

101 reasons

WHY I'M A

vegetarian

NEWLY REVISED

by Pamela Teisler

1. About 7 billion farm animals, mostly chickens, die or are slaughtered in the U.S. every year for the production of flesh food.

2. Virtually all animals raised for food in the U.S. today are the product of a highly mechanized factory-like system, incorporating unprecedented and largely unregulated methods of efficiency and corresponding dangers and cruelty.

3. Approximately 1.28 billion cattle populate the earth at any one time. They are sustained unnaturally in these numbers to satisfy the excessive human demand for their flesh. Their combined weight exceeds that of the entire human population. Their sheer numbers (and consequent appetite for the world's resources) have made them one of the primary causes for the destruction of the environment. In the U.S., beef cattle return to us (for their trouble) only 1 pound of meat for every 16 pounds of grain and soybeans they are fed.

4. An animal-based diet is invariably high in saturated fat, animal protein and cholesterol, which will raise the level of cholesterol in the blood - the warning signal for heart disease and stroke. Due to the meat-centered diet of most Americans, these diseases account for nearly 50% of all deaths in the U.S.

5. It takes an average of 2,500 gallons of water to produce a single pound of meat. According to *Newsweek*, "The water that goes into a 1,000 pound steer could float a destroyer." In contrast, it takes only 25 gallons of water to produce a pound of wheat.

6. The world's cattle alone (not including other livestock such as pigs and chickens) consume a quantity of food equal to the caloric needs of 8.7 billion people - nearly double the entire human population. Hundreds of millions of tons of grain go to animals while only 5 million tons of grain could adequately feed 15 million children throughout the world; the approximate number who starve to death every year.

7. Feeding the average meat-eating American requires 3-1/4 acres of cultivated farm land a year; supplying a person who eats no food derived from animals requires only 1/6 acre per year.

8. There are virtually no laws against cruelty to animals raised for food in the U.S. The

Animal Welfare Act, which governs the humane treatment of animals, excludes animals intended for food consumption.

9. Meat contains no essential nutrients that cannot be obtained directly from plant sources. By cycling grain through livestock, we lose 90% of the protein, 96% of the calories, 99% of its carbohydrates, and 100% of the fiber.

10. In today's factory setting, farm animals are not allowed to fulfill normal sexual functions. One method of

animal procreation employs so called "teaser bulls" or "sidewinders" (boars) to identify females in heat. With their penises surgically re-routed to come out of the sides of their bodies; these mutilated, frustrated studs are unable to consummate the sex act after identification is made. The cows or sows will be artificially inseminated.

11. Meat would cost \$35/lb if the water used by the meat industry was not subsidized by the U.S. government.

12. It is estimated that livestock production accounts for twice the amount of pollution as that produced by industrial sources in the U.S. (see #19).

13. According to Dr. T. Colin Campbell, one of the key researchers involved with *The China Study*, "In the next 10 to 15 years, one of the things you're bound to hear is that animal protein ... is one of the most toxic nutrients of all that can be considered." Risk for disease goes up dramatically when even a little animal protein is added to the diet. Unlike fat and cholesterol, you cannot remove animal protein from flesh and dairy products.

14. The planet's entire petroleum reserves would be exhausted in 13 years if the whole world were to take on the technological methods used in the U.S. which produce the standard American meat-centered diet.

15. Trees are being cut down at an alarming rate in the U.S., as well as around the world, for meat production. If tomorrow people in the U.S. made a radical change away from their meat-centered diets, 200 million acres could be returned to forest.

16. So called "redskins" are those chickens which, on the conveyor belt to their deaths, missed not only the brine-filled electrified stunning trough, but the knife that was to cut their throats. Their deaths occurred in the scald tank where feathers are loosened before

plucking. Piles of them are thrown aside every day.

17. Chicken feed today is routinely laced with hormones and antibiotics. Only by maintaining the birds on drugs, a practice which began about mid-century, is agribusiness allowed the luxury and efficiency of massive flocks and intensive confinement. Today's medicated feed also pumps out market weight birds in half the time from two-thirds the feed of 50 years ago.

18. Meat-centered diets are linked to many kinds of cancer, most notably cancer of the colon, breast, cervix, uterus, ovary, prostate, and lung.

19. Livestock in the U.S. produce 20 times the excrement of the entire U.S. population. Since farm animals today spend much or all of their lives in factory sheds or feedlots, their waste no longer serves to fertilize pastures a little at a time. Eighty-two tons of waste-per week is produced in a hen house of 60,000 birds; it will be carted away by the truckload. The livestock operator may properly store, disperse or degrade animal waste. Or he may simply flush it away, dangerously raising ammonia and nitrate levels in our drinking water. Becoming a vegetarian does more to clean up our nation's water than any other single action.

20. The human intestine is not designed to digest meat. Where a natural carnivore's bowel is relatively short (3 times the length of its body) and smooth inside, a human's bowel is 12 times the length of the body and deeply twisted and puckered. Having no fiber of its own, meat quite arduously inches itself through the long convoluted human digestive tract. Before it gets to the end it has become putrid and toxic to the body.

21. In the words of John Robbins, author of *Diet for a New America*, a dairy cow living in today's modern milk factory "is bred, fed, medicated; inseminated and manipulated to a single purpose - maximum milk production at minimum cost." She lives with an unnaturally swelled up and sensitive udder, is kept inside a stall her entire life, is milked up to 3 times a day, and is kept pregnant nearly all of the time with her young taken from her almost immediately after birth. "Contented" is the characteristic most often attributed to the cow. However, cows in factories are fed tranquilizers to calm their frazzled nerves.

22. Calorie for calorie, spinach has 14 times the iron of sirloin steak. Iron requires vitamin C for absorption, of which animal products are totally deficient.

- 23 Male cattle in the beef industry, are castrated to make them more docile. Castration also promotes a fatter (more profitable) animal. Castration can be done radically, all at once, or over a longer period of time with a ring, causing the testicles to eventually fall away. Anesthetics are rarely used.
- 24 The typical egg factory may hold 80,000 hens per warehouse. It is not unusual in the factory farm for 4 or 5 layer hens to be squeezed into a 12" x 18" cage. It is standard procedure for poultry producers to de-beak their chicks with hot-knife machines. De-beaking prevents most of the harm from the crazed pecking the birds will inflict upon one another in response to their intense confinement.
- 25 The National Cancer Research Institute found that women who eat meat on a daily basis are almost 4 times more likely to get breast cancer than those women who eat little or no meat.
- 26 Today's milk factory may have one worker tending 800 calves in 45 minutes, a job in the barnyard of old which would have taken several workers an entire day. According to Peter Singer, author of *Animal Liberation*, "Cows are sensitive creatures who naturally develop strong bonds with their caretakers."
- 27 At the expense of their own hungry populations, exporters in poor countries will produce luxury foods such as meat for sale to rich countries. Meat is much more profitable to produce than subsistence crops of rice, beans and vegetables.
- 28 The 1.28 billion cattle in the world are responsible for 12% of the methane emissions into the atmosphere. Methane is one of the four greenhouse gasses contributing to the environmental trend toward "global warming." One methane molecule traps 25 times more solar heat than one molecule of carbon dioxide.
- 29 Pigs in today's factory indoor facilities are likely to be stacked two and three decks high, each solitarily imprisoned in a bin. For their entire lives they will live in space just big enough to fit in. They stand on metal or concrete slats which will painfully cripple the legs of half of them before slaughter.
- 30 The milk from a nursing woman who eats a diet rich in animal sources is so high in toxic substances that were it to be sold across state lines would be subject to confiscation and destruction by the FDA.
- 31 Two hundred years ago, American cropland had topsoil that averaged 21 inches in depth. Today, only about 6 inches remain. Every year in the U.S., an area the size of Connecticut is lost to topsoil erosion — 85% of this erosion is associated with livestock production.
- 32 Fish are living magnets for toxic chemicals. According to *Consumer Reports* (Feb., '92), a notable incidence of unacceptable levels of PCB's and mercury were found in certain species of fish that were tested. Ingesting PCB's is considered a chief reason for the sperm count among American men to be 70% of what it was 30 years ago.
- Today, half the world's fish catch is fed to cattle.
- 33 Drug addicted animals in our factory sheds are supposed to have their drug intakes stopped at a certain interval before slaughter. Withdrawal schedules, however, are not always properly followed, if at all. Troughs of old, drug-laden feed may not be cleaned away when withdrawal should begin. Also, since animals are often fed animal waste and flesh, drug and pesticide residues continue to be recycled.
- 34 The common cold, as well as allergies to dust, cats and pollen, are more likely to go away when milk is taken out of the diet. No other mammal in nature drinks milk after weaning, nor drinks the milk of other species, as do humans.
- 35 USDA meat inspection today is virtually non-existent in several of the giant meat packing plants. A new inspection process, approved of during the "deregulation 1980's" nearly eliminates the role of the federal meat inspector. Dubbed S.I.S. (Streamlined Inspection System), this unprecedented inspection process speeds on-line production by up to 40%. Sometimes as few as 3 out of 1,000 carcasses are checked. Federal inspectors are not allowed to stop the assembly line if a problem is sighted. They may only complain.
- 36 Cattle grazing has destroyed lush ecosystems all across the North American continent. Because of the vast amount of space needed for ranching, large wild animals are forced, with the help of government policy, on to marginal habitats where they die out. Wholesale extermination of predators to cattle, at taxpayers' expense, also continues unabated, which only serves to allow "pest" animals to proliferate. Tax dollars then go to poison the "pests" which leads insect populations to rise, prompting government-sponsored spraying of insecticides. In addition, according to the GAO, livestock raising is the primary reason for the elimination or endangerment of plant species in the U.S.
- 37 The American Journal of Clinical Nutrition and the Food and Nutrition Board recommend that eating a mere 2.5% to 6% of one's calories as protein adequately satisfies protein requirements. It is almost impossible to get below 9% with an ordinary vegetarian diet. Today's average American excessively eats 28% of his or her calories as animal protein and an additional 12% as non-animal protein.
- 38 About 98% of all milk is produced with factory methods in the U.S. Today's factory cow is fed dangerous levels of hormones to produce two to three times more milk than yesterday's pasture cow. After about four years, the hormones no longer work and the spent cow becomes your hamburger. Slaughter day will end the agony of mostly solitary, intense confinement where our friend has never seen a blade of grass. A cow naturally lives 20 years.
- 39 Cattle graze "on the house" on public lands in the U.S. Though the market rate for the right to graze is about \$6.40 to \$9.50 per month per cow, many government permit holders pay less than \$2 per month per cow. According to U.S. Congressman Dick Army of Texas, our nation's "farm cartel," much the creation of the House Agriculture Committee, is like "a 350-pound man on a life-support system." His assessment of the government subsidies to agribusiness?: "welfare to the rich."
- 40 Factory-farmed animals contain as much as 30 times more saturated fat than yesterday's free-range, pasture-raised animals.
- 41 Nearly half the fish tested in a 6 month investigation by Consumers Union were found to be contaminated by bacteria from human or animal feces, suspected to be the result of poor sanitation practices in one or more points along the fish handling process.
- 42 In the barnyard of yesteryear, a sow gave birth to 6 piglets a year. Today's sow gives birth to 20 with the industry working on 45. Now we have "embryo transfer" where sows, by hormone injection, produce large amounts of eggs which are fertilized artificially by semen from genetically desirable boars. Embryos are surgically removed and implanted into other sows. The stress on our "super-sow" from repeatedly being cut up and sewn back will kill her prematurely. Similar methods are employed in the beef industry.
- 43 Cow's milk is meant for calves, not humans. Even at a time of most rapid growth, an infant's natural protein needs are low. Human milk contains only 5% of its calories as protein. An infant doubles in size in 180 days. In contrast, cow's milk is 15% protein by calorie, with newborn calves doubling in size in only 47 days.
- 44 At most stockyards around the country sick and crippled animals brought in by ranchers will quickly and humanely be euthanized. At many, however, cruelty can be a regular occurrence. So called "downers" may lie suffering for days until they are dragged by chain to their slaughter. The tragedy is that an animal can legally be kept in agony, sick or with broken bones, simply because alive it will fetch a higher price for a rancher.
- 45 Fifteen million pounds of antibiotics are used in animal production every year. In 1988, animal drug sales came to \$2.5 billion.
- 46 Meat industry apologists claim that livestock do not compete with humans for edible food because they live on forage humans cannot eat. In fact, 70% of all the grain produced in the U.S. is fed to livestock.
- 47 Animal health in the farm of old came from exercise, sunlight and freedom to peck or root in the soil. Today, animals are packed indoors and barely kept alive with drugs and vitamin injections. The battle against bacteria in the factory farm shed is a constant concern. Misting the animals with insecticides has become routine. In the chicken house, the birds are fed chemicals to control flies which stay active in their droppings, able to kill larvae.
- 48 The great Ogallala Aquifer, which supplies the nation's bread basket with water, is being pumped dry, primarily due to agribusiness

- growing grain to feed livestock. Spanning over 8 midwestern states with an area three times the size of the state of New York, this natural blessing from the last Ice Age may be gone in 30 years.
- 49 Meat contains approximately 14 times more pesticides than plant foods; dairy products contain 5-1/2 times more pesticides than plant foods.
- 50 There are 20-30 thousand animal drugs currently in use. As many as 90% have not been approved by the FDA.
- 51 The Physicians Committee for Responsible Medicine, a group of 3,000 physicians, came out in 1991 with the "New Four Food Groups." They are: fruit, vegetables, whole grains, and legumes. Meat, poultry, fish, nuts, seeds, and oils have been termed "optional" foods, not considered necessary for health.
- 52 With every one of their natural instincts restricted and unfulfilled, pigs in today's factories will take to "tail-biting." Insane, bored and frustrated, these naturally intelligent and playful creatures may be driven to gnawing neurotically on one another's pig tails and hind ends. If not prevented, a mauled pig may die from an attack and then be eaten by his attackers. Mauled pigs cannot be sold, so they become a problem to the producer. The answer? Pig tails are routinely amputated, and pigs are kept in total darkness except for feeding time.
- 53 The Bureau of Labor has listed poultry processing as one of the most hazardous occupations; as workers can easily contract diseases from the sick animals in their midst. Workers in the meat packing industry suffer injuries in the workplace at 10 times the national average, primarily due to damage to tendons and nerves from repeating the same motion up to 8,000 times an hour.
- 54 In egg factories all over the country, male chicks are weeded out and disposed of by "chick-pullers." A half a million chicks a day are literally thrown en masse into plastic bags where they are crushed and suffocated. Or they may be ground up while still alive.
- 55 Author and scientific director for EarthSave Foundation Michael Klapper, M.D. writes, "The price tag on the supermarket chuck steak does not include the loss of irreplaceable topsoil; yet future generations will pay dearly."
- 56 An animal at the top of the food chain will accumulate in its own flesh and fat most of all the toxic substances of its prey, its prey's prey, and so on. Due to the excessive use of pesticides, insecticides and petrochemical fertilizers on cropland, the injection of hormones and antibiotics into farm animals, and the abundance of PCB's and mercury in our oceans, there is toxicity in the flesh of all animals people eat. Today, more than ever, it is wise to eat "low on the food chain," with plant food being the lowest and safest.
- 57 A diet without meat can help prevent diabetes, relieve the symptoms of diabetes and can even end the need for insulin treatments.
- 58 Detection of salmonella is not required of meat packers by the USDA. There is not a single plant in the country that inspects for it. CBS's "60 Minutes" found half of the chickens they randomly bought at a supermarket contaminated with salmonellosis.
- 59 Jim Mason and Peter Singer write in their book *Animal Factories*, "Instead of hired hands, the factory farmer employs pumps, fans, switches, slatted or wire floors, and automatic feeding and watering hardware." Managers, as with any other capital intensive system, will be concerned with the "cost of input and volume of output ... [T]he difference is that in animal factories the product is a living creature."
- 60 The digestive system of the natural carnivore is designed for flesh. The human system is designed for plant food digestion. From the inadequate amount of acidity in human saliva, bile in the human liver and acid in the human stomach, to the relatively small size of the human kidneys, it is clear that the natural diet for humans is vegetarian.
- 61 What happens to the male calf born of a dairy cow? He is taken immediately after birth to a veal factory and locked up by his head in a stall to prevent him from turning around for his entire life. He is fed a special diet without iron or roughage. He is injected with antibiotics to keep him alive and hormones to make him grow. He is kept in darkness except for feeding time. The result? A nearly full-grown animal with flesh as tender and milky white as a newborn's. The beauty of the system from the standpoint of the veal industry is that today's veal still fetches the premium price it always did when such precious flesh came only from a baby calf.
- 62 Agricultural engineers have compared the energy costs of producing poultry, pork and other meats with the energy costs of producing a number of plant foods. It was found that even the least efficient plant food was nearly 10 times as efficient in returning food energy as the most energy efficient animal food.
- 63 Unlike natural carnivores who can eat excessive quantities of saturated fat without developing clogged arteries, humans, as well as herbivores, invariably develop atherosclerosis with saturated fat in their diets.
- 64 Unorganized groups of immigrant laborers of different ethnic origin, are generally pitted against each other by modern meat packing plants. The plants also make conditions so intolerable and dangerous that even immigrant laborers leave the industry. The high turnover serves to insulate companies from union organizing. It also serves to minimize meat inspection, the job done more and more by meat packer employees and less and less by USDA inspectors.
- 65 Food originating from animal sources, including milk, unlike most vegetarian foods, makes the blood acidic. When this happens, the body withdraws calcium from the bones to make it more alkaline. This process balances the pH of the blood, but consequently becomes one of the factors that leads to osteoporosis.
- 66 Nearly all (95% - 99%) toxic chemical residues in the American diet come from animal sources. Toxic chemical management today amounts to no more than self-regulation by the chemical companies. The Environmental Defense Fund estimates that, on average, each American has 1.5 grams of DDT in his or her body.
- 67 Synthetic hormones are injected into steers (castrated bulls) to make up for the natural hormonal loss from castration. These hormones may produce carcinogenic residues in the animal's meat.
- 68 Family farmers who sold their chickens independently to processors on the open market only 35 years ago operate nearly exclusively today as "contract growers." If he hasn't yet been squeezed out completely, "Old MacDonald" currently holds a contract with a company in which he agrees to provide his facility and labor to grow company birds, on company feed, to company specifications. He can hardly get out of debt after his investment in the necessary hardware of today's intensive confinement systems. The demise of the family farmer, which is virtually complete in the chicken business, is now well under way in the pork business.
- 69 A clue to help end the controversy over whether humans are carnivores; Generally speaking, it is not common for a person to stalk a wild animal, catch it by sinking claws into its body, bite its neck, and feel comfort in the taste of fresh warm blood and uncooked flesh.
- 70 Today, only 50 large corporations control 90% of all the poultry produced in the U.S. Eight of these account for half of the business.
- 71 To crank up pork production, piglets may be taken away from their mother soon after birth. They are then provided with a mechanical teat, without which they would die from the emotional loss. The forced weaning allows the sow to end her lactating period, so she can become pregnant again.
- 72 The high incidence of constipation, hemorrhoids, hiatal hernias, diverticulosis, spastic colon and appendicitis corresponds very closely to today's widespread adoption of high fat, low fiber, meat-centered diets.
- 73 Our dwindling supply of good water is directly tied to meat consumption. Over half of the total amount of water consumed in the U.S. goes to irrigate land growing feed and fodder for livestock.
- 74 It has been said that beef could be called a petroleum product so much fossil fuel is needed to produce it. With factory housing, irrigation, trucking and refrigeration, as well as petrochemical fertilizer production requiring vast amounts of energy, approximately one gallon of gasoline goes into every pound of grain-fed beef.
- 75 The Allied naval blockade during World War I of German-occupied territories in 1917 forced Denmark most dramatically into

- nationwide vegetarianism. The death rate there from disease during the period dropped by 34%.
- 76 It is deceptive to measure fat as the percentage of physical weight of foods as the milk industry does. Because of all of the water, by weight milk is under 4% fat. Fat in milk, however, is 50% of the calories.
- 77 Chicken feathers, guts, and waste water, which normally need to be discarded during processing, are routinely "recycled" back to the layer and broiler houses as feed. Industry experts believe that along with unclean slaughtering and processing techniques, this forced cannibalism is leading to the rampant salmonella epidemic in poultry plants. Ignoring these root causes, the U.S. government recommends food irradiation to "sanitize" contaminated birds.
- 78 Even though organic farming and natural insect control do work, agribusiness continues to use pesticides. Up until now, 2.2 million tons of DDT alone have been used worldwide. Pesticides may take hundreds of years to decompose. In the meantime, meat from animals is fully laden with pesticide concentrations.
- 79 A 1978 study found blood pressure levels of vegetarian Seventh Day Adventists to be significantly lower than blood pressure levels of meat-eating Mormons.
- 80 In a March, 1984 cover story, *Time* magazine reported the latest findings regarding cholesterol and heart disease. They noted that "in regions where ... meat is scarce, cardiovascular disease is unknown."
- 81 There are no laws to regulate transport of animals for food consumption, specifically via truck. So this is the meat industry's preferred method of transport. That many of the animals are dead after their brutal trip is calculated as a cost of doing business.
- 82 Spinach grown on an acre of land can yield 26 times more protein than beef produced on the same acre.
- 83 The American farmer, as our storybook image of him suggests, simply no longer exists. Today, the person who actually gets close to farm animals is just a hired hand of agribusiness. In the broiler or layer shed of tens of thousands of birds, for instance, the main job to attend to is culling dead birds from cages. Through careful calculations, conditions are maintained intense enough to keep costs down, but not so intense that mortality rates cut into profits.
- 84 Today's pigs may be fed on their own excrement. Feedlot cattle are fed sawdust, newspapers, poultry litter, and industrial sewage. According to the USDA, cement dust may become a feed additive in the future because it produces a 30% faster weight gain than regular feed.
- 85 No law in the U.S. requires seafood inspection. The food and Drug Administration is, for the most part, the only regulator over the fishing industry at all. Only 1,604 fish were checked by the FDA in 1989.
- 86 Human beings have no sharp pointed front teeth to tear flesh as do carnivores; humans have flat back teeth to grind (plant) food unlike carnivores.
- 87 The positive health benefits a person may think they get from eating fish, can better be achieved through a vegetarian diet. And then, fish lacks carbohydrates, fiber and vitamin C. Fish is high in animal protein, which is hard on the kidneys, and high in fat, which increases the risk for cancer and gall bladder disease.
- 88 The USDA does not inspect for trichinosis in pork, and it is widely known that pork must be thoroughly cooked before eating. Still, about 4% of Americans have trichinella worms in their muscles which periodically cause flu-like symptoms.
- 89 Hens are starved for 30 hours before their slaughter. Any food given during this time would not be converted into flesh.
- 90 According to William Castelli, M.D., Director of The Framingham Heart Study, vegetarians outlive other people by about six years.
- 91 That vegetarians more than any other group need to worry about deficiencies of vitamin B-12 is not fully determined. Deficiencies are serious. However, the amount of the vitamin one needs to avoid deficiency is very small, and the body's supplies can last for many years. That a person is not able to absorb vitamin B-12 (for reasons not yet clear) is more to the root of the problem than getting enough vitamin B-12 from our food sources. Wakame and kombu (2 types of seaweed) have been found to contain amounts of vitamin B-12 in excess of that in beef liver.
- 92 According to the United Nations, "slight, moderate or severe desertification" affects 29% of the earth's landmass. The destruction is largely due to the demands of livestock raising around the world. With two-thirds of the earth's population subsisting primarily on a vegetarian diet, it is the meat-eating rich countries, such as the U.S., that are driving this trend with their imports of beef. To supply demand, Third World exporters drive indigenous populations, who had tilled the soil sustainably for generations, off their land. The uprooted rural refugees are currently flooding "overburdened" urban centers all around the world.
- 93 The U.S. is the only completely industrialized country to still allow the implantation of hormones into beef cattle today. Because of the routine feeding of antibiotics to livestock, European countries have banned nearly all imports of American beef.
- 94 Aside from the prospect of certain species of fish becoming extinct from overfishing, demand for ocean fish contributes to the over 200 thousand needless deaths of marine mammals and birds caught in nets per year.
- 95 What doctors learn in school centers largely on how to treat disease with drugs and surgery. Today's physician probably had little more than a 3-hour seminar on nutrition during his or her entire time in medical school. And then, the extraordinary health benefits of a vegetarian diet probably were hardly mentioned.
- 96 Chickens hung on conveyor belts destined for their demise move past inspectors so fast that disease detection is virtually impossible in today's slaughterhouse. Ninety-one birds a minute whiz past USDA inspectors who are voicing concern over recently speeded up production lines, which they say are allowing unsafe poultry to get the USDA's stamp of approval.
- 97 To produce foie gras, a duck or goose is force-fed huge quantities of grain three times a day with a feeder tube. This painful process goes on for 28 days before slaughter, causing stomachs sometimes to burst. Livers, diseased and swelled to several times normal size by this process, are a delicacy which sells for about \$12 an ounce. About 8,000 tons are produced worldwide per year.
- 98 Though milk gives temporary relief to ulcer sufferers because of the calcium content, acid production in the stomach eventually results and the stomach lining is eroded even more.
- 99 The direct and hidden costs of soil erosion and runoff in the U.S., mostly attributable to cattle and feed crop production, is estimated at \$44 billion a year. Each pound of feedlot beef can be equated with 35 pounds of eroded topsoil.
- 100 In 1983, the cost to the U.S. from heart attacks, in the way of medical bills, lost wages and productivity amounted to \$60 billion, according to the National Heart, Lung and Blood Institute.
- 101 The treatment of human disease with antibiotics is showing signs of being hampered by the flagrant overuse of antibiotics injected into the animals people eat. People are becoming immune to medicinal drugs just by eating hamburgers and chicken. It is predicted that we are about to embark upon a pre-antibiotic era.

References taken from John Robbins' beautifully written book *Diet for a New America* run throughout this flyer. *Beyond Beef* by Jeremy Rifkin is another important source.

Other sources include: *Animal Factories* by Jim Mason and Peter Singer, *Animal Liberation* by Peter Singer, *Old MacDonald's Factory Farm* by David C. Coats, *Judaism and Vegetarianism* by Richard Schwartz, The EarthSave Foundation, and numerous articles in *Vegetarian Times* and *Animals' Agenda* as well as other sources.

Copyright © 1992 by Pamela Teisler, All rights reserved.

For a detailed list of references, send 25¢ and a self addressed stamped envelope with your request to:

The VivaVeggie Society
 Prince St. Sta.
 P.O. Box 294
 New York, NY 10012

This flyer was printed with soy based ink on paper recycled from 100% non-de-inked, post-consumer fiber.

References for: "101 Reasons Why I'm a Vegetarian"

Note: The first time a source is mentioned, it is put in **boldface type**; subsequently it is *italicized*.

1. "Beyond Beef," *The FARM Report*, newsletter of *Farm Animal Reform Movement*, Bethesda, MD, Spring, 1992 p. 6.
2. (no reference)
3. Robbins, John, *Diet for a New America* Stillpoint Publishing, Wapole, NH, 1987, p. 351.
also, Rifkin, Jeremy, *Beyond Beef: The Rise and Fall of the Cattle Culture* The Penguin Group, New York, NY, p.1.
4. *Diet for a New America*, pp. 206, 208.
also, Campbell, M.D., T. Colin; his speech to the 1991 American Natural Hygiene Society Conference about his involvement in, and the findings of, *The China Study*.
5. *Diet for a New America*, p. 367.
also, *Our Food Our World: Realities of an Animal-Based Diet*, compiled by the *EarthSave Foundation*, Santa Cruz, CA, March, 1992, p.4.
6. *Diet for a New America*, p. 353.
also, Coats, C. David, *Old MacDonald's Factory Farm: The Myth of the Traditional Farm and the Shocking Truth about Animal Suffering in Today's Agribusiness*, Continuum Publishing Company, New York, NY, 1989, p. 22.
7. *Diet for a New America*, p. 352.
8. *Diet for a New America*, pp. 103-04.
also, Rifkin, Jeremy, *Voting Green: Your Complete Environmental Guide to Making Political Choices in the '90's*, Doubleday, New York, NY, 1992, pp. 196-199.
9. *Diet for a New America*, pp. 351-52.
also, Schwartz, Ph.D., *Judaism and Vegetarianism*, Micah Publications, Marblehead, MA, 1988, p. 43.
also, *Our Food Our World*, p. 4.
10. *Beyond Beef*, p. 11.
also, *Old MacDonald's Factory Farm*, p. 34.
11. *Diet for a New America*, p. 367.
12. *Beyond Beef*, p. 221.
13. *Campbell*, speech, per above.
14. Mason, Jim, and Peter Singer, *Animal Factories*, Crown Publishers, Inc., New York, NY, 1980, p. 79.
15. *Diet for a New America*, pp. 361-63.
16. Davis, Karen (of United Poultry Concerns), "Cry Fowl," *Animals' Agenda*, Monroe, CT, April, 1991, Vol. XI, No. 3, p. 47.
17. *Diet for a New America*, p. 65.
also, Pacolle, Wayne, *Biomachines: Life on the Farm Ain't What It Used to Be*, *Vegetarian Times*, Oak Park, IL, Jan. 1989, Issue 137, pp. 31-34.
also, Moll, Lucy, "Answering Machine," *Vegetarian Times*, Oak Park, IL, Apr., 1990, Issue 152, p. 10.
also, Mason, Jim, "Chicken is Cheaper than Ever, But What are the Hidden Costs?" essay published by the *Coalition for Non Violent Food*, a project of *Animal Rights International*, New York, NY, (no pub. date, no page reference).
18. *Diet for a New America*, pp. 253-73.
19. *Diet for a New America*, pp. 371-73.
also, *Animal Factories*, pp. 84, 88.
20. *Diet for a New America*, pp. 258-60.
also, *Judaism and Vegetarianism*, pp. 42-43.
21. *Diet for a New America*, pp. 110-12.
22. *Diet for a New America*, pp. 297-99.
23. *Diet for a New America*, pp. 107-08.
24. *Diet for a New America*, pp. 56-57.
also, Mason, Jim, "The Incredible Egg Story," *Vegetarian Times*, Oak Park, IL, Jan. 1986, Issue 101, pp. 25-26.
25. *Diet for a New America*, p. 264.
26. Singer, Peter, *Animal Liberation* (new revised edition), Avon Books, New York, NY, 1990, pp. 137-38.
27. Boyd, Billy Ray, *For the Vegetarian in You*, San Francisco, CA, Taterhill Press, 1987, pp. 20-21.
28. *Beyond Beef*, pp. 225-26.
- also, "Environmental Devastation: Global Warming," (fact sheet in press packet), *The Beyond Beef Campaign*, Washington, D.C., 1992.
29. *Diet for a New America*, pp. 82-84.
also, *Old MacDonald's Factory Farm*, p. 46.
also, *Animal Factories*, p. 11.
30. *Diet for a New America*, pp. 344-46.
31. *Diet for a New America*, pp. 357-58.
32. "Is Our Fish Fit to Eat?" Consumer Reports: A Publication of Consumers Union, Yonkers, NY, Feb., 1992, Vol. 57, No. 2, pp. 103, 114.
also, *Diet for a New America*, pp. 330-31.
33. *Animal Factories*, p. 63.
34. *Old MacDonald's Factory Farm*, p. 119
35. *Beyond Beef*, pp. 134-139.
36. *Beyond Beef*, pp. 206-09.
37. *Diet for a New America*, pp. 172, 185.
also, *Campbell*, speech, per above.
38. *Diet for a New America*, pp. 110-112.
also, *Old MacDonald's Factory Farm*, pp. 49, 53.
39. *Beyond Beef*, p. 106.
also, *Newsweek*, July 16, 1990, p. 22.
40. *Diet for a New America*, pp. 308-09.
41. "Is Our Fish Fit to Eat?" p. 103.
42. *Diet for a New America*, pp. 85, 88.
also, *Animal Factories*, p. 45.
43. *Diet for a New America*, pp. 174-75.
44. Mason, Jim, "Taking Stock From Farm to Slaughter," *Animals' Agenda*, Monroe, CT, April 1991, Vol. XI, No. 3, pp. 16-23.
also, *Old MacDonald's Factory Farm*, pp. 102-03.
45. Mason, Jim, "Down on the Factory Pharmacy," *The Animals' Agenda*, Monroe, CT, July/August, 1990, Vol. X, No. 6, p. 47.
46. *Beyond Beef*, p. 1
also, *Animal Factories*, p. 117.
47. *Animal Factories*, pp. 38-39 and 53-54.
48. *Beyond Beef*, p. 219.
also, Klapper, M.D., Michael, "Water Worries: The Connection Between Animal Agriculture and the Water Shortage," *EarthSave*, the newsletter of *EarthSave Foundation*, Santa Cruz, CA, Spring/Summer, 1991, Vol. 2, No. 2 and 3, p. 8.
49. *Diet for a New America*, p. 343.
50. *Judaism and Vegetarianism*, p. 113.
51. Croydon, Ireland, "New Four Food Groups Introduced," *Vegetarian Voice*, published by the North American Vegetarian Society (NAVS), Dolgeville, NY, Vol. 18, No. 1, p. 4.
also, "Eating Well: Rethink Food Groups, Doctors Say," *The New York Times*, April 10, 1991, pp. C1 and C4.
52. *Diet for a New America*, pp. 74, 88-89.
also, *Animal Factories*, pp. 22-24.
53. *Diet for a New America*, p. 66.
also, "U.S. Guidelines Address Meatpacking Injuries," *The New York Times*, Sept. 2, 1990, p. 29.
54. *Diet for a New America*, p. 54.
also, Sequoia, Anna, with Animal Rights International, *67 Ways to Save the Animals*, Perennial, a div. of Harper Collins Publishers, New York, NY, 1990, p. 52.
also, *Animal Factories*, p. 5.
55. Klapper, Michael, M.D., along with the *EarthSave* staff, "Public Seeks the Truth: Cattlemen's Association Challenges *Diet for a New America*, Animal Agriculture—Valuable or Destructive?" *EarthSave*, the newsletter of the *EarthSave Foundation*, Santa Cruz, CA, Winter, 1991, Vol 2, Number 1, p. 2.
56. *Diet for a New America*, pp. 314-16.
also, *Beyond Beef*, p. 13.
also, *Is Our Fish Fit to Eat?* pp. 112, 114.
57. *Diet for a New America*, pp. 275-77.
58. *Diet for a New America*, pp. 301-03.
59. *Animal Factories*, p. 18.
60. *Judaism and Vegetarianism*, p. 41.
61. *Diet for a New America*, pp. 112-17.
62. *Diet for a New America*, pp. 374-76
63. *Diet for a New America*, pp. 212, 214-15.
64. *Beyond Beef*, 127-28, 137.
65. *Diet for a New America*, 196.
66. *Diet for a New America*, 315-16, 326.
67. *Diet for a New America*, p. 107.
68. *Animal Factories*, pp. 120-122.
69. *Judaism and Vegetarianism*, p. 41.
70. *Animal Liberation*, p. 98.
71. *Diet for a New America*, pp. 85-86.
72. *Diet for a New America*, p. 287.
73. *Diet for a New America*, p. 366-67.
74. *Beyond Beef*, p. 225.
75. *Beyond Beef*, p. 170.
76. *Diet for a New America*, p. 235.
77. *Chicken is Cheaper Than Ever, But What are the Hidden Costs?* (no page reference).
also, *Old MacDonald's Factory Farm*, p. 115.
also, Resenfeld, Ph.D. et. al., "A Menu for Food Safety Failures: What the Bush Administration is Serving Consumers," published by Public Voice for Food and Health Policy, Washington, D.C., June, 1992, p. 5.
78. *Diet for a New America*, pp. 315, 318, 325, 329-41.
79. Robeznieks, Andis, "What Nutritional Research is Finding Out about Vegetarian Diets," *Vegetarian Times*, Oak Park, IL, Apr., 1986, #104, p. 12.
80. *Diet for a New America*, p. 216.
81. *Diet for a New America*, 104-06.
82. *Beyond Beef*, 162.
83. *Diet for a New America*, p. 67.
also, "The Incredible Egg Story," p. 26.
84. *Diet for a New America*, pp. 93, 110.
also, *Beyond Beef*, p. 13.
85. "Is Our Fish Fit to Eat?" p. 113.
86. *Judaism and Vegetarianism*, p. 42.
87. McDougall, M.D., John, "Healthy by Choice," a column in *Vegetarian Times*, Oak Park, IL, Jan., 1986, #101, p. 58.
88. *Beyond Beef*, p. 264.
89. *Diet for a New America*, pp. 59-60.
90. "Our Food, Our World," p. 12.
91. Caughlin, R.D., "Vitamin B12, The Controversy Continues," *Vegetarian Voice*, the publication for the North American Vegetarian Society (NAVS), Dolgeville, NY, vol. 17, #3, 1990, pp. 15, 30-31.
92. *Beyond Beef*, pp. 163, 200-202.
also, *For the Vegetarian in You*, p. 20.
93. *Our Food, Our World*, p. 16.
94. Specter, Michael, "The World's Oceans are Sending an SOS," *The New York Times*, May 3, 1992, p. E-5.
95. *Diet for a New America*, p. 149-50.
96. *A Menu of Food Safety Failures*, p. 5.
also, "Stopping Cruelty to Chickens," *PETA NEWS*, the newsletter of People for the Ethical Treatment of Animals, Washington, D.C., Mar./Apr., 1990, p. 11.
97. "Force Feeding Exposed: PETA Undercover Investigators Take You Behind the Scenes of a Fole Gras Farm," *PETA NEWS*, the newsletter of People for the Ethical Treatment of Animals, Washington, D.C., Winter, 1992, Vol. 7, No. 1, p. 5-7.
98. *Diet for a New America*, p. 283.
99. *Beyond Beef*, p. 203.
100. *Judaism and Vegetarianism*, p. 36.
101. *Diet for a New America*, p. 303-04
also, *Biomachines*, p. 65.

Contact with SASE:

The VivaVeggie Society,
Prince Street Station,
P.O.Box 294,
New York, NY 10012

What they're saying about Pamela Teisler's...

"101 Reasons Why I'm a Vegetarian"

The new *101 Reasons Why I'm a Vegetarian* is great and I'd like to order 100 copies. I have convinced several people to explore the vegetarian way with this flyer. (S.S. / El Paso, TX)

When I first read your compiled list of reasons to become a vegetarian I thought how great it was to have something so concise and yet informative and interesting to read (rather than some lengthy piece literature) to spread "the V word." (M.R. / Hoboken, NJ)

I loved *101 Reasons Why I'm a Vegetarian*. It was the most interesting, shocking, scary, angering informative thing I've read in a long while... P.S.: I thought you would like to know that I know of 3 people who have seriously altered their eating habits as a result of reading "101 Reasons." (K.H. / Croton-On-Hudson, NY)

Pamela — Great job! (on your *101 Reasons Why I'm a Vegetarian*). Keep up your wonderful work. (from the author of *Judaism and Vegetarianism*, Richard Schwartz)

While I was visiting New York, I read your *101 Reasons Why I'm a Vegetarian*. It was very touching and it really makes you think. I have been thinking about becoming one for quite some time and it made me want to even more. (S.W. / PA -- 16 years old)

Beautiful ... Beautiful !! — Your *101 Reasons Why I'm a Vegetarian*. (P.W. / FL)

I just met someone doing the "Walk Across America for Mother Earth" who was given your *101 Reasons Why I'm a Vegetarian*. She showed it to me. It's EXCELLENT! (I.O. / Clarksville, MD)

Your efforts have really changed lives for many people close to me. Thank you. (K.G. / Wayne, NE)

I obtained a copy of *101 Reasons Why I'm a Vegetarian* in New York City in May while I was visiting. On my drive back to Canada where I live, I read your "Reasons" & I even wrote and asked you for references. Nevertheless, I stopped eating meat & chicken — and in July I stopped eating fish. I eat very little dairy products & I feel a lot better — My weight has dropped & mentally I feel clearer (physically too). Taking all into account, I would like to thank you *very very* much for opening my eyes & making me realize that I'm a part of the world & what I do has an effect, positive or negative. I also feel that you have added years onto my life. And for this and many other reasons, Thank you! (E.P. / Ontario, Canada)

I've been a vegetarian for 15 years. But not until I read your *101 Reasons Why I'm a Vegetarian* did I feel validated. Your paper is so valuable. I am now a true vegetarian because I understand how I am helping the planet. More so I want to convince others to be vegetarians also. I can see the whole planet changing so much from people becoming more aware. Keep up your wonderful work. (E.R. / NYC)

Thank you for compiling the 101 reasons, re: veg. I am very glad to have your info & have quoted from it 2x already ... I feel we've simply got to reach the mainstream. (R.D. / Minneapolis, MN)

I found your "101 Reasons ..." very enlightening, and have shared much of the information with friends and family. (C.N. / Salt Lake City, UT)

...I fully applaud your efforts! (J.D. / NY, NY)

Dear Folks: I would like to surprise my husband with a copy of your "101 Reasons" in his Christmas stocking. Please send me one as soon as you can so that it will get here in time for the holiday. (L.W. / East Hampton, CT)

To receive a copy of *101 Reasons Why I'm a Vegetarian*, send \$1 and a self addressed stamped envelope to: The VivaVeggie Society, c/o, the address below • Additional copies may be obtained (no SASE necessary after 2 copies) for: • 50¢ ea. (60¢ ea., foreign or retail) • Multiple copies: • \$20 for 50 copies (\$30, foreign or retail) • \$35 for 100 copies (\$50, foreign or retail) • For \$5/yr. (\$7, foreign) receive 5 issues of *The VivaVine* + membership card + complimentary copy of *101 Reasons Why I'm a Vegetarian*. CHECKS PAYABLE TO: THE VIVA VEGGIE SOCIETY.