they serve refreshments at these meetings.

Tuesdays, another group, the Labor Guild, meets under the new pastor appointed while this study was being made, The Reverend Joseph A. Robinson.

Fridays, there is general dancing for teen-agers.
Let it not be forgotten that the health and sanitary conditions are provided for very well; this hall is well equipped with toilet facilities and wash basins; and fountains for drinking.

Thus far in the study it is readily seen that the greatest interest lies with the teen-agers. It is at this age that all over the country the need is felt the greatest. Consequently our churches are going along the right path and doing their share to help the delinquency problem confronting the country.
MICHELANGELO SCHOOL CENTER

This center is a department of the Extended Use of Public Schools of Boston. It was established in 1915 and maintained by the Boston School Committee as the Neighborhood Club House, offering young men and women and adults informal educational and recreational activities, and other opportunities for civic betterment of the community.

How well it has served the North End is shown in the following program; and in a large way by the living testimonials of the many thousands of people who have benefited by its many activities. Beginning with four clubs and classes in 1915, the Michelangelo School Center has steadily grown until it is today one of the largest institutions of its kind in the entire city.

Under the able management of Mr. John A. Scanga, appointed as the manager of the center since it came into existence, the following program is a sample of what this institution has offered and still does to the people in the community:

1. The Women's Club is a group of homemakers of the community. They share trials, tighten friendships, and are always helpful to each other in the community. They are a merry, musical and sympathetic group.

2. The Armantine Club is a civic, social and athletic organization of young men stressing public speaking, community service, educational and civic movements.
3. The Betsy Ross Club is made up of young girls who are interested in sewing and various other forms of handcraft.

4. The Dramatic Club is a group that is seriously studying the structure and presentation of legitimate drama, "The Play's the Thing".

5. The Variety Club is a social group of young ladies and men enjoying individual expression, especially in minstrelsy, general singing, solos, and dramatic sketch work.

6. The Needlecraft Club is a group of young women who crochet hats and make various needle-worked articles for home decorations.

7. The Girls' Athletic Club is a group of young girls interested in general physical and social activities.

8. The Choral Club is a mixed group interested in choral, solo and opera study and production. A worthwhile club for the advancement of musical appreciation.

9. The Senior Cooking Club is made up of women who believe that economical foods, scientifically and attractively prepared, are greatly responsible for the health, happiness and contentment of home life.

10. The Auto Mechanics Club is a group of young men interested in engine construction and repairs; rear end, transmission, clutch and motor trouble hunting.

11. The Ramblers Club is a group of young ladies inter-
ested in knitting, embroidering, flower making and remodeling dresses. Useful, but with more than a passing thought for the artistic and beautiful things of life.

12. The Novelty Club is made up of young ladies who work together doing various kinds of embroidery, knitting, crocheting, dressmaking and millinery work; all to beautify the home, and perhaps the homemaker.

13. The Sheet Metal Work Club has serious young men interested in the fundamentals of the trade as well as in the producing of a variety of metal home ornaments.

14. The Woodworking Club has young men working in wood. They make ornamental and useful and novelty work.

15. The Idylers' Club includes women, especially homemakers who devote their time to a regular social program as well as making clothes and all kinds of hand work for home and personal use.

16. The Dressmaking Club has young women making clothes for the entire family, and renovating old ones. They do such fine handwork as embroidery and Italian cut work.

17. The Embroidery Club is strictly for young women who are interested in just embroidery.

18. The Dressmaking Club is for women interested in making coats, dresses and other articles for wearing
apparel, and also draperies and curtains, etc..

19. The Dante Debating Club is for young men studying and applying the rules of parliamentary procedure, public speaking and debating.

20. The Lamp Shade Making Club is for young women interested in making lamp shades and other decorative novelties for the home.

21. The Junior Cooking Club is for the teen-agers interested in the art of home making, cooking, how to entertain, and what and how to serve their guests.

All the above activities are open to the people of the neighborhood for eight months of the year beginning in the month of October to May. Besides the already mentioned activities there are weekly movies for the children which brings the attendance for the year up to 40,000 and 50,000.

There are thirty classrooms in the building for regular day school sessions. These same rooms are used for the evening school center activities.

The facilities are the same as any public school which means that lavatories and washing facilities are aplenty.

The gymnasium which is used for all social dancing, athletics and any informal gathering measures 50' x 50'. There is an auditorium which seats 1,000 people; it is very attractive and clean and well kept, well ventilated and heated, too. The seats are stationary since the Cocomut Grove disaster. This used to be used as a dancehall and for all social affairs.
During the Center season the building is opened for activities on Wednesday and Friday evenings. It is open to those who are sixteen years of age and older. They may even come from another district if those districts do not provide any such activities.

The building is fireproof. Its floors are of "terrazzo", which is the proper name of concrete. The building is kept clean and in order by the three custodians employed by the city as permanent men. Each one takes care of a floor.

This building is really a God send to the community because it is the only one of good size for any great number of people.
CONCLUSION AND SUMMARY

In looking ahead the community youth services should make a study of the work in relation to the needs of the neighborhood, especially of the needs of its out-of-school and unemployed youth. These are the people that need more guidance than any other age group.

Delinquency grows among the young when thrown upon the streets due to crowded homes where there is no room for play but just to eat and sleep!

Habits, good or bad, are very easily established in the period of early childhood. Doctors stress the great importance of these years in laying the foundation of good physical health; and psychologists point to them as responsible for the beginning of right mental, emotional and physical development as well. But it was not until recently that educators became interested in the possibilities of these years as regards positive training outside the home. Therefore, some of the youth centers have undertaken to conduct habit training classes. The aim of such a class is to correct the wrong habits and establish right ones in their places. The results have been most gratifying. Children who have defied correction of temper and lack of self-control and freak habits from the more usual thumb-sucking to eating hair, quickly respond in class atmosphere, under scientific management. Success of the habit training involves the
maintenance of intimate contact with the home, a contact which would strengthen educational efforts at any period.

Direct attempts should be made to interest groups at street corners, pool rooms and elsewhere of a type that can benefit immensely by organized recreation. A distinctive feature of the slum area is that its recreation project is its integration in the neighborhood, that is life in general. It is the intent that the program shall reflect the wishes, and enjoy the support of the people of the individual neighborhoods.

Social contacts are many, varied in nature, and intimate. Since minds are relatively free, they will acquire a volume of social relations and reactions of pupils will develop habits. Consequently, through physical activity or recreation these objectives are obtained in the social aspect: initiative, perseverance, self-control, courage, courtesy, honesty, justice, co-operation in all its aspects, sympathy, loyalty and charity.

The mental activities of pupils are stimulated both directly and indirectly by their physical activities. Directly every muscle, or better still, every muscular contraction has a concomitant nervous impulse which may be carried to the brain and stimulate thought, or at least the senses, which will in turn stimulate observation and thought. Indirectly, since physical activities are conducted in the presence of a changing environment, awareness of nature will
follow. From these "awarenesses" scientific and artistic activities may be induced with some guidance from leaders. Appreciation will be acquired, and hence, culture.

It is generally recognized that the emotions of the individuals must be given prime consideration throughout the entire educational program if the best results are to be obtained. Participation in team games places a pupil in situations where they are under pressure, and emotional control may be easily lost. Continued participation under skillful guidance gives participants ample opportunity to learn and practice the control of their emotions under strain. An athletic contest with its high hopes, its elation of victory and its disappointments in defeat, help to prepare for the emotional crisis in life.

"Organized physical activity should aim to make the individual's potentialities in all its phases of life, including his finest possible capacity for adjustment to the world in which he lives, by placing him in an environment as favorable as possible to the promotion of such big muscle and other responses or activities as will best contribute to this purpose."

Physical activity is related to psychology in that it is not what one does, but what makes him do it that is important. Through the motor activities we find out why a child reacts a certain way. This is where the knowledge of "An Introduction To Physical Education" by E.W. Noxon and F.W. Cozens; pub. by W.B. Saunders co., Phila., Pa., 1934
the laws of learning apply. The development of motor skills is based on the sound principle of psychology.

1/ "For every child a community which recognizes and plans for his needs, protects him against dangers, moral hazards, and diseases; provides him with safe and wholesome places for play and recreation; and makes provision for his cultural and social needs."

2/ "I would like to see every boy and girl in America provided not only with the necessities of life and education, but with a real creative guidance program."

Every man should have certain forms of recreation which require little space and which can be fitted into small fragments of time. It is to be remembered that rest, repose, reflection and contemplation are in themselves a form of recreation and ought never to be crowded out by more active play. Ultimate satisfaction in recreation comes only through one's achievement of some kind.

The happy play of childhood is essential to normal growth. Normal men are most likely grown from the children who have played well and happily. Normal men more easily continue normal as they keep up childhood habits of play.

1/ The Children's Charter from "Build for Tomorrow", a booklet put out by the U.S. Gov't, pub.

2/ "Build for Tomorrow", quotation by J. Edgar Hoover, same issue as the above quotation
Participation as a citizen in the co-operative building of a better way of life in which all may share is one of the most permanently satisfying forms of recreation. That children, men and women may be more likely to live this kind of life, experience shows there is need for community action.

"The health of the community is, after all, not a group of special interests. It is essentially a single interest with different aspects. To exalt one of them, to get it out of focus, and to urge it at the expense of other essential factors, is unscientific, wasteful and misleading. Only as the essential unity of the task is recognized and as those who represent different phases of work together in constant conference and accordance with a comprehensive program can the best results be secured."

If all the recreation agencies were a part of the local health council, they could help the community more along the health and sanitary conditions. The co-operation of many is needed to make the health of the community a reality. A health council is a meeting ground for all forces making for good public health in a community; it is a working together, surveying the whole broad picture of community health needs, discouraging unmet needs, and developing plans for meeting

"Stepping Stones to Health", quotation by Dr. George E. Vincent, former president of the Rockefeller Foundation; pub. by the National Health Council, 1790 Edwy, N.Y.
those needs, demonstrating new services through member agencies; it is developing a well-rounded community program and keeping public interest in health at a high pitch. It is easier for a united group to accomplish this than for many isolated agencies all trying individually to bring about the same results. Each member agency keeps its independence, but all plan and work together on health problems to the solution of which they can all make a contribution.

As stated previously in this study, sixty four nations in recognizing health define it as a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.

During the last fifteen years several slum clearance projects have been carried out. These have made the district less crowded, more healthful and pleasant, but have definitely decreased the population and in the same proportion the circulation of books at the library in the district. These projects are:

1. The widening of Cross Street, and the erection of the bus terminal as the starting point for the North Shore.

2. The opening of the Summer Tunnel to East Boston.

3. The dedication of the Paul Revere Mall, also known as the Prado, which meant razing many houses to make room for breathing space and an open meeting place for the residents.
4. The dismantling of the old gas house on Prince Street, and converting this land into a large terrace playground

It might be of interest to any one if they could spend one week or a month in the North End of Boston; this would be the only true way of understanding the mode of living in the slums. To describe quickly the day's activities would sound like this; off to work in the morning, most of the time in some factory; home for dinner or supper; down to the corner to see their friends; then maybe to the club house; then to a movie regardless of the picture showing; and then home again to sit on the doorstep and chat for some time, and off to bed. This is very true and characteristic of most of the residents of the North End.

For many years while the writer worked on the playgrounds in the district she tried in vain to get the youth interested in outside activities such as public concerts which were free of charge; or to visit places of interest like the Maparium in the Christian Science Building, again free of charge. It was just impossible to get them to move away from their pet doorsteps. They are perfectly content to do what they have been doing for years. For this reason the centers of recreation are always trying to get the general public interested in broadening the people in the North End by bringing to them those activities which they need. As is said many times, "All work and no play make
Johnny a dull boy". They will go on picnics if a leader will plan for it, but they don't take the initiative.

Direct attempts are made to interest groups at street corners, pool rooms and elsewhere of a type who can benefit immensely by organized recreation. A distinctive feature of the city recreation project is its integration in neighborhood life. It is the intent always that the program shall reflect the wishes, and enjoy the support of the people of the individual neighborhoods.

Demonstrations and exhibitions are given from time to time by all recreation centers to show the public what is being done by them, and also looking for further suggestions and help from the citizens of the neighborhood.

The reason that Boston can do so much for its people in the slums is due to the fact that there are many endorsements and private contributions provided for this specific purpose of recreation where it is most needed. All this in addition to the tax fund of the city. Following is a quick summary of the tax situation throughout the larger cities in the United States as of 1948. They are in the order of the tax rates. The next page gives the picture:
<table>
<thead>
<tr>
<th>City</th>
<th>Tax Rate</th>
<th>Population as of 1940</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. San Francisco, Cal.</td>
<td>$56.20</td>
<td>634,536 (807,700) in 1948</td>
</tr>
<tr>
<td>2. Boston, Mass.</td>
<td>$53.40</td>
<td>770,816 no estimate since</td>
</tr>
<tr>
<td>3. Los Angeles, Cal.</td>
<td>$52.23</td>
<td>1,504,227 (1,877,81) est. 1947</td>
</tr>
<tr>
<td>4. Milwaukee, Wis.</td>
<td>$40.87</td>
<td>587,472 no estimate since</td>
</tr>
<tr>
<td>5. Pittsburgh, Pa.</td>
<td>$42.00</td>
<td>665,384 (671,659) est. 1947</td>
</tr>
<tr>
<td>6. Detroit, Mich.</td>
<td>$34.01</td>
<td>1,632,452 (1,750,000) est. 1947</td>
</tr>
<tr>
<td>7. Philadelphia, Pa.</td>
<td>$32.75</td>
<td>1,931,334 (2,125,000) est. 1948</td>
</tr>
<tr>
<td>8. Cleveland, Ohio</td>
<td>$31.00</td>
<td>878,336 (885,000) est. 1945</td>
</tr>
<tr>
<td>9. New York City</td>
<td>$29.70</td>
<td>7,454,559 (624,000) est. 1947</td>
</tr>
<tr>
<td>10. Baltimore, Md.</td>
<td>$29.61</td>
<td>859,100 no estimate since</td>
</tr>
<tr>
<td>11. Buffalo, N.Y.</td>
<td>$29.51</td>
<td>575,901 (615,000) est. 1946</td>
</tr>
<tr>
<td>12. Chicago, Ill.</td>
<td>$27.50</td>
<td>3,396,808 (3,675,000) est. 1948</td>
</tr>
<tr>
<td>13. St. Louis, Mo.</td>
<td>$27.40</td>
<td>816,048 (902,000) est. 1948</td>
</tr>
</tbody>
</table>

From the above list it may readily be seen that Boston is the second highest on the list of large American cities. As shown by these figures Boston's tax rate more than doubles that of St. Louis and yet Boston has a lower population rate.
It is no wonder, then, that we can do so much for our citizens in Boston. We are proud of our recreation centers and what they have to offer our people. We only regret that there are not more of them.

Through the succeeding periods of immigration, war booms, depressions, and reconstruction, settlements have pleaded for tenement laws, slum clearance, and low-cost housing in their own areas and across the country.

Through the years health has also been a vital concern. Sanitation, visiting nurse service, medical supervision in schools, baby clinics, dental care, health centers, fresh air camps, and health insurance are but a few of many services for which settlement leaders have striven.

In recreation the range of inspired leadership reaches from settlement backyards to school playgrounds, park areas, municipal gymnasiums and leisure time associations.

Democracy today still has its frontiers. Racial intolerance has loomed up again since World War II. The needs of ill-housed millions bring new slum clearance and low-cost housing into the spotlight. The spectacle of the aged crowded into tenements calls for the human touch as well as financial assistance. Problems of family life are critical. Alcoholism, delinquency, and divorce shake the stability of home life. Guidance of youth with the tools of social science challenge young professionals to apply their skills in settlement group work and community organization. City neighbor-
hoods, testing places of democracy, offer as a vital a
challenge to the college graduate today as did Whitechapel
to Oxford and Cambridge men in 1875.

Earlier in this study it was stated that five percent
of the total area is to be set aside for play space in small
parks, and five more percent in a few large parks; this
means that a total of ten percent is advisable for recreation
in any large city. If this holds true, then in summing up
the total space allotted to the residents of the North End,
they stand very far behind the requirement.

The total area of the North End is one square mile or
640 acres. If we consider ten percent of this it would mean
that sixty four acres of the district should be for play and
recreation. However, in adding the sum total of all the
recreation in the neighborhood and the space allowed for it,
the amount of space is approximately 14.94 acres. This is
a little less than one fourth of the required ten percent.
Assuming that five percent were sufficient, there is still a
great shortage of play space here, less than one half the
requirement.

To describe this better still, a summary of the areas
will follow showing the amount of space they have to offer
for play and recreation, with approximate figures only:
City owned and operated
1. Branch Library----------------------10 acres
2. Michelangelo School Center--------2.00 "
3. North Bennet Gym and Showers-------.50 "
   total for public buildings------------------2.60

4. Playgrounds
   a. Copps' Hill----------------------.60 acres
   b. Foster---------------------------.10 "
   c. Greenough Lane------------------.23 "
   d. Health Unit---------------------1.00 "
   e. North End Park------------------3.00 "
   f. Paul Revere Mall and Prado-------.76 "
   g. Prince Street---------------------1.40 "
   h. Snowhill------------------------1.13 "
   i. Vincent Cutillo-----------------.48 "
   total for playgrounds------------------6.80

Independent Centers
1. Boston Baptist Bethel-----------------.22 acres
2. Boston Seamen's Home---------------.22 "
3. Children's Haven-------------------.44 "
4. Mariner's House---------------------.44 "
5. Social Service House---------------.22 "
   total for independent centers----------1.54

Red Feather Services
1. North End Union-------------------.50 acres
2. North Bennet St. Ind. School-------2.00 "
3. Catherine Moore House---------------.25 "
   total for Red Feather Services--------2.75

Churches
1. Sacred Heart-----------------------1.10 acres
2. St. Leonard's----------------------.10 "
3. St. Mary's------------------------.45 "
4. St. Stephen's----------------------.50 "
   total for churches--------------------2.15

Grand total for play and recreation in acres----------15.84

Is it possible to picture about 20,000 people in recreation with a space of less than sixteen acres? Yet this is the situation that confronts the residents of the North End. True, there are many recreation centers and numerous activities; but not enough to satisfy and accommodate the population in the district.

The North End Park, for instance, measures three acres
CRITICISMS AND SUGGESTIONS FOR FURTHER STUDY

Community recreation programs should continue throughout the year. In the North End they drop the regular club classes for the summer and conduct summer camps and outdoor activities. Some, not all, continue the club class work; this should be carried all year through along with the outdoor activities because there are those children that cannot do or take part in the activities carried on on the playgrounds. All cases bearing in mind the individual differences should be taken into consideration. However, they are trying to meet with this demand if the leadership is available. That is the biggest problem of all.

Every community needs playgrounds, parks and recreation areas just as every city needs streets and sewers. In meeting this need the problem faced with is the lack of space to build these areas on. It has been proven that the lack of space for recreation exists in the North End. If those houses that have seen their day and are so dilapidated that they are unfit to live in were thrown down and made room for the more healthful needs, then would there be a great contribution made toward the health of the nation in general.

The fault lies not with the community or the people in it, but with the health department and the city authorities. It is their duty to see that the people in their city are
well taken of. The figures in the previous chapter show that the city owned and operated recreation facilities only supply the people in the North End with 9.40 acres for play and recreation; yet the health authorities say that at least thirty two acres of this district should be given to it. This thirty two acres is five percent of the 640 acres which compiles the whole of the North End District. Other recreation areas operated by private supervision amounts to 6.44 acres which is more than half of the city's. There is a great need for further study in this problem. The people are here; what are we going to be able to do for them? They cannot be let down. They are the citizens of tomorrow.

Unless there is available space for them to go to in time of leisure-time activity, we cannot expect our citizens of tomorrow to be healthy in the real sense of the word as heretofore described. They must be trained mentally, physically and morally. Only then can we expect the good healthy individual.

There are in the North End many and varied activities from which to choose; but they are not enough to meet the number of people who live here. Therefore, the recreation centers have to divide the time and activities to meet the needs of a certain few; they cannot be expected to perform miracles. It is impossible to satisfy and accomodate 20,000 people with less than sixteen acres of space allotted for it. Again, there is a very great need for space, more space!
Among other needs there is one of vital importance, and that is the need for leadership. Assuming that there were enough recreation centers for the number of people in the district, who is going to supervise the activities? That is another question. Every community needs trained persons to lead in recreation just as much as it needs persons trained in education. Satisfying recreation, whether for the individual or for the community, involves careful planning.

Boston needs unification and co-ordination in the administration of its recreation; it needs an enlarged permanent staff of trained experienced leaders giving full time to recreation and a sufficient part-time personnel; it needs to correlate the work of its public and private agencies. Recreation is necessary to health. This is met only through recreation service, by which is meant leadership primarily.

While the city's eleven municipal buildings were not erected as recreation centers, they are suited to that purpose. They contain gymnasiums, halls, showers and meeting rooms. Other uses of the facilities are by permits obtained on the payment of rentals to the department of public buildings which is in charge.

Highly skilled leaders, budget, correlation, diversified program, and plenty of space are among the desired fundamentals. They are based on what is desirable to provide coordinated and well rounded recreation in Boston. There is also need for a study of community recreation needs, that is
to say a city wide recreation service, co-operation of all agencies. Another recommendation would be organization of street play activities as so many children play in the streets of the North End due to lack of play space. There should also be more co-operative recreation with the churches, use of vacant lots, the agencies, etc.

The organization of a recreation board would be advisable so that resources of the community could be pooled and utilized to the best advantage. This would help stop duplication of service in the different centers. Also personnel could be more readily deployed so as to give maxim service under one command. There should be a combined use of the gymnasiums to solve the indoor athletic facilities question. Co-operative planning! Freedom of development, no hindrance.

All larger playgrounds and playfields should be turfed. On smaller areas where intensive use forbids the use of grass playing surface, borders of grass and shrubbery and trees are recommended. Attractive landscaping not only increases attendance, but it makes the problem of discipline twice as easy.

Skinned diamonds are desirable and feasible for the major baseball games. Dirt playing surfaces should be treated two or three times a season with calcium chloride. It would be nice if flood lights could be financed to allow for night use of the parks.

It is important for those in recreation to know organization, possess experience, personality and training prepara-
tion. Health authorities can assist in promoting healthful living by making services readily available to all of the population in the community. They can take advantage of the community groups that spring up in and around housing projects to stimulate immunization, to promote good nutrition and to sow the seed of personal hygiene.

Our standard of living, the conditions under which people live and work, the food they eat, all affect health. Health is everybody's business! It is the particularly the business of the consumers, the patients, the people who must demand the best for themselves and for those dependent upon them.

The people of America are the strength and resource of our national existence. Therefore, let us build a strong country in the best way we know through the recreation centers.

What does the future of the North End hold? Federal housing projects are impossible because the land is too expensive. Private ownership is another impossibility because the rents must be kept low. Widen the streets? Where will the people go? It is hard to tell.

In conclusion the writer wishes to add that as this page was in progress another progress took place of great importance in the North End, the breaking ground of another recreation youth center under the direction of His Excellency Richard J. Cushing, Archbishop of Boston. We ARE progressing
in size, just large enough for one baseball field. Considering that the play space in the North End which is sixteen acres approximately, must accommodate 20,000 people, (the present population) how can 4,000 people play on this one park. That seems what the public expects from the figures quoted. It sounds fantastic, but it is most certainly true; yes, truer than fiction!

There is no escaping the fact that with the figures given in this study, the North End of Boston is the most congested area in existence today.
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