

## The RYS Daily 10/30/06 Bread From a Gentile Bakery

From the Mussar Movement, Volume 1, Part 2, pages 221 - 222.

He once traveled to a health resort in Germany. He had a rabbi for a traveling companion. When the train stopped at a station en route, R. Israel went down and bought some bread rolls for his breakfast. The other rabbi had taken enough bread from home for the entire journey, and it was already turning stale. He did not wish to eat bread from a gentile bakery, and could not understand why R. Israel had not done likewise. R. Israel explained that he was on his way to a health resort. The expenses were being defrayed by a friend who had explicitly stipulated that R. Israel was to refrain from all stringencies that might be injurious to his health. He wanted R. Israel's recovery not to be impeded. Were R. Israel to take food from home for the entire journey, as the rabbi had done, he would have indeed avoided eating gentile bakery bread, which was merely an additional stringency,' while on the other hand by eating stale food, he would be transgressing the express Torah prohibition against robbery and deceit."

Earlier issues of The Daily Salanter are at  
<http://www.stevens.edu/golem/llevine/salanter/>