

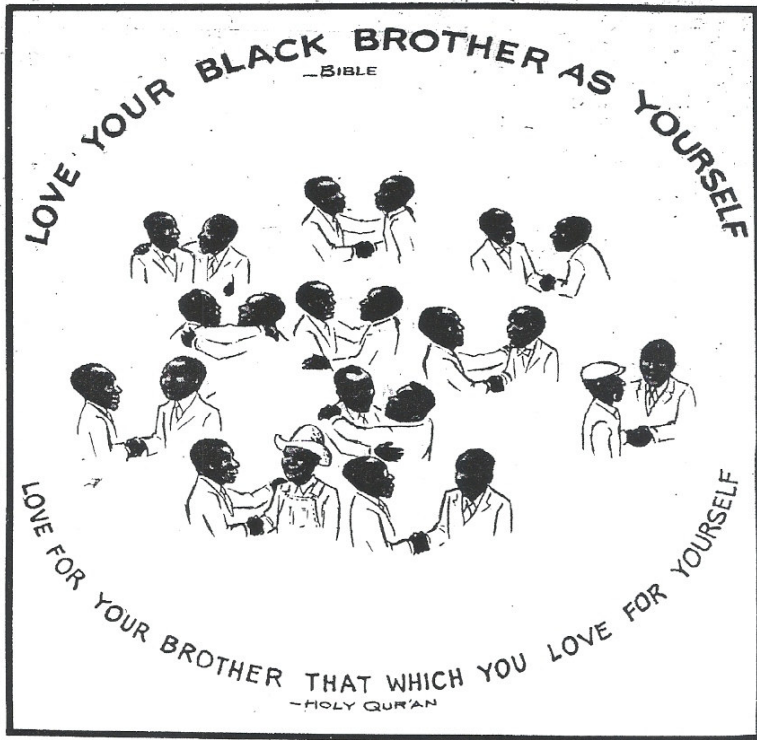
How to Eat to Live

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 Baiyyinah Sharrieff

In the September 12, 1969 issue of this newspaper, MUHAMMAD SPEAKS, one of my Black Sisters by the name of Viola Harris of Bronx, New York, made a misleading statement accrediting our Divine Leader and Teacher, The Honorable Elijah Muhammad with the popularity of the so-called "Afro-hair styles," or as some people term them, "the natural."

THE HONORABLE Elijah Muhammad does not teach or advise the Black woman to cut her hair short and make it stand up loose. He teaches us the Truth of the reality of who the Black woman is: She is the complement of the Original man, who is the maker, the owner of the planet earth.

Understand this: The Black man owns the planet earth. Try to disprove it. Everywhere the white man has gone (other than Europe where he was forced to go, according to the teachings of the Honorable Elijah Muhammad) he has found a dark man already there. He went to Africa and found the Black man. He went to the islands in the Pacific

and found the brown man. He went to America and found the red man. He went to the far East and found the yellow man. If the white man owned the planet earth, why would not he already occupy some productive land in warm comfortable climates rather than fight and kill and trick the others to get some of this earth?

The Honorable Elijah Muhammad questions us: why limit yourself to one continent by wearing one style of a people who have yet to develop their country to its peak of production? The Honorable Elijah Muhammad teaches us that limiting oneself to that one continent (Africa) shows the limit of ones knowledge.

I SO MUCH desire that my Black Sisters who are not registered with the Nation of Islam know that the educated and highly civilized woman in Africa does not wear her hair in the so-called "Afro hair style" unless her head is covered when in public.

During my stay in the Republic of the Sudan I had many occasions to meet and live with

African families of East and West Africa. Through this experience I learned that the women who have yet to live in highly developed portions of Africa, and be educated (who live out in rural areas) are the ones who wear their hair cut short and standing loose on their heads. When they come into the cities they often keep it covered until it is long enough to style, for it represents an old underdeveloped people.

Knowing these facts from actual visual observation, and knowing the teachings of the Honorable Elijah Muhammad, I could not let this statement made by Sister Viola Harris pass as Truth. I am sure that she did not know what I have stated here.

I ADMIRE HER for her statements of Truth, "He (the Honorable Elijah Muhammad) is the cause of the Black man awakening today," and that "his educational system should be support-

ed by everyone who identifies with Black." It is wonderful to see my Black Sisters desiring to see their people again in their

rightful places as the Honorable Elijah Muhammad teaches us, THE OWNER OF THE PLANET EARTH.

Sudanese Leader Rips U.S. Military Aid to Zionists

KHARTOUM, Sudan — The Sudanese Prime Minister Babiker Awadalla, recently condemned the United States for supporting Israel's acts of aggression against Arab countries. The condemnation was made in a statement to the Sudanese newspaper, El Ahrar, on the U.S. decision to provide Israel with "Phantom" fighter bombers.

Prime Minister Awadalla said: "The decision of the United States to ship Phantom Jets to Israel is neither new nor strange, because the U.S. aggressive policy toward the Middle East is very clear to everybody."

American jets to Israel at a time when the Arab resistance movement is being strengthened every day is in support of the aggressors and a threat to the Arab countries.

"We declare to the whole world that the U.S. threat will strengthen our will to fight Israel and to liberate Palestine and other occupied Arab territories," Awadalla concluded.

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