



何以素食者乃智者也

Why Vegetarians Are Smart People

王浩(十年級,溫哥華) 文 RICHARD WANG (10TH GRADER, VANCOUVER)
比丘尼恆異 中譯 CHINESE TRANSLATION BY BHIKSHUNI HENG YI

近來一些嚴重的公共健康問題乃由動物飼養業一手造成的。煞死病(S.A.R.S.)奪去了許多人寶貴的生命,包括一些加拿大人,多倫多的觀光業也毀之一時;究其根源,其病毒來自中國大陸的家禽。1918年的「大流感」堪稱世界歷史上最慘重的一次瘟疫傳染;此瘟疫,造成全世界數百萬計的人死亡,也是由於混合屠宰鴨豬而引起的。反思這些怵目驚心的事實,找到一條簡易對治之道,那就是素食。素食是最上乘的飲食,它不僅利及個人,更益及社會的健康和安全,且能保育我們的環境。

無意義的肉類工業一旦終止,許多全球嚴重性的問題就可以迎刃而解。首先,減少或停止食肉,將化解世界上的饑荒;因為此素食之養人比之肉食養人,其效率可高一倍。舉例來說,一英畝土地可產兩萬公斤馬鈴薯,如果拿來養牛,只能得到125公斤的牛肉。此外,牲畜需要飼食和打抗生素,更降低了畜牧業的效率。

其次,全球溫室效應亦將因人停止吃肉而大幅度改善,因為燒一頓肉食所耗之燃料,是素菜的兩倍。森林砍伐問題,尤以中南美洲最為嚴重,主要源自於蓄牛工業,一蓄牛就需要大量的牧草與牧地。舉世素食,必能停止森林樹木流失之趨勢,並能增加地球植物和綠地。若舊有之森林能得以保存,不被剷平做為農地,以供肉類工業用,則我們的生態與植物種類就可以延續而免於絕跡之虞。

人類必須改變其飲食型態,已是勢在必行;因為這樣可以避免因超級病毒而帶來的全球性

Recently, there have been serious public health problems caused single-handedly by the animal agriculture industry. The S.A.R.S. virus, which had claimed many lives, including several Canadians, and devastated Toronto's tourism, was eventually linked to infected poultry in China. The worst epidemic in world history, the 1918 influenza that caused the death of millions of people around the world, was due to the livestock industry's mixing of ducks and pigs for slaughter. In light of these startling facts, there is an easy solution, vegetarianism. Vegetarianism is the best human diet because it benefits the individual, the health and safety of human society, and also the preservation of the environment.

Putting an end to the senseless meat industry would solve many disastrous global problems. First, world hunger could be solved by the reduction or elimination of meat eating because the money and food used in raising livestock could be used, with 100% more efficiency, to feed people. For example, an acre of land can yield 20,000 kg of potatoes compared to 125 kg of beef. Additionally, the animals need food and antibiotics, which make cattle-raising even less efficient. Second, there is global warming, which could be greatly reduced if people stopped eating meat, as a meat diet uses more than double the amount of fossil fuels to produce than an average vegetarian diet. Deforestation of the planet, particularly in Central and South America, is due to the beef industry and the need for pasture and grazing lands. Worldwide vegetarianism would eliminate this trend of tree and forest reduction, as well as increase the plants and green space on the entire planet. Ecosystems and species can be saved from extinction if old-growth forests are preserved rather than cleared for farmland to support the meat industries.

A change in diet is necessary to avoid a global catastrophe, whether it is a super virus that sweeps the world or an environmental meltdown. Yet, there are also several good individual health reasons to be a vegetarian. Besides the lower cholesterol associated with vegetarian foods, there are no live viruses and no



掃蕩，或環境毀壞。除此之外，吃素，還有幾項特別的健康原因：素菜不僅膽固醇含量較低，且不帶活性病毒，以及抗生素或荷爾蒙。這些通常會經由注射而進入動物體內，再由攝取而進入人體內。據統計，素食者得毀滅性疾病的機率，如癌症等的比例，低於肉食者百分之五十以上。儘管很多人認為肉類較能提供健康所需之蛋白質和氨基酸，若說吃素的人無法在現在這樣的全球時代攝取到足夠的營養，那簡直是無稽之談。若在原始時代還有可能發生

，而現代的人已不再靠打獵維生，拜今日科技進步之賜，我們全年都有新鮮的蔬果可吃。科學家們對人體進行研究，發現人類本不適合吃肉。單就我們牙齒的結構來說，我們天生的牙齒不夠鋒利，不適宜咀嚼肉類。一項研究報告顯示，當肉類保溫在人體溫度八小時，也就是我們消化肉所需的時間，它就一邊開始排放毒氣了。繼續吃肉，終究受害的，可能還是人類自己；因為要維持這種飲食型態，就難免不竭盡世界的自然資源，同時危害我們的健康。

最後，屠宰場的夢魘，亦足以使人生怯而斷肉。這些場所，是強制囚籠，是死刑機器；在裡頭工作的人，天天目睹、耳聞動物的慘狀

：牠們擠成一堆，踩踏著自己的排泄物，淒厲哀號，對那死之痛苦、死之殘暴。B.C.禽流感一發，百萬飛禽當場喪命；此足以昭告大眾，屠宰業者多麼愚昧無知，他們不知道自己在做什麼，也不明白其危險性。

總而言之，素食，可以說是全球嚴重性問題的究竟解決之道，因為我們的社會責任很重

；能吃素，也就表示人清楚地看到全民福祉之所賴；欲使社會成為可居之地，亦惟素食之所賴。我是吃素長大的，我發現自己充滿活力，而且免疫力比其他許多人都來得強。我很少生病，而且總覺得自己很健壯。這正表示即使不吃肉，你也能得到足夠的養分。據我個人的經驗，素菜較之葷菜的滋味是有過之而無不及。

antibiotics or hormones, which are usually injected into the animals and passed on to our bodies as we digest the parts. According to statistics, the rates of world-devastating disease, such as cancer, among vegetarians is 50% less than meateaters. Although many say that meat is a better choice healthwise due to the proteins and essential amino acids, it would be grossly inaccurate to think that vegetarians don't get enough nutrition in this modern global society. Only in primitive worlds could this be true, since we no longer need to hunt to survive, and technology has made year-round access to freshly grown foods possible. From studies of the human body, scientists have found out that we humans are not suited for taking in meat products. Just from looking at our teeth, we can see they are not shaped to bite into flesh because they are not sharp enough. An experiment has shown that when meat is kept at body temperature for eight hours, the time it takes us to digest, it has already started to fume poisonous gas. To continue to consume meat may be at people's peril, since we will not be able to sustain this diet without drastically depleting the world's natural resources and at the same time damaging our health.

Finally, the nightmare of the slaughterhouse itself should be enough to make a person stop eating meat. Those places are forced confinement, death machines that people have to work in every day to watch, smell, and hear innocent animals crowded together, stepping in their own wastes, and squealing from the terror of their painful and violent death. The B.C. avian flu virus infection that locally exterminated one million birds has shown the public just how stupid the slaughterhouse industry is, or just how little they know about their own industry and how dangerous it is.

In conclusion, we can say vegetarianism is the ultimate path [to many disastrous global problems] because social responsibility is important; it is an ability to see the common good of everybody, and it is what makes society a livable place. I grew up vegetarian and found myself more active and more immune to diseases than many others. I rarely get sick and feel strong almost all the time, which indicates that you do get enough nutrition if you don't eat meat. In my personal experience, I have found that vegetarian food can taste just as good or even better.

(Continued on page 37)

(下接第37頁)