

RABBI MENACHEM M. SCHNEERSON

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חננים חסידים שניאורסאהן
ליוואוויטש

770 איסטערן פארקוויי
ברוקלין, נ. י.

By the Grace of G-d
Rosh Chodesh Shevat,
5735, Brooklyn, N.Y.

Mr. Yosef Luchins
53 Fordham Ct.
Albany, N. Y. 12209

Greeting and Blessing:

I was sorry to hear that you have not been in the best of health. I trust that you are carrying out the instructions of your doctor, especially as this is also a basic teaching of our Torah, as it is written, *ורפא ירפא*.

No doubt you also heard the saying of our Sages that the physical body of a person is *נכסיו של הקדוש ברוך הוא*, which was given to the person in trust to take care of. Thus, it is obvious with what care a person has to guard one's health and body, which is G-d's property.

Needless to say, this must not be overdone at the expense of the soul, which is more than G-d's "property," but actually a part of G-dliness Above (as explained at length in Tanya, ch. 2).

This gives me the opportunity to mention that you no doubt do all you can to spread true Yiddishkeit, without compromise, to the fullest extent of your influence, both by ~~precept~~ as well as, and especially, by showing a shining example. Knowing of your family background, and having had the pleasure of meeting your parents, it is surely unnecessary to elaborate on the above at greater length.

With prayerful wishes for good health, and hoping to hear good news from you in all above.

With blessing, *M. Schneerson*