

How to Eat to Live

By ELIJAH MUHAMMAD
Messenger of Allah

The very words, "how to eat to live," is one of the great values in words for us. In these words, we see and we are learning that what we put in us as food, at what time we eat that food, and what type of food we eat, is the key to our life and death. We can also use these words, "how to eat to live," to spell how we destroy ourselves.

We must look at these words and teachings of how to eat to live in a more serious way. This is why we suffer so much sickness and death. It is because we do not take how to eat to live in a more serious way. There is no common sickness that cannot be healed by proper eating of the right foods. I, myself, know; having experience of both the right kind of foods and the wrong kind of foods. Allah (God) has Taught me and I tried everything first, myself. I am a self-experienced man and an example of what Allah (God) Taught me. I went for years without eating but one meal a day, and years with eating one meal every forty-eight (48) hours, and for a little while, I was eating one meal every three days. So, I know these teachings of Allah (God) are True. Here of late, I have suffered many pains from venturing away from eating right and eating at the proper time. Venturing away from eating the way Allah (God) Taught me caused me discomfort, pains, and minor sickness. I deliberately did this, in some instances, so that I will know what happens when you are not following the Teachings. So, as it is written, in all their afflictions, he was afflicted (meaning the Messenger of God).

Eating the proper food once a day will keep you free of sickness for a long time; probably for years. This, I know by self-experience. By eating two or three meals a day, you are inviting some days of discomfort and illness to yourself, and by eating food that does not belong to the body that it is going into, you are making trouble for the body to digest such foods and drinks. We suffer with many ailments in our bodies due to the fact that we are pouring into it food that should not be put in that body (which is the finest nature-built machinery on Earth), and due to the fact that we are not waiting until the strength or power of the poison in the previous meal becomes weak, so that it will be harmless when the strength of a new meal is added. But, twenty-four (24) to forty-eight (48) hours will destroy the poison from the previous meal and make it harmless.

Eat when you have exhausted the previous meal, Allah (God) Taught me; then fill up and go until this is exhausted, and then eat another meal. It is logical. As I keep repeating, we dig our own graves, and I may add here that we bring about our own death with our teeth.

Sugar diabetes can be controlled by eating the proper food in such a way that you will never know that you ever had it and you will never see any signs of it. But, you must not continue to pour in the body, power and strength of sugar from your meals that adds to the sugar spilling over in your body. Naturally, it is going to reach out for something or it is going to flood itself after putting too much sugar and starch in the body. But, some of us are so built upon eating what we want that we just cannot abstain from eating these starches and sweet foods. These things are nothing but friends to the sugar diabetic condition. Stay away from it and you will live longer, for diabetes is an evil enemy. It is an enemy to both the flesh and bones of the body.

If you will stop eating foods such as sugar and starchy foods, I know you will do better. I have been self-experienced in everything, and I have been a victim of everything that you are a victim of, except cancer. I do not think that I have cancer; but as I mentioned in this article before, The Last Messenger is not immuned to the sickness and complaints of the common people. He is also to suffer; but yet, as the Book says, the Pleasure of the Lord is with him and that in His Own Good Time, He Will Heal all of us.

So, this is the way Allah (God) has taught me; to heal our sickness and prolong our lives with one meal a day. And, whenever those of you who work in offices and do light work are able, you can eat one meal every forty-eight (48) hours; which would give you more days to your life. Do not say, "I am already so old that I do not have much longer to live anyway." That is true, but if you want to add a few more days to this already distant age you have, you can add to your life by stopping right now from plunging into the grave, and you could add more days to your life.

Thank you.



BABES OF VIETNAM peer with uncertainty from the barricades at Ben Het, an American fortress encampment. Here, national liberation forces of Vietnam recently gave U.S. forces a real test of their determination to

remain in the Southeastern nation town between divided loyalties, political interests and military forces. Ben Het is "home" to these homeless young Vietnamese.

On the Sudan

By Bayylnah Sharieff

When I first went to the Republic of the Sudan, the wall enclosing every yard and house bothered me. Being that I was raised in a western Christian society, I felt that a wall around me restricted me. These walls were very high, over 7 feet. They were constructed from the same materials which made the

veranda, or in the yard. Children played where their mothers knew they were safe and could easily see them, within the wall. In the afternoon, after the heat of the day, tea would be had by the members of the family both male and female as the events of the day were discussed in full in the privacy of the wall. And in the night beds would be rolled from their rooms to the adjacent verandas so that one could sleep in the open air under the beautiful semi-desert sky; the dark night broken by the natural lights of the stars, and the reflecting light of the moon within the confines of the wall.

There was no limit to what could be done within the walls. In actuality, the wall brought freedom to those within, contrary to my first impressions. Remembering the wall has made me reflect some on the laws of Islam (the laws of the nature in which the Black man was created—so teaches the Honorable Elijah Muhammad. The laws have been labeled restrictions by many who are not Muslims. Similarly to the way I regarded the wall in the Sudan, many regard the Muslims—restricted. However if those who do, would examine the Muslims they will find people who are extremely content and at peace within themselves.

We, who follow the Honorable

THE MOST common home in the three city capital of Khartoum, Khartoum North, and Omdurman was constructed by sun dried mud brick. The walls were covered with a smooth mixture of the mud and clay which gave the wall a better finish. None of these types of homes seemed lasting, for they fell down gradually. It seemed as if the materials of which it was made was seeking to rejoin its own by returning to the earth. It is the common people in the Republic of the Sudan who have such homes. There are some very beautiful homes made of stucco, and concrete with tiled floors and verandas. These of course are more lasting, and are painted of many colors. These are owned by the more educated peoples in the Sudan.

With time, I learned to appreciate these walls for they provided privacy. We females could walk around in the yards, without being fully covered and not worry about anyone seeing us. We could run and exercise within the wall. We ate outside of the kitchen within the wall in the open air, reminding me of picnics in America—(on tiled floors). I never found a Sudanese home wherein anyone outside of the cook ate in the kitchen. Food was served on the

The Honorable Elijah Muhammad have been shown how we can have happiness and prosperity without destroying our health or bringing us mental fatigue. We do not partake of alcoholic beverages. Yes, this is a law in Islam, yet it keeps us physically sound and well aware of what we are doing at all times. Alcohol dulls the senses as does the use of narcotics, which is also forbidden in Islam.

The Honorable Elijah Muhammad teaches us that the use of such drugs is against our nature. If nature meant for us to partake of these drugs and spirits, then we would not have the after effects which are detrimental to our well being. He has also pointed out to us that our bodies would have been equipped with the necessary channels, such as a chimney for smoke if such drugs were in agreement with our nature.

We, as Muslims have better enjoyment which is not ending. We learn of a better way to enjoy life.

WE DO NOT spend our time in sport. We do have amusements and entertainment, but these are done in the proper manner in the proper places. Sunday, July 27, 1969 there will be a parade in Chicago of the Muslims. After which there will be entertainment and refreshment.

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