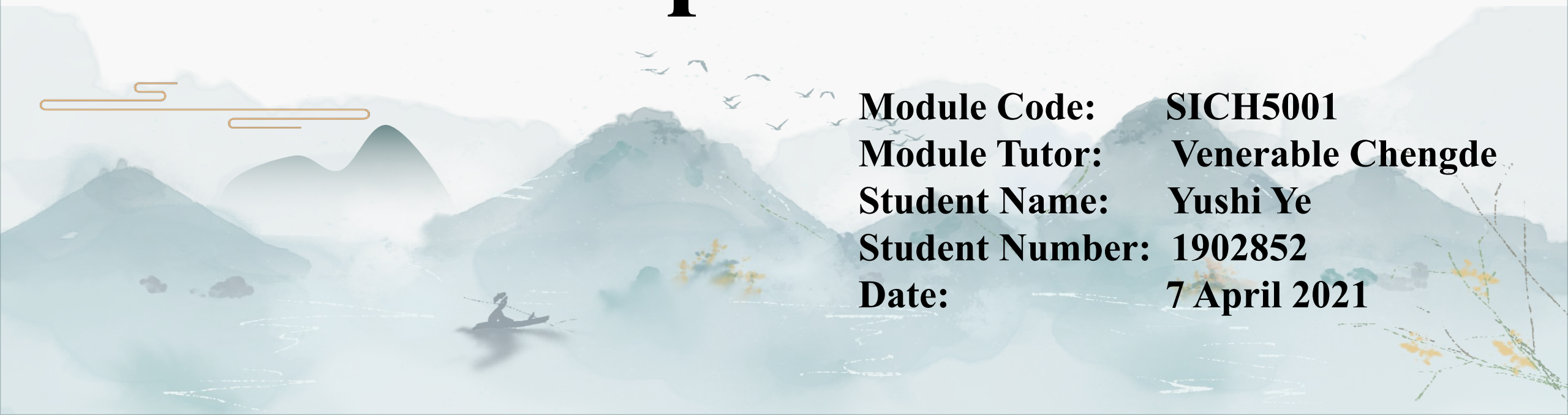




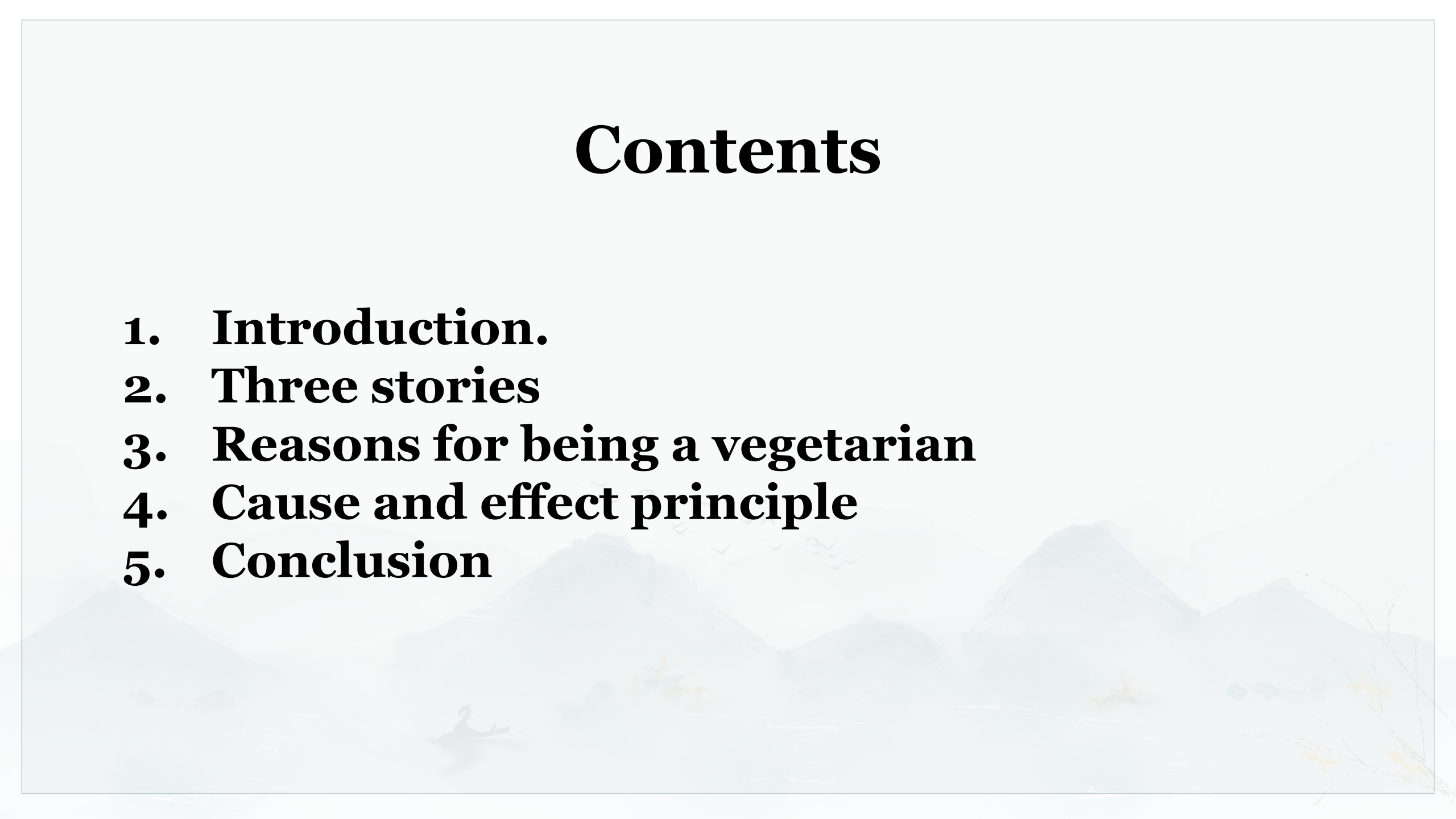
Abstain from Killing and Respect Life



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- 
- A faint, artistic background illustration of a mountain landscape. It features misty, layered mountains in shades of blue and grey. In the lower-left foreground, a small boat with a person is visible on a body of water. Some sparse, yellowish-brown foliage or reeds are scattered in the lower right area.



01

Introduction



- **2% of adults and children are vegetarian.**
- **This amounts to over 1,200,000 individuals of a UK population of 62,300,000.**

(*National Diet and Nutrition Survey, 2012.

** Office for National Statistics)



02

Three stories



1) First story



Rabbit

2) Second story



Fish

3) Third story



Deer

Being kind to animals' life (慈心於物).

——*Taishang ganying pian* 太上感應篇



mother's love



(picture from pexel)



03

Reasons for being a vegetarian





Why do people choose to be vegetarians?

- **Ethical reasons**
- **Health**
- **Environment**
- **Religious convictions.**

1) Ethical reasons

In the UK, over 2,000,000 land animals are slaughtered daily and almost 600,000 tonnes of fish are killed each year.



2) Health

- In the UK, 70% of pigs are reared intensively.
- Almost half of the fish are raised intensively on fish farms.



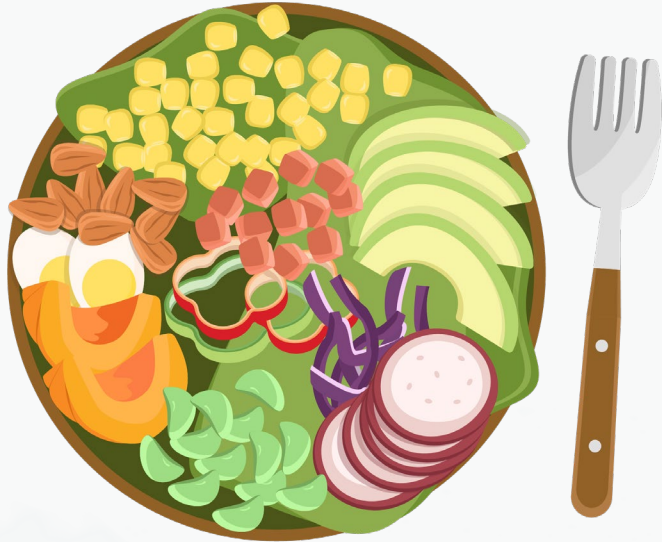


2) Health

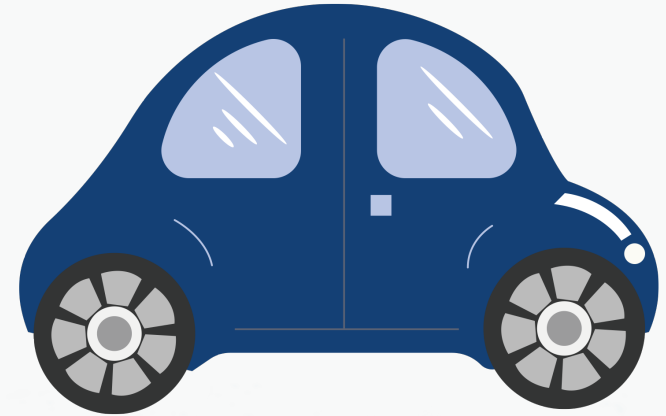
Vegetarian diet

- benefit certain disease
- healthful
- nutritionally adequate.

3) Environment



A vegetarian diet means 2.5 times less carbon emissions than meat diets.



If we eat vegetarian food for one year, we could save the same number of emissions as taking a small family car off the road for six months.



04

Cause and effect principle

4. Cause and effect principle

The Tripitaka says, if people can protect life from killing, even release animals and give food to them, they will be rewarded with longevity.

(大藏經曰：人不殺生，愛護物命，及放生施食，得長壽報。)





Dwight Eisenhower

(picture from commons.wikimedia.org)

Monkey





Killing the life of animals will eventually hurt us, and helping others is helping ourselves.





05

Conclusion

4. Conclusion



Protecting
Life

Longevity

Family
Happiness

4. Conclusion



Vegetarian
diet

Humanity

Environment

Health



Thank you for listening.

