



Letter from
THE REBBE

The Path (and *Segulah*) to Health, Sustenance, and True *Nachas* From Children

If only teachers realized how powerful they are! A kind word or gesture can be remembered even decades later. Many times, even more powerful than anything taught is the example they set by the standards they keep, in and out of school.

Free translation, excerpted from *Igros Kodesh* Vol. 9, pg. 216:

Regarding the matters that were not included in the teachers' evaluation, the [female] teachers' dress is most important, of course, and not only in the older grades, but even in the younger grades. You must pay utmost attention to this. Especially, according to [the story that] was told, that in a certain village in the days of the Tzemach Tzedek, they removed a *shochet* from his position because he wore galoshes [which was a fashion statement in those days].

There's obviously no prohibition [in the Torah] against wearing galoshes, but it was an external sign of what was going on inside.

Free translation, excerpted from *Igros Kodesh* Vol. 8, pg. 204:

... It is explained in many places in the *Gemara* and *Zohar* that a woman's strengthening the ways of *tznius* is a sure way [to be blessed with] health, *parnassah*, and a lot of *nachas*, true *nachas*, from children and grandchildren. This depends on each one of you, to do this yourself and also to see to it that your good friends, relatives, and acquaintances should also know of the great potential that they have, and the success that is bound with it.

May the Aibershter help that each one of you should do this according to your fullest abilities and then the Aibershter will certainly fulfill His promise to give health, *parnassah*, and true *nachas* in full measure.

Free translation, excerpted from *Igros Kodesh* Vol. 27, pg. 16:

In connection to the question that several people have asked me regarding the length of [women's] dresses, my opinion of this is known, that the measurement that applies to all Jewish daughters **and in every*** place, is that the knees should be covered even while sitting. The above-written applies equally [to everyone] **and is the bare minimum.** *

* *Bold is in the original.*

Free translation, excerpted from *Igros Kodesh*, Vol. 8, p. 217:

In response to your letter in which you write that you are not clear about the purpose of wearing a *sheitel*: The purpose of a *sheitel* is that the hair be completely covered. Thus, if only a portion of the hair is covered, it is defeating its purpose.

You should also see to it that others act in a like manner, explaining to them that this is the path and *segulah* to health, sustenance, and true *nachas* from children.

This column was sponsored by an anonymous benefactor as a *zchus* for a dear friend who is a *dugma chaya* in *tznius* to her students and friends. May she see the *brachos* promised in these letters fulfilled, with *banei, chaye, mezonei b'rivichei, bkarov, now!*

Izzy Kalman is not just about school bullying



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*Izzy's book for youth, *Bullies to Buddies: A Torah Guide for Turning Your Enemies into Friends*, is sold on Amazon. Contact him directly for free review copies or bulk orders.*

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