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מנחם מענדל שניאורסאהן

ליובאוויטש

770 איסטערן פארקוויי
ברוקלין, נ. י.

By the Grace of G-d
20th of Teves, 5744
Brooklyn, N. Y.

Mr. Yehuda Moshe Harris
1497 Boulevard
New Haven, Ct. 06511

Greeting and Blessing:

I received your letter of the 6th of Teves, and previous correspondence, and will remember you in prayer for the fulfillment of your heart's desires for good in all that you write, both in regard to yourself and the others mentioned in your correspondence.

I believe I have already had occasion to write to you the following point, but because of its importance, I will repeat it. I am referring to the Mitzvo of taking care of one's health, which is one of the most important commandments of HaShem, as explained at length in the Rambam (Hil. Deos, end of ch. 3 and beg. of ch. 4. Look it up there.).

Especially when it concerns a young man who learns Torah and attends a Yeshiva, etc., since good health has a direct bearing on the quantity and quality of ^{the} Torah learning.

Inasmuch as in all situations one is required to rely on authority, I trust that you are following the instructions of a doctor, bearing in mind that the Torah has given a physician the power to heal. One must not rely upon one's own judgment when it comes to matters of health. Besides, it is one of the good customs in this country to have a physical checkup from time to time.

I trust you will follow the above suggestions, and HaShem will surely bless you with Hatzlocho in all your affairs.

With blessing,

M. Schneerson

P.S. Inasmuch as you describe some of your questions as "urgent," this letter is sent to you via special delivery.