

How to Eat to Live

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

By **ELIJAH MUHAMMAD**
Messenger of Allah

Allah, in the Person of Master Fard Muhammad, to Whom Praise is due forever, came to give us a spiritual life which would automatically give us a physical life of Himself (the life of the righteous), which we lost, following other than righteous guides.

We cannot be successful in making the progress of a spiritual life, unless we have the guidance for the physical life. This guidance comes to us through laws, rules and regulations of our physical life.

We must make this teaching of eating once a day binding upon us, as a law, in order for us to get any good out of it, as Allah (God) desires. The purpose of these dietary laws and the time that we should partake of food, is to lengthen our lives, by ridding us of the greedy desire to eat three times a day and between meals, if we are offered food.

The main importance of this teaching, "How to Eat to Live," is for the purpose of prolonging our lives.

Beauty appearance is destroyed in us—not just our facial appearance, but the most beautiful appearance about us, the characteristics of us (the way we act and practice our way of life). We achieve one of the greatest beauties, when we achieve the spiritual beauty and characteristics through practicing them. We achieve the spiritual beauty through practicing or carrying into practice the spiritual laws.

We know that we have been made ugly by our enemies' rearing of our parents. We know that many of our people throughout the earth have been made ugly, by not practicing culture that would beautify them. But we are blessed that God, Himself, has visited us to guide us in His way. What people on the earth has God visited in person today, other than you and me here in America?

The Wisdom that He teaches us is the Wisdom of God and of the Gods. It is Supreme Wisdom, because it is above and far ahead of what we ever heard and what we see practiced by others today. Should not we obey that which is good for us, when we are members of the nation of good? Why should not we practice that which is good for us?

It has come to us and Allah (God) has said that it is our self that He is giving to us. Should not we accept the good for ourselves, instead of accepting evil and disobedience to the law of goodness, when the Bible verifies this truth?

Why should not you and I accept such good teaching and practice it? It will do away with sickness and keep death standing outside our doors for a long time—for many years. Think over Methuselah and Noah who kept death standing outside of the door for nearly one thousand years. Now, we cannot stay here one century, which is one tenth of that time. We invite death inside the door, instead of obeying a law of God that will keep it outside for a long time.

Eat one meal a day. Stay away from the hog, of which 10 ounces takes away from you, God has said, three one-hundredths per cent of the beauty appearance.

This civilization has a thousand and one things for you to eat. It is not necessary for you to go around trying to eat everything people say to eat to have good health. But, what you eat, let it be good and do not eat yourself to death at that one meal a day. This article has described to you good, common food. You do not have to be rich to purchase it.

And, I would not like for you to follow the Bible in Genesis, where it says to Adam go and eat of all the herbs of the earth. There are some poison herbs that would have killed Adam. This is a mistake that the theologians put in the Bible. You cannot eat all herbs; some of them will kill you. But, eat the best of herbs that God approves for you and me and do not think He approved of Adam eating all the herbs of the earth.