MISCELLANEOUS TOPICS

ABORTION

Abortion

Abortion is normally not permitted, except:

- To save the mother's life, or
- Sometimes when necessary for the health of the mother (but that can also be her mental health--consult a *rabbi*), or
- When a fetus cannot be born alive.

Even Down's syndrome and other developmental or genetic problems may not be enough to justify abortion, but an expert *rabbi* should be consulted since this is a very complicated area.

ANGELS

Asking Angels for Help

You may ask angels to intercede, as is done in *Shalom Aleichem*, in which people ask the angels to ask God for the help that they want. But you may not ask angels to help you directly.

BAR MITZVA

Bar Mitzva and Adar 2 Birthday

If a boy born in Adar 2 will be *bar mitzva* in a year with only one Adar, his *bar mitzva* is in Adar, not in *Nisan*. If a boy born in Adar 1 will be 13 years old in a year with two Adars, his *bar mitzva* will be in Adar 2.

BEDROOM LIGHT

Bedroom Light

A bedroom should have enough light to see a person if you sleep alone. Any detectable light is sufficient.

BUSINESS OWNERSHIP

Owning Business that Violates Torah Law

Owning a business that has any violations of *Torah* laws is forbidden.

EXAMPLES A Jew may NOT:

- Own a non-*kosher* restaurant that sells food containing meat and *milk* that have been cooked together.
- Own or operate a business that is open on *Shabbat* or *Jewish festivals*.

NOTE You may sell your business to a non-Jew for *Shabbat* and *Jewish festivals*, but consult a *rabbi* for details.

Stockholder in Business that Violates Torah Law

You may be a minority owner or shareholder in a business that violates *Torah* law, but not if the majority of the business is owned by Jews (even if they are not *shomer Shabbat* Jews). Consult a *rabbi* for details and exceptions.

CHALLA SEPARATION

When To Separate Challa (Hafrashat Challa)

You must separate a small portion of dough for the *cohanim/priests* whenever you make bread, rolls, or pizza of the *Five Grains* in certain quantities. This separated portion is called "*challa*."

NOTE Since there is no *Temple* at present, we burn the portion of dough.

The requirement to separate *challa* applies to dough baked at home or commercially (such as a pizza shop), whether for eating on weekdays or for *Shabbat*/*Jewish festivals*. For more details, see *Challa*.

CHAZAKA/THREE TIMES

CHAZAKA/THREE TIMES

Any action that is done three times consecutively is assumed to be a promise (*neder*)/permanent habit unless you determine ahead of time that it should not be (you do not need to say so out loud, just think it).

NOTE The principle that doing something three times is considered a *neder* only applies to a good custom ("*minhag tov*") or to a *mitzva*.

CONTRACEPTION

Contraception

Contraception is generally not permitted for men (contraceptives, vasectomy, etc.); for women, consult a *rabbi*.

CONVERTS

Non-Jew Must Violate Shabbat

A non-Jew is not permitted to observe *Shabbat* completely. He or she must do at least one violation. This is relevant for people who are in the process of converting to Judaism.

Minor Child Convert: Status

A minor child who has converted to Judaism is considered to be Jewish even though he or she is permitted to decline to stay Jewish once reaching 12 (for girls) or 13 (for boys) years old. He or she may handle uncooked wine once he/she has converted.

Minor Child: How To Convert

A minor child is converted to Judaism the same way as an adult: immersion into a *mikva* and, for a boy, circumcision (which must be done before immersion in a *mikva*).

NOTE A child may not be converted against the will of the child's parent or guardian.

Bet Din

A *bet din* (religious Jewish men constituting a court of Jewish law) is needed for a conversion at the *mikva* and also for a *brit mila* for the purpose of conversion.

DAY

Beginning of Jewish Day

For all practical purposes, the Jewish day always starts at or near sunset (*Yom Kippur* starts slightly before sunset).

Halachic Day

A *halachic* "day" is usually from sunset of one day to nightfall of the subsequent day regarding: cutting nails; *kaddish*, etc.

DOORMAT

Shalom Doormat

You should not own nor step on a doormat that says "*Shalom*."

REASON This is one of God's names.

FORBIDDEN TO BENEFIT FROM (ASUR B'HANA'A)

What Jews May Not Benefit From

Jews are forbidden from benefiting (*asur b'hana'a*) in any way from:

- *Bechor* (first-born male) of a Jewish-owned goat, sheep, or cow
- *Chametz* on *Passover*
- Idols
- *Kilei ha'kerem*
- Mixtures of *milk* cooked with meat
- *Orla*
- *Yayin nesech* and possibly *stam yeinam.*

FORGETFULNESS

End of Bread Loaf and Forgetfulness

Eating the end of a loaf of bread is permissable and does not promote forgetfulness.

Using Clothing as Pillow and Forgetfulness

You may use clothing as a pillow even though it may cause forgetfulness.

GOOD ADVICE

Throwing Out Bread

Bread should never be thrown into trash or garbage. If you have leftover bread (or *matza*), crumble it and wash it down the sink. This is not a *halacha*, it is considered to be good advice.You may also put it next to your compost pile or on top of paper on top of your compost pile.

GRAMMAR/PRONUNCIATION

GRAMMAR

VaYanuchu Vah

Say v*a'yanuchu* "*vah*" in the *Shabbat amida* for all three prayer services plus *musaf*. Some prayer books have "*vah*" (in her) at night, "*voh*" (in him) for Saturday morning, and "*vam*" (in them) for Saturday afternoon.

PRONUNCIATION

Elo-ah

Pronounce God's name (spelled *aleph*, *lamed*, *vav*, *heh*) as *Elo-ah*, not *Elo-ha*.

HaMagbi-ah

The person who lifts up the *Torah* after it is read is called *ha'magbi-ah*, not *ha'magbi-hah*.

Hodo

When returning the *Torah* to the ark in the *synagogue*, the word is *hodo* (His glory), not *ho-DOO* (praise Him).

Yissaschar/Yissachar

When reading the *Torah*, do not pronounce the name *Yissachar* as it is spelled (*Yissaschar*).

NOTE Some people do read it as spelled but only the first time it appears in the *Torah*—that it, when he was born.

HAIRCUTS/SHAVING

Shaving the Five Corners of the Beard

Men are forbidden from shaving the five corners of their beards with a razor blade, but since there are many opinions of what constitutes the five corners, razors may not be used at all when shaving.

NOTE A razor is defined as a blade that can cut without having an opposing surface against which to cut.

Women and Razor Blades

Women may shave any parts of their bodies using razor blades.

When Haircuts and Shaving Are Forbidden

Here are the times when men and women are forbidden to get haircuts and men are forbidden to shave, including their necks (from most severe restrictions to least):

Most Severe Restrictions

- Mourner for parents (no shaving for the first 30 days and no haircut until three months after his or her previous haircut).

  NOTE If mourning for other relatives, you may get a haircut after 30 days.

- From Saturday night before *Tish'a B'Av* until the evening after *Tish'a B'Av*.
- *Chol ha'moed*.

Next Most-Severe Restrictions

Shiv'asar B'Tamuz (17th of *Tamuz*) until the evening after the *Shabbat* preceding *Tish'a B'Av*.

Least-Severe Restrictions

During 33 of the 49 days of counting the *omer* (*sefirat ha'omer*); that is, either from the second day of *Passover* until *Lag Ba'Omer* (33rd day of the *omer*) OR from *Rosh Chodesh Iyar* until the day before *Shavuot*, according to your custom.

NOTE Conditions that may allow leniency are if you might lose your job or otherwise lose a large sum of money.

Rabbis and Beards

It is traditional for *rabbis* to grow beards but it is not required.

Cutting Boys' Hair at Age Three

Cutting boys' hair at three years old is a custom (mainly originated through Chasidim) that some people have and is not a *halacha*.

IDOLATRY

Saying the Names of Gods of Other Religions

You may not speak the names of the gods of other religions, in any language that is commonly used in the country in which you are currently.

NOTE This only applies to gods that are still being worshiped at the present time (so this would exclude ancient Greek and Roman gods unless people are still praying to them in your country!).

IMAGES

Photographs of Sun or Moon

You may not take a photograph of the sun or the moon by itself and for the purpose of having an image of it, but you are not forbidden from having them in a photograph of another subject.

Photographs, Diagrams, and Worship Symbols

You may print photographs or diagrams of gods, items used for worship, or symbols used in those religions, as long as the gods are no longer worshiped (Egyptian gods, the ankh, etc.)

JEWISH EDUCATION

INTRODUCTION TO JEWISH EDUCATION

Introduction to Education

Jewish parents are required to give their children a Jewish education. Historically, most children learned what to do by observing their parents in their homes. Now, much Jewish education takes place in schools.

JEWISH EDUCATION: GIL CHINUCH

What Is Gil Chinuch

Age of Jewish education (*gil chinuch*) is when a child is old enough to understand the concept behind whatever *halacha* or observance is being taught (and not just what to say or what to do).

When Is Gil Chinuch

The age of Jewish education (*gil chinuch*) is more or less 6 years old but may vary with the intelligence, personality, and maturity of the child and with the particular *halachic* principle involved.

Who Determines Gil Chinuch

Whoever is teaching is permitted to judge what the child might understand. *RMH* does not approve of teaching children before they can understand. The only exception is that as soon as children start to speak, they should be taught the first sentence of the *shema* and "*Torah tziva lanu Moshe*….".

JEWISH OUTLOOK

Personal Statement of Why Something Happened

Someone's statement of why they merited something is just their opinion and may not be the true reason.

JEWISH SPIRITUALITY

Definition of Jewish Spirituality

"Jewish Spirituality" means an awareness of God's presence.

LAND OF ISRAEL (ERETZ YISRAEL)

Mitzva To Live in Eretz Yisrael

It is a *mitzva* to live in *Eretz Yisrael* but it is not required.

Non-Jews Living in Eretz Yisrael

Non-Jews are not prohibited from living in *Eretz Yisrae*l as long they do not pray to idols.

Non-Jews Owning Land in Eretz Yisrael

A non-Jew may own land in *Eretz Yisrael*. A Jew may not take the land away from the non-Jew, but a Jew may purchase land in *Eretz Yisrael* from a non-Jew.

Jew Selling Land in Eretz Yisrael to a Non-Jew

A Jew may not sell land in *Eretz Yisrael* to a non-Jew, under normal conditions.

Leaving Eretz Yisrael

If you live permanently in *Eretz Yisrael*, you may leave permanently in order to:

- Get married;
- Earn a living; or
- Study *Torah*.

You may leave for vacations or for short-term trips for enjoyment.

MARI'T AYIN

Mari't Ayin General Rules

See Appearing To Not Uphold the *Torah* (Mar'it Ayin).

Eating Kosher at a Non-Kosher Event

You may eat a *kosher* catered meal at an otherwise non-*kosher* event as long as:

- Your food is obviously different from the non-*kosher* food, and
- You have *kosher* dishes and utensils to use.

Your food must be separate from the non-*kosher* food.

REASON

To avoid *mar'it ayin*--the appearance of doing something improper.

Riding with Non-Jewish Driver on Shabbat

See *Shabbat*: Riding with Non-Jewish Driver.

MEAL CELEBRATING COMMANDMENT (SE'UDAT MITZVA)

Purpose of Se'udat Mitzva

The purpose of a *se'udat mitzva* is to honor the *mitzva*.

MEDIA

TV Shows, Movies, and Three Cardinal Sins

If you want to watch TV or movies (ask a *rabbi* whether it is permissible at all), you may not watch TV shows or movies that portray any of the three cardinal sins:

- Murder;
- Idol worship;
- *Giloy arayot*

NOTE This applies only to genuine murders, idol worship, and forbidden relationships: not to acting.

MEKUBAL

Whom To Ask for Advice

You may ask a *mekubal* (someone well-versed in the spiritual world) or a *Torah* scholar for advice. The *mekubal* must be known as a genuine *mekubal*.

NAMES

Jewish or Secular Name

Whatever name(s) a person is called by is his or her name for purposes of Jewish law, even if it is a secular name. So, even if you have a *Hebrew* name but you are commonly called by your English (or other language) name, your English name is what is used for *halachic* purposes such as marriage or divorce. If you are commonly called by both your *Hebrew* and English names, they are both valid, but the *Hebrew* name takes precedence.

NON-JEWISH HOLIDAYS

Taking Off Work on Other Holidays

You may take off from work on national holidays and even on non-Jewish holidays, as long as you don't celebrate the non-Jewish religious holidays.

NON-JEWISH PRAYER PLACES

INTRODUCTION TO NON-JEWISH PRAYER PLACES

Introduction to Non-Jewish Prayer Places

It is forbidden to enter into places of idol worship, such as a Buddhist or other *temple* of eastern religions.

ENTERING A CHURCH

Entering Church Not Dedicated to Prayer

You may enter parts of a church (meeting room, social hall, cemetery, etc.) or monastery as long as they are not dedicated for prayer.

Entering Church Sanctuary No Longer Used for Prayer

You may enter a church sanctuary that is no longer used for prayer.

Entering Dual-Use Church

If a church is used only infrequently for prayer services, a Jew may enter the church at other times but not during prayer services.

EXAMPLE You may enter the Sistine Chapel, in Vatican City.

REASON The Sistine Chapel was built as a church and even though it is sometimes used as a church, it is primarily an art museum.

Standing in Church Doorway

You may stand in the doorway of a church as long as:

- The doorway is at least 7 feet away from the sanctuary, and
- You do not enter a sanctuary used for prayer services.

Standing in Church Shadow

You may stand in the shadow of a church.

Deriving Benefit from Church Sanctuary

You may not derive any benefit from a church sanctuary.

Buying from Church or Salvation Army

You may buy goods from a church, Salvation army, etc.

ENTERING A MOSQUE

Entering a Mosque

You may enter a mosque.

PRAYING IN NON-DENOMINATIONAL CHAPEL

Praying in a Non-Denominational Chapel

A room that is set aside for prayer by any religion, such as those at airports, may be used by Jews for prayer as long as there are no symbols of any religion inside the room, such as a cross or statues.

ORGAN DONOR

Care in Donating Organ

Organ donation is, in principle, a good thing to do, but some internal organs might be removed when a person is only legally (but not halachically or clinically) dead, so great care must be used!

Owner of Organs of Dead Body

A dead body belongs to the heirs, such as regarding organ donation after death.

PETS

Forbidden Pets

No animals are forbidden as pets except animals that are dangerous and pigs (which were a special prohibition).

Pets as Waste of Money

Having a pet is not considered wasting money since you get enjoyment, protection, or other value from it.

Reason To Not Own Pets

You may own pets but it is not customary unless they are needed for protection since you might violate a *Torah* prohibition of eating before you have fed them.

When You May Eat Before Your Pet Eats

You must be very careful to feed your animals every day before you eat (otherwise you are violating a *Torah* commandment). If your animal only eats late in the day, you may eat before that.

Pet Food If Forbidden by Torah

You may not feed your pet anything that *Torah* law says you may not benefit from, such as food containing meat and *milk* that have been cooked together.

Pet Medicine on Shabbat and Jewish Festivals

Pets may be given medicine on *Shabbat* and *Jewish festivals*.

PRECEDENCE: RIGHT SIDE

When Right Side Takes Precedence

In general, the right side is given priority in our actions. This is considered to be proper behavior and not just good advice; however, it is a custom, not a *halacha*.

EXAMPLES

- A *talmid chacham* walks on the right of another person. (If there are two or more other people, the *talmid chacham* walks in the middle of the others);

- Put on your right shirtsleeve, sock, or shoe first (but tie your left shoe before your right shoe);
- Hold the *lulav* in your right hand;
- Wash your right hand first.

NOTE In all cases, if you reversed these, or if it your custom to reverse them, there is no problem.

NOTE Left-handed men must put *tefilin* on their right arm. For other practices, left-handed people should consult a *rabbi*.

PROHIBITED RELATIONSHIPS (GILOY ARAYOT)

Prohibited Relationships (Giloy Arayot)

Giloy arayot does not refer just to adulterous relationships. It applies to any of the prohibited relationships listed in Leviticus/*Vayikra* 18:6-23.

PURPOSELESS DESTRUCTION (BAL TASHCHIT)

PURPOSELESS DESTRUCTION (Bal Tashchit)

***Bal Tashchit* May Override Custom**

You may not destroy things in the world for no purpose. You may not waste anything (*bal tashchit*) that has a use, but you may use it for a purpose. *Bal tashchit* overrides customs and suggestions of what are good behaviors or actions.

EXAMPLE If you kept food under your bed when you slept, although there is a problem with *ru'ach ra'a*, you should eat the food, give the food to a non-Jew, or somehow use the food, but not throw it away.

Killing Creatures that Harm

You may kill any animal, bird, or other living creature that bothers, injures, or endangers people or destroys property (as long as it is legal by the laws of the local country or area). This includes animals that eat your food or produce.

REDEMPTION OF FIRST-BORN SON (PIDYON HABEIN)

INTRODUCTION TO PIDYON HABEIN

Introduction to Pidyon HaBein

A Jewish mother's first-born male child must be “redeemed” by giving money to a *cohen* if the below criteria apply. *Pidyon ha'bein* is a *mitzva* for the father of the boy. Anyone may do the actual redemption (including a woman) as long as the father appoints him or her as his emissary to do so.

NOTE If the father has not done the *pidyon*, the boy redeems himself when he reaches 13 years old.

THREE CRITERIA FOR PIDYON HABEIN

Three Criteria for Pidyon HaBein

There are three criteria for *Pidyon HaBein:*

1. First child born of a mother must be male.

   NOTE If a woman miscarries a fetus that has already developed limbs, any male child born after that is not considered a first-born male (*bechor*) and no *pidyon* is done.

2. Boy must not have been born by caesarean section.

NOTE A boy who was born normally after his brother was born via caesarean section is NOT a *bechor*.

3. Mother may not be the daughter of a *cohen* or *levi* (priestly family or assistants) and the father may not be a *cohen* or *levi*.

HOW TO DO PIDYON HABEIN

How To Do Pidyon HaBein

To do *Pidyon Ha'Bein*:

- *Pidyon ha'bein* is done at least 30 days after the boy was born.
- The boy's father gives six genuine American silver dollars to any *cohen*. If there is no father, consult a *rabbi*.
- The boy's father says the blessing *al pidyon ha'bein* and *she'hecheyanu*.

NOTE If the boy redeems himself, consult a *rabbi* about the blessing.

REMEMBERING AMALEIK

Remembering Amaleik

All Jews, both men and women, must fulfill the commandment to remember what *Amaleik* did to the Israelites. The paragraph about that episode, called Parashat *Zachor* (found in Parashat Ki Teitzei: *Deuteronomy*/*Devarim* 25:17-19) is read on the *Shabbat* morning before *Purim* as a law established by *Chazal* (*takana*). The commandment is fulfilled whenever that episode in the *Torah* is read, even privately and at home, but there is special value in hearing it read in a *synagogue* on that *Shabbat* preceding *Purim*.

SAYING "GOD BLESS YOU"

Sneezing Sayings

It is customary to say "God bless you" in English (or the equivalent in other languages) when someone sneezes.

SENDING AWAY MOTHER BIRD (SHILU'ACH HAKEIN)

Declaration of Ownerlessness for Shilu'ach HaKein

For *shilu'ach ha'kein*, the bird, eggs, and nest must be wild or declared ownerless (*hefkeir*) with three adult, Jewish, male witnesses.

Shilu'ach HaKein for Female Birds

Shilu'ach ha'kein only applies to the female birds of *kosher* species (so, with doves, this *mitzva* may only be done at night because the male doves do the nesting during the daytime).

SPIRITUAL EXCISION (KAREIT)

Positive Commandments and Kareit

The only positive commandments punished by spiritual excision (*kareit*) are not doing a *brit mila* and not bringing the *Passover* offering.

USING GOD'S NAME IN VAIN

INTRODUCTION TO USING GOD'S NAME IN VAIN

Introduction to Using God's Name in Vain

You may use God's correct names and not the defective version (*Hashem*, Adoshem, Elokim...) whenever you are teaching, even if you are only quoting a partial *pasuk*. This is the *halacha*, even though many people have the custom of using only the defective versions.

USING GOD'S NAME IN VAIN: SPEAKING

Blessings and Using God's Name in Vain

You may not use God's name unless there is a positive purpose. Anyone may say any of God's names anytime when studying *Torah*, even a girl or woman who is reading the *Torah* with cantillation/*trop* where she might need to repeat God's name or other words in a line/*pasuk* and thereby not say the entire *pasuk* as it is written.

It is permissible to use God's name (and not an altered name such as "*Keil*" or "*Elokim*") in these cases:

- When reciting a sentence or phrase from the *Torah*.
- For any type of teaching of *Torah*, blessings, and prayers to children up to *bar/bat mitzva* age.
- In *Shabbat* songs/*zmirot*.

NOTE When singing *zmirot* on *Shabbat*, you should use God's correct name, since *zmirot* are a form of prayer.

USING GOD'S NAME IN VAIN: WRITING

Spelling God's Name Defectively

You may write God's name in any language. But you may not physically erase or throw it away, so write it defectively (for example, "G-d") to avoid future problems.

Erasing God's Name: Physical Media

You may not erase a name of God that is written in chalk or other concrete but non-permanent substance (and certainly not if written in a permanent substance).

However, you can ask a non-Jew to erase it using a non-conventional method (*shinu'i*); for example, he may pour water above the name so that when the water runs across the letters, they will be dissolved.

Erasing God's Name: Photo or Photocopy

You may not throw away even a photo or photocopy of one of God's names; it must be put into *sheimot*. You should be especially careful with children's school papers and homework!

Erasing God's Name: Electronic Media

You may delete any non-permanent form of God's names, such as in e-mails, but you may not destroy printed versions, including printed versions of www.practicalhalacha.com, with God's names.

TATTOOS

Tatttoos and Cemeteries

Tattoos are not permissible. However, if someone has a tattoo, it will not preclude him or her from being buried in a Jewish cemetery.

TEMPLE (ZEICHER L'CHURBAN)

Leaving Part of House Unfinished

It is no longer customary to leave part of a house unfinished (as a remembrance of the Jerusalem *Temple's* destruction) and it is not necessary to wreck part of a completed house.

Tearing (Kri'a) on Seeing Temple Ruins

You must tear four vertical inches at the neck of your shirt (and jacket, too, if you wear one) when seeing the ruins of the *Temple* in Jerusalem for the first time in more than 30 days. You do not need to be close by; do *kri'a* even if you see the mosques that are on top of the *Temple* mount.

NOTE A woman should not tear her garment if it would result in her being immodestly exposed in public. Don't tear your garment on *Shabbat*, *Jewish festivals*, *chol ha'moed*, *Rosh Hashana*, and *Yom Kippur*. Do tear even on the afternoons before *Shabbat* and *Jewish festivals*.

TORAH STUDY

Introduction to Torah Study

Studying *Torah* is a basic requirement for all Jews and such study is considered to be a prestigious commandment (*Torah* study is as important as doing all the other *mitzvot*: *talmud Torah k'negged kulam*). Setting time for *Torah* study (*k'viat zman l'Torah*) means that we show how important *Torah* study is by setting a specific time each day and a specific duration for such study.

But all commandments that you must do (*mitzvot aseh*) take precedence over studying *Torah*. That is, you may NOT ignore the need to do another positive commandment because you are studying!

Minimum Required *Torah* Study

The minimum requirements for Jews to learn:

- Men: All parts of the *Torah* plus whatever *halacha* is relevant for them.

  NOTE The most important subjects for men to study are whatever is practical for them in their lives

- Women: All *halachot* relevant for them, and *hashkafa*.

Studying Torah

All Jews must study *Torah* "*lishma*" (studying for the sake of understanding the *Torah*, just because we are commanded to do so). If you are studying in order to teach, to get honor, or any other reason, it is not *lishma*.

Reading Weekly Torah Portion

Read the weekly *Torah* portion (*parasha)* twice each week and *Targum* (or commentary) once each week.

Learning Gemara

If you can memorize the *gemara* you are learning, you do not need to use the printed book.

Torah at Meals

Some *Torah* should be discussed at every meal.

Torah, Prayers, and Bad Smell

Do not say blessings or prayers or study holy subjects (*limudei kodesh*) if there is a bad smell.

Siyum

A *siyum* can be held anytime a book of *Torah* or *Talmud* or any other holy book (*sefer kodesh*) has been studied for a long time; three months or longer is a good guideline. Simply reading through a book does not

qualify; you must study it and understand it.

NOTE Originally, the intent was for a volume (*masechta*) of *Talmud* or a division (*seder*) of the *Mishna*.

TRAITS (MIDOT)

Gadol

A person may reach the "*gadol*" level through persistence in study or through brilliance but usually it requires both.

TWINING FINGERS

Twining Fingers with Spouse

You may interwine your fingers with those of your spouse, even though you there is a custom not to intertwine the fingers of both of your own hands.

WALKING BETWEEN PEOPLE

Walking between Standing People

It is not recommended for a *man* to walk between two standing women or for a woman to walk between two standing men, but either gender may walk along with two or more people of the opposite gender if all are walking.

NOTE If anyone is holding a book or any intervening object, there is no problem with walking between the other people.

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