

From the Testimony of Marlot Wandel about Surviving after the War

...We were, at the end of the war, we were on a march and on the run from camp to camp to camp. They had no weapons to kill us with, so they tried to kill us by walking us to death. And when we were finally dropped by the wayside - toward the end of the war we were between the Russians and the Americans, afraid of Russians, by the way - and the Germans who were living in these villages and who also tried to kill us off, whether by hatred or by overfeeding. And that my sister might get to. A lot of people died after the war who survived it by overeating. And my mother, the heroine, literally had to lock us up. She had the sense and the "*Sechel*" in her to know that food, too much food at this point would kill us and so she said it was "*traif*", it was not good for us and she kept us under lock and key to prevent us from eating pork and fat and things that would revive us and would kill us. And again, through her "*Sechel*" of discipline she managed to save us.

Source: Yad Vashem Archives 0.3- 9416