

October 18, 1968

How to Eat to Live

"What Allah, in the Person of Master Fard Muhammad, to Whom Praises are Due Forever, Has Taught Me."

By Elijah Muhammad

Messenger of Allah

Eat one meal a day. Shun eating bad foods and drinking alcoholic beverages. Eat the proper food, as the Holy Qur-an teaches us that Allah has designed for us.

THE ORTHODOX JEWISH food is good for us as the Holy Qur-an teaches you and me and the Muslim food is good for them. We both shun that which is bad and evil to our health.

It is hard to get good food to eat in a poison market. This is why you should raise your own food and let the government and its people do as they please about their own food. We do not argue with any person about what they want to eat if they do not want to eat the right food.

You have been warned against eating the hog, touching its flesh and being in places working with it for a living. A true Believer will not do this. You are not fit to be called a Muslim if you work in the market where this poison carcass comes in and out and is handled, or if you wear it, touch it, or even be in the smell of it. Allah will bless you to get better employment if you want to live up His Law.

You do not have to eat every food that grows on the earth. Just eat good common food that will not make you sick.

THE HOG IS FULL of deadly worms. These parasitic worms can only be seen under a microscope. But, they will take your and my life away gradually. The swine is Divinely prohibited flesh. Any Christian who claims he is serving God and following His "Son" Jesus and eats this poison animal against the Divine prohibition of it in the Bible, is not a fit person for God, nor His Prophets. This goes for you reverends who stand in the pulpit and preach with a loaded stomach of pork chops and pork roasts for the evening meal. You condemn yourself with a Bible in your hand, teaching you against eating such flesh which takes away much of a person in many ways. It even destroys 3/100% of the beauty appearance of the person, according to Allah's teaching.

There are so many of our people who take on even the aspect and nature of the hog after eating it all their lives. It creates shyness in you. That is why our people now can go out and do all the filthy acts right in the public like their teachers (the white people) who by nature were made to try to make us act filthy so God will not accept us in this day and time of the Judgment of the world.

The preachers seem to be of very poor help in trying to get our people Divinely reformed.

No preacher can call himself a Divine preacher, breaking all the Laws of the Divine Supreme Being. No so-called Negro can see the Hereafter or go back to his people eating the hog or being in any religion other than Islam.

GO QUESTION the authorities of Islam in Africa and Asia and the common Black people there. They do not want any Christians and have declared they will not accept you as Christians. If the Judgment comes now, this hour, you will not go anyplace, if you are a Christian. Why? Because your works are the works of the enemy — the devil.

Eat to live, not to die. Eat one meal a day.