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Muhammad: How to Eat to Live

"What Allah, In The Person of Master Fard Muhammad
Has Revealed To Me"

By Elijah Muhammad

Messenger of Allah

Do not eat the swine. Do not use any form of tobacco. Do not smoke it or chew it. According to medical scientists, the tobacco weed affects the whole body. The heart, lungs, liver, kidney and bladder can be affected by the use of tobacco.

WOULD THE government like for you to stop using the tobacco weed—yes or no? The government harvests a great revenue from the tax on tobacco, therefore, it would not like to stop its citizens from using tobacco. But, if the taxpayer is losing his life by producing and using the tobacco weed, the government yet will not win.

The poor man who uses quite a bit of tobacco and is not able to pay the doctor's bill for the harm that the tobacco will cause in his body, may have to go on charity. The taxpayers will have to pay for him using the poison weed, because he is not able to pay the doctor's bill to cure the illnesses that are caused by using tobacco.

So, it does not make sense for the government to continue to allow the citizens of its country to use a poison that it knows is gradually taking the lives of its citizens.

THE PIG IS another poison people are eating. The government takes no steps toward stopping the raising of swine to be marketed for the people to eat, because it is another thing that brings much money to the government. But all the medical scientists know that the hog should not be eaten as food by anyone.

It just shows how wicked the Christian race is. They preach "Thou shall not do this" and point it out in their religious book (Bible) and yet they are the ones who are breaking every forbidden thing of their law.

But, since we now have been given the truth from the mouth of God of this race of people — that they are not what we thought they were and that they are only a race of devils by nature — why should we expect anything from the devil but evil? They cannot be devils and be good."

WE HAVE been made so blind, deaf and dumb to knowing the people who have exercised rule and authority over us. We have wondered, time and again, why they treat us so wickedly.

But now we have been taught from the mouth of God the true knowledge of this people and ourselves, why should we be so foolish now to continue to follow them for right guidance? They could not guide us rightly, when by nature they were created to deceive and mislead.

The Bible is full of the teachings of the true knowledge of the nature of the devil, from Genesis to the Revelations, but we did not understand the Bible. Now, the truth has come and the knowledge of the book (Bible) has been made known.

SO, EAT THE good food that Allah (God) has given to us and stay away from the things that are no good and poison.