

RABBI MENACHEM M. SCHNEERSON
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מנחם מענדל שניאורסאהן
ליובאוויטש

770 איסטערן פארקוויי
ברוקלין, נ. י.

By the Grace of G-d
5th of Tishrei, 5720
Brooklyn, N. Y.

Miss Chaya Golda Hamm
675 Empire Blvd.
Brooklyn 13, N. Y.

Blessing and Greeting:

I received your letter of the 20th of Elul.

Needless to say, it is one of the basic Mitzvoh to take care of one's health, as it is written in the Torah, and as you rightly mention in your letter. Since this is one of the Mitzvoh, it is impossible that it should conflict with the observance of other Mitzvoh. Therefore, there must be a way in which to arrange your good activities in such a way as not to affect your health. If you find it difficult to arrange such a schedule, I trust that your teachers at the Beth Jacob, who know you personally, will be able to help you in this.

You write that you are disposed to avoid meeting with people, etc. Seclusion is not the way, for there are great benefits to be derived from associating and meeting with people. Firstly, meeting and talking with people gives one a clearer insight as to the viewpoint of Torah and Mitzvoh on the practical aspects of life. Secondly, one can also benefit from guidance, which is more objective when it comes from other people. Needless to say, I am speaking of the kind of people and environment which is permeated with Torah and Mitzvoh.

As for the question of Tzedoko, you surely know that the custom is to set aside Maaser, that is at least 10% of one's earnings, and up to 20%.

With regard to the question of the differences of opinion, I note that the other people in question are also Shomrei Torah, who would yield to the authority of the Torah. Therefore, it would be well to visit a Rov, so that each party can explain their point of view, and then the Rov could mediate between the disputing parties.

Let me conclude with the general observation with regard to all above, that though it is always necessary to act in accordance with the Torah, Toras Chaim, it is always also necessary to act in a pleasant and peaceful manner, and this is possible to do without compromising the strictest observance of the Torah and Mitzvoh.

Miss Chaya Golda Hamm

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5th of Tishrei, 5720

May G-d grant that you will soon have good news to report in all the matters mentioned above.

Wishing you a Chasimo Ugmar Chasimo Toivo,

With blessing,

M. Schwartz