

Our task must be to free ourselves ... by widening our circle of compassion to embrace all living creatures and the whole of nature and its beauty.

—Albert Einstein

Nothing will benefit human health and increase chances of survival for life on Earth as much as the evolution to a vegetarian diet.

—Albert Einstein

*I am in favor of animal rights
as well as human rights. That is
the way of a whole human being.*

—Abraham Lincoln

Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.

—Thomas Edison

**Truly man is the king of beasts,
for his brutality exceeds
theirs. We live by the death of
others: we are burial places! I
have from an early age abjured
the use of meat, and the time will
come when men such as I will
look on the murder of animals as
they now look on the murder of
men.**

—Leonardo da Vinci

For my part I rather wonder both by what accident and in what state of soul or mind the first man did so, touched his mouth to gore and brought his lips to the flesh of a dead creature, he who set forth tables of dead, stale bodies and ventured to call food and nourishment the parts that had a little before bellowed and cried, moved and lived.

—Plutarch

Life is life – whether in a cat, or dog or man. There is no difference there between a cat and a man. The idea of difference is a human conception for man's own advantage.

—Sri Aurobindo

There is no fundamental difference between man and the higher mammals in their mental faculties. ... The difference in mind between man and the higher animals, great as it is, certainly is one of degree and not of kind. The love for all living creatures is the most noble attribute of man. We have seen that the senses and intuitions, the various emotions and faculties, such as love, memory, attention and curiosity, imitation, reason, etc., of which man boasts, may be found in an incipient, or even sometimes a well-developed condition, in the lower animals.

—Charles Darwin

IF YOU HAVE MEN WHO
WILL EXCLUDE ANY OF GOD'S
CREATURES FROM THE
SHELTER OF COMPASSION
AND PITY, YOU WILL HAVE
MEN WHO WILL DEAL LIKE-
WISE WITH THEIR FELLOW
MEN.

—ST. FRANCIS OF ASSISI

Fill your mind with
compassion.

—Buddha

If slaughterhouses
had glass walls, the
whole world would
be vegetarian.

—Linda and Paul
McCartney

Meat is a wasteful use of water and creates a lot of greenhouse gases. It puts enormous pressure on the world's resources. A vegetarian diet is better.

—Sir Nicholas Stern

Think of the fierce energy
concentrated in an acorn!
You bury it in the ground,
and it explodes into an oak!
Bury a sheep, and nothing
happens but decay.

—George Bernard Shaw

One farmer says to me, "You cannot live on vegetable food solely, for it furnishes nothing to make the bones with;" and so he religiously devotes a part of his day to supplying himself with the raw material of bones; walking all the while he talks behind his oxen, which, with vegetable-made bones, jerk him and his lumbering plow along in spite of every obstacle.

—Henry David Thoreau

My situation is a solemn one. Life is offered to me on condition of eating beefsteaks. But death is better than cannibalism. My will contains directions for my funeral, which will be followed not by mourning coaches, but by oxen, sheep, flocks of poultry, and a small traveling aquarium of live fish, all wearing white scarfs in honor of the man who perished rather than eat his fellow creatures.

—George Bernard Shaw

Animals are my friends... and I don't eat my friends.

—George Bernard Shaw

We don't need to eat
anyone who would
run, swim, or fly away
if he could.

—James Cromwell

If you knew
how meat was made,
you'd probably
lose your lunch.

—k.d. lang

**Nothing more strongly arouses our
disgust than cannibalism, yet we
make the same impression on
Buddhists and vegetarians, for we
feed on babies, though not our
OWN.**

—Robert Louis Stevenson

The greatness of a nation and its moral progress can be judged by the way its animals are treated.

-Gandhi