

"What Allah, in the Person of Master Fard Muhammad, Has Revealed to me."

By Elijah Muhammad Messenger of Allah

Eat one meal a day or one meal every two days, if you are able. If you eat the proper food, and not poison food and drink, you will prolong your life, make yourself youthful, and will keep away sickness, and suffering (even colds), said Allah to me in the Person of Master Fard Muhammad, to Whom praises are due forever.

KEEP THE body and the mind clean. Do good to self and to others. Keep away from evil and remember Allah always, and He Who Came in the Person of Master Fard Muhammad, to Whom praises are due forever, will remember you. But, you must eat pure food (the food that Allah has pointed out to us to eat) and stay away from that which He Forbids us to eat, such as swine flesh (the hog).

I will be a happy man when I see the day that our Black people forsake the hog. This divinely prohibited flesh (the swine) can be the cause of most of our sickness. The professional people, such as doctors and religious scholars and scientists, know this to be true. But, in this wicked world (of the white race) they were made to teach against the good Law and Guidance of Almighty God, Allah, to Whom praises are due forever.

ALL THAT God Says "thou shall not do" the white race says "thou shall do," or "thou should do." And then, they are bold enough to ask you "what is wrong with eating the pig?"

The hog, according to the teachings of God, in the Person of Master Fard Muhammad, to Whom praises are due forever, is very poisonous. It contains more poison than a rattlesnake. Of course white people eat rattle snakes. It is not the flesh of the rattle snake which is so poisonous, but the sac full of poison, which it carries in its mouth. When the rattle snake strikes you, it empties the sac of poison into your flesh. This causes death to the victim, if he does not receive attention quickly. But, the actual flesh of the hog is 99% poison (nearly 100%) as taught to me by God, in the Person of Master Fard Muhammad, to Whom praises are due forever. This poison is not going to kill you instantly. It drags you along for many years.

IT IS a very deceitful poison. It is in the form of live worms commonly called pork worms (trichinae). In a hog eater's body, these worms multiply by the millions. They first enter the walls of the stomach and then from the stomach pass out into the intestinal walls. And, from the intestines they travel up the back in the spinal cord into the muscles of the body and finally into the brain. When these worms get into these two places, last mentioned (of the body), the disease becomes incurable.

Look at the pictures in physiology books or in the dictionary where this worm is enlarged several hundred times. The lives of people with such poisonous worms in their bodies are usually limited to less than one hundred years, and for many, less than seventy years. There are a few who live past a hundred years, whose constitutions may have been much stronger than others.

YOU MAY say, "one hundred years is all I would want to live." No, this is not the Truth. You would like to live a hundred thousand years if you could, when

death approaches you, for this is the law of life; it always wants to stay here.

Eating any kind of flesh is not good for us, not even beef. No animal flesh can be said to be good for human consumption, not even fowls, and very few fish, not to think of the scavengers of the waters, such as crabs, shrimps and oysters.

We must learn to eat vegetables and fruits and stay away from land flesh. It is a little difficult for us to suddenly stop eating beef, lamb, and chicken, but we must wear away from such flesh gradually.

EATING one meal a day prolongs your life if you eat the right food. People will soon live a life of one thousand years, after the removal of this wicked world.



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