

EAT, LIVE, LOVE



NEW HOPE NOW

REVERENCE FOR ALL LIFE

GENTLENESS

KINDNESS

BENEVOLENCE

COMPASSION

EMPATHY

PEACE

THE GOLDEN RULE

CAROL MOSCA

This book is Dedicated to

All Sentient, Nonhuman Beings

who deserve the fundamental rights

of life, liberty and freedom

not to be used as commodities or resources.

Contents

Forward.....	i
Introduction.....	iii
1 / Nonhuman Rights verses Nonhuman Welfare.....	1
2 / The Truth is Unraveling.....	12
3 / The Nonhuman Rights Debate: The Raw Truth.....	15
4 / History Repeats Itself.....	68
5 / The Collective Consciousness.....	81
6 / Words of Wisdom through the Centuries.....	85
Conclusion.....	111
About the Author.....	

Forward

This book presents thought provoking issues related to Nonhuman Rights and Nonhuman Welfare with the ultimate hope of affecting not just the minds, but more importantly, the hearts of the citizens of the world. The intention of this book is *not* to make anyone feel badly about themselves for this book is *not about human* beings. Rather, it is a precious opportunity to speak for the innocent *nonhuman* beings, and hopefully affect the collective consciousness.

If uneasy feelings surface, ie, cognitive dissonance (stress caused by beliefs, ideas, values and actions contradicting each other) when reading this book, please examine the root causes and reasons. Again, this book is written from heartfelt feelings of love, kindness, benevolence, compassion and empathy, and the topics the author believes all beautiful, innocent, sentient, nonhuman beings would want all human beings to Know...from *their* hearts.

“In life, we do the best we can.

We make decisions with the knowledge we have at the time.

*Then, if later in life, we obtain new information,
we just choose a different road.”*

Reverend James Rivalier von Meysenbug (Father Val)

1931-1987

Introduction

*“Never doubt that a small group of thoughtfully committed
citizens can change the world;
indeed, it’s the only thing that ever has.”*

*Margaret Mead, American cultural anthropologist,
1901-1978*

Let’s look back over the last two centuries...in America, for example.

In 1865, the institution of human slavery was abolished.

In 1920, the Nineteenth Constitutional Amendment for woman's suffrage was ratified.

In 1964, the Civil Rights Act was passed.

Prior to each victory, a group of people violently opposed the event.

Can you imagine what the world would be like today if slavery was never abolished in the United States or if women could not vote in America or if segregation between black people and white people existed in the United States today?

Do you believe opposition to the abolition of slavery, the woman's right to vote or Civil Rights existed in America? Of course it did; however, through Education and Awareness, Action, and Advocacy and Legislation; a paradigm shift occurred, and cultural and societal norms, behavior, attitudes and actions eventually changed.

In order for a shift to occur, people must accept that, in the past, they made decisions and acted based upon information and knowledge they had at that time.

This book is a thought provoking look at decisions and actions made between 2.6 million years ago and today regarding our use and treatment of other species.

“Only if we understand can we care.

Only if we care will we help.

Only if we help shall they be saved.”

Dr. Jane Goodall

1 / Nonhuman Rights verses Nonhuman Welfare

Generally speaking, in the most simplistic form, there exist two ideologies within the nonhuman liberation movement—Nonhuman Rights which focuses on the *use* of nonhuman beings and Nonhuman Welfare which concerns the *treatment* of nonhuman beings.

Over the past few decades, the pioneers, academicians and activists have concurred that the *premise of Nonhuman Rights is Sentience* or the capability of feeling. As conscious, self-aware beings, nonhuman animals have an interest in continuing their lives and avoiding pain and suffering exactly like dogs, cats, other “pets” who are considered members of human families, and ourselves, *human* beings.

Sentience represents the exclusive requirement for consciousness. All animals, both human and nonhuman, possess sentience because all animals have the ability to experience feelings of joy, happiness, love, gratitude, pain, sadness, depression and loneliness.

Jeremy Bentham (1748-1832) recognized that nonhuman beings possess sentience and famously stated, “[T]he question is not, 'Can they reason?' nor 'Can they talk?' but, 'Can they suffer?’”

In 1871, Charles Darwin published *The Descent of Man* in which he stated that he “fully subscribes to the judgment of those writers who maintain that of all the differences between man and the lower animals, the moral sense or conscience is by far the most important.”¹ Darwin argues that nonhuman animals have emotions such as love and sympathy, both for their kin and their larger social group. They have social instincts, enjoy companions, are sympathetic with the plight of those to whom they are close, help their fellows, knowingly risk their lives, grieve in the loss of life, and are gratified by others' approval of their behavior.²

1 Tom L. Beauchamp, et al., *The Human Use of Animals, Case Studies in Ethical Choice* (Oxford: Oxford University Press, 2008) 13.

2 *Id.*

Likewise, in 1960 (when everyone laughed at her except her mother who accompanied her to Africa), Dr. Jane Goodall began her groundbreaking, field study of the behavior of chimpanzees in Tanzania (which started with a valuable contribution to science, ie, recorded, personal observations of chimpanzees using tools). In her book, *Through a Window, My Thirty Years with the Chimpanzees of Gombe*, Dr. Goodall prolifically stated, “When I began my observations in 1960, it was still commonly believed that there was a difference of kind, not just degree, separating humans and the rest of the animal kingdom, that there was a sharp line between us and them. Chimpanzees were used in medical research...because (it was asserted) they, unlike us, did not have personalities...or emotions.”³

In 1975, Professor Peter Singer, brilliantly and logically proved that nonhuman beings possess sentience in his infamous work entitled *Animal Liberation* in which he explained that if a living being suffers, there can be no moral justification for refusing to take that suffering into consideration. All animals feel pain. “The behavioral signs include writhing, facial contortions, moaning,

3 Jane Goodall, *Through a Window, My Thirty Years with the Chimpanzees of Gombe* (New York: Soko Publications Limited, 1990) xi.

yelping or other forms of calling, attempts to avoid the source of pain, appearance of fear and terror at the prospect of its repetition, screaming, crying, trying to physically escape.”⁴ There is no good reason to deny that animals feel pain. Since nonhuman beings generally possess keener, more acute senses than human beings, they may feel *more* than human beings. There exists no moral justification for regarding the pain (or pleasure) that nonhuman beings feel as less important than the same amount of pain felt by human beings. Professor Singer expounds that if sentient human beings feel pain, then sentient nonhuman beings do also because both species possess nervous systems. Both human and nonhuman beings have “nervous systems which provide physiological signs of pain: an initial rise in blood pressure, dilated pupils, perspiration and increased pulse rate, and if the stimulus continues, a fall in blood pressure.”⁵ Professor Singer notes that, as Dr. Goodall pointed out in her study of chimpanzees in her book, *In the Shadow of Man*, “when it comes to expression of feelings and emotions, language is less important than nonlinguistic modes of communication such as cheering, a pat on the back, an exuberant embrace, a clasp of hands, etc. The basic signals we use to convey

4 Peter Singer, *Animal Liberation, The Definitive Classic of the Animal Movement* (New York: Harper Collins Publishers, 2009) 11.

5 *Id.*

pain, fear, anger, love, joy, surprise, sexual arousal and many other emotional states are not specific to our own species.”⁶

By the same token, *93 percent of human communication remains nonverbal*. Professor Mehrabian combined the statistical results of two research studies (Mehrabian & Wiener, 1967 and Mehrabian & Ferris, 1967) and developed the now famous rule that communication is only seven percent verbal and 93 percent nonverbal. The non-verbal component is comprised of body language (55 percent) and tone of voice (38 percent).

Beginning in 1985, Professor Gary L. Francione taught Animal Law and eventually formulated his Abolitionist Theory of Animal Rights which is based on sentience as “the necessary and sufficient condition for the possession of rights.” Specifically, Professor Francione argues that “all sentient beings...have a fundamental interest in avoiding suffering and continuing to exist.”⁷

In order to understand the intrinsic meaning of sentience, observe your dog, cat or horse. Do you know when he feels happy, excited, sad or afraid? Does he understand when you are happy, excited, sad or afraid? Can he sympathize with you? Do you

6 Singer 14.

7 Gary Francione, *Animals as Persons, Essays on the Abolition of Animal Exploitation* (New York: Columbia University Press, 2008) ix.

believe he feels physical and emotional pain? What do you think he would do if someone tried to kill him?

Legal recognition of sentience and personhood of nonhuman beings is on the rise throughout the world. As of 2020, France, the Netherlands, Sweden, New Zealand and Tanzania have explicitly recognized animal sentience in federal laws. Additionally, great progress has occurred in the United States and Pakistan, mostly due to the brilliance and passion of Professor and Super Lawyer Steven Wise, Founder and President of The Nonhuman Rights Project, and support from the infamous Harvard Law Professor and Constitutional Scholar, Laurence Tribe.

May 21, 2020 marks an incredible victory in the animal liberation movement, and should certainly be recognized as an international holiday.

On May 21, 2020, the Islamabad High Court of Pakistan **affirmed the rights of nonhuman beings and ordered the release of Kaavan** (an Asian elephant held in solitary confinement at the Marghazar Zoo) to a sanctuary.

Chief Justice Athar Minallah stated that the global pandemic served as **“an opportunity for humans to introspect and relate to the pain and distress suffered by other living**

beings” caused by the “arrogance” of human beings. Chief Justice Minallah stated that “zoos do not serve any purpose except to display their living inmates as exhibits to visitors.”

Chief Justice Minallah **cited New York State Justice Alison Tuitt’s February 19, 2020 decision in the litigation of Plaintiff Happy (the first elephant to pass the mirror self-recognition test) which remains on appeal by Counsel Steven Wise of The Nonhuman Rights Project.** Justice Tuitt prolifically opined,

[Happy] is more than just a legal thing, or property. She is an intelligent, autonomous being who should be treated with respect and dignity, and who may be entitled to liberty.

Happy’s advocates include the infamous Harvard Law Professor and Constitutional Scholar, Laurence Tribe, and a group of American and Canadian philosophers. Professor Tribe argued the reason Happy should be considered a “legal person” under habeas corpus law,

Happy is an autonomous and sentient Asian elephant who evolved to lead a physically, intellectually, emotionally, and socially complex life. Every day for forty years, her imprisonment by the Bronx Zoo has deprived her of this life.

The Islamabad High Court is the second court outside the United States to cite Justice Tuitt’s February 19, 2020 ruling, and

the latest court to cite the New York Court of Appeals Judge Eugene Fahey's **rejection** of chimpanzees' legal "**thinghood**" in The Nonhuman Rights Project's chimpanzee rights cases of clients, Tommy, Kiko, Hercules and Leo.

Super Lawyer Steven Wise developed the brilliant legal theory of the consideration of a nonhuman being as a "legal person" under habeas corpus law for the first time in 2013 for his clients, Tommy, Kiko, Hercules and Leo, captive chimpanzees within New York state after People for the Ethical Treatment of Animals (PETA) unsuccessfully argued that their clients, Tilikum, Katina, Corky, Kasatka and Ulises, five captive orcas at SeaWorld, were entitled to Thirteenth Amendment Constitutional protections in *Tilikum et al. v. Sea World Parks & Entertainment Inc.*, 842 F. Supp. 2D 1259 (2012).

In contrast to Nonhuman Rights, *Nonhuman Welfare regulates the treatment of sentient nonhuman beings to make exploitation more "humane" despite the fact that "humane slaughter" is an oxymoron.* One of its greatest accomplishments remains the perpetuation of enormous distress, pain and suffering of sentient nonhuman beings by protecting the economic and legal interests of the exploiters.

The Animal Welfare Act (AWA) as Amended (7 USC, 2131-2159) “requires that minimum standards of care and treatment are provided for certain animals bred for commercial sale, used in research, transported commercially or exhibited in public.” Accordingly, AWA serves as detrimental guidelines to the well being of sentient nonhuman beings.

Specifically, **AWA does not protect sentient nonhuman beings during experiments regardless of how painful or unnecessary the experiments are. No regulations exist to govern the conduct of experiments or the level of torture that sentient nonhuman beings are forced to endure**, and AWA does not include rats and mice who represent the largest lot of victims in this arena. In addition, AWA gives sentient nonhuman beings minimum protection for handling, care, housing, treatment, ventilation, lighting, shelter, veterinary care and separation by species. An example of “**minimum standard**” means that the **sizes of the sentient nonhuman beings' cages need to provide them only the ability to turn around. During transportation, they travel for days without food or water, packed on top of one another. Many die in transit.**

In general, “minimum standards” are based on the discretion of USDA inspectors. Shockingly, **AWA permits cruel, horrific abuse and neglect of institutionalized sentient nonhuman beings—acts that warrant criminal charges when performed by private citizens and that would likely be regarded as torture if they were committed against human beings.**

Most significantly, AWA represents a dismal failure in that its greatest accomplishments thus far represent protraction of federal programs that waste tax dollars, and perpetuation of enormous distress, pain and suffering of sentient nonhuman beings by protecting the exploiters' economic and legal interests. Animal Welfare laws have miserably failed to protect *nonhuman beings*.

The AWA passed in 1966. Despite *eight* amendments (1970, 1976, 1985, 1990, 2002, 2007, 2008, and 2013) and *enforcement* by the United States Department of Agriculture, Animal and Plant Health Inspection Service, it remains a dismal failure.

Opponents of Nonhuman Rights believe the AWA and “humane slaughter” (which is an oxymoron) are the solutions to the unimaginable, unconscionable enslavement, suffering, torture and slaughter of billions of innocent nonhuman beings who live on land and trillions of innocent sea creatures every year.

Again, the AWA passed decades years ago and has been amended eight times. Isn't the definition of *insanity* doing the same thing over and over again and expecting different results?

2 / The Truth is Unraveling

For many, many years, Nonhuman Rights activists and organizations (as well as some Nonhuman Welfare groups) have contributed to the Nonhuman Rights movement, most notably, by conducting undercover investigations of unconscionable acts of inhumane, cruel, torturous, violent treatment of beautiful, innocent, sweet spirited, sentient, nonhuman beings in factory farms aka hell. They have uploaded the horrific footage on the internet for the world to see.

In addition, there exists a myriad of videos and documentaries in which experts, academicians and activists show live footage, and discuss the factory hell and its ramifications. A few are listed below so that you can witness and experience the Truth for yourself.

It remains critically important for you to see the Truth with your own eyes, to hear the Truth with your own ears and to feel the Truth with your heart.

Unbelievably, some people do not believe that mother cows cry and bellow for their calves after their babies are stolen from them during the first 24 hours after birth. Some people cannot imagine the torture, pain and agony that these beautiful, innocent, sweet spirited beings endure without anesthesia and without pain killers every single day of their lives.

Please watch the following short videos and films as they represent a small sample of the documentaries that are available today.

- <http://www.WhatCodySaw.com>
- www.meatvideo.com
- The Game Changers (2018)
- What the Health (2017)
- Earthlings (2005)
- Speciesism to Veganism (2017)
- H.O.P.E. What You Eat Matters (2018)
- Cowspiracy - The Sustainability Secret (2014)
- Vegan 2017
- Vegan 2018

- Forks over Knives (2011)
- Dairy is Scary (2016)
- What's Wrong with Eggs? The Truth About the Egg Industry (20015)

If you do not like watching these films and videos,

please help stop the violence.

Peace begins on your plate.

3 / The Nonhuman Rights Debate: The Raw Truth

What do opponents of Nonhuman Rights say about the issues and how do Nonhuman Rights advocates respond to their comments?

Number one: Lions eat animals.

Yes, lions, as well as other carnivores who live in the wild kill and eat other nonhuman beings to survive. In contrast, human beings remain the only animals who kill for sport and the fun of it.

When a human being eats the flesh of another living being, he goes to a grocery store and buys a cleaned, cut, packaged lump of flesh, then marinates, seasons and cooks it...just like a lion!

Although many humans choose to eat both plants and meat, earning people the dubious title of “omnivore,” humans are actually anatomically herbivorous.

The digestive systems of carnivores and herbivores are very different. Carnivores typically have only one stomach chamber and a simple digestive system. The short intestinal tract in carnivores allows them to digest flesh quickly. In contrast, herbivores can often have several stomach chambers and a much longer digestive tract. Flesh remains in humans' lengthy intestines for a long period of time, putrifies and decays, and toxins build up in human digestive systems and eventually cause disease.

Carnivores have teeth that enable them to shred flesh whereas herbivores have large, flat teeth that grind up plant materials, and rely on tools, ie, knives and forks.

Since humans are natural herbivores, consuming the flesh, byproducts and secretions of other living beings CAUSES disease because it is an unnatural, unhealthy and unnecessary habit adopted from carnivores.

“A human body in no way resembles those that were born for ravenousness; it hath no hawk's bill, no sharp talon,

*no roughness of teeth, no such strength of stomach
or heat of digestion, as can be sufficient to convert or alter
such heavy and fleshy fare...
There is nobody that is willing to eat even a lifeless
and a dead thing even as it is;
so they boil it, and roast it, and alter it by fire and medicines, as it
were, changing and quenching the slaughtered gore
with thousands of sweet sauces, that the palate being thereby
deceived may admit of such uncouth fare.”
Plutarch, circa 46-120*

Number two: I eat the flesh of nonhuman beings because my ancestors ate their flesh two million years ago.

Between 2.6 and 2.5 million years ago, the earth became significantly hotter and drier. Before this climate shift, our ancestors, hominins, subsisted mostly on fruits, leaves, seeds, flowers, bark and tubers (thickened underground parts of a stem or rhizome, e.g. in the potato, serving as a food reserve and bearing buds from which new plants arise.) As the temperature rose, the lush forests shrank and vast

grasslands thrived. As green plants became scarce, evolutionary pressure forced hominins to find new sources of energy.⁸

While our ancestors had stronger jaws and larger teeth than modern humans, their mouths and guts were designed for grinding up and digesting plant matter, not raw meat. Crude stone tools functioned as a second set of teeth, stripping hunks of flesh from a zebra carcass, for example, or bashing open bones and skulls. By pre-processing meat with tools originally designed to dig tubers from the ground and crack nuts open, hominins made flesh easier to chew and digest.⁹

Although hominins proved lousy hunters, they lived among some of the most efficient killers to ever roam the earth: saber-toothed tigers.

Briana Pobiner, who studies the origins of human meat eating, wrote,

8 History Channel, June 20, 2019, Dave Roos, "The Juicy History of Humans Eating Meat."

9 *Id.*

Between one and two million years ago, the large carnivore communities of the African savanna consisted not only of lions, hyenas, leopards, cheetahs and wild dogs, as we see today, but also at least three species of saber-toothed cats, including one that was significantly larger than the largest male African lions. These cats may have hunted larger prey, leaving even more leftovers for early humans to scavenge.¹⁰

Since humans are anatomically herbivorous, they started cooking meat to make it more easily digestible. (The digestive systems of carnivores and herbivores are very different. Carnivores typically have only one stomach chamber and a simple digestive system. Herbivores can often have several stomach chambers and a much longer digestive tract. Herbivores have large, flat teeth that grind up plant materials.) Although many humans choose to eat both plants and meat, earning people the dubious title of “omnivore,” humans are anatomically herbivorous.

Since humans are natural herbivores, consuming the flesh, byproducts and secretions of other living beings

¹⁰ *Id.*

CAUSES disease because it is an unnatural, unhealthy and unnecessary habit adopted from lions and tigers.

Haven't we evolved? Why would we want to emulate the lifestyle of cavemen?

“A human body in no way resembles those that were born for ravenousness; it hath no hawk’s bill, no sharp talon, no roughness of teeth, no such strength of stomach or heat of digestion, as can be sufficient to convert or alter such heavy and fleshy fare...

There is nobody that is willing to eat even a lifeless and a dead thing even as it is; so they boil it, and roast it, and alter it by fire and medicines, as it were, changing and quenching the slaughtered gore with thousands of sweet sauces, that the palate being thereby deceived may admit of such uncouth fare.”

Plutarch, circa 46-120

“The Gods created certain kinds of beings to replenish our bodies; they are the trees and the plants and the seeds.”

Plato, circa 425-348 BC

*“I do not see any reason why animals should be slaughtered
to serve as human diet when there are so many substitutes.*

After all, man can live without meat.

It is only some carnivorous animals that have to subsist on flesh.

*Killing animals for sport, for pleasure, for adventures,
and for hides and furs is a phenomenon
which is at once disgusting and distressing.*

There is no justification in indulging in such acts of brutality...

Life is as dear to a mute creature as it is to a man.

*Just as one wants happiness and fears pain,
just as one wants to live and not to die,
so do other creatures.”*

The Dalai Lama

“My body is not a tomb for animals.”

Leonardo da Vinci, 1452-1519

“I hold flesh-food to be unsuited to our species.

We err in copying the lower animal world

if we are superior to it.
I do feel that spiritual progress does demand at some stage
that we should cease to kill our fellow creatures
for the satisfaction of our bodily wants.”
Mahatma Gandhi, 1869-1948

Number three: Animals do not have the ability to reason.

Evidence exists that pigs possess the intelligence of three year old humans and have the ability to put puzzles together by matching both shapes and colors. Chickens anticipate future events, recall the trajectory of a hidden object, possess self-control as exhibited by holding out for a better food reward and assess her own position in the pecking order. Cows are quite intelligent animals who can remember things for a long time. Animal behaviorists have found that cows interact in socially complex ways, develop friendships over time, hold grudges against other cows who treat them badly, and mourn the death of loved ones. They also hold and attend funerals to pay respects to deceased loved ones.

More importantly, how is this relevant, and what difference does it make? Human infants and mentally challenged human beings do not have the ability to reason. Should they be considered property too?

“How smart does a chimp have to be before killing him constitutes murder?”

Carl Sagan, 1934-1996

Number four: Plants have feelings.

No, they do not. Unlike nonhuman beings, plants do *not* have central nervous systems. Although plants can respond to external stimuli, plants cannot *feel* anything.

Scientific evidence shows that central nervous systems enable all animals to possess the ability to feel. All animals have central nervous systems. Thus, all animals have the ability to feel.

In addition, since nonhuman beings generally possess keener, more acute senses than human beings, nonhuman

beings may feel *more* than human beings according to Renowned Bioethics Professor Peter Singer who wrote *Animal Liberation* in 1975.

All nonhuman beings feel pain. Professor Singer states, "The behavioral signs include writhing, facial contortions, moaning, yelping or other forms of calling, attempts to avoid the source of pain, appearance of fear and terror at the prospect of its repetition, screaming, crying, trying to physically escape."¹¹

Professor Singer explains that if sentient human beings feel pain, then sentient nonhuman beings do also because both species possess nervous systems. Both human and nonhuman beings have "nervous systems which provide physiological signs of pain: an initial rise in blood pressure, dilated pupils, perspiration and increased pulse rate, and if the stimulus continues, a fall in blood pressure."¹²

11 Peter Singer, *Animal Liberation, The Definitive Classic of the Animal Movement* (New York: Harper Collins Publishers, 2009) 11.

12 Peter Singer, *Animal Liberation, The Definitive Classic of the Animal Movement* (New York: Harper Collins Publishers, 2009) 11.

Infamous and beloved Dr. Jane Goodall noted in her study of chimpanzees in her book, *In the Shadow of Man* "when it comes to expression of feelings and emotions, language is less important than nonlinguistic modes of communication such as cheering, a pat on the back, an exuberant embrace, a clasp of hands, etc. The basic signals we use to convey pain, fear, anger, love, joy, surprise, sexual arousal and many other emotional states are not specific to our own species."¹³

All human and nonhuman living beings possess sentience, and all living beings have the ability to experience feelings of pain, sadness, loneliness, depression, pleasure, happiness, love, joy, gratitude, etc.

Obviously, human beings and nonhuman beings are very different in many ways, but there remains one most significant, salient commonality—sentience.

“Would this habit of eating animals not require that we slaughter animals that we knew as individuals,

13 *Id.*

*and in whose eyes we could gaze and see ourselves reflected,
only a few hours before our meal?"*

Socrates, 469-399 BC

Number five: In the Bible, God said that He created animals for humans to eat.

Jesus spoke Aramaic, and the Old Testament was written in Hebrew and Aramaic. The New Testament was written in Greek. Both Testaments were translated to Latin and then to English. Most people never studied Hebrew, Aramaic, Greek and Latin, and languages do not translate perfectly.

In order to determine Jesus's intention, one must look to the scholars. In Genesis 1:26, the Bible states that God gave humans "dominion over creatures." Many Hebrew scholars believe the word "dominion" is a very poor translation of the original Hebrew word "v'yirdu" which actually meant "to rule over" as a wise king rules over his subjects with CARE and

RESPECT. It implied a sense of RESPONSIBILITY and ENLIGHTENED STEWARDSHIP.

“Ethically they had arrived at the conclusion that man’s supremacy over lower animals meant not that the former should prey upon the latter, but that the higher should protect the lower, and that there should be mutual aid between the two as between man and man.

They had also brought out the truth that man eats not for enjoyment but to live.”

Mahatma Gandhi, 1869-1948

“We are all God's creatures— that we pray to God for mercy and justice, while we continue to eat the flesh of animals that are slaughtered on our account, is not consistent.”

Isaac Bashevis Singer, Nobel Peace Prize laureate,

1902-1991

“Animals, too, are God's creatures... Certainly, a sort of industrial use of creatures,

*so that geese are fed in such a way as to produce as large
a liver as possible, or hens live so packed together
that they become just caricatures of birds,
this degrading of living creatures to a commodity
seems to me in fact to contradict the relationship of
mutuality that comes across in the Bible.”*

Pope Benedict XVI

*“In my mind, the life of a lamb is no less precious
than that of a human being.
The more helpless the creature,
the more it is entitled to protection by man
from the cruelty of man.”*

Mahatma Gandhi, 1869-1948

*“The greatness of a nation and its moral progress
can be judged by the way its animals are treated.”*

Mahatma Gandhi, 1869-1948

*“When I see a cow, it is not an animal to eat,
it is a poem of pity for me and I worship it and*

I shall defend its worship against the whole world.”

Mahatma Gandhi, 1869-1948

*“If God wants us to breed into existence billions of animals
to enslave, torture and slaughter them
(mostly as babies) for sensory pleasure,
then what in the world could the Devil possibly want?”*

Gary Yourofsky

If you study religion or philosophy, there exists a common theme of Goodness which implies Compassion, Empathy, Gentleness, Kindness, Peace and the Golden Rule...which supports *Veganism*; not Violence, Torture and Slaughter.

Number six: Animals are resources, commodities, things or property created for humans.

If the beautiful, innocent, sweet spirited, nonhuman beings could speak for themselves, what do you think they would say?

Look at your pets. Do you believe your dogs or cats or horses FEEL love, joy, loneliness and pain? Do you know when they FEEL happy or sad? Do you know when they FEEL depressed or hurt? Then, what is the reason you think these feelings are any different in chickens, turkeys, cows, pigs, sheep or goats?

The fact is they're not. In the 1960s and 1970s, thanks to Dr. Jane Goodall's journey to Africa to study chimpanzees and Professor Peter Singer's research in bioethics, we have scientific proof that nonhuman beings are sentient or capable of feeling because, like human beings and unlike plants and things, they have central nervous systems.

Although plants can respond to external stimuli, they cannot *feel* anything because plants do *not* have central nervous systems.

The reason this is critically important is because sentience remains the necessary, sufficient and exclusive criterion for someone to be considered a member of the moral community or to have fundamental rights such as the rights to

life, liberty and freedom not to be treated as resources or commodities of others.

You might ask why the ability to reason isn't the necessary, sufficient and exclusive requirement. Well, for example, human infants and mentally challenged human individuals cannot reason, yet they have status in the moral community. They are not considered property. Accordingly, the ability to reason cannot suffice as the necessary, sufficient and exclusive criterion for members of the moral community because human infants and mentally challenged human individuals among others would be excluded and considered property which is ridiculous.

Now that we understand that all nonhuman beings are exactly like our pets *and us* in this one, most important regard, we can think about empathy or the ability to put ourselves in the place of others.

Did you ever study the Holocaust of World War II? Did you ever *imagine* how you would *feel* if you had to live in cold weather without clothing or food? Have you seen the

photos and films of the victims' bodies? When they were finally rescued, the bodies of the survivors looked like skeletons. Did you ever study African American slavery? Did you ever *imagine* how they endured the work hours and conditions, beatings and rapes? What about factory farming? Did you know since circa 1970, predominately pigs, cows and chickens endure unnaturally short, miserable lives of constant pain and agony until they are slaughtered? Have you seen the approximate 30 films and documentaries such as Earthlings, What the Health, Dominion, Cowspiracy and Forks over Knives that contain live footage of the unconscionable torture these beautiful, innocent, sentient beings endure from the time they are born?

Mothers, can you *imagine* getting raped repeatedly, then having your newborn baby stolen from you before she is 24 hours old? How would that make you *feel*? Have you seen the mother cows bellow and cry as they run after the trucks that carry away their newborn babies? Do you know the reason this happens? Do you know why the babies cannot

drink their mothers' milk? Humans steal it to satisfy their *taste for ice cream, cheese and butter.*

Have you heard the screams and cries of piglets as slaughterhouse workers rip out their testicles and cut off their tails while they are fully conscious? Did you know the pigs' throats are slit, then they are hung upside down to bleed to death or they are boiled alive? What do you think this *feels* like? The reason for this hell is the *human demand for bacon, sausage, ham, pork chops and hot dogs.*

In elementary school science class, we learned that humans are mammals and mammals are animals. Thus, humans are animals.

Did you know that humans are the only animals that kill for sport or for the fun of it?

Of all animals, humans create and cause the most destruction, the most evil, the most pain and suffering, and the most harm to other humans and to the planet. The reason this fact is so difficult to understand is that humans possess

intelligence and have the ability to reason, and should act as *stewards* over life on the planet and the planet itself.

A Higher Power, the Universe, God, Buddha or whatever or whomever you worship, entrusted us with this worthy, honorable responsibility. Wow, did we ever fail as humanity.

*“The soul is the same in all living creatures,
although the body of each is different.”*

Hippocrates, circa 460-370 BC

*“If we eat the flesh of living creatures,
we are destroying the seeds of compassion.”*

From the Surangama Sutra

*“Whenever we cause suffering or death to any other being,
we cause suffering in the Great Life Force.”*

Shik Po Chih

“He who is kind to animals, heaven will protect.

*And so, with a boundless heart
should one cherish all living beings.*

Harm no other beings.

They are just your brothers and sisters.”

Siddhartha Gautama Buddha, 563/480-483/400 BC

*“The difference between what we do and what we are capable of
doing would suffice to solve most of the world’s problems.*

*I suppose leadership at one time meant muscles;
but today it means getting along with people.*

A nation’s culture resides in the hearts and in the souls of its people.

The weak can never forgive.

Forgiveness is the attribute of the strong.”

Mahatma Gandhi, 1869-1948

Number seven: Animals can’t communicate with humans because they do not speak the same language.

Professor Singer notes that, as Dr. Goodall pointed out in her study of chimpanzees in her book, *In the Shadow of Man*, “when it comes to expression of feelings and emotions, language is less important than nonlinguistic modes of

communication such as cheering, a pat on the back, an exuberant embrace, a clasp of hands, etc. The basic signals we use to convey pain, fear, anger, love, joy, surprise, sexual arousal and many other emotional states are not specific to our own species.”¹⁴

By the same token, *93 percent of human communication remains nonverbal*. Professor Mehrabian combined the statistical results of two research studies (Mehrabian & Wiener, 1967 and Mehrabian & Ferris, 1967) and developed the now famous rule that communication is only seven percent verbal and 93 percent nonverbal. The non-verbal component is comprised of body language (55 percent) and tone of voice (38 percent).

Beginning in 1985, Professor Gary L. Francione taught Animal Law and eventually formulated his Abolitionist Theory of Animal Rights which is based on sentience as “the necessary and sufficient condition for the possession of rights.”¹⁵ Specifically, Professor Francione argues that “all sentient beings...have a fundamental interest in avoiding suffering and continuing to exist.”¹⁶

14 Singer 14.

15 Gary Francione, *Animals as Persons, Essays on the Abolition of Animal Exploitation* (New York: Columbia University Press, 2008) ix.

16 *Id.*

In order to understand the true meaning of sentience, observe your dog, cat or horse. Do you know when she FEELS happy, excited, sad or afraid? Does she KNOW when you feel happy, excited, sad or afraid? Can she sympathize with you? Do you think she FEELS physical and emotional pain? What do you think she would do if someone tried to kill her?

“[T]he question is not, 'Can they reason?' nor 'Can they talk?’

but, 'Can they suffer?’”

Jeremy Bentham (1748-1832)

“To me, cruelty is the worst of human sins.

Once we accept that a living creature has feelings and suffers pain,

then if we knowingly and deliberately inflict suffering

on that creature we are equally guilty.

Whether it be human or animal we brutalize ourselves.

It is not always an easy message to get across.”

Dr. Jane Goodall

“If you talk to the animals, they will talk with you;

and you will know each other.

*If you do not talk to them, you will not know them;
and what you do not know, you will fear.*

What one fears, one destroys.”

Chief Dan George, 1899-1981

Number eight: Animals cannot be part of the moral community because they don't have moral agency.

First, humans who don't have moral agency are members of the moral community.

Second, evidence shows that nonhuman beings *do* have moral agency. They also possess unconditional love.

Many religions and philosophies teach that empathy, sympathy and compassion represent traits of morality. There exists a plethora of evidence that shows that nonhuman beings grieve when loved ones die or when they are separated from loved ones. Nonhuman beings raise orphans even when they are a different species from their own. They feed others when they know they are hungry including nursing babies of different species, comfort each other after bad dreams, lead

babies to parents when separated, protect each other, carry each other, stay with sick or troubled friends and comfort others when they are lonely or anxious. Nonhuman beings also care for human beings.

Humans are the only animals who kill for sport or for the fun of it.

Could nonhuman beings possess *higher* moral agency than human beings?

*“Of all the creatures, man is the most detestable.
Of the entire brood, he’s the one that possesses malice.
He is the only creature that inflicts pain for sport,
knowing it to be pain.
The fact that man knows right from wrong
proves his intellectual superiority to the other creatures;
but the fact that he can do wrong
proves his moral inferiority to any creature that cannot.”*

Mark Twain, 1835-1910

Number nine: Cows, pigs, chickens, and other “farm animals” are not domesticated which gives humans the right to eat them.

This is not only completely irrelevant, but ridiculous. It is serves as an example of cognitive dissonance (stress caused by beliefs, ideas, values and actions contradicting each other). It makes absolutely no sense to treat some nonhuman beings as members of your family, but to eat others.

This is also representative of cultural norms. In India, cows are sacred, and in Korea, they eat dogs. In America, humans eat cows, and treat dogs as family members.

Cultural norms change. There were times when slavery and treating women as property were accepted cultural norms.

*“Happiness is when what you think,
what you say, and what you do are in harmony.”*

Mahatma Gandhi, 1869-1948

*“A lie doesn't become truth, wrong doesn't become right,
and evil doesn't become good,*

just because it's accepted by a majority.”

Booker T. Washington, 1856-1915

Number ten: I like steak and ice cream. The sensory pleasure that I get from eating outweighs the importance of others' lives.

Yes, human beings have free will, and the right to govern their own lifestyles. If a human being wants to abuse or hurt himself, he has every right to do so, but that human being has no right to hurt others in the process.

In addition, sensory pleasure, tradition and addiction are not valid reasons to mistreat others.

“There is no fundamental difference between man and the higher animals in their mental faculties...The lower animals, like man, manifestly feel pleasure and pain, happiness, and misery.”

Charles Darwin, 1809–1882

*“It's a matter of taking the side
of the weak against the strong,
something the best of people have always done.”*

Harriet Beecher Stowe, 1811-1896

Number eleven: The climate crisis does not exist. It's a crazy, liberal idea.

First of all, the greenhouse effect means that similar to the glass of a greenhouse, atmospheric gases (water vapor, *carbon dioxide, methane, nitrous oxide* and ozone) sustain life on earth by trapping heat from the sun. The gases allow the sun's rays to pass through and warm the earth, but prevent this warmth from escaping into space. If these gases did not trap heat, the earth would be too cold to sustain life.

The problem is that the rapid increase of greenhouse gases, mainly *carbon dioxide, methane and nitrous oxide* is intensifying this natural greenhouse effect.

For thousands of years, the gases remained stable because natural processes removed and released about the same amount. The reason the scientists have been concerned over the last couple of decades is that modern human actions such as *burning fossil fuels, factory farming and deforestation*

have been increasing and these activities continue to add huge, unnatural quantities of greenhouse gases to the atmosphere.

Since the problem is the rapid increase of greenhouse gases, predominantly *carbon dioxide, methane and nitrous oxide*, we need to stop the human activities that produce the most of these three gases.

We all agree that countries need to promote policies and invest in new technologies to replace fossil fuels with renewable energy sources, but legislation, innovation and diversification take time.

So, why should we act and what should we do *today*?

Today's atmosphere contains more than forty percent more *carbon dioxide* than it did at the start of the industrial era. Levels of *methane and carbon dioxide* are the highest they have been in nearly half a million years. While *methane* doesn't stay in the atmosphere as long as *carbon dioxide*, it is more dangerous to the climate because of how effectively it absorbs heat.

Almost half of livestock emissions are in the form of *methane*, about one quarter are from *nitrous oxide*; and about one quarter are from *carbon dioxide*.

Of all the types of greenhouse gases that trap heat in the atmosphere, the three most significant, *carbon dioxide*, *methane* and *nitrous oxide*, comprise more than 75% of the greenhouse gas emissions and are produced by factory farming.

Factory farming causes *methane* levels to skyrocket. A study found that agriculture related emissions rather than those from the production or use of fossil fuels, were to blame for the increase of *methane* in the atmosphere. Scientists concluded that *methane from factory farming increased more rapidly than methane produced from extracting fossil fuels*.

In fact, factory farming produces more greenhouse gas emissions than the entire transportation industry of the world.

On November 5, 2019, more than 11,000 scientists of the Alliance of World Scientists, confirmed the warning of the

United Nations Food and Agriculture Organization report of 2006 in the findings of a new study. The findings assert that humans created the climate crisis over the past four decades, toxic greenhouse gas emissions continue to rise rapidly, governments remain unsuccessful in solving the crisis, and scientists have “a moral obligation to clearly warn humanity of any catastrophic threat.”

What can we all do *today*? According to the study, “nations need to *promptly* reduce emissions.” The article references the 2018 report of the United Nations Intergovernmental Panel on Climate Change which states, “An immense increase of scale in endeavors to conserve our biosphere is needed to avoid untold suffering due to the climate crisis.”

We can all do our part to protect the planet simply by eliminating factory farming, and not consuming, wearing or using the flesh, skins, fur, feathers, byproducts and secretions of nonhuman beings. We have *plenty* of viable alternatives available today.

Oxford University's report by Joseph Poole concluded that the single biggest way we can lower our impact on the destruction of planet earth is to avoid meat and dairy.

In February 2019, the American Action Forum, estimated that the Green New Deal could cost between \$51 and \$93 trillion dollars over the next decade, and estimated its potential cost at \$600,000 per household.

The elimination of factory farming can literally save our planet, and it doesn't cost any money.

Number twelve: There is no evidence that animal flesh, byproducts and secretions cause diseases.

Years ago, the World Health Organization classified processed meat as a Group 1 carcinogen, the same category as tobacco and asbestos; and meat as a Group 2A carcinogen. What's the difference?

In addition, years ago, twelve thousand doctors of the Physicians Committee for Responsible Medicine (PCRM) convinced the United States Departments of Agriculture via a

lawsuit, and Health and Human Services to change the food pyramid to a food plate, to eliminate meat and eggs, and to eat equal portions of vegetables, fruit, grains and legumes. The government changed the pyramid to a plate as recommended, but included protein rather than legumes and added a small amount of dairy.

In March 2019, PCRM filed a second lawsuit to correct the protein section and eliminate dairy.

In October 2019, PCRM requested that the FDA require manufacturers to include the following notice on the product packaging and labeling of all dairy cheese products:

Dairy cheese contains reproductive hormones that may increase breast cancer mortality risk.

The aforementioned two actions have been delayed due to the recent global pandemic, but will hopefully move forward soon.

More than 30 documentaries reveal results of peer reviewed studies and clinical trials of how consumption of meat, poultry, fish, dairy and eggs dramatically increases, if

not causes, diagnoses of degenerative diseases such as cancer, heart disease, diabetes and autoimmune diseases as well as chronic illnesses and conditions such as arthritis, acne, obesity, digestive disorders, allergies, et al. A planet diet not only helps *prevent* these problems, but can *reverse* them as evidenced by hundreds of thousands of testimonies of patients who reportedly stopped taking their medications. (See pages 13 and 14 for a list of a few of the most popular documentaries.)

Canadian nutritional guidelines recommend a plant based diet, ie, "plenty of vegetables and fruits, whole grain foods and protein foods" and to "choose protein foods that come from plants more often," because Canada's Food Guide, released to the public in January 2019, was prepared by using scientific reports on food and health *excluding* industry-commissioned reports due to potential conflicts of interest.

The documentaries and films over the last two decades warn against trusting research findings funded by the meat, poultry, fish, dairy and egg industries because the studies are biased in favor of economic gain rather than public health.

Throughout the world, increasingly more medical doctors are publicly speaking about the health dangers and risks of consuming meat, poultry, fish, dairy and eggs.

The Truth is unraveling that the consumption of meat, poultry, fish, dairy and eggs *causes* degenerative diseases, and chronic illnesses and conditions. The meat, poultry, fish, dairy and egg industries not only programmed us to believe that we need meat, poultry, fish, dairy and eggs to sustain optimal health, but caused addictions to these deadly substances just like the tobacco industry.

<https://www.newhopenow.net/2020/01/09/tobacco-meat-fish-dairy-and-eggs-have-always-been-linked-with-sensory-pleasure/>

<https://www.newhopenow.net/2020/01/09/sensory-pleasure-big-ag-meat-fish-dairy-egg-industries-verses-tobacco/>

Number thirteen: We can humanely kill living beings.

The word, humanely, means “with compassion and benevolence.” “Humane killing” is an oxymoron.

Number fourteen: A plant/vegan/whole foods diet is too expensive.

Hidden costs must be considered with meat, poultry, fish, dairy and egg addictions. According to *Meatonomics*, a 2013 book by David Robinson Simon, the *health/sick care and environmental hidden costs* associated with factory farming total at least \$414 billion dollars annually. With retail sales of about \$250 billion dollars annually, this means for every \$1 of product sold, the meat and dairy industries impose almost \$2 of hidden costs on the rest of us. (Keep in mind, these statistics are about *seven* years old, and costs increase, not decrease, over time.)

Number fifteen: I would like to eat a plant diet and become a vegan, but I don't know what to eat.

Food, not living beings. Do not eat anyone who has parents or children, and do not consume their byproducts or secretions.

You can eat every type of food that you like by modifying the recipes to omit or substitute all flesh, byproducts and secretions of nonhuman beings.

Ideally, the foundation of a vegan diet is whole plant foods including milks such as almond, hemp and coconut; lots of vegetables and fruit; whole grains such as rice, quinoa and oats; potatoes; corn; legumes (beans, peas, peanuts and lentils); soy; nuts and seeds.

Lots of cookbooks contain simple, easy, quick recipes as well as complicated gourmet style recipes written by chefs for people who enjoy cooking and baking. In addition, a myriad of YouTube channels feature videos about plant recipes. Some focus on weight loss, some highlight bodybuilding and others concentrate on overall health.

You will be surprised that vegan cooking fosters creativity and expands your horizons with respect to seasonings, sauces, herbs, spices and cuisines of other cultures.

Think about it. What makes food taste good? Do you eat plain vegetables without seasonings, sauces, herbs or spices? Do you eat plain pasta without seasonings, sauces, herbs or spices? Do you eat plain meat, poultry, fish and eggs without seasonings, sauces, herbs or spices?

You can enjoy all of the treats to which you are accustomed including pizza, pasta, fajitas, chocolate, ice cream, pastries, cake, cookies, brownies, potato chips, french fries, burgers, *unfined or unfiltered* wine as well as most beers and liquor. Ben & Jerry's makes lots of *delicious* non dairy ice cream flavors, the Beyond Burger is available in many fine restaurants, Burger King sells the Impossible Whopper...you have plenty of options!

Whether you classify yourself as a vegan or not, the foundation of healthy, optimal nutrition is a whole foods plant diet.

Dining out has become quite easy these days. Three delicious options follow.

First, Stoney River is a chain restaurant with locations in GA, IL, KY, MD, MI, MO, NC and TN. They make the best homemade plant burger in the world! The black bean burger is unbelievably delicious and nutritious, made from scratch with a delectable, tasty sauce. The baked potato is huge and presented with scalloped edges and toppings of your choice, and the vegetables are steamed and seasoned to perfection.

Second, Uncle Julio's Mexican from Scratch has locations in CO, FL, IL, MD, NJ, NC, OK, TN, TX, VA and WI. The Veggie Fajitas feature huge portobello mushrooms. The homemade chips with savory, spicy salsa; flavorful, spicy black beans; and made from scratch tortillas complement the fajitas perfectly.

Third, Mellow Mushroom has locations on the eastern half of the United States, CO and AZ. The Holy Shiitake Pie with Follow Your Heart cheeses is absolutely delicious.

Finally, Italian and Asian restaurants usually have plenty of vegan options, and many bakeries offer beautifully decorated, rich, sweet pastries and desserts for special treats.

Number sixteen: A vegan diet does not include necessary nutrients such as protein, calcium and Vitamin B12.

Protein: There exist a number of professional and Olympic athletes including body builders who are vegan. A plant diet builds and maintains muscle mass and strength, and strong bones. Not only is it inefficient to feed grain to nonhuman beings, then eat them, but *they get their protein and necessary nutrients from plants.* The strongest nonhuman beings in the world such as gorillas, rhinos, elephants, oxen and horses ALL EAT PLANT DIETS.

“One farmer says to me, ‘You cannot live on vegetable food solely, for it furnishes nothing to make the bones with; and so he religiously devotes a part of his day to supplying himself with the raw material of bones; walking all the while he talks behind his oxen, which, with vegetable-made bones, jerk him and his lumbering plow along in spite of every obstacle.’”

Henry David Thoreau, 1817-1862

Calcium: Sources of calcium (and magnesium) are green vegetables, oats, figs, tofu, beans, butternut squash, sweet potatoes, barley, oranges and raisins. In addition,

Garden of Life My Kind (Alicia Silverstone's line) makes a good quality plant calcium supplement.

Vitamin B12: Vitamin B12 is produced by bacteria. Long ago, both humans and nonhumans consumed sufficient amounts from drinking water from streams and ingesting dirt on root vegetables. Today, both humans and nonhumans could be deficient, and should take a B12 supplement.

Number seventeen: I need to consume dairy, but I'm "lactose intolerant."

This is absurd. There is NO such thing as "lactose intolerance." Human beings are not baby cows and do not need to consume the secretions of other species. A condition called "lactase persistence;" however, does exist.

"Mammals are born to drink milk...The milk sugar, lactose, is broken down by the enzyme, lactase. In most cases, mammals stop producing lactase after weaning, but a nucleotide switch in their DNA can keep lactase flowing into adulthood, a trait called *lactase persistence*."

Mother cows who are mammals like human beings produce milk *for the sole purpose* of feeding their babies who usually gain several hundred pounds.

Do you ever think about what the baby calves are drinking if we are stealing their milk?

Human beings normally digest lactose for the first five to seven years of their lives, but most other mammals stop producing lactase much earlier. Calves can be weaned from their mothers' milk at six months to one year of age, and lambs are generally weaned around 16 weeks old.

Humans do not need cows' milk any more than humans need giraffes' milk or zebras' blood for transfusions.

The reason that human beings believe they *need* the milk of another species for calcium, etc. is because they are addicted to it *and/or* the dairy industry programmed them to think they need it. [See Chapter 4, *History Repeats Itself* about how the meat, poultry, fish, dairy, egg and tobacco industries

caused addictions and programmed human beings into thinking they need their deadly substances.]

Number nineteen: Disease is a normal part of the aging process.

With respect to aging and disease, they need not coexist. Aging represents a natural, healthy, enjoyable process and does not need to include aches, pains, chronic illnesses and diseases.

These abnormal characteristics of aging were created by a profit motivated medical industry (funded by Big Pharma and Big Ag, and run by the sick care/medical insurance industry) that instills fear in people and prioritizes profits over educating and empowering people about the Truth of human health. (In general, sickness and sick care produce huge profits in insurance premiums, tests, procedures and drugs.)

"Let food be thy medicine and medicine be thy food."

Hippocrates, Father of Medicine

Regarding aging and disease, telomere length decreases with unhealthy, unnatural and unnecessary diseases and chronic illnesses such as Covid, Ebola, AIDS, HIV, SARS, BSE, cancer, heart disease, diabetes, autoimmune diseases, arthritis, digestive disorders, acne, allergies, impotence, et al. which are all CAUSED by various toxins such as; most significantly, nonhuman flesh, byproducts and secretions; followed by drugs, methane, carbon dioxide, nitrous oxide and other greenhouse gas emissions and chemicals that should not enter into a human body in the first place much less in the quantities that they do today.

NO ONE needs to do drugs. Big Pharma doctors represent the largest lot of drug dealers in America and recently caused a national heroin addiction with their oxy pills.

"First Do No Harm." Hippocratic Oath

Unfortunately, some people have already developed chronic illnesses and diseases. The good news is that plant diets can reverse chronic illnesses and diseases with proper nutrition. Ethical medical doctors who prescribe nutrition, and sometimes natural supplements and medicinal plants such as marijuana aid the transition from sickness to health. (See the documentary, *What the Health; Physicians Committee for*

Responsible Medicine at pcrm.org; and Michael Greger MD's NutritionFacts.org to start.)

*“The doctor of the future will give no medicine,
but will interest his patients in the care of the human body,
in diet, and in the cause and prevention of disease.”*

Thomas Edison, 1847-1965

Number twenty: Vegans are mean, judgmental and violent.

Vegans advocate for nonhuman beings. They speak the Truth that nonvegans do not want to acknowledge. Vegans cause cognitive dissonance, ie, the state of having inconsistent thoughts, beliefs or attitudes, especially as relating to behavioral decisions and attitude change. (Cognitive dissonance is a symptom of beliefs being challenged or when behavior is not aligned with beliefs. The uncomfortable feeling caused by cognitive dissonance manifests itself as stress, anxiety, regret, shame, embarrassment or feelings of negative self-worth which causes nonvegans to retaliate and launch an *ad hominem* attack directed against the *person* who is vegan rather than the position he maintains.)

Veganism is a lifestyle that people adopt for environmental, health, social justice, and most poignantly, ethical reasons which are based on peace, love, compassion, empathy, goodness, kindness, morality, courage, mercy and the horrors of factory farming.

We slaughter about 70 billion LIVING, land mammals and three trillion LIVING creatures from the sea every single year.

Nonhuman beings are exactly like us in the one most significant way. They experience love, happiness, joy, sadness, loneliness and pain just like we do.

Using or abusing others who possess different characteristics than we do is *morally wrong*.

“A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral.”

Leo Tolstoy, 1828-1910

*“Happiness is when what you think,
what you say, and what you do are in harmony.”*

Mahatma Gandhi, 1869-1948

Number twenty-one: It's culture and tradition or social and cultural norms to eat animals.

Many people have difficulty accepting the fact that social and cultural norms change with time and new discoveries.

In Biblical and ancient times, people owned slaves, SACRIFICED HUMAN and nonhuman beings, treated women as property and apparently ate fish. In the 1950s, smoking cigarettes was quite fashionable.

Today, slavery and human sacrifice are illegal, and women have rights. Most people alive today have accepted these norms because they were taught these moral values and laws during childhood. In contrast, scientific proof that meat, poultry, fish, dairy and eggs cause degenerative diseases such as cancer, heart disease, diabetes and autoimmune diseases

and chronic illnesses such as arthritis, obesity, acne and digestive disorders proves more difficult for many people to accept because these discoveries surfaced during their adulthood after they established their moral values.

Some people cannot understand, much less accept the concept of sentience or that nonhuman beings are conscious, self-aware, have a will to live and want to avoid pain. The people who understand the concept of sentience, but continue to consume and use nonhuman flesh, byproducts and secretions suffer with cognitive dissonance because they cannot reconcile how they treat their dogs and cats as family members while they eat pigs, cows and chickens several times each day.

Most people believe that the moral values they learned from their parents are fixed. Whether they somehow think they would disrespect or dishonor their parents or they simply cannot open their minds to new ideas, they remain set in their ways.

Through education and awareness, people can learn the Truth and change behaviors accordingly.

Number twenty-two: We need to experiment on animals and use them for research in laboratories for the benefit of human health.

It remains a well known fact that humans and nonhumans respond very differently to drugs.

Using nonhuman beings for research and experimentation is *unnecessary* as proven by the ability to produce many vaccines for Covid without testing on nonhuman beings.

Additionally, the Physicians Committee for Responsible Medicine advocates excluding animals in research and experimentation, and Founder Neal Barnard, MD succeeded in ending the requirement for medical students to experiment on animals.

“May all that have life be delivered from suffering.”

Siddhartha Gautama Buddha, 563/480-483/400 BC

“I have from an early age abjured the use of meat.

And the time will come when men such as I

will look upon the murder of animals

the way we now look upon the murder of men.”

Leonardo Da Vinci, 1452-1519

*“How pitiful, and what poverty of mind,
to have said that the animals are machines
deprived of understanding and feeling...*

*Judge (in the same way as you would judge your own)
the behaviour of a dog who has lost his master, who has searched
for him in the road barking miserably, who has come back to the
house restless and anxious, who has run upstairs and down, from
room to room, and who has found the beloved master at last in his
study, and then shown his joy by barks, bounds and caresses.
There are some barbarians who will take this dog, that so greatly
excels man in capacity for friendship, who will nail him to a table,
and dissect him alive, in order to show you his veins and nerves.
And what you then discover in him are all the same organs of
sensation that you have in yourself.*

*Answer me, mechanist, has Nature arranged all the springs of
feeling in this animal to the end that he might not feel?
Has he nerves that he may be incapable of suffering?”*

Voltaire, 1694-1778

*“Humans—who enslave, castrate, experiment on,
and fillet other animals—have had an understandable penchant
for pretending animals do not feel pain.*

*A sharp distinction between humans and ‘animals’ is essential if
we are to bend them to our will, make them work for us, wear them,
eat them—without any disquieting tinges of guilt or regret.*

It is unseemly of us,

who often behave so unfeelingly toward other animals,

to contend that only humans can suffer.

The behavior of other animals renders such pretensions specious.

They are just too much like us.”

Carl Sagan, 1934-1996

Number twenty-three: Zoonotic origin global pandemics are the fault and responsibility of politicians.

“A clever man solves a problem. A wise man avoids it.”

Albert Einstein, 1879–1955

For decades, we have known that the elimination of factory farms can save the planet; solve the sickness/sick care/ financial crises; eradicate world hunger; and end violence and suffering (and consequential hatred and discrimination).

Now, we know it can prevent zoonotic origin global pandemics. The 1918 Spanish bird flu proved a mystery to scientists until they discovered a mass grave in Alaska. In 1997, Pathologist Johan Hultin and his colleagues unearthed victims frozen in the permafrost which allowed scientists to analyze traces of the virus in a woman's lungs, piece together, letter by letter the genetic code of the 1918 virus, and solve the greatest medical mystery of all time. Humanity's greatest killer was Bird Flu. In a single month, it spread throughout the US. In 1918, between 50 and 100 million people lost their lives. Like Covid, Ebola, HIV, SARS, BSE, et al., all zoonotic origin global pandemics originate from our use and abuse of animals. The next one is brewing in a factory farm near you now.

You can end Covid. You are the solution to the problem of Covid in the world. You can solve the Covid crises and save millions of lives.

All human and nonhuman beings deserve the right to life.

*"The elimination of animal agriculture
cannot solve the world's problems,
but the world's problems cannot be solved*

without the elimination of animal agriculture."

Earthling Ed

Although the impetus of many people is to SAVE and FREE all NONHUMAN beings who deserve the rights to life, liberty and happiness, you can...

- 1. Save the planet for HUMAN beings;**
- 2. Solve the sickness, sick care, financial, pandemic crises for HUMAN beings;**
- 3. Eradicate world hunger for HUMAN beings;**
- 4. End violence and suffering which occurs INSIDE slaughterhouses and under the auspices of the Law (and consequential hatred and discrimination) for the benefit of HUMAN beings.**

4 / History Repeats Itself

No valid argument against Nonhuman Rights exists. The most important social justice issue of today is Nonhuman Rights (to include the abolition of factory farming).

The primary arguments opposing Nonhuman Rights represent a repeat of historical arguments related to another social justice issue and those arguments did not succeed.

Specifically, the following six invalid arguments served to justify the slavery of black people in America circa 1619 to 1865, for approximately 250 years.

1. Economic;
2. Longevity;
3. Religion;
4. Discrimination;
5. Culture and tradition or social and cultural norms;
6. Greed.

First, some people say that the elimination of factory farms will dismantle the economy.

The abolition of slavery did not dismantle the economy in the seventeenth and eighteenth centuries in America; and the abolition of animal agriculture will not dismantle the economy today.

Second, with respect to longevity, see pages 17 through 19.

Third, regarding religion, see pages 23 through 25.

Fourth, with regard to discrimination, unjust treatment of others who possess different characteristics than we do is based on hatred and greed. There exists no valid reason that intellectual capacity or ability to reason represents a higher status in society than the ability to fly, for example.

Fifth, with respect to culture and tradition or social and cultural norms, see pages 54 and 55.

Sixth, the definition of greed is an insatiable longing for material gain whether it is food, money, status or power.

Some people are either addicted to meat, poultry, fish, dairy and eggs because of the way the food industries and companies have brainwashed them with marketing and advertising *or* people don't understand that they can feel satisfied on a plant diet *or both*. They think they must live on vegetables and fruit only because vegans boast about how good and energized they feel after eating these foods.

The subject of satiety is actually humorous because the largest and strongest animals in the world such as gorillas, elephants, rhinos, oxen and horses eat a plant diet. How a 130 pound woman can feel unsatisfied remains puzzling unless she has been brainwashed to believe she needs ice cream, cheese, chicken, bacon, eggs and hot dogs in order to feel full.

About half of all advertisements concern food.

Finger Lickin' Good.

Beef. It's what's for dinner.

Pork. The Other White Meat.

Milk. It does a body good.

The Incredible Edible Egg.

Many people were duped by these advertisements which were designed to brainwash people into thinking these products were good for them because they provided instant pleasure and gratification to the point where people refer to them as comfort foods.

The meat, poultry, fish, dairy, egg and tobacco industries appeal to hedonism and sensory pleasure. Think about it. In the United States, for example, in the 1950s, the economy thrived, people bought televisions and lots of consumer products.

Do you remember the cigarette commercials of the 1950s and 1960s? Check out the following three videos:

“More Doctors Smoke Camels Than Any Other Cigarette;”

https://www.youtube.com/watch?v=gCMzjJjuxQI&feature=share&fbclid=IwAR3kCoIxVTBzFGJjhZpLFDx9q-YbYHN-0HAqcJrVhIhiVILA7t8eUhM7L_s

“Camel Commercial—The Cigarette Preferred by Doctors;”

https://www.youtube.com/watch?v=YAB04wkCxqw&feature=share&fbclid=IwAR3_ofVeWebUn6a-96QMURZCuuWMiSGpq5J827MV4oHJBrgQm0rdyc5T0_g

“50s and 60s Classic TV Cigarette Commercials.”

https://www.youtube.com/watch?v=TnUMLVsOvu0&feature=share&fbclid=IwAR1CdLxtpnC--tsFKug1p7trJb4zufgpxdhvg4RVyOwGORoEH_CGr4ofbjA

Yes, doctors, movie stars, athletes, cowboys, mechanics and housewives glamorized and advertised the benefits of smoking tobacco as they derived sensory pleasure for two decades...until the Truth was revealed that cigarettes killed us.

We have all been DUPED by marketing and advertising. In the video entitled “50s and 60s Classic TV Cigarette Commercials,” Lucky Strike boasts about the benefits of TOASTED tobacco. Similarly, we now watch advertisements about GRASS FED meat and FARM RAISED fish. Let’s not get DUPED twice. Let’s learn from the first mistake and not make the same mistake again.

Now, the Truth is unraveling that the consumption of meat, poultry, fish, dairy and eggs *causes* degenerative diseases and chronic illnesses. The meat, poultry, fish, dairy and egg industries,

not only programmed us to believe that we need meat, poultry, fish, dairy and eggs to sustain optimal health, but caused addictions to these deadly substances just like the tobacco industry.

The major rule of thumb in food advertising is “Don’t show the animals” because studies reveal that it’s better to avoid showing photos of beautiful, sweet spirited, innocent, loving chickens, pigs and cows. Rather, advertising focuses on hedonism because if consumers think too much about the cute babies and their families, they will lose their appetites.

Billions of dollars are spent in advertising, lobbying and government subsidies every single year to ensure that people stay hooked.

Think about it. About half of American commercials advertise the sensory pleasure derived from consuming meat, poultry, fish, dairy and eggs. The approximate other half of commercials advertises drugs for heartburn, fictitious “lactose intolerance,” diabetes, impotence, digestive disorders, acne, constipation, heart disease and all of the degenerative diseases and chronic illnesses *caused* by nonhuman flesh, byproducts and secretions.

Why? Because the meat, poultry, fish, dairy and egg industries (Big Ag) remain PROFIT ORIENTED businesses. They are not concerned about public health. In fact, NO ONE is concerned (which is all the more reason that each individual urgently needs to educate himself and take action.) The pharmaceutical and “health” or sick care industries are also PROFIT ORIENTED businesses with powerful lobbies like Big Pharma on Capitol Hill...exactly like Big Ag and exactly like the tobacco industry.

Regarding addiction, neuroscience has recently shown that, in addition to alcohol and drugs, pleasurable activities such as smoking, gambling, shopping, sex and eating can influence the brain in a hedonistic way.¹⁷

The brain registers all pleasures in the same way. Whether the origin is a psychoactive drug, monetary award, sexual encounter or tasty meal, a neurotransmitter, dopamine, is released in the brain. All origins of pleasure from steak and ice cream to crack and heroin cause a release of dopamine. The dopamine then interacts with another neurotransmitter, glutamate, to take over the brain’s system of reward related learning. Pleasure combined with

17 Special Health Report, “Overcoming Addiction: Finding an Effective Path toward Recovery,” Harvard Health Publishing, 2017.

learning and memory is the difference between liking something and addiction.¹⁸

The first cigarette commercial about doctors preferring Camels appeared on television in 1941. Accordingly, it has been about 80 years that hedonistic marketing and advertising, crooked lobbying and politics, and brainwashing and programming people have plagued our society.

Simultaneously, very well respected academicians, doctors, scientists and various spoke persons have warned the public about the Truth of health, ethical and environmental issues as well as *unnecessary* suffering of nonhuman beings and starvation of human beings only to receive gratitude in the form of hatred, criticism, mockery and vicious lies.

Our bodies are designed to serve as *temples* that we cherish, respect and protect. We eat to live, not live to eat.

*“Ethically they had arrived at the conclusion that man’s supremacy over lower animals meant not that the former should prey upon the latter, but that the higher should protect the lower, and that there should be mutual aid between the two as between man and man. They had also brought out **the truth that man eats***

18 *Id.*

not for enjoyment but to live.”

Mahatma Gandhi, 1869-1948

The problem with hedonism is that it serves as an extremely selfish way of living in that it does not *consider others* because it costs health and environmentally conscious individuals money, sometimes harms their food sources (when toxic waste from factory farms seeps into the soil and water tables, and infects nearby crops) and, *most importantly*, unconscionably harms innocent living beings in the process.

The consumption and use of nonhuman beings is *unnecessary* because plenty of viable alternatives for food, clothing and consumer products exist.

The consumption and use of nonhuman beings is *unhealthy* because the Truth is unraveling that the consumption of meat, poultry, fish, dairy and eggs *causes* degenerative diseases and chronic illnesses.

The consumption and use of nonhuman beings is *unnatural* for two reasons. First, human beings are anatomically herbivores; and second, it's unnatural to breed into existence billions of innocent, nonhuman beings every single year only to enslave,

torture and slaughter them for sensory pleasure. If God condones this, what could the Devil possibly do?

If we end the violence and suffering which occurs INSIDE slaughterhouses and under the auspices of the Law, then the consequential hatred and discrimination will also stop.

*“One is dearest to God who has no enemies
among the living beings,
who is nonviolent to all creatures.”
Bhagavad Gita, Krishna*

*“As long as men kill animals, they will kill each other.
He who propagates the seed of murder and pain
can never reap joy and love.”
Pythagoras, circa 570-495 BC*

*“All beings tremble before violence.
All fear death.
All love life.”
Siddhartha Gautama Buddha, 563/480-483/400 BC*

“It is more important to prevent animal suffering,

*rather than sit to contemplate the evils of the universe
praying in the company of priests.”*

Siddhartha Gautama Buddha, 563/480-483/400 BC

*“When a man has pity on all living creatures,
then only is he noble.”*

Siddhartha Gautama Buddha, 563/480-483/400 BC

*“If a man can control his body and mind and thereby refrains from
eating animal flesh and wearing animal products,
I say he will really be liberated.”*

Siddhartha Gautama Buddha, 563/480-483/400 BC

“Mankind have love, animals have affection.

The harmonious and beautiful world is revealed.”

Siddhartha Gautama Buddha, 563/480-483/400 BC

*"Don't talk of peace and love
when you have a dead animal on your plate."*

Socrates, 469-399 BC

“If we pursue our habit of eating animals,

*and if our neighbor follows a similar path,
will we not have need to go to war against our neighbor
to secure greater pasturage,
because ours will not be enough to sustain us,
and our neighbor will have a similar need
to wage war on us for the same reason?
And, if we pursue this way of living,
will we not have need to visit the doctor more often?
Would not these facts prevent us from achieving happiness,
and therefore the conditions necessary to the building
of a just society, if we pursue a desire to eat animals?"*

Socrates, 469-399 BC

*"A good deed done to an animal is as meritorious
as a good deed done to a human being,
while an act of cruelty to an animal is as bad
as an act of cruelty to a human being."*

Mohammad, 570-632

*"If you have men who will exclude any of God's creatures
from the shelter of compassion and pity,
you will have men who will deal likewise*

with their fellow men.”

Saint Francis of Assisi, 1191-1226

*“The love for all living creatures
is the most noble attribute of man.”*

Charles Darwin, 1809–1882

*“Non-violence leads to the highest ethics,
which is the goal of all evolution.*

Until we stop harming all other living beings, we are still savages.”

Thomas Edison, 1847-1965

“Nonviolence is a weapon of the strong.

Perfect nonviolence is difficult. It admits to no weakness.

Nonviolence is impossible without humility.”

Mahatma Gandhi, 1869-1948

*“There is nothing on earth that I would not give up,
excepting of course, two things and two things only,
truth and nonviolence.”*

Mahatma Gandhi, 1869-1948

5 / The Collective Consciousness

Wise historical figures as well as modern day personalities have been talking about the Collective Consciousness for a very long time. Buddha, Socrates, Hippocrates, Plato, Plutarch, Aristotle, Pythagoras, Voltaire, Leonardo da Vinci, Gandhi, Albert Einstein, Benjamin Franklin, Charles Darwin, Henry David Thoreau, Leo Tolstoy, Mark Twain, Thomas Edison, George Bernard Shaw, Albert Schweitzer, HG Wells, Carl Sagan, The Dalai Lama and Sir Paul McCartney all spoke about this Awakening. (Although stories throughout the Bible seem to suggest that Jesus ate fish, there has been serious theological debate as to whether he actually did due to the difficulties with translations through four languages.)

This Awakening is the most gratifying benefit of a plant based diet. Veganism means nonviolence and creates a higher level of consciousness.

We're all interconnected; we're all one.

First of all, a plant diet allows you to vibrate at a high frequency so that you stay mentally and spiritually clear. It doesn't make sense to put dead flesh into a living body.

Nonhuman beings are tortured and right before their death, they go into a state of fear and terror. If you consume their flesh, byproducts and secretions, you absorb the negative energy of their pain.

Second, a vegan diet opens your third eye or your pineal gland which raises your level of consciousness, intuition, knowledge and wisdom. You live in 5D rather than the 3D Matrix.

Today, a lot of people live in fear.

“The enemy is fear. We think it is hate; but, it is fear.”

Gandhi

At the present time, individuals view the world as a dangerous place, and not only in foreign lands, but in domestic governments, schools, shopping centers, sporting events, neighborhoods and private homes. Revenge, bullying, low self-

esteem, mental illness, domestic violence, depression, jealousy, discrimination and drug addiction cause children, adults, students and parents to manufacture evil, vicious lies; create heavy problems and drama; and commit murders and mass shootings.

The aforementioned acts that occur all over the world every minute of every day in all types of social classes and walks of life continue to destroy the fabric of society and morality.

The two most salient problems in the world are Hatred and Violence, and they cannot be solved by passing laws, engaging in diplomacy or fighting wars. Our leaders cannot accomplish this.

*“Our greatest ability as humans is not to change the world;
but to change ourselves.”*

Gandhi

The opposite of hatred or fear is love, and the opposite of violence is peace. Accordingly, every citizen of the world needs to practice love and peace.

That's a lot of work for each person, but, let's pretend that every citizen and leader of the world practiced Platonic love, reverence for all life, benevolence, compassion, empathy, gentleness and kindness; how then could we attain a state of peace?

"Peace begins on our plate."

Socrates

Detoxify your body with a plant diet as opposed to dead, acidic foods that calcify and block your third eye which keep you in a low frequency and a state of fear.

In addition, we know that feeding grain to nonhuman beings then eating them is a very inefficient way to eat. If everyone in the world ate a plant diet, there would be enough food to feed the entire world.

About 20 times more land and water are required to produce a pound of beef than a pound of a plant.

"There are people in the world so hungry, that God cannot appear to them except in the form of bread."

Gandhi

Finally, we now Know that factory farming is *unnecessary*, *unhealthy and unnatural*.

It's *unnecessary* because plenty of viable alternatives for food, clothing and consumer products exist.

It's *unhealthy* because the Truth is unraveling that the consumption of meat, poultry, fish, dairy and eggs *causes* degenerative diseases and chronic illnesses.

It's *unnatural* for two reasons. First, human beings are anatomically herbivores; and second, it's unnatural to breed into existence billions of innocent, nonhuman beings every single year only to enslave, torture and slaughter them for sensory pleasure. If God condones this, what could the Devil possibly do?

6 / Words of Wisdom through the Centuries

Nonhuman Rights is not a novel concept. For many, many centuries, wise men have exhorted human beings to treat other living creatures with kindness and compassion.

*“If we eat the flesh of living creatures,
we are destroying the seeds of compassion.”*

From the Surangama Sutra

*“Whenever we cause suffering or death to any other being,
we cause suffering in the Great Life Force.”*

Shik Po Chih

*“One is dearest to God who has no enemies
among the living beings,
who is nonviolent to all creatures.”*

Bhagavad Gita, Krishna

*“As long as men kill animals, they will kill each other.
He who propagates the seed of murder and pain
can never reap joy and love.”*

Pythagoras, circa 570-495 BC

“All beings tremble before violence.

All fear death.

All love life.”

Siddhartha Gautama Buddha, 563/480-483/400 BC

“May all that have life be delivered from suffering.”

Buddha

*“It is more important to prevent animal suffering,
rather than sit to contemplate the evils of the universe
praying in the company of priests.”*

Buddha

*“When a man has pity on all living creatures,
then only is he noble.”*

Buddha

*“He who is kind to animals, heaven will protect.
And so, with a boundless heart
should one cherish all living beings.*

*Harm no other beings.
They are just your brothers and sisters.”*

Buddha

*“If a man can control his body and mind and thereby refrains from
eating animal flesh and wearing animal products,
I say he will really be liberated.”*

Buddha

*“Mankind have love, animals have affection.
The harmonious and beautiful world is revealed.”*

Buddha

*"Don't talk of peace and love
when you have a dead animal on your plate."*

Socrates, 469-399 BC

*“Would this habit of eating animals not require that
we slaughter animals that we knew as individuals,
and in whose eyes we could gaze and see ourselves reflected,
only a few hours before our meal?”*

Socrates

*“If we pursue our habit of eating animals,
and if our neighbor follows a similar path,
will we not have need to go to war against our neighbor
to secure greater pasturage,
because ours will not be enough to sustain us,
and our neighbor will have a similar need
to wage war on us for the same reason?
And, if we pursue this way of living,
will we not have need to visit the doctor more often?
Would not these facts prevent us from achieving happiness,
and therefore the conditions necessary to the building
of a just society, if we pursue a desire to eat animals?”*

Socrates

*“The soul is the same in all living creatures,
although the body of each is different.”*

Hippocrates, circa 460-370 BC

Let food be thy medicine and medicine be thy food.”

Hippocrates

“The Gods created certain kinds of beings to replenish our bodies;

they are the trees and the plants and the seeds.”

Plato, circa 425-348 BC

*“A human body in no way resembles those that were born
for ravenousness; it hath no hawk’s bill, no sharp talon,
no roughness of teeth, no such strength of stomach
or heat of digestion, as can be sufficient to convert or alter
such heavy and fleshy fare...*

*There is nobody that is willing to eat even a lifeless
and a dead thing even as it is;*

*so they boil it, and roast it, and alter it by fire and medicines, as it
were, changing and quenching the slaughtered gore
with thousands of sweet sauces, that the palate being thereby
deceived may admit of such uncouth fare.”*

Plutarch, circa 46-120

*“I, for my part, wonder of what sort of feeling, mind or reason
that man was possessed who was first to pollute his mouth with gore,
and to allow his lips to touch the flesh of a murdered being:
who spread his table with the mangled forms of dead bodies,
and claimed as daily food and dainty dishes
what but now were beings endowed with movement,*

perception and with voice.

*...but for the sake of some little mouthful of flesh,
we deprive a soul of the sun and light, and of that portion of life
and time it had been born into the world to enjoy.”*

Plutarch, circa 46-120

*“A good deed done to an animal is as meritorious
as a good deed done to a human being,
while an act of cruelty to an animal is as bad
as an act of cruelty to a human being.”*

Mohammad, 570-632

*“If you have men who will exclude any of God's creatures
from the shelter of compassion and pity,
you will have men who will deal likewise
with their fellow men.”*

Saint Francis of Assisi, 1191-1226

*“I have from an early age abjured the use of meat.
And the time will come when men such as I
will look upon the murder of animals
the way we now look upon the murder of men.”*

Leonardo Da Vinci, 1452-1519

*"Nature appears to have been the cruel stepmother
rather than the mother of many animals,"*

Leonardo da Vinci

*"Truly man is the king of beasts,
for his brutality exceeds them.*

We live by the death of others. We are burial places.

King of the animals—as thou hast described him—

*I should rather say king of the beasts, thou being the greatest—
because thou hast spared slaying them, in order that they may give
thee their children for the benefit of the gullet,
of which thou hast attempted to make a sepulchre
for all animals; and I would say still more,
if it were allowed me to speak the entire truth."*

Leonardo da Vinci

*"One day the world will look upon research upon animals
as it now looks upon research on human beings."*

Leonardo da Vinci

“My body is not a tomb for animals.”

Leonardo da Vinci

*“Although human ingenuity may devise various inventions which,
by the help of various instruments,
answer to one and the same purpose,
yet it will never discover any inventions more beautiful,
more simple or more practical than those of nature,
because in her inventions there is nothing lacking
and nothing superfluous; and she makes use of no counterpoise
when she constructs the limbs of animals in such a way as to
correspond to the motion of their bodies,
but she puts into them the soul of the body.*

Leonardo da Vinci

*“Make yourself a master of perspective, then acquire perfect
knowledge of the proportions of men and other animals.”*

Leonard da Vinci

*“Man has much power of discourse which for the most part is vain
and false; animals have but little, but it is useful and true,
and a small truth is better than a great lie.”*

Leonardo da Vinci

*“Oh! How foul a thing, that we should see the tongue of one animal
in the guts of another.*

Leonard da Vinci

*“I have found that, in the composition of the human body
as compared with the bodies of animals,
the organs of sense are duller and coarser.*

*Thus, it is composed of less ingenious instruments,
and of spaces less capacious for receiving the faculties of the sense.*

*It reflects no great honor on a painter to be able to execute
only one thing well—such as a head, and academy figure, or
draperies, animals, landscapes, or the like—in other words,
confining himself to some particular object of study.*

*This is so because there is scarcely a person so devoid of genius as to
fail of success if he applies himself earnestly to one branch of study
and practices it continually.”*

Leonardo da Vinci

*“Man and animals are in reality vehicles and conduits of food,
tombs of animals, hostels of Death, coverings that consume*

deriving life by the death of others.”

Leonardo da Vinci

*“How pitiful, and what poverty of mind,
to have said that the animals are machines
deprived of understanding and feeling...*

*Judge (in the same way as you would judge your own)
the behaviour of a dog who has lost his master, who has searched
for him in the road barking miserably, who has come back to the
house restless and anxious, who has run upstairs and down, from
room to room, and who has found the beloved master at last in his
study, and then shown his joy by barks, bounds and caresses.
There are some barbarians who will take this dog, that so greatly
excels man in capacity for friendship, who will nail him to a table,
and dissect him alive, in order to show you his veins and nerves.
And what you then discover in him are all the same organs of
sensation that you have in yourself.*

*Answer me, mechanist, has Nature arranged all the springs of
feeling in this animal to the end that he might not feel?*

Has he nerves that he may be incapable of suffering?”

Voltaire, 1694-1778

*“My refusing to eat meat occasioned inconveniency,
and I have been frequently chided for my singularity.
But, my light repast allows for greater progress,
for greater clearness of head and quicker comprehension.”*

Benjamin Franklin, 1706-1790

*“If [man] is not to stifle his human feelings,
he must practice kindness towards animals,
for he who is cruel to animals
becomes hard also in his dealings with men.*

*We can judge the heart of a man
by his treatment of animals.”*

Immanuel Kant, 1724-1804

*“The love for all living creatures
is the most noble attribute of man.”*

Charles Darwin, 1809–1882

*“There is no fundamental difference between man and the higher
animals in their mental faculties...The lower animals, like man,
manifestly feel pleasure and pain, happiness, and misery.”*

Charles Darwin

*“It’s a matter of taking the side
of the weak against the strong,
something the best of people have always done.”*

Harriet Beecher Stowe, 1811-1896

*“One farmer says to me, ‘You cannot live on vegetable food solely,
for it furnishes nothing to make the bones with;
and so he religiously devotes a part of his day to supplying himself
with the raw material of bones; walking all the while he talks behind
his oxen, which, with vegetable-made bones, jerk him and his
lumbering plow along in spite of every obstacle.’”*

Henry David Thoreau, 1817-1862

*“A man can live and be healthy without killing animals for food;
therefore, if he eats meat, he participates in taking animal life
merely for the sake of his appetite. And to act so is immoral.”*

Leo Tolstoy, 1828-1910

*“Of all the creatures, man is the most detestable.
Of the entire brood, he’s the one that possesses malice.
He is the only creature that inflicts pain for sport,
knowing it to be pain.”*

*The fact that man knows right from wrong
proves his intellectual superiority to the other creatures;
but the fact that he can do wrong
proves his moral inferiority to any creature that cannot.”*
Mark Twain, 1835-1910

*“The doctor of the future will give no medicine,
but will interest his patients in the care of the human body,
in diet, and in the cause and prevention of disease.”*
Thomas Edison, 1847-1965

*“Non-violence leads to the highest ethics,
which is the goal of all evolution.
Until we stop harming all other living beings, we are still savages.”*
Thomas Edison

“Animals are my friends—and I don’t eat my friends.”
George Bernard Shaw, 1856-1950

*“In all the round world of Utopia there is no meat.
There used to be
but now we cannot stand the thought of slaughterhouses.*

And it is impossible to find anyone who will hew a dead ox or pig.

*I can still remember as a boy the rejoicings
over the closing of the last slaughterhouse.”*

HG Wells, 1866-1946

*“In my mind, the life of a lamb is no less precious
than that of a human being.
The more helpless the creature,
the more it is entitled to protection by man
from the cruelty of man.”*

Mahatma Gandhi, 1869-1948

*“The greatness of a nation and its moral progress
can be judged by the way its animals are treated.”*

Mahatma Gandhi

“You must be the change you want to see in the world.”

Gandhi

*“There is force in the universe, which, if we permit it,
will flow through us and produce miraculous results.*

If we could change ourselves,

*the tendencies in the world would also change.
If you take care of your immediate surroundings,
the universe will take care of itself.”*

Gandhi

*“The difference between what we do and what we are capable of
doing would suffice to solve most of the world’s problems.*

*I suppose leadership at one time meant muscles;
but today it means getting along with people.*

A nation’s culture resides in the hearts and in the souls of its people.

The weak can never forgive.

Forgiveness is the attribute of the strong.”

Gandhi

“Nonviolence is a weapon of the strong.

Perfect nonviolence is difficult. It admits to no weakness.

Nonviolence is impossible without humility.”

Gandhi

*“I want to realize brotherhood or identity
not merely with the beings called human,
but I want to realize identity with all life,*

even with such things as crawl upon earth.”

Gandhi

*“Human nature will find itself only when it fully realizes that
to be human it has to cease to be beastly or brutal.”*

Gandhi

*“When I see a cow, it is not an animal to eat,
it is a poem of pity for me and I worship it and
I shall defend its worship against the whole world.”*

Gandhi

*“Ethically they had arrived at the conclusion that man’s supremacy
over lower animals meant not that
the former should prey upon the latter,
but that the higher should protect the lower,
and that there should be mutual aid between the two
as between man and man.*

*They had also brought out the truth that man eats
not for enjoyment but to live.”*

Gandhi

*“Happiness is when what you think,
what you say, and what you do are in harmony.”*

Gandhi

*“A small body of determined spirits fired by an unquenchable faith
in their mission can alter the course of history.”*

Gandhi

*“There is nothing on earth that I would not give up,
excepting of course, two things and two things only,
truth and nonviolence.”*

Gandhi

“My religion is based on truth and nonviolence.

Truth is my God.

Nonviolence is the means of realizing Him.”

Gandhi

“I hold flesh-food to be unsuited to our species.

We err in copying the lower animal world

if we are superior to it.

I do feel that spiritual progress does demand at some stage

*that we should cease to kill our fellow creatures
for the satisfaction of our bodily wants.”*

Gandhi

*“Human nature will find itself only when it fully realizes that
to be human it has to cease to be beastly or brutal.”*

Gandhi

*“Cow-slaughter and man-slaughter are in my opinion
two sides of the same coin.”*

Gandhi

*“Unlike the animal, God has given man the faculty of reason.
Ethically they had arrived at the conclusion that man’s supremacy
over lower animals meant not that the former
should prey upon the latter,
but that the higher should protect the lower,
and that there should be mutual aid between the two
as between man and man.*

*They had also brought out the truth that
man eats not for enjoyment but to live.”*

Gandhi

*“Until he extends the circle of his compassion to all living things,
man will not himself find peace.”*

Albert Schweitzer, 1875-1965

*“Nothing will benefit human health
and increase chances for survival of life on Earth
as much as the evolution to a vegetarian diet.”*

Albert Einstein, 1879–1955

*“Taken on the whole,
I would believe that Gandhi’s views
were the most enlightened of all the political men of our time.”*

Albert Einstein

*“If you talk to the animals, they will talk with you;
and you will know each other.*

*If you do not talk to them, you will not know them;
and what you do not know, you will fear.*

What one fears, one destroys.”

Chief Dan George, 1899-1981

“We are all God's creatures—

*that we pray to God for mercy and justice,
while we continue to eat the flesh of animals
that are slaughtered on our account, is not consistent.”*

*Isaac Bashevis Singer, Nobel Peace Prize laureate,
1902-1991*

*“Animals, too, are God's creatures...
Certainly, a sort of industrial use of creatures,
so that geese are fed in such a way as to produce as large
a liver as possible, or hens live so packed together
that they become just caricatures of birds,
this degrading of living creatures to a commodity
seems to me in fact to contradict the relationship of
mutuality that comes across in the Bible.”*

Pope Benedict XVI

*“How smart does a chimp have to be
before killing him constitutes murder?”*

Carl Sagan, 1934-1996

*“Humans—who enslave, castrate, experiment on,
and fillet other animals—have had an understandable penchant*

for pretending animals do not feel pain.

*A sharp distinction between humans and 'animals' is essential if
we are to bend them to our will, make them work for us, wear them,
eat them—without any disquieting tinges of guilt or regret.*

It is unseemly of us,

who often behave so unfeelingly toward other animals,

to contend that only humans can suffer.

The behavior of other animals renders such pretensions specious.

They are just too much like us.”

Carl Sagan

*“If slaughterhouses had glass walls,
everyone would be vegetarian.”*

Sir Paul McCartney

*“As Americans get more and more obese,
tens of millions of human beings in the world
(including 15 million children)
die from malnutrition, infection and diarrhea.”*

Kathy Freston, Author

“Compassion is a muscle that gets stronger with use,

*and the regular exercise of choosing
kindness over cruelty...change[s] us.”*

Jonathan Safran Foer, Author

*“Our lives begin to end
the day we become silent about things that matter.”*

Dr. Martin Luther King Jr., 1929-1968

The most heartbreaking feature of today’s hellish, industrial meat production systems is that none of the billions of animals who spend their entire lives as prisoners will ever experience the slightest affection from, or fellowship with, another living being. They’ll be stripped from their mothers just when the maternal relationship is most craved by mother and child. Some will never know a mother’s touch or call, nor taste a mother’s milk. The one truly valuable asset they possess, a sense of personal dignity, will be stolen from them and tossed away without a care. They’ll be jammed into such close spaces with others of their own species that rather than develop healthy social networks, they’ll live in a state of constant hostility and fear. They’ll be forced to compete daily with their comrades for food, space and other scarce resources. Some will be pecked or bitten to death by their fellows. They’ll all lead lives of misery in

painful parallel, in a kind of solidarity of time, place and debilitating stress.

As to their unhealthy relationships with the humans who cross their paths, these will be the schizophrenic nightmares of a Jekyll and Hyde story. Sometimes they'll receive food or water from their captors, sometimes a kick or a punch, and sometimes an excruciating mutilation like a castration, beak amputation, tail docking or broken wing or limb. They'll never receive the slightest caress or caring touch from their minders, never the slightest show of kindness or concern. Stuck in pathetic dependence on those they fear, they can only come to see humans as unpredictable and untrustworthy. Imagine a psychopathic kidnapper offering you a sandwich one minute, and beating you the next.

*There's no humanity whatsoever in these factory systems – that is to say, there's no evidence of any human attribute other than the shallowest desire to make a profit. **It's hard to imagine a more perfect hell for the animals we debase and insult in this manner. It's an embarrassment to humankind that in our treatment of our fellow planetary voyagers, we've forsaken the best qualities of our species – compassion, mercy, and kindness, for the basest – greed, cruelty and violence.** Unfortunately, that's simply the bleak*

nature of the factory farming systems that produce almost all the meat, eggs and dairy consumed in the industrialized world.

David Robinson Simon, Author of Meatonomics

(three paragraphs omitted from book)

*“If we do not do something to help these creatures,
we make a mockery of the whole concept of justice.”*

Dr. Jane Goodall

*“I do not see any reason why animals should be slaughtered
to serve as human diet when there are so many substitutes.*

After all, man can live without meat.

It is only some carnivorous animals that have to subsist on flesh.

Killing animals for sport, for pleasure, for adventures,

and for hides and furs is a phenomenon

which is at once disgusting and distressing.

There is no justification in indulging in such acts of brutality...

Life is as dear to a mute creature as it is to a man.

Just as one wants happiness and fears pain,

just as one wants to live and not to die,

so do other creatures.”

The Dalai Lama

“To me, cruelty is the worst of human sins.

Once we accept that a living creature has feelings and suffers pain,

then if we knowingly and deliberately inflict suffering

on that creature we are equally guilty.

Whether it be human or animal we brutalize ourselves.

It is not always an easy message to get across.”

Dr. Jane Goodall

Conclusion

“We still have a long way to go.

But we are moving in the right direction.

If only we can overcome cruelty, to human and animal, with love and compassion we shall stand on the threshold of a new era in human moral and spiritual evolution—and realize, at last, our most unique quality; humanity.”

Dr. Jane Goodall

“Only if we understand can we care.

Only if we care will we help.

Only if we help shall they be saved.”

Dr. Jane Goodall



In closing, we have a choice. We can either resist change, live in the past, refuse to accept new information, stay addicted and continue to get duped and swindled out of our money *or* we can live in the present, get educated, get healthy, save money and celebrate a bright, green future.

Choose your destiny wisely. If we kill nonhuman beings, they will kill us because no one can escape Karma.

Please visit New Hope Now at www.newhopenow.net for more information. Thank you.



About the Author

Carol Mosca discovered her Soul Passion, Nonhuman Rights, a calling that God placed in her heart and her purpose for living on this earth about ten years ago when she learned about the horrors of factory farming.

Carol has a Mission that she plans to accomplish before she leaves this earth. She remains excited, dedicated and exceptionally focused on Education and Awareness, Rescue and Sanctuary, and Advocacy and Legislation of Nonhuman Rights.

Join us in the most important health and social impact movement of our lifetime. www.newhopenow.net