

We begin to the most common practice of our daily relating to Eating and Drinking.

It is said in the Holy Quran,

(O you who believe! do not declare as forbidden what Allah has made lawful for you and do not transgress. Surely Allah does not love those who transgress.

And eat of what Allah has give you provision permissible pure and fear allah if you believe unto him.)

It is further proclaimed

Eat of what Allah has give as sustenances and follow the footsteps satan. Indeed he is your open enemy. It is said in the Hadees of the Holy Prophet (Allah's grace and peace be upon him), The food on which `Bismillah' is not recited before eating, the satan partakes it as if becomes accessible for him. A companion Umar bin Abi Salmah says that when he was a child under the care of the Holy Prophet (Allah's grace and peace be upon him), he used his fingers every where in eating utensil. The Holy Prophet (Allah's grace and peace be upon him) directed him to eat from what is in front and not to more hand in the utensil. To recite the Name of Allah before eating is essential. If any one forgets, he should do so at the end, reciting

In the Name of Allah, in the beginning of It and at the end of it (ie. eating). Reciting the Name of Allah of increase (blesses) the victuals. The Holy Prophet (Allah's grace and peace be upon him) has said that eating together and reciting the name of Allah, increase the nutritive quality of the food and satisfies the hunger. The food on which the name of Allah is not recited is a (source) of disease. The compensation for it to eat some thing from the food still on the table cloth will the Name of Allah, and if the food has been removed, he should lick his fingers by reciting the Name of Allah.

He has also said that after taking the food he should recite,

In the Name of Allah and allah with Whose Name nothing can harm in the earth or in the sky. O Ever Living! O Ever Staying! This will prevent you from all kinds of disease and ailments, even if the poison is mixed in the food. Further commandments in this respect may be summarised as under,

Eating and drinking with right hand, to do so with left hand is the practice of satan.

Eating with three fingers is the tradition of the Prophets of Allah. Eating with all five fingers is forbidden as it is the practice of the uncouth and uncultured ones.

After eating the fingers and the pot should be licked, one does not know at what part of the food lies the blessing.

To blow air and breath in the utensil is forbidden.

If a morsel of food falls down, it should be picked up, cleaned and eaten. To leave it uneaten is to invite satan to eat it.

Pay due regard to the bread, it descends from heaven and contains blessing of the earth.

One who picks up and eats the fallen crumb of bread, receives forgiveness from Allah.

No one should rise from the table (cloth) until all men have their food.

No one should withdraw hand from the food while others are still engaged in eating. He might slow down and give an impression of joining with others. In case of an emergency, he may excuse and leave the place. To give up eating while your companion is busy, would cause him inconvenience.

The Holy Prophet (Allah's grace and peace be upon him) has emphasized that after eating food the following `dua' should be recited,

(All praise due to Allah who gave us food and drink and us Muslims).

Put off your shoes at the time of eating, it is graceful habit. It also gives relief and comfort to feet.

To eat with the help of the knife and fork is undesirable, it is the habit of the un-islamic people. The use of knife and fork may be allowed when the items of food can not be broken in pieces with hand and teeth. It is reported that on some rare occasion the Holy Prophet (Allah's grace and peace be upon him) has made use of knife and fork while taking food. However, this should be taken as a general permission.

The Holy Prophet (Allah's grace and peace be upon him) did not take food while reclining against a pillow (or cushion).

The Holy Prophet (Allah's grace and peace be upon him) never criticized or spoke against any preparation presented to him.

He had said, 'the food for one suffices for two, food for two, suffices for four and that of four suffices for eight.

He said, "Measure your food (the minimum quantity you need to satisfy your hunger). This way lies the blessing vessel than his stomach. A few morsels are enough to keep his back straight. No more than one third food for eating, nor more than third of breaths for living, are enough to sustain life on earth.

To refuse taking as a formality while there is hunger, is committing two sins at a time, not taking food when presented and telling a lie in there being no hunger.

People (rich and wealthy) who take food and drink in golden and silver vessels, fill their belly with fire.

When a fly falls in food or drink, it should be dipped full two times in that pot and then thrown away. In one wing of the fly is the disease and in the other wing is the cure of the disease. The fly by nature dips the disease wing and saves the cure wing while falling in the eatable. By dipping the whole fly twice neutralizes the ill effect of the disease and restores normally and health.

**PROBLEM:-** In some cases taking food is obligatory (farz) and not taking is an act of sin. If the hunger is to such an extent that remaining a more hungry may cause death, the taking food is obligatory and refusing to take anything is a grave sin (almost amounting to suicide which is haram).

PROBLEM:- In a state of extreme necessity when life hangs un balance, things which are manifestly haram becomes Halal but only' to the extent that one may survive and not at all for pleasure nor in a quality more than minimum quality of drink of a haram liquid is allowed to save life.

PROBLEM:- If some one has a thing which can save the life of a dying man, but he refuses to give the thing on request or on payment, then in such a case the thing can be snatch away from that cruel fellow by force.

PROBLEM:- Human flesh is absolutely forbidden, what ever the reason or situation may be.

PROBLEM:- Dead corpse and the wine are not allowed as medicine.

PROBLEM:- Eating should be slightly less than satisfying full hunger.

PROBLEM:- Avoiding food and drink that incite lust is an act of piety.

PROBLEM:- The sunnat etiquettes of taking food are (1) to wash hand before and (2) after taking food (3) not to wipe hands before taking food and (4) to wipe hands after eating so that no trace remains of the things taken.