

## The Messenger's— Memorandum

(Continued from page 15)

the knowledge of the prophecy of how the Negro would be liberated from America. He made a fool out of himself. This is a divine problem. God Himself will liberate the Negro. Africa is trying to liberate herself from the same enemy.

These prophecies concerning the Resurrection and freedom of the so-called American Negro cannot be cast aside as false. Especially today, for you can see the fulfillment.

The so-called Negro must be delivered by God and God only. He will use a Messenger who is symbolically referred to as the Lamb of God in the Resurrection who spiritually liberates the American Negro.

They must be taught a thorough knowledge of their people and of the Devil. They must be Muslims to be liberated. They must have the Name of God which means one of the 99 names that comprises the Name of God. These names are now being given.

This foolish hypocrite, Malcolm, does not know the scriptures or prophecies but he desires to be recognized by the people as a great leader without any follow-

ers, or, like one white man put it—he is a general without an army.

There are many Africans and Egyptians who are now giving me credit for what I have said. They are actually surprised when they come into the knowledge of Allah's work in America and of me, His chosen Messenger—sent to my people here in America.

I heard that a newspaper—The Egyptian Gazette—had a full page article about Malcolm and his charges against me.

I warn the entire world that is not reluctant to oppose me and speak evil against me—that they might be playing with fire and a very hot fire at that.

If you don't like My God and Myself, here in America, just leave us alone. It is very easy not to bother that which you do not like.

Malcolm will never be successful, nor, will any of those who follow or befriend him. Allah has said this.

I will accomplish the mission Allah has given to me—to raise my people here in America, both spiritually and physically above the nations of the earth—if it pleases Him.

AS-SALAAM-ALAIKUM

### FBI Reports

The Federal Bureau of Investigation reported in 1963 that there were 2,577,299 white persons arrested in the major U.S. cities and 1,125,505 Negroes arrested for similar crimes. The arrests of Negroes, whites, Indians, Chinese and Japanese totaled 3,815,994.

## For And About You How Will Power Will Pull Weight Down

By HARRIETT MUHAMMAD

### DEAR HARRIETT:

My problem is, I can't seem to control my eating habits. I have tried just about everything, but almost everything I see that I want goes into my mouth. I always seem to be hungry since I had my last baby, and I can't stop eating. I have been on fasts, but that doesn't seem to help. I weigh ten pounds more than I want to weigh. Will you please give me some advice that will help me? HUNGRY, Oakland, California

### DEAR HUNGRY:

There is no royal road to the optimal weight. Nor are there any quick miracles—like pills, drugs, electric belts or other exercise machines—that can take off and keep off unwanted pounds. Even with the best of medical advice your PERSISTENT cooperation is necessary.

Since you have will-power enough to take fasts, you should try and develop enough self-control to sustain by first having the proper mental attitude.

You say you weigh ten pounds more than you WANT to weigh—have you considered your body frame? Consult with a physician as to whether or not your ten pounds is in excess.

Your best weight may be as much as 10% under or 20% over the calculated standard for your height and age. In terms of your body frame, you may be the NORMAL you.

The best way to keep from becoming overweight is to eat SENSIBLY, exercise reasonably and live happily.

### DEAR HARRIETT:

I've been married for about two months. My husband and I didn't know each other long, and while we were courting we were never intimate because it is against our religious convictions. I find now, that dur-

ing the usual course of the day, he repulses any affection that I display toward him. If I hug him or give him a kiss he tells me to get away and stop trying to trick him into doing something for me.

Harriett, I love my husband and sincerely mean him no harm. Is it wrong for a wife to show affection during the course of a day?

HURT

### DEAR HURT:

No, it is your duty as a wife and woman to be tender, warm and affectionate to your husband—all the time. However, since you may not know much about your husband's past, you should try and find out why he has this attitude.

Bare in mind also, the condition of all black men in America—they have been and still are victims of deceit from all around them. You, as a black woman, are part of a system which undermines and dominates black manhood.

Now that black men are standing up and taking back their place as head of the

house, they are overly sensitive to any "attacks" that come their way. Although you may be completely innocent of any deceit, be understanding enough to know the position he is in and the pressure he's been under since birth.

In a few more months, when he gets to know your character better, he'll feel more relaxed and secure with you.

Also, be sure that you are pleasing to be near, dear. Check yourself and stay smelling sweet. You wouldn't want to find out later that your husband was only pretending to be wary of your motives, while he was weary of your odors.

Something on your mind? Write and tell me about it.  
Harriett Muhammad  
2405 West 18th Street  
Suite 102  
Los Angeles, Calif. 90019

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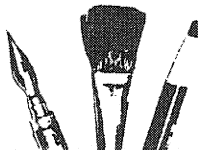
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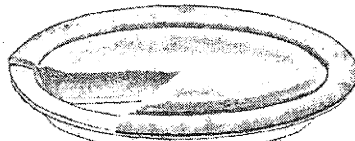


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