

# WHY PORK IS PROHIBITED IN ISLAM



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**ISLAM**

**By**

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*In the name of God, the Beneficent,  
the Merciful*

**I**

**A MUSLIM being one who accepts and submits himself to the Supreme Power, God, is obliged to be clean spiritually, mentally as well as physically.**

**In order to follow this obligation, he has to observe what are allowed and what are prohibited by God for him to do in order to attain purity of the soul and of the human nature.**

**The abstention from eating pork in Islam has so many bases both in the religious aspect as well as from the scientific point of view.**

**TO PRACTICE HYGIENE AND TO ATTAIN  
PURITY OF NATURE**

The abstention from eating pork is one of the steps taken by Islam to practise hygiene and to attain “purity of human nature”.

How does Islam teach us clean-living? Islam firstly insists on purity of our soul and on cleanliness of the body and secondly on gentle physical exercise. One of the five pillars of Islam, i.e. prayers, affords the best form of gentle exercise. Science lays great emphasis on hygiene but neglects the importance of the cultivation of human nature in its purest form. It is similar to the concentration on the study



of materialism and spiritualism. In fact spiritualism and the culture of pure nature are two subjects of science and philosophy which have been temporarily neglected. I say temporarily neglected, because I sincerely believe that it will be reviewed and given its rightful prominence in future through new inventions of science.

Hygiene is superficial and materialistic but the culture of inner faculties is a more provoking study involving both body and spirit.

## **ISLAM REGULATES EMOTIONS, NOT ANNIHILATES THEM**

Islam, like other religions, places great emphasis on good character and virtue. Islam claims that man is born innocent. Mencius as well as Islam believe that good and bad are learned gradually; but the difference between the two theories is that Islam teaches how to attain virtue and how to shun bad habits because both good and bad grow up in man according to his education and environment in his daily life.

A human being has natural desires – food, sleep and sex, the three primary ones – and he has natural emotions such as happiness, anger, sorrow, love, fear, appetite and desire.

Desire is brought about by the instinct of possession. A dissatisfied instinct of possession breeds envy and eventually develops jealousy and avarice. Islam nevertheless does not recommend the annihilation of these emotions as some religious do but offers a method to control them because, as long as man lives, these emotions will exist. Emotions are like the motor in a vehicle. It is up to the driver to control and guide it to useful ends.

## SELECTION OF FOOD

The prohibition of the eating of pork in Islam is a forward step in materialistic education. This leads automatically to deeper understanding of the need for the culture of a pure human nature. As blood is virtually our life and what we consume ultimately affects the blood system, it is therefore necessary to exercise choice in the selection of our food and drink. It is quite obvious that the more man has advanced in civilisation, the more carefully he selects his food. We also know that the uncivilized people of Africa in the past were cannibals. The aborigines in Malaya and certain hill people in Borneo never know how to select their food. They eat snakes, worms, rats and whatever they may catch. The so-called untouchables of India do not make any choice in food but they nevertheless start to select food when they reach the door of a higher culture. They also lose their previous inferiority complex. These are the proofs supporting my statement.

The advance of human nature into its purest form does not end in the abstinence from pork eating. The eating of flesh of creatures which die a natural death or in the course of fighting, be they cattle, goats or poultry, is equally forbidden by Islam. We do not know if scientists have made a study of flesh or blood of animals which have died as a result of fighting, but we Muslims are taught not to consume the flesh of those animals.

Apart from the above, and as a matter of principle, Muslims do not eat the flesh of animals of prey such as the lion, tiger, leopard, snakes and even cats, dogs, rats etc. This prohibition is based on the purification of one's nature, because food when consumed, does not merely enter the intestines and becomes excreta. It is absorbed into the blood system and circulated to all parts of the human body, including the brain and this, in no small way, affects man's nature.

Islam allows Muslims to partake of clean flesh; it neither prevents nor encourages anyone to become vegetarians. However, in the consumption of flesh, Muslims are required to be selective.

Some people have argued that the ‘modern pig’ is given only clean food and therefore its flesh should be consumable. The answer to this argument is this; you feed the pig with clean wholesome mash but you cannot change its nature. It is still a pig. A pig is not a plant and you cannot change it by bud-grafting.

## **NATURE OF A PIG**

The pig is naturally lazy and indulgent in sex. It dislikes sunlight and lacks the spirit and will to ‘fight’. The older it grows the lazier it gets. It eats almost anything, be it faeces or anything dirty. It prefers dirty places to clean ones. It eats and sleeps only and hates moving around. It is the most avaricious of all domestic animals. Amongst all animals, the pig is the greatest cradle of harmful germs. Pork also serves as a carrier of diseases to mankind. It is for this reason that it is not suitable for consumption.

## **THE OPINIONS OF ANCIENT AND MODERN CHINESE AND FOREIGN PHYSICIANS ON PORK**

Talking about clean eating habits, allow me to introduce some of the medical opinions and conclusions of old as well as modern Chinese and foreign writers to strengthen the Muslims’ prohibition of pork eating.

The famous Chinese Longevity Journal, “Yan Show Tan” say, “On the verge of death, fear goes into the pig’s heart and the animal’s

last breath goes into its gall. All flesh is nourishing, except pork. Eat not.”

Here, reference is made to fear, the last breath of the animal going to the heart and gall. This might not be acceptable to scientists, but the writer was no common physician. There must be a reason for his terse and precise conclusion.

In the ‘Tang’ Dynasty, a great physician, Sun See Mao who declined the offer to be the coveted Prime Minister, lived to a ripe old age of 100 and was undoubtedly a great physician and hygienist of over a thousand years ago. He wrote in his book, ‘Sheh Shen Lu’ (The Record of Health) thus:-

**PORK ENCOURAGES THE REVIVAL OF OLD AILMENTS,  
LEADS TO STERILITY, FOSTERS RHEUMATISM AND  
ASTHMA”**

Here, he pin-pointed at least three illnesses and referred to the tendency of pork to cause a relapse of a cured sickness and his discovery has been completely confirmed by scientists today.

An authoritative physician of the Ming Dynasty, Lee Shih Ch’en (the sage in medicine), the author of materia medica (the most famous medical book in China which runs to some 50 volumes) spent his whole life on the study of medicine and this is what he has to say about pork:

“Southern pork has a pungent smell and gives concentrated gravy. It has **POISONOUS ILL EFFECTS WHICH ARE ALL THE MORE”**.

“All the more” here implies that Northern pork (and for that matter, all pork) has poisonous ill-effects, too.

Unless he was thoroughly convinced after exhaustive studies on thousands of kinds of herbs and edible items, it is most unlikely that such a great physician as Lee Shih Ch'en would venture to make this statement, that pork is generally poisonous to health. These medical opinions and conclusions are quoted from "THE RITES IN ISLAM", written by Sheikh Wang Tai Yui.

A modern doctor by the name of Hsueh Hun Yu, writing in his book, "The Problem of Carnivorousness", says that the eating of pork causes the weakening of memory and the shedding of hair. Modern science has now tracked down pork as one of the causes of baldness and the weakening of memory both of which are dreaded by youngsters and older people. It directly supports the statements on pork made by the people of ancient days.

We often see pork-sellers who are usually stout and fat. This may not necessarily be a sign of health. It may well be the result of continuous contact with pork and the diseases which pork carries.

Dr. Glen Shephard wrote the following on the danger of eating pork in the 31st May, 1952 issue of the Washington Post, Washington:-

**"ONE IN SIX PEOPLE IN THE UNITED STATES OF AMERICA AND CANADA HAVE GERMS IN THEIR MUSCLES – TRICHINOSIS – FROM EATING PORK INFECTED WITH TRICHINA OR TRICHINA-WORMS, MANY PEOPLE SO INFECTED, HAVE NO SYMPTOMS. MOST OF THOSE WHO DO HAVE, RECOVER VERY SLOWLY. SOME DIE, SOME ARE REDUCED TO PERMANENT INVALIDS. ALL WERE CARELESS PORK EATERS".**

**"NO ONE IS IMMUNE FROM THIS DISEASE AND THERE IS NO CURE. NEITHER, ANTI-BIOTICS NOR DRUGS. NOR**

VACCINES AFFECT THESE TINY DEADLY WORMS. PREVENTING INFECTION IS THE REAL ANSWER.”

“FULLY GROWN TRICHINA WORMS ARE ABOUT 1/8” LONG AND ABOUT 1/400” BROAD. THEY REMAIN ALIVE FOR UP TO 40 YEARS, CURLED UP IN LEMON-SHAPED INVISIBLE TINY CAPSULES BETWEEN MUSCLE FIBRES”.

“WHEN YOU EAT INFECTED MEAT, THOSE DORMANT WORM CAPSULES ARE DIGESTED BUT THEIR CONTENTS GROW INTO FULL-SIZED WORMS EACH OF WHICH HAS ABOUT 1,500 OFFSPRINGS. THEY GET INTO YOUR BLOOD ONE TO TWO WEEKS AFTER YOU HAVE EATEN THEIR PARENTS, BECAUSE MANY ORGANS CAN BE INVADED BY THE WORMS, SYMPTOMS CAN RESEMBLE THOSE OF 50 OTHER DISEASES. THIS MAKES DIAGNOSIS DIFFICULT”.

“ORDINARY METHODS OF SALTING AND SMOKING DO NOT KILL THOSE WORMS; NOR CAN GOVERNMENT INSPECTION OF MEAT AT PACKAGING HOUSES OR ABATTOIRS IDENTIFY ALL INFECTED PORK”.

After reading the statement of Dr. Shephard, we can presume that there is no real guarantee of safety, even when eating pork which is not affected by trichina worms. To take pork then, is a gamble with one’s health and life is at stake.

## **DISEASES CAUSED BY PIGS AND BY TAKING PORK**

It should be clearly understood here that the flesh of any animal or even vegetable, contains infectious germs but pork reigns supreme in the greatest content of germs and parasites among all meats that are

known to human beings. The more we study pork the more we dread it. The following lists show germs or parasites that are found in pork and the various diseases caused by them. Many of these diseases are contagious while some can prove fatal. This proves once again that the more science advances, the more Islam is shown to be correct in so many respects.

### Name of Parasites

#### **1. Fasciolopsis Buski**

(Lankester 1857; Ocliver 1902)  
These parasites remain latent for a long time in the pig's small intestines. The parasites on leaving the pig infect the water snail, which in turn infect man. Most prevalent in China.

#### **2. Round Worms**

A kind of parasite, 9 to 10" long; also known as "travelling worm" because it reaches all organs in the human body. Dr. Ramson mentioned in "Still's Parasitology" that these parasites in man are identical to those found in pigs. They belong to the same species.

### Name of Diseases caused

#### **1. Persistent Diarrhoea**

28% of the patients admitted into Shao-Hing Hospital (Chekiang Province, China) and 5.5% of all others attending outdoor dispensaries, were infected. The patient suffers digestive disorders, then persistent diarrhoea. The whole body then swells, due to the oedema of the tissues under the skin.

#### **2. Pneumonia, suffocation, jaundice**

If this parasite is in the lungs, it will cause pneumonia; in the air-tubes, it will cause suffocation; and in the intestines, intestinal obstruction or acute pancreatitis resulting in jaundice.

### 3. Hook Worms

These worms enter the human body by piercing the skin or through any wound. Pigs eat up human excreta containing eggs of these parasites. These develop in young worms, in the pigs. When these are passed out, they are infectious to man. This infection is most prevalent in all tropical countries.

### 4. Paragonimus

These parasites live in the lungs of the pig. Discovered by Dr. Masson in 1880, they are common parasites which cause pneumonia in pigs. There is still no means of killing the parasites in the tissues, neither has anyone found a method of expelling them. The epidemiology of the disease in countries where human beings live in close proximity with pigs clearly shows that these animals

### 3. Anaemia, T.B., Diarrhoea and Typhoid

When the worms penetrated under the skin, cause a peculiar itching called the "ground itch"; they start to cause damage when they reach the bowels. They cause anaemia with intermittent fever. Diarrhoea is the chief complaint. the patient soon gets exhausted and emaciated. In children, their growth and development is checked and they become easy prey for other infectious diseases like T.B., etc. Through the wounds caused by these parasites in the bowels, typhoid germs may find their way in to lead to typhoid fever.

### 4. Bleeding of the Lungs (Endemic Haemoptysis)

Very common in China, Japan, Formosa and countries where consumption of pork is predominant. Patients having this infection suffer from cough with rusty sputum and have repeated attacks of profuse bleeding of the lungs.



are the reservoir of infection. This disease is, however, absent from countries where pigs are rare.

### **5. Clonorchis Sinensis**

(Cobbold 1875; Loss 1907)

Clonorchis Sinensis is a sucking worm, a kind of parasite which inhabits the bile passage of the pig's liver which is a source of these parasites infecting people in close contact with pigs. The occurrence of the disease in China, Formosa, Japan, Korea, Southern India, and Vietnam again points to the close association with pigs.

### **6. Giganthorinchus Gigas**

This parasite was discovered by Dr. Coexe in 1782 (See Human Parasitology by Dumase Rivas 1920). It is found in the pig's intestines and is said to occur in man in South Russia.

### **7. Metastrongylus Apri**

This worm is a parasite of the pig's lungs; it is a short and slender parasite.

### **5. Clonorchiasis**

Clonorchiasis is a peculiar liver disease. The liver becomes enlarged accompanied with sever jaundice, diarrhoea and emaciation which may end fatally. Medical science, in spite of its efforts, has not yet been able to produce any specific treatment for the disease. Complications of the disease are cholangitis, stone formation in the liver and cancer.

### **6. Anaemia and digestive disorders**

The parasite attaches itself to the mucous membrane of the small intestine and causes digestive disorders and anaemia.

### **7. Bronchitis, Abscess of the Lungs**

The presence of these parasites in the lungs of man may lead to bronchitis, pneumonia and abscess of the lungs and secondary infection due to other bacteria.

## 8. Swine Erysipelas

These parasites are found in the skin of pigs; always ready to pierce the skin of anyone in close contact with pigs through handling them.

## 9. Tubercle Bacillus

Tubercle Bacillus are common parasites in pigs and most pigs have them.

## 10. Taenia Solium

(Pork tape-worm)

(Linnacus 1758)

These worms exist in two stages in the pig:-

- 1) The eggs
- 2) Cysticercus

(occurring in infected pigs) The pigs consume human excreta where tapeworm eggs exist. Inside the bowels, the egg dissolves and an embryo is set free, this then travels to the muscle and thrives there in the second stage as Cysticercus. Consequently the pig breeds only Cysticercus in its flesh. These worms are found only in pork-eaters.

## 8. Ordinary Erysipelas Disease

(Skin inflammation). Man can contract fever and suffer inflammation of the skin and constitutional disturbance.

## 9. Tuberculosis

The disease is conveyed to man via infected pork. There is no doubt that many of the cases of T.B. in pig-raising countries can be traced to this source.

## 10. Diarrhoea, Digestive disorder, Anaemia, Chronic Invalidism

When a man eats pork containing Cysticercus, the young dormant worm in the flesh is set free and develops into adult tape-worms. It may attain a length of 6 to 10 feet – the size of a common snake. It attaches itself to the intestinal wall by means of a crown of hooks at its head. Patients harbouring these parasites continuously pass out a few segments of the parasites, each containing as much as 75,000 eggs (See CESTODA in Encyclopedia Britannica). The eggs when consumed by pigs

infect them again, continuing the constant cycle. As this big parasite shares the nourishment of the host, it produces certain poisons in turn which have a deleterious influence on various systems. In case of sensitive patients the knowledge that they have such snake-like worms inside them, leads to extreme depression and may lead to melancholia; diarrhoea and digestive disturbances most often result. Anaemia is also quite marked and these patients remain in a state of chronic invalidism.

### **11. Trichinella Spiralis** (Owen 1835; Railliat 1895)

Only pigs and sometimes rats have this kind of worms. The young worms live in small cysts, so small as to be sometimes not visible under the microscope. The young Trichinae worms live, even after the animal has been slaughtered. They remain alive for a long time if the meat is preserved. According to Dr. Milton J. Rosenav, in his book on Preventive Medicine, methods of inspection have not yet been devised by which the

### **11. Trichinosis or Trichinelliasis**

(Rheumatism and muscular pains). The infected pork eaten by man will liberate the worms which develop quickly and multiply rapidly into young generations; some leave the human bowel and some travel via the blood to the muscles of man. The symptoms of the disease produced may be an acute abdominal pain and diarrhoea; twitching in various muscles, the face become puffy and the eye-lids swell and the patients become weak. Then

presence of *Trichina* in pork can be determined with certainty and the Government meat inspection does not include the test for this parasite. All people are accordingly warned not to eat pork sausages whether they be officially inspected or not. As far as cooking is concerned, it is very difficult to know at what temperature these parasites die. Roasting certainly does not kill them.

comes the stage of fever like typhoid and at this stage the younger generation of worms are going about the blood trying to settle in the muscles. When they reach the muscles, they cause intensive rheumatic and muscular pains. Breathing may be interfered with and in some cases asthma actually develops. The skin develops a rash and if the stress falls on the lungs, it may be fatal to man at this stage and the mortality rate has been as high as 30% of the infected cases. The disease is never recognized in the living swine or even in the dead ones. The inspection is unsatisfactory. Out of 6,329 cases of this disease in man which occurred in Germany, 32% were traced to meat which has been inspected as being free of *Trichina* (See Preventive Medicine by Dr. Milton J. Rosenav).

## 12. **Variola Suilla**

(Swine Variola) Variola was not known in Europe before the 9th century. It is said that the disease originated from pigs or cows in the Far East. One of the chief difficulties in the way of scientific research lies in the

## 12. **Small-pox**

Swine Variola can be communicated to man through pork either by touch or by consumption of it. It will develop small-pox in man. The malignant small-pox is a form of haemorrhage occurring in the

fact that the Variola Suilla virus is one of the filter passing viruses and consequently it is difficult for scientific investigation.

### **13. Sarcoptes Scabiei**

These germs are chiefly found in the flesh of pigs.

### **14. Fusiformis Necrofurus**

These germs are chiefly found in pigs.

### **15. Salmonella Cholerasuis**

These germs are chiefly found in pigs.

vesicles; which is particularly severe and invariably fatal.

### **13. Mange of Scabies**

An important disease caused through the eating of pork.

### **14. Foot-rot**

There are many form of foot-rot. The one caused by pork is the most difficult to heal.

### **15. Cholera**

Those eating pork infected by Salmonella Cholera-suis will easily contact cholera. It is very contagious and causes epidemic.

This information on Parasites and germs principally found in pork or on the skin of pigs which are the causes of various diseases, is extracted from an article written by Dr. Muhammad Ja'afar in the Islamic Review of London on January 1957. Other information has been given to me by Tan Sri Johari Daud, Director of Veterinary Services of Malaysia to whom I owe my gratitude. Some of the information has been adapted from "Essential Review on Agriculture-Veterinary" No. 12 Volume 2 (1959) of Taiwan.

In 1936 when the writer visited the Medical Faculty of the University of Cairo the Dean of the Faculty drew the writer's attention to a ten-foot tape-worm inside a large jar and said, "This is

from China". The writer was rather annoyed at the reference and in somewhat indignant tone protested, "Why the specific reference to China?"

"China is the world's greatest pork-eating country and the number of patients suffering from tape-worms is also the highest in the world. Other diseases with references to pigs, as *Trichina spiralis*, intestinal worms, occupy the first places in China, too. So most countries will buy these specimens from China as they are readily available there".

The writer had to withdraw his protest and accept the reference in silence.

I believe the domestication of boars was started by the Chinese 10,000 years ago. The pig seems to have been connected with man since the remote period. The word "home" or "family" written with in Chinese, is a roof on the top and a pig under it. The same way of life applies to long houses in Sarawak.

## **SUPPLEMENTARY LIST OF PARASITES AND WORMS FOUND IN DIFFERENT PARTS OF THE PIG**

### **SUCKING PARASITES**

1.    ***Cysticercus Tenuicollis***  
      Live in the liver, the intestinal walls and in the membranes.
  
2.    ***Cysticercus Cellulosae***  
      Live in the flesh, heart and tongue of the pig.
  
3.    ***Echinococcus Polymorphus***  
      Live chiefly in the liver and in the intestines of the pig.

4. **Paragonimus Westermanii**  
Live in the pig's lungs.
5. **Sparganum Mansoni**  
Live in the muscles and the flesh of the pig.

## **WORMS**

1. **Ascaris Lumbricoides**  
Live principally in the intestines.
2. **Trichuris Suis**  
Live in Caecum and the Colon of the pig.
3. **Stephanurus Dentatus**  
Inhabit the stomach, fat and liver of the pig.
4. **Choerostrongylus Pudendotectus**
5. **Oesophagostomum Dentatum**  
Found in the small intestine of the pig.
6. **Ankylostoma Doudenale**  
Found in the small intestine of the pig.
7. **Arduenna Strongyline**  
Live in the mucous membrane of the pig's stomach.
8. **Phyocepholus Sexalatus**  
Live in the mucous membrane of the pig's stomach.
9. **Simondsia Paradoxa**  
Three kinds of worms usually found in the mucous membrane of the stomach of the pig.
10. **Gnathostoma Hispidum**  
Live in the mucous membrane of the stomach.
11. **Setaria Bernardi**  
Live in the bowels of the pig.

12. **Macranthorynchus Hirudinaceus**  
Pig hook-worms living in the small intestines of the pig.
13. **Sarcoptes Scabiei Var. Suis**  
Live in the skin of the entire pig.
14. **Haematopinus Suis**  
Found to live in the skin of the entire pig.

## **THE MONTHS WHEN EUROPEANS SHUN PORK**

Generally speaking, Europeans, Americans and Australians are not great pork-eaters. Their staple meat diet is beef.

Italy can be said to be a Roman Catholic State and their Government imposed a ban on the sale of pork from May to August, in the ancient days. It was practically the same in France, Spain and Portugal which are all Roman Catholic States, though prohibition was not known.

In Great Britain, the same attitude towards pork was adopted. The people did not sell or buy any pork during the months without the letters "R" in their names, that is, May, June, July and August.

This happened before the advent of refrigeration. Today most people in Europe (excepting the Germans, the price of pork being much cheaper than that of beef in Germany), take more beef or mutton.

Why do these countries not discourage the sale and the consumption of beef or mutton during these periods? In fact, not only the Europeans, the Americans and Australians but also the Japanese and the Koreans particularly consume very little pork.



## **PEOPLE OF OTHER RELIGIONS WHO DO NOT EAT PORK**

The followers of certain religions other than Islam are also not permitted to eat pork.

### **1. Judaism**

The Jews believe in the Old Testament. It is clearly stated in Leviticus Chap XI, verse 7-8: “....also the pig, because it is a splitter of the hoof, but it itself does not chew the cud; it is unclean for you; you cannot eat any of its flesh and you must not touch its dead body, it is unclean for you”. Many Jews are still quite strict in this prohibition.

### **2. Hinduism**

The followers of Hinduism are forbidden to eat pork which they absolutely shun. I know this by experience on my trip to India. The Hindus whom I met could not tell me where the Holy Book forbade pork. The Pariah caste (the untouchables) do not make any selection in food, but all other castes consider it shameful to eat pork. In fact all Hindus should be pure vegetarians especially the Brahmins.

Anyhow, Mr. Muhommod Durai said to have found the following record in the Hindu Scripture THUKALPIAM, Chapter 163 which says: “One day when Manikavasagam was worshipping Siva, he offered him after his prayers, the meat of wild boar he had just hunted. Suddenly he saw blood oozing from the eyes of the image and then he heard a voice saying, ‘You who eat this meat, have sinned’”. This is all I quote about prohibition of pork among the Hindus.

Regarding the prohibition of beef, many learned Hindu-friends have said that there is no Holy Hindu book which contains any reference to this. It is simply a custom observed by the people from the remote period.

### 3. **Zoroastrianism**

Zoroastrianism is a former national religion of the Persians founded by Zoroaster in 550 B.C. or thereabouts. It is a monotheistic religion based on the philosophy and the dualism of good and evil. It is commonly called bi-divinity fire worship. There are about 150,000 Parsees (Persian descendants) in India especially in Bombay. The Zoroastrian restaurants in Bombay serve neither pork or beef, according to my experience during my two months' stay in Bombay.

### 4. **Seventh Day Adventists**

The sect of the Seventh Day Adventists of Christianity was founded in 1848 by William Miller who prophesied that the end of the world would come in 1843, 1844 or even 1845! The followers observe the teachings of the Bible Leviticus XI on the prohibition of pork. They frequent Muslim restaurants as a matter of convenience when they do not eat at home. Tea and coffee are also forbidden to the Seventh Day Adventists.

## **PEOPLE WHO SHOULD NOT TAKE PORK**

### 1. **Buddhism**

The Buddhists have five principal Commandments which are the prohibition of killing, adultery, stealing, telling lies and drinking intoxicants. Those who are advanced in Buddhism will observe 50 Commandments or 500 Commandments according to the degree of the devotees. Let us talk about the first Commandment. It is unlike

that of Islam or of Christianity. It prohibits the killing of any creature including rats, snakes, flies, mosquitoes, etc. This seems to be the extreme form of Buddhism which encourages only vegetarianism. Any devoted Buddhist of the Mahayana (Great Vehicle) will never eat chicken, duck, fish, beef or mutton. In short, all kinds of flesh including eggs – sometimes, even onions and garlics – are forbidden. It is very clear that they must not and should not eat pork as well. However, we often see flagrant flouting of this Buddhist Commandment by many of their followers due to circumstances of the locality where they live like Tibet and Mangolia where vegetables are very rare.

## 2. **Christianity**

All Christians should not eat pork because they believe unconditionally in the Old and New Testament. Leviticus of the Old Testament forbids the eating of pork.

Some Christians claim that they are now Christians and no longer Jews. We may ask them why the Ten Commandments are strictly practised and the Old and New Testaments are bound into one which is called the Bible. The fundamental training of a Christian priest is based on the Old Testament.

## **THE MAJORITY OF THE CHINESE SHOULD NOT EAT PORK**

If I dare to make the above statement, I must produce proof of what I have said. By the majority of Chinese I mean those who still follow the teachings of Confucius.

The teachings of Confucius and Mencius have been based on LEE-CHI (the Book of Rites). In Chapter SHAO YI of the Book of Rites, it says: “CHUIN TZU PU SHEH YU” which means, “A

gentleman does not eat flesh of pig and dog,” (according to translation of Rev. R. R. Mathew in his Great Chinese-English Dictionary. To ascertain the real meaning of these six words I had asked through the Penang Kwong Wah Press members of the public to offer explanation in modern Chinese. After many exchanges of views the Chief Editor of the news paper, Mr. Longfellow W.C. Liu, asked the old educationist and famous Chinese scholar Mr. Kuan Ch'en Min who agreed that those six words mean “No gentleman does eat pork or dog”. Chinese who still accept Confucianism as a religion or a teaching and the Book of Rites as a valuable book, should at least, not eat pork or dog.

The Book of Rites is a book over 3,000 years old and it was discovered by ancient people in that remote period when pork and dog meat were shunned as food. Islam is a religion revealed over a thousand six hundred years after the Book of Rites which repeated the same. Islam forbid people from taking pork, surely, there must be an important meaning in the messages conveyed by so many Books mentioned above.

### III

## OPINION OF A CHRISTIAN MISSIONARY ON PORK

I have read the translation of the Holy Qur'an by His Eminence Ilias Wang Ching Ch'ai of Tientsin and found in Chapter 6 Verse 145, his apt quotation of the opinion of a Christian missionary on the prohibition of eating pork.

The name of the priest is Lin Hung Pin and the name of the book is “Tai Chu Yo Tao” (There is a way in the very beginning). I am very interested in his opinion, because he was not a Seventh Day

Adventist missionary. Readers will observe that he had no partiality against or for Islam.

He said: “Many co-religionists who like to eat pork often posed the question to me: “Are we going to hell because we eat pork?” I replied, “This is purely a question of hygiene. Anyone who is prepared to serve and praise God must be anxious to possess good health. Not only pork should be shunned, but anything harmful to health should be altogether avoided.”

(Note: This statement is totally in agreement with Islam).

The missionary continued: “I have had some experience of eating pork and wish to tell you about it. I like beef and mutton, yet I do not consume much of them. If I take pork, I will have stomachache immediately. I had suffered from stomachache in the past but since I stopped eating pork, the complaint has disappeared completely. I dare to bear witness that anyone who obeys the teachings of health of the True God, his health will surely improve. Anyone who disbelieves will always suffer from sickness. It is up to you to eat it and it will be your own fault if you contract diseases. As I refuse to be sick, I therefore, do not eat pork or pig liver, intestines, lard, etc.”

A friend of mine asked: “You do not eat pork, but do you take lard?” I replied: “Is not lard from pork?” Then, he said, “I do not take pork but I take ham.” This showed how confused my friend was. God forbids His people from rearing and trading in pigs. They should not eat pork nor should they touch it. It is clearly said in the Bible that the whole body of the pig is dirty and so ham which is from pork, is equally forbidden.”

I had a pupil whose face was once full of pimples. I told him that those pimples are the result of his great liking for pork. You will be rid of them if you stop eating pork, I advised. Two years later

when I saw him again, I noted that his pimples had all disappeared. When I asked him if he still was taking pork, he answered that he had stopped doing that for the past two years and hence the happy outcome of his gleaming face.

The missionary continued: “The Turks and the Arabs are all Muslims and they do not eat pork at all because Islam most strictly forbids it. The Germans are very fond of pork and eat very much of it. During the War in Europe, many soldiers were wounded and admitted to hospitals. The doctors operated on them. The Turks were cured in a much shorter time than were the German soldiers who took months to be cured. Why was that? A doctor gave the following simple answer, “The German soldiers are very fond of pork.” Is this not proof of the harm that pork can do? Boils and ulcers are difficult to cure. They will deteriorate if the patients eat pork. Doctors used to prohibit all meat to those who suffer from ulcers. God prohibits His people from eating pork before they will ill, but doctors only stop the patient from eating pork when they have fallen ill. Are you going to stop eating pork now by following God’s advice or will you wait until you fall ill?

“Formerly I was fond of pig-trotters, the blood and lard. I was disgusted when I read Leviticus Chapter XI, because I was one of those who were fond of pork. I told my friends: This is a thing of the past, the Old Testament; now I belong to the New Testament, I am free to eat and to drink what I like.”

“It happened one day when I went to inspect the dwelling and the food of pigs. I noticed with disgust that the pigs were eating human feces. A great number of Chinese suffer from T.B. All the germs of T.B. patients are eaten by pigs and we in turn, eat the pigs’ flesh with all the germs embedded therein. How unhygienic it is! Many have died because the disease was communicated by pigs. Do you believe that?”

One day when I visited the butchers, I noticed that the skin of sheep was clean white, but the skin of the pig was full of red pimples like those on the face of my young friend. I then believed that the pimples on the face of the young man were the result of consumption of pork.

“Our body is the place of God, and it is only natural that we should prevent anything filthy from getting into the sacred place.”

In the Orient, many people are suffering from wen.

(1) This sickness come from pigs. In Hebrew literature, the word wen does not exist, because thousands of years ago their ancestors never ate pork. Now-a-days there are some Jews who forget their religion and start to eat pork and put themselves open to the infection of disease today.

(2) The word wen existed in Latin, because the Romans were fond of pork.... The word means “small pigs” in Latin, because in the centre of the cancerous growth, there is a pig-like abcess. Doctor say, “Those who eat too much pork will be get children suffering from wen within three generations. Do you believe that?”

Note (1) Regarding the word ‘wen’, Rev. Lin wrote ‘Liu’ ( ) in Chinese, the Mathew’s Dictionary translated it into ‘wen’, a tumour and a ‘swelling’ only.

“Liu” may be a cousin of cancer.

(2) We agree with Rev. Lin on the interpretation of ‘wen’ by the Jews, because they are not immune from the germs of pork.

Rev. Lin continued: “Foreigners do not like to be called fat, because

pigs are fat. They like to be called healthy. My lecture here is to make you understand the truth about seeking them yourself.....

I know a friend who is a chemist working in Tsingtao abattoir as a meat inspector. He told me that he had found more than 90 kinds of diseases in pigs. (We modestly mentioned less than half that number). He showed me the germs found in pork and on pigs with the help of a microscope. There are fat ones like a sheet of paper. When you eat pork, these germs will grow in your muscles until you die. There are thread-like germs which inhabit the human bowels until the man dies. There are parasites with heads at both ends, and which live in the veins. The man dies when his blood is poisoned by the parasites. My friend told that there are over twenty species of germs which never die at a very high temperature. Anyone who is unfortunate as to eat this kind of infected pork will suffer incurable diseases. If these germs reach the eyes, they cause blindness and if they reach the ears, they cause deafness. If they reach the lungs, T.B. results. If they reach the skin, mange and the paralytic strokes will end his life. Any of the slaughtered pigs found suffering from those diseases will be buried by the abattoir.

As regards beef and mutton, they do not possess any germs which cause man's death. One of my friends who had heard this, decided to stop eating pork at once. The theory of eating and drinking is mentioned in the Holy Book, teaching those who are holy disciples, "Do you have a better understanding of the Truth on the subject of eating and drinking?"

We repeat that the above quotation comes from the writing of a Christian missionary advising his own followers not to take pork. His statement is clear, sincere and unequivocal. He is one of those who understood the meaning of the Holy Book well and we consider his advice to be full of sincerity.



## IV

### A TABLE OF FATS IN MEAT

According to the table in the Book “A Study of Nutrition” which is used in the Universities and published by Chung Ch’eng Press of Taiwan, we found that fat content in pork was more than in any other meat.

<b>Nature of Meat</b>	<b>Percentage of Fat</b>
Fat pork	91%
Fat beef	35%
Fat mutton	56%
Semi-fat pork	60%
” ” beef	20%
” ” mutton	35%
Lean pork	29%
” beef	6%
” mutton	14%
Ham	51%

Note again is scientific proof of the contents of pork which is quite ominous to those who are fond of pork. “Delicious is the roasted pigling,” they said!

### ANOTHER EXPERIMENT ON MEATS

Take three pieces of flesh pork, mutton and beef all of the same age and put them in the sun; the pork will rot first, the mutton next and the beef last. The difference in time is an hour one after another.

Sometimes, the beef is dried without rotting. If the same meats are cooked, pork will be the last to be cooked and nobody can guarantee that there are no harmful germs in the cooked pork.

Mr. Ivan Lombardo, former Italian Minister of Commerce told us that trade in pigs in Italy had reduced by 25% compared to 25 years ago, because ladies who want to keep their figures refuse to eat pork.

## MUSLIM FOLLOW THE DIVINE LAW

*“Allah has forbidden you only what dies of itself, and blood and the flesh of swine and that over which any other (name) than (that of) Allah has been invoked. Then, whoever is driven by necessity, not desiring, nor exceeding the limit, no sin is upon him. Surely Allah is Forgiving, Merciful.” (Q: 2:173)*

According to medical research, mutton and beef, require three hours to be digested in the stomach but pork needs four hours.

There are many things in the world which man must know how to differentiate before putting them into his mouth. There are many plants which are edible and while some are poisonous and can kill, although many of these plants are medicinal herbs. Similarly, there is a flesh which is harmful to man. Naturally, pork is not so poisonous as to kill people on the spot. The poison is latent in pork as has been explained earlier. It is certainly not as nourishing as any other meat; and it may cause prolonged suffering as we mentioned in the earlier pages.

People may say, “The Chinese have been eating pork for countless generations and it is the “national food” of the Chinese and

yet, the Chinese exist in large numbers in the world.” But please note that the Chinese are, in general, compelled to be vegetarians. Peasants who comprise at least 80% of the total population of China, enjoy the eating of pork just about three times a year viz. at the beginning of the year, the 5th day of the 5th Moon and the 15th day of 8th Moon. I can confirm that no peasants in China could consume 24 pound of pork a year in the past. Today they cannot eat more than 12 pound a year. Please note the previous pages of this book. Many of the diseases caused by pork came from China. The principal food of the Chinese outside the cities and town is Tofu curd made from soya beans, consumed by all Far Easterners for centuries. There are too much evidence to prove the unhygienic elements in pork.

It is true that Muslims in China are, by comparison, two inches taller than the average non-Muslim Chinese, and they are much healthier too! Very many non-Muslim Chinese suffer from haemorrhoids which are nearly unknown to the Chinese Muslims. Had the Chinese been consuming beef since the beginning of the Chinese era, I dare say that they would not be having a physical constitution which is inferior to that of other races and be sneered at as the “sick-man of the East”, (though it has another meaning) and they would have accomplished the traditional saying of “body-building, national construction, country administration and peace in the world.”

## **THE INNER MEANING OF THE WORDS OF ALLAH IN THE QUR’AN**

If Muslims call themselves Muslims, it is because they sincerely believe in the Qur’an and the Hadith (the Saying and Conduct of the Prophet). In the Qur’an, Chapter 16: 115 repeats:

*“ALLAH HAS FORBIDDEN YOU ONLY WHAT DIES  
OF ITSELF AND BLOOD AND THE FLESH OF SWINE*

*AND THAT OVER WHICH ANY OTHER NAME THAN THAT OF ALLAH HAS BEEN INVOKED; BUT WHOEVER IS DRIVEN TO (IT), NOT DESIRING NOR EXCEEDING THE LIMIT, THEN SURELY ALLAH IS FORGIVING, MERCIFUL.”*

The above is the message from God. All Muslims have the unconditional sacred duty to obey it. There is no difference between this and the fact that people have to abide by the laws of the country like a soldier submitting unconditionally to the discipline in the army. This seems to be a plain and straight-forward answer to those who usually ask why Muslims abstain from pork. However, we have seen in this chapter, the wording “whoever is driven to (it)”. In other words, during a famine, for example, when there is nothing else to satisfy hunger, pork may be eaten. If a man with a gun in hand, forces a Muslim to eat pork and he is not able to resist him, he can eat the pork. (However, if a Muslim should be forced to worship idols, he would choose death rather than to do so). The question here is no longer that of hygiene, but one of faith and life or death. From this, we should be once more, convinced of the broadness of the Religion of Islam which covered and answered the doubt in Leviticus 11: 7-8 and Acts 10: 12-16.

It is no sin if a Muslim is forced by necessity or circumstances to eat pork. If a Muslim throws away his self-respect by voluntarily eating pork, he would be an unworthy person with no conviction of principle. He is then a shameless and sinful Muslim. I wish readers to note here that a Muslim who is compelled to eat pork, although he has committed a sin, remains a Muslim, nevertheless.

In December, 1943 and by co-incidence in December, 1967 too, I was with my family in Calcutta where we saw thousands of refugees from the famine-stricken areas in Bengal. Many of them died of

hunger but ‘holy cows’ not belonging to anyone, were roaming the hills and the streets of towns. Nobody dared to touch them still less to suggest slaughtering them for food, because these cows are ‘holy’ and are worshipped by Hindus. It is reported that India has one-fourth of the total cattle population in the world.

We should bear in mind that there is a great difference between the abstention from eating beef by Hindus and that from eating pork by Muslims. The Muslims’ abstention from pork is based on hygiene grounds and on the cultivation of purity of character.

In the Teaching of Islam, the prohibition of eating pork is only one of thousands of tenets of the Right Religion.

Abstention from pork by Muslims does not end in the cultivation of the inner and the outer faculties only; it goes further and deeper into the meaning of both. It is a teaching to elevate the quality of honesty and integrity in man. The Qur’an says, in Chapter 2: 168:-

*“O MEN, EAT THE LAWFUL AND GOOD THINGS FROM WHAT IS IN THE EARTH AND FOLLOW NOT THE FOOT-STEPS OF THE DEVIL. SURELY HE IS AN ENEMY TO YOU.”*

At first sight, the verses “Eat the lawful and good things in the earth” and “follow not the foot-steps of the devil” seem to be completely disconnected from each other. If we ponder over the verses, we would find a very deep meaning in both of them and they are quite naturally related.

**The word “lawful” in Arabic is “halal” which in the above verses relates not only to the things we eat but also to the way we earn money with which to buy the food and other things. We**

**must not only eschew forbidden food such as pork, but we must also shun unlawful means of earning a living and make otherwise lawful articles of food unlawful and detrimental to our spiritual well-being.**

**Corruption, deception, exploitation of any indecent way of procuring money are considered “haram” (unlawful) in Islam.**

Prophet Muhammad (s.a.w.) who is conversant with man’s doubts, said: “When you are in doubt about the lawfulness of something, ask the verdict of your inner voice (heart).”

This means that your conscience will tell you exactly what is lawful and what is unlawful. This, again, is one of the exalted teachings of Islam.

– WASSALAM –  
*May Allah Bless You*

## A NOTE FROM THE PUBLISHER

IT is surprising to note that Christians keep eating pork despite the prohibition in the Holy Bible:

*“And the swine, though he divide the hoof, and be cloven-footed, yet he cheweth not the cud; he is **unclean to you.**”* (Leviticus Chap. 14:7)

*“And the swine, because is divideth the hoof, yet cheweth not the cud, it is unclean unto you; **ye shall not eat of their flesh, nor touch their dead carcase.**”* (Deuteronomy Chap. 14:8)

*“A people that provoketh me to anger continually to my face; that sacrificeth in gardens, and burneth incense upon altars of brick; Which remain among the graves and lodge in the monuments, **which eat swine’s flesh, and broth of abominable things is in their vessels; Which say, Stand by theyself, come not near to me; for I am holier than thou. These are a smoke in my nose, a fire that burneth all the day.**”* (Isaiah 65:3-5)

Some people still try to justify eating pork saying that this prohibition has already been amended and allowed in the New Testament. But certainly, one cannot clearly and specifically point out in the New Testament that Jesus Christ (pbuh) had already allowed eating pork.

The provision in the New Testament that is alluded to by these people is based on the following verses in the Book of ACTS:

*“And he became very hungry, and would have eaten; but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth. Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter, kill, and eat. But Peter said, No so, Lord; for I have never eaten any thing that is common or unclean. And the voice spoke unto him again the second time, When God hath cleansed, that call not than common. This was done thrice; and the vessels was received up again into heaven.”* (Acts 10:10-16)

But to take these words out of context, in isolation, would certainly lead to misinterpreting the Holy Book. The true meaning of this provision can be found in the verses 25 to 28 of the same chapter 10:

*“And as Peter was coming in, Cornelius met him, and fell down at his feet, and worshiped him. But Peter took him up, saying, Stand up; I myself also am a man. And as he talked with him, he went in, and I found many that were come together. And he said unto them, Yet know how that it is an unlawful for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any man common or unclean.” (Acts 10:25-28)*

And also in ACTS 11:18 which is quoted as follows:

“When they heard these things, they held their peace, and glorified God, saying, Then hath God also to the Gentiles granted repentance unto life.”

So, the concrete meaning of the trance that had come to Peter as cited in the ACTS 10:14-15-16 was not a literal animals but it signifies the people who were not Jews but the gentiles or other tribes which God showed Peter that he should not call any man common and unclean as God granted them also repentance unto life.

It is therefore clear that nowhere the New Testament states that God Almighty has subsequently allowed mankind to eat pork. May Allah bless you.



## Recommended Reading

### **DAUGHTERS OF ANOTHER PATH**

Experiences Of American Women Choosing Islam  
Carol L.Anway - ISBN 0-9647169-0-9  
Al-Attique Publishers Inc, Canada

### **What Everyone Should Know About ISLAM AND MUSLIMS**

Suzanne Haneef - ISBN 0-935782-00-1  
Kazi Publications, Chicago, U.S.A

### **The BIBLE The QUR'AN And SCIENCE**

Maurice Bucaille - ISBN 0-89259-010-6  
American Trust Publications, U.S.A

### **RELIGION ON THE RISE**

Islam In The Third Millennium  
Murad Wilfried Hofmann - ISBN 1-59008-003-3  
Amana Publications, U.S.A

### **The History of The QUR'ANIC Text from Revelation to Compilation**

A Comparative Study with the old  
and new testaments  
M.M. Al-Azami - ISBN 1-872531-66-0  
UK Islamic Academy

### **ISLAM THE NATURAL WAY**

Abdul Wahid Hamid - ISBN 0-948196-09-2  
MELS Publishing, UK

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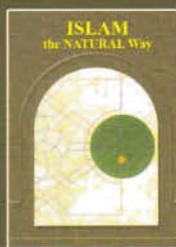
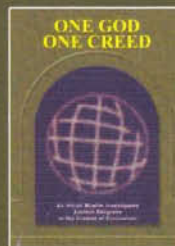
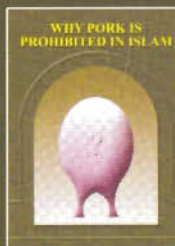
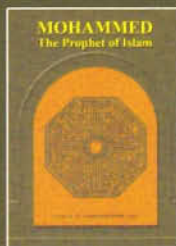
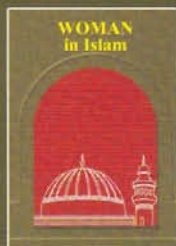
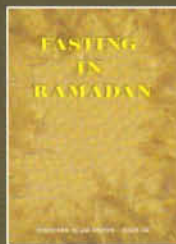
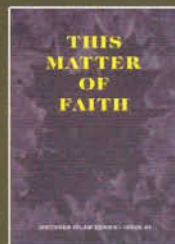
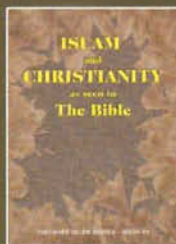
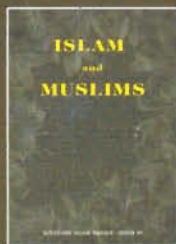
Jamal Badawi, Ph. D. - ISBN 0-89259-159-5  
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### **Islam In Focus**

Hammudah 'Abd al' Ali - Amana Publications,  
Bettsville, Maryland.

## **A few well known Islamic Centers are listed below for further information**

- 1. World Assembly of Muslim Youth**  
Prince Sultan Bin Abdulaziz Str.  
P.O.Box: 10845, Riyadh 11443, Saudi Arabia  
Tel: 4641663 / 4641669  
info@wamy.org
- 2. Al Muntada Al-Islami Trust**  
7 Bridges Place, Parsons Green  
London SW6 4HHR, UK  
Tel: 071-7318145, Fax: 071-738 4225
- 3. Islamic Centre, Japan**  
1-16-11 Ohara, Setagaya-ku, Tokyo 156-0041  
Tel: 03-3460-6169, Fax: 03-3460-6105  
www.islamcenter.or.jp  
islamcjp@islamcenter.or.jp
- 4. Islamic Society of North America (ISNA)**  
P.O.Box: 38, (Plainfield) Ind. 46168, U.S.A.  
Fax: (317)839-1840, Tel: 317-839-8157
- 5. Center for Islamic Studies**  
15A, Rohini Road,  
Wellawatta, Colombo-06, Sri Lanka  
Tel: 94-11-2593523 , Fax: 94-11-2586660  
welcome@sifnet.lk
- 6. Islamic Research Foundation**  
56/58 Tandel Street (North),  
Dongri Mumbai – 400009 (India)  
Tel: 3736875 (6 lines) Fax: 91-22-3730689  
islam@irf.net , www.irf.net
- 7. The Muslim Converts Association  
of Singapore**  
32, Onan Road, Singapore 4244484  
Tel: 3488344 Ext. 32, 31 or 38  
www.darul-arqam.org.sg
- 8. Islamic Presentation Committee,**  
P.O.Box: 1613, Safat 13017, KUWAIT  
Tel: 244-7526, Fax: 240-0057  
ipc@islam.com.kw, www.islam.com.kw
- 9. Islamic Information Centre**  
3rd Flr. Ansa Bldg. Pedro Gil Avenue  
Manila Philippines  
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