

The Truth About Pork (The Pig)

Pork or pig, all its parts and by-products, has been a chief food for the so-called American Negro since the days of his physical bondage. The pig was not made for human consumption. The pig is the chief cause of many of the ills and mental deficiencies occurring among the so-called American Negroes and

any other people who eat it. The pig is a mass of worms. Each mouthful you eat is not a nutritious food but a mass of small worms the naked eye cannot detect. Worms thrive in the hog. When these worms are digested into your system, they cause a high birth rate to hundreds of new worms called larvae

which travel the blood stream of your system and lodge in your muscles. These worms even enter your brain, lungs or your spinal fluid. They cause muscular aches, fever and many other symptoms of sickness. The worm has an amazing ability to go undetected in your system for many years.

causes trichinosis. Despite what veterinarians public health officials, the Agricultural Department or your doctor say, the best defense against the pig is **DO NOT EAT IT**. When you do eat it, you do not hurt God, His Messenger, the Muslim or anyone else. You hurt yourself.

sage or any raw pork. It is best not to eat pork — raw, processed, cooked, smoked, cured, or seasoned. You are what you eat, so why not eat the best and be the best. Do not allow this rotten, diseased meat to be sold in your neighborhoods or brought into your homes.

BE YOURSELF!

Have you ever noticed the Muslim's appearance? Have you observed that they are generally small and not overweight? For more than 30 years, Messenger Muhammad has been teaching the so-called Negroes of America on the proper foods to eat to improve their mental power, physical appearance, for prevention of illness, curing of ailments and prolonging life.

BAKE FOODS
For more than 30 years, the Muslim home has stressed the baking of foods and not frying. He has cautioned his followers to be conscious of weight. Penalties are exacted from Muslims found over weight.

The scientific name for the ill-causing worm found in all pork is *Trichinella spiralis* which also in Feb., 1960, published an article on weight and new weight charts, according to the plan of Mr. Muhammad. And, in the April 11, 1960 edition, The U.S. News & World Report again reported a detailed account on the foods to eat. As one Muslim said, they really listened to Mr. Muhammad, but they mixed it up and added to it." Every so-called Negro would do well to listen to Mr. Muhammad speak on the proper foods to eat. His advice adds to your life.

Thorough and slow cooking of pork does not remove the danger of disease from the worms in all pork, corn fed or garbage fed. Cooking of pork by minutes to the pound does not remove the danger of the worms found in all pork. Additional cooking of pork purchased in the summer or processed pork products does not make the worm-infested pork safe for eating.

Pork is often referred to as "cured." The word "cured" is the past tense of the verb "cure." If a meat has to be cured before we eat it, we should not even take the chance to eat it.

Before it became a fad, Messenger Muhammad advocated eating whole wheat and staying away from bleached, white enriched flour. He has taught and maintained fats should be reduced and eliminated from the diet. He has warned about the dangers of eating from cans and wax cartons. He has cautioned the so-called Negroes to take better care in selecting food to eat.

All of Messenger Muhammad's teaching on foods and weight have been studied by white scientists, doctors and dieticians. Finally, in October of 1959, actuaries released new average weight charts for men and women. It was no mere coincidence that their findings coincide with what Messenger Muhammad had been teaching. It was practically a verbatim transcript of the papers they confiscated when the federal government arrested him in 1942.

Inspection and governmental seals on pork do not remove the danger of the worms yet in the pork to make it safe for you to eat.

In the Bible and the Holy Quran, it is the Divine will of God that the pig should not be eaten and God has never changed this instruction, despite the white man's setting up governmental bureaus to grade and approve the selling of pork.

Mr. Muhammad has stated the so-called Negroes should eat the young, fresh green vegetables. He has stated the lima bean, black eye peas, and other field beans do not have food values good for the body and that they are very hard and damaging to the digestive tract.

FEATURE STORY
This was followed up with a featured story on weight in the U.S. News & World Report, Nov. 2, 1959, which was condensed in Reader's digest Feb., 1960. Their story, too, followed what Messenger Muhammad had been teaching for 30 years, that is, except the portions which advise eating pork. Coronet magazine,

Some say never taste raw sau-

The so-called Negroes should ban this meat from their communities and all those who sell and eat it!

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