**Vegetarianism**

**Snapping at vegetarians: A botany professor has accused vegetarians of being cruel to plants when they devour a bowl of salad or slice a juicy tomato. “If you cut a lettuce you are being awfully cruel,” professor Malcolm Wilkins of Glasgow University said in a speech on plant sensitivity to a British science conference. “But students tell me they are vegetarians because they don’t like animals being killed,” Wilkins said. “I say to them ‘You are perfectly happy to slice up a tomato or cucumber. Where is your logic?’” *(Rocky Mountain News, September 12, 1994)***

**When people hear I’m a vegetarian, they always assume I’m into other kinds of activism. “Oh, you’re a vegetarian. Do you care about the environment?” No, I eat the environment. It’s made of vegetables. *(Myq Kaplan, in Reader’s Digest)***

**Bad week for: Sticking to the diet, after a British survey found that 37 percent of vegetarians admit to eating meat when they get drunk. Kabobs, burgers, and bacon were on the list of forbidden foods guiltily devoured after a pub crawl. *(The Week magazine, October 23, 2015)***

**Americans will eat 224 pounds of red meat and poultry per person this year, including 58 pounds of beef, according to USDA projections. Plant-based meat substitutes currently account for less than 3 percent of the nation's packaged meat sales, and only about 5 percent of Americans identify as vegetarians. *(The Washington Post, as it appeared in The Week magazine, May 28, 2021)***

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**Billy: “Do vegetarians eat animal crackers?” *(Bil Keane, in The Family Circus comic strip)***

**If God did not intend for us to eat animals, then why did he make them out of meat? *(John Cleese)***

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**Next time someone tells you to eat your veggies, you might want to consider this: Ancient Egyptians considered arugula to be an aphrodisiac, and the early Chinese recommended asparagus for the same purpose. *(Samantha Weaver, in Tidbits)***

**One woman in our tour group was a strict vegetarian. When she talked about her cat, though, she admitted that she fed her pampered pet expensive canned meats. “Why is it all right for your cat to eat meat if it isn’t for you?” I finally asked her. “My cat and I don’t have the same beliefs,” she replied. *(Dora Giggy, in Reader’s Digest)***

**Good week for: Going vegan, after former President Bill Clinton – who developed heart disease after a lifelong fondness for cheeseburgers and other fatty foods – revealed that he lost 24 pounds when he switched to a non-dairy, non-meat diet. *(The Week magazine, October 8, 2010)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Leonardo da Vinci morally objected to eating meat and was a vegetarian. *(Don Voorhees, in The Super Book of Useless Information, p. 222)***

**Leonardo da Vinci was a vegetarian for humanitarian reasons -- a very uncommon practice at the time. *(Charlotte Lowe, in Fact-O-Pedia, p. 66)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Evolution of a vegetarian: Whole species of carnivorous dinosaurs gradually gave up meat and evolved into dedicated vegetarians. Paleontologists have found evidence of this startling dietary change in the skeleton of a previously unknown species that was halfway through this transition. The Falcarius utahensis, a distant relative of the fierce Velociraptor, has the beginnings of features associated with eating plants. Its teeth are not the knifelike, serrated teeth of a typical predator, but smaller and adapted for shredding greenery. "I doubt this animal could have cut a steak," researcher Dr. James Kirkland tells The New York Times. It also has an expanded gut suitable for digesting fermenting plants; thicker legs than the slender runners' legs needed by fleet-footed predators; and a longer neck, to reach for leaves in tall trees. Scientists aren't sure what prompted Falcarius utahensis to go vegetarian, but note that the change coincided with the arrival of a profusion of flowering plants, which provided tempting new foods. The new fossils are "an amazing documentation of a major dietary shift," says Dr. Scott Sampson of the Museum of Natural History at the University of Utah. "Falcarius represents evolution caught in the act." *(The Week magazine, May 20, 2005)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Famous vegetarians: Albert Einstein, Plato, Henry David Thoreau, Sir Isaac Newton, and Thomas Edison. *(Richard Zimmerman, in What Can I Do to Make a Difference)***

**Seven Famous Vegetarians: Ben Franklin, Leonardo, Steven Jobs, Wagner, Pythagoras, Dr. Henry Heimlich (Heimlich maneuver, and Plato. *(***[***www.ivu.org***](http://www.ivu.org/)***)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**Child: “Hey, what’s this stuff, Mom?” Mom: “I’ve decided we can eat less meat and go vegetarian one night a week.” Child: “Aww, Mom. If God didn’t want us to eat meat, he wouldn’t’ve given us incisors. And if he meant for us to eat tofu he wouldn’t’ve given us a gag reflex.” *(Rick Stromoski, in Soup to Nutz comic strip)***

**Sylvester Graham, a vegetarian who lectured on healthy diets, created graham crackers. *(Russ Edwards & Jack Kreismer, in The Bathroom Trivia Digest, p. 103)***

**Girl: “So I thought, why kill animals if I don’t have to? That’s when I became a vegetarian.” Boy: “I guess I’m kind of halfway to being a vegetarian?” Girl: “How can you be halfway vegetarian?” Boy: “Well, the animals I eat are vegetarians.” *(Mark Pett, in Lucky Cow comic strip)***

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**I did not become a vegetarian for my health. I did it for the health of the chickens. *(Isaac Bashevis Singer)***

**Vegans have healthy bones: Nutritionists have warned that a diet devoid of dairy products can lead to the bone-thinning disease osteoporosis. But a new study of vegans -- people who eat only raw, plant-derived foods -- suggests that those worries may be misplaced. Researchers at Washington University in St. Louis studied 18 people who had been strict raw-food vegetarians for several years, and found no signs of osteoporosis. Their bones were thin, but probably because they were slender, study chief Dr. Luigi Fontana tells Reuters. Because they avoid dairy products, vegans would also be expected to have low vitamin D levels. Instead, the study found that the subjects' vitamin D levels were "markedly higher" than average. The vegans also had low levels of an inflammatory molecule linked to heart disease, diabetes, and other chronic illnesses, as well as lower levels of a growth factor linked to breast and prostate cancers. *(The Week magazine, April 15, 2005)***

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**Adolf Hitler, the leader of the Germans during the 1930s and World War II, is said to have never eaten meat. *(The Diagram Group, in Funky, Freaky Facts, p. 172)***

**Apple Computer founder Steve Jobs is a vegetarian who named the firm for his favorite fruit. After high school, he worked in an apple orchard. And when he dropped out after one semester of college, he experimented with an all-apple diet, believing it might eliminate the need for him to bathe. It didn’t. *(Matthew Jacob and Mark Jacob, in What the Great Ate, as it appeared in The Week magazine, September 3-10, 2010)***

**John Harvey Kellogg was an American medical doctor in Battle Creek, Michigan. He ran a sanitarium using holistic methods and paid particular attention to nutrition, enemas, and exercise. Kellogg was an advocate of vegetarianism and is best known for the invention of the corn flakes breakfast cereal with his brother, Will Keith Kellogg. The cereal was originally invented for a patient with bad teeth. (Charlotte Lowe, in Fact-O-Pedia, p. 140)**

**Largest animals in the world that survive mainly on fruit are the orangutans. Make that “try to survive.” They’re dreadfully endangered. *(L. M. Boyd)***

**My girlfriend is a vegetarian. She said that I’m not a real animal lover, because I eat meat, and that if I really loved animals, I would only eat lettuce, vegetables, and grains. I said, “If you really loved animals, you’d stop eating all their food.” (Dustin Chafin, comedian, in Reader’s Digest)**

**If modern civilized man had to kill the animals he ate, the number of vegetarians would rise astronomically. *(Christian Morganstern, philosopher)***

**A manatee is a sea cow and cows don’t eat meat. It’s the only sea mammal that doesn’t. *(L. M. Boyd)***

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**Consumption of meat in the U.S. dropped 12.2 percent over the past five years, according to the federal Department of Agriculture. Rising costs are one reason, but consumers are also eating more meat-free meals for health and environmental reasons. *(The New York Times, as it appeared in The Week magazine, January 27, 2012)***

**Husband to wife, at dinner table: “I would probably like this meatless meat loaf better if I had tasteless taste buds. *(Bo Brown, in The American Legion magazine)***

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**Fred McFeely Rogers, aka Mister Rogers, was an ordained Presbyterian minister. He was also a vegetarian. *(Don Voorhees, in The Perfectly Useless Book of Useless Information, p. 115)***

**Male mosquitoes are vegetarians. Only females bite. *(Kids' Pages)***

**Woman: “So, you're a vegetarian?” Man: “Yup.” Woman: “No turkey on Thanksgiving?” Man: “Right.” Woman: “So what are you thankful for?” Man: “Thankful, I'm not a turkey.” (Lennie Peterson, in Big Picture comic strip)**

**Grocer store worker says to customer who is viewing the fake tombstones that were put atop each package of meat: “Oh, geez, sorry about that, ma’am. Some nutty vegetarian has been putting those up to make people feel guilty about eating meat.” (John McPherson, in Close To Home comic strip)**

**Vegetarian is an old Indian word meaning “lousy hunter.” (The PassTime Paper)**

**Good week for: Vegetarian pork sausage, after researchers in the Netherlands created meat in a laboratory for the first time, using extracted cells from a live pig. “If meat is no longer a piece of a dead animal,” said a PETA spokesman, “there’s no ethical objection.” *(The Week magazine, December 11, 2009)***

**Veganism may count as a religion, a federal court has ruled. Sakile Chenzira, a strict vegan, was fired from her job at a Cincinnati hospital because she refused a flu shot that’s produced using chicken eggs. A court ruled that her discrimination lawsuit may proceed, since her veganism has “a sincerity equating that of traditional religious views.” *(The Week magazine, February 8, 2013)***

**All of the old Romans were vegetarians until the Caesars took power. *(L. M. Boyd)***

Only in America: A New Jersey appeals court this week ruled that a group of vegetarian Hindus, who were inadvertently served samosas containing meat at a Moghul Express, can sue the restaurant for the cost of flying to India to purify their souls in the Ganges River for 30 days. “If you follow the scriptures, it’s definitely a huge cost,” said Mehul Thakkar of the Yogi Divine Society. *(The Week magazine, August 5, 2011)*

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**The odd thing about being a vegetarian is, not that the things that happen to other people don’t happen to me – they all do – but that they happen differently: pain is different, pleasure different, fever different, cold different, even love different. (George Bernard Shaw)**

**Though George Bernard Shaw was a vegetarian, he once turned down an invitation to a vegetarian luncheon with this reply: “The thought of 2,000 people munching celery at the same time horrifies me.” (Bits & Pieces)**

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**If we're not supposed to eat animals, how come they're made out of meat? (Tom Snyder)**

**The waiter appears wearing the head of a steer and says to the couple: “May I strongly suggest the vegetarian special?” *(J. C. Duffy, in The Fusco Brothers comic strip)***

**Spiders are notorious predators, feasting on other insects caught in their webs. But one new species of a spider is a vegetarian – the first in 40,000 species identified thus far. Bagheera kiplingi, a jumping spider, lives in Costa Rica and thrives almost exclusively on the protein-rich tips of certain acacia plants. “These species may be the ‘Gandhis’ of the spider world,” Christopher Meehan, who confirmed the unusual diet, tells New Scientist. In an ecosystem swarming with spiders and short on prey, it makes sense that B. kiplingi switched to a food source that is abundant year-round. Meehan calls the spider “a fascinating snapshot into the evolution of a social creature as it transitions from hunter to gatherer.” But the spider’s life isn’t simple. Its food source is zealously guarded by ants, requiring the spider to watch, wait, and nab while the nabbing is good. Scientists who study spiders say it’s like finding a tiger that grazes on grass. “It is utterly surreal,” Meehan says, “to see a spider use such effective hunting strategies to hunt a plant.” *(The Week magazine, October 30, 2009)***

**I was a vegetarian until I started leaning toward the sunlight. *(Rita Rudner, in Reader’s Digest)***

**Animal trainers contend meat eaters are more easily tamed than vegetarians. *(L. M. Boyd)***

**People choose to become vegetarians for various reasons – to eat a more healthful diet, and to refuse to participate in the killing of animals. But for many teenagers, a new study suggests, swearing off meat might actually be motivated by an eating disorder. A University of Minnesota study of 2,500 teens found that about 25 percent of the kids who say they’re vegetarians engage in bulimia – fringe-eating and vomiting – or extreme weight-loss strategies such as gobbling diet pills and laxatives. That’s more than twice the rate of eating disorders found among meat-eating kids. Some teens who tell their parents that they want to abstain from eating animals, the study says, may be using vegetarianism as a ploy to justify eating less and losing lots of weight. Researchers say there’s nothing unhealthful about a vegetarian diet that includes appropriate amounts of calories, protein, iron, and other key nutrients. “Parents should talk to their child about the motivations for embarking on a vegetarian diet,” Dr. Ramona Robinson-O’Brien tells MSNBC.com. If thinness is the real goal, she says, it may be time for a professional psychological intervention. *(The Week magazine, April 24, 2009)***

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**Woman: “So, you're a vegetarian?” Man: “Yup.” Woman: “No turkey on Thanksgiving?” Man: “Right.” Woman: “So what are you thankful for?” Man: “Thankful, I'm not a turkey.” (Lennie Peterson, in Big Picture comic strip)**

**Billy: “I know what turkeys are thankful for today. Vegetarians!” (Bil Keane, in The Family Circus comic strip)**

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**Vegetarians know that the oldest living animal – the giant turtle – eats no meat. (Boyd’s Curiosity Shop, p. 169)**

**SOY BEAN TOWN: 3 Vodka, the only vodka distilled from soy, is rolling out in Denver. Gluten-free, zero carbs, it's the only spirit to be endorsed by the American Vegetarian Association. (Rocky Mountain News, March 23, 2005)**

**The composer Richard Wagner, a vegetarian, once published a diatribe against “the abominable practice of flesh eating.” *(Noel Botham, in The World’s Greatest Book of Useless Information, p. 13)***

**Women who are vegetarians may be more likely to give birth to baby girls than boys. *(Noel Botham, in The World’s Greatest Book of Useless Information, p. 105)***

**We got the word “vegetarian” in 1847, from an outfit that had to coin the word to name itself – the British Vegetarian Society. (L. M. Boyd)**

**Why was writer Isaac Bashevis Singer a vegetarian? “Out of consideration for the chicken.” *(Bob Fenster, in They Did What!?, p. 153)***

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