

Facts Of Vegetarianism
- NORTH AMERICAN VEGETARIAN SOCIETY

United Nations: More than half the world is hungry or malnourished; almost half barely survive. Food deficit may be twelve times as great by year 2000. Only 10 % of food is utilized by the one eating it. A human eating an animal thus utilizes only 1 % of the animal's food. - Isaac Azimov. Over half of U. S. harvested acreage is planted with animal-feed crops: 91 % of corn, 77 % of soy beans, 64 % of barley, 88 % of oats. Other developed nations emulate us. Typical daily yield per acre: beef 8 oz., wheat 4½ lb., oats 6 lb., soybeans 5 lb., corn 8½ lb., rice 12½ lb., potatoes 55 lb. Protein per day, per acre: beef 2 oz., wheat 8.6 oz., oats 11.5 oz., soybeans 8.7 oz., corn 4.7 oz., brown rice 15 oz., potatoes 18.5 oz. Pumpkin, squash and sunflower seeds, and peanuts all contain 25 % plus, more protein than beef.

Vegetarian foods are incomparably superior to flesh in their content of vital minerals, enzymes and vitamins. Comparative calorie production per acre, using beef as 1.0: wheat 10.0, oats 15.5, soybeans 4.5, corn 5.4, brown rice 30.0, potatoes 27.9. Economic control diverts, every year, from human consumption in India, 100,000 tons of high protein oil-seed cake, for animal feed in England. Comparable amounts are diverted from Africa to Europe. Pure water is very scarce. (A large percentage of our cities have unsatisfactory drinking water) U.S.D.A.: The meat-and-vegetable diet consumes 8 times the amount of water used by the pure-vegetarian (vegan) diet. Meat requires 25 times the water required by vegetables. One chicken processing plant uses 100 million gallons of water a day.

Omaha meat packers every day discharge over 100,000 lb. of disgustingly filthy assorted wastes into sewers emptying into the Missouri R. Feedlots and slaughterhouses seriously pollute land, water and air. NEWSWEEK: Runoffs from feedlots are "ten to several hundred times more concentrated than raw domestic sewage." Comparative costs of "Usable Protein" (complete - balanced amino acids), April, 1977, for 43.1 grams: Porterhouse steak \$.2.78, hamburger (chuck) .86, peanut butter .96, peanuts (raw) .77, split peas, dry, .47, soybeans, dry, .39, pinto beans, dry .41, whole wheat flour .29, wheat germ .53, brown rice .67, whole wheat bread 1.24. "Usable protein" cost of a vegetable is overstated, taken alone, as the amino acid deficiencies of each are usually balanced with surpluses in other foods, thus utilizing proteins more completely. Many other vegetables in normal use provide significant quantities of protein. Vitamin, mineral and enzyme content also heavily favor vegetarianism.

Carnivores have a digestive tract only one-fourth as long as ours, for quick expulsion of putrefying flesh, and ten times the hydrochloric content for digesting it; also larger livers. Their saliva and urine are acid, while ours are alkaline. A doctor, in the Journal of the A.M.A.: "a vegetarian diet can prevent 90 % of our thromboembolic disease and 97 % of our coronary occlusions." Meat with cancerous tumors is sold, only visible tumors being cut out. Some hard to detect cancer in chickens is overlooked. Early stages of diseases are not detectable. Strong correlation between colon cancer and meat consumption - longer transit time for animal fats. As putrefaction starts with death, meat has far more harmful bacteria than vegetables. Over 40 % of frankfurters, in a test, had begun to putrefy, according to the bacteria standard set. Bureau of Labor: Disease contacts make poultry processing our third most hazardous industry. Kidneys of moderate meat eaters work three times as hard to eliminate nitrogenous wastes as do those of meat abstainers. This is difficult for kidneys of the elderly.

Because of its retention in the fat during 15 months of feeding, beef contains 13 times the DDT found in non-meat products - prime grade much more. Animal fats contain the residues of chlorinated hydrocarbons, which are not destroyed by cooking. Arsenic compounds are used as growth stimulants - also as cattle and sheep dips, "parasites. U.S.D.A.: 80 diseases affecting livestock can be transferred to humans. 1000 kinds of parasites prey on livestock. Antibiotics are used to kill parasites, promote growth, and as preservatives. They are also needed to prevent sickness, in the absence of fresh air, sunshine, exercise and a healthful diet. Some antibiotics destroy needed human bacteria. Germs develop resistance to bacteria, and some new resistant germ-types are created, both endangering human life. Sodium nitrite and sodium nitrate are used to retard putrefaction, especially in sandwich meats, with a long shelf life. Nitrites are dangerous to small children, to a fetus, to the anemic, and can cause cancer. Sodium sulphite is used to restore color, even to blackened, rancid meat, and eliminate the strong odor of putrefaction. A N. Y. State survey found sulphite in 26 of 30 samples of hamburger.

ANIMAL MACHINES describes the unspeakably painful, unsanitary, crowded conditions under which animals are raised, often unable to move, deprived of minerals, roughage and sunlight, and kept alive and growing faster, with various pills, injections, food supplements - even poisons - wherever what is called "intensive farming" is practiced. Broilers packed so tight that their beaks must be cut, to prevent them from pecking each other to death; hogs packed so tight that their tails must be cut off to prevent them from chewing each others tails off. ORDEAL OF THE ANIMALS describes many of the tortures and health hazards inflicted upon animals in laboratories, even "bloodless" bull fights, rodeos, cock and dog fights, hunting, with a billion wounded escaping every year; trapping, poisoning, pesticide spraying, horse and dog racing, show animals, movies - especially foreign - and the collection of estrogen on "mare farms."

Prolonged, useless, endlessly duplicated, unsupervised, extremely expensive, often exotic tortures are inflicted upon many millions of animals, every year, in government, business, college and lower grade laboratories, in the name of scientific research. Collection "farms" and shipments of these hordes of helpless animals subject them to indescribable filth, overcrowding and unattended injuries, sickness and death; also lack of decent food, even water. This also applies to auctions of cheap, unwanted, surplus livestock - at least 5,000 a year, involving 50 million animals. Males are castrated and dehorned by the quickest, crudest method; cattle also tortured by branding. "if every one of our slaughterhouses were constructed of glass, this would be a nation of vegetarians." Thousands of animals are battered, bruised, maimed or dead on arrival, possibly without rest, water or food in transit. Most are jerked up, one leg tied to a hoist, possibly wrenching muscles, breaking bones. Heads are often battered several times, not always rendering them unconscious, and their throats slit. They are dropped into scalding water. In Europe, they must be rendered unconscious by carbon dioxide, or by electric or mechanical stunning, before slaughter.

"If you have men who will exclude any of God's creatures from the shelter of pity and compassion, you will have men who will deal likewise with their fellow men." - St. Francis of Assisi. We do deal likewise with the helpless of the Third World, robbing them, with the aid of wholesale torture, while also robbing, with monopoly pricing, unemployment, underpay, police and prison brutality, inhuman conditions in every type of institution for men, women, boys and girls, the landless of this country, especially reservation Indians and other minorities. With full ground rent assessments, the price of sites (capitalization of unassessed rental) would become nominal, and the entire world could live without abuse to life or the ecology.