

BOOK REVIEW -by Bhikshu Heng Shun

TO CHERISH ALL LIFE -by Roshi Phillip Kapleau

"Let no one cherish the illusion that animals raised for slaughter by modern methods live a relatively carefree existence on the farm, with their needs amply provided for, and that when they are slaughtered it is done painlessly. The truth is just the opposite... How many are aware that 95% of the millions of egg-laying chickens in the U.S. are kept under what are called "intensive" or "factory farm" stocking systems? In one common type, FOUR hens are squeezed into what are called battery cages, *12 X 18 INCHES*, and in this confined area they spend most of their brief lives. The cages have no perches and are made of wire mesh..."

So opens Part One of *TO CHERISH ALL LIFE* by Roshi Phillip Kapleau (THE ZEN CENTER, 7 Arnold Park, Rochester, New York, 14607). Part One is devoted to the cruelty which goes beyond the suffering which all types of living creatures undergo by being killed for human consumption. It shows quite vividly that the animal "slaughter business" imparts extreme suffering on living creatures *THROUGHOUT THEIR ENTIRE LIVES*.

This book takes a decisive stand on the principle that vegetarianism is the correct behavior of disciples of the Buddha. Part Two is dedicated to clarifying this point. One can get an idea of the material which is covered in this section by looking over some of the sub-headings of this part: *Religious Basis of the First Precept; Meat Offerings As Aims; Did the Buddha Sanction Meat Eating? Pali Canon On Meat Eating; Meat Eating as a Family Issue; Human Beings Distinguished from Animals; Is Killing a Vegetable the Same as Killing an Animal?*

Part Three gives much practical advice on the vegetarian diet with a useful list of source books, including vegetarian cook books, at the end.

This book is an excellent work on a very important aspect of the most fundamental principle in the Buddha's teaching: the *PRACTICE* of compassion towards all beings.