

Quotes from people in favor of vegetarianism

Pythagoras (570-490 BC) – For as long as man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed, he who sows the seeds of murder and pain cannot reap joy and love.

Buddha (563-483 BC) – To become vegetarian is to step into the stream which leads to nirvana.

Henry David Thoreau (1817-1862) -- I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other.

Benjamin Franklin (1706-1790) – 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.

Leo Tolstoy (1828-1910) – 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.

Plato (428-347 BC) – The Gods created certain kinds of beings to replenish our bodies; they are the trees and the plants and the seeds.

Plutarch (46-120): 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.

George Bernard Shaw (1856-1950) -- Animals are my friends and I don't eat my friends.

Sir Arthur Conan Doyle (1859-1930) – At the moment our human world is based on the suffering and destruction of millions of non-humans. To perceive this and to do something to change it in personal and public ways is to undergo a change of perception akin to a religious conversion. Nothing can ever be seen in quite the same way again because once you have admitted the terror and pain of other species you will, unless you resist conversion, be always aware of the endless permutations of suffering that support our society.

Mahatma Gandhi (1869-1955) – It ill becomes us to invoke in our daily prayers the blessings of God, the Compassionate, if we in turn will not practice elementary compassion towards our fellow creatures.

Albert Einstein (1879-1955) – It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind.

H.G. Wells (1886-1946) – 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.

William Roberts, MD (1932-present) – When we kill the animals to eat them, they end up killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings.

Colin Campbell, MD (1934-present) – [W]hat we have come to consider as “normal” illnesses of aging are really not normal. In fact, these findings indicate that the vast majority, perhaps 80 to 90% of all cancers, cardiovascular diseases, and other forms of degenerative illness can be prevented, at least until very old age, simply by adopting a plant-based diet.

The Dalai Lama (1935-present) – 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.

Paul McCartney (1942-present) – If slaughterhouses had glass walls, everyone would be a vegetarian.