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מנחם מענדל שניאורסאהן
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ברוקלין, נ. י.

By the Grace of G-d
3rd Day of Chanukah, 5719
Brooklyn, N. Y.

Mr. Elie Cohen
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Montreal 14, P.Q., Canada

Greeting and Blessing:

I received your letter of the 16th of November, in which you write that you have appointed times for study with the students of the Lubavitch Yeshiva in Montreal several times a week. However, you do not write what subjects you are studying. I hope you will supplement this information when you write to me next.

With regard to the inner battle with the Yetzer, which you write results in ups and downs, it is needless to say that this should be no cause for discouragement. I suggest that you ask the students with whom you study, that they devote time to the study of those parts of the Tanya which deal with this subject, and which provide very illuminating and useful guidance.

One of the points is that every good action is never wasted, and no good action can be the cause of anything but another good action. For all things holy are eternal. Since you write that you study science, you know that even in the physical world nothing is lost, and this is especially so in matters of the spirit.

Another point is that every good action inevitable leaves a good mark on the soul and personality of the doer, even if he is not consciously aware of it, but the cumulative effect eventually makes the person also aware of his spiritual advancement.

The above will answer your question as to the best way to attain love of G-d and the highest possible degree of fulfillment in matters of Torah and Mitzvoh, while at the same time to weaken and overcome the animalistic factors of physical life. The way to attain this is to endeavor constantly to do the right thing in accordance with the Will of G-d, as it is written "And thou shalt do what is good and right in the eyes of G-d." In His benevolence, G-d has shown us the right way, and has given us a constant guide in our Holy Torah, which is the true meaning of the word "Torah." This means living in accordance with the laws of the Shulchan Aruch, that is the actual fulfillment of the practical Mitzvoh, such as putting on Tefillin, daily prayers, eating kosher, etc., etc.

If "a little light dispels a lot of darkness," how much more so a growing light, which, as we said above, is cumulative in its effect, and which

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is also symbolized in the lights of Chanukah, which are increasing in number every night of Chanukah.

The difficulties of which you write, such as lack of time, etc., can only be regarded in the nature of trials and tests which can and should be overcome. For, since G-d has commanded the observance of the Mitzvoth, it is logical to assume that He has provided every one with the ability and capacity to fulfill them, and it is only a matter of will and determination.

It is impossible in the course of a letter to enlarge upon this important subject. However, I trust that you will go into it at length, with the help of the students you mention, and with the help of the teacher of Chassidus in the Lubavitch Yeshiva, who will be glad to discuss the subject with you if you will approach him.

I hope to hear good news from you about your steady growth in your faith in G-d, the Source of life, both physical and spiritual, and that you will go from strength to strength.

Inasmuch as Divine help is always needed, it is necessary to make additional "vessels and channels" through which to receive it. Therefore, I suggest that you set aside a couple of cents for Tzedoko before your morning prayer during the week, and say at least one Capitel Tillim after your prayers every day.

Hoping to hear good news from you,

With blessing,

M. Schmeltzer

You may continue to write to me in French, for, having lived in France, I know its language.