

Just Think!

Eat Well

- We all have to eat good, nutritious food, giving adequate quantities of proteins, carbohydrates, minerals, fibre etc. We have to eat well and be healthy and happy. How much do we know about food? Just think.
- Human beings are the weakest and the most vulnerable species of animals on planet earth today. Animals do not drink mineral water or eat hygienically prepared food. Yet they do not fall sick as easily. Show me one man or woman who is in perfect health today. Millions are dying out of hunger and malnutrition today. And we make tall claims of scientific advancement!
- Everything we eat is not digested and assimilated. Body takes what it needs. Quantities and calculations are not the issue. What exactly we eat is the point.
- Our body must be strong and healthy. What about our minds? What we eat is digested and assimilated into our body, our brains included. Is it not natural, then, that what we eat shapes our thinking? We cannot be cruel in eating and kind and humane otherwise.
- Plants also have life. They have no nervous system, however, and they do not 'feel' any pain when cut. There surely far less cruelty involved. That is the whole point. Vegetarianism is all about cruelty, or the lack of it.

- Cows produce more milk than the calves need. And they feel relieved and happy if we extract the excess milk. There is no cruelty.
- Lions, Tigers, Panthers, all so called 'wild' animals, cause instantaneous and painless death for their prey. They do not torture. Why terrorize and torture animals? Is this necessary? Unavoidable? Just think.
- We rare animals, give them food, make them grow fat only to be cut and eaten up one day. What if you were treated the same way? Should we not treat others the way we wish ourselves to be treated?
- What is the big difference between eating other animals and eating human beings? We are also animals. The mind works more or less the same way, right?
- We must fight with equals. Or superiors. Fighting with the weak, meek, timid or helpless is a sign of cowardice. Why don't we kill and eat a tiger or a panther? Why only a helpless goat or a timid hen? Cowards!
- The goat climbs the steepest of the hills with ease. It eats only grass and leaves. We eat the goat and we struggle to walk up our home staircase! Elephants are vegetarians. Non-vegetarian food cannot be better.
- Growing grass, feeding it to animals and then eating them is far less economical than growing food directly.
- **“Living Graves of Murdered Beasts!”**, exclaimed Lord Bernard Shaw. Is that what you want to be? Just think.