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“素食新時代”專輯系列之三
用素食愛地球！

Vegan New Age Edition III
To Love the Earth
by Vegetable Foods



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清麗脫俗・人間仙品

Beautiful mind & celestial creature



金色蓮花第123期封面畫作

(創作者 / 周玉卿 導演)

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執此千莖 金色蓮花
以寄世尊 而為佛事
還散上方 殞伽沙等諸佛世界
佛神力故，令此蓮花遍諸佛土
諸花臺中各有化佛，結跏趺坐
為諸菩薩說大般若波羅蜜多相應之法
有情聞者必得無上正等菩提



The Magazine was named after the Sutra :

Chapter of Origin on Maha-Prajna-Sutra

Offering the Golden Lotus of thousand stems to the Buddha for spreading the Buddha-Dharma. And then spreading the Golden Lotus to the worlds of other Buddha that is in the upper direction and far away from the world we live. Because of the power of the Buddha, this Golden Lotus is spreading to the worlds of all Buddha, and there is a Buddha born and sit in each of the platform of the Golden Lotus. These Buddha are addressing the Dharma of the Maha Prajna. All the beings that hear the address will definitely become a Buddha.



封面情境：用素食愛地球

金 色 蓮 花

■製作：金色蓮花編輯小組

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標語：逐步的. 耐心的. 穩定的. 修練成爲一個完美的人。

座右銘：內外雙美 才德兼備 快速改進 全面成功

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“素食新時代”專輯系列之三

Vegan

用素食愛地球！

楔子~

我們全人類的這個母親

——地球

孕育了一切的生命

但是母親也會年老

母親也會生病

這時我們真應好好的

孝順她、為她醫病

而帶著多重利益的素食

就是孝順、醫治地球這個母親的

最佳良方！

如果我們真的不希望

“明天過後”的電影場景成真

那麼——

讓我們全人類一起

“用素食愛地球”吧！！

這真的是一個混沌中

不錯的解決方案

請讓我們用最多的溫柔

——素食

來對待地球吧！

New

“Vegan New Age” Edition (Ⅲ)

To love the earth
by vegetable foods!

Preface ~

The mother of mankind
— the earth
She gives birth to all

However, mother getting older
Mother will be sick sometimes
At that moment, we have to
Take care of her and cure her

Vegetable foods have more than one benefit
In order to save the earth
This is the best medicine!

If we don't want to see
“The date after tomorrow” really happened
Then —
We must do this together
To love the earth by vegetable foods!!

In this chaos
It's a nice solution
Let's be tender
— have vegetable foods only
To treat the earth fair!



時代的呼喚～ 素食對地球的利益

Calling for the times -
Vegetable foods' benefits for the Earth

英國科學家在日前剛剛發佈了新的研究報告：
全球的氣溫將持續上升到下一個冰河時期的來臨

*An up-to-date research report from scientists in England recently -
global temperature would keep rising until the next glacial epoch*

文Article / Jade 譯Translator / Sky 美編Art Design / Frank

地球之愛

多年前，當大地的節奏漸漸失序；原本不該出現的豪雨、龍捲風、花季失序、鯨魚集體自殺……，一件件來自地球各地不尋常的消息出現在耳邊。大地不再芳香青翠、河川不再清澈甘美，就連陽光也曬來不再舒服。有些聲音開始呼籲；地球生態失去平衡了，大自然已反常了…，如果我們坐視不管，地球將急遽的敗壞，萬物將無以生存…。

如何想像這是可能發生的事呢？但是這原本是災難片中的模擬場景，如今卻一一的逼近人類，轉變的腳步如同消失的草原般，當我們發現時，豐沛的原野已經成爲一坏坏枯裂的乾土。如今人類和環境敗壞的速度在賽跑，跑的很辛苦、跑的很蒼茫……。

或許人類需要漸漸喚回地球與我們關聯密切的記憶；地球對我們是多麼的重要！它孕育萬物，它的美好及包容如同母親般撫慰著我們的心。每當萬里晴空時，我們的心彷彿也打開了，每當風和日麗時，萬物都幸福起來了，河水洗滌了塵勞憂傷，大地蒼芎孕育寬廣的心靈。身爲萬物之首



Love the earth

For years, the mother land had a lot of troubles. A torrential rain, a tornado, a miss-ordered flowering season, whales self-annihilation... And so forth came all of a sudden. The land loses its fragrance as well as fresh and green. The rivers become never limpid and sweet. The sun shines seem no more comfortable. Therefore, some people start to call on; the earth is losing its balance. The works of God are abnormal... If we only sit without action, the earth would corrupt and all things on earth would die...

How can we let these happen? However, these movie-alike matters are coming now. Just as the disappearing grasslands, the steps are approaching. Before men really care about that, the abundant field is turning into breaking dried-land. Now, human is racing with the environ-

mental corruption. It is hard and has less hope...

Probably, the mankind needs to re-establish our relation with the Earth. The Earth

的人類，該如何正確的愛地球呢？
該如何解決地球生病的問題呢？以下的解析，是幾個目前較為大眾關注的問題，可供大家一起來探討。

問題的解析一

肉食/破壞土地及水源

過度肉食，是人類與地球生病的主因。

二百年前，美國大部分農地至少有21英吋厚的表土，但現在大多數農田表土的厚度已降至6英吋左右，表土流失率每年在加速進行，其原因是為了飼養更多的牲畜以提供飼料造成的。牲畜的需求量已經大到地球無以負載。

為了掩飾土地生產力下降，人類



is more than importance to us! It breeds all things just as a mother taking care of her children. When the sky is clear, we may open our heart. When the bright sunshine and gentle breeze come, all things on earth own the happiness. River water can wash away dust

and worries. The great mother land teaches us to have a broad mind. Human, as the leading beings on the earth, what should we do on earth? How to solve the problems on Earth? The followings are some hot problems that we should pay attention to.



使用大量的農藥、殺蟲劑，事實上，不但對表土流失束手無策，還產生反

*Problem analysis No.1
Meat-eating/to destroy the mother land and water resources*

效果。素食對土地的需求只需肉食方式5%，並會減少殺蟲劑的量和破壞臭氧層之含氮肥料。

許多的草原被經濟利益影響而開發為畜牧業，可是水土的保持不易，讓青山變成黃土，世界上有許多的草

Eat too much meat. This is the major reason why the human as well as the earth getting sickness.

About 200 years ago, the most agricultural land in America has 21 inches of topsoil. However, it is less than 6 inches today. The topsoil is losing quickly. This reason of the topsoil losing is the livestock industry and its



原地大受威脅，一旦下雨時，植物脆弱的被一沖即走，留下光禿禿的土地。

另外，土地上的水源也受到影響；美國超過半數以上之用水，是直接用來灌溉種植飼料的土地，及用來洗牲畜的排泄物。等於說生產一磅的肉平均等於用掉了一個普通家庭一個

related feeding needs. The loading of these stocks is more than the earth can handle.

In order to compensate the losing of land productivities, men use pesticides, and insecticides. In fact, these are no solution to the problem but make it worse. To grow vegetable foods only need 5% of the cultivated land to grow meat foods. Moreover, it would reduce the using of insecticides as well as nitrogenous fertilizers that causes the breaking

月之用水量。然而一個素食者一年裡所用的水，為肉食者一個月用的水還少。這樣的用水會造成嚴重的經濟和生態方面的影響。

大量的水被使用，剩下的水也被污染，就畜牧業發達的美國，牲畜所生產的排泄物是全國人民排泄物之二十倍。可惜的是，動物的排泄物今天回不到田地，大多到了我們喝的水裡去了，使愈來愈多水含有硝酸鹽，這種物質會造成人類腦部受損。



問題的解析二 肉食/溫室效應

雨林的消失是造成溫室效應的元兇，但是許多人不知道雨林的開發和

of ozonosphere.

Many lands were cultivated for livestock industry in order to get more money. However, that caused a fail water and soil conservation. Then, a green hill could turn into a loess one. The mother land has been serious threatened in the world. When heavy rains come, plants on crispy soil would be wash away easily and leave a bald land behind.

Besides, the water resources also affected. Over 50% of water in America was used to irrigate the land that grows feeding stuffs or wash the excrement of animals. General speaking, to produce one pound of meat

needs about one month of water using of a common household. However, the water using of a vegetarian per year is less than the water using of a meat-eater per month. Therefore, meat-eating would cause a serious problem in economical as well as ecological aspect.

In America where livestock industry was well developed, a great deal of water had been used and which left had been polluted. Livestock produced 20 times excrement than men. Moreover, these excrements didn't dump on ground but into waster bodies. Therefore, it made the water contain

肉食有直接的關係。因為要生產肉，愈來愈多的森林被開發成農地及畜牧地。對於貧窮的南美洲國家而言，經濟直接回饋生計，因此他們為了已開發國家的肉食需求大量的砍伐雨林，這樣破壞自然資源的行為，已經造成不可挽回的結果，全人類都賠上了慘痛的代價。

因為熱帶雨林是世界上最珍貴之自然資源，有世界陸上植物80%之品種，藥材裡有四分之一的原料來自於此，也為地球供應很大比例之氧氣。破壞熱帶雨林，使得生存於此的動、植物流離失所，幾乎是一年有一百種生物自世界消失。

雨林調節了全球的氣溫，雖然除了廢氣造成臭氧層的破壞，雨林無法提供足夠的氧氣同樣是致命的要因。在電影「明天過後」中，將「溫室效應」的影響做大膽的預言；冰山的融化、暴風的襲擊、全球氣候失序……」雖然說預測全球進入下一個冰河時期的論點大眾反應不一，有人認為太誇



more nitric acid that might damage human brain.

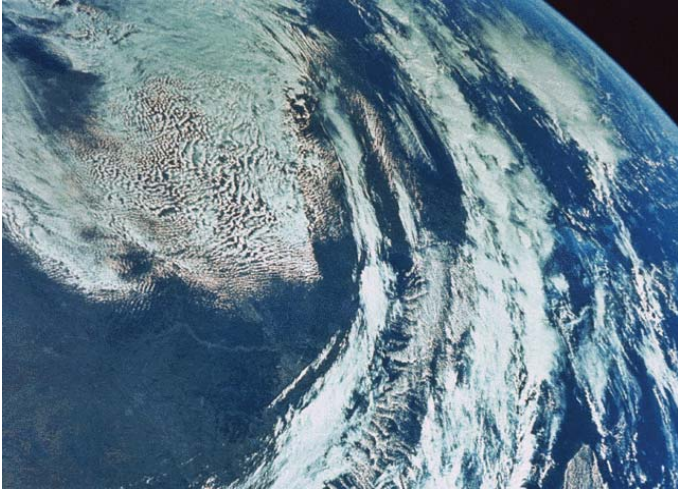
*Prob
lem analysis
No.2
Meat-eating/
greenhouse
effect*

Rain forests are disappearing and the greenhouse effect is a prime culprit. However, only few people know that the disappearing rain forests have relation with meat-eating. In order to produce

meat, more forests were cultivated into agricultural or grazing lands. In the South America, for the means of livelihood, they cut down rain forests for those developed countries. Such human activities that destroyed natural resources are irrecoverable. Finally, we have to pay for it with deeply grieved.

The tropical rainforests are the most valuable resources in the world. About 80% of land plant breeds, 25% of medicinal materials and great amount oxygen of global supply are from the tropical rainforests. The disappearing of tropical rainforests threatens the existence of animals as well as plants. There were over 100 species died out from the Earth per year.

The tropical rainforests can adjust the global temperature. Besides the waste gas is damaging the ozone layer, another lethal prob-



張，有人認為不無可能。但是不論如何，有許多的現象的確是值得警惕的；包括了目前氣候的紊亂、南北極冰山的融化及全球的氣溫上升…都是十分危險的徵兆。

英國科學家在日前剛剛發佈了新的研究報告：全球的氣溫將持續上升到下一個冰河時期的來臨。這是地球

lem is that the tropical rainforests can't produce enough oxygen anymore. In the movie "The day after tomorrow", there was a confident prediction for the greenhouse effect. The iceberg is melting. The storm is coming. The global climate is disordering... They said the Earth is entering into another glacial epoch now. Although, some people might not agree with that, it is still possible. No matter how, we had better keep an eye on these alerts such as climate disordering, the North and South Pole melting and global warming... These are dangerous signs.

An up-to-date research report from scientists in England recently said that the global temperature would keep rising until the next glacial epoch. This is common problem for all things on Earth. Human is holding the key of life and death. What should we do to prevent the tragedy? Probably, to become a veg-



所有生命的共同問題，我們站在這個存亡的關鍵點，是該做些什麼來防止悲劇的發生，而吃素就是解決許多生態問題的關鍵處。

問題的解析三 肉食/破壞自然平衡

令全球色變的「狂牛症」，1986年在英國發現後，至少已經造成16萬5千頭牛死亡。經過多年的研究認為牛隻可能是吃了感染了羊搔癢症的羊隻所作成的肉骨糜的飼料之故，令人悚然的是人類也會受到感染。其原因正是由於畜產的需求量過大引發的悲劇；牛、羊原本是吃素的，可是為了早日生產牛肉畜產品，人們在其飼料中混餵其他動物的肉骨，造成了體質上的感染及變化，可憐的牛兒因人而生、因人而死，完全沒有一點生存權力，一旦感染則大量的撲殺、活埋。

雞、鴨、魚、蟹…的命運也好不到哪，在一張張無情的口下，人們的需求為第一，可以養殖的大量繁殖，

etarian is the solution for many ecological problems.

Problem analysis No.3 Meat-eating/to destroy the balance of nature

“Mad Cow Disease” is threatening the world. Since 1986 it was found in England, about 165 thousands cow died by mad-cow-disease. For years of research, people found that when the cow ate bone of Scrapie-sickness sheep, the mad-cow-disease was created. Utterly terrified, human might infect mad-cow-disease too. This is a tragedy caused by livestock industry. Cow and sheep are vegetarian in the first place. However, in the livestock industry, people feed them born of other animals and therefore cause physique infection. The cow lives for men and die for men in the very end. The cow has no right at all. When the mad-cow-disease happen on any cow, it must be killed or buried without hesitation.

Chicken, duck, fish, crab... their fate is not so well too. When men open their merciless mouths, they have to die. Men's need has the first priority. Men breed animals as large amount as men can and kill the others that can't be breed. Men made the whole world in danger. We catch too much marine lives from the sea and that threaten the existence of birds. The birds have to face a strict ecological elimination. It doesn't have to go in such a way.

If we observe the meat-processing industry, machines replace work done by hand. Controlling the indoor temperature, conveying feed, washing away excrements and so forth, these manners waste too many resources. For our common wealth, men would win a crushing defeat in the chess



不可養殖的大量補殺。許多的自然生態被殘酷破壞，人類狂牛症捕走了過多的海洋生物，許多的鳥類無法存活，全世界的鳥類也面臨了嚴苛的生態淘汰賽，但是這一切其實可以不必如此的。

細觀生產肉類食品整個生產線，一切以消耗能源的機器取代人工，控制室內溫度、運送飼料、清理牲畜之排泄物等，過程中耗費了許多的資源，對於全體的共同利益而言，的確是一盤「地球生存棋賽」中的大敗筆。

素食/解決生態問題

competition of existence.

Vegetable foods/to solve the ecological problem

To be a vegetarian is the solution, why?

To grow vegetable foods needs less land comparing with livestock industry. We may not want to cut down forests and change it to grazing grounds. If we don't need to feed cow or sheep, we don't cultivate grasslands. Ecological system balance can be regained by choosing vegetable foods. Vegetable foods are the best choice of human.

Let's reserve more valuable topsoil, fresh air and clean water for our future generations.

According the study of agricultural specialists, to grow vegetable foods need only 10% energy consumption of meat-growing. If





吃素是解決這些問題的方法，爲什麼？

素食對土地的消耗量遠低於畜牧業，人們不用大量的砍伐森林以製造新的畜牧地，人類不需爲餵食牛羊而開墾過多的草原以供畜牧，生態的平衡在素食的選擇下將得以紓解，素食是對人類及地球最好的選擇。

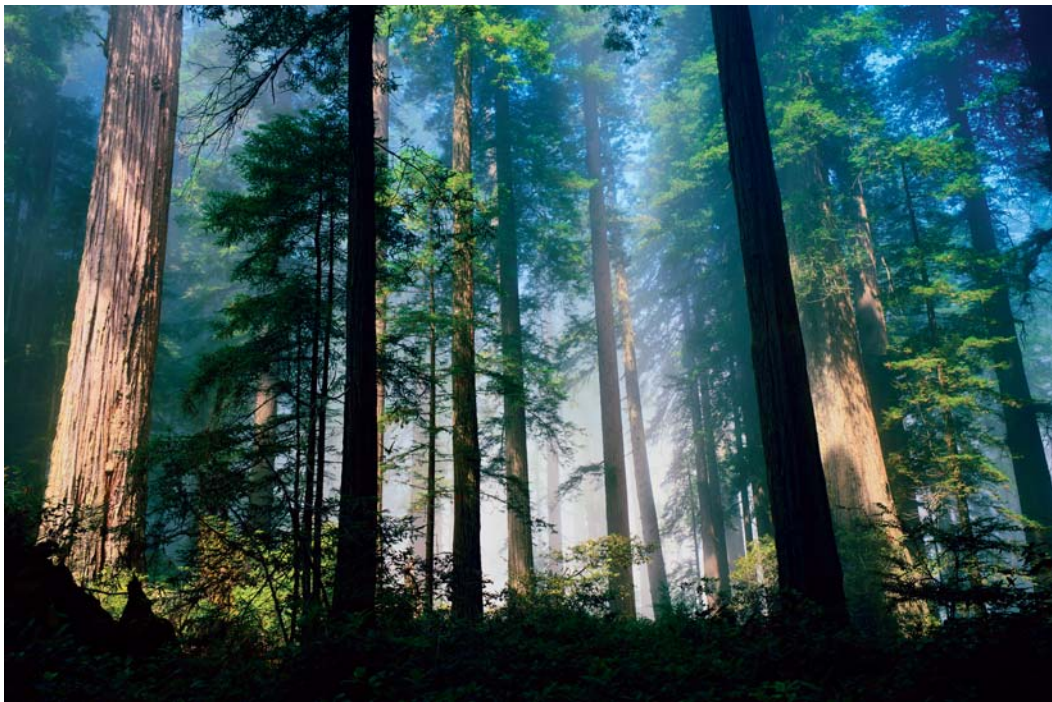
我們將擁有珍貴的表土，讓我們有更多的新鮮空氣，又可維持水源及保持乾淨的水源，讓下一代有乾淨的水喝。

農業專家做過一個比較，發現即使是最消耗能源的植物所生產的食物，也比最節約能源所製造的肉類食物，還省了將近十倍的能源。愈多的人吃素我們就得以節省更多不必要的資源浪費，事實上全球的糧食飢荒問

there are more people become vegetarians, we can save more energy. In fact, the world famine is caused by distribution disequilibrium instead of underproduction. Therefore, we have to break and rebuild some old ideals.

Vegetable foods/health and mercy

Cow and sheep are dying and having great pain. Does that have to? Men are eating animal's dead bodies. Moreover, men introduce some queer ways to eat them. Don't they fear of the causation? No matter you are a Buddhist or not, the causation works for everybody. This world should be fair to all beings. We are supposed to respect other animals. Then, we will harvest nice results. If men keep killing animals, you eat them today; tomorrow, they would eat you too. If we don't want to have wars, we have to give up the karma caused by animal killing! Otherwise, once the killing karma cumulates



題不在於生產不足，而在於分配的不平衡。在在証明了許多舊觀念是急需打破及重建的。

素食/健康慈悲

牛羊等生靈面臨死亡的痛苦，難道真是天生應該的嗎？人類一口一口撕裂著動物的身體，甚至於發明一些奇特而殘忍的吃法，難道真的不怕因果嗎？因果是不論我們信與不信，無論我們是否是佛教徒就不存在的。這是一個公平的世界，當我們尊重其他生命，自然得善果；倘若任意割殺，只怕是「吃人一斤還他十六兩」了。若我們不願看到戰爭發生，根本要解決的就是殺業累積的問題！否則一旦殺業快速增加，就是戰爭死傷愈快到來的時刻。

眼看著畜牧業到達變態的地步；打針、圈養、飼料加藥…，人類吃下

to certain amount, the wars would come in front of our doors.

The livestock industry already goes to an abnormal ways such as medicine

injection, to rear livestock in pens, to add hormone to feed...and so forth. When men eat these meats, we are eating poison. To be a vegetarian has fewer problems of that. A vegetarian choose a livelihood of health, mercy and good energy. If we have a nice thought to



love animals and the Earth and put them into practice, we make the Earth healthier.

Can you imagine?

If men cut down rain forests to breed cow, to get a 0.25 pound of beefsteak, we need



去的是一堆看不見的病毒，但素食者沒有這種危險及顧慮，素食者選擇健康且慈悲的生活，生命充滿了好的能量，這樣護生的愛心，照顧大地的心，付諸行動後自然使得地球更健康。

你能夠想像嗎？

砍伐原始雨林以種植牧草養牛，爲了生產一塊0.25磅重的牛排，有20多種植物、100種珍貴昆蟲及20多種鳥類及動物的棲息地，被永久破壞，然後不出10年，在成

to damage the habitat of over 20 plants, 100 valuable insects and 20 birds. Less than 10 years after the land changed from a rain forest to a grazing ground, this natural treasure-house for hundreds and thousands of years would become a desert region. This is a data of heartbreaking!

Vegetable foods/to put an end to great calamity

The motion to be a vegetarian can save the world. Men just need to switch their food and drink habit. Eat more vegetables can change your life a great deal. Even, the fate of Earth can be changed by such a motion.

為牧草用地之後，這片百千萬年孕育而成的自然寶庫，就化成了草木不生的沙漠地。這是多令人心驚的數據！

素食/消弭浩劫

素食運動是救全世界人類的工作。人們只需要在飲食習慣改變一點點，多吃蔬果，生命即會有很大的改變，整個地球的命運也會大大改變。

早在多年前人們喊出此呼籲時，可能有些朋友較沒有感受到環境因肉食習慣而急速敗壞的事實，但是如今！世界各地自然現象失序的報導，一再出現，我們再也無法視而不見了。大自然已千瘡百孔，戰爭的氣息如同空氣中過多的塵埃般凝重。地球啊！你是否能夠告訴仍然在沈睡中的人們，醒來吧！！若不醒來，我們將失去一切所愛，醒來吧！若不醒來，我們將鑄成大錯。

我們只有一個地球，一個選擇；愛它或不愛它、珍惜它或不珍惜它。我們只有一個肉身，一個選擇；愛它或不愛它、珍惜它或不珍惜它。

選擇素食包含了太多的意義了，朋友們！讓我們一起更愛自己及地球，並勸更多的朋友多愛自己及地球吧！



If we call for this motion many years ago, you probably have not notice the fact that the global environment was destroyed by meat-eating habit. Nowadays, a lot of news report about the global disordering. It happens again and again and men can't ignore it. The nature has one thousand boils and a hundred holes. The clouds of wars seem become thicker and darker. Dear Earth! Are you still in sleep? Please, wake up! If not, we may lose all. Wake up! If not, we may make a gross error.

We have only one global. We have to choose between love it or not; treasure it or not. All man has a body only. We have to choose between love it or not; treasure it or not.

It has a great meaning to choose vegetable foods. Dear friends, let's love the earth as well as ourselves. Besides, let's persuade others to be a vegetarian and save the earth!



全人類的覺醒 ~ 素食的必要

Awaking of Human Beings
Vegetarian is essential

文Article / Eric

譯Translator / Winifred

美編Art Design / Frank



習慣對嗎？

很多事情做久了，產生固定模式後，會變成一個習慣，久而久之，大家都這麼做時，就形成了一種常態。常態是可怕的，因為他會讓人失去警覺性，不知不覺陷入一種情境中，而完全不知道事物真實的面貌，也失去了判斷是非的能力，而任由常態擺佈。也正因為如此，我們就要問：「常態一定對

Is custom right?

As we do many things for a long time and have fixed pattern, it becomes a custom; over a long period of time, people do the custom as well, then it forms an accustomed state. Accustomed state is terrible. This is because the custom lets people lose vigilance and be entrapped a kind of circumstances imperceptibly, and lets people totally doesn't know the truth of things. People would lose an ability of judging right and wrong, then let the accustomed state manage. Accordingly, we would like to ask: Is accustomed state definitely correct?

We aware that the majority of people have carnivorous custom, and the real vegetarian in proportion is few; so, vegetarian often get a strange sight from others. Hope that is not a negative comment. On the contrary, because carnivorous is accustomed state, it wouldn't be a topic of conversation and wouldn't be questioned and wouldn't struggle whether eat meat or not. Owing to a simple reason: everybody does it as well. Accustomed state says: Don't change it. People would listen the order of accustomed state, one sentence: Everybody does it as well. It seems to settle all anxieties and solves all problems,





but why do human beings still have so many problems that happen again and again? In case, we have to ask: As people all do the thing, is it definitely correct?

Cause and effect

Food undergoes transformation continuously to people in value. From the an-

cient condition which it's hard to stuff with food in three meals, to the current time which it's not only stuff with food but also good color

嗎？」

我們知道大多數的人都有肉食的習慣，真正的素食者的比例是少之又少，因此往往素食者會引起別人異樣的眼光，但還好不是負面的看法啦！反過來說，因為肉食是常態，所以不會成為話題，不會有所質疑，更不會掙扎著要不要吃肉，因為一個很簡單的理由：大家都這麼做。常態說：「不要改變它。」人們就乖乖的聽著常態的命令，一句：大家都這麼做。似乎化解了所有的疑慮，解決了所有的問題，那人世間為什麼還有這麼多的層出不窮的問題？所以我們又要問了：「人家都這麼做的事情，一定對嗎？」

因果

食物對人的價值不斷在蛻變



中，從古時求三餐溫飽猶不可得的情形到現代不但要吃得飽，還要色香味俱全，曾幾何時，開始拿別的生命開玩笑後，就注定開始失去悲憫心，造就了貪婪和自私的年代。一名國小的幼童性侵

害其他六名國小女生；每天報章雜誌上演的是
一幕幕爭權、亂倫、暴行、豪

取，我們常問：為什麼我們的孩子會這樣？為什麼我們的社會會這樣？但也許我們應該更清楚的思考這個問題



and taste. Only a short time ago, people start to make jokes with other beings, so that is doomed to lose compassion girls; magazines and news peppers performs scenes of scrambling for personal gains, incest, violent, and robbing. We always question: Why do our children become

so...? Why do our sociality become this situation? However, maybe we should clearly think about the source of this issue: Why

could we disregard beings sufferings that trampling on precious life of other animals? But, we always seek for folk-prescriptions to solve sufferings of life.



的源頭：爲什麼對於其他動物寶貴的生命踐踏，我們可以無視這種生命的苦痛？而卻往往要尋求解決我們生命苦痛的偏方。

清淨、慈悲的救命丹

善有善報，惡有惡報，當冷酷無情的劊子手降臨人間，人間就會變成殺戮戰場，六親不認，多麼慘痛的悲情城市啊！而是什麼力量召喚劊子手降臨人間呢？當人們失去慈悲和關懷的心，當人們不尊重生命時。人們真的該覺醒了，停止一切的殺戮，讓慈悲、喜樂重新降臨人間吧！將劊子手趕出我們的家園，停止對其他生命的傷害，



Pure and merciful savior medicine

Good will be rewarded with good, and evil with evil. While cool killer falls the world of mortals, that would become fighting battle and not to recognize own relatives. How a bitter and pity city is! What's power to call killer to fall the world of mortals? As people lose the mind of mercy and compassion and

don't respect lives, people should become awake and stop all fights and let mercy and joys fall the world of mortals again. Let killers are expelled from our world, and stop to hurt other beings, then we can call back mercy and joys and find that pure and merciful savior medicine is originally our own mind.





我們就能喚回慈悲喜樂，清淨、慈悲的救命丹原來就在我們的心中啊！

吃素是常態

我們想想，會不會有一天，吃素成爲常態，肉食反成爲異類，當有人吃肉時，也會被投以異樣的眼光，也有人勸解道：你幹嘛想不開去吃肉呢？吃肉對身體不好啊！你心情不好也不必去吃肉，害人又害己啊！你怎麼這麼沒有慈悲心，任何動物都可能是過去生的眷屬，你吃的下去嗎？…等等。也希望有一天，這樣尊重生命觀念的省覺，能在人間重現，讓我們手連手，心連心，從自身的素食行動做起，再去影響更多的人，用愛去擁抱我們的世界，讓明天更好。

Eating vegetarian is accustomed state

We should think that maybe one day eating vegetarian become an accustomed state and eating carnivorous is strange; as someone eat meat, he will get a strange sight from others and get a comment: why do you take things too hard to eat meat? Carnivorous is not good for health; If you have bad mood, it's no necessary to eat meat that is harmful for people and yourself; Why do you have a mind of compassion? Any animal could be possible your relatives in your previous life, and how do you eat them, etc.? Wish one day, this kind of awaking regarding the concept of respecting life could appear again in our world. Let us cooperate, and make a vegetarian action from our own; then influent other people. Use love to hold our world, and let tomorrow be better.

進化的階梯～

從肉食到**素食**的心靈光譜

A ladder of evolution ~

The spirit spectrum from a meat-eater
to a vegetarian

文Article/Emily 譯Translator/Terry 美編ArtDesign/Frank



你的心就是你的顏色

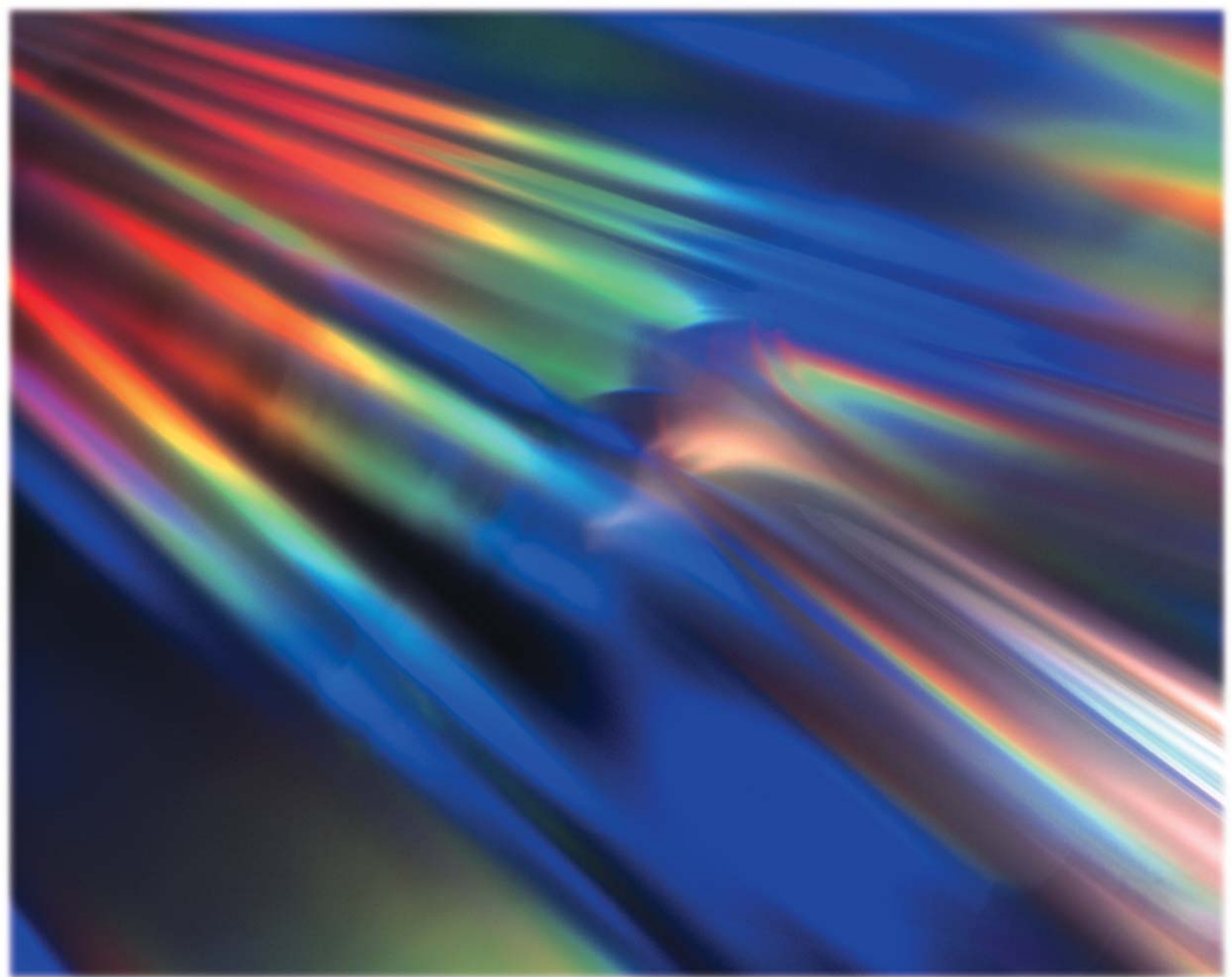
人類在遠古時代，就有很多描述環繞身體光芒的文字及圖案，通常包含一種或數種顏色，這些顏色恰是大自然中彩虹的顏色，就是紅、橙、黃、綠、藍、靛、紫及另外的白色。

你是否在學生時代玩過一種遊戲？玩法是：團體內每個人都會分到

Your heart, your color

Since ancient times, there are a lot of saying as well as graphs to describe the lights around human body. Usually, people said there is one or a couple of colors. These colors could be colors as a rainbow such as red, orange, yellow, green, blue, indigo, purple and white.

Have you ever play a game when you are a student? The manner is that every man





七張紙，也就是七種不同顏色的紙且背面空白。每個人都用直覺去選出哪個顏色最像某人，並在那個顏色的背後寫上原因。例如：我覺得你像是藍色－自由和平的感覺。然後看看自己及其他人最後得到的顏色，哪一種顏色最多。透過此遊戲你將可以參考

in the game will have 7 cards. Each card has a different color. The other side of all cards is blank white. Everybody may use his intuition to match up the cards with every player. Then, write down the reason in the back of the card why the color matches that person. For example, if I feel you are a free and peace person, I may match the blue color card with you. In such way, you may find your color as well as others. Which color you will get the



到自己予人的感覺，和自己預想的是否符合，充滿趣味。

在班上試過一些學生，發現

most? By this game, everybody can get the feeling from others. It is fun.

In my class, I found something interesting. It seems have a good correlation

一個有趣的現象：人們在描述時多半會寫出和情緒相關的顏色，譬如說紅色通常代表熱情開朗、白色代表善良慈祥、黑色代表憂鬱、綠色代表平靜溫和……等等。暗色多半是與不明朗或不明確的心情有關；反之則不同，黃色、白色等淡色多半被賦予溫和舒服的符號。當得知自己給人明亮舒服的感覺，小朋友們都會竊喜不已。

所以，其實我們與眾生的關聯是“心”的關聯，大家是用心去體會你這個人的心，而你的心也造成了屬於你自己的顏色！你想像自己會得到什麼顏色呢？

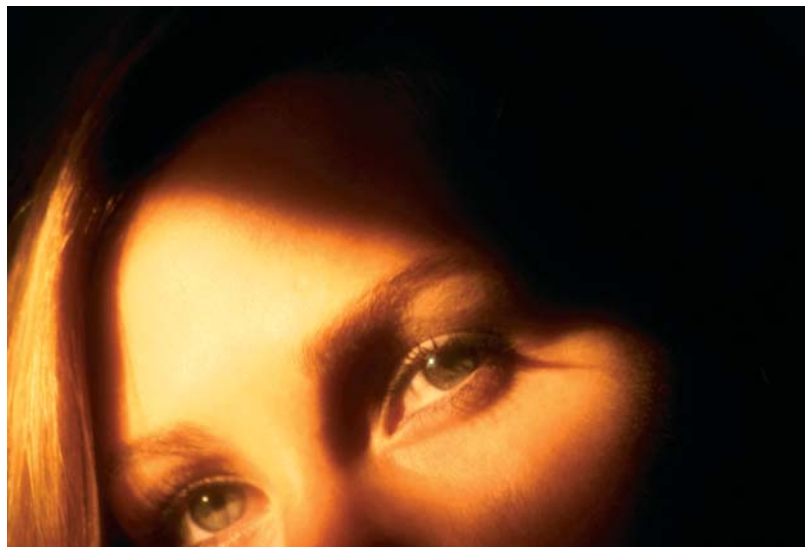
氣脈與光譜

古印度的《吠陀經》，可能是探討脈輪顏色的最古老文獻，脈輪的顏色與彩虹的光譜相應。而古代的文獻中也特別提到脈輪發出能量，以不同的顏色呈現出來。

一般說來，一個人若是生病了或者心情不好常會用黯淡失色、甚至是印堂發黑等描述。若是健康開朗則習慣用容光煥發的字眼來描繪。

顏色的暗與明究竟和我們有何關連呢？

從古代的佛教經典，到現代流行的能量醫學及心靈光譜都可以看到這方面的論述，以現今的能量醫學許多的治療師一般都同意，基於對內分泌系統的了解，將引導我們認識更多脈



between colors and feelings. For example, red represents enthusiastic and open; white represents kind and gentle; black represents melancholy; green represents peace and calm...and so forth. Mostly, dark and dim colors are moods of unhappy and uncertain. On the contrary, light colors such as yellow and white are symbol of moderate and comfortable. When a player knows that he is a bright color in other men's mind, he is very satisfied.

Therefore, the real relation between you and me are the “heart”. When your heart meets others, you are making your color in other's mind! What will you get?

Nadis and the spectrum

The Vedas, an ancient India publication, it is probably the





輪的顏色和光亮的關係。連西方科學家都已經證實氣場的先驗功能可以判讀身體的健康，且每一個能量中心都有顏色對應。

而生病的人體會呈現晦暗的光，累積在輪脈上使輪脈的顏色蒙上黑或灰色的氣，這種情形在外表上即是我們常說到的氣脈阻塞，氣脈阻塞會造成人們身體的四大不調（地、水、火、風）並引發疾病。

而造成了氣脈阻塞的原因是什麼呢？大致上和飲食有著密切的關係，例如飲用冰水，會造成了氣脈阻塞。食用一些較不益人體的油炸食物—例

oldest documents that probe into Nadis and Chakras. Nadis and Chakras have colors just as a rainbow. According these documents, different color has different energy level.

If a man is sick or has a bad mood, he would get dim colors. Sometimes, people would say that you have a dim forehead. On the contrary, if you are healthy and happy, people would say that you are face glowing.

What's the matter about the dark or bright of color?

There are many discussions about this matter in ancient Buddhist sutras, modern energy medical science and the spirit spectrum. Many doctors of modern energy medical science would agree that Nadis, Chakras, energy and colors have relation with human internal secretion. Even the western scientists are using some magnetic field to read the condition of health. Besides, every color has different energy level.

A sick man will have a dim color in body. The Nadis and Chakras within his body would show black or gray Chi/gas. Externally, we would say that the sick man has a blocked Nadis. If a man has a blocked Nadis in body, his 4-elements, the earth, the water, the fire and the wind, would lose balance and therefore get sickness.

What makes the Nadis blocked? Basically, it is caused by food and drink. For example, if you drink some iced water, that will block your Nadis. Some fried foods such as French fry and fried snack that will block the Nadis too. Surely, natural foods such as vegetables and fruits are clean and nice choice that won't block Nadis. Meat, animal's dead

“素食新時代”專輯系列之三

如油炸的薯條、油炸的小吃等，也都是容易造成氣脈阻塞的食物。當然，食用清潔且源於大自然的天然蔬果是人類最好的選擇。肉食的食物，由於是動物的屍體，本身十分容易腐敗，而且肉食也是會造成氣脈阻塞的食物，因此許多的朋友在吃素後常有身體轉變更健康的情形，一般生病的人類或是動物通常在虛弱時總是以素食為優先考量，都是基於健康的道理，既然如此，我們何不就在平時就選擇健康的素食呢？

然而除了健康的顏色外，我們的心靈光譜更顯重要，畢竟我們是以心靈活在這世上的。



body, it is easy to rotten. Meat may block the Nadis too. Thus, if you switch and become a vegetarian, you will become healthier. When a man or an animal is sick, he or it had better eat vegetable foods only. Therefore, in view of health, switch to a vegetarian as early as possible. Don't you agree?

Moreover, the spectrum of spirit is more significant. After all, it is the heart and soul that live in the world.

Stand on which side of the spirit spectrum?

Health has two choices. Spirit has two choices too. A dignified spirit is a bright state of mind. We may experience it in our life. When we do something good, we are happy. When we are mad or dejected, our spirit is

站在心靈光譜的哪一端？

除了健康的二端抉擇，我們人的心靈光譜也有二端的抉擇。高尚心靈也就是光明的精神狀況；大家從自己的生命經驗都可以體會到，當我們做好事時我們的心靈是快樂的；當我們生氣或者是憂鬱時我們的心靈是閉鎖的狀態！簡單的說，就是念頭是否與光明相應。

慈悲的狀態是細胞充滿了愛的狀態，這種能量光明而廣大，是心靈光譜中的頂端；相反的，我們的心若是下墮了，那麼就會落入光譜的“黑心”地帶。頂端是喜悅幸福，另一端是仇恨及執著的。

慈悲的心是願眾生快樂的心，慈悲的心是愛別人如己，甚至勝過自己的無私，是不忍心傷害任何的眾生的，何況是食其肉。當動物受傷時，他們多希望能夠存活，他們總是發出悲鳴，哀求援助。

其實人人皆有惻隱之心，人人皆有追求快樂的本能。曾經是葷食改爲

blocked! Brief speaking, when the thinking is bright, the light is bright.

The state of mercy and compassion is a state that every cell is filled up with love. The bright energy is vast. It is the summit of the spirit spectrum. On the contrary, when the mind falls into evil, you are within the spectrum of darkness. The top is happiness and pleasure. The bottom is hatred and insistence. They are two sides of mind.

A mercy mind would wish all men have happiness. A mercy mind would love others as self. A mercy mind is selfless. A mercy mind would never hurt others. When an animal is hurt, we should wish the animal can survive. When the animal cries, we are supposed to help it.

In fact, all men have a sense of pity. Every man has an instinct to seek happiness. After I switch from a meat-eater to a vegetarian, my friends are happy for me. They are wondering that why I looks good and become healthier. Actually, vegetable foods benefit my body as well as my soul. However, the soul is invisible and therefore it is not easy for anyone to detect. It is absolutely true for that changing. When a man goes in the correct direction, it is the happiest thing of the





素食者的我，朋友們看到，多半對我的氣色及健康轉變高興及好奇，不知吃素的利益也影響了我的心靈，只是心靈是抽象的，一般人較難察覺到，但是它是千真萬確的一點一滴的轉化。追求到一個對的生命方向是多令人喜悅的事！

朋友們！你現在站在心靈光譜的哪一端呢？你是否準備好向光明健康的這一端邁進呢？？何不為自己創造美麗光明的心靈光譜，好好愛自己吧！

world!

Dear friends! Which side you will choose in the spectrum of spirit? Are you ready for the brightness and health? Why don't you create the spectrum of beauty and brightness for yourself? Love yourself well!



化思想為行為～

從一餐素開始身體力行

Convert an ideal to an action from one
Vegetable meal

文Article/David 譯Translator/Free 美編Art Design/Frank



正確的觀念

素食，不僅流行，並且正確。小至個人健康，大至整體生態，都能給



出素食的充分理由。再從實際的能源觀點，或是形而上的人道角度，也都建議不食肉的飲食習慣。這麼多的考量，讓我們得到一個決定性的結論—素食，是完整而全面的正確，沒有一絲一毫的不妥，沒有任何一丁點的不對。

素食既然這麼好，那麼希冀

A correct ideal

Vegetable foods, it is a popular and correct choice. From personal health to global ecological equilibrium, men have sufficient reason to accept vegetable foods. Even from view points such as energy resources and humanity, men had better not to eat meat. Let's a decisive conclusion and that is to be a vegetarian. This is a correct choice.

As vegetable foods are such a nice choice, a person with breadth of vision should become a vegetarian for his good health. However, not everyone can switch easily from meat-eating to vegetable foods. If you can switch easily, I'd like to congratulate you because you have good fortune and therefore, making a correct choice. There are people can't give up the habit to eat meat. It is just not easy for them to do the right thing. However, don't feel dejected. Never give up. Otherwise, you can never jump across the wide gap. Actually, you should not criticize but do some wise adjustment. No matter how old are you, you still have a chance to do the switch.





活的健康，行的正確的有識之士，自然會想起而效之。但一種米養百種人，不是每個人都能輕易改變飲食習慣的。如果你是那種短期就調整成素食的人，那麼很恭喜，你很有福氣，能輕鬆的走在正確的路上；但更多的人，卻有著難以割捨的肉食情節或習慣，要在一夕之間就撥反為正，實在很不容易。這樣的人，倒也不必沮喪，以為今生無緣吃素，那道鴻溝永遠也跨不過去。其實，只要真誠不批判的面對自己的處境，加上善巧的調適，一個人不論多年長，都還是有相當大的改變空間。

善巧的調整

要想改變飲食習慣，從每天一餐開始是個很好的選擇。這可不是隨隨便便吃些青菜豆腐、麵包雜糧就好。相反的，要盡量注重這餐的品質，多花些精神，準備出均衡又可口的素食佳餚，帶著愉悅的心慢慢的進食，你會赫然

A wise adjustment

If you want to do the switch, you may start from any meal of a day. Don't eat arbitrarily such as green vegetables, bean curd, bread and food grains. On the contrary, you should pay attention to the meal's quality and prepare for yourself a balance and delicious dishes of vegetable foods. Then, eat them with a nice mood and eat slowly. You will find all



發現，原來素食也可以這麼美味，原來食物的美味與肉不肉無關，用不用心才是關鍵。你也會發現，這一餐是那樣的沒有負擔，身體而言清爽好消化，心裡而言沒有任何一個生靈因為這頓飯而遭苦受難。漸漸的，你會不再排斥素食，漸漸的，你會喜歡上素食，漸漸的，漸漸的，一切就自然而然改變了。

有些朋友對我說：『我知道素食很好，也會盡量少吃肉，多吃青菜。但是，我實在不覺得需要那麼強制性』這些朋友，我很少看到他



of a sudden that vegetable foods can be such delicious. Without meat, foods still can be delicious. The heart is the key. A meal of vegetable foods can never become a burden to health. Besides, no animal will die for this meal. Vegetable foods are easy to be digested. Gradually, you will not reject them. Gradually, you will love them.

Some of my friends said to me, I know



們調整成功的。試想，一個人若講說：『我知道體重太重不好，也會少吃些東西，不要暴飲暴食，但我就是不覺得應該那麼強制性控制。』這樣的人好像很難減重成功。為什麼？因為唯有有心將觀念化為行爲，才有可能達成一種轉變。其實，並不是強制，也不是控制，而是規劃，執



行再加上調整。每天一餐素，就是這樣實際的想法！

Go! Go! Go vegans!

所謂知易行難，雖然瞭解了素食的正確，但在行為上要求立刻正確卻不見得符合人性。就如同登高爬山一般，雖然在地圖上已經標出目的地的位置，卻沒辦法立刻到達。但只要實際一步一腳印，就會化天涯為咫尺。一餐素也是如此，方向確立了，只要加上恆常的實踐，那麼，今日的遠在天邊，在不久的將來，必會成為近在眼前。

你知道全球已經颯起了素食風了嗎？通知你的親朋好友，讓我們從一餐素開始，一起加入這個正確又健康的流行吧！

vegetable foods are good. I will eat less meat but eat more vegetables. However, I don't like to be restricted. Such friends, I rarely find a success switch from them. Try this, if there is a man said, I know I am too heavy. I would like to eat less food. I don't want to eat too much at one meal. However, I don't like to be restricted. Can such a man win? It seems difficult for him to success. Why? He has a weak mind and he can make an ideal become a practical action. In fact, a switch is neither a restriction nor a control. Instead, a switch is a planning and an adjustment. Every day, choose one meal to have vegetable foods only!

Go! Go! Go vegans!

To know is easier and to do is harder. Although we know to eat vegetable foods only is correct, however, we simply can't do it completely right away. This is human nature. Just as climbing a mountain, nobody can reach the summit right away. If we climb step by step, we will surely reach the summit. To be a vegetarian is the same thing. You are sure this is a correct way in the first place. Then, you practice regularly per day. One day, you will do a completely switch for a meat-eater to a vegetarian.

Do you know vegetarian foods become more popular today? Tell your family members as well as friends to have a good try. Let's start to join the correct and health fashion from one vegetable meal.



素食新時代 虛擬風格電子畫展

Vegan New Age

Virtual digital exhibition of paintings

電子畫家Digital painter/Thomas



虛擬畫作

Digital paintings

•

虛擬展覽

Virtual exhibition

•

歡迎

Welcome

•

虛擬參觀!

Virtual to link and visit!



世紀新浪潮~
素食新時代

New wave of the century ~
Vegan New Age

Vegan New Age

作品之一: 葉片的呢喃

Work No.1: Twittering leaves



作品之二:自然抽象畫

Work No.2: Natural abstract-painting



作品之三:從憂鬱到朗然

Work No.3: From blue to happy



作品之四:田園交響樂

Work No.4: A symphony in countryside



作品之五:美麗的季节

Work No.5: A beautiful season, a romantic vegetable food

Vegan



New Age

作品之六：玲瓏的時代

Work No.6: An ingeniously and delicately era



作品之七:時代的瀑流

Work No.7: Waterfall of the times



作品之八：細水長流的美感

Work No.8: The beauty of stream lines



作品之九：波濤洶湧大趨勢

Work No.9: The great trend of waves

柿子文化挹清香

Persimmon's Culture Smells Good

尊重人我思想、關懷生命心靈

回歸素食的人文樣貌

*Respect the thought of self and others and
always concern about life as well as spirit and soul
Regression of vegetarianism and humanism.*



文Article/Joey 譯Translator/Sky 美編ArtDesign/Fan



前言

一群尊重生命的文字工作者，用心製作了一系列的好書，包括第一本蔬食作品《經典蔬食名人廚房》。短短的時間內受到文化界相當程度的歡迎，成為誠品書店的“六月首賣”。它賣的可說是創意的質感，也是生命的內涵。從推廣素食的角度，我們看到了同好，透過了文字的傳達，宣揚





正確的生活概念。更令人欣喜的是，這是源自虔敬佛子的心，本期十分榮幸為您採訪到《柿子文化》的總編林許文二先生。（以下簡稱林總編）

記者：林總編您好，最近在許多的資訊上看到了貴出版社的作品，不知是否可以好奇的請教您《柿子文化》的名字有何特殊意義？

林總編：《柿子文化》的名字其實是有其典故的。「柿子」二字是取原始佛教《阿含經》中「釋子沙門」的釋子，用以強調我們是釋迦牟尼佛的弟子。我本身是佛教徒，有感於現代佛教的宣傳需要潛移默化，現代人不太願意別人要他去做什麼，因此不

Preface

There is a writing team who always respect lives. They have published a series of books attentively. Their first vegetarian book named as “Famous Vegetarians and Their Favorite Recipes”. This work was welcomed by the cultural circles in a short time. In “eslitebooks.com”, a famous bookseller in Taipei, it became the best seller of June. Actually, it is selling the originality as well as connotation of life. In viewpoint of vegetarian, we saw friends who also use writing to pass correct and nice concepts of life to others. We happily know that this is the origin of a Buddhist mind. In this issue, we would like interview the chief editor of “Persimmon’s Culture”, a publisher in Taipei. He is Mr. Lin Xu Wen-er (Lin, in the following writing).

Reporter: Nice to meet you, Lin. Recently, I easily find much publication information about your company. Can you tell





能單一的強調佛教好，需從其他的地方去證明佛教好，因此用更國際觀去弘揚佛法是我們以為可行的方法。故斟酌再三用「釋子」或「柿子」後，取「柿子」二字以避免大眾受限於文字的表相意涵。

記者：沒想到林總編本身也是佛教徒，並有這樣深入的見地。不知一開始是在什麼緣起下成立出版社的呢？

林總編：過去我在寫書的過程中，寫過一些佛教朝聖及印度文化方面的書籍，了解到自己想做的書，於是結合大家的力量成立出版社，以健

us why your company called “Persimmon’s Culture”?

Lin: “Persimmon’s Culture” is named after Buddhist sutra. The word “Persimmon” draws out from an ancient Buddhist sutra named “Agama”. “Persimmon” pronounced “Shi-zi” in Chinese. It is “Sakya Sramana” in Sanskrit and means “The son of Buddha”. We stress that we are pupils of Sakyamuni Buddha. I’m a Buddhist. I think that we have to propagate Buddhism in an unobtrusive and imperceptible manner at modern time. A modern man usually doesn’t want to follow orders. Therefore, we couldn’t stress too much on Buddhism. The benefits to learn Buddhism need to be proofed in the first place. Besides, it will be nice to use some international point of

views to preach Buddha dharma. We consider again and again and finally decide to use the word “Persimmon” instead of using “Sakya Sramana” or “The son of Buddha”. Then, people may get rid of any improper superficial thinking.

Reporter: I’m surprise that you are a Buddhist and have such a deep insight. Can you tell us why and how you establish this company?

Lin: In the past, I wrote a couple of books related with Buddhist pilgrimage and India culture. Later, I think I have to integrate power and established a publishing house and publish works that I love. Topics such as health, environment and life esteem and so on are our common interest.





康、環保、生命尊重為標的，這也是符合我們大家的興趣。

記者：不知林總編提及的朝聖書籍有哪些書，可否介紹一下？

林總編：我與陳師蘭（我的太太），學佛十年有餘，在1999年的秋天，我們做了一次克難的印度佛教聖地自助朝聖之旅，有感於當時國人前往印度朝聖，往往受制旅行團的趕場與導遊解說的不足甚至錯誤，因此回國後於2000年時撰寫《印度聖境旅人書》（商智文化出版），幸運的頗受好評。

2000年秋天，又再次啟程前往印度作更深入的佛教研究與旅遊，於2001年出版《印度謎城－瓦拉納西》（馬可孛羅出版），以旅遊文學的方式介紹印度聖城、印度教與佛教的過去到現在。

接著又於2003年出版了《印度佛教史詩～圖解桑奇佛塔》（橡樹林出版），以文化考古的方式，介紹世界著名的桑奇佛塔雕刻藝術與早期佛教

Reporter: Can you introduce your previous works for us?

Lin: I and my wife, Chen Shi-lan, learn Buddhism for over a decade. In the autumn of 1999, we traveled to India and made a backpack pilgrimage. Usually when Taiwanese visited India, they were in a hurry and their route of travel was controlled by tour guide. Therefore, they always miss something important. After I came back to Taiwan, I wrote the book “India Pilgrimage and the Traveler”, published by “Sunbright.com”. It was lucky for me. People love the work.

In the autumn of 2000, I traveled to India again to make a deeper Buddhist research and visiting. In 2001, I wrote “India Puzzle City ~ Varanasi” published by “Marco Polo.com”. I was using a touring-literature manner to introduce the past as well as the present about India cities, Hinduism and Buddhism.

In 2003, I wrote “The Epic Poem of India Buddhism ~ A Diagrammatic Illustration of Sanchi Stupa” published by “Oak Forest.com”. I used an archaeological manner to introduce the Sanchi stupa-sculpture and the early stages of Buddhist history developing. Besides, parts of writing and photos were also printed in newspaper as well as magazines.

Reporter: Are all fellow workers in your company Buddhist and vegetarians?

Lin: When the company was established, the general direction of this company was “Respect the thought of self and others and always concern about life as well as spirit and soul”. Therefore, we are not a Buddhist company. Neglecting the religion believing of I and my wife, every worker has his own believing such as Buddhism, Catholicism and some folk religion.

About to be a vegetarian, I also respect

歷史的演變。此外尚有部分文章或攝影作品散見於報刊雜誌。

記者：本身編輯部的工作同仁是否都吃素並且是佛教徒呢？

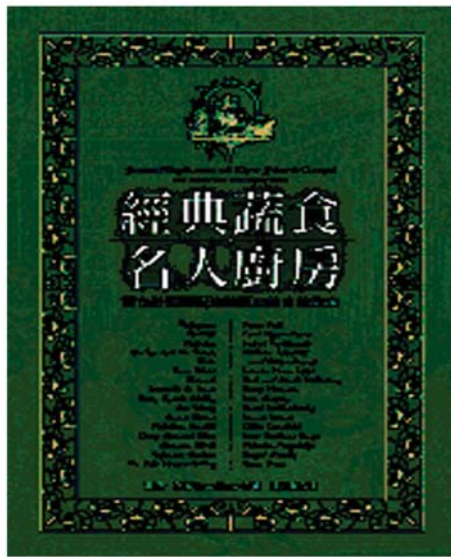
林總編：由於當初成立「柿子文化」時，是以「尊重人我思想、關懷生命心靈」為大方向，並非定位為宗教出版公司，因此編輯夥伴除了我們夫妻外，各有不同的宗教信仰，其中有佛教、天主教、民間信仰等。

至於素食習慣，也是尊重個人的自由意志，因為我們認為「飲食是尊重生命的展現，選擇葷食或茹素，是個人對自身、口、意的實踐，須由內而外的自我醒

free will of each worker. I thought that “Food and drink would show the attitude of life esteem. Becoming a meat-eater or a vegetarian, it is a free choice according individual willing. Hopefully, a man would be enlightened from inner out. Then, he can get spiritual stable and peace. This can't be an outer in or any hard sell. Therefore, our fellow workers are meat-eater as well as vegetarians. We respect each other and join in peace and happy.

However, by an unobtrusively and imperceptibly influence in this company, there are many workers agree with the fundamental ideals of vegetarianism. They started with cold and detached, hostile, disagree to gradually switching. They reduced





the eating of meat and walk into the kingdom of vegetarian. This trend is pleasant!

Reporter: How the public like the works about vegetarian? What age level accepts them most? What is the reason of that?

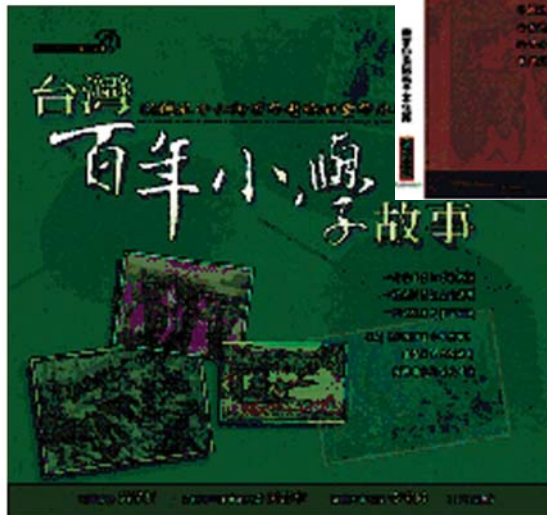
Lin: “Famous Vegetarians and Their Favorite Recipes” is the first work of our vegetarian series. It was printed about a month. It seemed welcomed in metropolis, the middle

覺，此中方可獲得心靈的安穩與寧靜，而非由外而內、強迫推銷。」因此夥伴們也是葷素皆有，彼此尊重、和樂融融。

有趣的是在出版編輯的潛移默化中，已逐漸有夥伴

也認同素食的理念與精神，從原本冷漠、敵對、不以爲然……，到願意逐漸減少肉食，逐步邁向素食國度，而這正是我們所樂見的！

記者：目前有關素食方面的書籍反應如何？哪個年齡層的朋友接受度最高？原因是什麼呢？



class, the middle to high education level, young man as well as the men in their meridian of life. For example, in “eslitebooks.com”, it was elected by the editors as “The Best Reading of June” and “The Best Reading of July”.

Besides, by the cooperation of companies, we held the activity of “Sole Hot Sell”. There were many vegetarian website, newspaper and magazines also introduced it.

Basically, the men in metropolis, the middle class, the middle to high education level, young man as well as the men in their meridian of life are important and major buyers in the society. They have characteristics of indepen-

林總編：《經典蔬食名人廚房》是我們素食文化系列的開創之作，從目前出版不到一個月的時間來看，頗受都會化、中產階級、中高學歷、青壯年人士的注目，例如「誠品書店」就將此書列入〈好讀六月〉的編輯選



書與〈好讀七月書與非書〉的單元介紹，並與我們合作「獨家首賣」活動，此外也有多家素食網站與報章雜誌有專文介紹。

都會化、中產階級、中高學歷、青壯年人士，基本上是目前的社会菁英與購書的主要人口，具有善於獨立思考，不喜道德教條等特徵，相信我們所製作的書籍，會是他們所願意放下既有成見，重新閱讀思索「素食」的文化橋樑。

記者：在商業利益的潮流下，一般書商的接受度如何？

林總編：「素食」這個議題長久以來似乎已被僵化了，它似乎代表著

dent thinking and free from dogma restriction. If these men are interest in our books that is probably because they already put down the prejudice, then, a new cultural bridge of vegetarianism would be build.

Reporter: Under the tide of commercial interests, how the general bookmen like it?

Lin: The subject of vegetarianism becomes rigid for a long time. It seems represent “To be a Theo mania, to defend traditional moral principles, to eliminate karma, to look ashamed, to unsocial and so forth”. These are negative impressions. In Taiwan, vegetarianism was origin at folk religions such as Buddhism, Taoism and Civic vegetarian

group. Therefore, they are one thing that has two sides. Thus, if we can break the fix relation between vegetarianism and religions, then, vegetarianism may have a brand new beginning. Therefore, from topics to details, “Persimmon’s Culture” tries the best to establish the principle of “Regression of vegetarianism and humanism”.

We already won good response from book sellers and bookshops. They thought our books are enlightened, cultural and multiplex. We enriched the publishing market and bring fresh and new. Therefore, they are willing to help us to promote our books by special display and sale planning. However, they still have to care about the selling result. If vegetarian group as well as general publics supports these books, then, they will happy about that. I believe the commercial system would pay attention to us

「宗教狂熱信徒、衛道人士、消業障、面有菜色、不合群……」等符號，讓社會一般飲食者有負面的印象。個人認為，此或許根源於台灣的素食與宗教之間（佛教、道教、民間齋堂），長久以來緊密連結（幾乎是一體兩面）的獨特現象所導致。因此我們認為若能打開宗教的藩籬，素食就有重新注入活水的機會，於是在選擇出版題材與內容上，柿子文化是以「回歸素食的人文樣貌」為主要出版原則。

目前經銷商與書店的反應都很好，因為他們認為這樣的書籍正是開明文化、多樣社會的展現，可豐富台灣的出版市



if we can win the interesting from the publics. A benignancy development is the biggest encouragement to us.

Reporter: When your company established? What books you are working now?

Lin: We have been established for over one year. We have two new series such as “Taiwan Culture” and “Vegetables Life”.

The first book of “Taiwan Culture” is “The Elegance and Talent of





場，讓人有耳目一新之感。在當今激烈的出版市場中，書店與書商皆願意為柿子文化出版的書籍，作特別的陳列與行銷企劃，但書商、書店所關心的畢竟是以實際銷售的數字為主，若台灣小眾的素食人口與一般社會大眾，皆願意熱情支持此類書籍的出版，相信商業體制會更重視素食文化議題的書籍，如此將有良性的發展，也是對我們「柿子文化」最大的鼓勵。

記者：不知出版社共成立多久？未來將有哪些精采的作品帶給大家？

林總編：柿子文化成立已一年多，目前有兩大系列，〈台灣文化〉與〈蔬食生活〉。

〈台灣文化〉的第一本書是《台灣小學世紀風華》而〈蔬食生活〉的第一本書是《經典蔬食名廚房》。後續即將出版《素食者生存遊戲》、《懷孕蔬食寶典》、《健康素寶寶》……（以上未出版者，書名暫定）

記者：在製作素食方面的書籍時

Elementary Schools in Taiwan”. The first book of “Vegetables Life” is “Famous Vegetarians and Their Favorite Recipes”. Follow-up, we will have “The Game of Surviving for Vegetarians”, “The Treasure Vegetarian Book for Pregnancy”, “Healthy Vegetarian Baby”....and so forth. (The names of books are tentative.)

Reporter: Do you have any special realization when you are working on vegetarian publishing?

Lin: I realize that the vegetarian culture resources in Taiwan are poor. A vegetarian seems feeling wronged in a meat-eater's world. If all men would cooperate for a great project, then, we will create a high quality vegetarian life together.

Reporter: How do you like the Golden Lotus Theatre and what is your opinion to us?

Lin: I know you try to preach Buddha dharma by aesthetics performance of arts. You are an excellent performing group in Taiwan.

Summary

In order to promote vegetarianism, “Persimmon’s Culture” introduces some international culture related with vegetarianism via their books. They wish their books will enrich our spirit. Moreover, they wish all men can appreciate the life as a vegetarian ~ Mercy and beauty by reading literature works.

Their first book, “Famous Vegetarians and Their Favorite Recipes”, introduces over 30 famous vegetarians from ancient and modern such as Vinci

是否有特別的體會？

林總編：體認到國內素食文化的資源貧脊，與素食者在葷食環境中所受的委屈，期待更多認同素食理念的人，願意共襄盛舉，共同為創造優質素食生活而努力。

記者：林總編對於金色蓮花表演坊似乎有深刻的印象，不知你對金色蓮花表演坊的感覺是？

林總編：透過藝術的美學宣揚佛法，寓宗教於娛樂，金色蓮花表演坊是國內優秀的表演團體。

結語

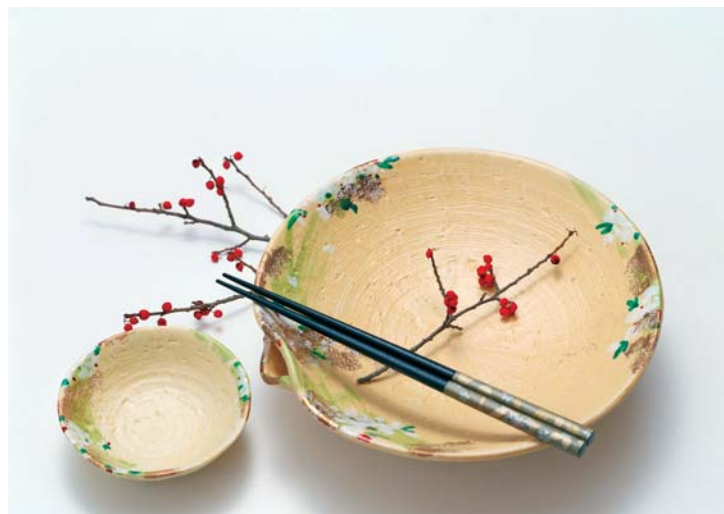
為了推廣素食，柿子文化引介國際有關素食文化的相關好書，並期許讓素食者的心靈更加豐富，更盼望非素食者也能在知性與文學之中潛移默化，欣賞素食生活一慈悲與美的體驗。

第一本素食好書《經典蔬食名人廚房》介紹古今中外30位知名素食人士；達文西、柏拉圖……等人的故事。以及他們為何放棄肉食餐飲，而改採自然清淡的蔬果飲食的心路歷程。並附有七十多道名人最愛的素食食譜，不僅可以滿足知識的享受，還可犒賞自己的五臟廟唷！

看到了柿子的成熟，也看到了許多的契機。素食的文化不僅可以得到宗教上的支持，也可得到知識份子的認同，進而將許多的正確觀念介紹給大眾，是相當可喜的現象。加油！柿子文化，願天下的”釋子們”一起加油，結滿豐碩的果實。

Leonardo da, Plato....and so forth. Why these men gave up meat-eating? Why they love vegetables and fruits? Besides, there are over 70 vegetarian recipes in this book. The book would satisfy your knowledge as well as your diet!

The “Persimmon” is ripe. We see many nice opportunities. I believe the vegetarian culture will get supports from religious men as well as knowledge men. Then, the general public will accept it too. This is a happy trend. Keep going! “Persimmon’s Culture”! Wish all pupils of Buddha work together and make great result.



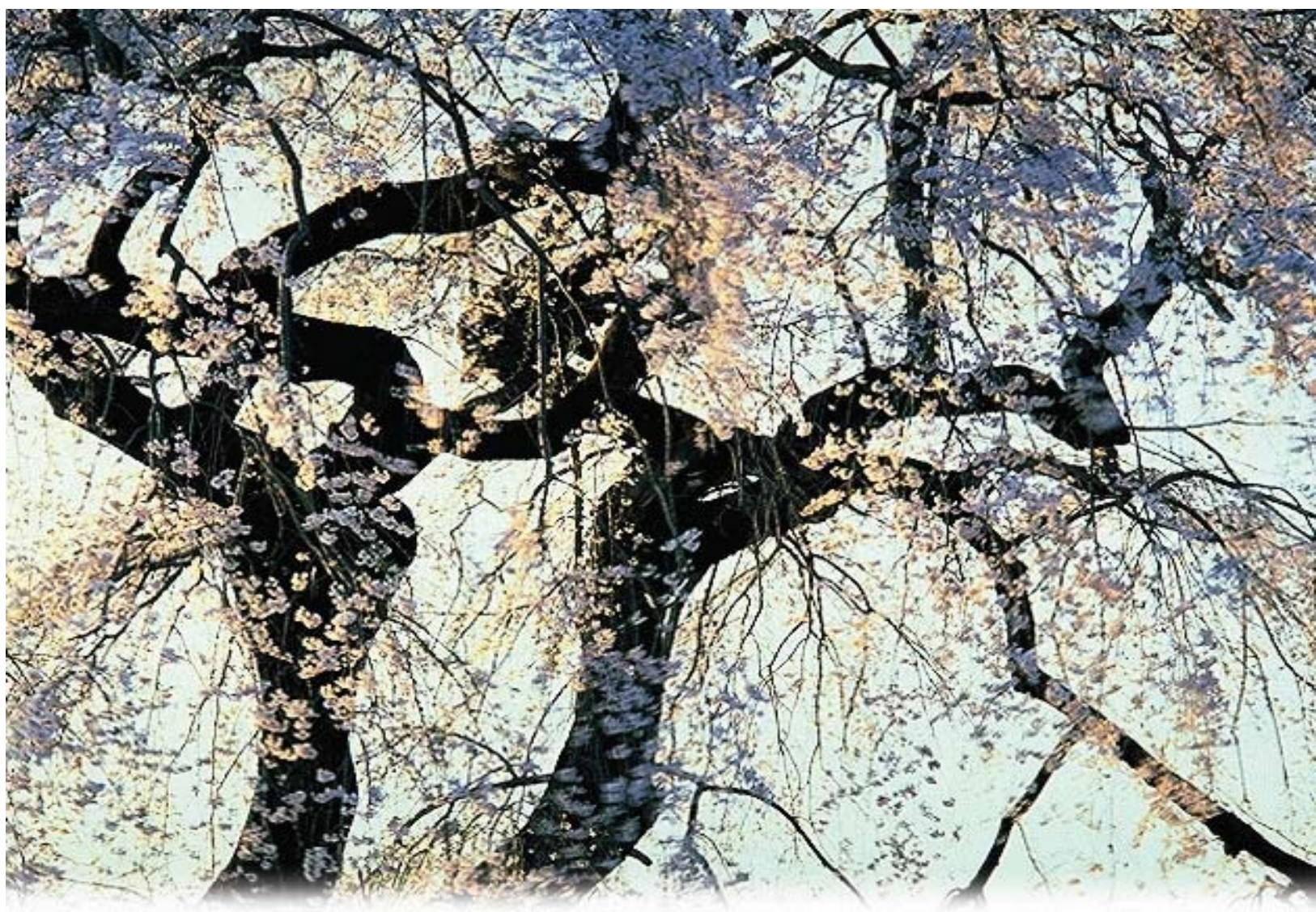


中日素食隨意吃

Eating Chinese & Japanese
Vegetable Foods Freely



觀世音素食餐廳提供



千壽屋素食日本料理提供

中式

天馬腰果

Heavenly Horse cashew Nut

腰果、淮山、花菇、天麻

cashew nut, yam, mushroom, tianma

觀世音素食餐廳提供





蓮台滿庭

Lotus in Full Plate

蓮藕、糯米、珊瑚菇、香椿醬

lotus root, glutinous rice, coral mushroom, toon sauce

觀世音素食餐廳提供





柴林慈航

Firewood Merciful Voyage

杏仁菇、素海參、碧玉筍、辣椒絲、花椰菜

almond mushroom, vegetable trepang, bamboo shoot, cauliflower

觀世音素食餐廳提供





花開富貴

Blossoming-Flower Richness

淮山、素肉凍、海珊瑚、素鰻
魚、素肉串、薑絲醋素腸

yam, vegetable aspic, coral, vegetable eel, vegetable
meat string, ginger, vinegar vegetable intestines

觀世音素食餐廳提供





南國荷香

Southern Lotus Aroma

觀世音素食餐廳提供

荷葉捲、侯頭菇、栗子、香菇、素蒸肉粉、南瓜、椰肉捲香菇、龍雕、乒乓

lotus-leaves roll, mushroom, chestnut, dried mushrooms, vegetable steamed powder, pumpkin, mushroom with coconut roll, carved dragon, pingpang

佛跳牆

Fo-Tiao-Qiang

芋頭丸、香菇、紅棗、牛蒡、素羊肉、素餘翅、大白菜
taros ball, mushrooms, red jujube, vegetable meat, celery cabbage

觀世音素食餐廳提供



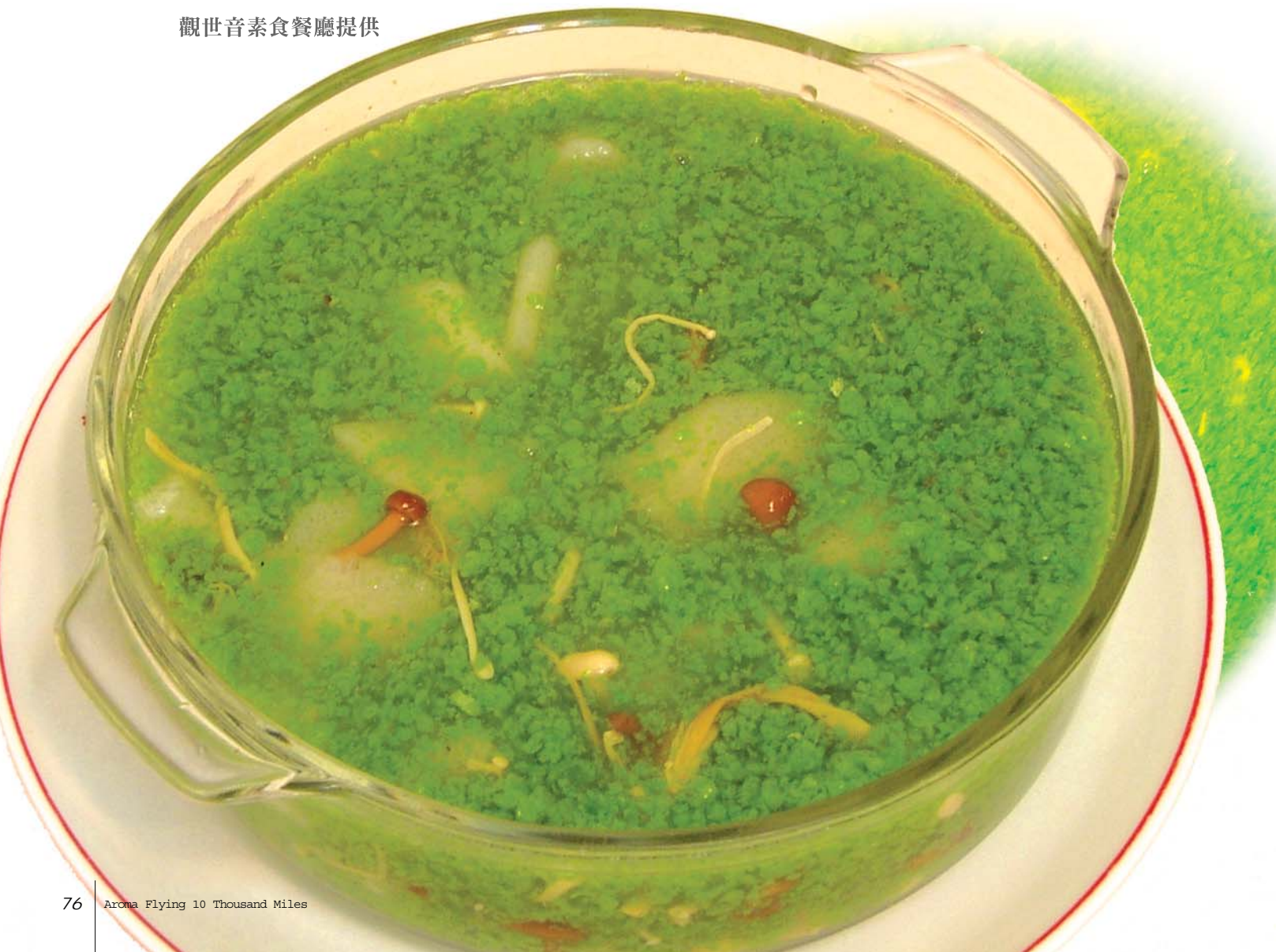


翡翠吉祥

Lucky Jadeite

菠菜，竹筴，珍珠菇
spinach, bamboo, pearl mushroom

觀世音素食餐廳提供



蓮子蜜桃燒

Roasted Lotus Seed & Peach

千壽屋素食日本料理提供

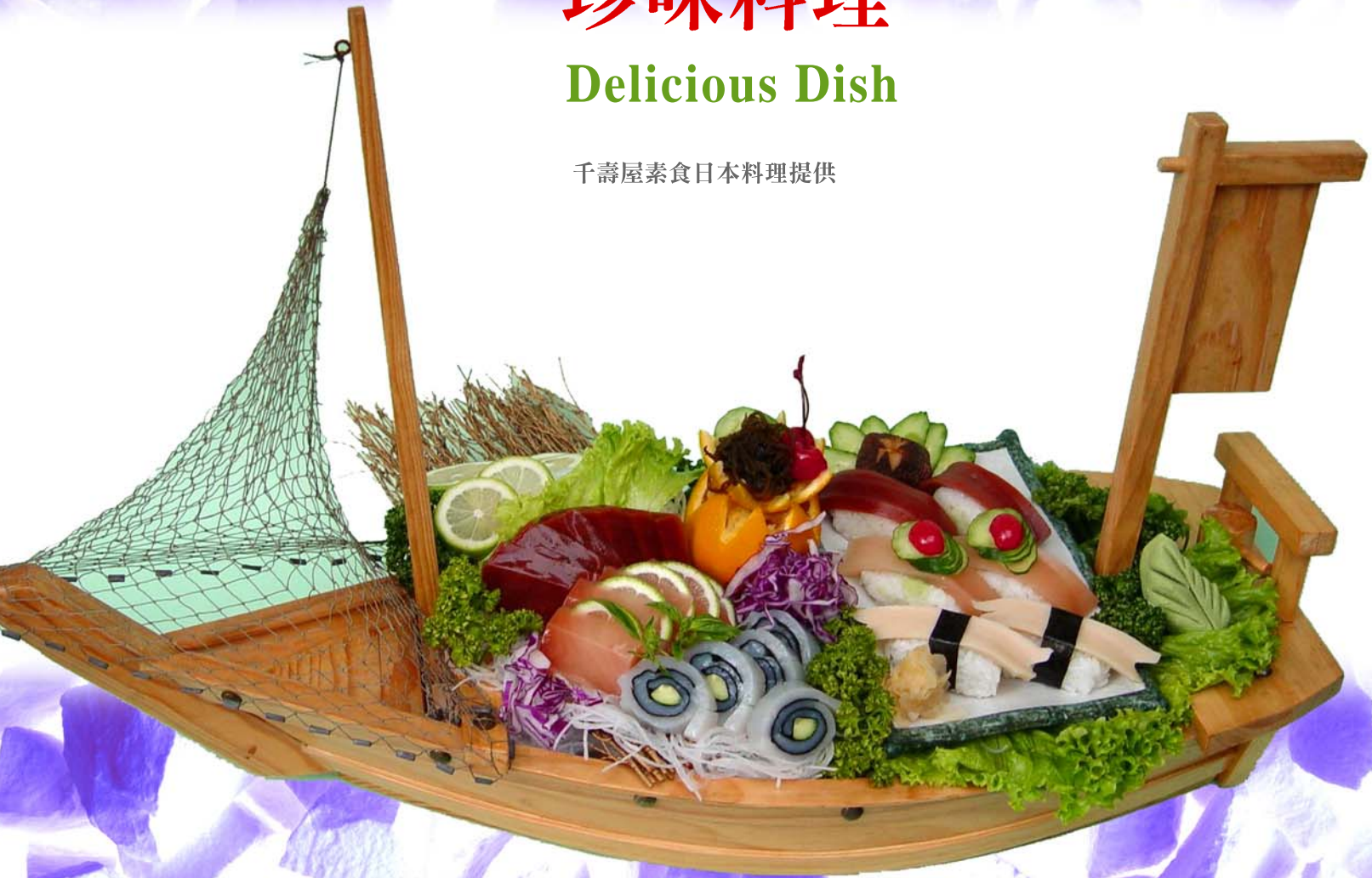


日式

珍味料理

Delicious Dish

千壽屋素食日本料理提供



若竹沙拉

Bamboo Salad

綠竹筍、紫色高麗菜、小黃瓜、沙拉
bamboo, broccoli, small cucumber, salad

千壽屋素食日本料理提供



紅鮪魚生魚片

Red Tunny Sashimi

紅鮪魚、蒟蒻粉、紅蘿蔔素、海藻
Red Tunny, Konjac powder, carrot, seaweed

千壽屋素食日本料理提供





水雲竹筍燒

Burned Shuiyun Bamboo

千壽屋素食日本料理提供



胡麻豆腐

Huma Bean Curd

千壽屋素食日本料理提供



素食與身體機能的微妙關係

The correlation between
vegetable foods and human functions



腦力

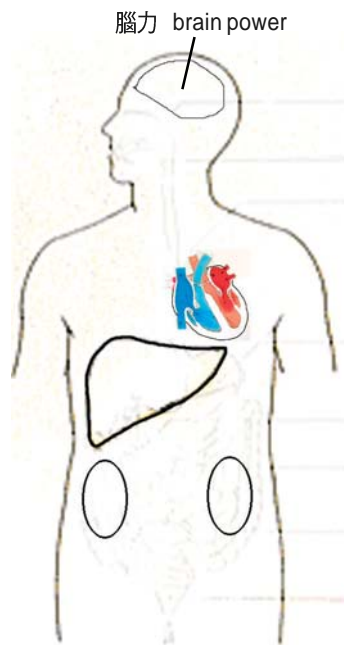
素食者：素食可增進腦力，蔬菜水果一般都會令人體變鹼（雖然有些水果，例如檸檬、白柚表面上看起來很酸味），多吃會令我們的血液呈鹼性，保持頭腦清醒。

肉食者：肉食不容易消化，若留在腸子裡時間一久，即會發酵變臭變毒，引起複雜的生物化學連鎖效應，導致全身受害，包括頭腦昏沉。凡是多纖維的食物，都有助於大便暢通，蔬果間接令人思想敏銳，這又是另一個原因。

Brain power

A vegetarian: vegetable foods can enhance brain power for you. Vegetables as well as fruits can make human body have alkali elements (although some fruits may taste sour such as lemon and white-shaddock). If you eat these, it makes your blood show alkalinity and also makes you have a clear-headed.

A meat-eater: meat is not easy to be digested. If the meat stay in the intestines for a long time, it will be ferment, odors and poisoned. The biochemistry chain reaction of meat will harm you entirely. For example, you may feel a lethargic sleep. On the other hand, the fibered vegetable foods can help bowel movement nice. Vegetables make a man think sharply.



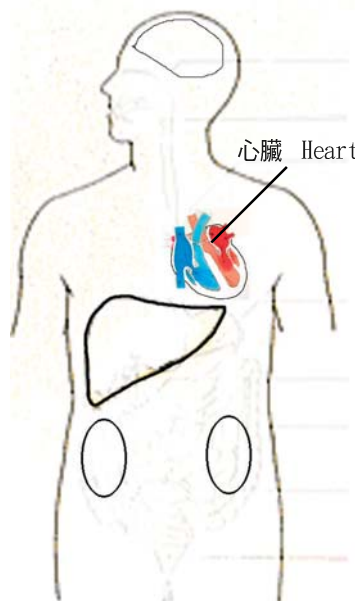
心臟(心血管)

- 素食者：**
1. 素食至少可以預防百分之九十到九十七的心臟病。
 2. 素食者一般的血壓都要比非素食者來得低。
 3. 素食者所攝取的蛋白質與肉食者不同，但其血液中各種蛋白質卻相差甚微，且長期吃素者的血清蛋白質之質量皆不遜於非吃素者。
 4. 中國素食者所食

Cardiovascular system

A vegetarian:

1. To be a vegetarian can prevent 90~97 % of heart disease.
2. The blood pressure of a vegetarian is usually lower than a meat-eater.
3. Although the vegetarian protein is different with the protein of meat, they go into human's blood in a minority difference. Besides, a long-term vegetarian has a nice serum protein no less than a meat-eater.
4. A Chinese vegetarian use to eat olive oil, soy bean oil,





vegetable seed oil and sesame oil as well. These are good unsaturated-fatty-acid oils. If you have these oils often, you will have good serum-fat. Meanwhile, a vegetarian has lower cholesterol, triglyceride, phospholipids and full-fat than a meat-eater. Besides, a vegetarian is free from abnormal lipoprotein.

用的油類，以橄欖油、黃豆油及菜子油爲主，並加上小量的麻油，這些都屬於不飽和脂肪酸含量高的油類，長期食用很明顯地對血清脂肪有良好的影響。同時分析結果也顯示了，素食者的血清膽固醇、三酸甘油酯、磷脂及全脂各成份都比肉食者低得多，且素食者的不正常脂蛋白質型者居少。

肉食者：

1. 肉食者較易罹患心臟病、高血壓、中風等心血管疾病，已是不爭的事實。

2. 吃多了動物性的食物之後，人的血

A meat-eater:

1. A meat-eater is easy to get heart disease, high blood pressure, apoplexy and cardiovascular system disease. This is a fact.

2. If eat too much meat, your blood would turn acid. A healthy blood should have a PH value as 7.35 and that is an alkalinity blood. (PH value 7.0 is neutral. Above the PH



液會變酸。原來健康的人血液應該是 PH7.35，即是略呈鹼性（PH7是中性，7 以上是鹼性，7 以內是酸性）。

3. 若是吃了太多酸性食物，身體又沒有足夠的礦物質予以中和，將導致體內產生大量毒素。（例如：「胃酸過多」就是這種中毒的症狀。）

4. 若想維持理想的血液素質，應該進食八成是鹼性食物，兩成是酸性食物。

5. 偏愛吃動物性食物的人，血液常偏酸性；而酸性血液的身體，最容易受傷的部位就是骨和牙。因為多吃肉類的人，血液變成了酸性，若不曉得從食物中補充鈣等礦物質的話，體內爲了自然的中和酸性作用，就會從骨和牙心把鈣抽離溶到血液中去作中和酸性之用，所以鈣的消耗量亦較多。

肝臟

素食者：素食者在持戒的規範下，較少有吸煙、酗酒、作息不正常的情形，並且在維持少油、少鹽、少糖的飲食習慣下，體能的恢復機制較強，少有嚴重的肝臟疾病。而蔬菜水果上殘餘農藥，應於食用前徹底洗淨，避免造成肝臟的負擔。

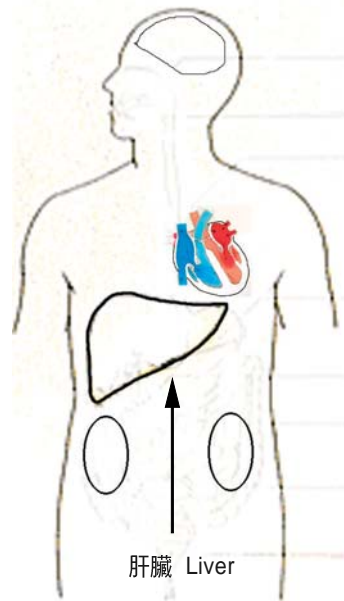
肉食者：肉食者酗酒習慣的人較多，加上肉類多含有抗生素等毒素，造成肝臟沈重的負擔，罹患肝癌的機率亦較高。

value 7.0 is an alkalinity. Lower than 7.0 PH value is an acid blood.)

3. If a man eat too much acid foods and without enough mineral substance to neutralize, he would accumulate a great amount of toxins in body. (For example, the “hyperacidity” is one of symptom of being affected by poison.)

4. If you want to have a nice blood, you had better take 80% of alkalinity foods and 20% of acidity foods.

5. A meat-eater use to have an acidity blood. Therefore, his bone as well as teeth would be easy to be harmed. That is because the acidity blood need more mineral such as calcium to neutralize the acidity. If you don't eat enough calcium by food, it has to draw out calcium from your bone and teeth instead.



Liver

A vegetarian: A vegetarian tends not to smoke, drink wine and have an abnormal life style. Besides, he may take less oil, salt and sugar as well. His physical power seems easy to be restored. It is less possibility for him to have liver disease. However, about the residual pesticides on vegetables and fruits, we should wash them away by fresh water completely before you eat them in order to prevent liver burden.

A meat-eater: A meat-eater seems love drink wine. Meat usually has antibiotics in it. Therefore, meat-eating is a heavy burden for liver. It would have a higher possibility to have liver cancer.

消化系統

素食者：蔬果穀類食物在體內保



存水份，聚成一起，容易排出（肉類則相反）。故多吃肉易生腸癌，多吃蔬菜較少生腸癌。

肉食者：肉食者因為肉類含有極少纖維質，在人的消化道內移動緩慢（速度只及穀類及蔬菜的四分之一），因此時常造成便秘，且肉類消化不易，罹患腸胃疾病的機率較高。

腎臟

素食者：素食者的尿素及尿酸，較易排除體外，罹患痛風、關節炎、風濕病、神經炎和坐骨神經痛的機率較低。

肉食者：

1. 食肉的人體內較易積存的廢物，包括有尿素和尿酸。一位美國醫

The digestive system

A vegetarian: Vegetables, fruits and cereal would keep good water in human body. Therefore, they were easy to be drained out (Meat goes in complete different manner.). Therefore, a meat-eater is easy to get intestinal cancer. On the other hand, a vegetarian seems have less intestinal cancer.

A meat-eater: Meat has less fiber. Meat moves slow in the alimentary canal (The speed is only a quarter of cereal and vegetables). Thus, a meat-eater use to have constipation problem as the meat is not easy to be digested. Besides, a intestines diseases are easy to get for a meat-eater.

Kidney

A vegetarian: A vegetarian is easy to get rid of urea and uric acid from body. Therefore, it seems not easy for him to get gout, arthritis, rheumatic disease, nerve inflammation and the sciatic nerve ache.

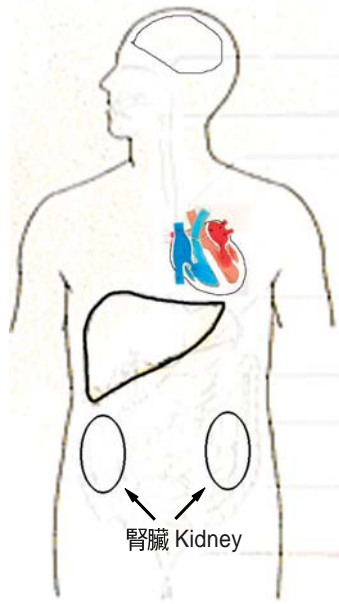
A meat-eater:

1. A meat-eater is easy to accumulate waste material in body such as urea and uric acid. There is an American doctor once analyses the urines of a meat-eater as well as a vegetarian in biochemical aspect. He fines that the kidney of a meat-eater has to work three times harder than a vegetarian in order to get rid of the waste material.

2. Once the kidney can't get rid of these waste materials and drainage out uric acid, they would be delivered to the whole body by blood circulation. Then, the physical muscle would absorb the uric acid just as a sponge does. The uric acid would become harden gradually. Finally, it becomes crystal and harms the bone joints. Then, gout, arthritis,

生化驗分析過肉食者與素食者的尿液，發現肉食者的腎要比素食者的腎辛勤工作多3倍，才能消除食物中的有害物。

2. 一旦腎無法順利處理吃肉所產生的過量毒物時，尿酸就不易被排出體外，反而透過血液送到全身各處，被肌肉像海綿般吸入。這些尿酸從此在肌肉吸收水份，漸漸硬化、形成晶體，若影響到關節的地方，就會發生痛風、關節炎、風濕病，若尿酸積聚在神經線，就會造成神經炎和坐骨神經痛。



rheumatic disease, nerve inflammation and sciatica would happen as the uric acid accumulated in nerves.

Life-span

A vegetarian: Longevity, stronger resistance against diseases, less chance to sick

1. The anthropology specialist once did an on-the-spot study for vegetarian people around the world. These vegetarian people live in Pakistan, Mexico and the south-west part of American. Their health condition, physical power, spirit vitality and life-span were been well studied. These people can live as long as 110 years old and still full of vim and vigor. It is a common sight for them to be healthy. A vegetarian people seem have less chance to get sick and have a long life-span.

2. Some men said, a meat-eater would die. A vegetarian also die anyway. As the death can't be prevented, why don't we just eat as we wish? That's right! All men will die! It's still good to be health and live longer rather than to get cancer or heart diseases. If we can keep fit life, we can contribute to our country better. Don't you think so?

3. A vegetarian has a stronger resistance against diseases. Meat needs more energy to be digested. Therefore, a vegetarian has more energy to fight with germs.

4. The Second World War extended for 9 years. After America bombed two atom bombs at Hiroshima and Nagasaki, the war was over. These two prosperous metropolises in the south of Japan became dead cities. After the

壽命

素食者：壽命較長、抵抗力較強、患病機率較低

1. 人類學家實地考察研究過全球各地不吃肉的民族，了解當地人的健康、體力、精神活力、壽命，他們研究的民族包括巴基斯坦的亨薩斯族、墨西哥原居民奧托米族、美洲西南部的原居土人等，發現這些族群活上110歲而且仍然精力充沛、身體健壯者已是司空見慣的事。顯示吃素的民族患病率最低且壽命長。

2. 有些人說：『吃肉也死，不吃肉也死，反正都會死，何不享受個夠呢？』不錯！人都是會死的！但健康

地活的長久些，豈不是比患了癌症或心臟病之類，痛苦掙扎好些嗎？人活的長久些，多做些對國家社會有貢獻的事功，不是更好嗎？

3. 素食者對疾病的抵抗力較強，不像肉食者須另外消耗較多的能量，才能將吃下的肉完全消化吸收，於是有較多的能量對抗病菌。

4. 長達九年的第二次世界大戰，於美國在日本的廣島和長崎投下兩顆原子彈後結束。而這兩個日本南部最

bombed, people found that cattle seemed have less casualties. Later, on the American warship that did the atom bomb test, the tested sheep was survived in radiative rays. It's been proofed that cattle and sheep are herbivores. The potassium in grass made these animals can resist radiative rays. This is a great discovery as well as religious announcement. The mercy of vegetarianism is the most effective defense armor in any nucleus calamity.

A meat-eater: Shorter life-span, easy to get serious diseases.

1. An Eskimo are almost meat-eater. The fat from animals is food for them.





繁華的大都市，在原子彈爆發後頃刻間成爲兩座死城，幾乎全毀。但在事後，竟然發現兩地死傷的牛極少。後來又在原子彈試爆的美國軍艦上，發現用來試驗的羊群幾乎沒有因承受輻射線而傷亡的。研究證實：因牛羊都是草食動物，草中的鉀元素，使牛羊變成對原子彈爆炸輻射光能的有力抗體。這是一個革命性的發現，而且具有宗教性的啓示：慈悲的素食主義，竟然是核子浩劫中最有效的防禦裝甲。

肉食者：壽命較短、罹患重大疾病的機會高

1. 愛斯基摩人幾乎全部吃肉，靠動物脂肪維生，他們衰老很快，平均壽命只有27.5年。蘇聯東部的吉爾吉斯民族也是肉食族群，族人們也都很早熟、很早死，平均壽命是40歲。

However, they are easy to get old. Their average life-span is 27.5 years old. The people in the east of Russia, they are meat-eater too. They are men of precocity. They die at early age. The average life-span is 40 years old.

2. According a world health statistics, a meat-eater is easy to get sick than others especially heart disease and cancer.

3. A bred-animal, in order to make it grow fast and becoming fatness, men add all kind of medicine such as hormone in feed. These are hidden contamination in animal meat. Therefore, a meat-eater is taking his chance to eat meat.

4. Too much cholesterol and animal protein will cause high blood pressure, heart disease, apoplexy, gallstone and all kinds of cancer as well. This fact was proofed be modern medical science.

Physical-power and staying-power

A vegetarian: Better staying-power, easy



2. 全球健康統計數字不斷顯示：吃肉最多的國家民族，患病率（特別是心臟病和癌症）也最高。

3. 養殖動物者，爲了加速動物成長、肥胖，而施加各種藥劑、荷爾蒙：「隱藏著的污染毒害，對於肉類的攝取者是一個相當大的潛在危機。

4. 太多的膽固醇與動物脂肪、動物蛋白質，會引起高血壓、心臟病、腦充血、膽結石，與各種癌症，已經是現代醫學證實的事實。

體能及耐力

素食者：耐力佳、體能恢復快

1. 經科學家調查結果，素食者比肉食者更能承受長時間的辛苦工作，耐力的對比將近是三倍；而從疲勞恢復完全體能的時間，素食者約爲肉食者的五分之一。

to restore the physical power.

1. According science investigation, a vegetarian has better physical and staying powers than a meat-eater when the efforts are needed. The ratio is 3 times to one. A vegetarian can recover his energy within 20% the time as a meat-eater.

2. In world champion records of swimming, football, basketball, boxing, wrestling, weightlifting, walking, marathon, bicycling and so forth, there are many records were built by vegetarians. The explosive force, staying power and physical condition of a vegetarian sportsman impress the scientist a great deal.

3. The longest life-span, the strongest, the most lasting, the fastest animals in the world is animals that eat vegetable foods. For example, deer, antelope, horse and giraffe are good runner. Elephant, cattle and horse are also good carriers of cargo.

A meat-eater: Science proof that the staying power of a meat-eater is less than a



2. 在游泳、足球、籃球、拳擊、摔角、舉重、競走、馬拉松賽跑、自行車競賽等世界冠軍紀錄中，許多都是由素食運動員創下和保持紀錄的。這些素食運動員遠超越肉食運動員的爆發力、持久力和體能，皆讓科學家們留下深刻的印象。

3. 世界上最長壽、最強壯、最耐久、最快速的動物，都是素食動物。例如跑得快又跳得高的鹿、羚羊、馬、長頸鹿；負重且持久的象、牛和馬。

vegetarian. It need more time for a meat-eater to restore energy.

Conclusion

Let's summarize notes for a vegetarian and a meat-eater:

Brainpower

A vegetarian: enhanced brain power and always clear-headed.

A meat-eater: difficult to digest and always sleepy.

Cardiovascular system

A vegetarian: can prevent 90~97% of hear disease.





肉食者：經科學家調查結果，肉食者承受長時間工作的耐力較素食者差，體能恢復的時間亦較素食者長。

A meat-eater: easy to get heart disease, high pressure, apoplexy and other cardiovascular system disease.

Liver

結語

從以上我們可簡要列出素食與葷食的比較：

腦力

素食者：可增進腦力，保持頭腦清醒。

肉食者：消化不易，頭腦昏沉。

心臟（心血



管)

素食者：至少可預防90%~97%的心臟病。

肉食者：易罹患心臟病、高血壓、中風等心血管疾病。

肝臟

素食者：少油、少鹽、少糖的飲食下，體能的恢復機制較強。

肉食者：酗酒的人較多，加上肉類多含有抗生素等毒素，造成肝臟沈重的負擔，罹患肝癌的機率亦較高。

消化系統

素食者：多吃蔬菜較少生腸癌。

肉食者：肉類含有極少纖維質消化不易，罹患腸胃疾病的機率較高。多吃肉易生腸癌。

腎臟

素食者：尿素及尿酸，較易排除體外。

肉食者：較易積存尿素和尿酸等廢物。

壽命

素食者：壽命較長、抵抗力較強、患病機率較低。

肉食者：壽命較短、罹患重大疾病的機會高。

體能及耐力

素食者：耐力佳、體能恢復快。

肉食者：承受長時間工作的耐力較素食者差，體能恢復的時間亦較素食者長。

A vegetarian: eat less oil, salt and sugar to have a stronger restore mechanism of human body.

A meat-eater: a meat-eater and also drink wine, the antibiotics in meat and alcohol will give the liver a heavy burden. Then, it would be easy for the man to have liver cancer.

The digestive system

A vegetarian: more vegetables, less intestinal cancer.

A meat-eater: meat has less fiber and not easy to be digested. Therefore, it's easy for a meat-eater to get intestines and stomach disease as well as intestines cancer.

Kidney

A vegetarian: easy to drain out urea and uric acid.

A meat-eater: easy to accumulate urea and uric acid.

Life-span

A vegetarian: longer life-span, stronger resistance against disease, less chance to get sick.

A meat-eater: shorter life-span, more chance to get serious sickness.

Physical-power and staying-power

A vegetarian: great physical and staying power.

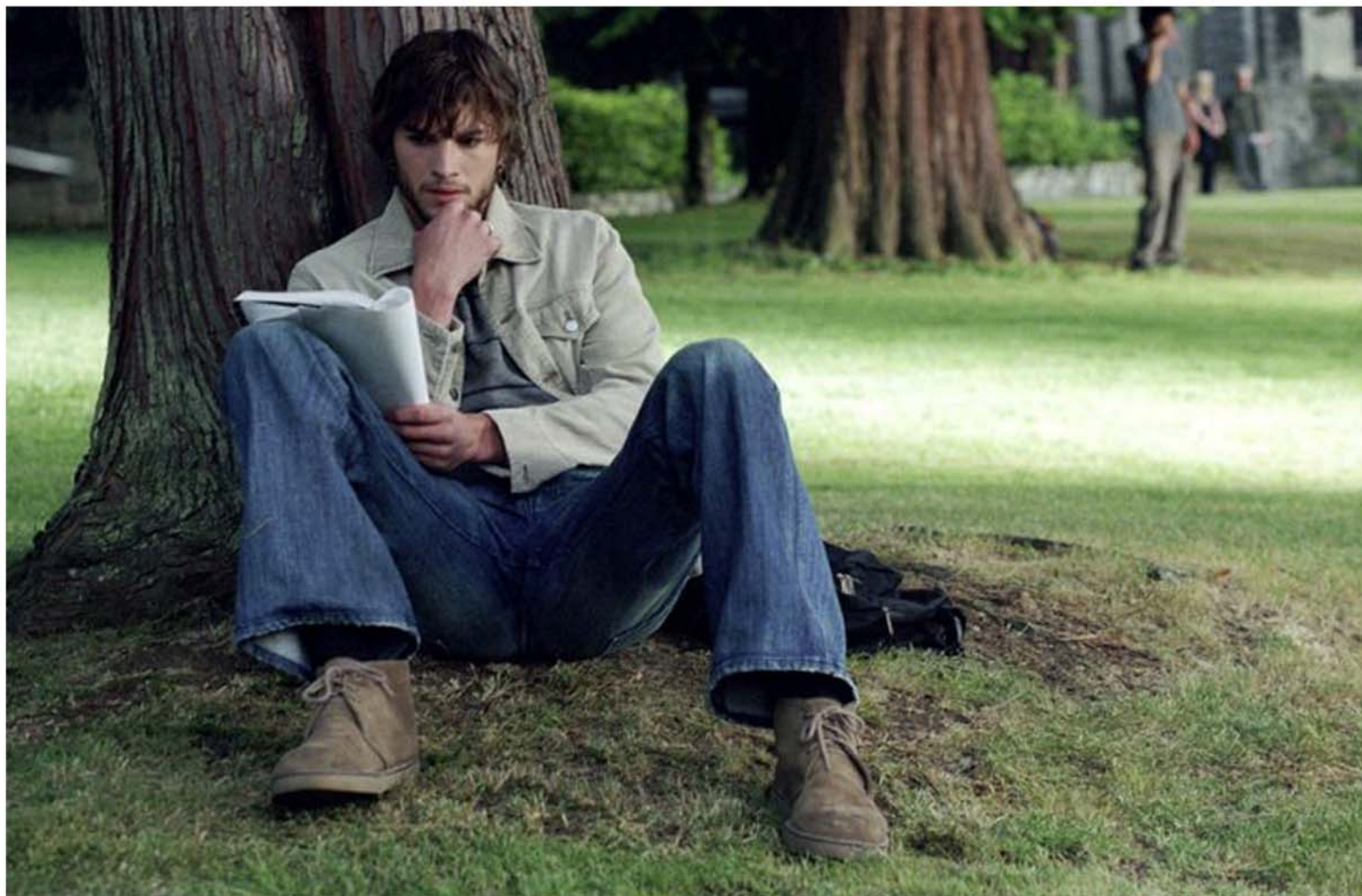
A meat-eater: less capability in long time working, less staying power, less physical power than a vegetarian. It needs more time to recover the energy for a meat-eater.



十字路口的沉思 ~

向左走 或 向右走

(“明天過後” 或 “明天會更好”)



Deep thinking at a crossroads~

To the left or right

(“The day after tomorrow” or “Tomorrow will be better”)

文 Article / James 譯 Translator/Brian 美編 Art Design / JO-AN

圖片提供 / 二十世紀福斯

蝴蝶效應

一隻蝴蝶在某地拍一下翅膀，可能造成另外一地的龍捲風。這是由美國知名的氣象學家 Edward Lorenz 提出的一個問題，稱為「蝴蝶效應」。意思是如果初始條件值差一點點，可能在結果上是天壤之別。

而在今日，自然資源危機的出現，社會結構面臨重大挑戰，人類的暴行也史無前例的不斷敗壞下去，這些危機像龍捲風似的，不斷的肆虐著我們生存的環境，於是我們不禁要問：誰是那隻蝴蝶？

當我們覺得不用那麼杞人憂天，而恣意的浪費資源時，我們就是那隻蝴蝶；當我們自私自利，只為自己而活時，我們就是那隻蝴蝶；當我們心



The Butterfly Effect

A butterfly waves its wings would cause a tornado in other place. This puzzle was introduced by an American meteorologist called Edward Lorenz. It was called the butterfly effect. If the initial condition was a slightly changed, the result might be a great deal of difference.

Today, the natural resources are damaged; the social structures are challenged and the human violence is increased fast. All of these crisis are tornado that destructing our environment. I'm wondering, who is that butterfly?

Some people think that we don't have to worry the sky might fall down. We can use the natural resources without any limits. If that is the case, we were the butterfly. When all men were selfish and never care about others, we were the butterfly. When we deplete all love in our heart and no more respect other lives, we were the butterfly. Men keep killing animals. Shouldn't we all wake up and stop that foolish deed? As we see, the natural disasters as well as man-made calamities are coming. Such a huge voice is alarming us. If we don't alert, the butterfly effect would destroy us.



中缺乏愛和關懷，不再尊重生命時，我們就成爲那隻蝴蝶；面對人類對其他動物的殘殺舉動，我們該醒來了，要大聲疾呼的制止這樣愚蠢的行爲，因爲愈來愈多的天災人禍的警訊，已經形成一股強大的力量，如果人們再不警覺，人們將被自己製造出來的蝴蝶效應毀滅。

生於憂患死於安樂

孟子說：「生於憂患，死於安樂。」古代的先聖先賢教導我們要居安思危，當我們失去了危機意識時，我們就可能被怠惰、自私，放逸及錯誤的觀念打敗，一步步走向罪惡而不自知，或許有人說，我吃不吃素是個



To thrive in calamity and perish in soft living

Mencius said: to thrive in calamity and perish in soft living. He as well as other ancient saints was trying to tell us that we had better prepared for danger in times of peace. If we lose the consciousness of crisis, we may be defeated by lazy, selfish, idle and wrong ideals. Then, we would step toward evil without any self-awareness. Somebody may argue that to be or not to be a vegetarian should be my personal free choose. Nobody should manage me. However, just as this ideal, it made hundreds and thousands of animals been killed in men's mouths. How about animal's free will? The killing will evoke natural disaster as well as social disorder. There will be more and more violence and conflict. Men's heart and soul were controlled by desires. When men neglect animal's freedom, we would have less freedom at the same time.

The choose

All matter must have a critical point. If we pass that critical point, some chemical change will happened and never return. Now, we are approaching to the critical point. Where we are going? All men are facing a great test. Should we respect or kill animals? Hate or love? Good or evil? We have to make a decision.

人的選擇，跟別人沒有關係，應該尊重個人的自由意志，不能勉強。但是啊！成千上萬的生命因為我們的口腹之慾而命喪黃泉時，他們的自由意志又誰來尊重呢？屠殺感召天災及社會亂象，和愈來愈多的暴力衝突，人的心靈被物慾嚴重操控著。當我們愈來愈不尊重生命的自由時，我們自由的權利就愈來愈少。

抉擇

任何事物的改變都有一個臨界點，超越了臨界點，就產生了化學變化，再也回不來了。現在我們即將逼近臨界點，未來將何去何從，全人類都將面臨考驗，是尊重或是殘害的選擇，是愛或仇恨的選擇，是內在心靈深處光明與黑暗的人天交戰的選擇。







明天會如何

明天會如何？沒有人知道。但是難道就要像電影「明天過後」一樣，要等到大難臨頭，仍執迷不悟嗎？做個有智慧的人吧！

明天會如何？沒有人知道。但我們可以把握的方向是：不要互相傷害吧！人們可以尊重一面之緣的人，為什麼不能尊重跟自己因緣很深的親人；人可以愛自己的寵物，為什麼不能也愛愛別的動物，而要吃他的肉呢？

明天會如何？沒有人知道。但清淨的素食運動，是尊重生命的第一步，從此刻起，我們就將成為蝴蝶，一隻美麗的蝴蝶，一隻輕拍翅膀，就能產生人間無數美麗、安詳、和樂、幸福的蝴蝶，讓我們共同攜手，願明天會更好。

How about tomorrow?

How about tomorrow? No one knows. Does the movie "The day after tomorrow" tell us the truth? Will we face imminent disaster? Should we adhere obstinately to error? Be a wise man!

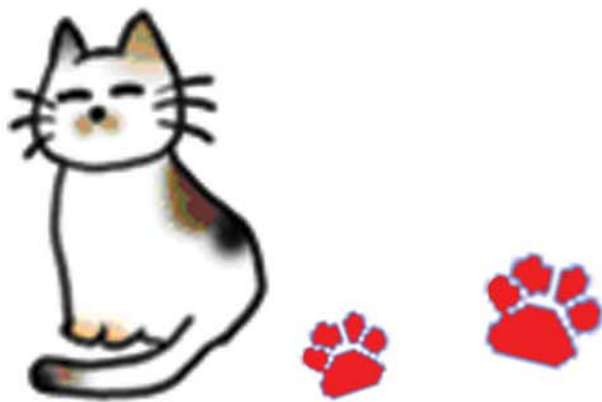
How about tomorrow? No one knows. What we can hold is that don't hurt each other! If we can respect a man first met, why can't we love our family members? If we can love out pets, why can we love other animals too? Why eat animal's meat?

How about tomorrow? No one knows. To be a vegetarian probably is the first step of life respecting. From now on, if we were butterflies, be nice and beautiful ones. Wave the wings gently. Then, the world will have more beauty, peace, happiness and pleasure. Let's work together. Mish we have a better tomorrow.



小動物救主

A toy animal rescue the owner



話說狗才不出門，能知天下事
天下事 無奇不有

就讓我用我的狗眼睛 狗腿子，帶你來看「狗眼看天下」

A dog never goes out but know the world.

In this world, nothing is too strange.

Let the dog's eyes and legs lead you to discover the world.

主持「人」：男狗 / HAPPY 女貓 / 咪咪

Host by: a male dig named Happy, a female cat named Mew





我是HAPPY，你在看偶嗎？你可以再靠近一點？！

I'm Happy. Are you watching me? You may come closer!



我是咪咪，我們開講吧！

I'm Mew. Let's start it!

Happy：喔！對了！你猜猜看，偶們今天要講什麼呢？咳…實在不是偶在臭蓋，偶們動物可歌可泣的事蹟，實在…太令人讚歎了！偶們現在就趕快進入主題，今天要講的就是動物—救—人的真實事件，不是蓋的哦！其中的一位還接受當地皇家預防動物受虐協會的表揚呢！是誰呢？牠就是一隻袋鼠！

咪咪：袋鼠？！救…人？！

Happy：是呀！不信你看！

澳洲神奇袋鼠救主報恩

澳洲維多利亞省的四歲袋鼠「露露」四月廿八日獲頒「阿諾德·庫克非凡服務紀念獎」圖為露露和理查斯去年十二月合影。（法新社）

去年九月的時候，澳洲維多利亞省農民理查斯，因為一場暴風雨出外查看農場有無受損時，不幸意外的被斷落的樹枝擊中而昏了過去，當時五十二歲的理查斯情況非常危急，結果就被自己飼養的袋鼠露露看見了！露

Happy: Hey! Do you know what we are going to have for today? They are very touching stories. They are as just amazing! Animals would rescue the life of men. One of the animals was praised by men in the public. Who is it? It's a kangaroo!

Mew: A kangaroo save a man!

Happy: Yes! Let's watching!



澳洲維多利亞省的四歲袋鼠「露露」四月廿八日獲頒「阿諾德·庫克非凡服務紀念獎」圖為露露和理查斯去年十二月合影。（法新社）

露立即跳回家在屋外狂吼亂叫，引起理查斯的太太－琳恩的注意，琳恩察覺露露的叫聲異常，便外出查看，露露看到了主人的太太出來，才停止叫聲。



A Kangaroo rescue a man

In Victoria Province of Australia, there was a four years old kangaroo named Lulu. At the date of the 28th April, 2004, it was given the reward of Annod-Kuker Extraordinary Service. This was a photo took in last year at December (AFP).

在露露帶領下，琳恩一路上跟隨，然而就在離家大約二百公尺處發現自己的丈夫－理查斯昏倒在一棵樹下，琳恩立刻呼叫援救將他送醫急救。援救人員以直升機將理查斯送到墨爾本一家醫院急救。

Last year, September, a farmer named Richards who live in the Province Victoria of Australia, he was hit by a fallen tree branch accidentally and he lost consciousness at once in a stormy day. He was 52 years old that date and the situation was very critical. His pet kangaroo named Lulu saw all! Then, it jumped out of house and cried loudly. Mrs. Richards, Lien noticed the huge sound and walked out from the house and check. When Lulu saw Lien, it stopped the crying.

如今理查斯已經完全康復。理查斯表示：「當初若不是露露及時示警，後果難以想像。」琳恩也表示，她當時看到露露的怪異舉動而覺得情況有些異常。她說：「我看到露露站在外頭狂叫，然後我告訴侄子布蘭登，『理查斯可能在那裡不知發生了什麼事』。」理查斯表示，他的侄子－布蘭登事後告訴他，露露一直站在他身邊，並以後腿撐住他的背部。理查斯感覺：「牠好像曾經翻轉我的身體，使我的氣管能保持暢通。不過這是我們無法確定。」

Lulu led Lien about 200 meters to found her husband who fell down in a faint under a tree. Lien called for a rescue. Then, a copter came and brought Mr. Richards to a hospital in Melbourne.

袋鼠露露救主感人的事跡傳開來，澳洲皇家預防動物受虐協會同時也表揚了露露，露露在四月廿八日獲頒「阿諾德庫克非凡服務紀念獎」協會並且也在五月舉辦為理查斯一家頒發露露的獲獎證書的儀式。協會發言

Today, Mr. Richards was completely recovered from the danger. Mr. Richards said that it was not Lulu, he might get killed. Lien also said, when she saw Lulu was crying and jumping madly, she told her nephew, Mr. Bulandon that it is must something wrong of Richards. Mr. Bulandon told Mr. Richards later, Lulu was standing near you and supported your back by its leg. Meanwhile, Mr. Richards recalled that it seemed Lulu once turned his body and that make him have a free breath.

The story about Lulu was spread quickly. The Austria Royal Animal Protection Associa-

人珍妮·賀吉斯說：「牠的行爲確實非比尋常，這是澳洲原生動物首次獲頒這個獎。當然之前受獎的動物以狗居多。」露露是歷來第九隻獲頒該獎的動物。

你們知道嗎？露露曾經也被主人理查斯救過哦！在四年前，露露的母親被一輛車子撞死，理查斯一家及時救出並收養還在母袋中的露露。所以，好心有好報，理查斯一家因慈悲的心，救了露露，然而主人理查斯自己遇到危難時，也獲得了露露援手相救。

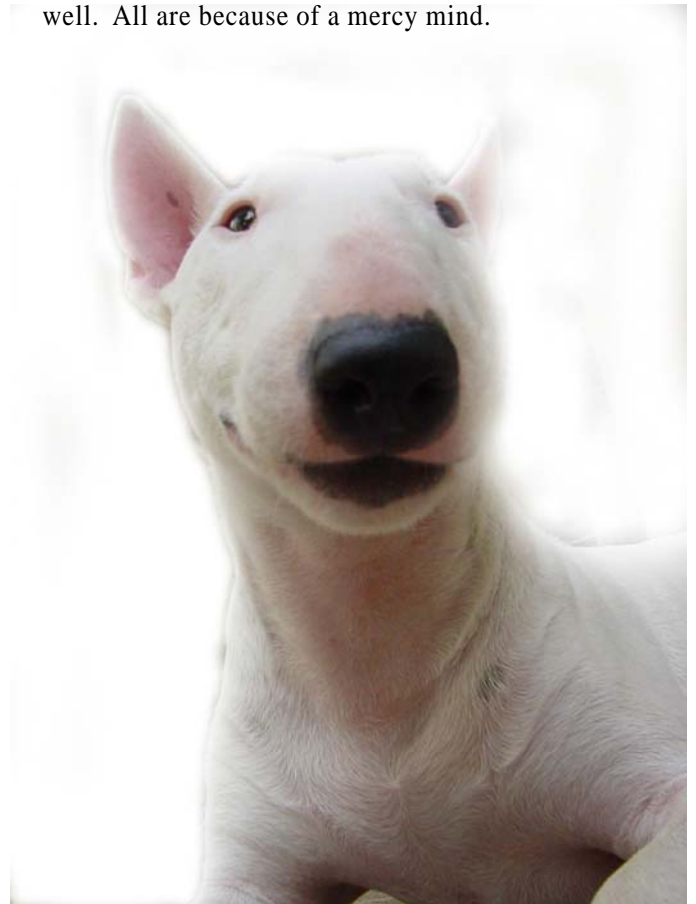


咪咪：好感人哦…，由這事件看起來人類應該真的要好好反省與動物之間互動，有好的開始，才会有好的結果。

Mew: It's a touching story. I thought the human should think over again the relation between men and animals carefully. Only a good start can bring a good result.

tion gave a reward to Lulu in public. Lulu received the reward of Annod-Kuker Extraordinary Service at the date of the 28th April, 2004. They held a ceremony at May and gave the certificate to Mr. Richards and Lulu. The speaker of the Association, Jane Hegis said, it did an amazing job. This is the first time that a protozoan animal receive the Extraordinary Service Reward. Pervious, only dogs had that reward. Lulu was the 9th animal that has the reward.

Do you know that Mr. Richards ever rescue the life of Lulu previously? Four years ago, Lulu's mother was hit to death by a car. Thereafter, Mr. Richards rescued Lulu from the car accident. I thought good-heartedness often meets with recompense. He saves Lulu in the first place and then Lulu saves him as well. All are because of a mercy mind.



HAPPY：是呀！偶也是這麼認爲，這真是幫善待動物的人，做了最好的佐證。

Happy: Yes! I agree with you. This story tells us that we should treat the animal fair.

調皮搗蛋的流浪狗救了中風的主人

這是在國內台東市所發生的真實的事（提供 / 聯合新聞）。

老榮民姚嚴治，平常都習慣在凌晨三點出門去做運動。6月10日的這一天，他跟往常一樣帶著四條和他相依為命的狗狗出門去運動，當時他拉著一條狗往前走，另三條狗卻到處亂竄，有一條狗因為太靠近馬路，他看了不禁擔心大聲罵，沒想到這時手上拉著的狗兒卻又往前衝，人一個兒不小心就跌倒，就怎麼樣也站不起來，他心裡直想完了。

然而這四隻常惹他生氣的狗狗，這時卻異常乖巧地圍繞著他猛嗅猛舔，當時的他已經失去知覺，幾隻狗咬著他的衣褲往靠近馬路拖，不久便引起路人的注意。

醫師陳嬰，在當天清晨六時接獲里民打電話告訴他，中廣路旁有人倒在路邊，旁邊圍著三、四條狗，擔心可能是早起運動的人被流浪狗咬傷。隨即他趕往現場，看到幾隻狗圍著的，原來是里內七十七歲的獨居老人姚嚴治。當時，有三隻狗分別咬著姚嚴治的衣領和褲子，用力向路邊拖，另一條狗則向過路的人猛吠，乍看之下確實滿像是群狗在攻擊人。曾到過姚家的陳嬰，知道這幾條狗是姚嚴治收容的流浪犬，平常和主人很親，所以他當機立斷和其他人持棍子驅散這幾隻狗，可是這幾隻狗因護主心切，還差點還把他咬傷。

A stray dog rescue a stroked man

The next story was happened in Taiwan



(UDN News).

A retired soldier, Yao Yan-zhi, he used to do a morning exercise at 3 o'clock before dawn. At 10th June, he and his four pet dogs went out to exercise as usual. However, one of the dogs was pulling him ahead too fast while the other three were running everywhere. The head dog was running near the car drive; therefore, Mr. Yao shouted at the dog. But the dog kept running ahead, then, Mr. Yao fell down. He could not stand up again.

Then, four dogs came around him and licked him on the face. As he was lose consciousness, these dogs bite at Yao's clothes as well as pants and tried to drag him away from the car drive. Not for a long time, some passerby noticed that.

Doctor Chen Ying received a call at that day about six clocks in the morning that there was a man fell down on the drive way and there were surrounded by dogs. As he was worry about that the stray dogs might bite the man, therefore, he was hurried to the scene. When the doctor arrived, he saw Mr. Yao, a 77 years old man. He also noticed that three dogs were pulling the man and the 4th dog was barking. It seemed that these dogs were attacking the man

提供 / 聯合新聞

驅散了狗後，陳嬰等人立即連絡救護車將姚嚴治送醫急救，所幸醫師診斷為輕微中風，並表示如果施救時間太晚，情況嚴重時，可能癱瘓或死亡。

想到當天倒地中風的經過，姚嚴治仍心有餘悸。才出院不久的他不禁笑著說：「如果沒有這些老夥伴，恐怕他早已經不在囉！」。醫師輕輕拍著姚嚴治的狗兒指著說：「就是你，還差點咬到我。」他的臉上完全沒有怪罪的意思，反而對這些狗兒表現出喜悅的笑容。

姚嚴治祖籍廣東省，十七歲時結婚，太太生下一女後，他即入伍當兵，民國卅八年隨政府撤退到台灣，妻女都留在大陸。退伍之後，現在靠著一年卅萬元補助費過活。卅年前隻身搬到台東後，就收容許多流浪狗，平日與狗相依為命，他覺得狗兒就像家人一樣，現在養最久的一隻已經十一歲，新來的也有五歲了。談到這幾隻狗平常是到處便溺、搶食物的行為，讓他頭痛的很，可是沒想到在生死關頭竟然還救了他。只是想到先前養過的幾隻狗，因在馬路上亂跑被車撞死，他還是難過的流淚。

but it was not the case in fact. Doctor Chen ever met Mr. Yao in his house. He knew that these dogs were stray dogs adopted by Mr. Yao. The dogs were good friends to Mr. Yao. The doctor made a prompt decision to disperse the dogs by a stick. The dogs defended for Mr. Yao too much and therefore, almost bite the doctor.

After the dogs walked away, the doctor took Mr. Yao to a hospital by an ambulance. The doctor said Mr. Yao had a slightly stroke. If the rescue was too late, Mr. Yao might have been died or at least paralysis.

Later, when Mr. Yao recalled all things, he said that his heart was still fluttering with fear. After he left the hospital, he said with smile, the dogs are my old friends. Without their help that day, I might have been killed by the stroke. Doctor Chen laughed and said to the dogs, you almost bite me. The doctor didn't want to blame the dogs at all.

Mr. Yao, a Cantonese, he was born in Mainland China. He was married at 17 years old. After his wife born a baby for him, he joined into the army. In 1949, he withdrew to Taiwan with KMT. However, his wife and daughter were left behind in China. After he retired from the army, he received a subsidy of 300 thousands NT dollars per year. About 30 years ago, he moved to the east of Taiwan, Taitung City. He adopted stray dogs and lived with these closely. He thought, the dogs were his family. The oldest dog he adopted was 11 years old. The youngest was 5 years old. The dogs might relieve the bowls everywhere and fight with each other for foods. However, these dogs saved his life at the moment when his fate hangs in the balance. Once any of these dogs was hit to death by car, Mr. Yao was very sad and always cried.



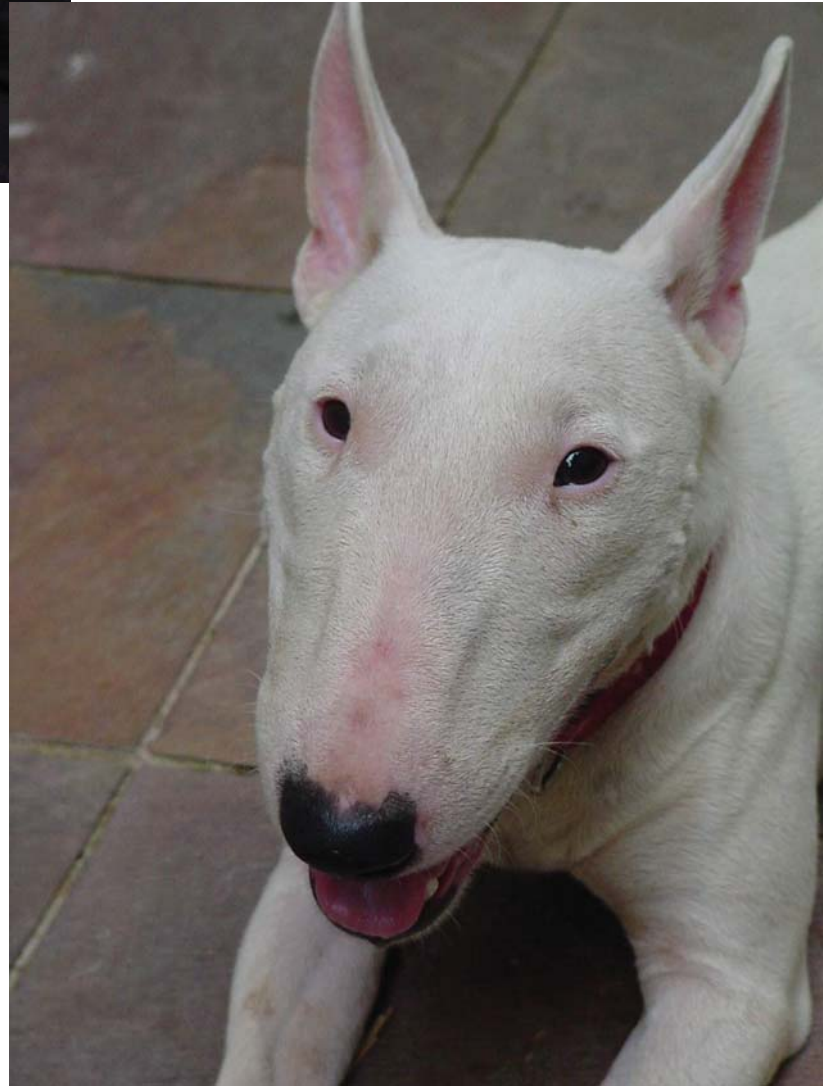


咪咪：好一個人狗一家親，果然是不同凡響，雖然平常是吵吵鬧鬧的，但是牠們深知主人是愛牠們的，還是一句話，平常的關係很重要！緊要的關頭就知道有沒有？！

Mew: What a nice family they are. It is a wonderful story. Although, the dogs may bring troubles in the daily life, Mr. Yao still love them. Such an ordinary relation would bring up such a amazing result. It surprises me!

HAPPY：看到沒有？！偶們狗類還是很厲害吧！雖然平常一付搗蛋的樣子，可是到時候就豬道啦？！就像偶上學的時候，在老師的眼裡是個問題學生，咳…，但是呀！檢定考試的時候，通通過關！偶沒有偷作弊喔！這就是偶老師想不透的地方？嘻……。

Happy: Do you see? The dogs are great! Although, the dogs are making troubles, they are good in danger! When I was in school, I was a troublesome dog. Hey! But I did pass the final test. I didn't cheat at all! My teacher surprised a lot!





結論

看倌哪！人類若能善待動物，動物一定也不會不善意的回應，看了這兩則真實動物救人的事件，就是最好的例子，動物雖然會有非理性的時候，但是大部分是比較像小孩的行為，天真活潑、調皮搗蛋、純真善良、必要時還會救人，如果動物會說話的話，跟人類之間的誤會也不會這麼多，人類也不會因恐懼而誤殺動物；像美國有一隻熊因好奇誤闖醫院

Conclusion

Look! When men treat the animals nice, the animals feed it back nicely too. These two stories are good example. Animals seem irrational to human and mostly they are acting like a child, innocent, lively, mischievous, making troubles, pure, kind and so on. They can rescue a man's life too. If they can talk, they might want to say, don't have a misunderstanding with us. Then, human might give up killing these animals arbitrarily. Pervious, there was an American bear broke into a hospital accidentally. However, men thought it would

逛逛，結果被人類認為牠很危險而將牠射殺，其實還有更好的辦法，就是把牠麻醉送到郊外放生不是很好嗎？！

在這裡偶要以袋鼠之名，請求澳洲政府不要再殺害袋鼠了，其實在人與動物生存的空間互相重疊的非常厲害的土地上，而人類常常起莫名的恐懼殺害動物，像怕糧食不夠、活動空間不足之爭……等等。可是人類要不要站在動物的立場想想，動物也不會蓋房子，每天風吹雨打，二來要面對天敵的危險，還要自己去找食物吃，多可憐啊！還有呀！最會生的還是你們人類！可不要忘記喔！總之，愛護動物，會有意想不到的驚喜啦！！拜拜！下回見！

be very danger and decided to shoot the bear. In fact, there must have some else way to handle that case instead of shooting. Maybe, just anesthesia it and take it to the wild.

On behalf of Austria kangaroo, we would like to ask the Austria Government don't shoot the kangaroo. Although men and animals are living together on the same land in an overlapping manner, men still shouldn't kill them because of food deficit and less space of human activities. Instead, men are supposed to think for animals. Animals can't build houses for themselves. They live in the wild by the wind and the rains. Next, they need to face some natural enemies. Then, they have to find food to eat. What's a pity! Besides, don't forget that human is the largest group on earth! Finally, please, love the animals. They will surprise you one day! Good bye! See you soon!



素食雞精

Vegetarian Chicken-extraction

文Article/Leon 譯Translator/Steven 美編Art Design/Frank



吃素的人也能享受雞精的美味與營養。工研院生物醫學工程中心依據漢方研發出漢方素雞精，兼顧雞精的美味與營養，並且已經將技術移轉給廠商，在工研院全程品管下，嚴選香菇、甘草、人蔘、陳皮、當歸、薑、黃耆、熟地等中藥材，提煉中草藥的滋補成分，經過調味，製造出和雞精類似的補品，無論是吃葷或吃素的人，都能用以滋補強身。

素雞精採用傳統漢方萃取提煉，故而不用擔心禽流感傳染的問題，也不會因採用施打賀爾蒙的雞隻而遺留在雞精中的問題，又能得到同樣的效果，所以不論是從健康的角度或者是從減少殺生的角度來看，都是相當值得推廣的食品。不過消費者也必須注意平日的飲食保健與營養均衡，多食用自然的、生機的食物，再輔以素雞精的滋補，相信更有助於身體的整體健康。

A vegetarian can enjoy the delicious and nutritious of vegetarian Chicken-extraction. The Molecular Biomedical Technology Division of Industrial Technology Research Institute in Taiwan (BMEC, ITRI in short) uses a Chinese formula to develop the recipe of vegetarian Chicken-extraction. This recipe gives consideration to two things such as taste and nutrition. Besides, the BMEC already gives the recipe to factory. Under the supervision of BMEC, the factory uses traditional Chinese medicine such as mushrooms, licorice root, ginsengs, dried citrus peel, the roots of Chinese angelica, ginger, Astragalus and Rehmanniae Radix. They refine and extract nourishing elements from these materials. After some flavoring, they produce a tonic called vegetarian Chicken-extraction. A vegetarian as well as a meat-eater can both drink them for health.

As the vegetarian Chicken-extraction was made by traditional Chinese medicine only, therefore, we don't have to worry about the Bird Flu at all. Besides, as they never use real chicken that has an injection of hormone, therefore, you can drink it without worry about the hormone. In point of views of health and no-killing, the vegetarian Chicken-extraction is worthy of promotion. However, you still have to take care of your daily food and drink and nutrition balance as well. If you take more natural food as well as organic food, you will have good health.

提倡素食的好皇帝

A nice emperor who advocates vegetable foods

文Article / Eric 譯Translator / Sky 美編Art Design / Fan



提到跟素食有關的皇帝，第一個聯想到的就是梁武帝了。蕭衍，字叔達，出生南京。從小就勤奮向學，頗有文采，後來齊和帝讓位給他，就是梁武帝了。

他尊儒崇佛，力倡佛教為國教，大建寺廟，他生活儉樸，吃素，並行日中一食戒。他曾下斷殺絕宗廟犧牲詔，修行佛戒蔬食斷欲，命太醫不可以用動物做藥，也曾做斷酒肉文，以身作則，是實行素食戒律中最徹底的一位皇帝。

也正因為如此，他成為一位很慈悲的皇帝，勤政愛民，甚至有人被判死刑，他都會掉淚；對待宮中的人像對待賓客一樣，因此梁朝過了許久的太平日子。

When I think of an emperor who interests in vegetable foods, the first one popping in my mind is Emperor Wu of Liang Dynasty. The emperor named as Xiao-yan and his by-name was Shu-da. Since he was a child, he was a diligent boy and had good skill in writing. Later, the Emperor Qi-he gave his seat to him and therefore, he became the Emperor Wu of Liang Dynasty.

He had great interest in Confucianism as well as Buddhism. He made Buddhism as the national religion. He once built many Buddhist temples. He had a simple life and became a vegetarian. He ate only one meal per day. Once, he forbade killing animals in any ceremonies of the country. He practiced Buddhism and ate vegetable foods only. He also ordered the imperial physician not to use any animal material as medicine. Besides, he wrote a paper to persuade people not to drink wine and not to eat meat. He sat a good example with his own conduct. He was a vegetarian thoroughgoing.

Therefore, he became an emperor with mercy and compassion. He was diligent and loved the people. He would cry and feel sad for whom was sentenced to death. He took care of his followers as guests. Thus, the Liang Dynasty had a long period of good days.

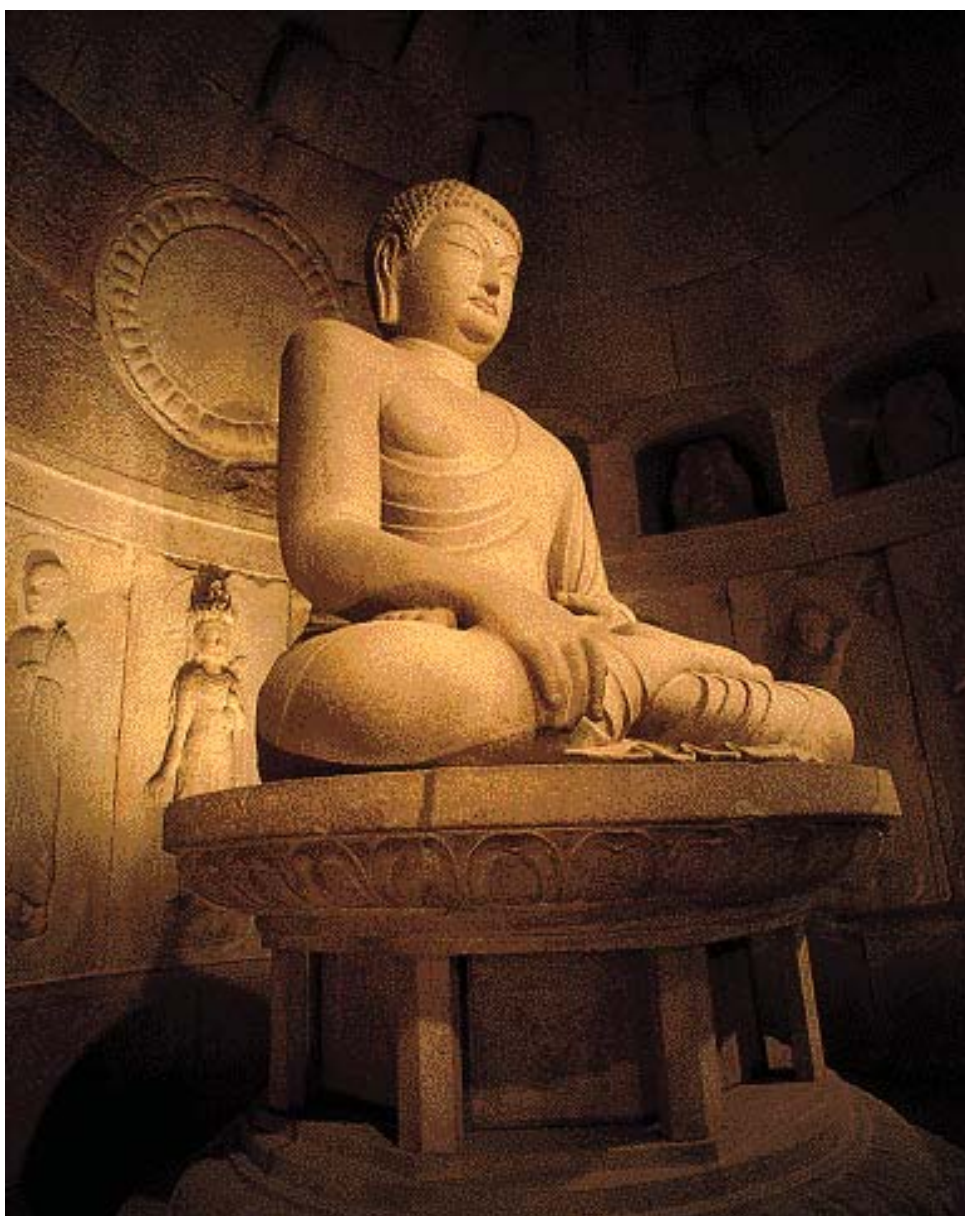
食肉者斷大悲種 (二)

Meat-eating would cut off the root of mercy (2)

佛言：「如是！一切眾生無始生死生生輪轉，無非父母、兄弟、姊妹。」

Buddha replied, Yes it is! All living beings within samsara, they are family members such as the parents, the brothers and the sisters.

譯Translator / Free 美編Art Design / Fan





梵網經

若佛子，故食肉。一切肉不得食，夫食肉者，斷大慈悲佛性種子，一切眾生見而捨去。是故一切菩薩不得食一切眾生肉，食肉得無量罪。若故食者，犯輕垢罪。

若佛子，不得食五辛：大蒜、革蔥、慈蔥、蘭蔥、興蘘，是五種一切食中不得食。若故食者，犯輕垢罪。





Fan-wang sutra

Buddhist shouldn't eat meat on purpose. We shouldn't eat meat. A meat-eater would cut off the root of mercy. All beings would be afraid of him and therefore leave him. Therefore, all bodhisattva shouldn't eat meat. Ate meat would get numerous-guilt. Eat meat on purpose, it is the guilt named disdained and filthy.

A Buddhist is supposed not to eat the following five-hot such as garlic, leeks, chives, onion and xing-qu. Eat meat on purpose, it is the guilt named disdained and filthy.

入楞伽經

爾時聖者大慧菩薩摩訶薩白佛言：「世尊！我觀世間生死流轉、怨結相連、墮諸惡道，皆由食肉，更相殺害，增長貪瞋，不得出離，甚為大苦。世尊！食肉之人斷大慈種。……

佛告大慧：「夫食肉者，有無量過。諸菩薩摩訶薩修大慈悲，不得食肉。食與不食功德、罪過，我說少分，汝今諦聽。

大慧！我觀眾生從無始來食肉習故，貪著肉味，更相殺害，遠離賢聖，受生死苦。捨肉味者，聞正法味，於菩薩地如實修行，連得阿耨多羅三藐三菩提；復令眾生入於聲聞、

辟支佛地止息之處，息已令人如來之地。大慧！如是等利，慈心為本。食肉之人斷大慈種，云何當得如是大利？

大慧！我觀世間無有是肉而非命者，自己不殺，不教人殺，他不為殺。不從命來而是肉者，無有是處。若有是肉不從命出，而是美食，我何以何故不聽人食？遍求世間無如是肉，是故我說食肉是罪，斷如來種，故不聽食。





Ru-leng-jia sutra

At that time, a holy man named Grand-wisdom bodhisattva said, the most respected! I'm observing samsara. Life after death and rebirth. Reprisal breeds reprisal. Those who were born in the evil-realms are meat-eaters. Killing breeds killing. The greediness and anger are increasing. No one can get free. It's a great suffering. The most respected! A meat-eater will cut off all mercy-roots...

Buddha told Grand-wisdom, a meat-eater win numerous evils. A bodhisattva who is practicing mercy, he should never eat meat. About the merits of a vegetarian and the evils of a meat-eater, let me explain for you. Listen carefully.

Grand-wisdom! All meat-eater used to eat meat since the time started. They have serious greediness on the flavor of meat. Therefore, they kill animals. They can't become holy men but suffered by life, death and rebirth. If give up meat-eating and listen to dharma, one can practice dharma just as a bodhisattva did. Finally, one would success and reaches the ultimate-enlightenment. Then, he would help other beings take a nice rest at the place of the pratyeka-buddha. After the rest, the beings may enter into the place of Buddha as well. Grand-wisdom! Such benefits are introduced by mercy. How can a man who is a meat-eater and cut off the root of mercy get these benefits?

Grand-wisdom! All meat is from living lives. We must not kill animals. We never order other man kill animals for us. The animals want be killed for us. We can never find meat that isn't from lives. If there was a meat that isn't from lives and it is fine food, I will let you eat. However, it is impossible for us to find such a meat. Therefore, eat-meat is guilty. It would cut off the root of mercy. I won't allow any man eat meat.





大佛頂首楞嚴經

我以大悲，神力所加，因大慈悲，假名為肉，汝得其味。奈何如來滅度之後，食眾生肉，名為釋子。汝等當知！是食肉人，縱得心開，似三摩地，皆大羅剎，報終必沈生死苦海，非佛弟子。如是之人，相殺相吞，相食未已，云何是人得出三界？

Maha-buddha-crown leng-yan sutra

I have great mercy and magical power. As the reason of mercy, I give you fake-meat to eat and let you know its flavor. However, after I was nirvana, a meat-eater can't be named as the pupil of Buddha. You must know that! A meat-eater, even he could gain Samadhi-meditation, he is still an evil-man. After his death came, he would be born in the sea of sufferings. He is not a Buddhist. Such a meat-eater, kill each other and eat each other as well. How can this man liberate from the samsara and the three-realms?

全球素食趨勢觀測～ 一線生機 曙光乍現！

Observing Global Vegetarian Trend ~
A slim chance of survival, the first light
of morning!

文Article/Alice 譯Translator/Leo 美編Art Design/Frank

養生全球風

“慾望城市”影集主角莎拉奪得今年全球時尚教主，她在片中以瑜珈做休閒運動。身為紐約雅痞文化的先鋒，“慾望城市”的每一個場景或服裝莫不在透露著最時髦的流行概念，這些畫面傳達著東方瑜珈已漸漸成為時尚的風潮，崇尚身心放鬆的運動亦意味著現代人的需求。養生不再是老年人的專利，在熙來攘往的紐約大都會，透過瑜珈及養生餐來保持身心最佳狀態，已蔚為西方白領階層的流行風尚。

美國各大著名連鎖餐飲業，例如 Chi Chi's、Pa Pa Johns、Wendy、Subway、Taco Bell...等皆已推出素食餐點，甚至漢堡王(Burger King)也將有素食漢堡上場了。這些遍佈全美各地甚至各國機場的速食界翹楚，與世界許多人口的三餐有著密切的關連，竟然都紛紛推出素食餐點來滿足素食消費者，在幾年前想要到大型速食店買素漢堡，幾乎是難以想像的。

如今，想不到的事都發生了。素食的人口愈來愈多、素食餐飲的變化範圍愈來愈大。您還可以輕易的連結到歐洲的素食餐點及活動的網站，法國、英國、義大利、荷蘭...等國皆可以找到你要的素食資訊，如餐館、素食教室諸如此類的相關消息。

反傷害動物

前些日子接到一封網路流通的信

Global trend to preserve the health

The leading actress of the American TV series “Sex and the City”, Sarah Jessica Parker, she won the title of global fashion master. In the series, she used to dress leisurely and did Yoga exercise. As a New York Yuppier, her dressing style as well as every scenes in the TV show was interested by the public as the fashion up-to-date. It seemed that the eastern yoga gradually became the vogue in the western world. As a modern city worker, everybody needs relaxation in body and mind. Not only old men but also young men emphasize to preserve the health now. In metropolitan New York that bustling with activity, practice yoga and preserve one's health is the best way to keep the body and mind in good condition. This is the prevailing concept in the western white-collar workers.

In USA, famous chain restaurants such as Chi Chi's, Pa Pa Johns, Wendy, Subway, Taco Bell... and so forth are selling vegetarian meals right now. Even the Burger King, they also serve vegetarian hamburger nowadays. You may easily find these chain restaurants in any international airport. Therefore, they affect many people's daily life a great deal. Their vegetarian meals can satisfy the consumer. However, it is hardly any vegetarian hamburger could be found in these food chains.

What makes this matter possible? It's because that the vegetarian population becomes larger and larger by the times. If you are interested in this new trend, you may link the websites of any European restaurant in France, England, Italy, and Netherlands and so on. They give a lot of vegetarian meal information.

Don't hurt animals

Few days ago, I received an email. It un-



covered the inhuman of animal experiment in cosmetic industry. For example, the experimental cosmetic product was directly applied on the eyes of little white rabbit. The eyes of a rabbit were very sensitive. Therefore, men use the rabbit to test the cosmetic product. It may hurt the rabbit or even sacrifice the life; however, men despite that. Thus, some thinking people give out the names of these cosmetic brands. We are supposed to use the cosmetic products that didn't use animals in experiment.

The voice of animal protection is rising. Some people refuse to dress leather ware and fur now. To wear fur is an empty glory. If anybody wears a fur, people may think he is a low spiritual being or less knowledge person. In the world of internet, you can easily find website that against to hurt animals. These websites also link to vegetarian web too. They

件，它揭露了動物實驗化妝品的不人道，例如；實驗的化妝品可能就直接塗在小白兔的眼睛上，小白兔的眼睛十分敏感，可以測試出化妝品的品質，許多的廠商不顧傷害動物的行爲，任意犧牲小動物。因此有心人士將市面哪些品牌是動物實驗的，哪些不是動物實驗的一一列舉，並鼓勵人們多用不經動物實驗的化妝品。

像這樣保護動物的聲音愈來愈盛，人們也愈來愈不再視動物皮革製品是一種虛榮，反而在許多人眼中是知識不豐、靈性不高的人才會把動物的皮毛穿戴在身上。反傷害動物的聲浪一直在高升中，在許多國際性的網



站中可以看到這一類的網站。而它們通常和素食網路聯結，許多也在頁面中強調素食的重要性。

充滿契機的未來

我們由許多的現象來解讀，可以發現其實人們在破壞中覺醒了什麼。

破壞生靈的結果是不幸福的，我們大家生存的利益是損失的，人類可以殺去其他所有的物種而獨活嗎？答案顯然是不可能的。

全世界各地覺醒的人愈來愈多，可以由吃素人口的增長看出。素食的選擇原本就包含多樣的理由，有的人是時尚、有的人是養生、有的人是美

all stress the importance of vegetable foods.

Opportunities in the future

If we decode these new trends, we thought that all men were enlightened one way or the other within a lot of destroys.

To kill any beings will bring bad luck. Human's interests would be damaged by the killing. How can we save our lives by killing other beings? It's impossible.

I believe that more and more people were enlightened. Therefore, the population of vegetarian becomes larger. You can switch from a meat-eater to a vegetarian by the reason of following the fashion, to preserve one's health, to improve one's looks, to protect animals, to reserve the environment and to follow religious disciplines. To be a vegetarian is not a single



容、有的人是保護動物、有的人是環保、有的人是宗教。它不再是朝單一性發展，並不只單屬於佛教徒，可以切入的角度比以往更多廣，這是世界性的素食趨勢，它象徵著新的素食文化的來臨。

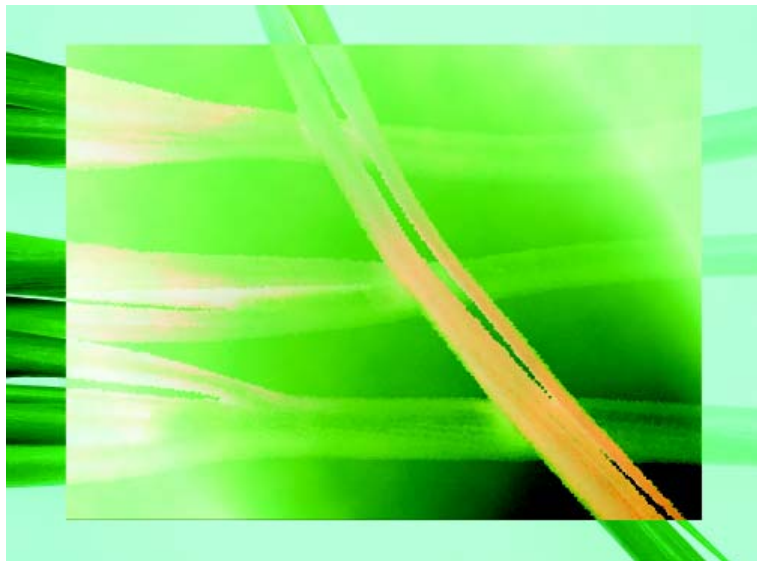
未來將可能透過“生機飲食”的流行，更深入到一般家庭。成為人們生活中必然會接觸到的文化，素食將成為健康養生的代名詞。

一線生機·曙光作現

如今世界的情勢混沌，生態岌岌可危。站在歷史的交叉口，我們不禁要問未來是什麼？我們的下一代要面臨的生存問題會是什麼？不少人因為看不到改進環境的力量而失望。

但是，任何的轉機都存在於黑暗中。看到了愈來愈多的“心”覺醒，如同看到黑暗中曙光乍現。人們漸漸覺醒於個人對於地球的責任，覺醒於食肉帶給大地的沈重負擔，覺醒於人不該殺害動物來滿足自己，覺醒的力量正像加熱的水，溫度不斷的上升，上升…。

星星之火可以燎原，讓我們大家一同參與這莊嚴的行列，努力護生，推廣素食優質文化吧！！



development or belongs to the Buddhist only. The trend of using vegetable foods is rising. A new vegetarian culture is coming.

In the future, the organic food products will be overwhelming and go deep into general household. The new vegetarian culture is ready to meet you. It would become the pronoun of health preserving.

A slim chance of survival, the first light of morning!

Nowadays, the world and the ecological system are in danger. We are stand at the intersection of the history now. What is the future of all beings? What will be met by future generations? Should we give up improving the environment? Should we lose hope?

There is a turning point within the darkness. The more we enlightened the more chance for us to find the turning point. Men should take the responsibility of the earth environment. To eat meat and animals are heavy burdens to the world. We shouldn't kill animals to satisfy the desires. The power of enlightenment is heating as a hot water. The temperature is rising and rising...

A single spark can start a prairie fire. Let's work together to promote the vegetarianism. Let it become a new and high quality culture!!

送佛法到監獄

我有明珠一顆
久被塵勞關鎖
今朝塵盡光生
照破山河萬朵

「送佛法到監獄」活動

自1995年12月舉辦以來 本社每月固定將雜誌

寄贈全省42所監獄的受刑人閱讀

再此感謝捐款的愛心 也希望更多的人能愛心加入此一活動

點亮這些迫切需要佛法光明的人

贈閱的監獄

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