

RABBI MENACHEM M. SCHNEERSON
Lubavitch
770 Eastern Parkway
Brooklyn 13, N. Y.

HYacinth 3-9250

מנחם מענדל שניאורסאהן
ליובאוויטש

770 איסטערן פארקוויי
ברוקלין, נ.י.

By the Grace of G-d
10th of Nissan, 5716
Brooklyn, N. Y.

Dr. E. Jaffe
3 Oakwell Drive
Bury Old Rd., Salford 8
England

Greeting and Blessing:

I thank you for your letter of February 29, in which you write about the state of health of Rabbi Szemtov. I was particularly pleased to read that you found nothing seriously wrong with him.

My insistence on Rabbi Szemtov requesting from you a diet, etc., is based on my knowledge that he is not a person who keeps a regular schedule with regard to eating and drinking etc., and he can go about without food for many hours and have breakfast very late in the day etc. Knowing his disposition, I felt that until he has a diet and schedule prescribed for him, and that he should have some food soon after arising from bed in the morning, he would find it very difficult to change his habits in this respect. I fear that even when the instructions are received from you, he will still find it difficult to take care of himself.

Needless to say, as far as a diet is concerned, and what particular foods he should consume, I leave it to you. But I do think that receiving clear-cut instructions from you will have a good psychological effect on his general state of health.

With the approach of Pesach I send you my good wishes for a kosher and enjoyable festival. No doubt you know that matzo is called "Health food", in the sense that not only does it strengthen one's spiritual health, but thereby also one's physical health, since for Jews the two go closely together.

With blessing,

M. Schneerson