

The RYS Daily 10/10/06 Preserving One's Health

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Visitors entering his room in Halberstadt would find him with a German book open in front of him, performing physical exercises, following the instructions and diagrams with utmost precision as ordered by the doctor.' As has been previously related he took up carpentry for a while, because the doctor had so ordered.

To him, the commandment to preserve one's life was as binding as any other mitzvah, and doctor's orders important rules of Halachah, on the same level as the rulings of the Shulchan Aruch with respect to forbidden and permitted foods, which had to be carried out to the letter. Once he was seen gazing at the heavens at twilight. He was waiting for the exact moment when the stars would appear. Having apparently been ordered by his doctor to rest from his studies for three days, he obviously faithfully complied. As the third day was ending, however, he stood outside to mark the exact time when the restriction would end. "Just as it is forbidden to delay Torah study for a minute, because of the mitzvah," he explained, "so is it forbidden to begin one minute too early, because of the mitzvah of guarding one's health."

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