



EMPHASIZING POINT, the Honorable Elijah Muhammad—the only Divinely-Missioned leader of America's 25-million black people—addresses huge gathering at Phoenix, Arizona's ultra-modern Convention Center.

(Howard Bingham Photo)

Zambia Leader Hails Toure, Guinean People

LUSAKA, Zambia — Zambia's President Kaunda had high praise for militant President Sekou Toure of Guinea, noting that despite having undergone the same difficulties as other colonial countries, the now-independent Guinea has become a "truly unaligned" nation.

"THIS IS a real joy to us," Dr. Kaunda said.

The Zambia leader, replying to remarks by Guinean Ambassador Fily Cissoko during presentation of his credentials, approved of President Toure's efforts to discuss unity with other countries

close to Guinea. Dr. Kaunda said that was important if African unity was to mean anything.

Zambia's President turned to the Rhodesian problem and declared he would never compromise on that issue. He said the question of Rhodesia, an illegal government, was one of principles.

"WE DO NOT hate Rhodesia. We do not hate the British. They are welcome here. But we want to see Mr. Wilson, who calls himself a Christian, stick to principles."

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Explains Muslim Annual Observance of the Ramadan 30-Day Fasting Period

By Abdul Basit Naeem

As this appears in print, Muslims everywhere—in the East as well as the West—would have passed the halfway mark in their observance of the 30-day period of fasting called (in Arabic) Ramadan.

THE ANNUAL fast, by virtue of both divine injunctions (recorded in the Holy Qur'an) and established custom, is incumbent upon all Muslim adults and young people (i.e., 12 years or older). The very old, the sick, and of females, those in the "family way" are generally exempt from the requirement.



Naeem

The Ramadan fast differs from "similar" practices existent in other religious systems in that the Muslims may not even "sip one drop of water" during their daily dawn-to-dusk ritual.

They also must "strictly adhere to Allah's other commandments relevant to the fasting period, such as generally keeping the body and mind clean and pure and keeping the five-times-daily prayers." Another hallowed

tradition specifies that "married couples shall take no pleasures during the days of Ramadan . . ."

THE PURPOSE of fasting, according to the Holy Qur'an, is to reacquire ourselves with the cardinal virtues of self-restraint or self-discipline. It goes without saying that self-induced moral excellence is imperative for all who seek true spiritual growth and continual inner happiness and contentment.

An extremely interesting and scientifically valid analysis comes from the renowned U. S. Muslim leader, Honorable Elijah Muhammad:

"Fasting is (meant) to prolong our lives with better health and by eating the right food and not eating too frequently," he says. "It is (thus) one of the greatest 'doctors' we have . . ."

OF COURSE, one need not keep the fast for a whole month to be convinced of the divinely-decreed institution's merits. Again the words of Messenger Muhammad, "A three-day fast will tell the (entire) story: you feel better, your body begins to feel lighter and not weighty as it felt when it was filled with food; your thinking is clearer."

The wise and venerable Muslim leader further as-

serts:

"Fasting cleans the impurities out of the blood and causes the body to eliminate the poison stored in it from previous meals — sometimes from previous meals of years, as the folds in our intestines can carry particles of food for a long time and hold strength enough in them to keep us alive for two months . . ."

SPEAKING OF the Honorable Elijah Muhammad's teachings on fasting, quoted above, I cannot help stating here—for the benefit of those who do not know—that the Messenger's followers observe "Ramadan" practically the whole year around. That is to say, they eat but one meal a day every day of the year!

Many, indeed, will eat only when absolutely hungry, e.g., once every two or three days. The only exception to this rule (on non-Ramadan fasting) is that the Muslims may drink water or coffee or take light refreshments, if and when deemed essential.

I think the noble Messenger's edict makes perfect sense: After all, if fasting for three or 30 days can do immense good to our mind and body, shouldn't a year-round fast (however modified) prove infinitely more beneficial to same? Besides, why not continue practicing

(Continued on page 21)

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ATLANTA—GRiffin, GA.	WERD	860	SUN.		5:00 P.M.
ATLANTIC CITY—VINELAND, N. J.	WDYL	1270	SUN.		3:00 P.M.
BALTIMORE, MD.	WSDI	1010	SUN.		12:30 P.M.
BIRMINGHAM, ALA.	XERF	1570	SUN.		7:30 P.M.
BOSTON, MASS.	WILD	1090	SAT.		2 P.M.
BOSTON, MASS.	WILD	1090	SUN.		4 P.M.
BUFFALO, N.Y.	WUFO	1080	SUN.		10:30 A.M.
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CLEVELAND, OHIO	WABQ	1540	SUN.		11:30 A.M.
DALLAS, TEXAS	XERF	1570	SUN.		6:30 P.M.
DETROIT, MICH.	WGPR-FM	107.5	SUN.		12:00 NOON
DURHAM, N.C.	WSRC	1410	SUN.		10:00 A.M.
GARY, IND.	WJOB	1230	SUN.		5:30 P.M.
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HARVEY, ILL.	WJOB	1230	SUN.		5:30 P.M.
HOUSTON, TEXAS	XERF	1570	SUN.		6:30 P.M.
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LITTLE ROCK, ARK.	XERF	1570	SUN.		6:30 P.M.
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LOS ANGELES, CALIF.	KTYM-FM	103.9	THURS.		10:00 P.M.
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MEMPHIS, TENN.	K-WAM	990	SUN.		3:30 P.M.
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MONROE, LA.	XERF	1570	SUN.		6:30 P.M.
NASHVILLE, TENN.	XERF	1570	SUN.		6:30 P.M.
NEW ORLEANS, LA.	XERF	1570	SUN.		6:30 P.M.
NEW YORK, N.Y.—NEWARK, N.J.	WBXN	1380	SUN.		6:30 P.M.
NORFOLK, VA.	WHIH	1400	SUN.		7:00 P.M.
OKLAHOMA CITY, OKLA.	XERF	1570	SUN.		7:30 P.M.
PITTSBURGH, PA.	WAMO-FM	104	SUN.		7:00 P.M.
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SAN ANTONIO, TEXAS	XERF	1570	SUN.		6:30 P.M.
SAN FRANCISCO—OAKLAND, CALIF.	KMPX-FM	107	SUN.		11:00 P.M.
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United Nations Asked To Admit Black Observers

(Pan African Press)
 NEW YORK CITY — In a petition addressed to "The Secretary of the United Nations, the United Nations Human Rights Council, Members Nations at Large," 27 young black leaders sought "special membership" in the world body as a "permanent group of observers made up of Black people living in America."

THE PETITION pointed out that "just as we do not have any real citizenship or human rights in America, we most certainly do not have any representation in the world body."

"And we, the descendants of African nationals, living in the United States, know that we must have a true representation before the world in order for any real progress to be made."

The 27 signatories gave a summary of the Negro's plight in America, beginning with the time when "pure blood Africans" were brought to America "against their wills" and sold into slavery.

"TODAY, in 1967 . . . we find that we have not yet attained citizenship, nor have we been allowed to return to our own, or establish a country in these lands where we now continue to reside," the petitioners declared.

It was noted that the "physical and mental terrorism and damage" done to the slave "is permanent and continuing. It exists today . . .



The starvation of the slaves in 1767 is no more a starvation than the systematic and deliberate starvation of the thousands of Black people in Mississippi."

Despite all the "modern edicts against slavery," the petition asserted that migra-

tory workers and sharecroppers in this country represent "a form of semi-'legalized' slavery."

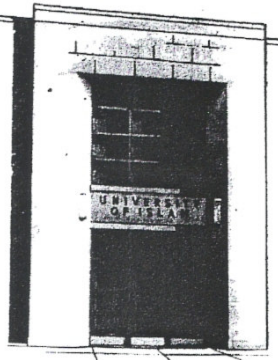
REFERRING to Watts, Los Angeles, Detroit, Newark, Plainfield and Milwaukee, the plea to the United Nations said the "spontaneous" revolts in these and other areas in the U.S. were "attempts at restoring some trace of human rights to our lives."

Against future outbreaks, America "has mounted the most hideously repressive anti-human form of warfare yet seen in modern times."

This, plus the way in which police, guardsmen and other armed authorities put down the urban rebellions, the petition emphasized, is a continuation of the "barbaric repression used to keep the slaves from mass revolts."

"We seek now to internationalize our situation; to bring it to the world's people so that they may judge whether or not we descendants of African slaves in America are justified in our claim that our basic human rights are now, and have always been, withheld . . ."

SIGNING the petition were: Julian Bond, H. Rap Brown, Stokely Carmichael, LeRoi Jones, Floyd McKissick, James Boggs, Max Stanford, Rev. A. Cleague, Maulana Ron Karenga, Huey P. Newton, Bobby Seale, Lofton Mitchell, John Killens, Milton Henry, James Foreman, Ella Collins, Charles Kenyatta, Baba Oseljeman Adefunmi, Omar Ahmed, John Henrik Clarke, Sun-Ra, Milford Graves, Bill Epton, Mae Mallory, Larry Neal, Arthur Smith and Florence Kennedy.



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Writer Explains Ramadan

(Continued from page 10)

what we learn from the sacred month of Ramadan, i.e., the fine and worthy principle of self-restraint, through the remaining 11 months?

SINCE A vast majority of the Honorable Elijah Muhammad's followers do just that and knowing as I do that, as a result of the daily fast, they actually "feel better than ever before" and continue to gain in health with time, I can safely predict that, in due course, they are likely to establish a new "national" longevity record. In so doing, I might add, they are likely to establish a new "national" longevity record. In so doing, I might add, they may well surpass the celebrated Hunza people (of Pakistan) who regard men in their sixties and seventies as "young" and believe that "old age" commences at well past the 100 year mark.

Canada Signs Wheat Deal With China

OTTAWA, Ont.—Canadian wheat growers will provide China with 78,400,000 bushels of wheat, according to the terms of a contract signed by Canada and China.

TRADE MINISTER Robert Winters told parliament agreement on final terms came only after prolonged negotiations in Kwangchow. No purchase price was announced on the contract, but it was revealed the agreement would cover a three-year period which began Aug. 1, 1968.

The long-term agreement called for minimum Chinese purchase of 4,500,000 tons of wheat and a maximum of 7,500,000 tons.

IMPLEMENTATION of the new contract will bring totals sales under this contract to 4,700,000 tons, with their profits out.

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