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*All things arise and cease due to
interdependent causes and conditions*

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The Food Table is The Peace Table

Compiled and adapted by

Bing Escudero

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Summa Sophia
1175 Harrington Place NE #212
Renton WA 98056
U.S.A.

Phone (425) 227-6979
E-mail: bingesc@yahoo.com

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As long as humanity is at war with the animal kingdom as a food source, war among humans becomes inevitable. War is the bloody killing of sentient lives. As we are all interconnected in the web of life, the karma of killing produces situations that bring the destruction of life upon ourselves in return. Likewise, a violent diet breeds violence.

Thus, the peace table is not where diplomats negotiate detente or a mere postponement for the next war. Every food table is the peace table. The peace we all aspire for begins with a peaceful diet. Each one of us counts so much more, until that critical mass is reached, producing that change for a lasting peace. Consider the following:

1. In 1999, more than 9.7 billion animals were killed for food in the U.S. These included:

- 8.797 billion "meat" chickens
- 459 million "egg" chickens
- 304 million turkeys
- 115 million pigs
- 42 million cows and calves
- 25 million ducks
- 4 million sheep

2. In a lifetime, the average American meat-eater consumes

- 2,600 animals, including
- 2,450 chickens
- 118 turkeys
- 33 pigs and sheep, and
- 12 cattle and calves

3. The U.S. slaughters 100,000 horses each year for export to Europe and Asia for human consumption.

4. Hunters kill 130 million animals in the U.S. each year. These include:

- 35 million mourning doves
- 26 million squirrels
- 12 million quail
- 13 million rabbits
- 16 million ducks
- 6 million deer

5. At least 44,000 albatrosses are entangled by tuna longline fisheries every year.
6. 260 million acres of U.S. forests have been cleared for cropland to produce a meat-centered diet.
7. In nature, cows live 20-25 years, but a typical factory farmed cow is used up in three or four years. Then it's off to the slaughterhouse. *Cows give us their milk, chickens their eggs. In ingratitude, we participate in killing them afterwards. Our intelligence is superior to animals only when it is used with compassion.*
8. About 22% of the world's catch of tuna goes into cat food in the U.S.
9. As many as 64% of animals who arrive at U.S. shelters are euthanized. That's more than 20,000 cats and dogs killed a day, 7 days per week.
10. Nearly half of the total amount of water used annually in the U.S. goes to grow feed and provide drinking water for cattle and other livestock.
11. According to the U.S. General Accounting Office, more plant species in the U.S. have been eliminated or threatened by livestock grazing than by any other cause.
12. Cattle produce nearly 1 billion tons of organic waste each year.
13. According to the Institute of Medicine, livestock use accounts for roughly half of the 25,000 tons of antibiotics produced in the U.S. each year.
14. Meat-linked diseases cause 60% of American deaths.

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Casualties in Principal Wars of the U.S.

Source: U.S. Dept. of Defense, U.S. Coast Guard

<u>Wars and Period</u>	<u>Total Casualties</u>
Revolutionary War 1777-83	10,623
War of 1812-15	6,765
Mexican War 1846-48	17,435
Civil War 1861-65	
Union Forces	646,392
Confederate Forces	133,892
Spanish-American War 1898	4,108
World War I 4-06-17 to 11-11-18	320,710
World War II 12-07-41 to 12-31-46	1,079,162
Korean War 6-27-50 to 7-27-53	140,200
Vietnam War 8-04-64 to 1-27-73	211,556
Gulf War 1991	766

EARLY AMERICA

The Red Indians were the first Americans. Their way of life had no immigration laws. The early settlers from Europe killed almost all of the Red Indians, including the prairie buffaloes that were replaced by a cattle industry. This karma still lingers to this day.

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A Universal Non-violent Guide to a Vegetarian Diet

- 1 • And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. -- Genesis 1:29
- 2 • But flesh with the life thereof, which is the blood thereof, shall ye not eat. -- Genesis 9:4
- 3 • Let us therefore follow after the things which make for peace, and things wherewith one may edify another.
For meat destroy not the work of God. All things indeed are pure; but it is evil for that man who eateth with offense.
It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak. ...
And he that doubteth is damned if he eat, because he eateth not of faith. -- Romans 14:19-21,23

The Sixth Commandment of the Ten Commandments:

- 4 • Thou shalt not kill. -- Exodus 20:13
- 5 • Be not deceived; God is not mocked: for whatever a man soweth, that shall he also reap. -- Galatians 6:7
- 6 • Unto every one of you according to your works. -- Revelation 2:23
- 7 • Blessed are the peacemakers ... -- Matthew 5:9

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Is there an intelligent alternative to violence? There is. Shift to a completely vegetarian diet. *No-fishy-cock-and-bull*. It's healthy. It's non-violent. It makes sense. It's cool. It's wholesome. There's vegetable protein with a chewy texture. The protein in an animal carcass originally came from the protein of the plant kingdom on which the animals fed. Animal protein is secondhand, polluted with uric acid and decaying flesh. Get your protein firsthand, directly from plants. Fortified soy milk is available in various flavors.

All our nutritional needs are provided for from a wide variety of vegetables, beans, fruits, nuts and spices. With these ingredients, a tasty meal is much easier and less messy to prepare.

Moreover, the tongue is conditioned by habit. Its preferences can be trained to obey the mind. And we can rule the mind, with compassion for sentient creatures. In addition to peace and environmental conservation, reap the economic benefits of better health with reduced medical expenses, especially in later life.

Raise a new generation of peacemakers. Patronize vegetarian products. Send a big message to big business. Do your bit. Spread the good word. With goodwill for all. For the sake of peace.

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