

PROVED of ADULTRY because they profess to teach against such evil and at the same time are GUILTY of the same offense among their follower's WIVES and DAUGHTERS. And they are reproved of murder because they seek to destroy the PROPHET and all MOSLEMS for teaching the people the TRUTH.

Next Week:  
"Ezekiel and the Dry Bones"

## REDUCE AND BE CURED OF YOUR ALIMENTS

By Reformer Burnsteen Sharrieff

We Moslems of Detroit, and elsewhere, have learned through Prophet Fard Mohammed's teaching, that excess weight is the cause of pains in all joints, such as rheumatism, headaches, chills, gripe, footaches, toothaches, kneecaches, backaches, etc. To avoid these things it is very essential for one to be his or her correct weight.

Now, the Moslem Girls' Training and General Civilization Class, which is a Class set up by Prophet Fard Mohammed, for women and girls only, has a standard weight of 120 lbs. and not over. The Fruit of Islam, which is a Class exclusively for

who weighs other than herself 200 pounds, pants and pants; also at the same time robs and robs you of the fresh air. Notice a case similar to this one and see if this is not true. You become faint; the air you breathe is hot. Why? Because this 200-pound sister has robbed you of the fresh atoms from the air, thus leaving it stale and lifeless. Therefore, you have been treated unjustly by this sister who is other than herself (fat).

### Prophet Fard Taught Moslems Safe Way to Reduce

We have several sisters who when they first awakened to the knowledge of themselves weighed approximately 300 pounds, and during the last year have reduced, by living according to Prophet Fard Mohammed's teaching, approximately 132 pounds.

You may ask how did they lose weight so fast, and why did not it make them sick? As you know, eating three and four times per day makes a person gain. Therefore, to reduce, one must stop eating so often. We Moslems go some times 48, 72, 96, and more hours without food, taking a hot bath daily and plenty of exercises. This is good for us, because it helps the thinking faculties and also prolongs our lives.

Reducing by Prophet Fard Mohammed's teaching, there is no gain left

came shapeless, large, ugly, and further from ourselves daily. But thanks be to Allah, through his Prophet Fard Mohammed, that the time has come for the Asiatics of North America to reclaim their once lost belongings. Take this in, my people, and see if this is not true of you and me today.

Next Week:  
"Dangerousness of Overweight"

## THE PSYCHOLOGICAL VALUES OF ISLAM

By KALLATT MOHAMMED

Head Investigator.

When a person accepts Islam his entire mental outlook is changed. This change of mind naturally causes changes in his behavior. I am going to point out some of the psychological effects of the acceptance of Islam's teachings on our people here.

### White is Evil

The very first thing that Islam does for the Original man is to teach him that the Black People are the CREAM of the Universe. That all things in existence belong to him. He learns how ignorant he was in believing that "Black is evil." Islam teaches him that the white man is the devil and

BUT I WILL TALK WITH YOU NOW, and why this has a great deal to do with a person's life and health.

### Overweight Person is Unjust

We Moslems believe in Freedom, Justice and Equality in all things regardless of whether they are great or small. Now, a person who is normal, breathes 3 cubic feet of air per hour. An abnormally fat person breathes more than the normal amount of air per hour, and this person, in other words, is robbing you of the atmosphere or air.

Just to prove to you that Prophet Fard Mohammed is right, take for instance this picture. You are sitting beside a real overweight person (fat person). Notice how fast that person breathes and you will see that he or she breathes much faster than you. Therefore, that person gets more air than you do. The rule, that the faster the fire burns the more it destroys, applies in the case above. An overweight or fat person breathes more, eats more, takes more room and in other words is a complete nuisance to the normal one.

Another picture. For instance, you, a person weighing 118 pounds, and a large sister weighing 200 pounds, have walked home from a store four blocks away. You sit down and perhaps draw a long breath and begin breathing normally again, but this sister

is the way of life, health and happiness.

### We Were Once All Beautiful

My dear brothers and sisters, you have not always been overweight and without shape. When we were stolen and brought over here 379 years ago into North America, and enslaved, we were not shapeless, large awkward people. We were the highly esteemed intelligent people. The ones who were known for their perfectness in all things. We had perfect forms. In other words we were beautiful Original people 100%. But how, and through whom did we become so badly disfigured and deformed?

### Devil Caused Us to Be Disfigured

It was caused by the devil (white man). The one you are worshipping today as your God. Just to prove his love for us, he disfigured us from our original selves in every way imaginable. How can you love such a man as he? Awake and think my people. Did he teach our mothers of yesterday and also of today how to form and take care of their young ones? No! But he taught his own kind. He wanted, and still wants us, to this very day, to grow like a potato or something that is big and shapeless. By so doing we grew up like seed which were thrown aside that grew without any cultivation; thus, we be-

to be born black. The Moslem knows that the Black people are the GODS and POWER in the world today.

He knows that the day of staying IGNORANT is over because Islam has taught him that the whole world is HIS home. He believes beyond all doubt that the white man's time is out; that the Black man's time has come. He understands that the reason the white man exercised control over him in North America was due to the fulfillment of Prophecy. And he holds his head high and beholds with pride and joy the new spirit of his Black brothers.

### Does Not Fear

Islam teaches that the Moslem has the whole Moslem World behind him, with all of its righteousness. That the cause of ALLAH will prevail. He has no doubt in his mind but that within a short time he will have Freedom, Justice and Equality. And because of the numbers of his brothers all over the world, he has lost all fear of his enemy.

### Does Not Fear Death

Perhaps the most far reaching psychological effect of the Teachings of Islam is the abolishing of the belief of a Life after physical death with its terrors. The Moslem is taught truthfully and satisfactorily the things

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