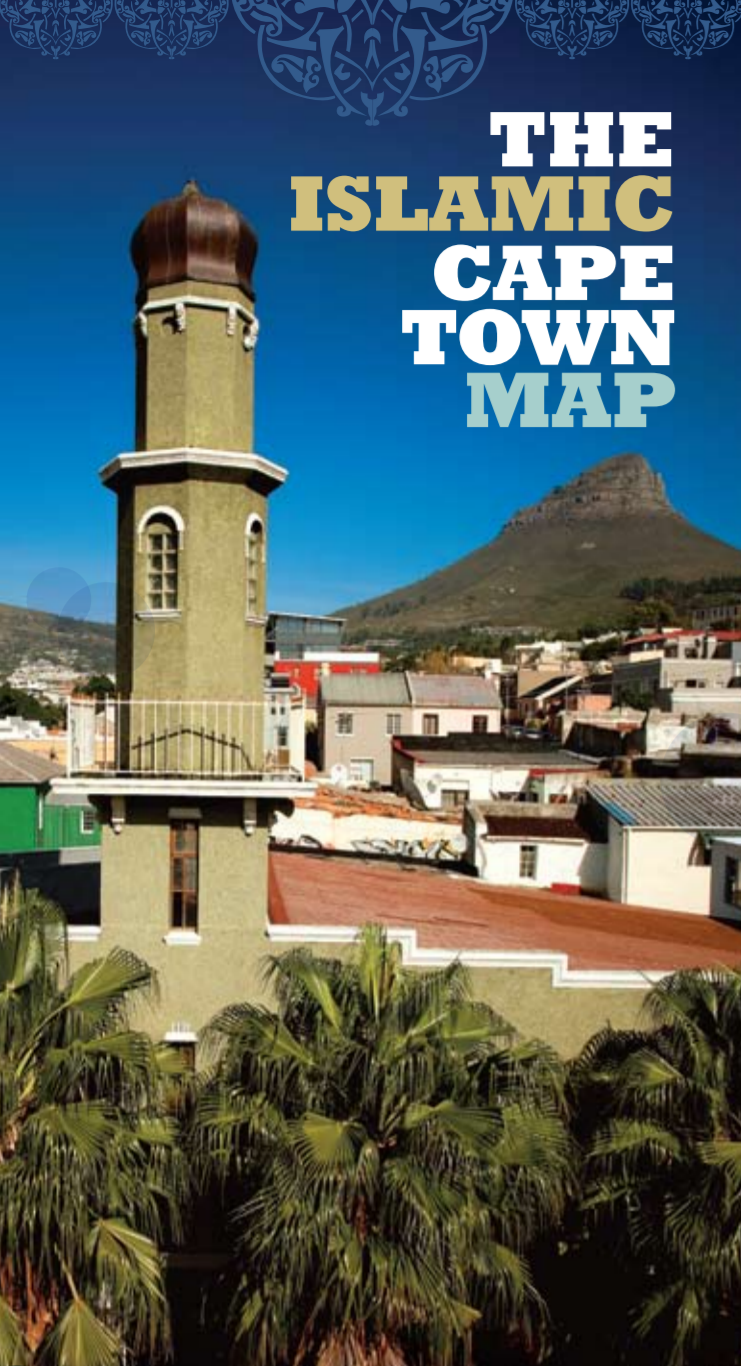


THE ISLAMIC CAPE TOWN MAP



Islam 101

What is Islam?

The Arabic word 'Islam' simply means 'submission', and is derived from a word meaning 'peace'. In a religious context it means complete submission to the will of God. 'Mohammedanism' is thus a misnomer because it suggests that Muslims worship Muhammad (pbuh) rather than God.



'Allah' is the Arabic word for God, a name used by both Arab Muslims and Arab Christians alike. Islam is not a new religion, but the same truth that God revealed through all His prophets to all people. For 1.5 billion of the world's population, Islam is both a religion and a complete way of life. Muslims follow a religion of peace, mercy, and forgiveness, and the majority have nothing to do with the extremely grave events which have come to be associated with their faith.

DID YOU KNOW?
Islam was banned in South Africa for a period of about 150 years: 1654-1804. Muslims were not allowed to build mosques, teach Islam or gather for religious ceremonies. According to the 'Placaat' [proclamation] of 1642 the penalty for any Muslim caught doing so was "all the property of such keeper should be forfeited and he be put in irons, or banished out of the country or punished corporally or with death."

Islam in the Cape

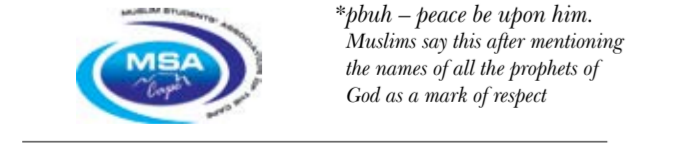
Explore it, Live it, Love it!

Islam in South Africa

The arrival of Muslims in South Africa in the 1600s and their consolidation as a close-knit religious community was a milestone in the socio-economic and political development of the country. Ever since their first arrival as slaves, mercenaries and exiles from colonial Dutch-ruled Batavia (Indonesia), a steady stream of adherents of Islam followed. Enslaved, though eventually emancipated, they became a worthy factor in the life of our nation today, rendering the foundations of Islam firmly on South African soil.



Celebrating our heritage as Muslims in the Cape, the Muslim Students Association (MSA) of the Cape has compiled this map of Cape Town from an Islamic cultural perspective. We hope that the map will be a handy guide to all tourists visiting our beautiful city allowing you to explore our history, lifestyle, cuisine and culture.



We wish to acknowledge our major sponsors AlBaraka Bank and Coral International and all those who made this map a reality. May God bless you all abundantly. Amen.



This printed map presents a selection of a few Islamic places to visit. For a more complete listing as well as further information please visit www.msacape.org and www.livingislam.co.za

Published by A&C Maps | www.mapsinfo.co.za

Pillars of Islam

Did you know Islam is founded upon 5 basic pillars? They form the framework of the Muslim life and must be undertaken with the best of effort in order to be considered a true believer:

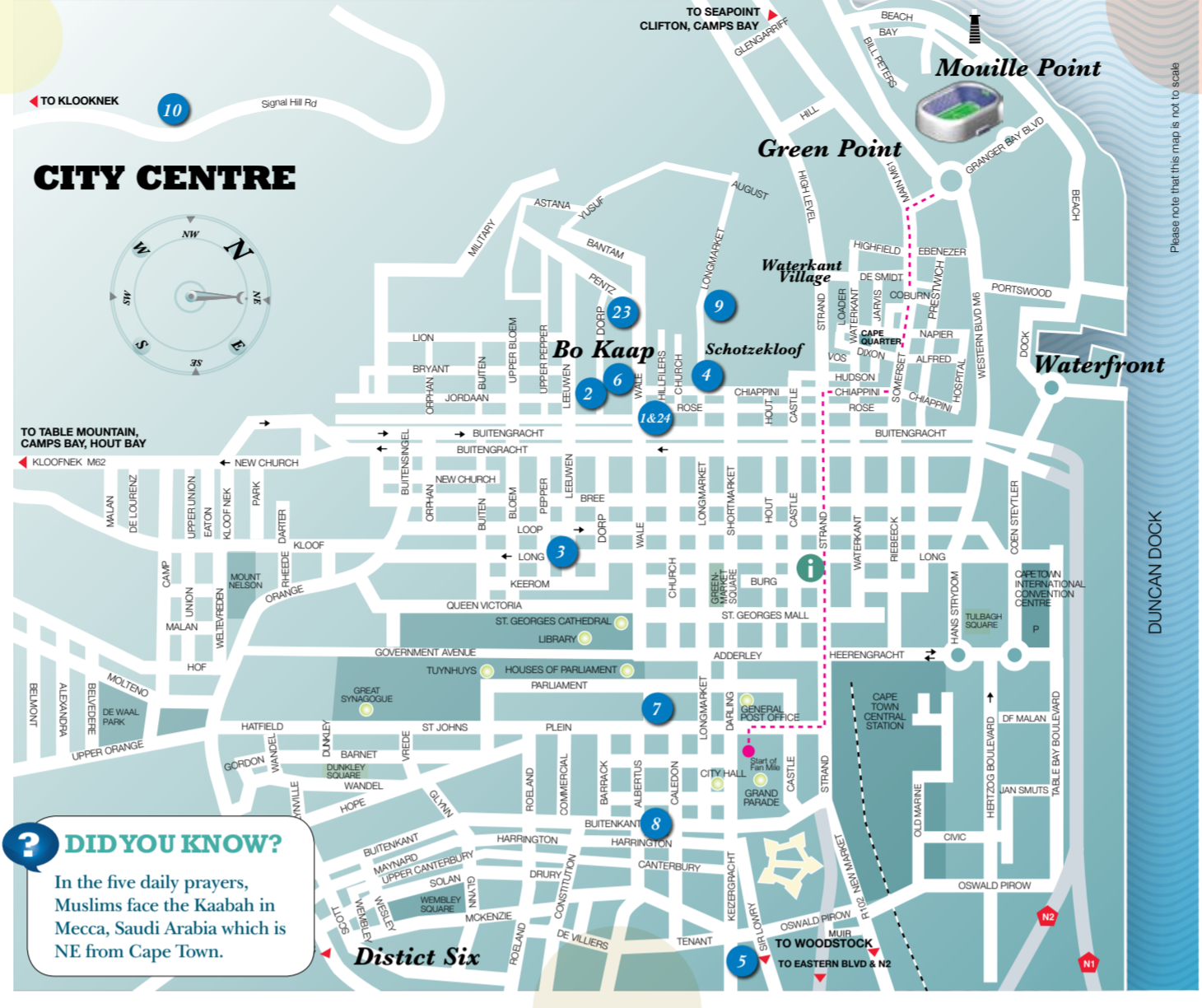
- 1 Shahadah** – declaration of faith in the oneness of God and that Muhammad (pbuh) is the last prophet of God.
- 2 Salaah** - Formal prayer five times a day.
- 3 Sawm** - Fasting during the daylight hours in the month of Ramadan.
- 4 Zakaah** – obligatory charity - 2.5% of one's savings given to the needy at the end of each year.
- 5 Hajj** - Pilgrimage to Mecca at least once, if physically and financially able.



Hospitality in Islam

One of the most noticeable features during your stay in Cape Town will undoubtedly be the warm reception and hospitality from the locals. In Islam, respecting one's guests is a way to observe one of God's commands as well as an opportunity to display high morality. Therefore, before all else, we offer respect, love, peace and cordiality to welcome you and make you feel at home. Earn the respect of the local Muslims by using some of these simple terms:

- 'As-Salaamu-Alaikum'** [greeting] – Peace be upon you
- 'Wa-Alaikum-Salaam'** [reply] – May peace be upon you too
- 'Shukran'** – Thank you
- 'Afwan'** – Don't mention it
- 'Kanalah'** – Please
- 'Insha'Allah'** – God-Willing



DID YOU KNOW?
In the five daily prayers, Muslims face the Kaabah in Mecca, Saudi Arabia which is NE from Cape Town.

Bo-Kaap & District Six

THE BO-KAAP
The Bo-Kaap is one of the oldest urban residential areas in Cape Town. The earliest development of the area, which became known as *Waalendorp*, was undertaken by Jan de Waal in the 1760s.

The house that today incorporates the museum building is the only one built by him that has retained its original form. It dates back to 1768. Over the years the Bo-Kaap has also been known as the *Malay Quarter*, the *Slamse Buurt* and *Schotcheskloof*.



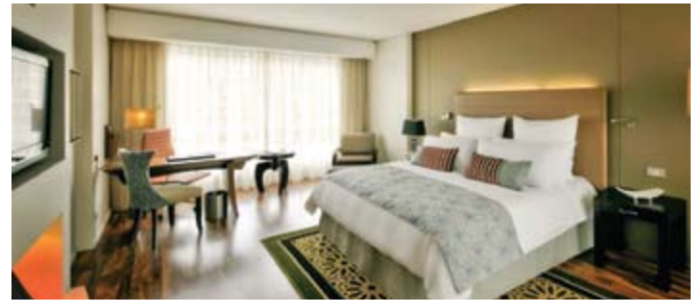
Although the Bo-Kaap has over centuries been home to people of various origins and religions, the area is closely associated with the Muslim community of the Cape. The ancestors of the majority of the Muslims in the Cape arrived from 1652 onwards as slaves, political exiles and convicts from East Africa and South East Asia (India, Indonesia and Sri Lanka).



17TH CENTURY BO-KAAP FAMILY

The history of the Bo-Kaap reflects the political processes in South Africa under the Apartheid years. The area was declared an exclusive residential area for Cape Muslims under the Group Areas Act of 1950 and people of other religions and ethnicity were forced to leave. At the same time, the neighbourhood is atypical. It is one of the few neighbourhoods where a predominantly working class population has continued to exist near a city centre. In the mid-twentieth century, most working class people in South Africa were moved to the periphery of the cities under the Slum Clearance Act and neighbourhood improvement programmes.

Accommodation



1 Coral International
Located at the foot of Table Mountain, Coral International is the ideal hotel to experience the treasures and magnificence of Cape Town. Featuring 137 spacious rooms and suites – each equipped with the finest amenities – Coral International Cape Town combines world-class comfort with superb service. The hotel celebrates both the past and present with the right blend of refinement, elegance and luxury. Coral offers the perfect setting for a beautiful lifestyle.
Corr Wale & Buitengracht Sts Bo-Kaap
Tel: 021 481 3700 / 087 310 2273
www.coral-cape.com
info@coral-cape.com

DID YOU KNOW?

Muslims accept the original unaltered Torah (the Scripture of Moses (pbuh)) and the original Bible (the Gospel of Jesus (pbuh)) since they were revealed by God. However, neither of those original scriptures is in existence today, in their entirety. Therefore, Muslims follow the subsequent, final, and preserved revelation of God: the Quran.
The Quran was not authored by Muhammad (pbuh). It is the Word of God, revealed to Muhammad, and written into physical form by his companions. The Quran is a record of the exact words revealed by God through the Angel Gabriel to the Prophet Muhammad. It was memorized by Muhammad and then dictated to his Companions, and written down by scribes, who cross-checked it during his lifetime. Not one word of its 114 chapters has been changed over the centuries, so that the Quran is in every detail the unique and miraculous text which was revealed to Muhammad fourteen centuries ago. This preservation continues today at madrassahs across the Cape where the Quran is taught and memorised. The Quran, the last revealed Word of God, is the prime source of every Muslim's faith and practice. It deals with all the subjects that concern us as human beings: wisdom, doctrine, worship, and law, but its basic theme is the relationship between God and His creatures. At the same time it provides guidelines for a just society, proper human conduct and an equitable economic system.

Mosques

If you are in the area at the right time of day, you may hear the muezzin's call to prayer. Follow the melodious sounds and not far you'll find some of the oldest mosques in South Africa.



2 Awval Mosque
Established in 1794 by Imam Abdullah bin Khardi Abdusaleem, famously known as Tuan Guru. It is the oldest mosque and the oldest madrassah (school) in South Africa. Contains hand-written Quran recalled from memory by Tuan Guru.
34 Dorp Street Bo-Kaap



3 Palm Tree Mosque
Built in 1807, it is the only surviving 18th century house on Long Street and the 2nd oldest mosque in SA. Previously known as *Jan Buyskes Mosque*.
185 Long St, Cape Town



4 Boorhaanol Islam Mosque
Previously known as Pilgrim Mosque. Declared a national monument in 1970
196 Longmarket Street, Bokaap



5 Zeenatul Islam Mosque
Established in 1923, this was the largest mosque in the city at the time and was a focal point of religious and cultural activity of District Six. Mosque tours available on site. Contact Discover Islam Mosque Tours.
21 Muir Street District Six

DID YOU KNOW?
Over 60 000 people were forcibly removed from District Six under apartheid's Group Areas Act.

Museums



6 Iziko Bo-Kaap Museum
Established in 1978 and furnished as a house that depicts the lifestyle of a nineteenth-century Muslim family. The museum tells the story of the local community within a national socio-political and cultural context.
Open: 10h00 – 17h00, Mon-Sat
Closed: Sundays, Eid-ul-Fitr, Eid-ul-Adha, Christmas Day, Good Friday, 1-2 Jan
Entrance fees: 16 and older – R10, under 16 – free, pensioners and students – R5. Free entrance on selected commemorative days.
71 Wale Street, Bo-Kaap
Tel: 021 481 3939
Email: info@iziko.org.za



7 Iziko Slave Lodge
Second oldest colonial building. Built in 1679 for 500 Dutch East India Company slaves from Madagascar, Ceylon and the East Indies, many of whom may have been Muslim. Houses collections of antiquities including a diorama of a mosque.
Open: 10h00 – 17h00, Mon-Sat
Closed: Sundays, Workers Day, Friday and Christmas Day.
Entrance fees: 16 and older – R15, under 16 – free, pensioners and students – R5. Free entrance on selected commemorative days.
49 corner of Adderley and Wale Streets
Tel: 021 460 8242
Email: info@iziko.org.za



8 District Six Museum
The District Six Museum celebrates a colourful heritage and a chapter in history when people of all races cohabited peacefully and happily. It also documents the calculated removal of this community to the desolate Cape Flats. Its messages of social justice are clear and strong.
Open: 09h00 – 14h00 Mon, 09h00-16h00 Tues-Sat
Closed: Sundays, Christmas Day, New Year's Day, Good Friday.
Entrance fees: Adults – R15, SA Students – R5, children and pensioners – free.
254 Buitenkant Street
Tel: 021 466 7200
Email: info@districtsix.co.za



Kramats

Kramats (Mazaars) mark the graves of the saintly predecessors who have died in the Cape. There are more than 20 recognized kramats in the Cape Peninsula area, with at least another four in the outlying districts of Faure, Caledon, Rawsonville and Bain's Kloof.

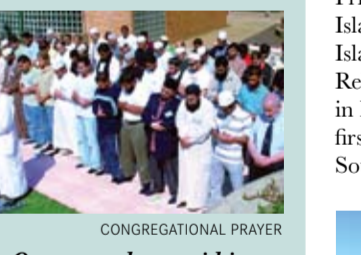
VISITING TIP:
Try to maintain respect when visiting the graveyards and the tombs. Shoes should be removed before entering the Kramat. Do not sit, lean on, or put your feet on the grave, and try to avoid loud conversation. Sit or stand respectfully and have no intention other than to derive spiritual benefit from the legacy left behind by these saintly souls.

9 Tana Baru, Bo-Kaap
First Islamic burial ground. Top of Longmarket Street

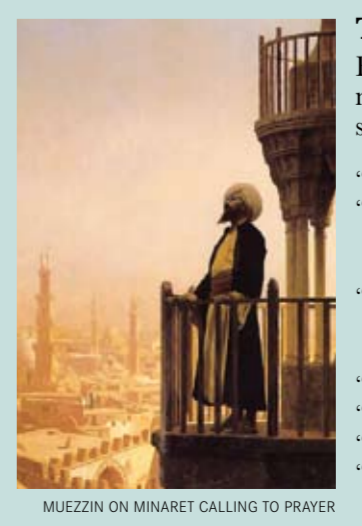


Prayer in Islam

"Salaah" (or prayer) is the second pillar of Islam and the most important pillar after the declaration of faith. Salaah is the name for the obligatory prayers which are performed five times a day, and are a direct link between the worshipper and God. Visitors to the Muslim world are struck by the centrality of prayers in daily life. There is no hierarchical authority in Islam, and no priests, so the prayers are led by any learned person who knows the Quran, chosen by the congregation. These five prayers contain verses from the Quran, and are said in Arabic, the language of the Revelation, but personal supplication can be offered in one's own language. Prayers are said before sunrise, at noon, mid-afternoon, after sunset and nightfall, thereby determining the rhythm of the entire day. Although it is preferable to worship together in a mosque, a Muslim may pray almost anywhere, such as in fields, offices, factories and universities.



CONGREGATIONAL PRAYER



The Call to Prayer
Ever wondered what the muezzin (caller to prayer) is saying 5 times a day?
"God is the Greatest"
"I testify that there is none worthy of worship but the One God"
"I testify that Muhammad (pbuh) is the Final Messenger of God."
"Come to prayer."
"Come to success."
"God is the Greatest."
"There is none worthy of worship but God."

Imam Abdullah bin Khardi Abdusaleem (Tuan Guru)

Prince from Tidore, Trinate Islands, brought to Robben Island as a state prisoner in 1780. Released in 1792, he went to live in Dorp Street. He founded the first mosque and madrassah in South Africa. Died 1807.



Tuan Sayeed Alawie
A citizen of Mokka in Yemen, he arrived as a prisoner in 1744. After 12 years in prison he forgave his jailer and became a policeman in Cape Town. His job gave him access to the slaves and the opportunity to teach them Islam. Died in 1803.



10 Signal Hill Ridge
Sheikh Mohammed Hassen Ghaibie Shah al Quadi Follower of Sheikh Yusuf of Macassar.

For a complete guide to all Kramat sites in the Western Cape and for further details contact: The Cape Mazaar Society Tel: 021 699 0500 info@capemazaarsociety.com

The Athlone Area

The suburb of Athlone lies approximately 9 km west of Cape Town International Airport. It forms part of the historical Cape Flats which gets its name from the flat sandy stretch of land located on the outskirts of Cape Town Central.



Modern Islamic culture is ideally sampled by a visit to the Cape Flats, with particular attention to the Gatesville, Rylands and surrounding areas. This area forms the heart of a well-established Muslim community. Originally owned by British aristocracy as farming land in colonial

times, it was transformed in the 1970s by the forced relocation of Coloured and Indian communities, many of them Muslim, from areas designated 'white' under the Group Areas Act. Today this area has grown into a melting pot of different cultures, Islam being one of them. Main roads are filled with a daily hub of grocers selling fresh fruits and vegetables, and busy shoppers sampling local products and cuisine. It has become an example of how different cultures can join together and become a single society.

GATESVILLE/RYLANDS AREA



The Kaabah The Kaabah is the place of worship which God commanded Abraham and Ishmael (pbu) to build over four thousand years ago. Muslims do not worship the Kaabah. It serves as a central focal point for Muslims around the world, unifying them in worship and symbolizing their common belief, spiritual focus and direction.

Mosques



11 Habibia Soofie Mosque
Established in 1905, it is one of the oldest mosques in the area, and with its seven minarets it is an impressive sight. The mosque also has an orphanage, nursery school and a kramat on the premises.
Johnson Road, Rylands Estate

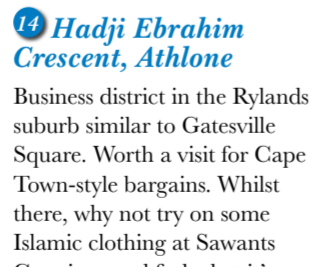


12 Gatesville Mosque
Locally known as *Musjidul Quds*. The mosque is an example of traditional Islamic architecture drawing reference to the Dome of the Rock, located within the sacred precincts of Islam's third holiest Mosque, the Al-Aqsa Musjid in Jerusalem. Feel free to visit the mosque on Friday for the Jum'ah prayer when it is filled to capacity! There is also a library and gift shop with souvenirs for tourists.
1 Clinic Street, Gatesville

Shopping



13 Gatesville Square
No visit is complete without some shopping and there is no better place to do this than the local shopping hub located on the upper end of Klipfontein Road - the Gatesville Square. With lots to choose from, such as Islamic books and clothing, spices and eastern foods to all sorts of bric-a-brac you are sure to find something to your liking.
Upper Klipfontein Road before intersection with Vanguard Drive



14 Hadji Ebrahim Crescent, Athlone
Business district in the Rylands suburb similar to Gatesville Square. Worth a visit for Cape Town-style bargains. Whilst there, why not try on some Islamic clothing at Sawants Creations and feel what it's like to wear traditional Islamic garments.
INSIDE SAWANTS BOOKSTORE & ISLAMIC CLOTHING

Tours

Discover Islam Centre
Mosque Tours
Discover Islam Centre
Est. 2005. Our mission is to share the Beautiful message of Islam with every soul, provide multi-faceted support for new Muslims and help build a vibrant community. During the World Cup Month the centre will be offering Guided Mosque Tours.
385 Lansdowne Road, Lansdowne
021 696 8375 / 696 8376 / 076 015 1331
www.discoverislam.co.za
info@discoverislam.co.za

Escape to the Cape Tours
Offers a wide variety of tours ranging from city tours, whale watching & game drives in and around the Western Cape as well as our speciality cultural & religious tours. All tours are to be conducted in a 'Halaal Friendly' atmosphere.
207 Lansdowne Road, Claremont
021 674 0155 / 083 555 3777
www.escape-to-the-cape.co.za
shaheed@escape-to-the-cape.co.za

In the Area



15 Rylands Cemetery
Burial grounds for Muslims in the Athlone area.
Corner of Klipfontein and Johnston Road, Athlone



16 Dar Ubaiy Hifth School
Institute for the memorization and study of the Quran and preserving the Quran in the hearts and minds of Muslims.
22 Hazel Road, Gatesville
021 633 3099



17 Trojan Horse Memorial
The infamous Trojan Horse incident occurred here on 15 October 1985. Armed apartheid-era police, hiding in crates in the back of a railway truck, ambushed a group of youths, opened fire, killing three young people and injuring several others. On 24 September 2005 (Heritage Day), the Trojan Horse Memorial was unveiled in remembrance of the three victims and also as a tribute to the youth of the Cape Flats.
Corner of Thornton and St Simons Roads in Athlone



Charity and Finance

To get in touch with the deeper rooted social issues of the community and for the opportunity to offer a helping hand, visit some of the key welfare organisations in the area.



18 SANZAF
The South African National Zakah Fund (SANZAF), a non-profit organization, is the largest national Muslim charity in South Africa and the oldest of its kind in the southern hemisphere. The key operational strategy of SANZAF is the empowerment of local communities through poverty alleviation, educational assistance, skills development and disaster relief. SANZAF distributes more than R55 million in South Africa annually, R18 million of which is in the Western Cape.
Special Projects & Fund Raising Office
1 Thornton Road, Athlone corner Klipfontein Road
0861 726 923/021 638 0965 / 021 447 0297
http://sanzaf.org.za



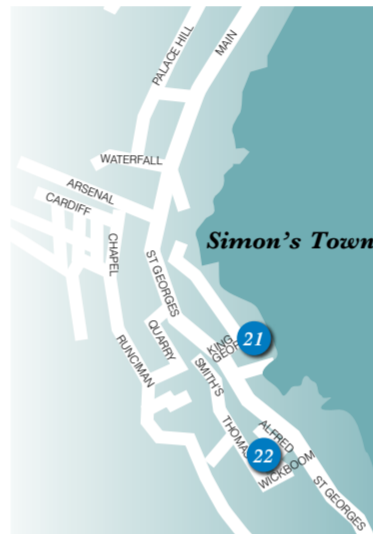
19 Islamic Relief Worldwide
Islamic Relief Worldwide works towards alleviating poverty and the suffering of the world's poorest people, responding to disasters locally and internationally. Operating in South Africa since 2003, Islamic Relief prioritizes the needs of children orphaned and made vulnerable by the AIDS pandemic.
62 Little Rd, Athlone
021 6960145/ 0861 112844
www.islamic-relief.co.za

DID YOU KNOW?

Women are not oppressed in Islam as modern society would have you believe! Any Muslim man that oppresses a woman is not following Islam. Islam grants women numerous rights in the home and in society. Among them is the right to earn money, to financial support, to an education, to inherit, to a dowry, to keep her maiden name and to worship in a mosque. If the woman demands, the husband must support her financially and he has no right to use her money. Muslim women wear the head-covering (hijab) in fulfillment of God's decree to dress modestly. From a practical standpoint, it serves to identify one as attempting to follow God in daily life and therefore, protects women from unwanted advances of men. This type of modest dress has been worn by righteous women throughout history. Prominent examples are traditional Catholic Nuns, Mother Teresa and the Virgin Mary, mother of Jesus (pbuh).



Worth a visit



Simon's Town Heritage Museum

The Heritage Museum was established in Amlay House (built in 1858), which belonged to the Amlay family of Simonstown. They were forcibly removed from the town when it was declared a white group area on 1 September 1967 under the Group Areas Act of the Nationalist Government. The family were removed in 1975 and were the first former residents to return to Simon's Town in 1995. The formation of the Heritage Museum was initiated by the Noorul Islam Historical Society that comprises a group of former and present residents of Simonstown. The museum was created as a reminder of the rich Muslim culture that existed in the town from the establishment of Simonstown as the official winter anchorage for the Dutch East India Company in 1743 until the forced removal of more

FOOD FOR THOUGHT

Lamarine, the renowned historian, speaking on the essentials of human greatness, wonders: "If greatness of purpose, smallness of means and astounding results are the three criteria of human genius, who could dare to compare any great man in modern history with Muhammad? Philosopher, orator, apostle, legislator, warrior, conqueror of ideas, restorer of rational dogmas, of a cult without images, the founder of twenty terrestrial empires and of one spiritual empire, that is MUHAMMAD. As regards all the standards by which Human Greatness may be measured, we may well ask, is there any man greater than he?" (Lamarine, Histoire de la Turquie, Paris, 1854, Vol. II, pp. 276-277)

DID YOU KNOW?

Islam prohibits the giving or taking of interest. Islamic banking refers to a system of banking or banking activity that is consistent with the principles of Islamic law (Sharia) and its practical application through the development of Islamic economics. Sharia prohibits the payment or acceptance of interest fees (Riba/usury) for the lending and accepting of money respectively for specific terms, as well as investing in businesses that provide goods or services considered contrary to its principles.

Building the bridge

Jesus - Messenger of Islam

Muslims respect and revere Jesus (pbuh), and await his Second Coming. We consider him one of the greatest of God's messengers to mankind. The Quran confirms his virgin birth (a chapter of the Qur'an is entitled 'Mary'), and Mary is considered one of the purest women in all creation. The Qur'an describes the Annunciation as follows:

'Behold! the Angel said, 'God has chosen you, and purified you, and chosen you above the women of all nations. O Mary, God gives you good news of a word from Him, whose name shall be the Messiah, Jesus son of Mary, honoured in this world and the Hereafter, and one of those brought near to God. He shall speak to the people from his cradle and in maturity, and shall be of the righteous.' (3:42-43)

Jesus (pbuh) was born miraculously through the same power which had brought Adam (pbuh) into being without a father. During his prophetic mission Jesus (pbuh) performed many miracles by God's leave. Neither Muhammad nor Jesus (pbuh) came to change the basic doctrine of the belief in One God, brought by earlier prophets, but to confirm and renew it. In the Quran, Jesus (pbuh) is reported as saying that he came:

'To attest the law which was before me. And to make lawful to you part of what was forbidden to you; I have come to you with a sign from your Lord, so fear Allah and obey me.' (3:50)

The Prophet Muhammad (pbuh) said: 'Whoever believes there is no god but God, alone without partner, that Muhammad is His messenger, that Jesus is the servant and messenger of God, His word breathed into Mary and a spirit from Him, and that Paradise and Hell are true, shall be received by God into Heaven.'



Dining out



THE BO-KAAP

The Bo-Kaap is the heart of traditional Cape Malay cuisine and the place to sample spicy curries and syrupy treats.



23 Biesmiellah Restaurant

Classic Cape Malay cuisine. Expect crayfish curry with fragrant saffron rice, lamb laden tomato bredie stews and sago pudding with just the right hint of cardamom.
2 Upper Wale Street, Bo-Kaap
Tel 021 4230850
www.biesmiellah.co.za



24 Mezzaan & Al-Najfoora

Two superb restaurants at the Coral International hotel serving the world's finest cuisines. From mouth-watering modern European fare to authentic Arabic, Asian & African delicacies, there is plenty to tickle the tastebuds. Both restaurants provide a distinctive experience with their own signature dishes and ambience.
Cnr Wale & Buitengracht Sts, Bo-Kaap
Tel: 021 422 3680
www.coral-capetown.com
info@coral-capetown.com

DID YOU KNOW?

Halaal was the dietary law in the time of Moses and Jesus (pbu) and is now followed by Muslims. Halaal is the code which Muslims observe that forbids them the consumption of blood, pork and any kind of intoxicating substances. The Prophet Muhammad (pbuh) taught that 'your body has rights over you', and the consumption of wholesome food and the leading of a healthy lifestyle are seen as religious obligations. The Prophet (pbuh) said: 'Ask God for certainty [of faith] and well-being; for after certainty, no one is given any gift better than health!'

GATESVILLE/RYLANDS AREA



25 Golden Dish
Golden Dish has been operating in Cape Town's Gatesville area for more than four decades. They offer at least 25 versions of the Gatsby, a favourite amongst Capetonians. The Gatsby is a long French bread that is stuffed with delicious fillings and then cut up and served as smaller sandwiches.
Corner Of Hazel and Klipfontein Road
021 633 7864



26 Wembley Roadhouse
Delicious Indian take-out. Quite simply, Wembley Roadhouse is the centre of the culinary universe of take-aways in Cape Town. The beauty of the roadhouse, of course, is that you don't really take the food away, but merely go over to your car parked nearby, and gobble the delicious, piping hot food, which steams up your windscreen, as you watch the ebb and flow of the crowd around the take-away counter.
23 Belgravia Road, Wembley Centre, Belgravia Road (corner of Denchworth)
Tel: 021 697 1455

MALAY DISH RECIPE:

Bobotie

Bobotie is a sweet curry mince dish set in an egg custard traditionally served on yellow rice, but is delicious with Basmati rice too.

Ingredients
Oil
1 slice of white bread soaked in milk
2 onions, chopped finely
2 t crushed garlic
500g topside mince
15 ml curry powder
2 ml salt
2T Chutney
2T brown vinegar
2T Worcester Sauce
2t Turmeric
2T Brown sugar
100 ml sultanas
2 eggs beaten separately
1 cup milk with a pinch of Turmeric



Method
* Heat oven to 180° C.
* Fry onions in oil. Add mince and brown.
* Add the curry powder and other spices.
* When well browned, remove from the heat.
* Mix in the Sultanas and one beaten egg and the soggy bread.
* Spoon into a greased oven dish.
* Mix the milk and second egg together.
* Pour over the mince mixture.
* Arrange some bay leaves on the surface & bake for 45 minutes.

For a complete list of halaal eateries in the area and in Cape Town, visit www.strictlyhalaal.com & www.livingislam.co.za

Some Eating Etiquette Tips

Wash your hands. Avoid eating and drinking whilst standing. Begin with Bismillah (In the Name of God) Always wash your hands with soap and water after eating (especially after a Gatsby, to avoid getting a spicy finger in the eye, a condition commonly known as Gatsby Eye!). Give thanks to God.

