

Love & Vegetarianism (part2)

愛與素食（中）

◎ 嚴國銘 Jay yen

（接255期）

I. Love our siblings and environment Deforestation

1. Deforestation

In 1961, America started to export beef from Central America, and Central America had 130 square miles of rain forest. However, in just 25 years, there were only less than 80 square miles of rain forest left.

I. 愛同胞與環境

1. 森林破壞

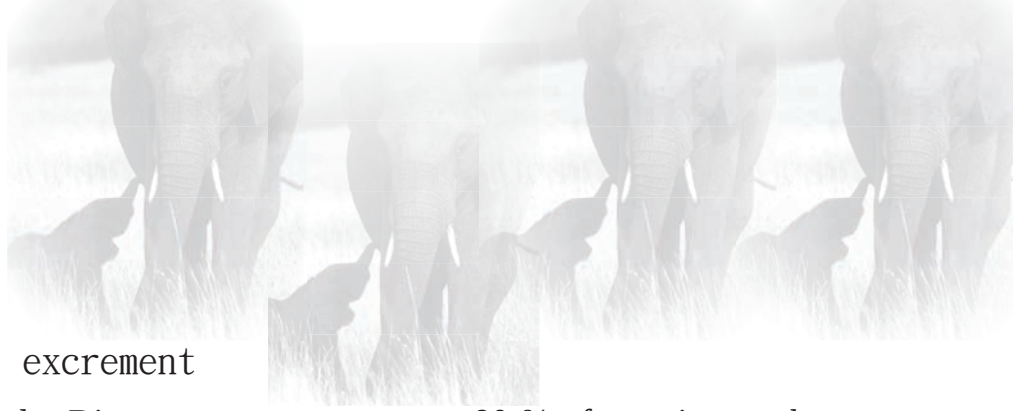
1961年美國開始從中美洲進口牛肉時，中美洲尚有130平方英哩的雨林。然而，才25年，雨林就僅剩80平方英哩。

2. Extinction of species

Besides, every year, there are 10 thousand of species extinct, and it's about one species per hour, because of the deforestation. Also, many rain forest natives die from hunger because their living environment was destroyed.

2. 動物滅絕

此外，每年因雨林的消失，就有一萬種動物滅絕，也就是每小時就有一種動物滅絕。而許多雨林原住民也因環境遭破壞而被餓死。



3. Animal excrement

Also, Reader Digest reports, on average, 90 % of protein may be wasted during the process of transferring plant to animal protein. If you use 100 kg of soybean to feed animals, you may only get 12 kg of pork or 10 kg of beef. These nutrients were converted into all kinds of animal waste, such as uric acid and lactic acid, and excrement. Everyday, twenty billion pounds of animal excrement is produced, and it is twenty times more than the American waste, and seriously pollute our rivers and make them become rotten.

3. 動物排泄物

讀者文摘也報導，平均90 % 的植物蛋白質可能在轉化為動物性蛋白質的過程中被浪費。如果用一百公克的黃豆餵動物，您只能得到12公克的豬肉或10公克的牛肉。這些養份大都被轉化為動物尿酸、乳酸或排泄物。每天都會產生二百億磅的動物糞便，而這是美國人排泄物的二十倍，因此嚴重污染了我們的河川，並使其腐臭。

4. People are dying from hunger

Institute for Food and Development Policy (better known as food first) also states 40 thousand children die from hunger everyday, and it means just every two seconds, one child die from hunger. Also, half of world population (about 3 billion) suffers in hunger.

4. 飢餓至死

食物學會和發展政策也陳述每天有四萬個小孩餓死，其意謂平均每兩秒鐘，就有一個兒童餓死。世界上一半的人口處於飢餓狀態。

5. Waste of food

While many people die from hunger, the U.S. uses 85% of food to feed farm animals, and they need 667 kg of food every year. However, in

China averagely every people only need 195kg of grain, because they use 73% of food for people to eat directly.

5. 食物浪費

美國人85%的食物都是間接食用穀物的動物肉品，所以一年每個人需要消耗667公斤的穀物。中國人直接食用73%的農作物，一年每個人只需195公斤的穀物。

6. Three pictures

Look at the hand in this page, you can see how tiny it is, and it would be easy for you to think of a fragile child is suffering from hunger.

The boy in the picture is just like a stack of bones. Even though he had kneeled down just for surviving, he still may not get what he need.

Hereby, I would like to ask: While our siblings are suffering, should we still use a lot of food to feed animals?



6. 三張照片

(1)請看照片中的這隻手(左圖)，您看它有多纖細，此應不難想像這個脆弱的小孩正在承受著飢餓。

(2)照片中的男孩(左下圖)真的瘦到僅剩皮包骨。即使他為生存而跪求人們，他仍可能無法滿足那卑微的需求。

(3)在此，我想說的是：「當我們的兄弟姐妹都還在受飢苦，我們仍應將大部份的食物用來餵動物嗎？」



II. Love ourselves

Vegetarianism not only good for animals and environment, but also good for ourselves. You must remember just a few years ago, more than four thousand people suffered from SARS. It spread to 27 countries just within a few months and caused the deaths of 251 people. Besides this disease, AIDS, bird flu, and mad cow disease have all make you and me live under the terrible nightmare. While many of these diseases are almost incurable by modern medical science, I would like to introduce the best way to prevent you from these threats, and enhance your health—that is vegetarian diet.

II. 愛自己

素食不僅有利動物及環境，對我們自己也很好。您應該還記得幾年前，超過四千人得了SARS，且在短短數月內便散佈到27國，並造成了251人死亡。此外，如AIDS，禽流感，狂牛症，都使你我生活於夢魘之中。當現代醫學對這些疾病似乎束手無策時，後學很樂意為您介紹一種最佳方式以使您免除於這些威脅——那就是素食。

In Nutritional Immunology, Dr Chen from the Brigham Young University states that our immune systems are just the best doctors for ourselves. The best way to keep ourselves health is to strengthen our immune systems by developing a positive attitude, getting enough sleep, doing moderate exercise, and absorb balanced nutrition. O.K., you may want to know what the balanced nutrition is. It should come from healthy, uncooked, various, and wholesome plants.

在《營養免疫學》書中，楊百翰大學的陳昭妃博士指出，人們的免疫系統就是最好的醫生。能使我們保持健康的最要方式，就是以正向態度、充足睡眠、適量運動並攝取均衡營養以強化免疫力。而攝取均衡營養即來自於健康的、未煮的、多元的及整顆的植物。

Besides, there is a myth that vegetarian diet can't provide enough

nutrition.

1. Take myself as an example. When I was in army, I was an infantry platoon leader in a small rocky island. Life was tough, and there was even no running water. But I never took sick leave, and my physical vigor was better than most soldiers.
2. Besides, you can see, before, I have a lot of pimples on my forehead. If you look at my face carefully, you may see many scars, which proves that I had many pimples before I am a vegetarian.
3. You may think it's only my personal experience, but you can see strong evidence from these famous people. These Olympic medalists, trophy winner are very energetic and muscular. Moreover, some of them are boxers or bodybuilders. Even former President Bill Clinton is trying to be a vegetarian, like his daughter, Chelsea. People liked to tease Bill's diet habit. Before, he liked to go jogging, and then went to fast food store and ate lots of junk food. Then, he suffered a serious heart attack and that almost killed him. I guess that's why he started to think of becoming a vegetarian.

此外，有一種迷思認為素食不能提供足夠的營養。

1. 筆者以自身實際經驗作例證。筆者在從軍時，為外島的離島的步兵排長。那裡環境艱困，也沒有自來水。但筆者不但不曾請病假，體能也略勝於一般士兵。
2. 筆者的朋友們都很難想像以前筆者是滿臉粉刺，但如果他們靠近觀之，便可證明筆者所言不假。
3. 如果您認為上述僅為筆者個人例證，您還可從這些名人得到強而有力的證據。這些奧運名人或冠軍選手，都是非常精力充沛且肌肉發達的。其中某些人還是拳擊手或健美先生。連前美國總統柯林頓也開始學習他女兒雀兒喜歡吃素。人們喜歡嘲笑柯林頓的飲食習慣。之前，他喜歡慢跑，然後就跑到速食站大快朵頤。接著，他遭受很嚴重的心臟病之苦還差點送命。我想那就是為何他開始想從「速食主義者」變成「素食主義者」。（續下期）