

An Opportunity to Help Palama

The United Welfare Fund is contributing *less than one-half* of the funds necessary to carry on the work of Palama Settlement.

For the other half it is dependent on organizations whose contributions have no certainty of permanence; hence at any moment its work may be severely crippled.

ENDOWMENTS, the alternative to this insecurity, go on working through the years, a permanent memorial to the vision of their donors.

The following form of bequests, large or small, may be used for gifts to Palama Settlement—

I give and bequeath to Palama Settlement, Honolulu,
a corporation created under the laws of the Territory of
Hawaii, the sum of \$..... for its corporate purpose.

Palama Settlement's Work 1930



Honolulu, Territory of Hawaii

A Great Health and Welfare Work Needs Understanding Partners

MANY of you who glance through this brief report will be surprised to note the variety, scope and thoroughness of the health and welfare work of Palama Settlement, now entering upon its thirty-sixth year of public service. More than 12,000 Honolulu families are receiving medical, dental or nursing care from Palama. Through the recreation department some 10,000 individuals are being helped toward better citizenship. As a leader or participant in many community activities Palama contributes richly towards making a healthier and better Honolulu.

But no report conveys an understanding of Palama's work as does a visit to its busy headquarters, where you will be welcomed and shown the work your money has made possible. It will be a rich experience.

J. R. GALT,
President.

Palama Settlement

JOHN R. GALT,
President

A. L. CASTLE,
Vice-President

W. F. DILLINGHAM,
Vice-President

W. F. FREAR,
Secretary

HAWAIIAN TRUST CO.,
Treasurer

PHILIP S. PLATT, Ph.D.,
Director

BOARD OF TRUSTEES

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*Dole, James D.
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Galt, J. R.
Galt, John
Larsen, N. P., M.D.
Lowrey, S. M.

Malott, Deane W.
Newcomb, Burton
Pinkerton, F. J., M.D.
†Sinclair, A. N., M.D.
Sylva, F. K., D.D.S.
Trotter, F. E., M.D.
(ex-officio)
Walker, Hastings H., M.D.
Waterhouse, John
Wilcox, G. N.

HEADS OF DEPARTMENTS

MEDICAL

‡M. A. Cassidy, M.D.
J. W. Lam, M.D., Acting

DENTAL

*G. P. Pritchard, D.D.S.
M. I. Conner, D.D.S.

RECREATION

F. S. Field, B.H.

NURSING

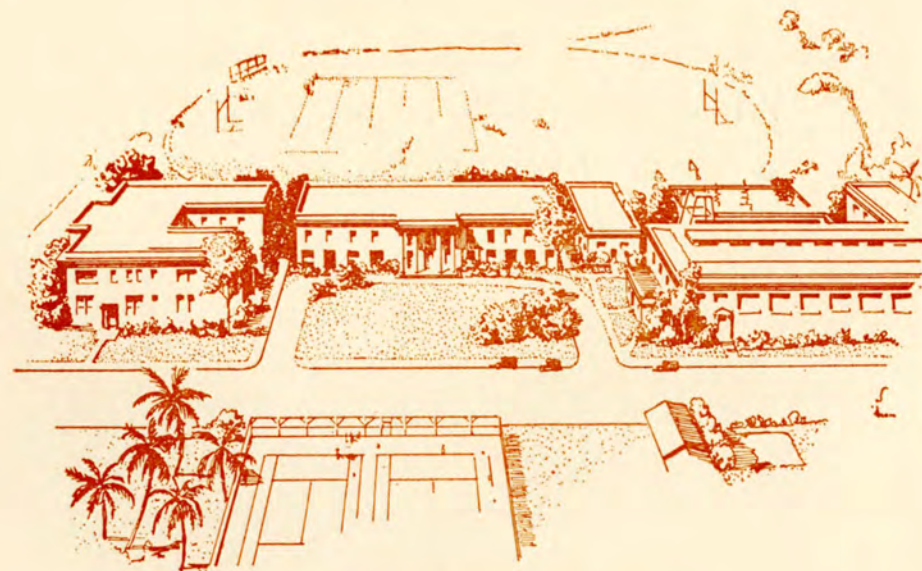
Stella S. Mathews, R.N.

* Resigned.

† Deceased.

‡ On leave.

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AIR VIEW OF PALAMA SETTLEMENT

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Medical
Nursing
Dental
Recreation

What Palama Settlement Does For Honolulu

PUBLIC HEALTH NURSING—

Our 24 nurses attend all types of illness and teach the art of keeping well through demonstrations and conferences in schools, homes and clinics.

GENERAL MEDICAL AND SPECIAL CLINICS—

An average of 115 poor sick patients are seen daily by our medical staff at general medical, dental, prenatal, skin, orthopedic, eye, ear, nose and throat and venereal disease clinics.

DENTAL CLINIC FOR CHILDREN—

Preventive treatment provided for 4,133 first and second grade school children.

CHILD HEALTH CONFERENCES—

Thirteen weekly baby and preschool conferences keep children well.

HEALTH CAMPS—

Health-building summer camps at Palama and at Waialua for the undernourished boys and girls.

HEALTH EDUCATION—

Through talks, radio, literature, motion pictures, exhibits, articles and activities to advance the health knowledge of the community.

BOYS' CLUB PROGRAM—

Boys are taught leadership and responsibility in clubs; athletics provide healthy outlets.

GIRLS' CLUB PROGRAM—

Home-making, cooking, sewing, swimming, dancing, camping, schools, athletics make better girls.

Palama Helps in the Solution of Community Problems

Staff Members have served on the following Committees:

Health Survey Advisory Committee
Governor's Public Health Committee
Hawaiian Physical Education Association
Health Week Committee of the
H. P. E. A.
May Day—Child Health Day Committee
Registration Committee of the A.A.U.
Volleyball Committee of the A.A.U.
Basketball Committee of the A.A.U.
Junior Olympic Advisory Board
Joint Committee on Child Health
Executive Committee
Legislation
Social Hygiene
Physical Exams. of school children
Publicity and public meetings
Toxin-Antitoxin campaign
Eye and Ear Hygiene

Preventorium Committee of Leahi Home
Kalihi Flood Relief Committee
Nurses' Association, Territory of Hawaii
Boys' Work Council
Chamber of Commerce
Health Committee
Social Welfare Committee
Council of Social Agencies
Executive Committee
Health Committee
Community Camp Committee
United Welfare Fund Campaign
Window Exhibits Committee
Social Service Bureau
Case Advisory Committee

Palama Settlement Milestones

FOUNDED IN 1896

(As a Chapel—the gift of Mr. and Mrs. P. C. Jones, dedicated to the work of God and the service of humanity)

- For 35 years—a social center, with club and recreational activities.
- For 33 years—a center for free medical service to the poor.
- For 26 years—maintained a gymnasium.
- For 25 years—provided a public health nursing service.
- For 23 years—maintained a swimming pool.
- For 22 years—conducted district dispensary stations (1909-1930).
- For 22 years—directed by its present officers.
- For 16 years—conducted free dispensary service for the City and County.
- For 16 years—conducted Fresh Air Camp at Waialua.
- For 14 years—conducted Tuberculosis Day Camp (1910 - 1923).
- For 14 years—conducted child welfare conferences at its branch dispensaries.
- For 14 years—conducted school nursing (1911 - 1925) until legislature provided for school nurses.
- For 14 years—operated model tenements (1910 - 1923).
- For 14 years—conducted free dental clinics (1914 - 1921; 1925—)
- For 8 years—conducted a prenatal medical and nursing service.
- For 6 years—in present headquarters on Vineyard Street.
- For 1 year—a generalized public health nursing service affiliated with the Board of Health (1929).
- For 1 year—an aggressive public health and preventive medicine program (1930)

Financial Report

FOR THE YEAR ENDING DECEMBER 31, 1930

INCOME

Balance on Hand, January 1, 1930.....	\$ 5,665.55	
Invested Funds.....	3,442.78	
Institutional Receipts.....	14,534.36	
Individual Donations.....	2,510.00	
Court of Domestic Relations.....	3,000.00	
City and County Government.....	30,850.00	
Chamber of Commerce.....	25,500.00	
Strong Foundation.....	24,000.00	
United Welfare Fund.....	85,000.00	
		\$194,502.69

EXPENDITURES

Nursing Department.....	\$60,352.14	
Medical Department.....	53,411.74	
Dental Clinic.....	34,618.23	
Recreation Department.....	33,361.91	
Fresh Air Camp and Morning Health Camp.....	8,526.13	
Balance on Hand December 31, 1930.....	4,232.54	
		\$194,502.69

Activities to Inform the Public

- 3 articles printed regarding Palama's work.
- 2 radio talks over station KGU.
- 15 radio talks over station KGMB.
- 26 talks to groups or organizations.
- 39 health films shown at Palama's weekly motion picture party.
- 356 visits to Palama Settlement recorded in visitors' book.
- Wall exhibit on nursing work prepared for Pan-Pacific Women's Conference.
- Large store window exhibit prepared for United Welfare Fund Campaign.
- Palama Settlement appointed agent by the National Tuberculosis Association for the promotion and sale of its educational literature in the Territory of Hawaii.

Attendance at Clinics

	Clinics	Initial Visit	Return Visits	Total Visits
<i>Weekly</i>	Heart*	19	73	92
<i>Weekly</i>	Orthopedic	87	129	216
<i>Weekly</i>	Skin	187	387	574
<i>Twice Weekly</i>	Eye, Ear, Nose & Throat.....	782	900	1,682
<i>Thrice Weekly</i>	Prenatal	340	1,372	1,712
<i>Daily</i>	Adult Dental.....	1,950	3,485	5,435
<i>Daily</i>	Veneral Disease	1,106	8,673	9,779
<i>Daily</i>	General Medical.....	3,601	13,447	17,048
		8,072	28,466	36,538

* Discontinued July, 1930.

Palama Practices Preventive Medicine

Diphtheria immunizations of Child Health Conference Children.....	533
Tetanus inoculations at Dispensary.....	80
Medical examinations of all staff members.....	82
Medical examinations of Health Camp children.....	160
Medical examinations of football and basketball players.....	962
Palama-Board of Health nurses assisted in the health examination and vaccination of pre-school children.....	5,510
Palama-Board of Health nurses assisted at immunization against diphtheria of:	
Children 0-6	7,753
School children	331

Visits to Medical Department

According to Racial Stock

	1929	1930
Japanese	5,253	6,904
Porto Rican	4,129	5,903
Portuguese	2,717	4,384
Korean	2,718	3,787
Hawaiian	1,971	3,631
Filipino	2,306	3,434
Chinese	1,158	1,776
Hawaiian-Caucasian	856	1,244
Hawaiian-Asiatic	746	1,160
American	449	969
Spanish	228	562
Russian	107	174
Others	1,106	1,991
	<hr/>	<hr/>
	23,744	35,919*

* Exclusive of 1712 prenatal clinic visits.

Prenatal Service

SERVICES:

Our doctors and nurses had 423 women under care at the prenatal clinics and at home. These women made 1712 visits to the 151 clinic sessions. In addition, the nurses made 1758 visits to the homes of these women. Sterile packages were loaned to 78 women.

188 Arrangements for hospitalization were made by social service worker.

47 Deliveries were attended by midwives.

26 Deliveries were attended by private physicians.

56 Deliveries were attended by family or others.

26 Moved away or unlocated or not pregnant.

343

80 Remaining

423

RESULTS:

Live births, 313; Stillbirths, 5; Babies under 1 died, 8; Mother died, 1.

Maternal Mortality rate 3.1 per 1000 total births.

Stillbirth rate 15.6 per 1000 total births.

X-Ray and Laboratory Work

X-rays for Board of Health Clinic.....	1,302
X-rays for Kalakaua Junior High School Chest Survey.....	694
X-rays for Palama Clinics.....	142
X-ray treatment of skin.....	95
Physiotherapy	171

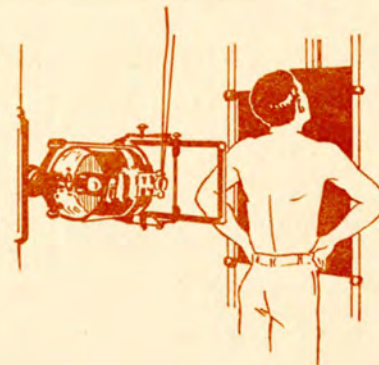
URINALYSES:

Medical cases 612

Tonsil and adenoid cases..... 351

COAGULATION TESTS:

Surgical Clinical cases..... 351



Use of Preventive Medical Services for Pre-School Children in Honolulu

As Determined by a Limited House-to-House Survey by Palama-Board of Health Nurses for the White House Conference on Child Health and Protection

PROPORTION OF CHILDREN RECEIVING PREVENTIVE MEDICAL SERVICE

	Percentage
1. Babies under 1 year of age receiving "health examination".....	61.
2. Children 1 to 5 years of age inclusive receiving "health examination".....	67.
3. Children 3 to 5 years of age inclusive receiving "dental examination".....	20.
4. Children under 6 years of age vaccinated against smallpox.....	16.*
5. Children under 6 years of age given toxin-antitoxin for immunization against diphtheria.....	35.†

* All children are vaccinated on entering public school.

† Before 1930 immunization campaign, which increased the percentage to over 50, a record equalled by few if any cities on the mainland.

Admissions and Records

Visits to Medical Department registered by Admitting Desk.....	35,919
Families registered at Palama Medical and Nursing Department during past three years.....	12,157
New families registered at Palama Medical and Nursing Department, 1930.....	2,944
Families receiving medical or emergency dental care, 1930.....	4,966

Social Service

Doctors, nurses, social workers, employees, relatives interviewed.....	1,397
Patients interviewed.....	6,374
Hospitalizations after determining hospital charges.....	880
Wages of employed applicants checked with employer.....	856
Families declared ineligible.....	224

Palama Medical Social Service directed School Registration Eligibility investigation which covered 5510 entering kindergarten and first grade children and required eight weeks.



Medical Cooperation

Palama could not serve the community without the cooperation and service of many physicians and the support of the Medical Society. The following 35 physicians served during the year 1930.

MEDICAL CLINIC—Drs. M. A. Cassidy, J. W. Lam, D. B. Bell, K. Miyamoto.

EYE, EAR, NOSE & THROAT CLINIC—Drs. E. M. Howarth, R. E. Cloward, J. A. Morgan, F. A. Plum, Ruth Alexander, R. H. Hagood.

HEART CLINIC—Drs. N. P. Larsen, H. L. Arnold.

SKIN CLINIC—Drs. F. L. Putman, J. T. Wayson.

ORTHOPEDIC CLINIC—Drs. A. L. Craig, D. L. Withington.

SYPHILLIS CLINIC—Drs. R. B. Faus, Thomas Mossman.

PRENATAL CLINIC—Drs. E. Leong, W. C. Barger, M. H. Mack, O. L. Schatzenburg, C. A. Dugan, W. L. Leslie, H. Behrens, G. Black.

CHILD HEALTH CONFERENCES—Drs. D. B. Bell, I. K. Cummings, J. W. Lam, C. F. Reppun, K. Miyamoto, J. Kuninobu, Y. Kim, Marie Faus, H. Q. Pang, M. A. Cassidy, A. V. Molyneux, V. Appleton, T. Mossman, G. Black, W. C. Barger, F. H. Gaudin.

From a Nurse's Notebook

TWO Palama nurses, ferreting out tuberculosis on the slopes of Tantalus—a muddy footpath through dense growths of koa, keawe, hala—wet feet, soiled uniforms—a bit of old yellow adhesive tape on the trunk of a tree—yes, this was the way—a year ago she had placed it there to blaze her trail.

Suddenly a clearing among banana trees, ti and papaia—a small Hawaiian settlement—four flimsy wooden structures, an Hawaiian grass hut—naked babies, dogs, chickens—in the hut, on a lauhala mat, an Hawaiian man, pipe in mouth—a smile of welcome, an invitation to enter the low doorway—a struggle of words—English was of small avail.

So in the tiny dark ill-kempt hut, with but two small windows, lived this forty-year-old man with his twelve-year-old daughter Leilani and his small son Peter—yes, his wife had died of “lung sickness”—the girl, obviously ill, lay outside on a bit of blanket—some weeks before a hemorrhage of the lungs—but no attention, no care.

First things first—Leilani must be gotten into the sanatorium—the father was adamant against it—“she had always been sickly”—nor would he and Peter come to the clinic for examination—“no, they were well.”

Nationality of 997 New Bedside Nursing Cases

(Joint Nursing Service)*

Portuguese	205
Porto Rican	160
Japanese	155
Filipino	92
Hawaiian	85
Chinese	56
Hawaiian-Asiatic	48
Korean	43
Hawaiian-Caucasian	38
American	27
Spanish	18
Others	70
	997

* 236 cases were carried by the Board of Health nurses.

Nursing and Health Supervision Visits

	Palama Settlement 17 Nurses	Board of Health 5 Nurses	Joint Nursing Group 22 Nurses
Medical	2,562	528	3,090
Surgical	616	160	776
Chronic	85	9	94
Pre-Natal	1,486	272	1,758
Post-Partum	1,999	310	2,309
New Born	1,727	259	1,986
Delivery (1 mo.)	14	14
Communicable	738	229	967
Tuberculosis	9,442	2,178	11,620
Adult	911	80	991
School, 6-13	4,038	1,009	3,047
Preschool, 1-5	5,680	289	5,969
Kindergarten, 4-5	490	30	520
Infant (under 1)	8,547	1,416	9,963
Health Camps	554	107	661
Miscellaneous	1,139	632	1,771
	40,028	7,508	47,536
Total			
Visits at which patient was seen.....	32,657	6,161	38,818
Visits at which patient was not seen..	7,371	1,347	8,718
	40,028	7,508	47,536
Total			

Child Health Conferences

Conducted Jointly by Palama Settlement and Board of Health Nursing Service.



Thirteen weekly conferences were conducted by Palama's doctors, nurses and volunteers for well babies and children under six years, with assistance from the Board of Health nurses.

Conferences during year	627
Visits to conferences by 1918 babies under one	8,429
Visits to conferences by 1576 children 1 to 6 years old	5,767
Visits by nurses in behalf of conference babies	9,963
Visits by nurses in behalf of conference preschool children	5,969

Attendance of the doctors for the year average 90 per cent.

Kindergarten and School Supervision

Palama-Board of Health Nurses

	Kindergartens	Schools
Number supervised	17	30
Examination by Nurse and Doctor.....	1,235	3,997
Inspections by Nurse.....	8,249	26,784
Minor treatments given by Nurse.....	5,074	15,858
Children referred to Private Doctors.....	393	1,022
Children referred by Palama Medical Clinic.....	135	595
Visits by Nurses to Kindergartens or Schools	853	1,657
Visits by Nurses to Children's Homes.....	520	5,047

Organization Developments

- Board of Health and Palama Settlement affiliation strengthened.
- Re-districting nursing areas to conform to Census Enumeration Districts.
- Revision of Records to meet the standard of the National Organization for Public Health Nursing.
- Development of uniform procedures for Child Health Conferences.

Staff Education

- Classes for new staff nurses.
- Staff conferences, weekly.
- Council meetings, directors and supervisors of combined staff.
- Lectures by Specialists to combined staff, bi-weekly.

Palama Dental Clinic

Established and Largely Supported by the Strong Foundation

FIVE dentists give the necessary dental care to 75 school children each day. The care consists of examinations, prophylaxis, extractions, treatments and fillings. Its primary purpose is to put the mouths of the six-year-old children in a sound condition and prevent the otherwise probable loss of their permanent teeth and further damage to their general health. So far as the limitations of the staff permit, these first grade children are seen at yearly intervals in the succeeding years until they reach the sixth grade.

During the year, 4,133 children made 18,403 visits and received 40,754 different services.

Only children unable to pay for private dental care are accepted.

The Importance of Preventive Dentistry

The general mouth condition of the immediate preschool child in Honolulu is deplorable. The average first-grade child on coming to the Dental Clinic has four infected teeth that require extraction, and a dirty mouth. Unless children at this age are treated, the infected teeth removed and the decayed teeth filled, the future health of these children is seriously imperilled.

The present policy of the dental clinic to give thorough treatment to the youngest eligible school children and to follow them up with periodic examinations and service through the five grades will require a considerable increase in the dental staff or the limitation of the proportion of first-grade children from the present 40 per cent to 10 or 15 per cent.



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Dental Clinic Statistics

	1929	1930
Total visits to clinic.....	16,379	18,403
Average children per day.....	66.6	74.5
Average per operator per day.....	13.3	14.8
Total working days.....	246	247
Actual operating hours.....	7,380	7,410
Total operations	37,199	40,754
Fillings:		
Permanent	6,690	6,021
Deciduous	6,580	9,452
Extractions:		
Permanent	878	786
Deciduous	11,059	11,599
Examinations	3,568	2,237
Prophylaxis	2,610	3,617
Completed cases	1,912	3,280
New patients	2,481	2,288
Old patients	835	1,845
Total patients	3,316	4,133

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The One Free Dental Chair for Adults

Contrasted with the splendid dental service provided by the Strong Foundation for school children in the lower grades, the preschool child, the older school child, the young, middle-aged and elderly adults, men and women, who are unable to afford private dental service of any kind, have only the one dental chair maintained by Palama Settlement to which they can turn for emergency treatment, relief from pain, and extraction of infected teeth. Of necessity the work of the clinic is limited to this type of work, and cannot attempt the more constructive types of service, such as permanent fillings and artificial dentures.

How greatly this one chair is in demand may be judged from the fact that 5435 visits were made to it last year, by 2765 individuals equally distributed among preschool, school and adult groups.

Eligibility for Dental Clinic

Based on interviews with 5510 parents by Palama Settlement Medical Social Service Workers, assisted by community social workers, in connection with registration of children for 15 kindergartens and 28 first-grade public schools.

	Number	Per Cent
Families with incomes which do not provide for the costs of dental care*.....	2,236	40.6
Families with incomes which may provide for the costs of dental care.....	2,832	51.4
Families unclassified because of unavoidable reasons	442	8.0
	<hr/>	<hr/>
	5,510	100.

* 228 of these families, or 4.1 per cent, reported having received private dental care at some time. These are not eligible for Palama Dental Clinic unless released by the dentist.

Eligibility for Medical Clinics

Based on interviews with 3510 parents by Palama Settlement Medical Social Service Workers, assisted by community social workers, in connection with registration of children for 15 kindergartens and 28 first-grade public schools.

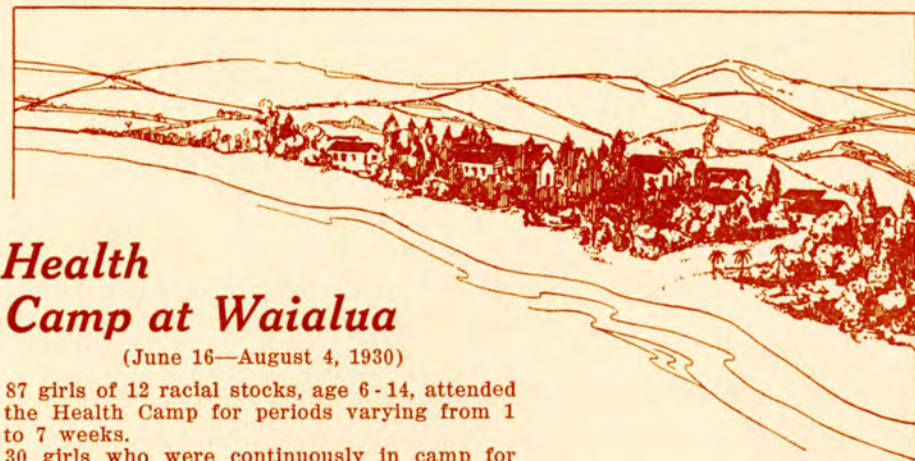
	Number	Per Cent
Families with incomes which do not provide for the costs of medical care.....	1,394	25.3
Families with incomes which do not provide for the costs of medical care but who reported having received private medical care at some time. These are not eligible for Palama Medical Clinics unless released by the physician.....	842	15.3
Families with incomes which may provide for the costs of medical care.....	2,832	51.4
Families unclassified because of unavoidable reasons	442	8.0
	<hr/>	<hr/>
	5,510	100.

Francis and Emily Day Tuberculosis Preventorium of Leahi Home

A Tuberculosis Preventorium for the children of Oahu—for many years a dream of the leaders, men and women, of the tuberculosis movement—became a reality September 1, 1930. The \$60,000 group of buildings and grounds, formerly occupied by the Director and members of Palama Settlement's staff, was leased to Leahi Home without charge for a period of years by Palama. The Honolulu Branch of the American Association of University Women's contribution of \$10,000—this being the total of two funds collected by the Association as a memorial to Dr. Francis Day and his wife Emily Day—made possible the equipping and furnishing of the buildings. Leahi Home assumed responsibility for its operation and maintenance for a three-year period ending June 30, 1933. Dr. A. N. Sinclair, medical director of Leahi Home, was appointed director of the Preventorium. Following his death, Dr. Hastings H. Walker was appointed his successor.

An advisory committee, consisting of the director of the Tuberculosis Bureau of the Board of Health, the director of Palama Settlement, the medical director of Queen's Hospital, the chairman of the Health Committee of the American Association of University Women, and the director and manager of Leahi Home, meets monthly. Each organization represented is cooperating to the fullest to insure the success of the Preventorium.

Thirty-six children who have been exposed to tuberculosis from other members of their family are under this health-building care.



Health Camp at Waialua

(June 16—August 4, 1930)

87 girls of 12 racial stocks, age 6-14, attended the Health Camp for periods varying from 1 to 7 weeks.

30 girls who were continuously in camp for 7 weeks gained an average of 3.32 pounds each.

More important than the pounds gained was the development of health habits and attitudes through the leadership of the camp matron, two teacher assistants and nurse.

Morning Health Camp at Palama

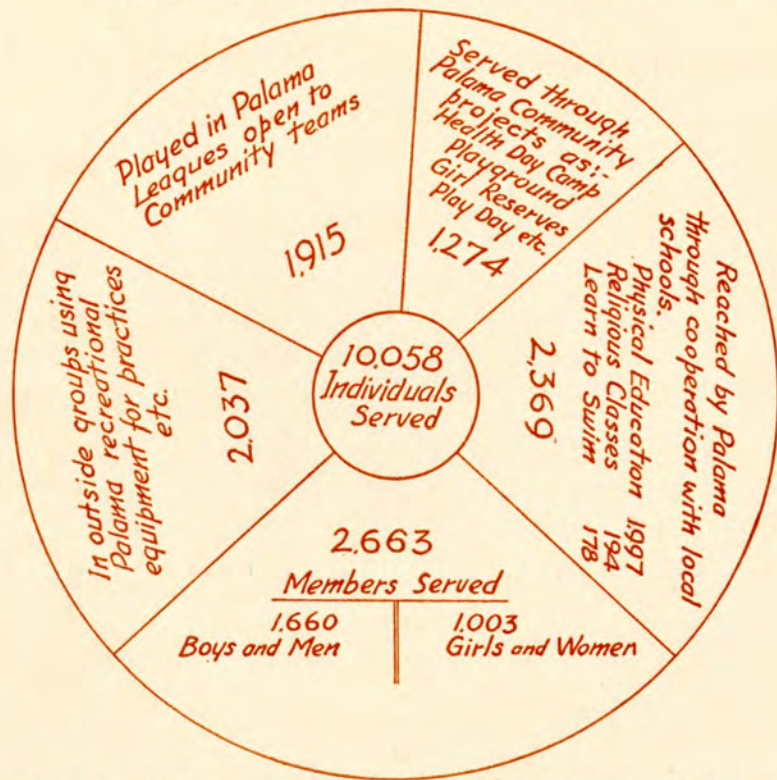
(June 16—August 2, 1930)

A similar health camp for neighborhood boys and girls, age 6-14, was conducted each morning from 9:15 to 1:00. Two rest periods, a substantial luncheon, practice of health habits, modified recreational activity and health teaching constituted the program for 71 children, with an average daily attendance of 40. The 22 attending from 6 to 7 weeks gained an average of 1.63 pounds.

Objectives of the Recreation Department

1. A unified club system with specialized boys' and girls' club workers.
2. A well-organized year-round athletic program for the various club divisions.
3. Community recreation for the largest possible number of people.
4. An adequate physical education program for the local elementary schools through cooperation with the Department of Public Instruction.
5. Development through the girls' club workers of cooking, handicraft and similar activity programs.
6. Personal supervision of juvenile delinquents and Industrial School probationers at the request of authorities.

Community Service - 1930



The above figures do not include spectators at contests, circus, field day, etc.

Nationalities of 1272 Members as of December 31, 1930

Racial Group	Boys	Girls	Total	Per Cent
Japanese	331	135	466	37.00
Hawaiians or Pt.-Hawns.	148	98	246	19.30
Chinese	110	96	206	16.20
Korean	43	62	105	8.20
Porto Rican	49	24	73	5.70
Portuguese	46	20	66	5.10
Other Caucasian.....	18	12	30	2.30
Mixtures	18	11	29	2.20
Filipino	10	9	19	1.44
Spanish	8	8	16	1.24
Russian	10	2	12	1.00
Italian, Samoan, French..	3	1	4	.32
Totals.....	794	478	1,272	100.00



Palama and Community Clubs

BOYS

PALAMA CLUBS		GIRLS	
Industrial Art.....	20	Starlight	46
Junior Intermediate	56	Dramatic	12
Senior Tennis	45	Senior Tennis	5
"Pal" Club	80	Working Girls'	25

SCOUTS

Troop 30	30	Palama Scouts	20
Scout Clubs	20	Brownies	23

"Y" CLUBS

Friendly Indians	95	Girl Reserves	15
Pioneers	23		
Hi-Y	75		

MEMBERSHIP

Palama membership is not required of youngsters coming to Palama only to meet with such clubs as Scouts or Friendly Indians. It is required, however, for athletic privileges and for Palama Clubs.



Special Activities

SUMMER FEATURES

Boys' Project School.
 Girls' Project School.
 Children's Playground Project School.
 Palama Morning Health Camp
 Fifth Annual Palama Circus.

SEASONAL FEATURES

Girl Reserve Play Day - - - - - April
 Child Health Day - - - - - May 1st
 Public School Field Day - - - - - May
 Annual Palama Luau - - - - - June
 Hallowe'en and Christmas Parties - - - - - October & December

ANNUAL CIRCUS

One hundred fifty boys and girls took part in the Fifth Annual Circus and Parade in August, which brought to a close a summer of interesting and varied activity. The sum of \$105 was cleared for the entertainment fund.

Community Leagues

The Boys' Club Department conducted 15 *open leagues* during 1930, representing 137 teams and 1,915 players. A minimum of 18,540 spectators are estimated to have attended these contests, nearly all of which were free.

Leagues	Teams	Players	Spectators
Lane and Alley:			
Basketball	18	250	2,500
Skinball	5	75	1,200
Men's Outdoor Ball	6	65	500
Junior A. A. U.—			
Volleyball	10	100	600
Basketball	10	125	2,000
Citywide—			
120-lb. Barefoot Football	12	251	7,000
120-lb. Basketball	10	105	1,000
134-lb. Football (Palama Section).....	5	125	2,000
135-lb. Basketball (Palama Section).....	3	50	600
Junior and Intermediate Soccer.....	6	90	250
Allegro Federation—			
Volleyball	5	50	40
Indoor Baseball	10	120	50
Other—			
Palama Playground Boys' Baseball.....	13	185	250
Y. M. C. A. Friendly Indian Baseball.....	12	115	50
Palama 100- and 110-lb. Football.....	13	209	500

Outside Leagues, Teams or Groups Using Palama for Practice or Recreation

Leagues	Teams	Players	Spectators
Commercial Basketball	6	100	3,200
Senior A. A. U. Basketball	8	110	7,000
Junior Scholastic Basketball	4	75	3,000
Junior High Basketball	5	75	3,000
Service Basketball Championships.....	4	60	5,000
Inter-Island Junior High Series	4	60	1,500
Japanese Boys' Baseball	6	100	1,000
Special Groups:			
Citywide Tennis Exhibition		10	100
Junior Olympics—Practice Meet		50	200

Recreation equipment was utilized by 640 players on 37 teams for games and practices at Palama, in connection with organized leagues and athletic activities promoted by other organizations. A minimum of 24,000 spectators saw these contests.

Medical Examination of Athletes, 1930

Palama's initiation of a policy requiring medical examination on the part of athletes competing on its teams or in Palama-directed leagues, resulted in the examination of 1,065 boys and men. Players on Citywide teams were examined at the request of the Recreation Commission. Eighty-three were kept out of such competition because of physical defects.

One hundred and three of these examinations were made by private doctors, while 962 took place at Palama, where athletes who could not afford to go to private physicians were cared for at a fee of 25c.

Barefoot Football			
	Passed	Failed	Total
Citywide 120-lb. League	251	37	288
Palama 150-lb. Team	30	1	31
Citywide 134-lb. League.....	240	9	249
Palama 100- and 110-lb. Leagues.....	209	18	227
Totals	730	65	795
Basketball			
Citywide 120-lb. League.....	35	14	49
Citywide 135-lb. League	89	3	92
Junior A. A. U. League	128	1	129
Totals	252	18	270

Swimming Instruction at Palama

In a survey of 59 fourth and sixth grade class rooms of the five Palama district schools in May, it was found that 1,268 of the 2,128 pupils (59.1%) could not swim. Of the 178 pupils taking part in our two weeks' campaign in May, 120, or 67%, passed the swimmer's test.

Palama-Nippu Jiji Campaign

Through cooperation with the Nippu Jiji newspaper, Palama launched a nine months' instruction campaign in September. Six emblems were offered:



- (1) Tadpole.
- (2) Medaka (minnow), (beginner)
- (3) Gold Fish (swimmer).
- (4) Mullet (diver).
- (5) Flying Fish (speed swimmer).
- (6) Carp (life saver).

One hundred eighty-six girls were enrolled in this campaign on December 31.

Cooperation with Juvenile Court

1. An average of 11 Juvenile Court probation boys were supervised by the Recreation Director each Saturday morning, after which a stiff gymnasium workout was given them by the men's athletic director.

2. Each boy's home was visited, and he was given a full year's Palama membership, paid for by friends of Palama. Many boys were recommended for a discharge from probation after a few months.

3. This cooperation was commented upon by William Lewis Butcher, Secretary of the International Boys' Work Council, as the best plan that had been called to his attention.

4. Beginning in January, 1931, Kalihi district probationers will be supervised by Palama. Twenty-six parolled Industrial School boys will also be supervised through arrangements with Mr. Lang Akana.

5. Contributing memberships not otherwise directed will be used in providing memberships for such boys.

Cooperation with Public Schools

Six nearby public schools sent 1969 children to Palama Settlement each week from September 22nd to December 19th, 1930, on school time for instruction in physical education.

School	INDIVIDUALS				CLASSES			
	Boys	Girls	Teachers	Total	Boys	Girls	Teachers	Total
Robello	70	75	145	2	2	4
Lanakila	210	210	28	448	5	5	1	11
Kaiulani	264	257	521	7	7	14
Kapalama	45	68	113	1	2	3
Likelike	202	200	402	5	5	10
Kauluwela	190	178	368	5	5	10
Totals	981	988	28	1,997	25	26	1	52

During the school year, September 1929—May 1930, similar cooperation existed. Each week 2,217 children of the 4th, 5th and 6th grades received their physical education instruction on school time at Palama Settlement.

Beginning in September 1930, the Department of Public Instruction detailed one of its teachers to conduct this work for girls at Palama. The boys' director is still supplied by Palama.

Athletic Achievements

While Palama's athletic program majors in intra-mural and community leagues, outstanding success came to four of its senior A. A. U. teams. Championships were won by the Basketball, Volleyball, Track and Rainbow Relay teams, duplicating a similar achievement in 1928. Much credit is due Mr. Wilder Parker, Palama's director of men's athletics and manager of these teams for the remarkable showing which they have made. One of Palama's Junior A. A. U. Volleyball teams won the league title, while its Junior A. A. U. Basketball squad was runner-up in this league. The Senior Soccer team, under Mr. J. A. Rath, Jr.'s leadership, was runner-up in the "cup-tie" soccer series.

At the Detroit Convention of the Boys' Club Federation of America, the Recreation Department was awarded (1) the trophy for coming the longest distance; (2) 5th place in the Indoor Athletic Meet; and (3) 3rd place for our toy making exhibit. At the Atlantic City National Junior Olympic Championships, "Cupie" Yamamoto captained the Hawaiian team in winning the National team title, later leading it in competitions in Central and South America.

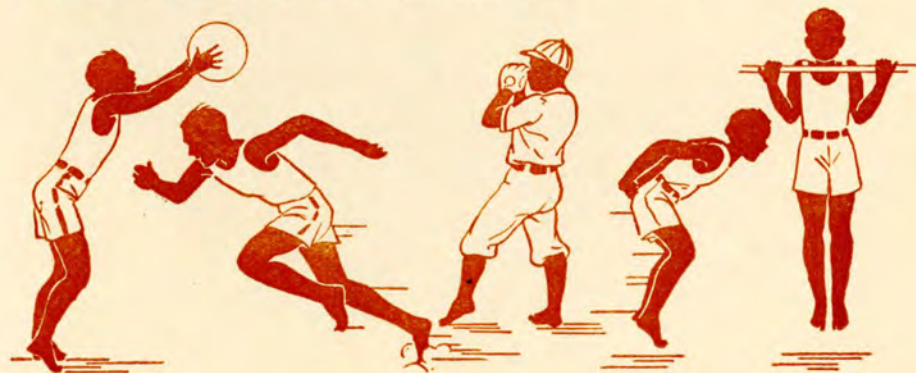
Junior Olympic Games

1. A Palama boy captured the National Junior Olympic Senior Championship for the second consecutive year, Cupie Yamamoto and Robert San Jose being products of the Palama Boys' Clubs, each having joined in early boyhood. Yamamoto was coached by "Junior" Rath of Palama and "Jim" Mitchell of Kalakaua Junior High School.

2. Eleven hundred Palama District grammar school boys were given systematic Junior Olympic instruction at Palama in connection with their physical education program.

3. Palama Junior members were given advanced instruction, and raised Palama's rating from fifteenth to fifth in the international indoor athletic competition of the Boys' Club Federation of America in one year.

4. The Kalakaua Junior High School team, composed of Palama members, captured the team trophy at the Territorial finals.



The Ida Beatrice Castle Playground for Children Under Eight

Supervised play and recreation under a trained "playground mother."

A safe retreat from the dangerous streets and sidewalks.

Supervised play and recreation.

A wading pool, swings and games.

Children's vegetable gardens.

Monthly attendance—3,000 children.



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Acknowledgments

The Recreation Staff wishes to thank its many staunch friends who have contributed time, money and equipment in the work of the department. While their names are too numerous to mention, it is only through such kind kokua that we are able to attempt to provide an adequate community center program for the densely populated Palama district.

We have particularly appreciated the cooperation of the other Welfare Agencies providing community activity programs; the Recreation Commission and its Kawaiahao Recreation Center; the Recreation Department of the Hawaiian Division, United States Army and Hawaii National Guard; the Honolulu newspaper—the Honolulu Advertiser, the Honolulu Star-Bulletin, the Nippu Jiji, and the Hawaii Hochi; and Honolulu's attractive illustrated monthly magazine—The Paradise of the Pacific.

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Palama Needs Volunteer Workers

WHO CAN—

Help weigh and measure children at the Child Health Conferences.
Lead Girl Reserves and Brownies' Clubs.
Tell stories to small children on our playground.
Lead Boy Scouts and other boys' clubs.
Instruct in workshop.
Help in statistical studies.
Basketball, baseball and football officials in season.

Write or Call the Director—Telephone 8545



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An Invitation to Enjoy the Fresh Air Camp at Waialua

The public is cordially invited to avail itself of the opportunity to enjoy Palama's lovely camp at Waialua. The following moderate fees are charged:

Fifteen unfurnished cottages (bed and mattress only), accommodating two or three individuals, with use of community kitchen and dining room—25 cents per person per night.

One small furnished cottage, accommodating four individuals, private kitchen—50 cents per person per night.

One large furnished cottage, accommodating eight individuals, private kitchen, living rooms, lanai—\$1.00 per person per night.

Special prices for large camping parties and picnics.

Reservations must be made, in advance, with the Director of Palama Settlement—Telephone 8545.