

Kitchen Is Our Medicine Cabinet

By ALICE IX

In the February issue we compared a so-called Negro menu, and a Muslim diet for food value. Let us take a look at the hog, collard green, and the wine.

Hog A Killer

The white nutritionist has taught us that the hog has vitamin B1 which is necessary for the functioning of nerve tissues. It affects the body's utilization of carbohydrates and fats; it promotes children's growth; it stimulates appetite and good muscle tone.

Allah (God) told the Messenger that the hog was made for the white race for medical purposes, and was not made to be eaten as food, by our people.

Who can dispute Allah (God), the Master Nutritionist, who created everything in the Universe, and is all wise?

Allah (God) told the Messenger that the hog is the number one killer of our people.

Hog Not Natural

The Messenger teaches that: The hog is not a natural animal. He is grafted from the cat, dog, and rat, and each one of these are 33% poisonous. That makes the hog 99% poisonous.

The hog is a scavenger. It lives and thrives from filth. The tissues of the hog swarms with parasites, worms and all manner of diseases.

The hog will eat rattlesnake, lye, and slop that is infested with maggots. It will eat anything.

Because of the hog's digestive system, all this filth becomes a part of him in three hours.

This animal is foul, ugly and filthy, and it is known to the medical profession that eating the hog kills the mental power.

There is a small opening in the inside of its front legs out of which flows a mass of corruption and medical science says: "The opening is an outlet of a sewer."

The Hog Eater

We are what we eat.

The hog is a shameless animal. The biggest eater of hog is the so-called Negro. The so-called Negro is shameless.

He allows his woman to go near nude day and night. They commit acts of adultery and fornication and other indecencies.

Their hog's temper is easily aroused. The poor so-called Negro eats so much hog that his temper is similar, and under such conditions so-called Negroes beat their wives day and night.

They speak the ugliest and vilest language.

The hog is not a peaceful animal, and can't get along in peace with each other.

The so-called Negro fights and kills his brother day and night.

The hog is the greediest of all animals.

He will not divide his food with his young, only the milk in their bellies.

The so-called Negro will not divide his education, wealth, know-how or his love with his brother.

The Collard Green

The collard green is a weed. A weed is an undesirable plant growing wild. They provide shelter and incubation for diseases and insect pests, which damage crops, and has no food value.

For the benefit of the so-called Negro, the white nutritionist teaches that the collard green has vitamin B2 (Riboflavin) which is necessary for healthy skin, and hair, good digestion, sound nerves, increases resistance to infection, general weakness, and poor eye condition.

People have been known to break out in a rash everytime they eat this weed. It is also very hard to digest.

The collard green is never found in predominantly white neighborhoods.

Alcohol vs. Food

Alcohol is not good for us. It has no food value and is one of the many vices of the white man, used to keep our people blind to themselves.

The habitual user of alcohol has an intense craving for his drink.

Without it he is entirely unfitted for business. One never experiences such an insane craving for bread, potatoes, or any other particular article of food.

When alcohol is withdrawn from a person who has been accustomed to its daily use, most distressing effects are experienced. Who ever saw a man's hand trembling or his nervous system unstrung because he could not get a potato or a piece of bread?

piece of bread?

Alcohol lessens the appreciation and value of brain and nerve activity, while the right food re-enforces nervous and mental energy.

Alcohol as a poison lessens muscular power, whereas food increases energy and endurance.

Lessens Cold Resistance

Alcohol lessens the power to endure cold. Food on the other hand, increases ability to endure cold.

Alcohol cannot be stored in the body for future use, whereas all food substances can be stored.

Food burns slowly in the body, as it is required to satisfy the body's needs. Alcohol is readily oxidized and eliminated, the same as any other oxidized drug.

The Cure

You can plainly see that the hog, the weed and the wine, is the cause of the so-called Negro's sickness. There are many others, in the medicine cabinet of the white man, and all have but two vitamins—S1 (Sickness) and D2 (Death).