

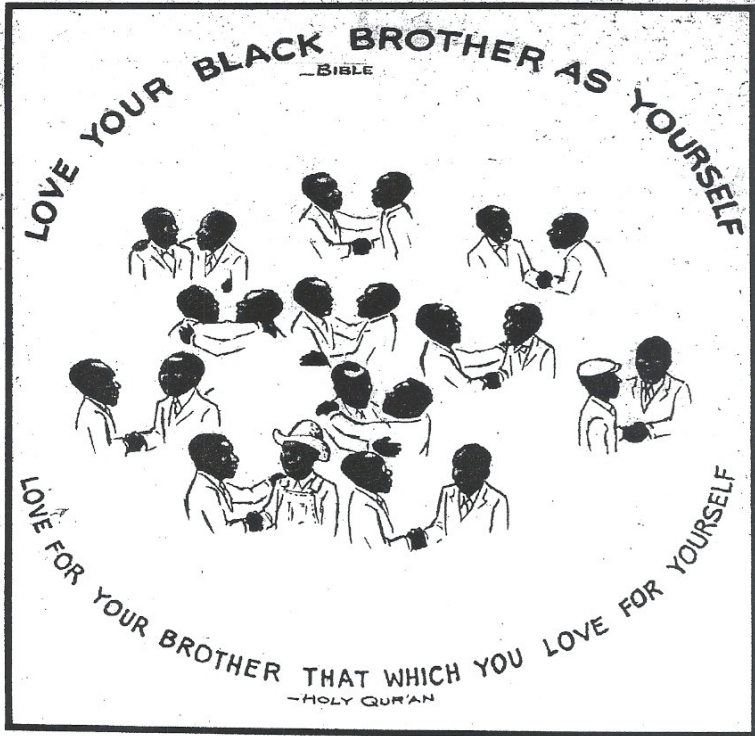
How to Eat to Live

By Elijah Muhammad
Messenger of Allah

In this poison world, there are scientists who are experimenting with poison and are experimenting on how to kill or maim people so that they will die later from eating the wrong foods and from breathing this poison atmosphere. It is very hard for a person who wants to eat the proper food to find anything like good food in this poison world, so that his life may be prolonged, because such people as the scientists have poisoned the food.

Eating one meal a day most certainly will prolong our lives if we eat the proper food. Cooking food correctly is another problem that must be solved with you. Regardless to the length of time allowed between each meal and regardless to the knowledge of the best foods to purchase from the markets, if it is not prepared properly, it also will shorten our lives. We must know how to prepare the proper foods so that it may prolong our lives. These people (white race) have been bent on the destruction of our lives and they are the rulers of the land. It is hard to try to eat properly while living right in the midst of such people.

Think over it—that their food scientists teach how to rob food of its value and then put it in pills and in liquid forms to commercialize on. How then, can you eat to live with what he leaves you to eat—foods robbed of their natural vitamins?



ON LIFE IN THE SUDAN

By Bayyinah Sharrieff

So many of my Black Brothers and Sisters, who qualify to enter the white man's universities and are interested in learning more about Africa and the Black men in general, enroll in programs of African Studies.

WHEN I FIRST returned from Africa and Europe to America in 1967, I acquired many bulletins on the African studies programs in the major universities, for I was interested in seeing what America offered in comparison to that which I saw offered in African and European universities.

Africa, as we all know, is divided into many cultures and languages. These American-African studies programs offer Swahili as a major language of the African continent. I noticed that it was offered in preference to Arabic. In fact, in many universities, Arabic was not even classified with the African studies programs. Let us examine this fact closely—Swahili being offered as a major and predominant language rather than Arabic. Up through the early 1960s Swahili was not a written language. It was only a spoken mixture of many tongues.

The geographical setting of

East Africa, down from the Red Sea shoreline on to the Indian Ocean coastal line, provided a vast area for the Arab, Indian and even Chinese merchants and tradesmen to come and barter for many centuries with the peoples on this African shore line. This mixing of the peoples and languages developed a conglomerate language now known as Swahili. Many people of Somalia, Kenya and Tanzania, who speak Swahili, will admit that it is an impure language and will credit Arabic as its main point of origin.

DURING THE EARLY 1960s it was a debated fact as to whether Swahili should be written in Arabic or English characters. Many of the people located in the concerned area preferred the Arabic script. However consider the colonialists in this area, England, Italy, France. Would not it be of their advantage to have the language expressed in English characters? Most certainly. Well, English won and so it is the American universities who promote a language in which she played a major role in its expression.

I am trying to help the reader understand that, although the majority of the American universities are offering programs

of African studies, these programs are not on firm foundations. It is like walking on an ice coated pond. There is a distance between the firmness of the surface (foundation) and the real solid bottom foundation. The American universities are trying to pacify their Black students with these programs which are without firm foundations. The cultural classes which are being offered are based on observations made by the white man (on a whole) who is not even permitted into the majority of these African societies.

For example, there is a Dr. Adams working supposedly for the University of Kentucky's archaeological department. He spent six years in the Nubian valley of the Republic of the Sudan, where he excavated the many ruins in that valley with UNESCO. He is striving to prove that Christianity was in the Nubian valley before Islam. I assisted Dr. Adams with some of his research work in the Sudan.

EVERY NATIVE of that country and that particular area will tell anyone who asks that Islam has always been there. Yet, Dr. Adams is working to prove otherwise. This is just an example of the many such falsehoods

which the white man is instructing in his universities.

One will not travel to any African country and find it void of peoples who read and write Arabic. This is the major and the most widely comprehended language in Africa. Many of my people, who have not been to Africa to see for themselves, are fooled into believing that which the white man is providing in books, lectures, and programs. If one wishes to learn the language of the majority of the people in Africa, one should study Arabic not Swahili. The white man cannot find a date of origin for the Arabic script. The Honorable Elijah Muhammad teaches us that Arabic is the language of the Original man (the Black Man).

Swahili is spoken and now written by those on the south east coast of Africa. This is done to break a people off from their past. Consider this if the youth, who are studying in East Africa at present use English as a medium of instruction (which they do) and study and speak a language which has just been given characters of expression; what knowledge will they or their children have of their past? They

will be dependent on English to communicate and record.

TO SEPARATE one from the knowledge of himself is the pattern of the white man with the Black man, so teaches the Honorable Elijah Muhammad. This example which I have cited here is just to inform you (the reader) that this is still being done today. This is what happened to our great, great grandfathers when they were tricked and forced into coming to America to work as slaves to build a great kingdom for the white man. These are the teachings of the Honorable Elijah Muhammad. Due to the fact that we had no knowledge of our own nor a way to record it, the knowledge of our past was lost and English as a medium of communication and recording was forcibly adopted. Look at us today.

After hearing the teachings of the Honorable Elijah Muhammad and reconsidering this situation and pattern of the white man; "I can only give thanks to Allah for raising up one in our midst to teach and inform us of these things that we may know and recognize our enemy. We learn from history.

GEORGE & ANDREW'S HEATING CO.
Specializing in Cleveland Danbeck
Safe Air Furnaces
Boilers Installed and Serviced
Bonded, licensed and insured
24 HOUR SERVICE
851-1198 or 391-7286
CLEVELAND, OHIO

WHILE YOU WAIT
First Class Shoe Repairing
SHABAZZ FAMILY SHOE STORE & SHOE REPAIR
Also, Leather Accessories For Sale
PHONE: 541-9649
12421 Superior Ave., Cleveland, Ohio
PROF. JAMES X HAYES

ASIATIC RESTAURANT.
BEAN PIE - DINNERS - BEAN SOUP
ALSO RICE
PHONE: 231-9209
8311 Cedar Ave., Cleveland, Ohio
4800 John St. S.W. Mary 17X

KAABA'S MEN'S FASHIONS
Home of the Most Modern Styles
12432 SUPERIOR AVENUE
CLEVELAND, OHIO 44108
Phone: 541-9296
"HOME OF THE DELIGHTFUL ATMOSPHERE"

COMMUNITY HARDWARE
PAINTS—TOOLS—GLAZING—RENTAL—REPAIRS
GENERAL HOUSEHOLD NEEDS
12322 Superior Ave., Cleveland, Ohio
BRO. RICHARD X OWNER
PHONE: 451-3355
HRS.: 9:00 A.M. TO 7:00 P.M.

SHABAZZ PRITHEN AND TODDLER FASHION SHOP
SIZES FROM BABY THRU 14
TRY OUR LAY-A-WAY PLAN
WE ACCEPT CENTRAL CARDS
OPEN 9:30 A.M. - 9:00 P.M.
12410 SUPERIOR
Phone: 761-6140 Cleveland, Ohio

OFFICIAL JEWELRY FOR BROTHERS AND SISTERS

CRESCENT FLAG—\$4.00
Certified Checks or Money Orders Only
WRITE FOR FREE BROCHURE
YUSUF A. X CORPORATION
Box 2846, Washington, D.C. 20015
Telephone Area Code 202-357-3066