



BA/BFA Senior Honors Book Gallery

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Why I Am Vegetarian

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WHY I AM
VEGETARIAN

MAKE THE

CONNECTION

nature. animals. humans.

ABOUT

This book contains images of the harsh reality animals raised for food face every-day. Please read on with an open mind.

BEEF

COWS

- more than 10,000 times a minute, in excess of 6 billion times a year, just in the United States, life is literally drained from so-called "food animals."
- cows for beef are branded, sometimes on the face, and dehorned without anesthetic.
- normally, cows can live as long as 20 years, but milking cows generally die within 4. at which point their meat is used for fast-food restaurants.



meat sold in a grocery store



a cow in a kosher slaughter house is held in a machine and bled to death since workers cannot touch animals until bleeding stops.

IF WE HAD TO KILL OUR OWN MEAT,

WE WOULD ALL BE VEGETARIANS.

PORK
HAM
BACON

PIGS

- large pig market factories will “manufacture” between 50,000 and 600,000 pigs each year.
- sows in factory farms are breeding machines, kept continually pregnant by means of artificial insemination.
- tail docking, ear clipping, and teeth cutting are practices derived from the lack of space and stressful living conditions so as to keep pigs from biting each other's tails and ears off. this is done without anesthetic.



pork sold in a grocery store



two pigs eat another pig's rear flesh.

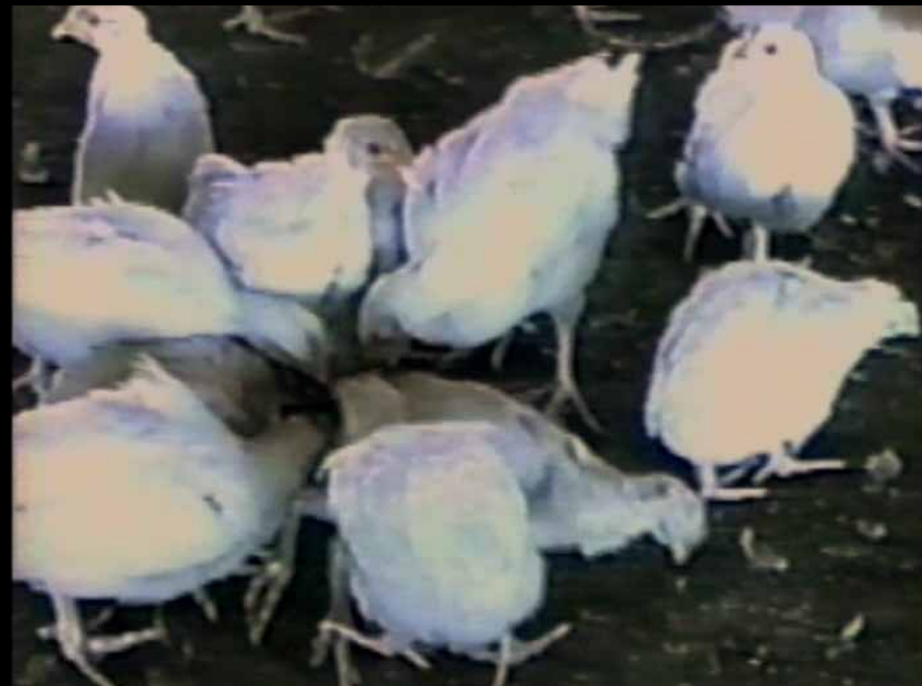
CHICKEN TURKEY

POULTRY

- Americans consume as much chicken in a single day as they did in an entire year in 1930.
- the largest broiler companies in the world now slaughter more than 8.5 million birds in a single week.
- debeaking prevents feather-pecking and cannibalism in frustrated chickens, caused by overcrowding in factory farms, where they are unable to establish a social order.
- today, done with infant chicks, the debeaking procedure is carried out very quickly, about fifteen birds a minute. such haste means the temperature and sharpness of the blade varies, resulting in sloppy cutting and serious injury to the bird.



deli meat sold in a grocery store



chickens pecking a dead chicken

FISH WHALES DOLPHINS

SEA FOOD

- today's commercial fishers use vast factory trawlers the size of football fields and advanced electronic equipment to track and catch fish. huge nets stretch across the ocean swallowing up everything in their path.

- these factory trawlers, coupled with our increased appetites for sea food, are emptying the oceans of sea life at an alarming pace.

- already 13 of the 17 major global fisheries are depleted or in serious decline. the other four are overexploited or fully exploited.

- though the international whaling commission prohibited commercial whaling in 1985, many countries continue to kill whales for their so-called "exotic meat."

- every winter, between the months of october through march, thousands of dolphins are confined and brutally killed in small towns across Japan.

- fishermen often injure a few captive dolphins with a spear thrust or knife slash, since dolphins never abandon wounded family members.



packaged fish



fish caught in a commercial fishing net



packaged whale meat



a whale being pulled up into a commercial fishing ship

FOR THOSE WHO THINK EATING SEA FOOD
IS HEALTHIER THAN LAND ANIMALS,

JUST REMEMBER HOW MUCH IRRETRIEVABLE
WASTE AND CONTAMINATED SEDIMENTS ARE
DUMPED INTO OUR OCEANS.



dolphin meat is often mislabeled and sold as whale meat in grocery stores.



a dolphin bleeding and suffocating to death in a town in Japan

DOLPHINS ARE BENIGN AND
INNOCENT BEINGS.

THEY DESERVE BETTER.

FOR MORE INFORMATION

Please watch the documentary Earthlings on www.earthlings.com, and support the animal rights movement.

SURELY IF SLAUGHTER HOUSES
HAD GLASS WALLS,

WOULD NOT ALL OF US BE VEGETARIANS?

