

How to Eat to Live

"What Allah, in the Person of Fard Muhammad, Has Revealed to Me"

By **ELIJAH MUHAMMAD**
Messenger of Allah

In order to lengthen our lives, we must begin with what we put in us that retains life. Master Fard Muhammad, to Whom praises are due forever, comes to prolong the lives of the believers.

THERE IS NOT a shadow of a doubt that he (Allah) has taken the proper steps to give us more life in order to have and enjoy the pleasures of life.

He (Allah) said what we eat keeps us here, and the same will take us away. Suppose we ate one-half pound of food a day. At the end of 365 days, we would have eaten 182½ pounds of food per year.

BUT WE EAT more than this amount. For instance, if we live 50 years, we would eat 50 times this much food, at a half pound of food a day.

If we saw 9,000 pounds of raw food piled up before us to consume, we would think that this would be a lot of food to go through our bodies. And we would think that it probably would wear us out to eat that much food in our life time, although we eat tons of food in our life time.

AND IF THIS food is not the proper food to eat, it will wear away our body and cut short three score and 10 years of our lives.

On the average, our people are living around 62 years. This is a very short life to live on an earth that has been here trillions of years. And yet, the average of us cannot live 100 years under the present system of civilization of wickedness.

MASTER FARD Muhammad, to Whom praises are due forever, comes to prolong our lives, not to shorten them, by correcting our eating habits to one meal a day instead of three, and by teaching us to eat the proper foods that will not destroy us or shorten our lives to less than 100 years.

His (Allah's) teaching us to eat better food and to cut our eating from three and four times a day to once a day will certainly prolong our lives and increase our beautiful appearance.

A PERSON WHO eats like an animal—three or four times a day and all between meals—cannot retain a beautiful appearance. Eating three times a day and all between meals removes the body's attractiveness in many ways.

We eat meat, but yet meat is not good for us. It becomes a habitual tool. This type of food poisons the blood and goes into the flesh and cannot help but transform and destroy the surface of the flesh.

TAKE, FOR example, a new born baby. Many times its beauty lasts for just a short while and then passes away with its growth. Even in our late twenties and early thirties—because of the life that we live and the frequent eating of poison food—our beautiful appearance begins to pass from us so rapidly, until by our forties and fifties it is nearly completely gone.

Let us eat one meal a day and try getting the best food that we can to eat—vegetables, fruits, pure fresh milk, and pure whole wheat bread, that has been cooked slowly, twice. Doing this will help us to live longer and retain our beautiful appearance much longer.

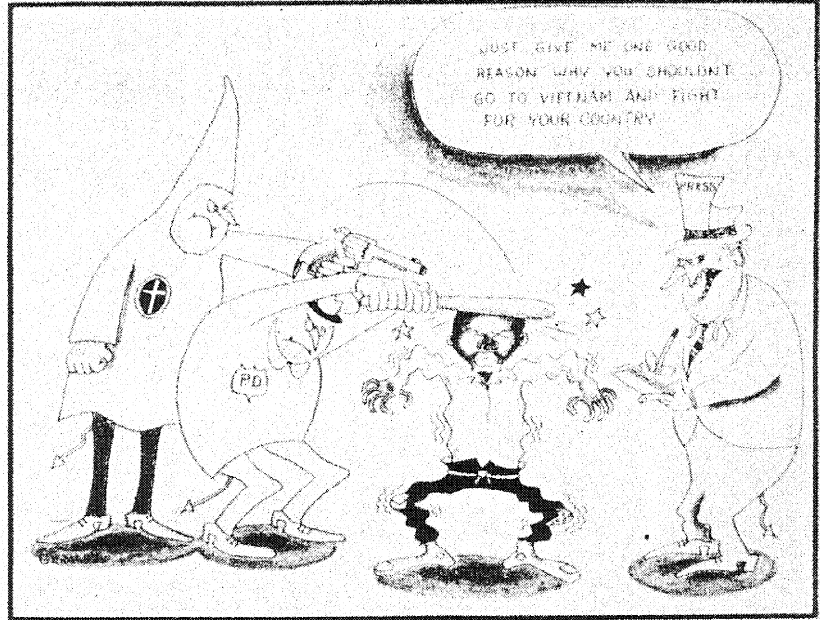
DO NOT GET into the habit (or if you are already in the habit, stop it) of eating a lot of greasy foods. Regardless of whether the grease is from animal flesh or not, our bodies, by nature, are not made to digest and control grease or lots of fats.

Thousands of minor ailments disappear from us by eating the proper food and at the proper time—one meal a day. He (Allah) teaches us never to eat unless we are hungry. Eating when we are not hungry causes these minor ailments. We are forcing the body to digest food before it is calling for this food.

TAKE THE hog and the dog—they do not live very long, because they eat daily and nightly.

The present civilization is an enemy to righteousness. Since they were put over us to rule us, they had to find a different way of ruling us other than the good old way of our fathers, who lived several hundreds of years—some nearly a thousand years.

IF WE MET a man today who said he had been on



Interview with Messenger Muhammad

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this country, a territory to ourselves, since we can't live in peace with America. No black people can get along with the white people in peace. Whites can't get along with themselves in peace.

AFTER THE making of the white man there has been hell on this earth. Everywhere his history takes him he starts trouble. It is known the world over that the white man has started trouble everywhere he has gone—in the Near and Far East, Africa, and everywhere over the earth.

He had a 30-year war and a 100-year war with himself in Europe. What kind of peace guide could he be for us?

Look at the civil rights people. They cannot get rights. After 100 years, they still do not have freedom, because they do not have civil or human rights.

Q. MARTIN Luther King, Jr., has been criticized lately because of the anti-war movements. What do you think of this?

A. Any black American will be criticized if he tries to do something in the name

We are only to fight those who fight against us. This is the natural and just law of man . . . but take no part in killing human beings like yourself to further some selfish aims.

of justice for his own people.

Q. Do you think Martin Luther King, Jr., will be successful in open housing and other programs this summer?

A. This is not the way to make progress. Today, we are too far away from the days of begging the slave-

master to give us a house next to him, or grant us the right to live next door to him.

WE NEED a house to ourselves on some of this earth that we can call our own.

We are 20 million or more black Americans and there are many of our people who have the white man's education, many of them hold high degrees. If they would go out and use these degrees they have attained from the white man's institutions of learning, they can take care of themselves. They do not need to be begging him, asking for a job to benefit from the degrees they have acquired from the schools and universities of the land.

"The X's do not actually mean the name as yet. The X's only mean that they are not what they were and their names are pending and will be given to them soon now."

The so-called Negroes are capable of going for themselves if they were not so mentally enslaved. They do not think that they are able, nor do they have the desire to take their responsibility. The so-called Negroes would

The Muslims do not have to go out begging for a place to live on this planet Earth. When American so-called Negroes accept Islam, they automatically have a home among the other Muslims on the earth. Whether it is in America, Asia, Africa or the islands of the Pacific, they have a home and that is for sure.

rather beg for employment from their teacher, than to go for themselves and build their own employment.

Q. WHAT do you propose for a mother with several children, and no father, to do who is on A.D.C. in order to help herself?

A. If we were on some territory to ourselves, we would provide means for such people. They have to beg here, because here is where they started, and they have no alternative but to beg.

Q. Is it hopeless for these people?

A. As long as they are under the same people who brought their foreparents to such a condition.

Baldwin Picked for War Crime Trial

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and spinelessness." The preliminary agenda scheduled a number of questions including:

"HAS THE United States government (and the governments of Australia, New Zealand and South Korea) committed acts of aggression according to international law?

"Has the American Army made use of or experimented with new weapons forbidden by the laws of

war (gas, special chemical products, napalm, etc.)?"

"Has there been bombardment of targets of a purely civilian character, for example, hospitals, schools, dams, etc., and on what scale has this occurred?"

"HAVE FORCED labor camps been created, has there been deportation of the population and (acts) which can be characterized judicially as acts of genocide?"