

Focus on Health

■ As a formerly obese person, I read with great interest the series of articles on health (spring 2008). Finally, a magazine has addressed some of the health issues that face the *frum* community.

I have noticed that a number of other communities have taken it upon themselves to challenge their members to lose weight and get into better shape. Yet I have never heard of a rabbi challenging his congregants to lose weight together.

I feel it is time for us as a community to start to take our health seriously and to address [our lack of] physical fitness.

ELI CELNIK

Valley Village, California

As someone who has recently lost a significant amount of weight after many years of neglecting my health, I want to offer you kudos on the articles about the dangers of obesity and bad eating. I would like to add one idea that might help your readers lose weight and regain their health. Towards the beginning of my weight loss, I signed up with Team Lifeline, a program run by Chai Lifeline. I committed to run a half-marathon and raise money on behalf of this organization. Within months, I lost a significant amount of weight. Combining *chesed* with a healthier lifestyle created a win-win situation for myself and for all of the individuals and families that are helped by Chai Lifeline.

Rabbi Pesach Sommer

Los Angeles

Ronald Nagel's "Pediatric Obesity: A Challenge for the Orthodox Jewish Community," (spring 2008) is a great and necessary article. However, another cause of obesity not mentioned in the article is the lack of physical education classes in Jewish day schools, especially the high schools. The kids snack, sit all day

and have little or no physical education. It's time that the complete child is taken into consideration when planning the school day. If there is no emphasis on physical movement in school, then the child learns that it is not important.

Debra Stomel

Ma'ale Adumim, Israel

A Singular Happiness

■ I'm writing in response to Devora Jaye's "Life As a Happy Single Person" (spring 2008). My daughter Devorah didn't buy couches; she bought a house. And she is single! One doesn't put one's life on hold simply because one is not married. Yes, my daughter is *frum* and unmarried, but she recognizes that managing her finances is a necessity.

Marion Gold

Toronto

What [Devora Jaye] writes is true. There is no reason why [single people] should have to be "bottom feeders" while we wait for our *zivugs* (partners). [Being single gives us] the time to develop ourselves, work on strengthening our weaknesses and discovering the beauty behind every one of our individual challenges. Yes, it is not easy to feel a part of a Jewish community when you are not taken as seriously as you would be if you were married—almost as though marriage suddenly bestows some magical wisdom. [But] being single is a hidden treasure, and both married and single people should recognize that we all have our challenges to deal with, specific to each person and hand-picked by Hashem. ... I'm a much more developed person than I was a few years ago and I can clearly see the *Yad Hashem* in [my being single]. When the time is right and the person is right, that's the only time I want to be married.

Y Goldberg

Toronto

Jewish Action

THE MAGAZINE OF THE ORTHODOX UNION

www.ou.org/jewish_action

Editor

Nechama Carmel
carmeln@ou.org

Literary Editor

Matis Greenblatt

Assistant Editor

Natanya Herzstein

Kashrut Editor

Rabbi Dr. Eliyahu Safran

Contributing Editors

Rabbi Yitzchok Adlerstein

Dr. Judith Bleich

Rabbi Emanuel Feldman

Rabbi Hillel Goldberg

Rabbi Joseph Grunblatt

Daisy Maryles

Rabbi Sol Roth

Rabbi Jacob J. Schacter

Rabbi Berel Wein

Media Sales Director

Barry Mase
845.270.3106
maseb@ou.org

Israel Advertising Representative

Lisa Rubin 972.54.721.1968

Subscriptions

Eva Holczer 212.613.8137

Design

KZ Creative

ORTHODOX UNION

President

Stephen J. Savitsky

Chairman, Board of Directors

Harvey Blitz

Vice Chairmen, Board of Directors

Seymour J. Abrams

Morry Weiss

Chairman, Board of Governors

Martin Nachimson

Vice Chairman, Board of Governors

Jay L. Schottenstein

Publications Commission

Gerald M. Schreck, Chairman
Joel M. Schreiber, Chairman Emeritus

Executive Vice President

Rabbi Dr. Tzvi Hersh Weinreb

National Director of Planning and Communications

David Olivestone

© Copyright 2008 by the Orthodox Union.
Eleven Broadway, New York, NY 10004.
Telephone (212) 563.4000 • www.ou.org
Periodicals Postage Paid, New York, NY
and at additional mailing offices.

Printed in Canada



Designed For Their Futures

ETHEX Offers Kosher Prenatal Vitamins!



ETHEX, the nation's leading provider of prenatal vitamins¹, is OU kosher certified for **Advanced NatalCare[®]**, **Advanced-RF NatalCare[®]** and **NutriNate[®] Chewable** tablets and OU-dairy kosher certified for **Ultra NatalCare[®]** tablets. The different formulations contain vitamins and minerals designed to help improve nutritional status before, during and after pregnancy. To be sure you are getting the prenatal vitamin you prefer, insist on ETHEX.

ETHEX
CORPORATION
www.ethex.com

Please see accompanying brief prescribing information. ¹IMS America, Retail & Provider Perspective MAT, November 2007.

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Advanced NatalCare®
Prenatal Vitamins

Rx Only

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.
WARNINGS: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient. Folic acid in doses above 1.0 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations remain progressive.

ADVERSE REACTIONS: Adverse reactions with iron therapy may include constipation, diarrhea, nausea, vomiting, dark stools and abdominal pain. Adverse reactions with iron therapy are usually transient. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

HOW SUPPLIED: NDC 58177-350-26 bottle of 90 tablets.
P4488-1 08/06

Advanced-RF NatalCare®
Prenatal Multivitamin/Multimineral Tablet

Rx Only

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.
WARNINGS: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient. Folic acid in doses above 1.0 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

ADVERSE REACTIONS: Adverse reactions with iron therapy may include constipation, diarrhea, nausea, vomiting, dark stools and abdominal pain. Adverse reactions with iron therapy are usually transient. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

HOW SUPPLIED: NDC 58177-458-26 bottle of 90 tablets.
P4362-2 11/07

NutriNate® Chewable
Chewable Prenatal Multivitamin Tablet with Iron

Rx Only

CONTRAINDICATIONS: NutriNate® Chewable is contraindicated in patients with known hypersensitivity to any of its ingredients. Also, all iron compounds are contraindicated in patients with hemosiderosis, hemochromatosis, or hemolytic anemias. Pernicious anemia is a contraindication, as folic acid may obscure its signs and symptoms.

WARNINGS: Folic acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where Vitamin B₁₂ is deficient

PRECAUTIONS: General: Folic acid in doses above 1.0 mg daily may obscure pernicious anemia, in that hematologic remission can occur while neurological manifestations remain progressive.

Pediatric Use: Safety and effectiveness in pediatric patients have not been established.

Geriatric Use: Clinical studies on this product have not been performed in sufficient numbers of subjects aged 65 and over to determine whether elderly subjects respond differently from younger subjects. In general, dose selection for an elderly patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy.

ADVERSE REACTIONS: Folic Acid: Allergic sensitizations have been reported following both oral and parenteral administration of folic acid. **Ferrous Fumarate:** Gastrointestinal disturbances (anorexia, nausea, diarrhea, constipation) occur occasionally, but are usually mild and subside with continuation of therapy and physician encouragement. Although the absorption of iron is best when taken between meals, occasional G.I. disturbances may be controlled by giving NutriNate® Chewable shortly after meals.

HOW SUPPLIED: NutriNate® Chewable Tablets for oral administration are supplied as round, tan, mottled tablets, debossed "351" over bisect, on one side and debossed "ETHEX" on the other side, in bottles of 90 tablets (NDC 58177-351-26).
P4509 06/04

Ultra NatalCare®

Prenatal Multivitamin/Mineral Tablets

Rx Only

CONTRAINDICATIONS: This product is contraindicated in patients with a known hypersensitivity to any of the ingredients.

WARNINGS: Folic Acid alone is improper therapy in the treatment of pernicious anemia and other megaloblastic anemias where vitamin B₁₂ is deficient. Folic acid in doses above 1.0 mg daily may obscure pernicious anemia in that hematologic remission can occur while neurological manifestations progress.

ADVERSE REACTIONS: Adverse reactions with iron therapy may include constipation, diarrhea, nausea, vomiting, dark stools and abdominal pain. Adverse reactions with iron therapy are usually transient. Allergic sensitization has been reported following both oral and parenteral administration of folic acid.

HOW SUPPLIED: NDC 58177-292-04 bottle of 100 tablets.
P4368-1 09/06

Manufactured by
KV Pharmaceutical Co. for
ETHEX Corporation
St. Louis, MO 63044

ETHEX
CORPORATION

The Laws of Shivah: A Clarification

■ In my summer 2008 article ("What's the Truth about ... Sitting Shivah on Erev Shabbat?"), I wrote that "... a mourner may travel so as to finish sitting shivah at another location." Recently, Rabbi Dr. Moshe Bleich mentioned to me that this point requires clarification. I am grateful to him—indeed, the halachah is nuanced and should be explicated.

It is preferable for one to sit shivah either in the house where the deceased died or where he had lived. But shivah may be observed anywhere—even in a place that is far from the cemetery. The trip to this location may be taken following the burial. However, once shivah commences, the halachah is clear that the mourner should not leave the shivah house so that he not be distracted from his mourning (SA, YD 393:2). He should not leave even for the performance of a mitzvah. Many authorities prohibit the mourner from attending shul even if there is no minyan in the shivah house (SA, YD 393:3; Nitei Gavriel, Aveilut, vol. 1, p. 480, n. 8-9). A mourner may leave the house in the case of a great need, such as if he needs to sleep in another house. It is preferable, however, that he leave late at night when there are no longer people in the street, and he return early in the morning before the streets are full of people (Rema, YD 393:2; Iggerot Moshe, YD 2:172).

It would thus seem that a mourner should not leave the shivah house to sit the remainder of the time at another location. And indeed that is the position of Rabbi Joseph B. Soloveitchik (according to oral testi-

monies) and Rabbi Shlomo Zalman Auerbach (as reported by his student Rabbi Avigdor Halevi Nebenzahl in *Meolam vead Olam*, p. 29, n. 10) as well as many of their students.

As noted, a mourner may leave if there is great need. Some contemporary authorities view the need to be consoled or the need of others to console as sufficient need. Therefore, Rabbi Mordechai Elyahu (*Tzror Hachaim* 95) and Rabbi Shlomo Aviner (*She'eilot Shlomo* 5:72) both permit moving locations in the middle of a shivah. Rabbi Feivel Cohen in *Badei Hashulchan* (393:3) quotes the *Ohr Zarua* in support of permitting such a move and offers no dissenting opinion. In his *Biurim*, he offers a lengthy justification and discussion of this ruling, and concludes that this seems to be the normative practice.

My original statement, that a mourner may travel so as to finish sitting shivah at another location, is thus not a universally agreed-upon halachah. On the other hand, moving locations during shivah does have a halachic basis. Today, it is very common and is permitted *ab initio* by certain authorities.

ARI ZIVOTFSKY
Beit Shemesh

Is your son or daughter going away to college?

The Orthodox Union cares about Jewish students! We will provide a subscription to *Jewish Action* free of charge to college students living away from home (in the USA).

To send a subscription, e-mail ja@ou.org or call 212-613-8137.

Correction

In "A Perek a Day" by Shira Penn (summer 2008), a prominent *maggid shiur* was inadvertently omitted from the list of those who have presented Nach Yomi to date. Rabbi Menachem Leibtag, founder of the Tanach Study Center, has been with the program since its inception, providing an in-depth *shiur* on most of *Nevi'im Rishonim* and the daily *shiur* for Yirmiyahu.

EXPLORE YOUR **WILD** SIDE



Nina Raye

PHONE: 201.939.5100 ~ FAX: 201.939.5222