

VEGETARIANISM

THE PERFECT WAY TO A HEALTHY & PEACEFUL LIFE

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VEGETARIANISM

Vitalize the Divine Love of man

Ending thus, the Sorrowful Fate of all animal-friends,

Glorifying, spirit through Moral Sense

Exonerate every trace of evil strand,

To the sublime joy of Universal Truth

All beings indeed, are brothers too

Rationally, animals have the Right

In pertaining their lives within humane sight;

Acquitting them to be brutally stained

Nevertheless, Commiseration of Mind is thence attained.

Infuriating not against NATURE'S LAW

Shield man from disasters, pestilences and wars;

MERCY and **PERPETUAL PEACE** are henceforth sacredly restored!

PREFACE

VEGETARIANISM is being initiated by Sages in China and India since time immemorial to prohibit the infliction of cruelties upon fellow animate beings - the basal step in **REGENERATING THE GREAT COMPASSIONATE LOVE** which is a pure quality inherent in the nature of man, to the **ENLIGHTENED TRUTH** that all life forms whether human or non-human, are rooted from **ONE COMMON HERITAGE**. That is, we share a Common Life Force that animates within our physical bodies. Although many discrepant issues have been put forward by those who do not understand or by those who strongly oppose the importance of a vegetarian diet, yet the **FOUNDATION OF VEGETARIANISM** remains unperturbed because of its **FUNDAMENTAL VALUES**.

Today, with adequate evidential materials which involve men from all walks of life and traditions, vegetarianism is constantly acknowledged all over the world by young and old, as an **ESSENTIAL DIET** to promote not only **HEALTH CONSCIOUSNESS** - the most relevant way to human development, but also **MORALITIES as the principality of life as well - a Goal towards Universal Love and Peace**.

As Epicururs, a Greek Philosopher of more than two thousand years ago, who had advocated a vegetarian diet said:

"For no one can come too early or too late to secure the **HEALTH OF HIS SOUL**".

Nevertheless, the questions below are some of the major ones which are more often being extensively, queried by innumerable who are inspired by genuine interest and concern of a perfect livelihood rather than out of mere curiosity.

They are:-
eater?

Is man by Nature, a vegetarian or a meat-

Do animals suffer from as much fear and pain as man when they are led to slaughter?

Is it possible for a man to give up lifetime habits of meat eating to become a vegetarian?

What reformatory influence has vegetarianism upon the corruption of man's spirit?

As a little token contribution towards humanity and the re-establishment of the Glorious Brotherhood of man, the texts which follow this book: **"VEGETARIANISM - THE PERFECT WAY TO A HEALTHY AND PEACEFUL LIFE"**, consist of scientific evidence; ethical teachings by sages; compilation of published materials and names of famous vegetarian personalities; are all in conjunction with the **ULTIMATE PURPOSE** of a vegetarian diet of man.

(22nd Sept. '85 - 4th Dec. '85)

SCIENTIFIC EVIDENCE

I. IS MAN BY NATURE A VEGETARIAN OR A MEAT EATER?

With considerable evidence from the examination of the structure of the human body, many scientists have come to conclusion that man is intended by **NATURE** to live **NOT ON MEAT** but on a **VEGETABLE DIET**. There is a close correspondence between the teeth, jaws and convoluted intestinal canal of the human body and those of the fruits any herbivorous animals such as the monkey, cow, goat, sheep horse, deer etc.... except that their bowels are larger and of different shape; whereas those of carnivorous animals such as the wolf, lion, tiger, cat etc ... are entirely different. Dissimilarity of structure reflects different diet.

To begin with, both man and the fruit, grass - and leaf eating animals are provided with a set of even and exceptionally flat pre-molar and molar teeth whereby the upper and lower teeth fit into each other in order that they may chew and grind their food in a slight side to side motion. On the other hand meat-eating animals have four kinds of teeth. They are incisors, canines, pre-molars and molars. The incisors, which have sharp cutting edges are used to grip small pieces of flesh and to strip it from bones. The canines are elongated and pointed and are used for stabbing the prey, preventing it from escaping and finally killing it.

In addition to the above differences, the alimentary canal of the human and the fruit and herbivorous animals are ten to twelve times the length of the body and this, permit food which does not decay too soon, a longer time to pass through; while the digestive tract of the carnivores which is short and simple is only three times the length of their bodies. This enables them to eliminate decayed flesh swiftly because flesh decomposes easily, and rotting substances can rapidly poison the bloodstream if they remain too long in the body. Besides the stomach of a carnivorous animal contains tell times more of hydrochloric acid than of human and non-meat-eating animals.

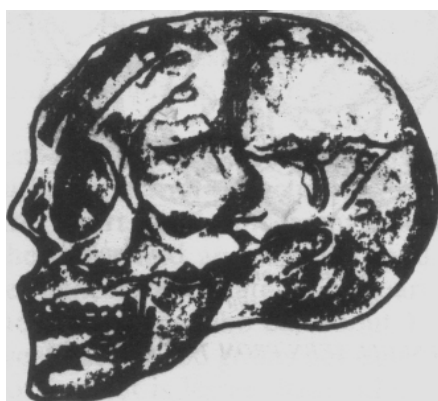
From various Scientific analysis, scientists and naturalists confirm without doubt that the **EARLY INHABITANTS** of earth (i.e. **our Early Ancestors**) were **VEGETARIANS**. Henceforth, they make concession whether Physiologically, Naturally or Instinctively; fruits, vegetables, grains, roots, nuts and seeds are most suitable to the human body.

The Great Swedish scientist Von Linne states:

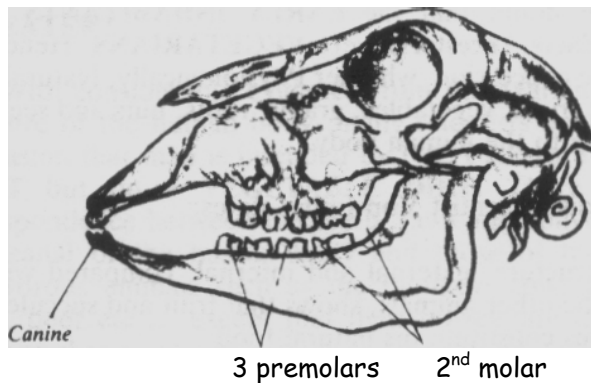
"Man's structure, external and internal, compared with that of the other animals, shows that fruit and succulent vegetables constitute his natural food."

On top of all the contrasts, fruit and herbivorous animals are **DOCILE IN NATURE** but that of meat-eating animals are **FERCE AND WILD**.

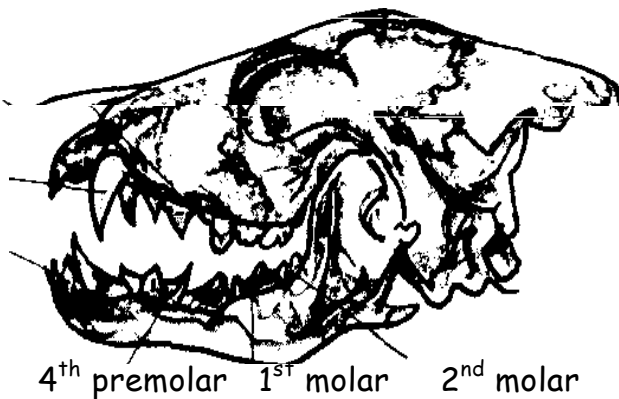
PICTORIAL DIAGRAM SHOWING THE DIFFERENCE BETWEEN THE TEETH OF NON MEAT-EATING BEINGS AND THAT OF A MEAT-EATING ANIMAL.



HUMAN SKULL SEEN FROM THE LEFT SIDE



SHEEP SKULL SEEN FROM THE LEFT SIDE



DOG SKULL SEEN FROM THE LEFT SIDE

II. CONSEQUENCES FROM PERSISTENT MEATCONSUMPTION.

The appalling risks of impairing health through heavy consumption of meat are multitudinous. Consistent report from World Health statistics reveals extremely short life expectancies among people who consume a great deal of flesh food especially those who live on high animal protein diets. They only live up to an average lifespan of 30-40 years and the people who come within this group are the Eskimos; the Kinghiz (a nomadic Eastern Russian tribe); the Greenlanders; and the Laplanders.

On the contrary, scientists discover that the Hunzas, a tribe in north India and Pakistan, are well-known for their non-adaptation of

disease and long life, often reaching to the age of 115 or more. Their diets are mainly of whole grains, fresh fruits, vegetables and goat's milk.

A British general and doctor Sir Rob McGarrison who worked with the Hunzas wrote:

"I never saw a case of appendicitis, cocitis or cancer."

The Otomi Tribe (Natives of Mexico); and Native people of the American Southwest; all of whom subsist on low-meat cultures also enjoy radiant health, stamina and longevity.

Significantly, nations which intake the most animal product inevitably suffer an alarming occurrence of diseases. The major of which are heart and cancer invasions. The Finns, who consumed the most, had an average blood cholesterol level of 265, had the highest death rate from heart disease. Second-in-line were the Americans who eat about 125 pounds of fat per person per year (about 156 grams per day). In Japan, where the percentage of fat-diet is lesser, heart-disease rate is lower than in any other industrialized nation.

III. WHY ARE MEAT-EATERS MORE PRONE TO CHRONICAL DISEASES AND EARLIER DEATH THAN VEGETARIANS?

The human body is built up of tiny units of cells, and the functions of these cells are:-

- i) absorption of nourishment
- ii) secretion of waste
- iii) breathing in oxygen to burn food

But when the above series of activity is impeached, malfunction ensues and this causes the cells to deteriorate. Naturally, the organs, which they make up, become affected too.

Comparative studies carried out by scientists prove that the **EFFECT of Chronical Diseases** are **CAUSED by Excess Meat Eating**. Animals such as the cows, sheep, goats, pigs and fowls inhabit well-developed nervous systems similar to human being. It is therefore not surprising too, that **these animals and fowls encounter pain to the same degree as man does**. In cases where they are abused or injured, every effort to avoid pain

through signs of intensified terror, wincing, wailing and howling are uncontrollably released.

The following description on the execution of domesticated pigs (or hogs) is extracted from a true-life experienced book written many years ago by Upton Sinclair who grew up on a farm and was familiar with the killing of animals since childhood.

"At the same instant the ear was assailed by a most terrifying shriek ... followed by another, louder and yet more agonizing-for once started upon that journey, the hog never came back. Meantime, heedless of all these things, the men upon the floor were going about their work. Neither squeals of hogs nor tears of visitors made any difference to them; and one by one they hooked up the hogs, and one by one with a swift stroke they slit their throats. There was a line of hogs, with squeals and life-blood ebbing away together; until at last each started again, and vanished with a splash a huge vat of boiling water."

The account of the above process is about the stockyards of Chicago described in the book "The Jungle".

In 1975, seventeen years after the Federal Humane Slaughter Act of 1958, which was aimed to abolish unnecessarily methods of cruel slaughtering, a minister who witnessed a flock of sheep being led up a runway into a slaughterhouse wrote:

"The smell, the cries of agony, and the noise of the killing going on inside were revolting ... Calves were butchered in full sight of their mothers. I watched the driving of animals to the killing floor, where they sense their fate and go mad with fear."

Thence, during the agony of being slaughtered, the terrified animals undergo profound changes. First of all, secretion of toxins generated by rage and fear at the time of slaughter, are forced into the blood stream. Through circulation of blood, this poisonous substances are pervaded to various muscles of their bodies. Slaughter not only terminates the normal cleansing functions of the body but also leaves the animals saturated with their own waste substances.

A further-brief information to meat-eaters is obtainable from the Encyclopaedia Britannica:

"Toxin wastes, including **uric acid** are present in the blood and tissue, as also are dead and virulent bacteria, not only from, the putrefactory process, but from animal diseases, such as hoof and mouth disease, contagious abortion, swine fever, malignant tumors, etc..."

Slaughter also sparks off the rapid process of decomposition, whereby intense cooking does not necessarily change the chemistry of meat products **because meat is the most putrescible of all foods**, pork being the worst of all. Even with the condition of the best digestive system, an estimation of 7 per cent of meat still decay while going through the human bowel tract. The sole reason is, whether meat or its juice, both equally favours growth of disease - causing bacteria that afflicts animals and humans.

(i) **HEART DISEASE**

According to Health Report, more, than 40 million Americans suffer from heart and blood vessel diseases. Heart Disease, which is relatively rare 50 years ago, is today America's No. 1 cause of death, taking 600,000 lives each year. It has become largely a 20th century disease of industrialized societies.

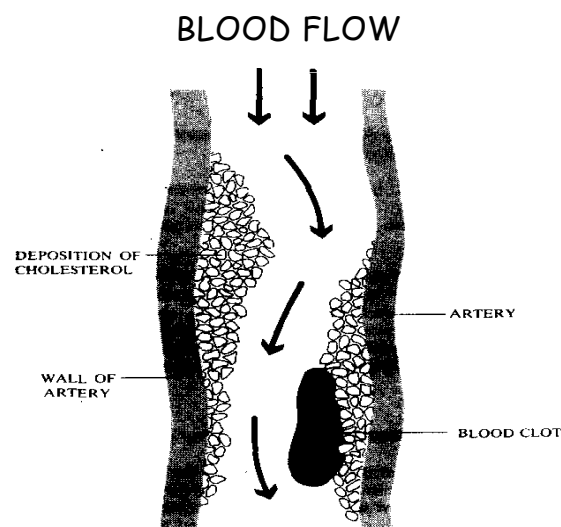
Many researchers consider a devitalized diet containing the type of fat present in animal products, is the prime factor contributing to the development of Heart Disease. Scientists at the University of Milan found in one study that persons eating animal protein had higher levels of cholesterol in their blood than those on a diet rich in vegetable protein. Further research indicates that certain types of fibers found in plant foods actually help to lower blood cholesterol.

The Journal of the American Medical Association has reported:

"..a vegetarian diet can prevent 90% of our thromboembolic disease and 94% of our coronary occlusions."

Why is Meat so harmful to the Circulatory System?

Fats of animal flesh such as cholesterol, do not dissolve easily in the human body. Instead, they deposit themselves unceasingly upon the walls of the meat-eater's blood vessels. Consequently, as time goes by, the opening inside of the vessel becomes thicker and narrower, permitting lesser blood to flow through. This hazardous condition is known as **Atherosclerosis** or **Hardening of the Arteries**. This seriously affects the function of the heart which is forced to increase its pumping capacity in order to send blood through clogged and contracted vessels. As a result, high blood pressure, strokes and heart attack prevail.



CLOTTING OF BLOOD IN AN ARTERY

(ii) CANCER

Reports over the past decade suggests that the same kind of high animal fat and cholesterol diet that set the road for heart disease also contribute to the growth of cancers of the colon, breast and uterus.

In the Journal of the National Cancer Institute, Drs. Bandaru Reddy and Ernest Wynder stated:

"Populations in high risk areas consume diets high in animal protein and fat; people in low risk areas eat food low in such components but high in vegetable protein and fiber."

Survey carried out among 50,000 Seventh-Day-Adventists in the United States who practice vegetarianism have unusually less colon and breast cancers than the rest of the U.S. population. Colon cancer is the second leading cause of cancer death among U.S. women. However, these cancers are uncommon among the Japanese who eat 3 times lesser meat than the Americans.

Reasons why meal-eaters are more likely to contract cancer

There are several possible reasons for this relationship. Since animal flesh is dead matter, it decays immediately. As it is a problem to prevent meat from putrefaction process, sodium nitrite and nitrate are being used by meat-packers to render meat which after a few days, had turned into a sickly grey-green colour, into a fresh-looking pink. But it has been shown in recent years, that sodium nitrite with the combination of chemicals in the human body, form dangerous and potentially cancer-causing agent known as nitrosamines which is nearly non-existent in non-meat foods. It also deprives the hemoglobin from its oxygen-carrying properties. Sodium sulfite, which destroys Vitamin B, is yet another chemical that encourages the growth of cancer. It is commonly added to conceal the odor of spoiled meat and to make it red and "fresh".

The cause of colon or bowel cancer is due to large deposition of cancer-causing additive in the alimentary canal. Besides, **relatively low fiber contents** enhance slow-moving bowels and prolonged contact of cancer-inducing substances with body tissues. Growth of breast and uterine cancers at stimulated by estrogen hormones; and heavy meat-diet tends to produce estrogen-like hormones in the alimentary canal and in body fat.

High content scattered fat can be found through cuts of beef, particularly those from juicy, grain-fed carcasses. For instance, T-bone steak and standing rib roast. But the highest amount of fat in beef product is cheap hamburger. Among poultry, duck and goose are high in fat.

Dr. John W. Berg wrote in The Wall Street Journal (Oct. 25, 1973):

"There is now substantial evidence that beef consumption is a key factor in determining bowel cancer."

In a study at the State University of New York at Buffalo, Prof. Saxon Graham, chairman of the Department of Social and Preventive

Medicine, found that people who often **consume great amount of vegetables in the cabbage family** had far lower rates of colon and rectum cancers. This provides the explanation why cancer of the bowel is very widespread in meat-eating areas like North America and Western Europe but exceedingly rare in India where comparatively little meat is eaten.

(iii) KIDNEY, GOUT, ARTHRITIS AND OTHER DISEASES

Meat is not only a participator of chronical and debasing diseases but also a contributor of acute diseases and infections. Urea and uric acid, which deposit in the muscle fibers of meat are among the most eminent wastes that a meat-eater burdens his body with. For example, a pound of beefsteak contains about 14 grams of uric acid. Thus, the additional intake of uric acid is too much for the kidneys and liver to eliminate beside the body's own daily production and as a result, unsecreted uric acid is deposited throughout the body. When excess uric acid in the blood is deposited as urates in the joints, the painful conditions of Gout, Rheumatism, Headache, Epilepsy, Hardening of the Arteries and Nervousness occur.

Contaminated uric acid produces a similar effect as caffeine, so that an increase level of Restlessness, Anxiety and Aggressiveness is normally the consequence of eating meat over a long period.

(iv) CHEMICAL POISIONING

Fat and waste contents of meat are not the only problem that meat-eater has to face. Whatever pesticide residues, antibiotics, homones, drugs or other chemicals, which are fed to the cattle, hogs, or poultry, are all too likely to wind up in his body as well.

As Frances Moore Lappe in her "Diet for a Small Planet" emphasizes:

"Thus as big fish eat smaller fish, or as cows eat grass (or feed), whatever pesticides they eat are largely retained and passed on. So if man is eating at the "top" of such food chains, he becomes the final consumer and thus the recipient of the highest concentration of pesticide residues."

All over the world, the chain of budding poison begins in the fields of grain which are fully sprayed with artificial pesticides and fertilizers such as DDT. With reference to report study issued by the General Accounting Office (the congressional audit agency) in 1979, 143 drugs and pesticides are identified as likely to leave residues in raw meat and poultry. Out of which, **42 are suspected of causing cancer, 20 of causing birth defects and 6 of causing mutations.**

These poisonous chemicals retained in the tissues of animals are hence passed, through plant-and-grass feeds; and man, eating at the "top" or rear end of the food chain

inevitably infested with every possible trace of concentrate pesticides. In a study that compared the similar tainted DDT of matched animals and vegetables, DDT infected meat contains **13 times as much DDT** as vegetables, fruits and grains because DDT accumulates in animals for the 15 months or so they are being reared. Thus, meat-eaters apparently have a problem here whereas vegetarians showed a very significant advantage.

However, the critical road of chemical-poisoning is not quite at its end yet. Many more chemicals are utilized by livestock breeders, to mix into feed or implant directly into the bodies so that the victimized animals become plumper at meatier more quickly on the account of lesser or cheaper feed. For example, the use of DES (**diethylstilbestrol is found to possess cancer-causing properties** and unlike the various types of food-poisoning-cancers do not show overnight) on cattle actually caused their weight to increase by 10% or more.

Though DES had been banned in a number of Western European countries plus Argentina, Australia and United States, it is still legal in Mexico; and substitute chemicals such melengestrol acetate, zeranol, sodium arsanilate, tylosin, phosphate etc... which are just as poisonous, are being used.

To prevent diseases, considerable amount of antibiotics are included in the diets of feedlot cattle that are crowdedly enclosed together in pens and left standing in their own manure. Today, chickens are no longer given the freedom to roam about in barnyards, but are bred in row upon row of small cages instead, in congested numbers without any exercise or fresh air. Furthermore, these chicks are stimulated, drugged and force-fed; and as they grow, they are automatically moved from one floor down to another. On reaching the ground floor, they are slaughtered. Such artificial breeding gradually perverts the chickens from their natural instincts and balance of body chemistry in so much that malformations and virulent tumors are caused to erupt. In order to prevent the spread of disease and to reduce stress among the caged chickens, **penicillin and tranquilizers are generously dissolved into their feed.**

Prolong consumption of concentrated antibiotic residues in meat-diets can cause **Allergic Reactions** as well as **Development of Drug-Resistant Bacteria in the human body**, thus making **Antibiotic Ineffective Against Serious Ailments.**

(v) DISEASED ANIMALS

Diseases and infections contracted by farm-animals are many and of different kinds, **from pesticide residues, tuberculosis to cancer** etc.. most of which **are also Common to people.** Therefore, animals can be a direct source of infection to man who risks eating meat. According to "The Meat Handbook" by Albert Levy, **more than 70 KNOWN animal diseases can be transmitted to man.**

It is the practice of meat-inspectors to routinely "retain" slaughtered carcasses when signs of diseases such as cancer, are detected. But when the "cancerous tumors" are removed, the rest is generally passed and sold as meat. **This method of cleaning up the product is not completely health secured. MEDICALLY,** a man suffering from cancer, knows that having a tumor removed, does not mean he is safe from the disease. He has yet to go through **a lengthy and debilitating treatment because, not every single cancerous cell can be ridden off by surgery alone.**

When it comes to poultry, it is stated in one of United States' government report that **exceeding 90%** of chickens, both in the country and abroad **are infected with leukosis (chicken cancer)** which

is usually transmitted through carrier-form, with tumors too tiny to be noticed by even the most attentive inspectors.

As for fish, innumerable are found to have worms in them.

With scientific evidence, the **PLAIN TRUTH** is thus unfolded—that Meat has various influential disadvantages. For **HEALTH BENEFITS**, meat is simply **NOT A PERFECT DIET FOR MAN**. As a matter of fact, **when man kills for food, the food will return the compliment.**

The late Dr. J. H. Kellogg (1852-1943, American Surgeon and founder of Battle Creek Sanatorium in Michigan), a well-known vegetarian once remarked:

"It's nice to eat a meal and not have to worry about what your food may have died of."

IV. MORE VEGETARIAN SUPPLEMENTS DISCOVERED BY SCIENTISTS.

The most deceptive illusions that lodge in the mind of man about vegetarian diet is, that nutritional requirements in plants especially **PROTEIN**, are harder to find than in animal products. This is actually far from the cry of truth. Through thorough research, scientists discovered that there is no evidence that a vegetarian diet fails to meet all the necessary body nutrients. In fact, plant foods have more than enough protein and is nutritionally just as good as animal protein. In "**Samson Wright's Applied Physiology**", nutritional understanding is elaborated:

"In any mixed diet, even if wholly of plant origin, the protein are sure to be sufficiently varied to compensate for any individual inadequacies in amino acid content, if only the total amount of protein is sufficient."

Protein is a long molecule chain manufactured by specific amino acids—These amino acids are responsible for the production of all living organisms, to sustain the growth and maintenance needs of body tissues, bones, hair and nails, for fighting infection and disease, and for certain vital metabolic reactions in the body. On the whole, there are 22 amino acids, out of which,

8 cannot be synthesized by the body; these 8 "**essential amino acids**" must be supplied simultaneously and in correct proportion by the diet. However, numerous experiments have shown that plant foods provide more than enough of all the essential amino acids.

(i) **A MATTER OF BALANCE.**

Over 80% of protein requirements by the body can be synthesized from nitrogen, one of the main substances from which the body builds protein with. Thence, experiment by means of "**nitrogen balance**" is carried out by scientists to determine the competency of protein obtained by man. The body's intake of nitrogen through urine, feces and sweat. When intake of nitrogen is identical in quantity or exceeds nitrogen loss, then man is said to be in nitrogen balance and to be getting enough protein.

The use of plant foods as the only source of protein in the nitrogen balance experiments tried on man, repeatedly proved that many well-known plant foods which are not exceptionally high in protein content are wholly capable of maintaining man in nitrogen balance.

(ii) **How did the issue, that vegetable protein is "inferior" to animal protein sparkle off in the first place?**

Two scientists, T.B. Osborne and L.B. Mendel, disclosed their discovery in an American published newspaper in 1914 that the **basic cause** for the issue that plant protein is inferior in quality to animal protein came from experiments on laboratory animals, especially rats. When rats were fed with certain vegetable proteins (unless they were supplemented with certain amino acids) they did not grow as fast as on animal proteins.

Whether you believe it or not, almost all studies of protein value have been performed with rats; but evidently, protein needs of humans are intrinsically different from those of rats. **Human milk, though with 6% of its calories as protein, can alone support the health and growth of human babies** but cannot support the growth of baby rats. Should we therefore take this as the basis of argument: **"If human milk is incapable of supporting baby rats, it is also incapable of supporting human babies as well?"** Yet, reliance upon the differences between animal and plant protein procured from the theory about rats is established as a similar theory about humans. **We cannot prolong to base our judgements of human protein requirements on the results of experiments on laboratory rats.**

In America for instance, many native peoples have the necessities of living for generations on corn and beans, as well as rice and beans, both complete protein combinations. The complete staple food of India is mainly rice and dahl (beans and peas) whereas the traditional combination of Japan is rice with soybean products.

(iii) STAMINA, ENDURANCE AND SPEEDY RECOVERY FROM FATIGUE

Experiments at Yale University and at Brussels University, ascertained that **vegetarians are more superior** than meat-eaters in stamina, endurance and readiness of recovery from fatigue. In Great Britain, as many as 40% of the national cycling records were at one time held by The Vegetarian Cycling and Athletic Club. All over Europe, the majority of cycling winners are vegetarians too.

Including in the list of famous vegetarian swimmers are, Murray Rose of Australia, world champion and winner of triple gold medal in 1956 Olympics whose meatless-diet began since the age of 2. Apart from having the ability to swim fast, Murray Rose is also capable of spurting ahead at the finish thus demonstrating the superior endurance, which derives from a vegetarian diet. Bill Picker, won himself a world's record for the swiftest crossing of the English Channel. As for Johnny Weissmuller, world swimming champion of 56 world records and Tarzan of the comic strips, was invited to the dedication of a new swimming tank in the Battle Creek Sanatorium. For the past five years, he had not made any new records due to his getting older. But when he was put **under the guidance of a well-selected vegetarian diet** for several weeks, he was able to compile yet another 6 world records.

Another very good illustrative examples of unusual stamina and endurance are the horse, buffalo, oxen and elephant. These **world's strongest and longest lived vegetarian animals** have the practical ability to carry burdensome loads and performing arduous tasks in steadfast obedience.

(iv) FIBER

Medical authorities believe that high intake of fiber is a good precaution against infections, inflammations of the colon and cancer.

What is fiber and in which way can it help?

"Fiber is simply the undigestible portion of certain plant foods-the hemicellulose found in bran, the pectin in apples, and certain other mucilages (a gluey mixture of carbohydrates in plants); and forms of cellulose found in plants. These substances work in the body by absorbing water and thus helping to form softer, bulkier wastes that pass through the large intestines more rapidly and with greater ease."

Good sources of fiber and other food values can be found in unprocessed wheat bran, wheat germ, whole grain breads and cereals, leafy vegetables, carrots broccoli, cabbage, dried peas, beans, nuts and seeds.

(v) SOLUTION TO GLOBAL HUNGER AND WASTE OF NATURAL RESOURCES

Today, Global Hunger is caused by a combination of world grain shortages and a growing demand for grain-fed meat. 3-4 pounds of grain feed is needed to produce 1 pound of chicken; about 6 pounds of grain is necessary to produce 1 pound of pork and 5-10 pounds of feedlot grain for the bargain of only 1 pound of beef.

Distinct from its nutritional supplement without causing suffering and death to any animal, **VEGETARIANISM is also the Greatest Solution to World Hunger and Waste of Natural Resources.**

(vi) Illustrated below are a TABLE and CHART to help you understand **"PROTEIN AS A PERCENTAGE OF CALORIES"** (Vegetarian Times - April 1983 edition).

WHY PROTEIN IS A NON-PROBLEM

The major constituents of most foods are carbohydrates, protein and fat. All three of these can be sources of food energy, or calories. They provide calories at approximately the following rate:

1 gram protein	= 4 calories
1 gram fat	= 9 calories

1 gram carbohydrate = 4 calories

If we know how much protein is in a food, and how many calories, we can calculate what percentage of the food's total calories is protein.

Example: a 100-gram potato contains 76 calories and 2.1 grams of protein. What percentage of the total calories in this potato comes from protein?

Well, 2.1 grams of protein represent 8.4 calories (since each gram of protein contains 4 calories); and dividing 8.4 by 76, we discover that 11% of the calories in the potato are protein.

This is not only a basic concept in nutritional analysis, but the key to understanding the problem - or rather nonproblem - of protein in a VEGETARIAN DIET. We can analyze any number of foods in this manner. Using a table which lists the composition of foods and a little arithmetic, we can discover that corn has 15% of its calories in the form of protein, that broccoli has 45%, that carrots have 10%, and so on.

We can do this not only for individual foods but for the entire diet. We can take the protein requirement per day and the caloric requirement per day, and derive the total percentage of calories, which should come from protein. When we do this what do we discover?

According to the National Research Council (hardly a bastion of nutritional radicalism), a 154-pound adult male requires 56 grams of protein and 2700 calories a day. What percentage of calories should this 154-pound male get in the form of protein?

$$\frac{56 \text{ grams of protein} \times 4 \text{ calories/grams of protein}}{2700 \text{ calories}}$$

= about 8.3% of calories.

The requirements for adult females weighing 120 pounds is 44 grams of protein and 2000 calories. This gives us

$$\frac{44 \text{ grams of protein} \times 4 \text{ calories/grams of protein}}{2000 \text{ calories}}$$














= about 8.8% of calories.

















What do these statistics suggest? If corn, broccoli, potatoes, and carrots have 15%, 45%, 11%, and 10% of their calories as protein (respectively), then even if a VEGETARIAN ate nothing but corn, potatoes, broccoli and carrots, he should get plenty of protein, assuming that he fulfills the caloric requirement.

Yet corn, broccoli, potatoes and carrots are by no means exceptional in terms of protein content. In the accompanying chart, we see that the vast majority of vegetables, legumes, grains, nuts and seeds get more than 10% of their calories from protein. Only fruits, as a rule, have less than this. So the real problem for the vegetarian is not "How do I get enough protein?" but rather "How do I get enough calories?"

PROTEIN AS A PERCENTAGE OF CALORIES

Food

VEGETABLES	Calories per 100 grams		Protein	Percentage of calories fat		Carbohydrates
Broccoli	32		45	8		47
Cabbage	24		22	7		71
Carrot	42		10	4		86
Cauliflower	27		40	7		53
Celery	17		21	5		74
Collards	45		43	16		41
Corn	96		15	9		76
Cucumber	15		24	6		70
Kale	53		45	14		41
Mushroom	28		39	10		51
Potato	76		11	2		87
Squash (summer)	19		23	5		72
Sweet Potato	114		6	3		91
Tomato	22		20	8		72
Turnip	30		13	6		81
Watercress	19		46	14		60
LEGUMES						
Bean, pinto	349		26	3		71
Chickpea	360		23	12		65

Lentil	340		29	3		68
Peanut	564		18	76		6
Soybean, fresh	134		33	34		33
GRAINS						
Barley (light)	348		11	3		86
Millet	327		12	8		80
Oatmeal (cooked)	55		15	16		69
Rice (brown)	360		8	5		87
Rye	334		14	5		81
Wheat(hard spring)	330		17	6		77
NUTS						
Almond	598		12	81		7
Cashew	561		12	73		15
Pecan	687		5	93		2
SEEDS						
Sesame	563		13	78		9
Sunflower	560		17	76		7
FRUITS						
Apple	56		1	10		89
Avocado	167		5	81		14
Banana	85		5	2		93
Cherry	70		7	4		89
Grape (American)	69		8	17		75
Lemon	27		11	7		82
Orange	49		8	4		88
Peach	38		6	2		92
Pear	61		5	6		89

SOURCES: Calculated on the basis of (a) The Atwater constants (1 gram protein or carbohydrate = 4 calories, 1 gram fat = 9 calories); (b) Ford Heritage, Health Research, Composition and Facts about Foods (Mokelumne Hill, California, 1971); (c) U.S. Department of Agriculture, Nutritive Value of American Foods, Agriculture Handbook no. 456, 1975.

NOTE: All foods except oatmeal are assumed to be in their uncooked form.

ETHICAL TEACHING

I. WHY IS VEGETARIANISM SO INTENSELY INITIATED BY SAGES?

Initiation of **VEGETARIANISM** by sages, is more than a matter of refraining from flesh-foods or animal products to maintain a healthy physique; because man is not just a body of mere biological organism. The greatest concern is the acquisition of insights into man's innermost being which is frequently referred to as his "**SPIRITUAL NATURE**" or "**CONSCIENCE**".

Confucius said: "The object of the superior man is **TRUTH**. **FOOD** is not his object."

From the standpoint of Nature's Law and Order, all creations are one--that is, all life forms whether human or non-human, are descendants of a **COMMON ROOT**, embracing a unifying commitment to **UNIVERSAL BROTHERHOOD** and an adherence to **TRUTH** and the **GOSPEL OF NONVIOLENCE**. It is the Destiny of everything that lives to manifest its own nature to its utmost possibility, and man is no exception. But when man is engulfed by his "world-ego", he will have trouble framing his concept in the Positive Way, insomuch that he is monopolised by the criteria of his mind, seeing only the **CONTRADICTION**, **MANIFOLDNESS** and the **DIFFERENCE**.

Mencius said: "Moreover, **HEAVEN** gives birth to creatures in such a way that they have **ONE ROOT**."

II. WHAT CONTRIBUTE TO THE DEVELOPMENT OF MAN'S "WORLD-EGO" INSTEAD OF HIS "NATURAL DISPOSITION"?

Within the scope of mankind, the general impression of **"Life"** commences from the day of man's birth right to his very last breath on earth; and by nature, man is composed of a physical body and mind. The organic body which is of material forth needs to rely on material things such as food to nourish its growth; whereas the mind, which is an active mentality requires a serene order of mind in order to live. Hence, the liveliness of man's physical body is **precisely the various phenomena of "PSYCHIC ACTIVITIES"**.

As far a man is concerned **"PSYCHE"** is commonly a kind of very comprehensive abstract whereby its existence is trot denied but **FEW**, attentively research into the lowest depth of: **"WHY AND HOW IT EXISTS"**.

(i) **What is PSYCHE?**

Psyche is a reconciling composition of **SPIRITUAL NATURE** and **CONSCIENCE**. Nevertheless, majority of people either have a partial knowledge or fundamental misconception on psyche and as a result, is unaware of its being **PRE-EXISTING, INEXHAUSTIBLE, FREE FROM CHANGES, FORMLESS, TASTELESS, INAUDIBLE, VOID OF TOUCH AND SMELL**.

THE SPIRITUAL NATURE IS THE **Eternal True Self** of man and the conscience is his **Eternal True Mind**. Both the Spiritual Nature and Conscience are endowed as **SPIRIT** to man by **HEAVEN**. The Spirit, whose intent and purpose are free from ritual uncleanness, is the main source as well as the controller of all psychic activities. It is thus natural that it is the, overall **DOMINION** of man's material form.

To attune to what he is **FUNDAMENTALLY INTENDED TO BE**, man gradually acquires good habitual conduct. The more susceptible he is to Perfect Attitudes that signify an equally Perfect Approach to life, the more it is a sign that he is mutually penetrated by the **DIVINE UNIVERSAL TRUTH**, the endlessly effluent source of life which sets free in him a **HARMONIOUS** and **RECEPTIVE** form; realizing eventually, that the "vitalizing breath" that moves within his body as a **"THREEFOLD ENTITY - SPIRIT, MIND and BODY"**.

Confucius said:

"Man is born for **UPRIGHTNESS.**"

The Doctrine of the mean: "When one cultivates to the utmost the **PRINCIPLES OF HIS NATURE**, and **EXERCISES** them on the **PRINCIPLE OF RECIPROCITY**, he is not far from the path of **TRUTH.**"

Mencius said:

"The feeling of commiseration is the **PRINCIPLE OF BENEVOLENCE**. The feeling of shame and dislike is the **PRINCIPLE OF RIGHTEOUSNESS**. The feeling of deference and compliance is the **PRINCIPLE OF PROPRIETY**. The feeling of right and wrong is the **PRINCIPLE OF WISDOM.**"

"Men have these **FOUR PRINCIPLES** just as they have their four limbs. When men, having these **FOUR PRINCIPLES**, yet say of themselves that they cannot develop them, they play the thief with themselves."

"Since all men have these **FOUR PRINCIPLES** in themselves, let them know to give them all their development and completion, and the issue will be like that of **FIRE WHICH HAS BEGUN TO BURN**, or that of a **SPRING WHICH HAS BEGUN TO FIND VENT.**"

(ii) What about the BRAIN, IS IT NOT THE MIND OF MEN?

Observing from the **Material Point of View**, the **BRAIN** which is a mass of whitish tissue and quite soft to the touch, is the most vital single organ on the whole of the human body. It controls everything that man does - movement, thoughts and memory.

The cerebral cortex in particular, controls the process of thinking and senses of man. Covering inside the cerebral cortex, is another even more abtruse layer, which makes up the largest part of the brain called the cerebrum whose surface is deeply folded and wrinkled. The cerebrum is responsible for most of man's skills. However, at the time of his birth as an infant, the cerebrum is not yet developed and wherefrom has **NO KNOWLEDGE** whatsoever to recall about. But as he slowly grows up, it likewise, gradually progress along with increase intake of knowledge too.

FOR INSTANCE:

The reason why American Scientists, Albert Einstein (1879-1955) who discovered the Special Theory of Relativity in 1905 and Thomas Alva Edison (1847-1931) who is most famous for his development the first commercially practical Incandescent Lamp in 1879, were able to absorb and retain much more knowledge, is because the wrinkles on the surface of their Cerebrum exceeded that of an ordinary person.

(iii) DEFINITION OF "KNOWLEDGE"

The cerebrum is meant for man to record and reproduce whatever instructional lessons that he received from his environment-from his parents, friends and schools; or experiences which he had come into contact with the society around him. These several **RECORDINGS** by the brain are known as **KNOWLEDGE**. In brief, **KNOWLEDGE** means: the retaining and reproducing of all that he **HAD** read, learned, seen, heard and encountered, by the brain.

Example:

1. Today you are able to read and write the alphabet A, B, C ... with ease, is because you had studied them before. What will happen, if you have not learned them **BEFORE**? Can you identify and read them **NOW**? **UNABLE TO**, right?

2. If, at this moment, you are in the level of a secondary education, you will find no problem in giving tuition to your younger brother and sister who are in the primary level. Agree? **WHY**?

Because you had gone through their educational stage and have therefore, full knowledge of their lessons!

On the other hand, can it be possible for you to guide your elder brother who is in the university level, with his homework? **IMPOSSIBLE? WHY?**

Because you cannot expect your brain to **OUTPUT KNOWLEDGE** which you have not **INPUT** at all!

Those who have studied the subject on "**CALCULUS**" know well that numeric figures start off with "zero" and when the peak is mounted, it will descend back to "zero" again.

Example:

0 1 2 3 4 5 6 7 8 9 10

Similarly, while man is making an ascent towards the summit of life,-- which begins from his cradle whereat his brain is certainly empty without knowledge till he reaches the age of three, and proceeding right to his fortieth years, his brain faithfully works parallelly with him. Once **at the turning of the height**, he is given no choice but to take the **downward ride**. When he strikes the age of fifty, sixty ... his physical power starts to desert him. This is **ONE LOGICAL FACT** whereby no one would wish to debate about.

The decline of man's body can be witnessed through the signs of: poor eyesight, hard of hearing, greying of hair, less energetic in movements etc... Here again, his important organ - the brain, plays faithfully with his weakness. His brain cells become less agile and this naturally affects the Mechanism of his memory. Consequently, he finds difficulty in remembering all the knowledge, which he had acquired during his youth. In addition, his response to new ideas also turns filmy; until finally when death to him do greet, his brain as well as knowledge are buried and gone forever with his ashes. Thus, can the brain which shares the same fate of impermanency with the physical body of man, be considered an

IDEAL ENTITY?

By utilizing their knowledge scientists find no obstacle in comprehending their research on **Science, Physics, or Chemistry**, because

these are corporal subjects. Contrastingly, even with their high-degree knowledge, scientists still cannot benefit from the research they carry out on the "**Law of Universal Truth**". Unlike material forms, this **Spiritual Law of Nature** is an immensely abstract thing; **INFINITE** and **BOUNDLESS**.

With merely his restricted knowledge to depend on, to study the profound mystery of nature, man will undoubtedly, only wind up with a "**theory devoid of content**". If this be the case, then man will lose all confidence to research further. The actual fact is, **TRUTH** is not devoid of content; if this had been proved so, man would have forsaken to continue the pursuit long, long ago.

(iv) **How then, can man research on Spiritual Truth?**

Since the early history of sages, man has been constantly guided to look at the **REAL PERSPECTIVE** of life with his innate **WISDOM**--because Wisdom is an emission from the **Essence of Mind** and not from exterior source.

WHAT IS WISDOM?

Wisdom is a kind of "**PROFOUND INTELLECTIVE FACULTIES**" which does not extinguish with the demise of man and his knowledge. According to the **Psychists**, Wisdom is known as man's intellectuality.

Wisdom is detailed as "**PERFECT RADIANCE**" whereof, Perfect means:

Naturally vacant from defects of any kind, yet possessing an **influential force of directing every thought** free from foolish desires and attachments at all times and in all places thus framing the **MIND INDEPENDENTLY** from internal and external objects. In short, transcending barriers of all forms and the capability to let placidly and wisely on all occasions

Radiance means:

The purest effluence of a deep, fine and loving nature in vastitudes; such that there is no given opportunity or excuse for shadowy invasion of mind. Its glorious force prevades every dimensional realms, zealous

only, for the **UNIVERSAL WEAL** of all vexatious beings.

Practically, intellective faculties are the common abilities of man which include his memory, observation, ideate, careful thoughts, judgement etc ... for his appropriate adaption to environmental complexity during his wake of life. A man of wisdom will value and concentrate upon the **Essence of his Conscience** because he clearly perceives that his physical body is but a temporal thing; besides, his **Conscience is the NEAREST to Spiritual Truth**. Thus, living a life with a **ALTRUISTIC PURPOSE** will definitely lead him to **Self-Realization** even under worldly conditions.

In the "**CONFUCIAN ANALECTS**", Fan Che, a disciple of Confucius, asked about "**WISDOM**".

Confucius said: "It is to know the **ESSENTIALITIES** of man."

and further emphasied: "Manifest **UPRIGHTEOUSNESS** and vanquishes all crookedness; then that which are crooked, are made **UPRIGHT**."

(v) **FACTORS LEADING TO THE FORMATION OF A "WORLD-EGO"**.

Since Wisdom is equally inherent in mankind, why are there variances in characters among them?

There is always a reason for every incident that happens, whether it be good or bad, within the universe. In the same manner, to attain **ETERNITY**, the **SOLE RELIANCE** of man is to live in accordance with his Holy Spirit. But sad to say, ever since his birth unto this material world, man created in himself another "**egoistic mind**" next to his inbred "Conscience" which is popularly known as the "**UNCONSCIOUS MIND**". Projecting himself into deep conflicts by his lavish desires which revolve around clothes, foods, lodgings, actions; right into the obsessions of fame, gain, love, pleasures, status, wealth etc ... insomuch, that this erroneous life pattern of thinking, feeling and doing, becomes more and more habitual. As a result, a self-seeking, self preserving "**WORLD-ORIENTATED EGO**" is firmly established.

Living actively by means of a **superficially conscious form** is in actuality, an inherited record passed over try previous reincarnations; and the multiform of reincarnated seeds are produced by the cumulations of good and evil deeds of different degrees from every intricate incarnations.

Moreover, with a non-stop rotation of birth and death from an early inhabitation on earth until this present life, man's creative world-ego becomes increasingly apparent; and with an even more material-indulging mode of living, man at last, shapes himself into a **MUNDANE BEING**.

The lively Conscience of man that is **Heavenly Bestowed**, has since, according to many in general, become known as the "**Sub-conscious Mind**" which when not under appropriate condition, will not reveal itself. In fact, it is the delusions of man which give it little opportunity to manifest itself practically.

This sub-consciousness is in reality, the original form of the Spiritual Conscience. Unfortunately, due to fundamental misconception, innumerable dissociate it from the refinedly pure Conscience which is **AN ALL ENCOMPASSING PRINCIPLE THAT IS ASM TO RESPOND CO-ORDINATINGLY WITH ALL THE MYRIADS OF THINGS** due to its superessential apprehension of their nature. Then subsequently, ignoring it altogether by paying full dependance upon the **deluded Consciousness**. Establishing at last, the **CAUSE** for being a **MUNDANE BEING ALWAYS!**

III. WHAT RELATION TERM HAS VEGETARIANISM WITH MORALITIES?

To perceive the **ESSENTIALITIES OF VEGETARIANISM** in conjunction with **MORALITIES**, man must comprehend into the insight characteristics of all the living beings such as plants, birds and beasts, human beings etc ... within the universe. These living things are conditioned to produce and reproduce luxuriantly in continuous chain by "**SPIRITUAL FORCES**". Without these forces, universality of living forms are extincted long ago.

Spiritual Forces adorn on plants, birds and beasts, and human beings are as follows:

PLANTS:-

Only have "**SPIRITUAL GROWTH**" to grow roots, sprouting, flowering and bear fruits but **DO NOT** experience the feelings of sufferings and pleasure. That is, plants fulfill their destiny automatically.

Plants receive their nourishment through absorption of energy from the sun, moisture from the rain and fresh dew deposited from the air on cooling especially at night.

This "Life-giving energy" is stored inside green plants, fruits, nuts, grains and vegetables.

BIRDS AND BEASTS:- POSSESS

"**SPIRITUAL GROWTH**"-have the knowledge to search for food to keep themselves alive, as well as briskly movements like flying, jumping and moving freely about.

"**SPIRITUAL. SENSUALISM**"-experience the feeling of joy, anger, sorrow and pleasure. Capable of avoiding danger when face with one; and the ability to differentiate between gratitude and hatred.

HUMAN BEINGS:-

Men are not only gifted with "**SPIRITUAL GROWTH**" "**SPIRITUAL SENSUALISM**", but also "**SPIRITUAL DIVINE**". With three spiritual excellence, there is nothing which man would not know, nothing which he would not feel, and nothing which he would not overcome. With these natural abilities, it is no wonder man is of the **Highest Consciousness**. Outwardly, it is a code of perfect moralities-a determination of values of conduct, undertakings and achievements of not only the individual but globally as well. In a sense we may say, that man is born to be a "**Hero of Indomitable Spirit**".

Though animals are of inferior intelligence yet they have feelings like humans. Needless to say, **SLAUGHTERING** them for food **will cause them extreme sufferings, hatred as well as constant living fear**. If man insists that they are meant for him to eat, then this formulation of thought must be immediately dissolved and washed clean because it will do him more injury than he did ever realize!

The **SELFISH BASIS** of not concerning the value of another's life, is a sure way of exposing the homicidal aggressions of the strong and ruthless. How can man nurture his inborn nature to an appreciable capacity when the **PRINCIPALITY** of his moral conduct, **BENEVOLENCE** or **GREAT COMPASSIONATE LOVE**, is hampered and screened by his free oppression and exploitation of the weaker beings? It is the **DIVINE**

LOVE, which preserves all lives! Moreover, to deceitfully destroy life or indirectly to cause others to kill through the eating of meat, will **CAUSE** an alarming **EFFECT** upon his spiritual nature. This is the **Law of Human Conduct**.

Mencius said: "BENEVOLENCE is the **DISTINGUISHING CHARACTERISTIC** of man. As embodied in man's conduct, it is called the **PATH OF TRUTH**."

Mencius said: "All men have a **MIND** which cannot bear **TO SEE THE SUFFERINGS OF OTHERS**."

Mencius said: "So is the superior man affected towards animals, that, having seen them alive, he cannot bear to see them die; having heard their dying cries, he cannot bear to eat their flesh."

Mencius said: "If a man can prevent the evil of hunger and thirst from being any evils to his **MIND**, then he need not have any sorrow about not being in the **RIGHT PRINCIPLE** as a man."

IV. THE PRINCIPLE OF UNIVERSAL CAUSATION.

Though the universe may be vast and the populace immensely large, yet the fate and circumstances of each individual are very much different from that of another. Have you ever queried yourself with these questions?. "Where do I come **FROM**? why are my life and situations so dissimilar to others? What would become of **ME** when the sum of my days are over?"

Honours and disgrace, rise and fall of every man; and the splendour, deterioration and decline of the world as a whole, are developed to the accord of **A SINGLE FIXED LAW**.

To be more simplified, it means: every man has his **MOMENTS** of honours and riches, poverty and mean-condition during the course of his life. But with careful observations, these occurrences of man seem to proceed along a path ruled by a kind of **HIDDEN FORCE** which is not visible to the eyes. Even the superlative condition and decadence of every society, country as well as the world, are under its powerful influence; and it is from this

account that **PREDICTION**, **PROPHECY** and **FORESIGHT** originate. This **ONE and ONLY** Fixed Law of the Universe is more commonly known as the **Universal Law of Cause and Effect**.

The Universal Law of Cause and Effect is applicable not only to this physical world but also to another world, which is invisible to the human eyes. It has been the Law of yester-world and likewise, will be the Law of the present and the future-world - i.e. it is an **UNCHANGEABLE LAW**. Its **DOMAIN** is of an utmost maximum; just like the phenomena of physics which exists not on earth alone but the moon as well because the Law of Physics pervades every space of the universe; and apart from these, the Theory of Physical-Chemistry still exists in another world because, within the same universal scope there is **NO TWO PRINCIPLES**.

Thus, "**As a man sows, so shall he reap**", is an orthodox teaching that persisted through the ages. Every virtue and every crime of man will receive its due pay either in his present life or the life after. Reward and punishment for every human **THOUGHT and DEED** are not just ethical abstractions but practical facts. For instance, why are some people born rich and happy? It is because he had planted justice and mercy in his previous life. Why are some people born poor and sorrowful? The reason stamps: from unjust actions in a previous life. Furthermore, with critical attention to one's physical body, man is able to see traces of evidence left behind by the reincarnations of birth and death. Some men bear marks offish scales on their bodies while some have patches of rabbit's fur, goat's hair; pig's hair etc... From the study of "**CELL DIVISION**", such phenomena are absurdly illogical, yet these are **FACTUAL FACTS** which go deeper to reveal about man's reincarnations from body to body along the ocean of existence, sometimes in the form of a man and at other times the form of an animal. This realism shows that every man is the **MASTER OF HIS OWN FATE**, not only for this life but in lives to come.

Example of Immediate Cause and Effect.

A dog is found sleeping peacefully at the side-walk by a menacing boy. Thinking that he may get some fun out of it, he irritatingly gives the resting dog a few-shacking kicks. Now, dear friend, what do you think? Will the boy really enjoy himself when the disturbed dog is awakened? No? You are absolutely right! Instead, he is angrily chased and barked at by the dog.

Do as the proverb says: "**Let sleeping dogs lie!**"

In the same degree, man keeps satisfying his palate with meat and animal-product without least realizing the **PRICE** he has to pay. Besides depriving himself of **UNIVERSAL LOVE** through infliction of sorrow and pain among the animals, he simultaneously, also arouses vengeful hatred in them, Hence there is a **SIGNIFICANT SAYING**:

"IF YOU WISH TO KNOW ABOUT THE CAUSE OF PESTILENCES, DISASTERS AND WARS IN THIS MUNDANE WORLD, YOU JUST NEED TO TURN YOUR EARS TO THE BITTER CRYING FROM THE SLAUGHTER HOUSE DURING MIDNIGHT."

Tsang-Tsze said: **"Be cautious, be cautious! What proceeds from you, will return to you again."**

Therefore, the **ULTIMATE PURPOSE** of life is not to fulfill one's selfish desires nor to do as one pleases. Man ought to understand that his **REAL PERSON**, the **SPIRIT**, comes from Heaven and not due from the **REINCARNATING WHEEL OF BIRTH AND DEATH**. His **DUTY** is to manifest his spiritual potentialities whenever he goes.

IN WHAT WAY CAN MAN ACCOMPLISH HIS MISSION ON EARTH?

Due to prior intellectuality and realization on the essentiality of **VEGETARIANISM** as the basal step towards zenith cultivation of Divine Love, ancient Sages have since, constantly enlightened man to amend his sinful habit of eating "**flesh and blood**" of animals to that of a vegetarian diet. Moreover, being a vegetarian, man can prevent himself not only **from bearing further vengeful hatred with them** but also **exemption from inheriting their beastly instincts**. In addition to abstinence of meat-eating, man must refrain from taking the following five types of vegetables with spicy scent. They are **big onions, garlicks, leek, chinese chives** and **shallots**.

HARMFUL EFFECTS ON THE FIVE SPICYSCENTED VEGETABLES ON VEGETARIANS.

These pungent vegetables contain five different kinds of enzymes which cause reactions of:

- i) Repulsive breath while talking.
- ii) EXTRA foul-odour from perspirations and bowels discharged.
- iii) When eaten cooked, lead to lewd indulgence.
- iv) When eaten raw, enhance agitations, anxieties and aggressiveness of man.

Below is an illustrated-table showing the disadvantageous impacting effect of these five spicy-scented vegetables upon the **PRIMEVAL BREATH OF THE FIVE ORGANS OF A VEGETARIAN**.

THE 5 SPICY- SCENTED VEGETABLE

big onions	garlics	leek
*	*	*
*	*	*
*	*	*
dissipate the PRIMEVAL BREATH	dissipate the PRIMEVAL BREATH	dissipate the PRIMEVAL
BREATH		
OF THE ELEMENT OF METAL	OF THE ELEMENT OF FIRE	OF THE ELEMENT OF EARTH
*	*	*
*	*	*
harmful to THE LUNGS	harmful to THE HEART	harmful to THE SPLEEN

chinese
chives

*

*

*

dissipate the
PRIMEVAL BREATH

shallots

*

*

*

dissipate the
PRIMEVAL BREATH

OF THE ELEMENT
OF WOOD

*
*

harmful to
THE LIVER

OF THE ELEMENT
OF WATER

*
*

harmful to
THE KIDNEYS

Thus, elimination of the above-mentioned vegetables from his vegetarian-diet, man will be able to preserve the harmonious action and interaction of his constitution; following too, at close heels with **GENUINE REPENTANCE** of resolutely virtuous deeds to recompense the unaccounted-for iniquities of his past and present lives. **When the depths of his temperament** have been cleansed and purified, the **ESSENCE OF MIND** will emerge and manifest itself freely and naturally, kindling one mind after another, just as **"THE TORCH OF THE MARATHON RACE"** is successively and gloriously transferred. With the **WHOLE WORLD RESORTING TO THE GREAT PATH (OR THE GREAT TAO), SPIRITUAL BROTHERHOOD IS REUNITED AND GREAT HARMONY IS REALISED!**

THIS IS THE DIVINE MOTIVE OF VEGETARIANISM - THE PERFECT WAY TO A HEALTHY AND PEACEFUL LIFE.

It is said in **"THE GREAT LEARNING"**:

"When depraved elements of mind are **EMANCIPATED**, Great Wisdom is attained. Great Wisdom being attained, Thoughts become completely sincere. Thoughts being completely sincere, the Mind is rectified. The Mind being rectified, Personal Demeanour is cultivated. Personal Demeanour being cultivated, the Family is regulated. Family being regulated, the Nation becomes rightly governed. Nation being rightly governed, the Whole World is harmoniously transformed."

PUBLISHED MATERIALS ON VEGETARIANISM

I. VEGETARIAN CORNER - CUT ANIMAL FAT, REDUCE CANCER! APRIL 1978.

At a recent meeting of the American Chemical Society, Dr. Lou O. Crosby, a nutritionist reported that 40% of men's cancers and 60% of women's cancers are estimated to be caused by diet. In remarks before the Society, Dr.

Crosby commented: "We predict that 700,000 lives could be saved in the year 2000 if a nutrition program were implemented now."

"A person who eats two 12 oz. charcoal-broiled steaks in a week gets more tar than from smoking two packs of cigarettes a day for that period."

Chemist John Weisburger, research vice president of the American Health Foundation, claims that cancer rates of the colon, rectum and breast are much lower in Japan where only 20% of an average person's calories comes from fat. In contrast, the average American, whose intake of dietary fat accounts for 40% of total calories, has a much higher rate of these cancers.

The presence of the hormone, "prolactin" seems to correlate closely to the incidence of breast cancer, Dr. Weisburger noted. And those individuals who eat more animal fat are more likely to have high levels of prolactin, and a higher incidence of breast cancer.

Comparing women volunteers on high fat diets with women on low fat diets, Dr. Weisburger said that high fat volunteers secreted 40% to 60% more prolactin than did the low fat group. Furthermore, he said, animal studies also show elevated prolactin and a higher incidence of breast cancer for a high fat group. Animal fat in food may increase the likelihood of breast and colon cancer "by altering endocrine balances and affecting sterol and bile acid metabolism," he suggested.

It is encouraging to note that vegetarians have significantly lower incidences of cancers of the lung, breast, rectum and colon. The reason for this is that vegetarians consume much less animal fat than meat eaters, and the diet of a vegetarian is usually higher in fiber.

Dr. William Bruce, a researcher at the Ontario Cancer Institute at Toronto's Princess Margaret Hospital found that people who cut their animal fat intake from 150 mg a day to 50 mg a day (in essence, decreasing their meat consumption) could reduce the presence of detectable cancer-causing (N-nitroso) compounds by 50%. In addition, the addition of bran to the diet and a daily intake of 2 gm of vitamin C per day were also found to reduce the presence of cancer-causing compounds.

The American Cancer Society is concerned about these findings. It states that if over-whelming evidence is found linking animal fat and cancer,

it plans a campaign to promote a low-fat diet as a possible means of cancer prevention. Yet another reason to give some thought to a more vegetarian oriented diet.

II. MORE AND MORE VEGETARIANS IN BRITAIN - BBC WORLD SERVICE. (THE STRAITS TIMES - 25TH JULY 1985).

For hundreds of years, the main constituent of the British diet has been meat.

But nowadays, vegetarianism is growing by 60% a year, and Britain's Vegetarian Society predicts that if present trends continue, more than half the population will have given up meat for good by 1991.

Until recently, people in Britain tended to believe that vegetarians were pallid and anaemic cranks. Not any more. Though only about 2% of the population is vegetarian - that is, not eating the flesh of fish, fowl or beast - a further 2% abstain from red meat, and the habit is growing fast.

The boom is such that the country's Vegetarian Society has launched a big campaign, and its chief executive Peter Cox has declared that he aims to make butcher's meat a thing of the past by the end of the century.

In many parts of Asia, of course, people do not eat meat for religious reasons.

Many Hindus and Buddhists avoid meat, eggs and fish because of their belief in non-violence. And in many other parts of the Third World, meat is too expensive or unavailable.

This is not so in the West. While vegetarianism has a highly respectable intellectual tradition - in the 19th century, vegetarian societies were formed in Britain, the United States, France and Germany - it has remained the concern of a very small minority.

Three arguments seem to be now persuading people to abandon their carnivorous ways.

The first is one about world food resources. Forty per cent of the world cereal output is used to feed animals, which are then eaten. It is much more economical, claim the vegetarians, for man to eat cereals.

The second argument is about health. While the traditional belief that a nice juicy red steak is good for you still holds, there is now a mass of medical evidence from around the world to suggest that diets rich in animal fats lead to heart disease and cancer.

A vegetarian diet, with its emphasis on pulses and grains to provide essential vitamins, is regarded by many medical experts as much healthier.

The third argument - and the one which probably sways most people to go vegetarian - concerns moral objections to the slaughter of animals.

In the past five years, a vociferous and, sometimes aggressive animal rights movement has grown up in Britain to protest against the exploitation of animals in laboratories, circuses, sports and farms.

Following close behind has been the rise of vegetarianism and the spread of vegetarian restaurants.

The meat industry - which is on a big promotional campaign - claims that the Vegetarian Society is misusing statistics. Vegetarianism ebbs and flows, it says; the present boom is a temporary fad.

Nonetheless there's no doubt that the meat industry is worried. Last year in Britain, an estimated 9 million people cut their meat consumption, and red meat consumption has gone down by 20 per cent since the late 1960s.

Nonetheless, Britain remains an overwhelmingly carnivorous society. Many people are sympathetic to the principles of vegetarianism, but feel a diet of nut cutlets and bean risottos is just too boring to tolerate.

An average Briton in his or her lifetime consumes 8 beef animals, 36 pigs, 36 sheep and 550 poultry birds.

III. A TENNIS PRO'S DIET PUTS POWER IN HIS SWING. (BY LEAH LENEMAN- VEGETARIAN TIMES: APRIL 1983)

Since the publication of his book, *Tennis for Life* in 1981, Peter Burwash has evolved from a successful tennis pro to one of the best examples of athletic vegetarianism in action. Featured on a variety of TV and

radio shows, and in person at health and athletic conferences, the 37-year-old Canadian is real-life proof of the vitality and strength resulting from a well-balanced vegetarian diet. A former Canadian Davis Cup tennis player, Burwash has played internationally in 74 countries and has coached in 86 countries. He is considered by many to be one of the top three professional tennis coaches in the world today.

It's difficult to find a more persuasive exponent of vegetarianism than Burwash. Physically, he radiates health and vigor. He jokes about the fact that before he changed his diet, he thought vegetarians were thin, emaciated, and unhealthy creatures.

After becoming vegetarian in 1970, Burwash was rated the fittest athlete in Canada by a fitness institute in Toronto which tests all the top athletes in the country. "When I was a meat-eater, I rated between number 50 and 60, but after one year as a vegetarian, I had the highest fitness index of all the athletes," Burwash said. "I become firmly convinced that it was working for me, so I figured that if it worked for me then I'd better start getting the message out to everybody."

Burwash has taken vegetarianism and tennis with him to countries all over the globe. He travels over 300 days a year, covering 250,000 miles. He speaks at dozens of health conferences and athletic events. In 1975 he created a world-wide tennis organization- Peter Burwash International (PBI).

PBI is the world's first and largest tennis management group. PBI provides tennis coaches and staff to quality resorts, tennis facilities, clubs and camps. The Honolulu based organization has been a smashing success, with permanent coaches in 23 countries and clinics conducted in 91 countries. The organization also has programs for the blind, deaf, the physically and mentally handicapped, and people in prison.

In his 17 years of travel and through his work with PBI, Burwash has seen a tremendous shift in the attitudes of doctors and athletes toward diet, especially a vegetarian diet, and its relationship to performance. "Many athletes are becoming open to the idea that vegetarianism can improve performance," Burwash said. "Many still believe that a steak is the best preparation for competition. But more and more athletes are relying on carbohydrates - grains and vegetables."

"The question I'm most often asked when I'm travelling is, How can an athlete be a vegetarian?" says Burwash. "Athletes are so dependant on their bodies, they're afraid that something may go wrong that will screw up their system. They're very careful about what they put in their bodies."

Burwash explains that fats from meat coat the inside of the body's arterial wall. The result of eating meat is that less oxygen travels through the blood to the organs; **when less oxygen gets to the muscle structure, muscles fatigue faster.** An athlete's over-all output is decreased with the onset of fatigue.

In a chapter on the vegetarian athlete in his latest book, **Peter Burwash's Vegetarian Primer** (New York: Atheneum, 1983), Burwash writes about the benefits he experienced when he switched to a non-meat diet. "Having spent twenty-five years of my life as a meat-eater, I was constantly perplexed by the physical ups and downs that are a part of a high-protein meat diet," Burwash wrote. "But my energy level as a vegetarian has been so consistent that for me a low-energy day is indeed a rarity."

Burwash first became a vegetarian out of concern for his health and performance, but he soon developed an **understanding of the ethical and moral issues of vegetarianism.** "I went to a slaughter house shortly after I changed my diet," Burwash recalls. "I saw the brutality and the fear in the animals, and I know it was wrong. It had a great impact on me. Before that, I couldn't really relate to vegetarianism as a moral thing. But now I feel it's essential to have a moral conviction as well as a concern for your health. **If you don't have a concern for animals, then there's great potential for you to cheat.**"

Some athletes have a problem relating to the moral implications of vegetarianism, said Burwash. Athletes are so involved with their own bodies and selves that at first they may not understand vegetarianism as a concern for other living beings. "**You have to get beyond yourself and your ego to really understand vegetarianism,**" Burwash says.

Between business trips, Burwash is working on a new book, tentatively titled "Peter Burwash's Aerobic Workout for Men," which will outline an entire fitness program, including exercise and diet, for men. He says the new book will emphasize the need for a total aerobic workout to stay fit.

Meanwhile, Burwash's schedule includes visits to Hong Kong, Japan, the Philippines, Europe and possibly Africa in the months to come. It's a sure her that he'll be spending much of his time talking about tennis and the diet that changed his life. As he puts it, **"Of all the things I've done - and I've coached and played in more countries than any professional in history - still the most exciting thing for me is understanding vegetarianism."**

IV. CLIMBING THROUGH THE 80'S (VEGETARIAN TIMES - MARCH 1983)

Hulda Crooks has done a lot of climbing in her day -she's scaled Mt. San Georgonio (11,502 feet) near her home in Loma Linda, Ca. about two dozen times, hiked down the Kiabab Trail at Grand Canyon, and made the 90-mile hike across the Sierra Nevada Range. Most recently she completed her twenty-first climb of Mt. Whitney, the highest mountain in the United States.

Crooks is a few steps above the rest of the mountain climbing crowd in terms of age and experience. She started climbing twenty years ago at the age of 66 and hasn't stopped since. At 86, she's trim and has the energy and stamina it takes to climb the highest mountains. A vegetarian since she was 18, Crooks attributes her good health to good diet.

"Your body will do what you ask it to if you take care of it," says Crooks when asked how she manages to keep climbing. "What you feed it is most important."

Crooks starts each day at 5 a.m. with a mile long jog and then a good breakfast of fruit and whole grain cereals. She eats her main meal in the early afternoon, usually potatoes and some kind of legume like peas, beans, lentils or a soybean product. She also likes homemade bread, nuts and lots of fruits and vegetables.

Growing up on a farm in Canada meant lots of meat, potatoes and butter. Crook's father owned a country store, "So I ate candy by the pound," she admits. "I'd grab a handful of chocolate peppermints, go sit on a fence and munch like an elephant." When she was 15, she was five feet tall and weighed 160 pounds.

When Crooks stopped eating meat, she lost weight. She has maintained a lacto-vegetarian diet throughout her life. When she decided to take up mountain-climbing, she was in good shape.

Crook's climbing experience is awesome. She has twice, scaled down Havasu Canyon, the "Gem of the Grand Canyon," and hiked the 212-mile John Muir Trail over high passes carrying a 24-pound pack. Crooks likes to climb steadily with brief rest periods - she averages about a mile an hour. She drinks up to a cup of water every half hour or so to avoid dehydration. For extra energy, she carries a bunch of grapes.

"Sometimes I've had to battle high winds and icy trails. Some years it's been so cold I felt as if my face would crack if smiled," Crooks says of the many trips she's made up and down Mt. Whitney. "But I always made it to the top and back down again. There's a sense of satisfaction that you get when you're not defeated by adverse elements."

The satisfaction of having reached the top is past of what keeps Crooks returning to Whitney again and again. But the beauty of the rugged mountains has a lot to do with it, too. The aweinspiring canyon's, the wild flowers clinging to the moist slopes, and the clear mountain air are worth a hearty climb for Crooks. -By VIRGINIA WESTERVELT.

FAMOUS VEGETARIAN PERSONALITIES

GHANDI, MOHANDAS (1869-1948, HINDU NATIONALIST LEADER AND SOCIAL REFORMER)

"The greatness of a nation and its moral progress- be judged by the way its animals are treated."

"The only way to live is to let live."

POPE, ALEXANDER (1688-1744, ENGLISH POET)

"But just disease to luxury succeeds,
And every death its own avenger breeds;
The fury passions from that blood began,
And turn'd on man a fiercer savage - Man."

SHAW, GEORGE BERNARD (1856-1950, BRITISH DRAMATIST AND CRITIC)

"Why should you call me to account for eating decently? If I batted on the scorched corpses of animals, you might well ask me why I did that."

"When a man wants to murder a tiger, he calls it sport; when a tiger wants to murder him he calls it ferocity."

"Animals are my friends ... and I don't cat my freinds."

EMERSON, RALPH WALDO (1803-1883, AMERICAN ESSAYIST, PHILOSOPHER AND POET)

"You have just dined; and however scrupulously the slaughterhouse is concealed in a graceful distance of miles, there is complicity."

MAETERLINCK, COUNT MAURICE (1862-1949, BELGIAN PLAYWRIGHT, ESSAYIST AND POET)

"Were the belief one day to become general that man could dispense with animal food, there would ensue not only a great economic revolution, but a moral improvement as well."

SCHOPENHAUER, ARTHUR (1788-1860 GERMAN PHILOSOPHER)

"Since compassion for animals is so intimately associated with goodness of character, it may be confidently asserted that whoever is cruel to animals cannot be a good man."

PRASAD, DR. RAJENDRA (1884-1963, FIRST PRESIDENT OF THE REPUBLIC OF INDIA)

"Any integrated view of life as a whole will reveal to us the connection between the individual's food and his behavior towards others, and through a process of ratiocination which is not fantastic, we cannot but arrive at the conclusion that the only means of escaping the hydrogen bomb is to escape the type of mentality which has produced it, and the only way to escape that mentality is to cultivate respect for all life, life in all forms, under all conditions. It is only another name for vegetarianism."

BESANT, ANNIE (1847-1933, ENGLISH PHILOSOPHER, HUMANITARIAN AND SOCIAL REFORMER, ACTIVE IN INDIA'S MOVEMENT FOR INDEPENDENCE)

"People who eat meat are responsible for all the pain that grows out of meat-eating, and which is necessitated by the use of sentient animals as food; not only the horrors of the slaughterhouse, but also the preliminary horrors of the railway traffic, of the steamboat and ship traffic; all the starvation and the thirst and the prolonged misery of fear which these unhappy creatures have to pass through for the gratification of the appetite of man ... All pain acts as a record against humanity and slackens and retards the whole of human growth..."

WILCOX, ELLA WHEELER (AMERICAN POET AND NOVELIST)

"I am the voice of the voiceless.
Through me the dumb shall speak
Til' the deaf world's ear shall be made to hear
The wrongs of the wordless weak.
The same force formed the sparrow
That fashioned man, the king.
The God of the whole gave a spark of soul
To furred and feathered thing;
And I am my brother's keeper,
And I will fight his fight.
And speak the word for beast and bird
Till the world shall set things right."

VOLTAIRE, FRANCOIS (1694-1778, FRENCH WRITER AND PHILOSOPHER)

"Porphyry regards other animals as our brothers, because they are endowed with life as we are, because they have the same principles of life, the same feelings, the same ideas, memory, industry - as we. Human speech alone is wanting to them. If they had it should we dare to kill and eat them? Should we dare to commit these fratricides?"

TOLSTOY, LEO (1828-1920, RUSSIAN NOVELIST AND SOCIAL THEORIST)

"Vegetarianism serves as a criterion by which we know that the pursuit of moral perfection on the part of man is genuine and sincere."

"This is dreadful! Not the suffering and death of the animals, but that man suppresses in himself, unnecessarily, the highest spiritual capacity - that of sympathy and pity towards living creatures like himself - and by violating his own feelings becomes cruel. And how deeply seated in the human heart is the injunction not to take life!"

TAGORE, RABINDRANATH (1861-1941, NOBEL PRIZE WINNING HINDU POET)

"We manage to swallow flesh only because we do not think of the cruel and sinful thing we do. There are many crimes which are the creation of man himself, the wrongfulness of which is put down to his divergence from habit, custom, or tradition. But cruelty is not of these. It is a fundamental sin-and admits of no arguments or nice distinctions. If only we do not allow our heart to grow callous it protects against cruelty, is always clearly heard; and yet we go on perpetrating cruelties easily, merrily, all of us - in fact, any one who does not join in is dubbed a crank If, after our pity is aroused, we persist in throttling our feelings simply in order to join others in preying upon life, we insult all that is good in us. I have decided to try a vegetarian diet."

BENTHAM, JEREMY (1748-1832, ENGLISH PHILOSOPHER, ECONOMIST AND JURIST)

"The day may come when the rest of the animal creation may acquire those rights which never could have been withholden from them but by the hand of tyranny It may come one day to be recognised that the number of the legs, the villosity of the skin, or the termination of the os sacrum are reasons equally insufficient for abandoning, a sensitive being to. the same fate. What else is it that should trace the insuperable line? Is it the faculty of reason or, perhaps the faculty of discourse? But a full-grown horse or dog is beyond comparison a more rational, as well as a more conversable animal, than an infant of a day, or a week, or even a month, old. But suppose the case were otherwise, what would it avail? The question is not, can they reason? nor can they talk? but can they suffer?"

(from THE PRINCIPLES OF
MORALS AND LEGISLATION)

OVID (43 B.C. ROMAN POET)

"Forbear, O mortals,
To spoil your bodies with such impious food!
There is corn for you, apples, whose weight bears down
The bending branches; there are grapes that swell
On the green vines, and pleasant herbs, and greens
Made mellow and soft with cooking; there is milk
And clover-honey. Earth is generous
With her provision, and her sustenance
Is very kind; she offers, for your tables
Food that requires no bloodshed and no slaughter."

"Oh, Ox, how great are thy desserts! A being without guile, harmless, simple,
willing for work! Ungrateful and unworthy of the fruits of earth, man his own
farmer
laborer slays and smites with the axe that toil-worn neck that had so oft
renewed for him the face of the hard earth; so many harvests given!"

"Alas, what wickedness to swallow flesh into our own flesh, to fatten our
greedy bodies by cramming in other bodies, to have one living creature fed
by the death of another!"

PLUTARCH (GREEK BIOGRAPHER AND HISTORIAN, MOST FAMOUS FOR HIS "LIVES")

"I for my part do much marvel at what sort of feeling, soul or reason the
first man with his mouth touched slaughter, and reached to his lips the flesh
of a dead animal, and having set before people courses of ghastly corpses
and ghosts, could give those parts the names of meat and victuals that but a
little before loathed, cried, moved, and saw; how his sight could endure the
blood of the slaughtered, flayed, and mangled bodies; how his smell could
bear their scent; and how the very nastiness happened not to offend the
taste while it chewed the sores of others, and participated of the sap and
juices of deadly wounds."

"But whence is it that a certain raveneousness and frenzy drives you in these
happy days to pollute yourselves with blood, since you have such an
abundance of things necessary for your subsistence? Why do you belie the
earth as unable to maintain you? ...Are you not ashamed to mix tame fruits

with blood and slaughter? You are indeed wont to call serpents, leopards, and lions savage creatures; but yet yourselves are defiled with blood, and come nothing behind them in cruelty. What they kill is their ordinary nourishment, but what you kill is your better fare."

"For we eat not lions and wolves by way of revenge, but we let those go and catch the harmless and tame sort, such as have neither stings nor teeth to bite with, and slay them."

"But if you will contend that yourself were born to an inclination to such food as you have now a mind to eat, do you then yourself kill what you would eat. But do it yourself, without the help of a chopping-knife, mallet, or axe - as wolves, bears, and lions do, who kill and eat at once. Rend an ox with thy teeth, worry a hog with thy mouth, tear a lamb or a hare in pieces, and fall on and eat it alive as they do. But if thou hadst rather stay until what thou eatest is to become dead, and if **thou art loath to force a soul out of its body, why then dost thou against NATURE eat an animate thing?**

(FROM: "OF EATING OF FLESH")

EASY TO PREPARE VEGETARIAN RECIPES.

1. BOILED POTATOES, BUTTERED AND FLAVOURED WITH PARSLEY:

INGREDIENTS:

16 small potatoes, brushed clean
and boiled in their jackets
(choose
new potatoes, if available).
1 tsp. butter or margarine.
pepper and salt.
1 tbsp. chopped parsley.

METHOD:

Skin potatoes which - have been
boiled, heat butter in
saucepan, add
potatoes and season with salt
and

pepper. Remove pan from heat, stir in chopped parsley and serve.

2. CURRIED FRIED RICE: (2 servings)

INGREDIENTS:

1/2 tbsp. curry powder
shredded fried-gluten (can).
1/2 cup shredded green pepper.
1/4 cup shredded carrot.
1/2 tsp. salt.
gourmet powder if required.
2 1/2 cup cooked rice.

METHOD:

Heat wok and add 3 tbsp. oil. Brown curry powder, add shredded fried-gluten, shredded green pepper, and shredded carrot and lightly stir-fry. Add rice and 1/2 tsp. salt, gourmet powder. Stir-fry until the rice is fried, and serve.

3. NUTRITIOUS SPAGHETTI: (serve 4 persons)

INGREDIENTS:

Mince fried-gluten,
1 carrot, grated
1 large can peeled tomatoes
3 tbsp. Quaker White Oats
1 dried bay leaf (or 1/4 tsp. powder) salt and pepper to taste
2 tbsp. tomato sauce

METHOD:

Fried minced-gluten with a spoonful of oil until brown. Add in oats, carrot, peeled tomatoes, bay leaf and seasoning. Pour enough water just to cover the ingredients.

Simmer for about 45 mins. Stir it a few times during cooking. Add more water if necessary. Serve contents sauce on top of spaghetti.

4. TOFU BURGERS: (6 servings)

Combine in a bowl:

2 lbs. tofu, mashed
2 cups whole grain fine bread crumbs
1 tbs. soy sauce
1/4 tsp. Mack pepper
1 tsp. salt
1/2 cup celery, chopped fine.
Mix well. Form into 3" patties.

Roll in breading mixture of:

1/2 cup cornmeal
1/4 cup unbleached white flour
1/4 tsp. salt.

Fry in skillet with $\frac{1}{4}$ " oil. Brown on both sides. Drain on paper, serve hot on bun with garnishes or plain.

5. WALNUT AND CELERY CASSEROLE: (4 servings)

INGREDIENTS:

1 cup chopped walnuts
1 cup chopped celery
1 cup grated cheddar cheese
1 cup cooked brown rice
seasoning to taste.

Place all ingredients in a baking dish in 350° oven for about 20 mins, until cheese is melted.

6. FRY BEAN CURD:

INGREDIENTS:

Bean curd 2 big pieces
(cut into smaller pieces)
Chinese mushroom 5 units

green peas 1/2 small cup
carrot 1 unit
chopped ginger 1 tbsp.
hot bean paste 2 tbsp.
celery 1 stalk (chopped)

GRAVY SAUCE:

Water 1/2 bowl
sesame oil 1 tsp.
a dash of pepper
salt 1/4 tsp.
sugar 1 tsp.
gourmet powder 1 tsp.
corn starch 2 tsp. add water

METHOD:
starch

(1) Dip bean curd in corn
water and fry till golden colour.
Put aside for use later.

(2) Heat up 2 tbsp. oil and
fry the
ingredients. Add in gravy sauce
and fry for a few minutes. Then
add in the fried bean curd
pieces, fry again top with celery
and serve.

7. HAIR PLANT SIMMERED WITH DRIED MUSHROOM:

INGREDIENTS:

150g dried mushroom (soften by
water and remove base)
300g spinach (for use as base)
20g hair plant
several slices ginger

FLAVOURING:

1 bowl water
1 tsp. each of salt, gourmet
powder,
sugar

2 tsp. sesame oil
1/2 tbsp. ginger juice (optional)
1 tsp. chestnut powder
separately
diluted with 2 tbsp. water

METHOD:

(1) Clean spinach thoroughly. Put on some oil and add in the spinach. Add some salt, sugar, gourmet powder and fry till cooked and keep for use later.

(2) Add 3 tbsp. oil onto wok. Put in ginger slices and fry till fragrant.

Put in dried mushroom and then add hair plant. Simmer for about

25 mins. Scoop up and put over the fried and cooked spinach. Ready for serving.

8. CHINESE RESTAURANT STYLE PICKLES:

INGREDIENTS:

4 big cucumbers
1/2 tsp. salt
1 carrot
2 radishes
2 red chilies
1 tbsp. Salt
3/4 cup vinegar
1 cup sugar

METHOD:
in)from

Slice off about 2 1/2 cm (1 in) from the rounded ends of cucumbers. Rub cut ends with sliced-off pieces

to bring up the sap. Quarter lengthwise, then remove soft centres.

Slice into 1 cm (1/2 in) thick, 2 1/2 cm (1 in) long pieces. Season with $\frac{1}{2}$ tsp. salt and leave aside.

Slice carrot and radishes into 2 1/2 cm (1 in) lengths. Halve, then slice thinly lengthwise.

Seed chilies, halve crosswise, then cut into long thin strips. Rub 1tbsp.

salt into chilies, carrot and radishes. Leave for a few minutes, then wash away salt and squeeze dry.

Pickle sliced carrot, radishes and chilies in vinegar and sugar for a day. Add cucumber about an hour before serving so that they remain crisp.

9. CABBAGE SOUP: (10 servings)

INGREDIENTS:
shredded

1-1 1/2 heads cabbage,

1 qt. diced tomatoes with juice

2 cups tomato puree or sauce

3 tbsp. caraway seeds

4 cups yogurt

1/3 cup oil

slices of ginger

METHOD:
caraway

Saute ginger, cabbage and

seeds in oil 1 1/2 hrs. or more.

Add

tomatoes and tomato sauce, and
simmer another hr. or so. Add
yogurt just before serving.

Garnish

with extra yogurt if desired.

10. FRIED VEGETARIAN NOODLES:

INGREDIENTS:

Dried noodles 300g
shredded carrots 75g
cabbage shredded 75g
mustard green 2 stalks
Chinese mushroom 4 units (soak

in

water and shredded)

GRAVYS:

Water 2 tbsp.
black soya sauce 2 tbsp.
light soya sauce 1 tbsp.
sugar 2 tsp.
salt 1 tsp.
gourmet powder 1 tsp.
pepper a little

METHOD:
boiling

Soak the dried noodles into

water, take out, and separate
them by using chopsticks and
then rinse with clean water.

FRYING METHOD:
pan,

Add 5 tbsp., of oil in a heated

pour in the ingredients, fry
evenly

and then add in the noodles and

gravys. Fry evenly and serve.

11. SPANNISH TOWN BAKED AVOCADO: (4 servings)

INGREDIENTS:

3-4 Tbs. oil
1/2-1 tsp. freshly grated ginger
1 cup sliced carrots
1 cup chopped celery
1 cup chopped broccoli
1 cup chopped cauliflower
1 cup sliced mushrooms
1 cup chopped tomatoes
1 cup pecans
4 tsp. honey
4 medium avocados, barely ripe

Heat oil in a frying pan, and put in the ginger. Then add the carrots, celery, broccoli, cauliflower, mushrooms, tomatoes and pecans (in that order), and saute until just tender. Drizzle the honey over during the last few minutes of cooking. Cut the avocados in half and discard the pits. Scoop the avocados out of the shells (reserving the shells), in either small pieces or balls, and add them to the sauteed vegetables. Place the mixture in the empty avocado shells and bake at 350°, until the avocado is just heated through. This can be served with shredded coconut.

12. SWEET AND SOUR VEGETARIAN BALLS:

INGREDIENTS:

600g taro
2 red chilies
5 tbsp. Flour
3 tomatoes
1 green pepper
1 small piece pineapple
1 cucumber
All ingredients to be cut into
small pieces.

FLAVOURING:

2 tbsp. Water
1/4 tsp. salt
4 tsp. sugar
3 tbsp. tomato ketchup
1 tbsp. chili sauce
1 tsp. white vinegar
2 tsp. chestnut powder,
separately
diluted with
2 tbsp. Water

METHOD:

taro,

(1) After removing skin from
cut into small pieces and steam
for 30 mins. Take out taro and
crush to paste form. Add some
cornflour, salt, sugar, monoso-
dium
glutamate and pepper powder.
Rub the mixture evenly and
form
into small balls. Deep fried in oil
till crispy.

(2) Heat oil in wok, then put in
all
the cut ingredients and add
flavoring. Put in the fried taro
balls and stir fry evenly. Ready
for serving.

13. STEWED DRIED MUSHROOM SOUP:

INGREDIENTS:

75g dried mushroom
75g red date
some chinese wolfberry fruit
and black fungus
few slices chinese angelica
All ingredients to be softened
by water

METHOD:

5 bowls flavoured soup,
2 tsp. salt
1 1/2 tsp. sesame oil
1/2 tsp. sugar
Place all ingredients into stewed
wok and boil for 1 1/2 hours.

Add

flavouring. Ready for serving.

14. MIXED VEGETABLES IN CLAY POT:

INGREDIENTS:

6 tbsp. oil
10 young corn cobs
20 straw mushrooms
2 tbsp. kimlan soy paste
1 tbsp. light soy sauce
1 tsp. monosodium glutamate
2 tsp. tapioca flour
1/3 cup water
2 tomatoes, quartered
30 snow peas

METHOD:

young

Heat oil in clay pot and add
corn cobs, mushrooms, and light
soy
sauce, monosodium glutamate
and

tapioca flour mixed with water.
Stir-fry for 5 minutes.
Add tomatoes and, after 1
minute,
snow peas.
Cover pot and bring to serving
table immediately.
Serve with hot rice.

15. MEE GORENG:

INGREDIENTS:

450g (1 lb) fresh yellow noodles
15 units straw mushrooms, cut
into
slices
1/3 cup oil
3 stalks mustard greens (choy
sum)
cut into 2 1/2 cm (1 in) lengths
1/2 tsp. monosodium glutamate
salt to taste, pepper to taste
2 tbsp. black soy sauce
1-2 tsp. chili-sauce
2 tbsp. water
300g (10 oz) bean sprouts
2 green chilies, cut into 1/2cm
(1/4 in) rings
1/4 cup green peas
6 tbsp. tomato ketchup
2-3 tomatoes, cut into thin
wedges
2 potatoes, boiled, halved and
cut
into 1/2 cm (1/4 in) slices
4-5 stalks celery, chopped

Wash noodles and drain in a col-
ander. Heat oil and fry straw
mushrooms, add vegetable and
stir fry; then add 2 tbsp. black
soy sauce, salt, pepper and chili-

sauce. Stir fry for 1 minute, then add noodles. While frying noodles, sprinkle with a little water. Put in bean sprouts and monosodium glutamate. Stir briskly. Throw in green chilies and green peas with tomato ketchup, tomatoes and potatoes. Stir-fry for 1 minute or till mee is dry. Garnish with chopped celery. Serve hot.

16. FRIED FRENCH BEANS AND CAULIFLOWER:

INGREDIENTS:

7 tbsp. oil
 300g (10 oz) cauliflower, cut into bite-size pieces
 1 medium-sized carrot, cut into $\frac{1}{2}$ cm (1/4 in) thick slices
 1/2 cup water
 few slices of ginger
 20 French beans, each sliced into 3 pieces at a slant
 3 tbsps. water
 15 units button-mushrooms
 1 tsp. salt
 1 tsp. light soy sauce
 1/2 tsp. monosodium glutamate
 3-4 tomatoes, each cut into 6 wedges

Heat 2 tbsp. oil in a kwali and stir-fry cauliflower, carrot and button-mushrooms for 1 minute. Add 1/2 cup water and simmer for about 3 minutes till vegetables are cooked. Remove to a dish. Add remaining oil to the kwali and

brown ginger. Add fresh beans
and

sprinkle in 3 tbsp. water while
frying. After 2 minutes add
salt, soy sauce

and monosodium glutamate.
Stir-fry for 2 minutes before
adding tomatoes.

Stir-fry for 1 minute, add
cooked

cauliflower, carrot and button
mushrooms, stir well for
another minute and serve hot.