

The Benefits of Eating Once a Day

(Reprinted by Request)

"As Taught To Me By Almighty God, Allah in the Person of Master Fard Muhammad"
By Elijah Muhammad
The Messenger of Allah

Since many people are writing me for personal answers as to what we should and should not eat, I think it would lessen my work and be wise if you would clip these articles out and keep them where you can refer to them when needed.

Many of my followers write and tell me of the benefit they are receiving from eating one meal a day or one meal every other day. This will produce good results and lengthen our lives. But children should not be forced to fast or to eat once a day or once every other day.

Children and babies should eat at least twice a day. If you are now eating three meals a day and you would like to eat one meal every other day, you should not all of a sudden — change from three meals a day, every day, to one meal every other day.

FIRST DROP to two meals a day, then one meal a day, and then one meal every other day. It is better not all of a sudden — change from three meals a day, every day, to one meal every other day. Do not begin your meal with heavy food.

I have received many questions in regard to meat, fish, and poultry that have not been mentioned in my column. The main thing Allah, as well as the Holy Qur'an, reminds us of is that when it comes to meat and fish, Allah forbids us to eat the flesh of a swine and a fish weighing over 50 pounds (or even weighing 50 pounds).

SOME PEOPLE will not even eat fish at all. There are many fish that we can eat; some even weighing as little as one or one and a half pounds.

When eating fish, we should confine our fish-eating to those fish weighing between one and ten pounds. As I previously said in this series of articles on "How to Eat to Live," do not eat the scavengers of the sea such as oysters, crabs, clams, snails, shrimps, eels, and catfish.

The fish last mentioned (catfish) is a very filthy fish. He loves filth and is the pig of the water. Some people write in complaining about the fish that swim on their sides, but these fish can be eaten.

ALLAH HAS taught me that chicken is not good for us to eat. They are quite filthy (inasmuch as they do not eat the cleanest of food), but we eat them.

We eat beef and lamb; but Allah also said that it is not so good for us. It is not a sin for us to eat it. It is not a sin for us to eat, camels. But if we can find better food, we should not eat the above mentioned food. Many write and ask if they should eat meat at all. It is not a sin for you to eat meat, but it is a sin for you to eat the

hog-meat.

If we want to prolong our lives, it is best that we do not eat meat or do not eat it so often. Beef is very coarse and many of our people do not eat it because of that. Horsemeat can also be eaten. It is cleaner than the average meat. But we should not eat it unless we are extremely hungry and have nothing else to eat because it is a domestic animal and is gentle and close to the home.

IT IS NOT a sin to eat even, rabbit. But since Allah said that the rabbit is so near kin to the house cat that they are relatives, we do not eat it. The rabbit, however, is cleaner than the house cat because he eats vegetables, roots and herbs and he does not eat anything alive.

Allah has said that no wild game should be eaten at all. Regardless as to how you love deer meat, the deer is not good to eat. No game that runs wild in the woods or birds that fly, with the exception of baby pigeons that are never flown away from the nest where they were born, (called squabs) should be eaten. Please do not eat coons, opossums, turtles, turtle eggs, or frog legs. None of these are good for us.

MILK AND BREAD that has not been robbed of its value is good for us. If you must have some type of fat take the fat from milk (butter). Cheese is also good for us. Some people will make a meal of cheese and eat it as though they were eating bread. But, we should not eat too much cheese. Please do not eat cornbread, and do not fry your foods.

Do not feed your children all sorts of processed foods (such as cereals). If you can give them fresh foods. And do not give your child ready-prepared food. Prepare it yourself as mother used to do a long time ago. You were more healthy in those days than you are now. Prepare your child's food and give it to him; but do not feed it to him out of your mouth as grandmother used to do (smile). But still, we survived from that better than we are surviving from these processed foods today.

A SICK mother's milk is better for her baby than a healthy cow's milk or any animal's milk. You may give your babies cow milk, but if you can breast-feed them, yourself — as nature intended — then you should do so. You will have a healthier baby and a baby who will love you. When a baby is

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Pakistan Muslim Writes:

Allah Will Avenge Enemy's Aggression Against Muslims

FOR QUITE SOME time now, it has become a tradition with the white U.S. press—and in many instances, with the police and other law enforcement agencies of the land—to blame the Nation of Islam led by the Honorable Elijah Muhammad for every "unexpected, unpredictable and unsavory development" in black America.

I can understand, of course, if the Muslims are blamed when a liquor store proprietor or pork dealer in Harlem or another predominantly black community finds himself in the red-due to loss of patronage. I can also understand when a Rev. Make Believe King or pastor of a well-established "Church of the Slavemaster" declares the Muslims responsible for the gradual dwindling of his flock. Developments in this area, incidentally, do not the decadence or decline of the so-called Negroes but their deliverance from the devils' deadly hold. They also signify the defacto deflation of the latter's dominion.

But when the Muslims are alleged to "disturb the peace by fomenting disorder or inciting to riot . . ." that is something else again. Such baseless and absurd accusations merely reflect the innate evil nature of our enemies who will spare no ef-

fort to deceive and cunningly deal a death-blow to their innocent victims.

DEEP IN THE wisdom of the Supreme Being, Allah, the Honorable Elijah Muhammad recognizes the powers that be, hence his conviction that small firearms cannot protect his followers from an enemy considered so powerful that he can destroy a large part of this planet by "pushing a few buttons . . ." The Messenger's views and teachings on this subject constitute an absolute injunction that no member of the Nation of Islam may ignore or disobey.

While no "Christian cowards," who often turn the other cheek when slapped on the first, the followers of the Honorable Elijah Muhammad are not permitted to provoke an attack—no matter how trying the circumstances. Likewise, they are forbidden to participate in the civil rights' marches, sit-ins, stand-ins and other types of demonstrations.

THE MUSLIMS' LEADER simply does not believe that his people can achieve anything worthwhile through

these and other similar endeavors. Owing to this restriction, the followers of the Honorable Elijah Muhammad cannot possibly be held "involved" in a group or movements involving riots, disturbance of the peace and general lawlessness.

In view of the above mentioned facts — which, I'm sure, are known to all law enforcement bodies in this country — it is plain to see that the brutal police attack on Muhammad's Mosque of Islam in Los Angeles last week comprised an act of open contempt for the religion of peace, temperance and righteousness. By violating the sanctity of a house of worship, the attackers also showed their utter disregard and disrespect for God Himself.

THE POLICE OR National Guardsmen are said to have fired on the Muslims' building "in response to a hail of bullets coming from it . . ." Yet when they forced their way in, they found no weapons, no ammunition and no trace of gunpowder on any of the mosque's occupants. From this strange narrative one can only deduce that the "bullets" had emanated not from the Muslims' premises but from the delirious state of the enemy's mind.

Under the present circumstances, it is difficult to perceive that the aggrieved Muslims in Los Angeles — as other residents of black America — can find an adequate recourse to justice and demand that the "real" culprits in the case be brought to book. Meanwhile, the prayers of hurt and heavy Muslim hearts have already conveyed their agony to the highest of all Judges—Allah—Himself.

The Watts tragedy, as involving the Muslims, reminds me of an ancient fable—that of a blood-thirsty and hungry wolf who wanted to devour a little lamb he had come upon but first had to accuse the defenseless prey of "muddying my drinking waters . . ."

FORTUNATELY FOR the Muslims, however, there is a difference: The "lamb" in this wilderness, the Honorable Elijah Muhammad is neither a timid little soul the beasts can frighten, nor is he ever out of the sight of our All-Seeing and All-Powerful God (Allah). Allah protects him and will forever protect the Nation of Islam. It is he, again, who, in due time, will surely avenge the wounds inflicted upon the Muslims — and other blameless victims — by the common enemy of God and His believers and servants.



Naeem



"How could anyone think we might have any responsibility for what goes on here?"