

# Love & Vegetarianism (part3)

## 愛與素食（下）

◎ 嚴國銘 *Jay yen*

（接上期）

Moreover, let's look at the next page, and you can actually see that vegetarian food contain more calcium, unsaturated fat, protein, magnesium, iron, fiber and less cholesterol. People believe that milk contains much calcium, but it still has less calcium, 193 mg to be exact, than sesame and soybeans. Besides, you can see that most vegetarian food contains low percentage of saturated fat and much unsaturated fat. Unsaturated fat is important for our health and may help us to eliminate saturated fat in our bodies, which can therefore prevent us from receiving cardiovascular diseases.

進一步地，從下頁觀之，則可得知素食含較多的鈣、不飽和脂肪酸、蛋白質、鎂、鐵、纖維及較少的膽固醇。一般人相信牛奶含較多的鈣，但仍比黃豆少，只含193毫克。此外，也可從表得知，大部份的蔬菜含低比例的飽和脂肪酸。不飽和脂肪酸對我們的健康很重要，並可幫助清除體內的飽和脂肪酸，也因此可預防心血管疾病。

When I was at NY, my classmate's father was suffering from cancer. I tried to tell her the health problem caused by meat, but she just said: "Everything is too late" People make animal sufferng, and animal meat cause people serious illness. I think all Buddhas and loving people, including you and me, will try our best to stop this vicious circle.



當筆者在紐約時，同學的父親正遭受癌症之苦。當我試著告訴她肉所帶來的健康問題，她僅回答：「一切都太晚了。」人們造成動物的痛苦，而動物造成人們重大疾病，因此，後學相信眾仙佛及有愛心的人，包括我和你，將誓盡最大力量，停止此惡性循環。

### III. Conclusion

- 1.A kindergarten teacher tried to teach her students about the rooster, the male chicken. She asked her students, “What kind of animal will call you to wake up in the morning?” Then all kids yelled loudly, “My mother.” Besides the chicken, dogs watch our home, and bulls plow fields for us... They all have great contribution to us; therefore, all animals should be our pals (friends), not meals.
- 2.Finally, I wish all my Dao members and sentient beings would live peacefully and happily together, and I would like to apologize to God and Buddhas if I should make any mistakes in the speech. Also, I humbly ask Dao Transmitting Masters and lecturers to supplement any omit-ion that I have made in my speech. Thank you very much.  
(The end)

### III. 結論

- 1.有位幼稚園的老師試著教學生什麼是公雞。她問學生：「什麼動物會在清晨叫你們起床？」結果小孩們一起大聲叫：「媽媽。」除了公雞，狗也會看門，牛也會耕田…等。牠們對我們都有很大的貢獻，因此所有的動物應該是我們的朋友，而非食物。
- 2.最後，後學希望所有的道親和眾生都能安詳而愉快地生活。若後學有講錯之處，叩求仙佛赦罪，點傳師及講師多補充。謝謝大家。

（全文完）