

**VEGETARIAN.** Thou shalt not kill. But we kill animals. Many do not think about the connection between eating meat and killing. And, they may say, we kill all the time - the ants we step on, the mozzies we swat; even the vegetables we eat are living beings until we harvest them. **While** it is true - killing cannot be avoided - the argument for incessant killing cannot be sustained. It is all a matter of degree. The karma resulting from an act of killing is proportionate to the severity of the act. To kill a human attracts the most karma, to kill a plant the least. **All** other killing will find an appropriate burden of karma attached to it. Hunting of highly evolved species - especially as a sport and for entertainment - weighs us down heavily; killing animals for food also results in karma we must repay. To be vegetarian helps us attract the least negative karma.

kar·ma

*the philosophy according to which the quality of people's current and future lives is determined by their behaviour in this and in previous lives*

*see also* KARMA

*In her book The Vegetarian Myth, Lierre Keith elaborates on the point that killing is inevitable - vegetarians cannot avoid killing indirectly in the production of their foods, while ploughing fields and clearing land; as we engage in agriculture for food production, we destroy animal habitats.*

*She also offers a polemic against 'factory farming', in which animals are treated inhumanly; but while her book presents a potent critique of agricultural excesses and an endorsement of organic foods and sustainability, it fails to make a convincing argument against vegetarianism.*

*"As long as men destroy lower living beings, they will never know peace; for as long as men massacre animals, they will kill each other." Pythagoras*

*The primatologist Jane Goodall, a renowned conservationist, writer and speaker - one of the most famous female scientists - studied chimpanzees in Africa for over sixty years. In the 1960s she was one of the first to challenge the conventional wisdom that humans alone have thoughts and feelings.*

*She inspired scientific research showing that animals - from mice to elephants - suffer pain and bereavement, not unlike us. This revelation challenges the way we think about ourselves and the world of animals. Her work provides inspiration to the animal liberation movement as well as vegetarians.*

*with content from Me, Jane by Greg Callaghan  
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**VIRTUE.** For Stoics happiness is not found in things but in virtue ... it's all about what we value and the choices we make. **The** four major virtues are temperance, courage, justice and practicing wisdom ... they are where our focus should be in life.

vir·tue

*moral excellence and righteousness, goodness*

*see also* ARETE