

ונשמרתם
מאד
לנפשותיכם

SERVING
OUR CREATOR

— WITH A —

HEALTHY
BODY, MIND
AND SOUL

Given by Rabbi Larry Rothwachs

Monday Nights at 8:30

Congregation Beth Aaron, 950 Queen Anne Road, Teaneck NJ

This lecture series is generously
sponsored by the following families:

Rabbi Jay and Linda Goldmintz

Rabbi Mark and Linda Karasick

in honor of their children and grandchildren

Dr. Steve and Cathy Schuss

in memory of their parents, Naftali Herz ben Yizchok,
Miriam bas Avraham, and Shalom Tzvi ben Aharon

NOV
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The Torah Imperative and the
Halachic Parameters of Personal
Health Management

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Five Unhealthy Habits
of Orthodox Jews

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To Vaccinate or Not to Vaccinate?
A Halachic Perspective

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Matters of the Mind:
What Everyone Needs
to Know about Mental Illness

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Torah Living for the OCD, Anxiety
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Eating Disorders in the
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Genetic Testing and Preventive
Medical Intervention in *Halacha*
and *Hashkafa*

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Shemiras Shabbos vs. *Shemiras
HaNefesh*: Health Management and
Medical Treatment on *Shabbos*

רמב"ם הל' דעות ד:א – הואיל והיות הגוף בריא ושלם
מדרכי השם הוא, שהרי אי אפשר שיבין או ידע דבר
מידיעת הבורא והוא חולה, לפיכך צריך להרחיק אדם
עצמו מדברים המאבדין את הגוף, ולהנהיג עצמו
בדברים המברין והמחלימים

טור או"ח קנ"ה – מצוה להנהיג עצמו במידה טובה
והנהגה טובה לשמור בריאותו כדי שיהא בריא וחזק
לעבודת הבורא יתעלה

FIVE UNHEALTHY
HABITS OF
ORTHODOX JEWS

“HEALTHY” MITZVOS

- MODEH ANI
- TEFILLIN
- NETILAS YADAYIM
- DAILY PRAYER
- SHECHITAH
- KASHRUS
- BASAR B'CHALAV
- TAHARAS HAMISHPACHA
- MORE...

by Yedida Goldman

When the Rambam set out to describe the logic behind the *mitzvot* in his work *Sefer HaMitzvot*, the arguments he used to explain certain *mitzvot*, specifically when he posited hygienic motives, were met with a lot of opposition. *Mitzvot*, many people felt, should be observed because God commanded them, not because they do or do not make sense to mankind. Once reasons are assigned, suddenly it seems optional to keep the *mitzvot* if those reasons ever become obsolete, or if one does not think them logical. The aim of this article is not to provide a rational basis for keeping the *mitzvot*. Rather, the goal is to show that many of the *mitzvot*, whether they seem to make sense to us on a theoretical level or not, provide an actual health benefit to those who execute them. The *mitzvot* should not, and indeed, cannot, be kept for these reasons, for as Isaac Abravanel writes, “Heaven forbid that I should believe so [that the reasons for the forbidden foods are hygienic]. For if this were so, the Book of God’s Law would be in the category of a brief work among medical books...” Nonetheless, many studies have shown that observance of the *mitzvot*, and leading a religious lifestyle in general, has the ability to confer significant health benefits to the people who observe them. It is with the goal of illustrating some of these health benefits that I write this article.

Historically, the *mitzvot* have helped Jews remain significantly healthier than the people around them, especially in times when personal hygiene was an unknown concept, and medicine was essentially more harmful than helpful. During the Black Plague in Europe, for example, practices such as “regimented hand washing, care of the sick, and the immediate burial of the dead”¹ were all contributors to the lower incidence of the epidemic amongst Jews in contrast to the Christian society around them. In the past several hundred years, washing has become standard amongst all classes of society. This is, however, a relatively recent development; washing had previously been despised as a ritual for the masses, and even amongst the poor, at least in the

Yedida Goldman, a senior at Stern College for Women, is majoring in Twentieth Century Studies.

Is it Healthy to be Religious?

middle ages, it was believed that germs were carried in the air and water, and so washing and fresh air were avoided. The Talmud in *Sota* 4b, however, declared the exact opposite. “Whoever eats bread without first washing his hands is as though he had sinned with a harlot. Whoever makes light of the washing of his hands will be uprooted from the world. Whoever eats without scouring his hands is as though he eats unclean bread.” There are injunctions concerning the vessels used as well, such as “Rinse the cup before drinking and after drinking” (*Tamid* 27b). The religious practice of immersing oneself in the *mikvah* was another form of washing that Jews performed throughout history, ensuring that all married women, and most men, had a full wash at least once a month. To our society which is obsessed with cleanliness, that does not sound particularly hygienic, but at a time when no one washed, a monthly bath might have been the only consistent cleansing that a person would have.

In addition, the prohibition of eating animals that did not chew their cud and did not have split hooves, which essentially excluded pig meat from the Jewish diet, also conferred an important health benefit, due to the existence of the potentially dangerous parasites, known as trichinae, found in hog meat.² Certainly at a time when meat was usually not properly preserved or cooked, Jewish avoidance of pork was often tantamount to the avoidance of serious medical consequences.

The health benefits of the *mitzvot* are not, however, limited to ancient times when modern science had not yet shone the light of truth and wisdom on the world. Even today, and in some sense perhaps more so today, Jewish religious observance can provide significant health benefits. The laws of *shechita*, for example, governing the appropriate slaughter of animals, have usually been rationalized as the most humane way to kill an animal. Dr. David I. Macht, who taught physiology at Yeshiva College in the 1930’s and 1940’s, has shown that *shechita* actually makes meat healthier for human consumption. “...Blood obtained after severing the large vessels of the throat of warm-blooded animals, small and large, from the mouse to the ox, was less toxic for seedlings of *Lupinus albus*, than that obtained after slaughter of the same species of animals by cerebral concussion,

#1 OVERCONSUMPTION OF FOOD



- Shabbos – 3 meals
- Kiddushim
- Melava Malka
- Holidays
- Shalom Zachors
- Bar/Bat Mitzvahs
- Lchaim / Vorts
- Weddings
- Family gatherings
- Fundraising dinners
- Community Events, open houses, collations, etc.



Total Caloric Assessment of Shabbat Meals:

Dinner: 1 roasted breast of roasted chicken with skin (276) 2 pieces of Challah (160) 1 serving of brisket (327), 1 portion of Mixed green Salad with Italian dressing (87) 1 portion of gefilte fish (77), 1 cup of wine (83), ½ cup of concord grape juice (70), matzo ball soup (118), 1 portion of rice (111), 1 serving of marinated green bean salad (157), 1 portion of chocolate cake (352), 1 chocolate chip cookie (49) **Dinner Total**

Calories: 1867

Kiddush: 1 chocolate chip cookie (49), 1 bowl of meat Cholent, (253) 1 serving of potato kugel (299) 1 small cup of soda (coke)(182), 3 pieces of herring, (120) 4 Tam Tam crackers (60) 1 shot of scotch (97), 2 carrot slices and a piece of red pepper (8) **Kiddush Total Calories: 1068**

Lunch: 2 pieces of Challah (160), 1 serving of Cholent, (253) 1 chicken leg, (241) 1 servings of strawberry and spinach salad with balsamic vinaigrette dressing (250), 1 serving of baked 3oz salmon (150), 1 serving of quinoa salad (222), 1 serving of potato kugel (299) 1 glass of Moscato white wine (123), ½ cup of concord grape juice (70), 1 cup of Tropicana orange juice (110), 1 portion of Toffuti vanilla ice cream (130), 1 portion of chocolate cake (352) **Lunch Total Calories: 2360**

Third meal: 1 Challah bun (172), ½ cup serving of tuna salad (191) ½ cup serving of egg salad (222), 3 pieces of herring, (120), 1 serving of coleslaw salad (100), 2 tbsp of Hummus (30) **Third meal Total: 835**

Total Caloric Intake on Shabbat with Third Meal: 6130

But, wait...do calories consumed on
Shabbos count?

OF COURSE
THEY DO!!!

ספר החינוך מצוה תל (ברכת המזון) – ידוע הדבר ומפורסם כי השם ברוך הוא פועל כל הנמצא, וברא האדם והשליטו על הארץ ועל כל אשר בה, וממדותיו ברוך הוא שהוא רב חסד והוא חפץ בטובת בריותיו ורוצה להיותן ראויין וזכאין לקבל טובה מאתו, וזה באמת משלמותו ברוך הוא, כי לא יקרא שלם בטובה רק מי שהוא מטיב לאחרים זולתו, אין ספק בזה לכל בן דעת.

ירושלמי קידושין ד:יב – רבי חזקיה ר' כהן בשם רב עתיד אדם ליתן דין וחשבון על כל שראת עינו ולא אכל

משנה ברורה רכה:יט – כתבו האחרונים בשם הירושלמי דמצוה לאכול מעט מכל מין חדש בשנה והטעם כדי להראות שחביב עליו בריאתו של הקב"ה

גמ' נזיר יט. – תניא ר' אלעזר הקפר ברבי אומר, מה ת"ל (במדבר ו) וכפר עליו מאשר חטא על הנפש? וכי באיזו נפש חטא זה? אלא שציער עצמו מן היין וק"ו: ומה זה שלא ציער עצמו אלא מן היין נקרא חוטא המצער עצמו מכל דבר על אחת כמה וכמה

שו"ת אגרות משה חו"מ ב:סה – אם מותר לנהוג דייעט, כשמצטער מזה, בשביל יופי. ..הנה פשוט שאלו שנוהגין בהדייעט לרפואה שלא יחלה ולא יסתכן ודאי שאין מה לפקפק ולא על זה דן כתר"ה...ורק על אלו נשים שנוהגות בדייעט רק בשביל נוי ויופי שייך לידון אם מותר מאחר שמצטערות...היתר זה הוא מצער המניעה מדברים מתוקים שהצער הוא רק ממניעת הנאה שנחשב הנאה כנגד הנאה ובוחרת בהנאת הנוי שגדולה לה ביותר, אבל אם בהדייעט מצטערת ברעבון אף שהוא באופן שאין לחוש להתחלות מרעבון כזה (עיין שבת דף ל"ג ע"א) דאיכא צער ממש בעצם לא מצד תאוה, הוא כצער דחובל בגופו ממש שכתבתי שם שאסור להרוחת ממון ולשאר הנאות. ולכן היה נוטה לאסור להרעיב עצמן בשביל נוי ויופי.

ON THE OTHER HAND...

מס' יבמות כ. – אמר רבא קדש עצמך במותר לך

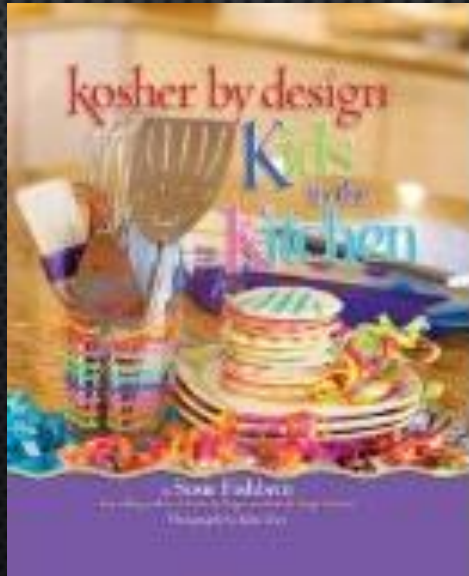
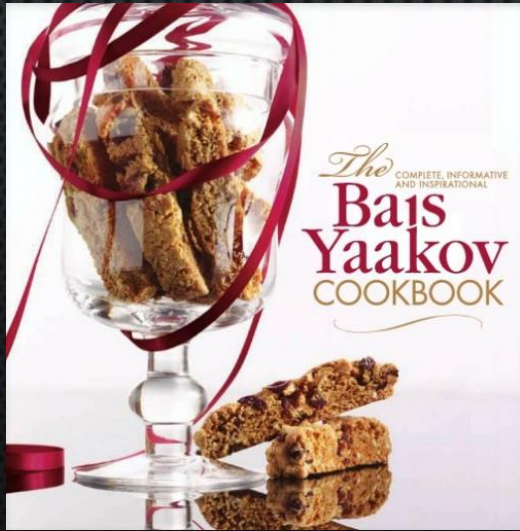
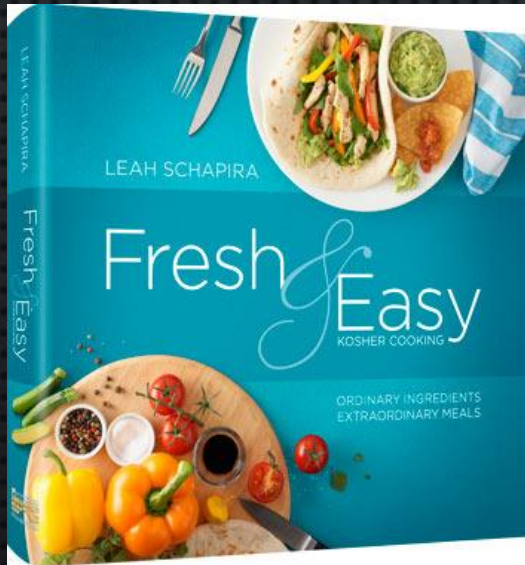
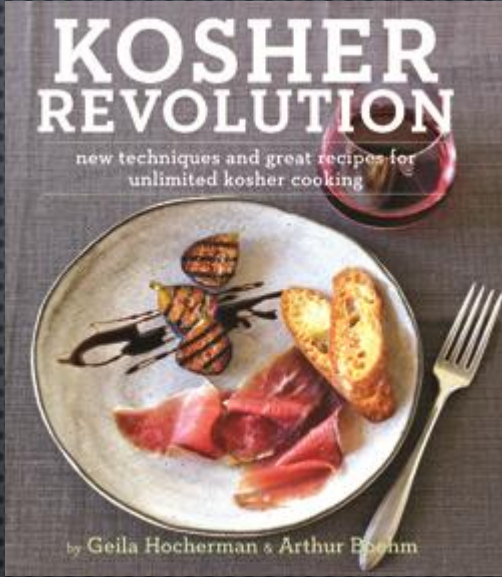
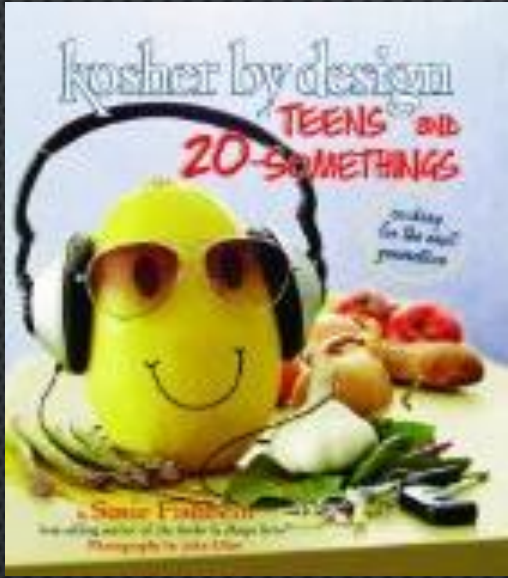
רמב"ן ויקרא יט:ב – והענין כי התורה הזהירה בעריות ובמאכלים האסורים והתירה הביאה איש באשתו ואכילת הבשר והיין, א"כ ימצא בעל התאווה מקום להיות שטוף בזמת אשתו או נשיו הרבות, ולהיות בסובאי יין בזוללי בשר למו, וידבר כרצונו בכל הנבלות, שלא הוזכר איסור זה בתורה, והנה יהיה נבל ברשות התורה. לפיכך בא הכתוב, אחרי שפרט האיסורים שאסר אותם לגמרי, וצוה בדבר כללי שנהיה פרושים מן המותרות. ימעט במשגל, כענין שאמרו (ברכות כב) שלא יהיו תלמידי חכמים מצויין אצל נשותיהן כתרנגולין, ולא ישמש אלא כפי הצריך בקיום המצוה ממנו. ויקדש עצמו מן היין במיעוטו, כמו שקרא הכתוב (במדבר ו:ה) הנזיר קדוש, ויזכור הרעות הנזכרות ממנו בתורה בנח ובלוט...

רמב"ם הל' דעות ד:א – הואיל והיות הגוף בריא ושלם מדרכי השם הוא, שהרי אי אפשר שיבין או ידע דבר מידיעת הבורא והוא חולה, לפיכך צריך להרחיק אדם עצמו מדברים המאבדין את הגוף, ולהנהיג עצמו בדברים המברין והמחלימים, ואלו הן: לעולם לא יאכל אדם אלא כשהוא רעב, ולא ישתה אלא כשהוא צמא, ואל ישהא נקביו אפילו רגע אחד, אלא כל זמן שצריך להשתין או להסך את רגליו יעמוד מיד.

שם הלכה ב – לא יאכל אדם עד שתתמלא כריסו אלא יפחות כמו רביע משבעתו, ולא ישתה מים בתוך המזון אלא מעט ומזוג ביין, וכשיתחיל המזון להתעכל במעיו שותה מה שהוא צריך לשתות...כללו של דבר יענה גופו וייגע כל יום בבקר עד שיתחיל גופו לחום וישקוט מעט עד שתתישב נפשו ואוכל, ואם רחץ בחמין אחר שיגע הרי זה טוב ואחר כך שוהה מעט ואוכל

ס' עלי שור ח"ב עמ' רמה

עוד ענין יש באכילה שצריך התלמדות. כרגיל, האוכל שמגישים לנו יש לו טעם טוב אך בכל בית קורה שמגישים אוכל שאינו אהוב עליו, או שהאוכל נשרף קצת או מלוח יותר מדי וכדומה. זהו מבחן להעובד אם הוא אוכל כדי להיות בריא או אם הוא אוכל רק לשם תאוה. ויש להיזהר בזה מאד ולעשות כלל לעצמו לאכול כל מה שבא על השולחן בלי שום הבדל אם טעמו משובח או לא; ויותר מזה: ישנם מפונקים ה"אוהבים" מאכל אחד ו"שונאים" מאכל אחר. והנה מהו ענין אהבה ושנאה במאכלים? הרי זהו ממש רק ענין של תאוה! אהבות כאלו צריך האדם לעקור מלבו. אהבת מאכלים אינה מעוגנת בצרכי הגוף; היא מידה מגונה ממש.



Va'AD HARABANIM - RABBINICAL COUNCIL OF BERGEN COUNTY INC.

Phone 201-287-9292 - Fax 201-287-1770 - rcbc18@aol.com

June 2014 - Sivan 5774

THE KOSHER DIRECTORY

The following establishments are under the kashrut supervision of the Va'ad Harabanim-Rabbinical Council of Bergen County as of June 2014. They are categorized according to their primary product lines. Several establishments carry multiple lines of products and services.

BAGELS (only uncut bagels at these stores are under supervision.)

Hot Bagels (Dairy)
6-07 Saddle River Road
Fair Lawn, NJ 07410
201-796-9625

Hot Bagels (Pareve)
976 Teaneck Road
Teaneck, NJ 07666
201-833-0410

BAGELS (all items at this store are under supervision and are Pat Yisrael)

Poppy's Bagels / TCBY
204 West Englewood Avenue
Teaneck, NJ 07666
201-862-0800

BAKERIES (Pat Yisrael)

Butterflake Bake Shop
448 Cedar Lane
Teaneck, NJ 07666
201-836-3516

Cake & Company
1378 Queen Anne Road
Teaneck, NJ 07666
201-530-7555

Desserts by Diane, LLC
11 Harold Street
Tenafly, NJ 07670
877-4DBD-CAKE

Liba's Challahs
11 Harold Street
Tenafly, NJ 07670
201-837-7636

Zadies Bake Shop
19-09 Fairlawn Avenue
Fair Lawn, NJ 07410
201-796-6565

BUTCHERS (Glatt)

Best Glatt Meat
543 Cedar Lane
Teaneck, NJ 07666
201-801-0444

Cedar Market
646 Cedar Lane
Teaneck, NJ 07666
201-855-8500

Food Showcase
24-28 Fairlawn Avenue
Fair Lawn, NJ 07410
201-475-0077

Glatt Express
1400 Queen Anne Road
Teaneck, NJ 07666
201-837-8110

Grand & Essex Market
89 New Bridge Road
Bergenfield, NJ 07621
201-244-9955

CANDY

Sweets on Cedar
488 Cedar Lane
Teaneck, NJ 07666
201-928-4100

World of Goodies
198 West Englewood Avenue
Teaneck, NJ 07666
201-833-9950

CATERERS (Glatt)

Black Tie Catering
11 Harold Street
Tenafly, NJ 07670
201-675-3711

Eighth Day Caterers
143A South Prospect Avenue
Bergenfield, NJ 07621
201-214-0803

Estihana of Teaneck
515 Cedar Lane
Teaneck, NJ 07666
201-530-5665

Kosher Creations
494 Cedar Lane
Teaneck, NJ 07666
917-239-2269

Ma'adan
446 Cedar Lane
Teaneck, NJ 07666
201-692-0192

Main Event Caterers
38 West Forest Avenue
Englewood, NJ 07631
201-894-8710

The Menageries
41 East Palisade Avenue
Englewood, NJ 07631
201-569-2704

Petak's Glatt Kosher Fine Foods
19-03 Fairlawn Avenue
Fair Lawn, NJ 07410
201-797-5010

Premier Caterers
60 Lehigh Avenue
Clifton, NJ 07012
201-250-9487

Yafe Caterers
1273 West Laurelton Parkway
Teaneck, NJ 07666
646-239-7411

FOOD PROVISIONS

Best Glatt Meat
543 Cedar Lane
Teaneck, NJ 07666
201-801-0444

Bumbleberries Yogurt
1445 Queen Anne Road
Teaneck, NJ 07666
201-357-4220

Cedar Market
646 Cedar Lane
Teaneck, NJ 07666
201-855-8500

Chickie's
172A West Englewood Avenue
Teaneck, NJ 07666
201-266-6033

Chopstix
172 West Englewood Avenue
Teaneck, NJ 07666
201-833-0200

Dovid's Fresh Fish Market
736 Chestnut Avenue
Teaneck, NJ 07666
201-928-0888

Food Showcase
24-28 Fairlawn Avenue
Fair Lawn, NJ 07410
201-475-0077

Glatt Express
1400 Queen Anne Road
Teaneck, NJ 07666
201-837-8110

Grand & Essex Market
89 New Bridge Road
Bergenfield, NJ 07621
201-244-9955

Kosher By The Case & Less
255 Van Nostrand Avenue
Englewood, NJ 07631
201-568-2281

Ma'adan
446 Cedar Lane
Teaneck, NJ 07666
201-692-0192

The Menageries
41 East Palisade Avenue
Englewood, NJ 07631
201-569-2704

Petak's Glatt Kosher Fine Foods
19-03 Fair Lawn Avenue
Fair Lawn, NJ 07410
201-797-5010

Pickle Licious
384 Cedar Lane
Teaneck, NJ 07666
201-833-0100

Prime Caterers & Take-out
176 South Van Brunt Street
Englewood, NJ 07631
201-871-0201

Rock N' Roll Sushi
1448A Queen Anne Road
Teaneck, NJ 07666
201-855-8500

Sushi Metsuyan
192 West Englewood Avenue
Teaneck, NJ 07666
201-837-8000

RESTAURANTS (Dairy)

Benjy's Kosher Pizza
1246 River Road
Fair Lawn, NJ 07410
201-773-6195

Café at the JCC on the Palisade
411 East Clinton Avenue
Tenafly, NJ 07670
201-569-7900

EJ's Pizza
1448 Queen Anne Road
Teaneck, NJ 07666
201-862-0611

Lazy Bean Café
1404 (Rear) Queen Anne Road
Teaneck, NJ 07666
201-837-BEAN

Mocha Bleu
1399 Queen Anne Road
Teaneck, NJ 07666
201-837-2538

Pizza Crave
439 Cedar Lane
Teaneck, NJ 07666
201-836-1700

Poppy's Pizza/TCBY
204 West Englewood Avenue
Teaneck, NJ 07666
201-862-0800

Rabica Restaurant Café
192 West Englewood Avenue
Teaneck, NJ 07666
201-837-7558

Teaneck General Store Café
502A Cedar Lane
Teaneck, NJ 07666
201-530-5046

RESTAURANTS (Meat, Glatt)

Estihana of Teaneck
515 Cedar Lane
Teaneck, NJ 07666
201-530-5665

Dougie's BBQ
184 West Englewood Avenue
Teaneck, NJ 07666
201-833-6000

Etc. Steakhouse
1409 Palisade Avenue
Teaneck, NJ 07666
201-357-5677

Gotham Burger Company
1383 Queen Anne Road
Teaneck, NJ 07666
201-530-7400

Hummus Elite
39 East Palisade Avenue
Englewood, NJ 07631
201-569-5600

The Kosher Experience
647 Cedar Lane
Teaneck, NJ 07666
201-692-7722

NoBo Wine & Grill
1400 Palisade Avenue
Teaneck, NJ 07666
201-837-1000

Perfect Pita
13-22 River Road
Fair Lawn, NJ 07410
201-794-8700

Royal Persian Grill
192 West Englewood Avenue
Teaneck, NJ 07666
201-833-1555

Sababa Grill
456 Cedar Lane
Teaneck, NJ 07666
201-530-0808

Schnitzel Plus
1450 Queen Anne Road
Teaneck, NJ 07666
201-833-2301

Shalom Bombay
166 Cedar Lane
Teaneck, NJ 07666
201-530-5939

Smokey Joe's
494 Cedar Lane
Teaneck, NJ 07666
201-836-7427

SENIOR RESIDENCES

Care One of Teaneck
544 Teaneck Road
Teaneck, NJ 07666
201-862-3300

Jewish Home Assisted Living
685 Westwood Avenue
Rivervale, NJ 07675
201-666-2370

Jewish Home at Rockleigh
10 Link Drive
Rockleigh, NJ 07647
201-784-1414

NOVELTY RENTALS

Kosher Concessions
244 Elm Street
Teaneck, NJ 07666
201-836-3770

Turn Over →

Turn Over →

דְּבָרִים לְבָטוּן - וְיִשְׁבֹּן וְיִשְׁרֹן
וְיִבְעֹט שְׂבִמְדֹת עַבְדֵי כְשִׁידֹת וְיִטְעֹ
א-כֹּהֵה עֲשֵׂהוּ וְיִזְבַּח צֹר וְיִשְׁעֵדְנוּ

MODELS OF CHANGE:

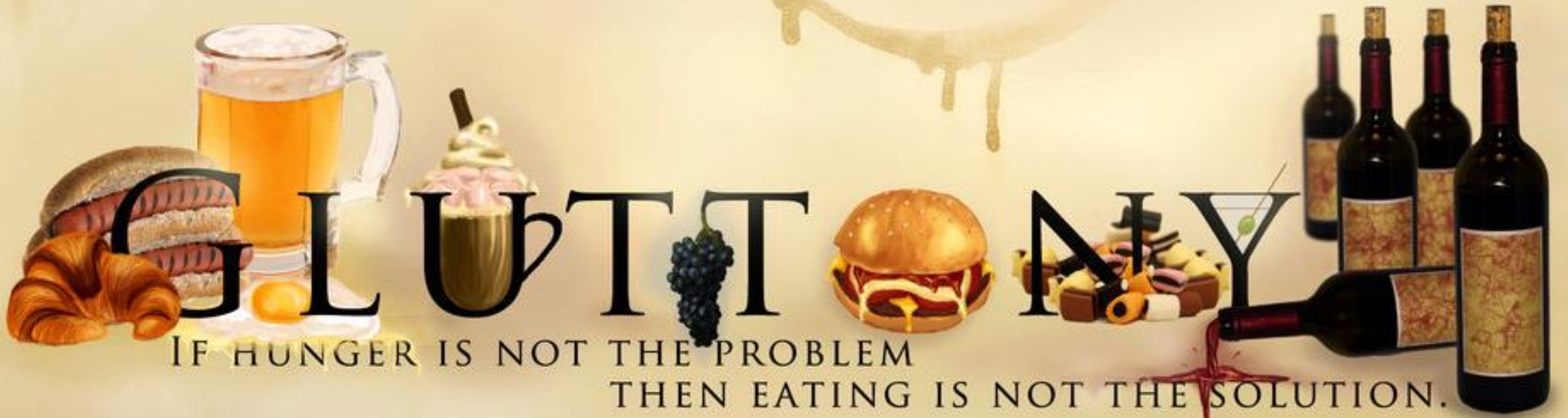
1) “Bottom-Up”

2) “Top-Down”

Do you remember when a shabbos meal consisted of a piece of fish or a slice of melon, or a bowl of soup followed by one main dish, one side dish, and one kugel and ending with dessert of fruit or one cake? Now our meals have endless courses, multiple main dishes, countless side dishes, and practically a Viennese table of dessert. Our Bubbie's gefilte fish, chicken and matzah ball soup and simple recipes are not sophisticated enough for us. We need tri-colored gefilte fish, tri-colored matzah balls, and menus that would challenge the Next Iron Chef...

Fewer courses and fewer options at our Shabbos meals will lessen the financial burden, physical drain and even emotional stress on those shopping for and preparing the meal. Setting food up on a buffet rather than leaving it on the table will eliminate mindless nibbling and noshing at endless meals. Being forced to get up to get more food will likely increase thoughtfulness about whether or not we are really still hungry. Even if we enjoy spending all evening or afternoon with friends, we should bench as soon as the meal is done and enjoy each other's company on the couch or around an empty table, rather than sit there and continue to eat, even though we are beyond full.

- Rabbi Efrem Goldberg, Boca Raton Synagogue



IF HUNGER IS NOT THE PROBLEM
THEN EATING IS NOT THE SOLUTION.

#2 OVEREXPOSURE TO

STRESS



- 43% of all adults suffer adverse health effects from stress.
- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress can play a part in problems such as headaches, high blood pressure, heart problems, cancer, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

Possible reasons for high stress rate in orthodox Jewish community, relative to general population:

- Family size
- 2 working parents
- Yeshiva tuition (*)
- General cost of living, costs of making *smachot*
- Social pressures
- *Shidduch* crisis
- Long holidays, short Fridays
- Focus on personal growth and religious development

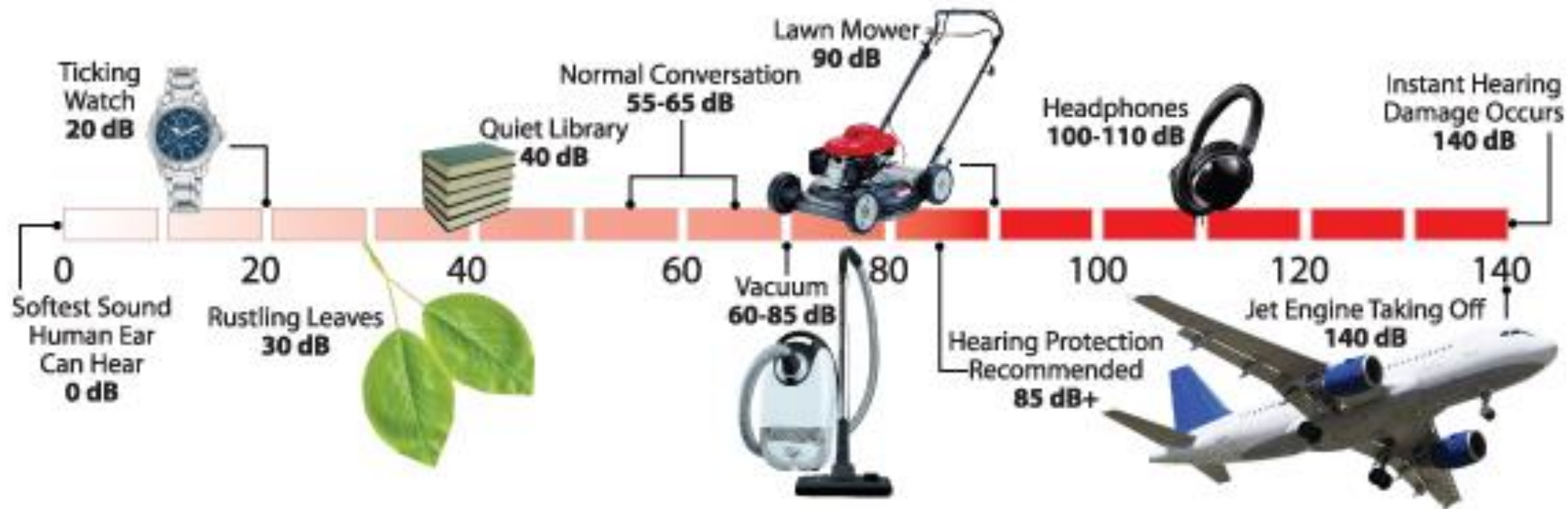
Stress Reducers:

- Exercise
- Healthy diet
- Sleep
- Meditation (prayer)
- Better organization
- Limit internet / cell phone use
- Learn *Torah*

#3 EXPOSURE TO HARMFUL NOISE LEVELS

- 30,000,000 people in US suffer from hearing loss
- Over 10,000,000 suffer as a direct result of exposure to noise
- Noise-induced hearing loss can be immediate or it can take a long time to be noticeable.

| Noise Level Examples | Class | SLC80dB | Allowable Noise Level Range | | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------|-----------|---------|
| Ringing Telephone - 80dB Loud Radio - 80dB Busy Traffic - 80dB Band Saws - 85dB | 1 1 1 2 | 10 to 13 10 to 13 10 to 13 14 to 17 | Less than 90db Less than 90db Less than 90db Less than 90db | SAFE AREA | | |
| Power Lawn Mower - 90dB Belt Sander - 93dB Tractor - 96dB Electric Drill - 98dB Bulldozer - 105dB | 2 2 3 3 4 | 14 to 17 14 to 17 18 to 21 18 to 21 22 to 25 | 90 - 95db 90 - 95db 95 - 100db 95 - 100db 100 - 105db | | RISK AREA | |
| Blasting - 110dB Nail Gun - 110dB Chainsaw - 120dB Propeller Aircraft - 120dB Gun Shot - 130dB Rivetting Hammers - 130dB Jet Engine Aircraft - 140dB | 5 5 5 5 5 5 5 | 26 to 36 26 to 36 26 to 36 26 to 36 26 to 36 26 to 36 26 to 36 | 110 - 115db 110 - 115db 115 - 120db 115 - 120db 125 - 130db 125 - 130db 135 - 140db | | | HARMFUL |





Breaking News

Israeli civilian stabbed in Gush Etzion terror attack

Chasuna Alert: We are Serving Treif at Our Weddings

By Rabbi Yair Hoffman

What would you say if you were informed that “treif” has been served at thousands of Orthodox Jewish weddings for the past decade and more? It is likely that you would be pretty upset.

Yet, if you have gone to a religious Jewish wedding recently, it is highly probable that you consumed this Tarfus. What is perhaps more scandalous is that numerous people are aware of it. And until now, most of those people have done nothing about it. Sadly, if either the catering hall, the Chasan, the Kallah, any parent, or the Rosh Yeshiva would want to – it can be stopped almost instantly.

The underlying issue is the noise-induced hearing loss brought about by the excessively earsplitting music. Recently, this author measured the sound of the band at a wedding with a decibel meter. The noise levels were not just at the danger range – but far, far, past it.

The Tarfus being referred to is a negation of three different Mitzvos. There is the first Mitzvah of “veNishmartem me’od b’nafshosaichem (Dvarim 4:9) – the Mitzvah of protecting our health and well-being. The verse later on

“...How many decibels are typical sounds? A refrigerator hums at 45 decibels. Human beings speak at 60 decibels. A rav can speak at about 80 decibels. Manhattan city traffic can hit 90 decibels. A revving motorcycle can hit 100 decibels. A siren screeches at 120 decibels. An Uzi submachine gun is about 140 decibels. So what level did the band reach? Near the band at the actual wedding, my unit measured 142. That’s right, above a submachine gun. Deafening. At the tables, where you could not hear normal conversation, it was above 110. Now it could be that my unit was not calibrated well, but after having purchased another unit and measuring other readings against each other, it seems that the calibration was accurate.”

Kol Sasson V'kol Simcha: Halachic Considerations Of Loud Wedding Music

Jason DiPoce, MD, radiology at Staten Island University Hospital

Rabbi Shalom Buchbinder, MD, chairman radiology At Staten Island University Hospital and professor at Albert Einstein College Of Medicine

- The Scientific Underpinnings Of Damage Caused By Music
- Relevance To The Jewish Wedding Scene
- Possible Prohibitions
- Halachic Considerations Of Damaging Oneself
- Paining Oneself
- Misameach Chosson V'kallah
- Making Sacrifices To Gladden The Bridegroom And Bride
- Metaphysical Protection
- Possible Prohibitions Related To Plying Loud Music
- Grama / Garmi: Indirect Damage

SOLUTIONS?

Extremely loud sounds are ringing throughout our communities at Jewish weddings.² Of note, Israel now requires catering halls to install decibel meters to automatically register noise levels. If the level exceeds 85 decibels, electricity is automatically cut. Failure to comply with the new law results in the loss of an operating license. The Israeli Environmental Affairs Ministry recorded that prior to the law the average level of noise exceeded 100 decibels.³



#4 ALCOHOL EXPOSURE AND CONSUMPTION

You might be dependent on alcohol if you have three or more of the following problems in a year:

- You cannot quit drinking or control how much you drink.
- You need to drink more to get the same effect.
- You have withdrawal symptoms when you stop drinking. These include feeling sick to your stomach, sweating, shakiness, and anxiety.
- You spend a lot of time drinking and recovering from drinking, or you have given up other activities so you can drink.
- You have tried to quit drinking or to cut back the amount you drink but haven't been able to.
- You continue to drink even though it harms your relationships and causes physical problems.

Alcoholism is a long-term (chronic) disease. It's not a weakness or a lack of willpower. Like many other diseases, it has a course that can be predicted, has known symptoms, and is influenced by your genes and your life situation.

But...

Why is this listed as an unhealthy habit of orthodox Jews?

- Higher prevalence of shame and denial in orthodox Jewish community (*)
- Frequent exposure to alcohol, without sufficient education and prevention
- Common perception that drinking intoxicating beverages is a form עבודת ה'

#5 CARBON MONOXIDE
LEAKAGE AND EXPOSURE,
FIRE (UN)SAFETY



Carbon monoxide is a colorless, odorless, and tasteless gas. Too much carbon monoxide can greatly diminish your ability to breathe, leading to serious tissue damage. Carbon monoxide poisoning can lead to death.

Carbon monoxide poisoning is caused by exposure to a high concentration of this odorless and tasteless gas. The air you breathe can become contaminated, leading to serious health problems. Carbon monoxide poisoning can lead to death.

Carbon monoxide is produced by appliances and other devices that generate combustion fumes, such as those that burn gas or other petroleum products, wood and other fuels. The danger occurs when too much carbon monoxide accumulates in a confined, poorly ventilated space.



ל"ג בעומר
Lag B'Omer



#6 WALKING
WITHOUT
REFLECTOR BELTS

#7 TEXTING AND DRIVING

ונשמרתם
מאד
לנפשותיכם

SERVING
OUR CREATOR

— WITH A —

HEALTHY
BODY, MIND
AND SOUL

Given by Rabbi Larry Rothwachs

Monday Nights at 8:30

Congregation Beth Aaron, 950 Queen Anne Road, Teaneck NJ

This lecture series is generously
sponsored by the following families:

Rabbi Jay and Linda Goldmintz

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in honor of their children and grandchildren

Dr. Steve and Cathy Schuss

in memory of their parents, Naftali Herz ben Yizchok,
Miriam bas Avraham, and Shalom Tzvi ben Aharon

NOV
24

The Torah Imperative and the
Halachic Parameters of Personal
Health Management

DEC
1

Five Unhealthy Habits
of Orthodox Jews

DEC
8

To Vaccinate or Not to Vaccinate?
A Halachic Perspective

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Matters of the Mind:
What Everyone Needs
to Know about Mental Illness

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Torah Living for the OCD, Anxiety
Disordered or Struggling Addict

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5

Eating Disorders in the
Jewish Community: Prevention,
Detection and Treatment

JAN
12

Genetic Testing and Preventive
Medical Intervention in *Halacha*
and *Hashkafa*

FEB
2

Shemiras Shabbos vs. *Shemiras
HaNefesh*: Health Management and
Medical Treatment on *Shabbos*

