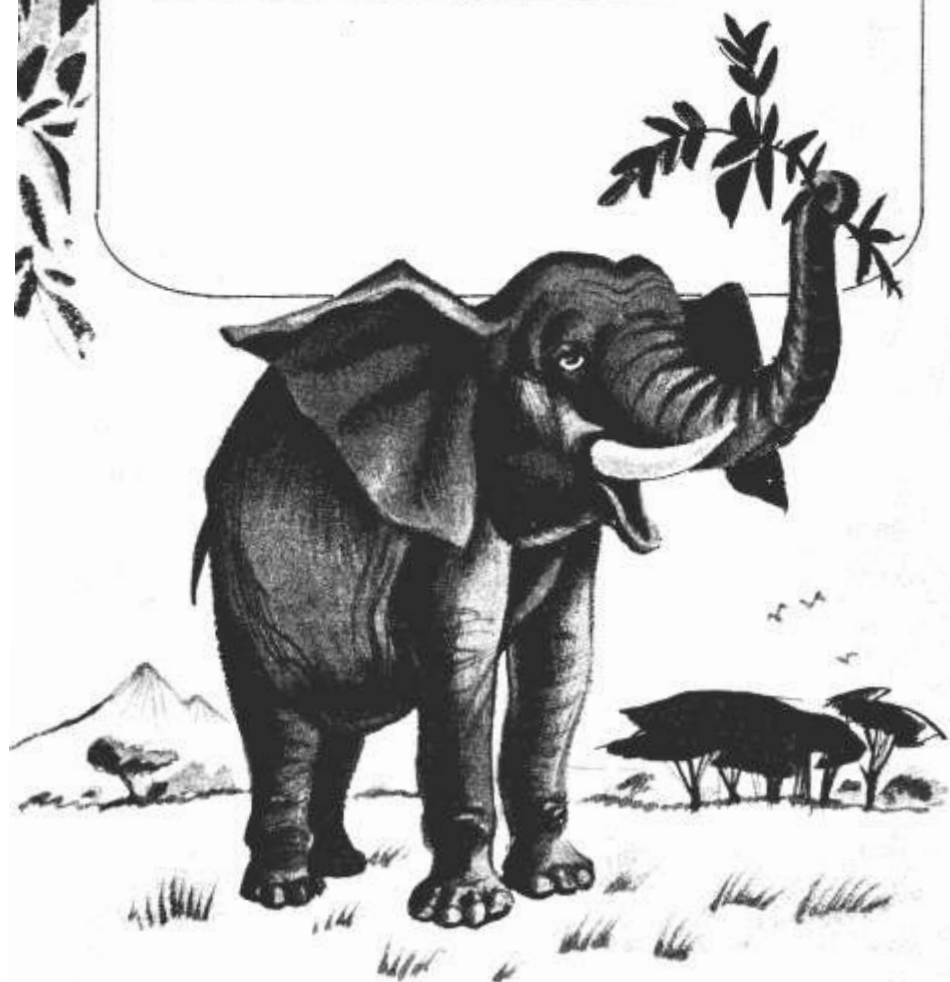


Why I am a
VEGETARIAN



Why I am a Vegetarian

Is Meat Necessary for Strength?

The old popular notion that meat is essential to strength is fast passing away. The most convincing argument against this erroneous opinion is found in the actual test on this question. Many persons have learned by experience that a well balanced vegetarian diet will maintain sound health and vigor. Almost whole nations are witnesses to the fact that a non-flesh diet will give health of body and mind. A large proportion of the world's population subsist on a meatless diet.

The strength of the lion and the ox is no argument for eating them in order to get strength. While they are both strong, but one is a flesh-eating animal. The gorilla is said to be a match for the lion; and though he may be able to kill strong, vicious animals, he does not eat them, but subsists on a vegetable diet. The horse, the hippopotamus, the camel, the reindeer, and the elephant are examples of strong non-flesh-eating animals.

Strip the question of all preconceived ideas and popular notions as to the superiority of meat for giving strength, and we come to its food value as shown in the laboratory and in actual performance. No scientific findings attribute to meat an unusual value for giving strength. The principal food value of meat is in its protein content,—a valuable food element, but not one that gives great strength. The fat of meat supplies heat, but the fat is not what gives meat its supposedly high food value. As a force producer, meat ranks only from one seventh to one fourth as high as grains and nuts.

It is a matter of frequent mention that tasks calling for muscular

strength and endurance are performed better by vegetarians than by persons eating flesh. We may point to the rice eating Hindu messengers who have been known to run sixty miles a day consecutively for weeks; to the Russian peasants who lived in normal times upon vegetables, black bread and milk, and worked sixteen and eighteen hours a day; to the Japanese soldiers living mostly on soy-beans and rice, who in the 2nd World War surprised the world by their dauntless courage and untiring energy in some of the toughest battles ever fought. Many scientific tests have been made which prove beyond doubt that meat is not a strength food as it is supposed to be. A few records of tests are given here:

(a) Running test

Race of 125 miles:

Entrants—thirty-two persons, of whom twelve were meat-eaters and twenty were vegetarians.

The race was won by a vegetarian eight hours ahead of the foremost meat eater. He had been a vegetarian for nine years, and ate two meals daily.

Only three meat-eaters finished in forty-five hours.

Ten vegetarians finished in forty-five hours.

(b) Holding the arms extended:

Meat eaters averaged 10 min.

Vegetarians averaged 49 min.

Longest time held by a meat-eater was 20 min.

Longest time held by a vegetarian was 200 min.

(c) Deep knee bending:

Meat-eaters averaged 383 times.

Vegetarians averaged 833 times.



The horse can perform hard work while subsisting wholly on a vegetarian diet.

A noted celebrity in the world of athletics was the vegetarian swimmer Murray Rose of Australia, world champion and winner in the Olympic games. His diet practices have become widely known. He has been a vegetarian since he was two years old. Not only does he swim fast but his ability to spurt ahead at the finish demonstrates that superior endurance accompanies a fleshless diet.



If there were a few instances only in which a vegetarian bill of fare thus shows itself efficient for strength, that would be enough to prove that the vegetarian dietary is an adequate one. The fact that in many instances of endurance tests, the vegetarian diet wins over the one of flesh, demonstrates that the vegetarian

diet can be relied upon for endurance.

The relative endurance possible on a flesh or a non-flesh dietary is not altogether a matter of relative nourishment. Not only does meat contain less nutrition than is found in the natural diet, but it contains certain fatigue poisons. All the activities of an animal involve tissue changes; and as a result of these, waste products are constantly present within the tissues, and are in the process of elimination.

When an animal is slaughtered, the eliminative processes cease, and the waste products, on their way to the kidneys for removal, are stayed in the blood streams with stopping of the heart and circulation. These body
(continued on page 6)



1st Period	2nd Period	3rd Period	4th Period																																												
<p>Original Diet — Fruits —</p>	<p>Meat Eating Prohibited Fruit And Vegetables</p>	<p>Flesh Food Allowed Fruits, Vegetables and Meat</p>	<p>Meat Eating Man</p>																																												
<p>"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." Gen. 1:29.</p> <p>"And the Lord God commanded the man, saying, Of every tree of the garden thou mayest freely eat." Gen. 2:16.</p>	<p>"Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also "the herb of the field." M.H. 296.</p> <p>"Cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field." Gen. 3:17, 18.</p>	<p>"Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things." Gen. 9:3.</p> <p>Why did the Lord allow man who lived after the flood to eat flesh?</p>	<p>"And had rained them to eat, and the corn of heaven." Gen. 8:12.</p> <p>"In choosing man the Lord showed his diet, in the choice He taught the same 311.</p> <p>"But they were not permitted to God's request failed to reach the set for them, and blessings that theirs."</p>																																												
	<p>"Before this time God had given man no permission to eat animal food; he intended that the race should subsist wholly upon the productions of the earth." P.P. 107.</p>	<p>1. "Not till after the flood, when every green thing on the earth had been destroyed, did man receive permission to eat flesh." M.H. 311.</p> <p>2. "After the flood meat-eating was allowed to shorten the life span of the human race. It was allowed because of the hardness of man's heart." Ms. Nov. 5, 1890.</p>	 <p>The journey of Israel, from Egypt to the land of Canaan, is typical of the last of the following questions:</p>																																												
<p>"In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food." M.H. 295, 296.</p> <p>By this God showed which is the best and appropriate food. The diet ordained by God had eternal life in it. Through last Adam and Eve lost their Paradise home.</p>	<p>Before the flesh food the average age of the first 10 generations was over 900 years.</p> <table border="1" data-bbox="335 1218 611 1461"> <thead> <tr> <th>Name:</th> <th>Age:</th> </tr> </thead> <tbody> <tr><td>Adam</td><td>930 years</td></tr> <tr><td>Seth</td><td>912 years</td></tr> <tr><td>Enos</td><td>905 years</td></tr> <tr><td>Canaan</td><td>910 years</td></tr> <tr><td>Mahalaieel</td><td>895 years</td></tr> <tr><td>Jared</td><td>962 years</td></tr> <tr><td>Enoch</td><td>365 years</td></tr> <tr><td>Methuselah</td><td>969 years</td></tr> <tr><td>Lamech</td><td>777 years</td></tr> <tr><td>Noah</td><td>950 years</td></tr> </tbody> </table> <p>9 Generations Their average age was 8210</p> <p>10 Generations Average Age 317 years</p>	Name:	Age:	Adam	930 years	Seth	912 years	Enos	905 years	Canaan	910 years	Mahalaieel	895 years	Jared	962 years	Enoch	365 years	Methuselah	969 years	Lamech	777 years	Noah	950 years	<p>By the eating of meat the life of man was shortened. The average age of the next 10 generations was a little over 300 years. Gen. 11:10-32.</p> <table border="1" data-bbox="633 1234 899 1477"> <thead> <tr> <th>Name:</th> <th>Age:</th> </tr> </thead> <tbody> <tr><td>Shem</td><td>600 years</td></tr> <tr><td>Arphaxad</td><td>438 years</td></tr> <tr><td>Salah</td><td>433 years</td></tr> <tr><td>Eber</td><td>464 years</td></tr> <tr><td>Peleg</td><td>239 years</td></tr> <tr><td>Reu</td><td>239 years</td></tr> <tr><td>Serug</td><td>230 years</td></tr> <tr><td>Nahor</td><td>148 years</td></tr> <tr><td>Terah</td><td>205 years</td></tr> <tr><td>Abraham</td><td>175 years</td></tr> </tbody> </table> <p>10 Generations Average Age 317 years</p>	Name:	Age:	Shem	600 years	Arphaxad	438 years	Salah	433 years	Eber	464 years	Peleg	239 years	Reu	239 years	Serug	230 years	Nahor	148 years	Terah	205 years	Abraham	175 years	<p>1. Under which of the Israelites remains 15:26.</p> <p>2. Who asked for What is the last 11:14; Rom. 7:7.</p> <p>3. Whom did Israel demand for meat? 4. What was the eating? Verses 38.</p> <p>5. What did Paul this experience? 6. What was shown when was the fulfilled 11:19.</p> <p>7. What objects the covenant? Heb 8. To which way the pot of manna 16:32-35.</p> <p>9. How many of them entered Canaan?</p>
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FOODS MEATEATING PROHIBITED

FOODS ALLOWED



1st Period	5th Period	6th Period	7th Period
<p>Prohibited</p> <p>down maana upon had given them of " Ps. 78:24.</p> <p>man's food in Eden, what was the best made for Israel the lesson." M.H.</p> <p>unwilling to sub-rements, and they standard He had to receive the might have been</p> <p>119.</p>  <p>of the people of to Canaan is Church. Study the</p> <p>condition could the healthy? Ex.</p> <p>meat and why? for meat? Num.</p> <p>el reject by their Num. 11:20.</p> <p>result of meat-34.</p> <p>say concerning Cor. 10:6, 11.</p> <p>wn to John and iment of it? Rev.</p> <p>re in the ark of 9:4.</p> <p>of living should remind us? Ex.</p> <p>the old Israelites Num. 14:29, 30.</p>	<p>Meat Eating Allowed Fruits, Vegetables and Meat</p> <p>"By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. They did not reach God's ideal of character or fulfill His purpose." M.H. 312. The way of disobedience in which Israel walked ended in the crucifixion of their Redeemer. Nevertheless we find in this period wonderful examples of faithfulness in health reform.</p> <p>1. ELIJAH the Reformer of Israel. His mode of life can be put in 3 steps.</p> <p>a. Bread, Meat and Water. 1 Kings 17:1-6.</p> <p>b. Bread, Oil and Water. 1 Kings 17:8-16.</p> <p>c. Bread and Water. 1 Kings 19:4-8.</p> <p>2. DANIEL and his friends. "Let them give us pulse to eat, and water to drink." Dan. 1:12.</p> <p>"In this history we hear the voice of God addressing us individually, bidding us gather up all precious rays of light upon the subject of Christian temperance, and place ourselves in right relation to the laws of health." C.T.B.H. 23.</p> <p>3. JOHN THE BAPTIST. "John separated himself from his friends, and from the luxuries of life, dwelling alone in the wilderness, and subsisting on a purely vegetable diet." C.T.B.H. 38.</p> <p>4. CHRIST. His way of life was prophested in Isa. 37:14, 15. "Adam fell by the indulgence of appetite; Christ overcame by the denial of appetite. And our only hope of regaining Eden is through firm self-control." C.T.B.H. 54.</p>	<p>Meat Eating Prohibited Fruits And Vegetables</p> <p>"The health reform is one branch of the great work which is to fit a people for the coming of the Lord.</p> <p>It is as closely connected with the third angel's message as the hand is with the body." C.T.B.H. 9.</p> <p>Our message is "Fear God, and give glory to Him" Rev. 14:7.</p> <p>"At the present condition of the world we dishonour God by meat eating. The remnant people of God should refuse to eat meat. Let those who believe the truth stand faithful to their standard." E.G.W. Bible Training School July 19, 1905</p> <p>"Again and again I have been shown that God is trying to lead us back, step by step, to His original design,—that man should subsist upon the natural products of the earth. I cannot think that in the practice of flesh-eating we are in harmony with the light which God has been pleased to give us." C.T.B.H. 119</p> <p>1. In what solemn time have we lived since 1844? Dan. 8:14; Rev. 14:6.</p> <p>2. What significance has the great day of atonement in heaven for us? 2 Cor 7:1; Rom. 12:1.</p> <p>3. What had the people of Israel to do on the great day of atonement? Lev. 23-26-28.</p>	<p>Original Diet Fruit</p> <p>"On this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed; it shall bring forth new fruit according to his months." Isa. 47:12.</p> <p>"And they shall plant vineyards, and eat the fruit of them." Isa. 65:2L</p>  <p>"Transported with joy, he beholds the trees that were once his delight,—the very trees whose fruit he himself had gathered in the days of his innocence and joy. He sees the vines that his own hands have trained, the very flowers that he once loved to care for." G.C. 648.</p> <p>Who will eat from the tree of life?</p> <p>"To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God." Rev. 2:7.</p>

ENTRY INTO CANAAN

THE TWO FOODS FROM ALL CHURCHES - 1844

ENTRY INTO THE HEAVENLY CANAAN

wastes, still poisonous, are sold and eaten as so much "juicy" steaks, pork chops, lamb cutlets, and other forms of meat.

Another factor in the increase of toxic substances in the body under a flesh diet is the over amount of protein eaten. Over-eating of the best of food is harmful. Provision is not made for storing an excess amount of protein.

Food experts tell us that the ratio of the tissue-building and repair protein element should be one to ten of the fuel and energy carbohydrate food elements. This ratio is maintained in the average balanced natural dietary. The addition of flesh food means an over amount of protein and a factor of overwork for the kidneys.

The question of what we should eat ought not to be based upon fad or fancy; it is too important a matter for experimentation or to be dealt with uncertainty. No guesswork should enter into its consideration, and no unsound theories should influence decisions in reference to it; for food is a most essential factor in health and disease. Our very blood is made from the food we eat, and the blood is the life. An impoverished diet will give an inferior quality of blood. The body is dependent upon food for its sustenance, for the body does not produce strength, energy, and life of itself.

Because of the part that food plays in the development and maintenance of the body and its functions, the question of diet is deserving of most thoughtful and conscientious study. A desire to eat only that which is best for the body brings us to the study of vegetarianism. There have been marked changes in opinions on this subject within the last century. Especially within the past 50 years or so has science

turned to careful investigation of nutrition and food values. Vegetarianism has been subjected to this study and to most severe tests. The two world wars forced nations to carry through large scale food conservation programs with the shortage of animal proteins and fats, the knowledge of nutrition was called into service to find substitute foods. The result of their findings not only saved millions from disease and starvation, but developed some of the most striking and convincing arguments in favor of vegetarianism. Many eminent authorities have been forced to acknowledge not only that the vegetarian diet is adequate for human nutrition, but that it has definite advantages over the flesh diet.

The Diet That God Gave

The first authority as to man's diet is found in the original provision covering his dietary, by Him who made man and knows best his needs. "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.

We may safely take for granted that this original diet is ample, at least under normal conditions. While it was given in Eden before man's moral fall, there is no reason to believe that from a physiological standpoint, any greater modification is required than was afterwards made by God. Later the herbs of the field were given to man for food; and when, after the Flood all vegetation was destroyed, permission was given him to eat the flesh of certain animals. There is no biblical ground for supposing that man's physiology has undergone any change that makes necessary, on the basis of actual natural needs, the use of flesh as food. Whatever Bible toleration or authority there may be for eating flesh



All the elements of nutrition are contained in fruits, grains, nuts and vegetables.

is evidently not for the purpose of encouraging the use of such as a regular article of diet. Although the Israelites upon their settlement in the land of Canaan were permitted the use of animal food, it was under careful restrictions which tended to lessen the evil results. Swine's flesh was prohibited as also that of other animals, birds, and fish whose flesh was pronounced unclean. Of the meats that were permitted the eating of the fat and blood was strictly forbidden. To comply fully with the instructions covering its use would mean that no meat could be eaten unless the blood had been carefully drained from the animal, and all fat removed. Meat treated in this way has little flavor appeal left.

Man Not Built For Meat Eating

What may be regarded as quite positive evidence as to the natural diet of man is seen in his anatomical and digestive functions. Man holds a distinctive position, based upon the classification made by science, which ranks the higher animals according to their dietetic habits.

The herbivorous animals eat herbs and grass; the frugivorous, fruits, grains, and nuts; the carnivorous, flesh; and the omnivorous eat all these foods. An animal's scientific classification is made according

to its eating habits. Here science finds the most positive identification.

Animals that eat flesh have long, sharp, pointed canine teeth for tearing their food apart. These set considerably apart from the other teeth. The molars are saw-shaped. Man's teeth are practically of even length, and set in a complete dental arch, with no space between them. In number, form, and general arrangement, they are almost identical with the teeth of frugivorous animals. Man's teeth are distinctly different from the teeth of other classes of animals, and especially of the carnivorous.

In the carnivorous animals, the alimentary canal, or food tube, is short, only three times the length of the body from the tip of the nose to the end of the backbone. In the frugivorous, it is twelve times the length of the body.

If these characteristic features mean anything, we see that man is not fitted for eating flesh. Though he has, in times of scarcity of vegetable food, eaten meat, and while some races have even subsisted largely on it, there is no indication of any change in man's anatomy to adapt it to animal diet. From the natural formation of man, we may definitely understand that he is suited to a vegetable diet.

SOYBEAN - The Wonder Food of the World



In addition to adding nitrogen to the soil like other legume plants, soybeans are rich in protein, are sometimes used as a meat substitute.

The soybean is rapidly coming to the front as a human food in the United States as well as in other countries. There are good reasons for this. It has been the chief source of protein for Oriental peoples for millenniums. It is called the "meat without bones."

The soybean is an abundant source of protein,—the richest of all foods except dried egg white.

One ounce of soybeans contains 28.4 grams of protein.

Beef is 14.5 per cent protein while the soybean is 42.8 per cent protein.

There is an infinite variety in the ways soybeans may be utilized for food and in cooking. They may be served as vegetable or in the form of flour, soy oil margarine, soy sauce, soy cheese, or soybean vegetable milk.

Caution

When selecting soy products check to make sure they are not GMO tampered. Read labels, and look for organic.

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