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Perhaps in the back of our minds we already understand, without all the science I've discussed, that something terribly wrong is happening. Our sustenance now comes from misery. We know that if someone offers to show us a film on how our meat is produced, it will be a horror film. We perhaps know more than we care to admit, keeping it down in the dark places of our memory—disavowed. When we eat factory-farmed meat we live, literally, on tortured flesh. Increasingly, that tortured flesh is becoming our own.

Jonathan Safran Foer

As long as Man continues to be the ruthless destroyer of other living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.

Pythagoras

I choose not to make a graveyard of my body for the rotting corpses of dead animals.

George Bernard Shaw

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

Albert Einstein

Some people think the plant-based, whole-foods diet is extreme. Half a million people a year will have their chests opened up and a vein taken from their leg and sewn onto their coronary artery. Some people would call that extreme.

Dr. Caldwell Esselstyn

The time will come when men such as I will look upon the murder of animals as they now look upon the murder of men.

Leonardo Da Vinci

You can judge a man's true character by the way he treats his fellow animals.

Paul McCartney

Every child starts out loving animals, identifying with them. But early on, adults start sending them contradictory messages. They'll give a kid a stuffed animal to hug and love and sleep with. But at the same time, they're serving them animals for dinner every night. It's crazy, if you think about it. But when you're young, you just accept what grown-ups tell you as the truth.

River Phoenix

The most ethical diet just so happens to be the most environmentally sound diet and just so happens to be the healthiest.

Dr. Michael Greger

Don't wait for a better world. Start now to create a world of harmony and peace. It is up to you, and it always has been. You may even find the solution at the end of your fork.

Sharon Gannon

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

Since becoming vegan, I have come to realize this: the wider you open your eyes, the darker the world becomes. No matter how hard you try, you can never close them tight enough. The truth sears an everlasting image of the suffering into your retina. From then on, you'll eternally understand that ignoring the pain of others is truly the cruelest action we can do as conscious beings. Inaction is the plague of the world.

Bianca Nicole Valle

To be a vegetarian is to disagree—to disagree with the course of things today... starvation, cruelty—we must make a statement against these things. Vegetarianism is my statement. And I think it's a strong one.

Isaac Bashevis Singer

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

Linda McCartney

By eating meat we share the responsibility of climate change, the destruction of our forests, and the poisoning of our air and water. The simple act of becoming a vegetarian will make a difference in the health of our planet.

Thích Nhất Hạnh

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

George Bernard Shaw

We torture and kill two billion sentient living beings every week. 10,000 entire species are wiped out every year because of the actions of one, and we are now facing the sixth mass extinction in cosmological history. If any other organism did this, a biologist would consider them a virus.

Philip Wollen

It is just like man's vanity and impertinence to call an animal dumb because it is dumb to his dull perceptions.

Mark Twain

We know we cannot be kind to animals until we stop exploiting them—exploiting animals in the name of science, exploiting animals in the name of sport, exploiting animals in the name of fashion, and yes, exploiting animals in the name of food.

César Chávez

We must fight against the spirit of unconscious cruelty with which we treat the animals. Animals suffer as much as we do. True humanity does not allow us to impose such sufferings on them. It is our duty to make the whole world recognize it. Until we extend our circle of compassion to all living things, humanity will not find peace.

Albert Schweitzer

If a rabbit defined intelligence the way man does, then the most intelligent animal would be a rabbit, followed by the animal most willing to obey the commands of a rabbit.

Robert Brault

Empathy, he once had decided, must be limited to herbivores or anyhow omnivores who could depart from a meat diet. Because, ultimately, the empathic gift blurred the boundaries between hunter and victim, between the successful and the defeated.

Philip K. Dick

I remember looking at the fear in her eyes. How could someone be so cruel? I thought as the hens cried. When will people realize, that other animals have just as much the right as we do.

Zoe Rosenberg

We patronize them for their incompleteness, for their tragic fate for having taken form so far below ourselves. And therein do we err. For the animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with the extension of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren, they are not underlings: they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendour and travail of the earth.

Henry Beston

Veganism denotes a philosophy and way of living which seeks to exclude—as far as is possible and practicable—all forms of exploitation of, and cruelty to, animals for food, clothing, or any other purpose; and by extension, promotes the development and use of animal-free alternatives for the benefit of humans, animals, and the environment.

The Vegan Society

I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as savage tribes have left off eating each other when they came in contact with the more civilized.

Henry David Thoreau

A human being is a part of the whole, called by us the “Universe,” a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.

Albert Einstein

Thousands of people who say they “love” animals sit down once or twice a day to enjoy the flesh of creatures who have been utterly deprived of everything that could make their lives worth living and who endured the awful suffering and the terror of the abattoirs—and the journey to get there—before finally leaving their miserable world, only too often after a painful death.

Jane Goodall

Just how destructive does a culinary preference have to be before we decide to eat something else? If contributing to the suffering of billions of animals that live miserable lives and (quite often) die in horrific ways isn’t motivating, what would be? If being the number one contributor to the most serious threat facing the planet (global warming) isn’t enough, what is? And if you are tempted to put off these questions of conscience, to say not now, then when?

Jonathan Safran Foer

You humans drink our milk and eat the eggs of the chickens and the ducks. Isn't that enough for you? Isn't it enough that we give you our children and what's meant for our children? And if not, when is it enough? All you humans do is take, take, take from the earth and its beautiful creatures, and what do you give back? Nothing. I know humans consider it a grave insult to be called an animal. Well, I would never give a human the fine distinction of being called an animal, because an animal may kill to live but an animal never lives to kill. Humans have to earn the right to be called animals again.

David Duchovny

Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.

Martin Luther King Jr.

You either approve of violence or you don't, and nothing on earth is more violent or extreme than the meat industry.

Morrissey

Being vegetarian here also means that we do not consume dairy and egg products, because they are products of the meat industry. If we stop consuming, they will stop producing. Only collective awakening can create enough determination for action.

Thích Nhất Hạnh

One should not kill a living being, nor cause it to be killed, nor should one incite another to kill. Do not injure any being, either strong or weak, in the world.

Gautama Buddha

My refusing to eat flesh occasioned an inconvenience, and I was frequently chided for my singularity, but, with this lighter repast, I made the greater progress, for greater clearness of head and quicker comprehension. Flesh eating is unprovoked murder.

Benjamin Franklin

The human body has no more need for cows' milk than it does for dogs' milk, horses' milk, or giraffes' milk.

Dr. Michael Klaper

Animals are innocent casualties of the world view that asserts that some lives are more valuable than others, that the powerful are entitled to exploit the powerless, and that the weak must be sacrificed for the greater good.

Steven Simmons

Of the animals I saw, I could write volumes. All were wild; for the Great Race's mechanised culture had long since done away with domestic beasts, while food was wholly vegetable or synthetic.

H.P. Lovecraft

It was all so very businesslike that one watched it fascinated. It was pork-making by machinery, pork-making by applied mathematics. And yet somehow the most matter-of-fact person could not help thinking of the hogs; they were so innocent, they came so very trustingly; and they were so very human in their protests—and so perfectly within their rights! They had done nothing to deserve it; and it was adding insult to injury, as the thing was done here, swinging them up in this cold-blooded, impersonal way, without pretence at apology, without the homage of a tear.

Upton Sinclair

In all the round world of Utopia there is no meat. There used to be. But now we cannot stand the thought of slaughter-houses. And, in a population that is all educated, and at about the same level of physical refinement, it is practically impossible to find anyone who will hew a dead ox or pig. We never settled the hygienic question of meat-eating at all. This other aspect decided us. I can still remember, as a boy, the rejoicings over the closing of the last slaughter-house.

H.G. Wells

The symbolism of meat-eating is never neutral. To himself, the meat-eater seems to be eating life. To the vegetarian, he seems to be eating death. There is a kind of gestalt-shift between the two positions which makes it hard to change, and hard to raise questions on the matter at all without becoming embattled.

Mary Midgley

People said things to me like “They’re just animals. They’re here for our use.” I had a visceral reaction to that phrase, maybe because I was told countless times during my growing-up years that I was “just like an animal.” I had suffered much of my life because I was considered less than human. Animals were suffering because they were less than human. And it seemed to me that human didn’t have much to be proud of, if they treated other living things with such blind cruelty.

Elizabeth Kim

In fact, if one person is unkind to an animal it is considered to be cruelty, but where a lot of people are unkind to animals, especially in the name of commerce, the cruelty is condoned and, once large sums of money are at stake, will be defended to the last by otherwise intelligent people.

Ruth Harrison

The good news is that our bodies thrive on a conscious plant-based diet, and that this diet is infinitely more compassionate to animals and people and more environmentally sustainable than eating animal foods.

Will Tuttle

My view is that what morality boils down to is, “Don’t harm, and do help.” And now the question is, “Can creatures like chickens and cows be harmed?” And the answer is, “Of course they can.” Consequently, I think it’s immoral to harm them. And that seems to me to provide a very strong moral reason to be vegetarian, to not wear leather... it seems to me that our treatment of animals is morally appalling... and that we ought to radically revise the way we live, precisely because they feel pain, they can be hurt, and we’re constantly hurting these creatures!

Shelly Kagan

Whenever people say “We mustn’t be sentimental” you can take it they are about to do something cruel. And if they add “We must be realistic” they mean they are going to make money out of it.

Brigid Brophy

Deep inside, everyone’s a vegetarian. I just eat a few less animals than most. Once you come to terms with why you don’t eat cats, dogs, monkeys, and dolphins, you will begin to understand why I don’t eat cows, pigs, chickens, and lambs.

Edward Sanchez

A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral.

Leo Tolstoy

The Gods created certain kinds of beings to replenish our bodies; they are the trees and the plants and the seeds.

Plato

Personal purity isn't really the issue. Not supporting animal abuse—and persuading others not to support it—is.

Peter Singer

True human goodness, in all its purity and freedom, can come to the fore only when its recipient has no power. Mankind's true moral test, its fundamental test (which is deeply buried from view), consists of its attitude towards those who are at its mercy: animals. And in this respect mankind has suffered a fundamental debacle, a debacle so fundamental that all others stem from it.

Milan Kundera

So far from vegetarianism springing from the anthropomorphism of predominantly urban dwellers, as has been suggested by its more superficial critics, it and its inevitable successor veganism are increasingly being recognised as a logical, even inescapable, process, essentially relevant, essentially practical, essentially compassionate to all species.

Jon Wynne-Tyson

If the use of animal food be, in consequence, subversive to the peace of human society, how unwarrantable is the injustice and the barbarity which is exercised toward these miserable victims. They are called into existence by human artifice that they may drag out a short and miserable existence of slavery and disease, that their bodies may be mutilated, their social feelings outraged. It were much better that a sentient being should never have existed, than that it should have existed only to endure unmitigated misery.

Percy Bysshe Shelley

Until we have the courage to recognize cruelty for what it is—whether its victim is human or animal—we cannot expect things to be much better in this world. We cannot have peace among men whose hearts delight in killing any living creature. By every act that glorifies or even tolerates such moronic delight in killing, we set back the progress of humanity.

Rachel Carson

If man is not to stifle human feelings, he must practice kindness towards animals, for he who is cruel to animals becomes hard also in his dealings with men. We can judge the heart of a man by his treatment of animals.

Immanuel Kant

It is more important to prevent animal suffering, rather than sit to contemplate the evils of the universe praying in the company of priests.

Buddha

A human body in no way resembles those that were born for ravenousness; it hath no hawk's bill, no sharp talon, no roughness of teeth, no such strength of stomach or heat of digestion, as can be sufficient to convert or alter such heavy and fleshy fare.

Plutarch

The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all auto-mobile accidents combined. If beef is your idea of "real food for real people" you'd better live real close to a real good hospital.

Neal D. Barnard

Luckily we know that you can get your protein source from many different ways, you can get it through vegetables if you are a vegetarian. I have seen many body builders that are vegetarian and they get strong and healthy.

Arnold Schwarzenegger

I realized veganism is the only diet that can change the world. You can expect a healthier body, and the feeling of pride that goes hand-in-hand with living according to your values. That's something that many people aspire to, but few people achieve.

Alicia Silverstone

The contemporary vegan movement is founded on loving-kindness and mindfulness of our effects on others. It is revolutionary because it transcends and renounces the violent core of the herding culture in which we live.

Will Tuttle

People eat meat and think they will become as strong as an ox, forgetting that the ox eats grass.

Pino Caruso

No consciousness that we would recognize as consciousness. Not awareness, as far as we can make out, of a self with a history. What I mind is what tends to come next. They have no consciousness therefore. Therefore what? Therefore we are free to use them for our own ends Therefore we are free to kill them? Why? What is so special about the form of consciousness that we recognize that makes killing a bearer of it a crime while killing an animal goes unpunished?

J.M. Coetzee

Animal rights are not a gift we give animals. They are a birth right we have taken from them.

Unknown

This for many people is what is most offensive about hunting — to some, disgusting: that it encourages, or allows, us not only to kill but to take a certain pleasure in killing. It's not as though the rest of us don't countenance the killing of tens of millions of animals every year. Yet for some reason we feel more comfortable with the mechanical killing practiced, out of view and without emotion by industrial agriculture.

Michael Pollan

I continue to be amazed by our bodies' ability for self-repair. Our bodies want to be healthy, if we would just let them. That's what these new research articles are showing: Even after years of beating yourself up with a horrible diet, your body can reverse the damage, open back up the arteries—even reverse the progression of some cancers. Amazing! So it's never too late to start exercising, never too late to stop smoking and never too late to start eating healthier.

Dr. Michael Greger

Progressive social change is not merely about changing policies, but about changing hearts and minds. Genuine and lasting change requires a paradigm shift, a transformation of the mentality that propped up the old order. We must knock out the foundations of oppression and cultivate the values that form the foundation of justice, values such as compassion, integrity, and reciprocity. And to challenge injustice everywhere, we must practice justice everywhere: on streets, in the courtroom—and on our plates.

Melanie Joy

Being vegan is offensive to people who eat animals. When people meet vegans, they become aware in that moment that they eat animals. Rarely do they have to confront this truth. People become uncomfortable and place that feeling on the vegan. Their own sense of mercy and compassion arises and makes them uneasy. Mercy asks of you to abstain from this cruelty.

Gary Smith

But for the sake of some little mouthful of flesh we deprive a soul of the sun and light, and of that proportion of life and time it had been born into the world to enjoy.

Plutarch

I hold that the more helpless a creature, the more entitled it is to protection by man from the cruelty of man.

Mohandas Gandhi

There is no fundamental difference between man and the higher animals in their mental faculties... The lower animals, like man, manifestly feel pleasure and pain, happiness, and misery.

Charles Darwin

The real struggle in being vegan doesn't involve food. The hardest part about being vegan is coming face-to-face with the darker side of humanity and trying to remain hopeful. It's trying to understand why otherwise good and caring people continue to participate in needless violence against animals—Just for the sake of their own pleasure or convenience.

Jo Tyler

Being vegan is easy. Are there social pressures that encourage you to continue to eat, wear, and use animal products? Of course there are. But in a patriarchal, racist, homophobic, and ableist society, there are social pressures to participate and engage in sexism, racism, homophobia, and ableism. At some point, you have to decide who you are and what matters morally to you. And once you decide that you regard victimizing vulnerable nonhumans is not morally acceptable, it is easy to go and stay vegan.

Gary L. Francione

The animals you eat are not those who devour others; you do not eat the carnivorous beasts, you take them as your pattern. You only hunger after sweet and gentle creatures who harm no one, which follow you, serve you, and are devoured by you as the reward of their service.

John Jacques Rousseau

People often say that humans have always eaten animals, as if this is a justification for continuing the practice. According to this logic, we should not try to prevent people from murdering other people, since this has also been done since the earliest of times.

Isaac Bashevis Singer

The question is not, Can they reason? nor Can they talk? but, Can they suffer?

Jeremy Bentham

My perspective of veganism was most affected by learning that the veal calf is a by-product of dairying, and that in essence there is a slice of veal in every glass of what I had thought was an innocuous white liquid—milk.

Rynn Berry

We are not encouraged, on a daily basis, to pay careful attention to the animals we eat. On the contrary, the meat, dairy, and egg industries all actively encourage us to give thought to our own immediate interest (taste, for example, or cheap food) but not to the real suffering involved. They do so by deliberately withholding information and by cynically presenting us with idealized images of happy animals in beautiful landscapes, scenes of bucolic happiness that do not correspond to anything in the real world. The animals involved suffer agony because of our ignorance. The least we owe them is to lessen that ignorance.

Jeffrey Moussaieff Masson

A veteran USDA meat inspector from Texas describes what he has seen: Cattle dragged and choked... knocking 'em four, five, ten times. Every now and then when they're stunned they come back to life, and they're up there agonizing. They're supposed to be re-stunned but sometimes they aren't and they'll go through the skinning process alive. I've worked in four large slaughterhouses and a bunch of small ones. They're all the same. If people were to see this, they'd probably feel really bad about it. But in a packing house everybody gets so used to it that it doesn't mean anything.

Gail A. Eisnitz

From the Buddhist point of view, all living beings—that is, beings with feelings, experiences, and sensations—are considered equal. Human beings can live without eating meat. As human beings, I think that deep down our nature tends towards vegetarianism and leads us to do everything in our power to prevent harming other species.

The 14th Dalai Lama

I hold that the more helpless a creature, the more entitled it is to protection by man from the cruelty of man.

Mahatma Gandhi

About 2,000 pounds of grains must be supplied to livestock in order to produce enough meat and other livestock products to support a person for a year, whereas 400 pounds of grain eaten directly will support a person for a year. Thus, a given quantity of grain eaten directly will feed 5 times as many people as it will if it is eaten indirectly by humans in the form of livestock products.

M.E. Ensminger, PhD

Veganism is not some mundane diet choice. It is the difference between enslavement and freedom, between torture and peace, between death and life.

James Aspey

We have enslaved the rest of animal creation and have treated our distant cousins in fur and feathers so badly that beyond doubt, if they were to formulate a religion, they would depict the Devil in human form.

William Ralph Inge

We all love animals. Why do we call some “pets” and others “dinner”? If you knew how meat was made, you'd probably lose your lunch. I know. I'm from cattle country. That's why I became a vegetarian.

k.d. lang

Human beings have capitalized on the silence of animals, just as certain human beings have historically imposed silence on certain other human beings by denying slaves the right to literacy, denying women the right to own property, and denying both the right to vote.

Gary Steiner

The very saddest sound in all my memory was burned into my awareness at age five on my uncle's dairy farm in Wisconsin. A cow had given birth to a beautiful male calf. The mother was allowed to nurse her calf but for a single night. On the second day after birth, my uncle took the calf from the mother and placed him in the veal pen in the barn—only ten yards away, in plain view of the mother. The mother cow could see her infant, smell him, hear him, but could not touch him, comfort him, or nurse him. The heartrending bellows that she poured forth—minute after minute, hour after hour, for five long days—were excruciating to listen to. They are the most poignant and painful auditory memories I carry in my brain. Since that age, whenever I hear anyone postulate that animals cannot really feel emotions, I need only to replay that torturous sound in my memory of that mother cow crying her bovine heart out to her infant. Mother's love knows no species barriers, and I believe that all people who are vegans in their hearts and souls know that to be true.

Michael Klaper

Were one to stop and think of what meat *is*, and what it *was*, it is doubtful if one could eat it. It is merely dead and decaying flesh—flesh from the body of an animal. Only by the fact that they are covered up, and their true nature concealed by cooking, and basting, and pickling, and peppering and salting can we eat them at all. If we were natural carnivorous animals, we should delight in bloodshed and gore of all kind! We should eat our flesh warm and quivering—just as it comes from the cow!

Hereward Carrington

It is a frightful wrong that other species are tortured, worried, flayed, and devoured by us, in spite of the fact that we are not obliged to this by necessity; while in sinning against the defenceless and helpless, just claimants as they are upon our reasonable conscience and upon our compassion, we succeed only in brutalising ourselves.

Bogumil Goltz

This is dreadful! Not the suffering and death of the animals, but that man suppresses in himself, unnecessarily, the highest spiritual capacity — that of sympathy and pity toward living creatures like himself — and by violating his own feelings becomes cruel. And how deeply seated in the human heart is the injunction not to take life!

Leo Tolstoy

It's not that there are no differences between human and non-human animals, any more than there are no differences between black people and white people, freeborn citizens and slaves, men and women, Jews and gentiles, gays or heterosexuals. The question is rather: are they morally relevant differences? This matters because morally catastrophic consequences can ensue when we latch on to a real but morally irrelevant difference between sentient beings.

David Pearce

As soon as I realized that I didn't need meat to survive or to be in good health, I began to see how forlorn it all is. If only we had a different mentality about the drama of the cowboy and the range and all the rest of it. It's a very romantic notion, an entrenched part of American culture, but I've seen, for example, pigs waiting to be slaughtered, and their hysteria and panic was something I shall never forget.

Cloris Leachman

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

Abraham Lincoln

Recognize meat for what it really is: the antibiotic- and pesticide-laden corpse of a tortured animal.

Ingrid Newkirk

Auschwitz begins wherever someone looks at a slaughterhouse and thinks: they're only animals.

Theodor W. Adorno

Would you kill your pet dog or cat to eat it? How about an animal you're not emotionally attached to? Is the thought of slaughtering a cow or chicken or pig with your own hands too much to handle? Instead, would hiring a hit-man to do the job give you enough distance from the emotional discomfort? What animal did you put a contract out on for your supper last night? Did you at least make sure that none went to waste and to take a moment to be grateful for its sacrifice?

Anonymous

If you visit the killing floor of a slaughterhouse, it will brand your soul for life.

Howard Lyman

Bernard Shaw says that as long as men torture and slay animals and eat their flesh we shall have war. I think all sane, thinking people must be of his opinion. The children of my school were all vegetarians, and grew strong and beautiful on a vegetable and fruit diet.

Sometimes during the war when I heard the cries of the wounded I thought of the cries of the animals in the slaughterhouse, and I felt that, as we torture these poor defenceless creatures, so the gods torture us. Who loves this horrible thing called war? Probably the meat-eaters, having killed, feel the need to kill—kill birds, animals—the tender stricken deer—hunt foxes. The butcher with his bloody apron incites bloodshed, murder. Why not? From cutting the throat of a young calf to cutting the throat of our brothers and sisters is but a step. While we are ourselves the living graves of murdered animals, how can we expect any ideal conditions on the earth?

Isadora Duncan

All beings tremble before violence. All fear death, all love life. See yourself in others. Then whom can you hurt? What harm can you do?

Guatama Siddhartha

If possessing a higher degree of intelligence does not entitle one human to use another for his or her own ends, how can it entitle humans to exploit non-humans for the same purpose? If a being suffers there can be no moral justification for refusing to take that suffering into consideration.

Peter Singer

It is a significant fact, that the more the habits of any particular animal are studied by a naturalist, the more he ascribes to reason and less to unlearnt instincts.

Charles Darwin

Activism is my rent for living on this planet.

Alice Walker

I expect to pass through this world but once; any good thing therefore that I can do, or any kindness that I can show to any fellow creature, let me do it now; let me not defer or neglect it, for I shall not pass this way again.

Stephen Grellet

People must have renounced, it seems to me, all natural intelligence to dare to advance that animals are but animated machines... It appears to me, besides, that such people can never have observed with attention the character of animals, not to have distinguished among them the different voices of need, of suffering, of joy, of pain, of love, of anger, and of all their affections. It would be very strange that they should express so well what they could not feel.

Voltaire

I became a vegan the day I watched a video of a calf being born on a factory farm. The baby was dragged away from his mother before he hit the ground. The helpless calf strained its head backwards to find his mother. The mother bolted after her son and exploded into a rage when the rancher slammed the gate on her. She wailed the saddest noise I'd ever heard an animal make, and then thrashed and dug into the ground, burying her face in the muddy placenta. I had no idea what was happening respecting brain chemistry, animal instinct, or whatever. I just knew that this was deeply wrong. I just knew that such suffering could never be worth the taste of milk and veal. I empathized with the cow and the calf and, in so doing, my life changed.

James McWilliams

You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.

Ralph Waldo Emerson

All of us, whether vivisector or vegan, have been subject to mechanisms undercutting sympathy for animals. How long and to what extent we submit to these mechanisms is not a matter of rationality: to cut off our feelings and support animal exploitation is rational, given societal expectations and sanctions; but to assert our feelings and oppose animal exploitation is also rational, given the pain involved in losing our natural bonds with animals. So our task is not to pass judgment on others' rationality, but to speak honestly of the loneliness and isolation of anthropocentric society, and of the damage done to every person expected to hurt animals.

Brian Luke

You put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car.

Harvey Diamond

Why is compassion not part of our established curriculum, an inherent part of our education? Compassion, awe, wonder, curiosity, exaltation, humility—these are the very foundation of any real civilization, no longer the prerogatives, the preserves of any one church, but belonging to everyone, every child in every home, in every school.

Yehudi Menuhin

Now, I'm no shrinking violet. I played hockey until half of my teeth were knocked down my throat. And I'm extremely competitive on a tennis court—I'll dive for any ball on any surface. But that experience at the slaughterhouse overwhelmed me. When I walked out of there, I knew I would never again harm an animal! I knew all the physiological, economic, and ecological arguments supporting vegetarianism, but it was that firsthand experience of man's cruelty to animals that laid the real groundwork for my commitment to vegetarianism.

Peter Burwash

How can people spend this Christmas season talking of ‘peace on earth’ and ‘love’ and then sit down to devour someone who never knew love or peace?

Judy Stephens Snook

The more red meat and blood we eat, the more bloodthirsty we get, the more violent we get.
The more vegetarian food that we eat, the more peace is taken into us.

Ziggy Marley

Everyone has to find what is right for them, and it is different for everyone. Eating for me is how you proclaim your beliefs three times a day. That is why all religions have rules about eating.
Three times a day, I remind myself that I value life and do not want to cause pain to or kill other living beings. That is why I eat the way I do.

Natalie Portman

If you think that being vegan is difficult, imagine being a factory farmed animal.

Davegan Raza

Man alone consumes more flesh than all the other animals together devour; he is, then, the greatest destroyer; and this more from custom than necessity. Instead of using with moderation the blessings which are offered him, instead of disposing of them with equity, instead of increasing them in proportion as he destroys, the rich man places all his glory in consuming, in one day, at his table, as much as would be necessary to support many families: he equally abuses both animals and his fellow-creatures, some of whom remain starving and languishing in misery, and labour only to satisfy his immoderate appetite, and more insatiable vanity, and who, by destroying others through wantonness, destroys himself by excess. Nevertheless, man, like some other animals, might live on vegetables.

George Buffon

Kindness and compassion towards all living things is a mark of a civilized society. Conversely, cruelty, whether it is directed against human beings or against animals, is not the exclusive province of any one culture or community of people.

César Chávez

We might treat a rabbit as a pet or become emotionally attached to a goose, but we had come from cities and supermarkets, where flesh was hygienically distanced from any resemblance to living creatures. A shrink-wrapped pork chop has a sanitized, abstract appearance that has nothing whatever to do with the warm, mucky bulk of a pig. Out here in the country there was no avoiding the direct link between death and dinner.

Peter Mayle

The “civilized” man of today ridicules the idolatry of bygone ages, but he does not realize that he is a far worse idolater than the idolaters of the past. In former times, men set up images of various animals and adored them; today they slaughter those animals and worship their putrefied carcasses.

Arshavir Ter Hovannessian

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 A. Edison

It is not your right—based on your traditions, your customs and your habits—to deny animals their freedom so you can harm them, enslave them and kill them. That’s not what rights are about. That’s injustice.

Gary Yourofsky

The vegan believes that if we are to be true emancipators of animals we must renounce absolutely our traditional and conceited attitude that we have the right to use them to serve our needs. We must supply these needs by other means... If the vegan ideal of non-exploitation were generally adopted, it would be the greatest peaceful revolution ever known, abolishing vast industries and establishing new ones in the better interests of men and animals alike.

Donald Watson

We can no more justify using nonhumans as human resources than we can justify human slavery. Animal use and slavery have at least one important point in common: both institutions treat sentient beings exclusively as resources of others. That cannot be justified with respect to humans; it cannot be justified with respect to nonhumans—however “humanely” we treat them.

Gary L. Francione

There's plenty of food, other than non-vegetarian, here, on this earth. So, don't hurt, kill and eat animals to increase your girth

Fakeer Ishavardas

Before us stretched a corridor of meat, great torsos of meadow animals strung in glistening flayed exhibitions, heads with limp exhausted comic-book tongues dangling at too sharp an angle, heads with dull-eyed slaughter-greeting looks, heads smiling and winking, perhaps the subtlest camouflage this severed coyness, heads piled in pyramids like park cannonballs, some of them cruelly facing a sausage display of their missing extremities, a thick and thin suspended rain of sausages, a storm of jellied blood, and further down the corridor no recognizable animal shapes but chunks of their bodies, shaped not by hide or muscle but by cleaver, knife and appetite.

Leonard Cohen

Living beings wide and far are creatively enticed into the idea of living only on the substance of leafy greenery by alluring allegations that seem to make apparent sense. Some want to avoid the dying aspect of life and prolong the bodily functions of their organs within their potential corpses over time and reduce the waste products given off by our walking structures to lessen worldly contamination. Others want to avoid consuming Earth's usual containing features from being overly exhumed, or because we have never not lovingly smothered Earth's natural oxygen sucking creatures, and so we do not consume the things that are taking nutrients from us so that we can preserve them instead, because we find it morally dissatisfying.

Ella Cooper

As long as people will shed the blood of innocent creatures there can be no peace, no liberty, no harmony between people. Slaughter and justice cannot dwell together.

Isaac Bashevis Singer

At this period of his existence, meat and blood, entrails, and all that had ever lived and breathed disgusted him as food, for an animal dies in pain just as man does, and it repelled him to be digesting death's agony.

Marguerite Yourcenar

The meat industry is one of the most destructive ecological industries on the planet. The raising and slaughtering of pigs, cows, sheep, turkeys and chickens not only utilizes vast areas of land and vast quantities of water, but it is a greater contributor to greenhouse gas emissions than the automobile industry.

Paul Watson

I am no longer accepting the things I cannot change. I am changing the things I cannot accept.

Anonymous

It is certainly preferable to raise vegetables, and I think, therefore, that vegetarianism is a commendable departure from the established barbarous habit. That we can subsist on plant food and perform our work even to advantage is not a theory, but a well-demonstrated fact. Many races living almost exclusively on vegetables are of superior physique and strength. There is no doubt that some plant food, such as oatmeal, is more economical than meat, and superior to it in regard to both mechanical and mental performance. Such food, moreover, taxes our digestive organs decidedly less, and, in making us more contented and sociable, produces an amount of good difficult to estimate. In view of these facts every effort should be made to stop the wanton and cruel slaughter of animals, which must be destructive to our morals.

Nikola Tesla

Ruthless man: you begin by slaying the animal and then you devour it, as if to slay it twice. It is not enough. You turn against the dead flesh, it revolts you, it must be transformed by fire, boiled and roasted, seasoned and disguised with drugs; you must have butchers, cooks, turnspits, men who will rid the murder of its horrors, who will dress the dead bodies so that the taste deceived by these disguises will not reject what is strange to it, and will feast on corpses, the very sight of which would sicken you.

Jean-Jacques Rousseau

Alas, what wickedness to swallow flesh into our own flesh, to fatten our greedy bodies by cramming in other bodies, to have one living creature fed by the death of another!

Pythagoras

I don't feel superior because I'm vegan. The truth is... I am vegan because I don't feel superior to others.

Michele McCowan

Was there ever any domination that did not appear natural to those who possessed it?

John Stuart Mill

It is not a “personal choice” when you are eating my friends and you are ruining my world. When you made your “personal choice” did you ask the animal if you could confine, torture, and murder him or her? When you made your “personal choice” did you ask me if I mind all your pollution and devastation?

Dave Warwak

Those who claim to care about the wellbeing of human beings and the preservation of our environment should become vegetarians for that reason alone. They would thereby increase the amount of grain available to feed people elsewhere, reduce pollution, save water and energy, and cease contributing to the clearing of forests; moreover, since a vegetarian diet is cheaper than one based on meat dishes, they would have more money available to devote to famine relief, population control, or whatever social or political cause they thought most urgent. When nonvegetarians say that “human problems come first” I cannot help wondering what exactly it is that they are doing for human beings that compels them to continue to support the wasteful, ruthless exploitation of farm animals.

Peter Singer

There is something about veganism that is not easy, but the difficulty is not inherent in veganism, but in our culture.

Will Tuttle

No member of the animal kingdom nurses past maturity, No member of the animal kingdom ever did a thing to me, Its why I don't eat red meat or white fish, Don't give me no blue cheese, Were all members of the animal kingdom, Leave your brothers and sisters in the sea.

Prince

He who kills, kills himself, and whoso eats the flesh of slain beasts, eats of the body of death and their death will become his death.

Jesus of Nazareth

(Of the mouth of man which is a tomb) there shall come forth loud noises out of the tombs of those who have died by an evil and violent death.

Leonardo da Vinci

If you want to test cosmetics, why do it on some poor animal who hasn't done anything? They should use prisoners who have been convicted of murder or rape instead. So, rather than seeing if perfume irritates a bunny rabbit's eyes, they should throw it in Charles Manson's eyes and ask him if it hurts.

Ellen DeGeneres

Even in the worm that crawls in the earth there glows a divine spark. When you slaughter a creature, you slaughter God.

Isaac Bashevis Singer

We strive for a world where every earthling has the right to live and grow. That's why we don't eat animals.

Ruby Roth

Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing nonviolence and refusing to participate in the exploitation of the vulnerable.

Gary L. Francione

Look into their eyes and tell them “I’m sorry, you have to die, but I need to eat”. Look into their eyes, and tell them “I know there is an abundance of plant based foods I could eat, but I would still rather eat you”. Look into their eyes and tell them “I know I don’t NEED to eat you, but I am going to pay someone else to murder you anyway” Look into their eyes and tell them “I’m sorry you lived a short enslaved, abused and tortured life, but I don’t care because I am selfish” Look into their eyes and tell them “I love my cat/dog, but your life doesn’t matter as much” Go ahead, take a look into their eyes and tell them that!

Jenn V Keller-Lowe

Human beings are a part of the animal kingdom, not apart from it. The separation of “us” and “them” creates a false picture and is responsible for much suffering. It is part of the in-group/out-group mentality that leads to human oppression of the weak by the strong as in ethic, religious, political, and social conflicts.

Marc Bekoff

People care about animals. I believe that. They just don't want to know or to pay. A fourth of all chickens have stress fractures. It's wrong. They're packed body to body, and can't escape their waste, and never see the sun. Their nails grow around the bars of their cages. It's wrong. They feel their slayers. It's wrong, and people know it's wrong. They don't have to be convinced. They just have to act differently. I'm not better than anyone, and I'm not trying to convince people to live by my standards of what's right. I'm trying to convince them to live by their own.

Jonathan Safran Foer

Becoming vegan is the most important and direct change we can immediately make to save the planet and its species.

Chris Hedges

The path of the norm is the path of least resistance; it is the route we take when we're on auto-pilot and don't even realize we're following a course of action that we haven't consciously chosen. Most people who eat meat have no idea that they're behaving in accordance with the tenets of a system that has defined many of their values, preferences, and behaviors. What they call "free choice" is, in fact, the result of a narrowly obstructed set of options that have been chosen for them. They don't realize, for instance, that they have been taught to value human life so far above certain forms of nonhuman life that it seems appropriate for their taste preferences to supersede other species' preference for survival.

Melanie Joy

Isn't man an amazing animal? He kills wildlife — birds, kangaroos, deer, all kinds of cats, coyotes, beavers, groundhogs, mice, foxes and dingoes — by the million in order to protect his domestic animals and their feed. Then he kills domestic animals by the billion and eats them. This in turn kills man by the million, because eating all those animals leads to degenerative — and fatal- health conditions like heart disease, kidney disease, and cancer. So then man tortures and kills millions more animals to look for cures for these diseases. Elsewhere, millions of other human beings are being killed by hunger and malnutrition because food they could eat is being used to fatten domestic animals. Meanwhile, some people are dying of sad laughter at the absurdity of man, who kills so easily and so violently, and once a year, sends out cards praying for Peace on Earth.

C. David Coats

There is injustice; you can challenge it. There is a way to live a life of integrity, of trying to do the least harm possible, of integrating political beliefs with what you eat and how you treat others.

Carol J. Adams

Our study suggests that the closer one approaches a total plant food diet, the greater the health benefit. It turns out that animal protein, when consumed, exhibits a variety of undesirable health effects. Whether it is the immune system, various enzyme systems, the uptake of carcinogens into the cells, or hormonal activities, animal protein generally only causes mischief. High fat intake still can be a problem, and we ought not to be consuming such high-fat diets. But I suggest that animal protein is more problematic in this whole diet/disease relationship than is total fat.

T. Colin Campbell

By setting aside animal-derived products — meat, dairy products, and eggs — you can reach a level of health and well-being that you may never have expected you could enjoy. Although our work has focused on helping people trim down, conquer diabetes, cut cholesterol, and tackle other medical problems, it should be said that not everyone who decides to forgo animal products makes that choice for health reasons. Many people are concerned with how animals are treated by the food industries, and rightly so. And the environmental consequences of meat and dairy production should be of concern to all of us.

Neal Barnard, M. D.

It's not guilt that stops me eating meat. It's the pride I take in living without killing.

Edward Sanchez

Over a year ago I changed my diet to a vegan diet, really just to experiment to see what it was like. And I felt better, so I continued with it. Now, for many people, that choice is connected to environmental ethics and health issues and all that stuff, but I just wanted to try it to see what it was like. In a visceral way, I felt better, so I've continued with it and I'm likely to continue it for the rest of my life.

Al Gore

Veganism has given me a higher level of awareness and spirituality, primarily because the energy associated with eating has shifted to other areas. If you're violent to yourself by putting harmful things into your body that violate its spirit, it will be difficult not to perpetuate that violence onto someone else.

Dexter Scott King

I do feel that spiritual progress does demand at some stage—an inexorable demand—that we should cease to kill our fellow-creatures for satisfaction of our bodily wants.

Mahatma Gandhi

Suppose that tomorrow a group of beings from another planet were to land on Earth, beings who considered themselves as superior to you as you feel yourself to be to other animals. Would they have the right to treat you as you treat the animals you breed, keep and kill for food?

John Harris

Truly man is the king of beasts, for his brutality exceeds them. We live by the death of others. We are burial places.

Leonardo Da Vinci

Ask the experimenters why they experiment on animals, and the answer is: ‘Because the animals are like us’. Ask the experimenters why it is morally okay to experiment on animals, and the answer is: ‘Because the animals are not like us’. Animal experimentation rests on a logical contradiction.

Charles R. Magel

Kinship with all creatures of the earth, sky, and water was a real and active principle. In the animal and bird world there existed a brotherly feeling that kept us safe among them... The animals had rights—the right of man's protection, the right to live, the right to multiply, the right to freedom, and the right to man's indebtedness. This concept of life and its relations filled us with the joy and mystery of living; it gave us reverence for all life; it made a place for all things in the scheme of existence with equal importance to all.

Chief Luther Standing Bear

We are all animals of this planet. We are all creatures. And nonhuman animals experience pain sensations just like we do. They too are strong, intelligent, industrious, mobile, and evolutional. They too are capable of growth and adaptation. Like us, firsthand foremost, they are earthlings. And like us, they are surviving. Like us they also seek their own comfort rather than discomfort. And like us they express degrees of emotion. In short like us, they are alive. We are all animals of this planet. We are all creatures. And nonhuman animals experience pain sensations just like we do. They too are strong, intelligent, industrious, mobile, and evolutional. They too are capable of growth and adaptation. Like us, firsthand foremost, they are earthlings. And like us, they are surviving. Like us they also seek their own comfort rather than discomfort. And like us they express degrees of emotion. In short like us, they are alive.

Joaquin Phoenix

Vegetarianism is a link to perfection and peace. But it's a small link. There are lots of other issues: apartheid, vivisection, political prisoners, the arms race. There's so much going on in this world today, so much ignorance among people. That's not to say I'm not standing amongst everybody. But the point is, what can we do now? That's the thing about vegetarianism; it's an individual's decision and it's something you have control over. How many things do we really have control over?

River Phoenix

It is interesting to note that scientific men all over the world are awakening to the fact that the flesh of animals as food is not a pure nutriment, but is mixed with poisonous substances, excrementitious in character, which are the natural results of animal life.

John H. Kellogg

Our grandchildren will ask us one day: Where were you during the Holocaust of the animals? What did you do against these horrifying crimes? We won't be able to offer the same excuse for the second time, that we didn't know.

Dr. Helmut Kaplan

As humans, we kill billions of wild animals today, to protect the animals that we eat. Then we destroy our environment to feed the animals we eat. We spend more time, money and resources fattening up the animals that we eat, than we do feeding humans who are dying of hunger. The greatest irony is that after all the expenses of raising these animals, we eat them; and they kill us, slowly. And rather than recognize this madness, we torture and murder millions of other animals trying to find a cure to the diseases caused by eating animals in the first place. As far as eating is concerned, human beings are the most stupid animal on the planet.

Mike Anderson

There are times, and these not infrequent, when tears come to my eyes when I see, or read, or hear of the wretched plight of animals in the hands of humans. Their pain, their suffering, their loneliness, their innocence, their death. Anger. Rage. Pity. Sorrow. Disgust. The whole creation groans under the weight of the evil we humans visit upon these mute, powerless creatures. It is our hearts, not just our heads, that call for an end to it all, that demand of us that we overcome, for them, the habits and forces behind their systematic oppression. All great movements, it is written, go through three stages: ridicule, discussion, adoption. It is the realization of this third stage, adoption, that requires both our passion and our discipline, our hearts and our heads. The fate of animals is in our hands. God grant we are equal to the task.

Tom Regan

The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men.

Alice Walker

There are many noteworthy examples of ordinary evil in every culture and country around the globe, but in terms of preventable evil I am hard pressed to find any examples that approach those systematically perpetrated by humans against the members of other species.

Lawrence Pope

Some folks insist that believing in animal rights is like a religion. But religion asks followers to believe in things nobody can see, while animal rights advocates ask followers to see things nobody can believe.

Craig Burton

Asking vegans to respect your decision to eat meat is on par with asking feminists to respect sexists, asking people of color to respect racists and asking homosexuals to respect homophobes. It is a ludicrous to think that difference in opinion warrants mutual respect, especially when the opposing opinion in question not only stands for everything you are against but also appropriates suffering, defends oppression and encourages the continuance of exploitation.

Felix Sampson

There is no religion without love, and people may talk as much as they like about their religion, but if it does not teach them to be good and kind to man and beast, it is all a sham.

Anna Sewell

The least I can do is speak out for the hundreds of chimpanzees who, right now, sit hunched, miserable and without hope, staring out with dead eyes from their metal prisons. They cannot speak for themselves.

Jane Goodall

Our economic order is tightly woven around the exploitation of animals, and while it may seem easy to dismiss concern about animals as the soft-headed mental masturbation of people who really don't understand oppression and the depths of actual human misery, I hope to get you to think differently about suffering and pain, to convince you that animals matter, and to argue that anyone serious about ending domination and hierarchy needs to think critically about bringing animals into consideration.

Bob Torres

We have been at war with the other creatures of this earth ever since the first human hunter set forth with spear into the primeval forest. Human imperialism has everywhere enslaved, oppressed, murdered, and mutilated the animal peoples. All around us lie the slave camps we have built for our fellow creatures, factory farms and vivisection laboratories, Dachaus and Buchenwalds for the conquered species. We slaughter animals for our food, force them to perform silly tricks for our delectation, gun them down and stick hooks in them in the name of sport. We have torn up the wild places where once they made their homes. Speciesism is more deeply entrenched within us even than sexism, and that is deep enough.

Ron Lee

The custom of tormenting and killing of beasts will, by degrees, harden their minds even towards men.

John Locke

Animal liberation is also human liberation. Animal liberationists care about the quality of life for all. We recognize our kinship with all feeling beings. We identify with the powerless and the vulnerable, the victims, all those dominated, oppressed and exploited. And it is the non-human animals whose suffering is the most intense, widespread, expanding, systematic and socially sanctioned of all.

Henry Spira

All animals are equal, but some animals are more equal than others

George Orwell

When the suffering of another creature causes you to feel pain, do not submit to the initial desire to flee from the suffering one, but on the contrary, come closer, as close as you can to her who suffers, and try to help.

Leo Tolstoy

Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar.

Bradley Millar

To a man whose mind is free there is something even more intolerable in the sufferings of animals than in the sufferings of man. For with the latter it is at least admitted that suffering is evil and that the man who causes it is a criminal. But thousands of animals are uselessly butchered every day without a shadow of remorse. If any man were to refer to it, he would be thought ridiculous. And that is the unpardonable crime.

Romain Rolland

The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them. That's the essence of inhumanity.

George Bernard Shaw

I just could not stand the idea of eating meat—I really do think that it has made me calmer... People's general awareness is getting much better, even down to buying a pint of milk: the fact that the calves are actually killed so that the milk doesn't go to them but to us cannot really be right, and if you have seen a cow in a state of extreme distress because it cannot understand why its calf isn't by, it can make you think a lot.

Kate Bush

The basis of all animal rights should be the Golden Rule: we should treat them as we would wish them to treat us, were any other species in our dominant position.

Christine Stevens

Poor animals, how jealously they guard their bodies, for to us is merely an evening's meal, but to them is life itself.

T. Casey Brennan

To become vegetarian is to step into the stream which leads to nirvana.

Buddha

The assumption that animals are without rights and the illusion that our treatment of them has no moral significance is a positively outrageous example of Western crudity and barbarity. Universal compassion is the only guarantee of morality.

Arthur Schopenhauer

Whenever and wherever men have engaged in the mindless slaughter of animals (including other men), they have often attempted to justify their acts by attributing the most vicious or revolting qualities to those they would destroy; and the less reason there is for the slaughter, the greater the campaign for vilification.

Farley Mowat

I can't think if anything that makes me happier than seeing an animal's contentment, witnessing a creature allowed to be who he wants to be in the world—and at peace. It's a thing of beauty.

Jenny Brown

Now I can look at you in peace; I don't eat you any more.

Franz Kafka

We can't plead ignorance, only indifference. Those alive today are the generations that came to know better. We have the burden and the opportunity of living in the moment when the critique of factory farming broke into the popular consciousness. We are the ones of whom it will be fairly asked, What did you do when you learned the truth about eating animals?

Jonathan Safran Foer

The love for all living creatures is the most noble attribute of man.

Charles Darwin

Humans—who enslave, castrate, experiment on, and fillet other animals—have had an understandable penchant for pretending animals do not feel pain. A sharp distinction between humans and “animals” is essential if we are to bend them to our will, make them work for us, wear them, eat them—without any disquieting tinges of guilt or regret. It is unseemly of us, who often behave so unfeelingly toward other animals, to contend that only humans can suffer. The behavior of other animals renders such pretensions specious. They are just too much like us.

Carl Sagan

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