

SEPTEMBER 12, 1963

MUHAMMAD SPEAKS

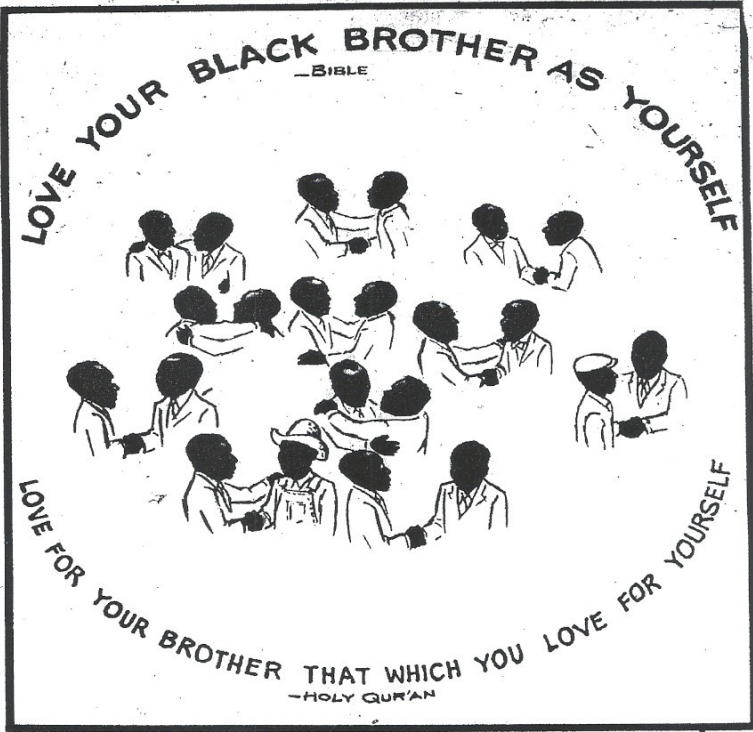
How to Eat to Live

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 Bayyiah Shartteff

Prior to my going to the Republic of the Sudan, I read many brochures, pamphlets and books which I found on the "Middle East" and Africa, for the American historians divided the Sudan into two groups that North of the Sahara desert and that South of the Sahara.

THE TOURIST'S literature was alluring to the reader to venture into a new and completely different society and atmosphere. The historians "wrote of a wild people who on a whole were fanatics concerning their religion (Islam). They also compared their Western society to the East as being far superior. Some went so far as to describe the culture of the Islamic society as being 18th century. Often times the author would admit his lack of the knowledge of the inner circles of the Islamic society, for the non-Muslim was not permitted inside the Islamic society.

Being a female, I was especially interested in a woman's place in the Islamic society. If I had only read the information available to the public on this subject, I would never have

wanted to go and live in the East, for I would have expected to be a servant to a man without a due reward. I would have expected to be a second-rate citizen in the country without rights. Fortunately, I met peoples of the Sudan before I went to that country, and they told me that I would love the life there since I enjoyed peace and harmony and appreciated nature.

THE FIRST DAY after my arrival in the three city capital of the Sudan, I was taken on a tour of the capital. I saw very few women on the streets and I questioned this. I was told that the women of their country did not have to go out to the store to purchase what they needed, that they could send their sons, a male house servant or their husband. It was the man's job to bring home the food and the other necessities which his family needed, the woman did not go out for such stores. They did not have reasons to leave their homes and wander out on the streets to walk, for every woman had a large yard with her home with a high wall encircling the yard (for privacy) and had, thereby, most of the day for the

fresh air. To pass from one room to another, one would have to pass through an opened corridor.

The women themselves were satisfied with these arrangements, and after I lived there I learned to love this arrangement. If they wanted to visit a friend or a sister in the city either a male relative would drive them to that sister's home, or, it close by, they would walk. Hardly ever did one see a Muslim woman walking alone in the Republic of the Sudan. If she hired a taxi she would not be alone. Either her sister or another female or male relative would be with her. The woman in Islam was no servant as I had been led to believe by reading the above said literature. Naturally she cooked the food for her family, and she saw to it that their home was always clean and that their clothes were always ready for the family to wear, but then she did not do all of this work herself. She had help. This help allowed her to spend more time and attention with her family and her self.

IT IS NOT the custom in the Sudan for the women to work

and provide the necessities for their families and they could not understand a woman having to do so in America.

Hearing the teachings of the Honorable Elijah Muhammad has made me reflect on this phase of life in the Sudan. He teaches us that the man should be the sole financial provider of his family. That the woman prepares and often arranges these provisions. He teaches us that the man is the provider of the family and the Holy Qur-an supports these teachings 4:34, "Men are the maintainers of women."

The Honorable Elijah Muhammad has said that if the man makes the home of his family comfortable for his family by placing in it all of the comforts for his family, then it will be such a desirable and comfortable place to live that his wife would not want to leave it (if she be good).

SO IT WAS in the Republic of the Sudan. The Sudanese women had no desire to stay out in the streets, for all that she could desire was in her home. All of

those whom I met were not very demanding women. They were considerate of and took into account the means of their husbands.

To be continued

Will Do All To Support Allah's Last Messenger

By Brother Vernon X Ball
Mosque No. 23

I know that Allah is God, Who came in the person of Master Fard Muhammad.

THE MOST Honorable Elijah Muhammad is the Messenger of Allah, who has been raised up among us, the Black Nation here in North America.

I know that I can never do enough to repay Allah for the gift he has given us — the Most Honorable Elijah Muhammad.

My only recourse is to do as much as I can to help and show that I love and respect the program of the Most Honorable Elijah Muhammad.

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ELIJAH MUHAMMAD ON RADIO
SUNDAY, 2:00 P.M.
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