



肉 是 人体的 主 凶

● 孙果森 居士 ●

MEAT
The Chief
Assailant
Of
Human's Body

● SOON GUO SEN ●

LOVE US



NOT EAT US



狗身人脸

● 因果报应 ●

不是不报，
时辰未到。

● 因果不空 ●

狗身
人脸

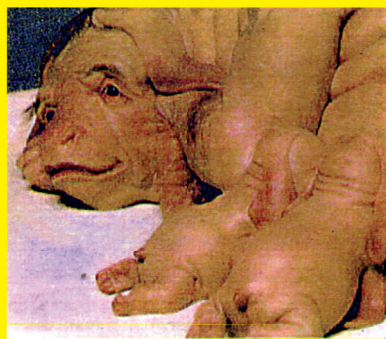
真
诡
异！

(综合讯) 美国著名八卦网站 Gawker 称，印第安纳州有动物福利组织收留一头贵妇狗及西施混种狗托尼克，它长有一张酷似人类的面孔，希望能找到有心人收养。



廣東省雲浮市新興縣

背面序 勸化·醒世
參考資料



世界真奇妙

這頭水牛改變了這些屠宰工的一生

2011年4月16日 人民日報 許靈



↑ 悲傷的水牛停步不前，
驚恐流淚。

→ 水牛淚流不止。



一位香港的包裝廠老闆Billy Fong說，「人類一直以為動物是不會像人一樣哭泣，可是那頭水牛真的像個嬰孩一樣地啜泣著！」當時至少有十幾個強壯魁梧的男士在場，他們的心被哭軟了，負責宰殺的那些男孩內心更受到觸動，眼淚也不禁奪眶而出。

Shiu說：「不管你們相信不相信，這是千真萬確的事情，雖然聽起來確實是不可思議。」

毫無疑義，這頭水牛改變了這些屠宰工的一生。

佛说：“一切众生皆有佛性”。





●人面疮●

在人的脸上生了一个面疮，不但有眼、耳、鼻、咀五官，并且还能吃饭说话。

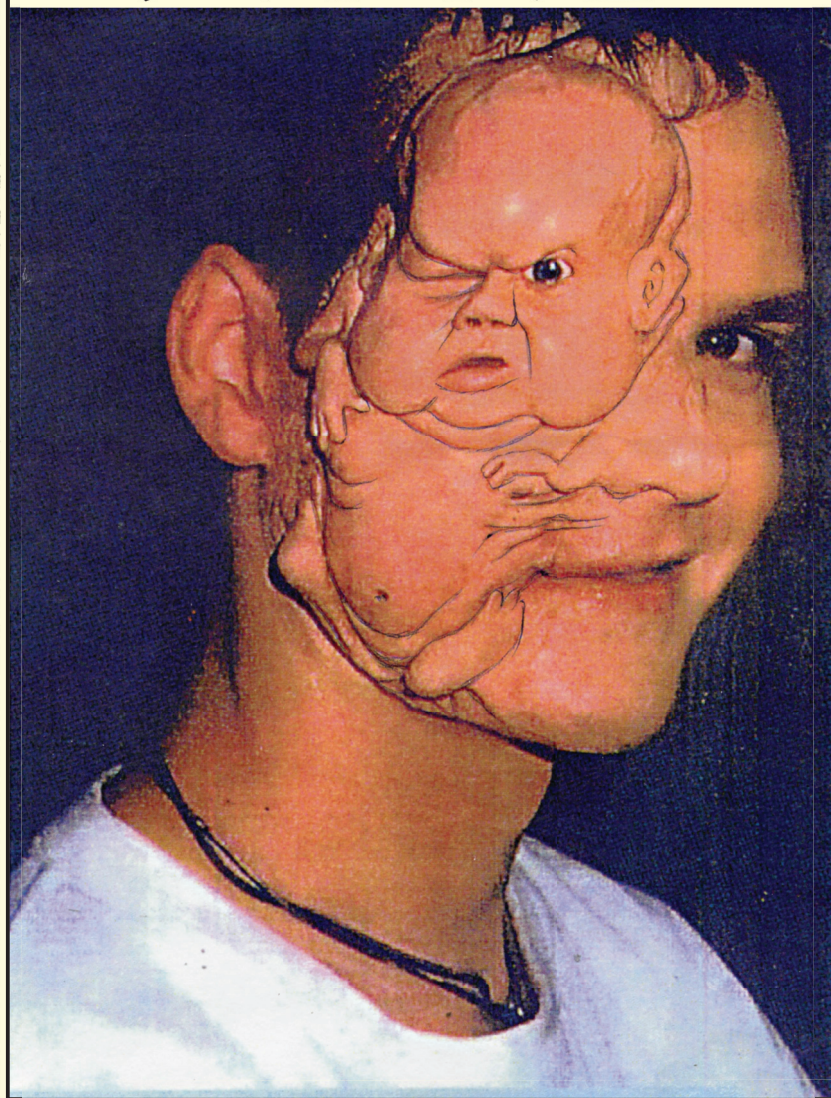
这是在2007年1月3日，我偶然遇到一位居士在看一张照片，还有一位沙弥在解说：这是一位新加坡女士的照片。她的脸上长了人面疮。人面疮的咀还不仅能吃东西，而且还能说话。

现在她在西藏，有法师天天给她讲经说法。

愿所有缘的人看到，都要相信万法皆空，因果不空的道理。

做人要懂得忏悔过去，感恩行善，能放下就得放下。

● 人面疮 ●



● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●



● 释迦牟尼佛言 ●

为人短命，胞胎伤堕，
生世未几，而早命终。
堕在三涂，数千万劫。

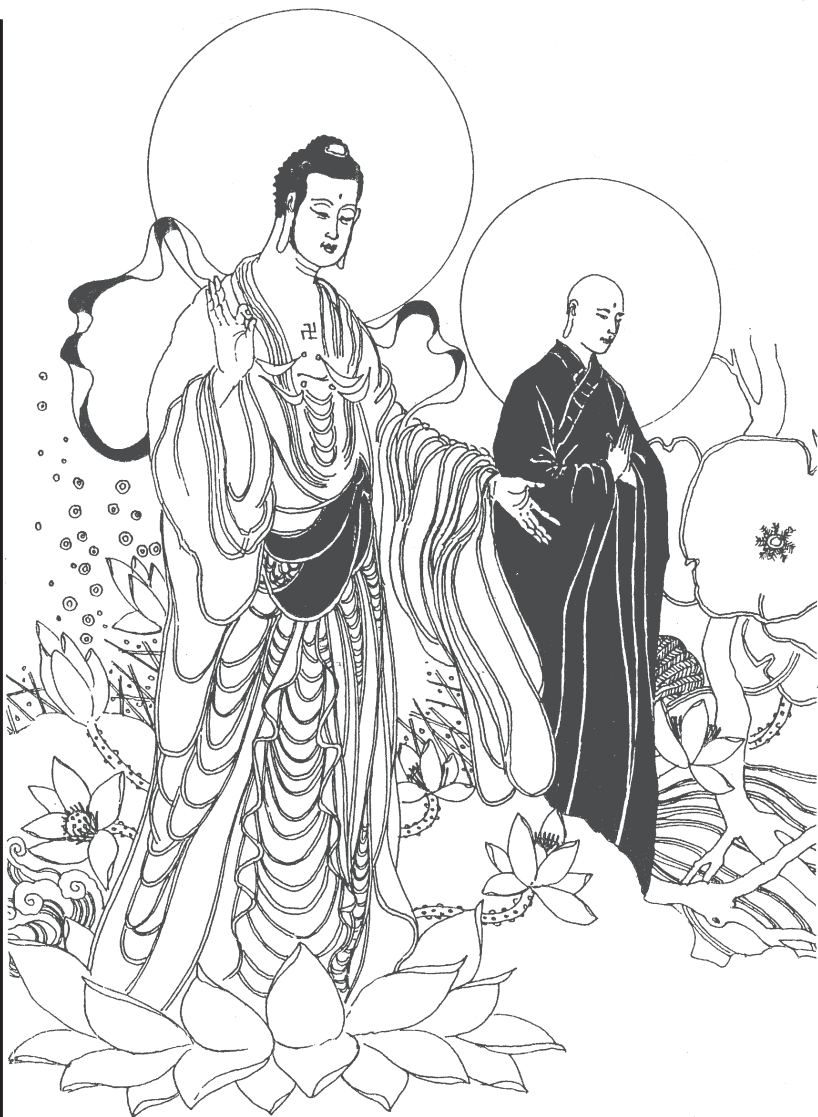
此辈前世为人，好喜射猎，
焚烧山泽，探巢破卵，施捕鱼网，
杀一切众生。

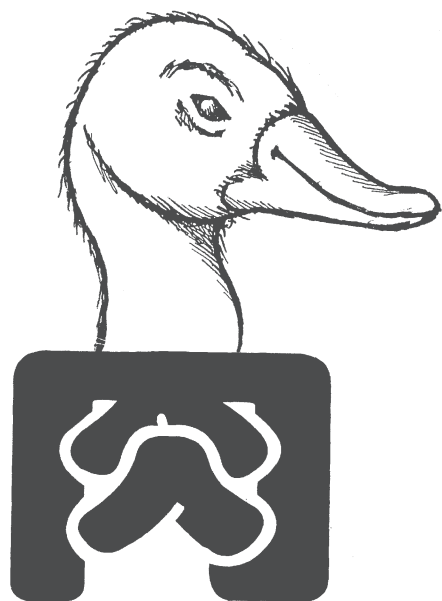
贪其皮肉，以自食啖，多短命报。
世世累劫，无有出期……。

痛不可言！慎之慎之！

THE SHAKYAMUNI BUDDHA SAID:

The are people who are born with a short lifespan. Some of them are injured or aborted when they are still dwelling in the wombs. Others pass away a few days just after their birth. These people end up in the three evil paths throughout thousands of tens of thousands of kalpas. This is because in their former lives, they enjoyed hunting, setting fire to the mountains, jungles and swamps, stealing and destroying the eggs from the nests, and catching fish. They had killed all kinds of living beings. As the have killed the animals for food, most of them will be born with the retribution of a short lifespan. They have to undergo acute pain and sufferings throughout many kalpas without a chance of respite. So, we should be very careful so as not to create the evill karma!





是人生的主凶

肉内有氮、尸毒、胆固醇、尿酸、尿素、病毒传染、化学毒、DDT 毒、抗生病毒、坛疽……

食肉导致：血管硬化、肾石、胆石、心脏病、糖尿病、高血压、肝硬化、癌症、肥胖、胰炎、关节炎、痔疮、肠胃病、骨质疏松症、疲惫腺、疯牛症、静脉曲张、憩室炎、沙门菌病、溃疡结肠炎、低血糖、动脉硬化……等等，不胜枚举。





MEAT

The Chief Assailant Of Human's Body

There are nitrogen, carcass poisoning, cholesterol, uric acid, urine elements, the infection of poisonous diseases, chemical poisonings, DDT poisoning, antibiotics poisoning, the decaying and death of cells which are in infected by bacteria.....in the meat compound.

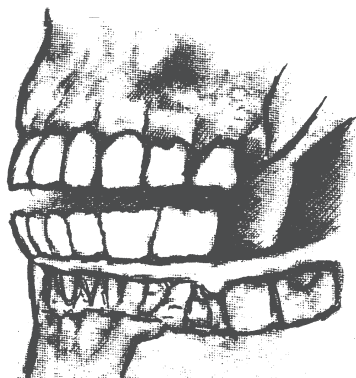
Eating meat will lead to the hardening of the blood vessels, the growth of stones in the kidney and gall-bladder, coronary disease, diabetes, high-blood pressure, the hardening of the liver, cancer, obese, pancreatitis, the inflammation of joints, haemorrhoids, the diseases of intestines and stomach, osteopetrosis, fatigue, the mad-cow disease (Bovine Disease), the swelling and crookedness of the vein vessels, Diverticulum, Salmonella (food poisoning caused by bacteria infection) ulcer in the stomach and intestines, low sugar level, the hardening of the arteries and lots of other diseases.....

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●

我们身体的构造，除了眼、耳、鼻、舌、身之外，就以人的牙齿来说，下巴绕着的食盘，跟吃草的动物的结构很相似。

The formations of our eyes, ears, nose, tongue and body are basically different from the herbivorous animals except for the growth of the jaw and teeth which are nearly identical with them.

人类



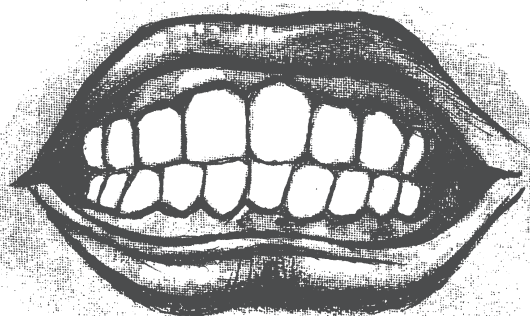
草食动物



● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●

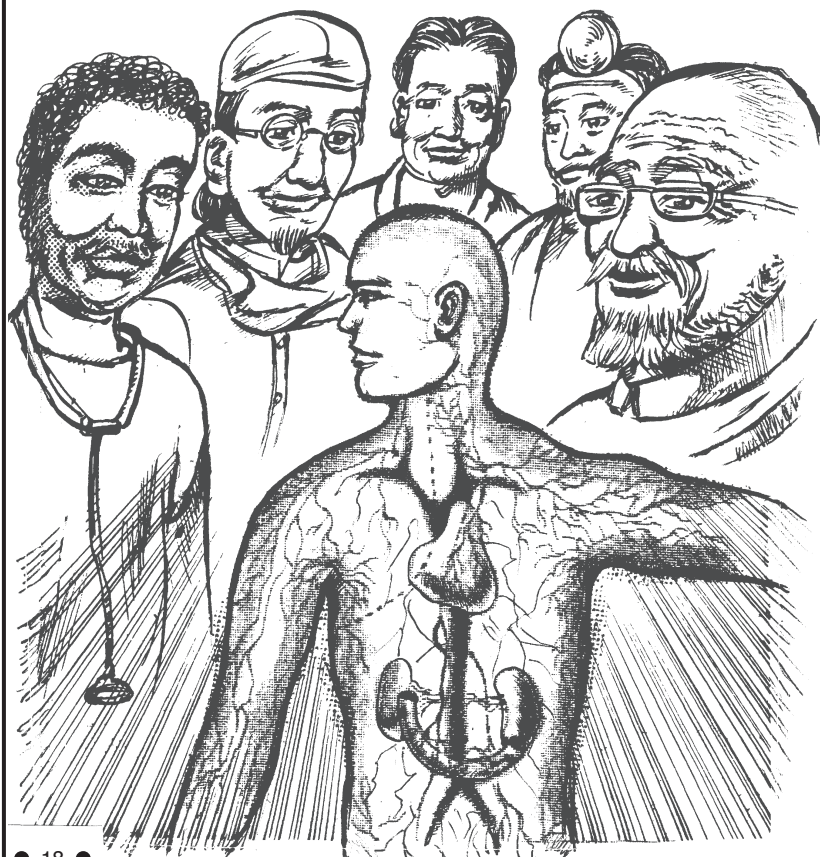
我们的牙齿是平的，是用来咀嚼及磨碎食物的。这跟肉食的动物有很大的分别。

We use teeth which are even to grind and chew the food.
This is very different from the carnivorous animals.



首先，我们根据世界各国著名医学界权威、擅长人体解剖学的专家们一致的报导：

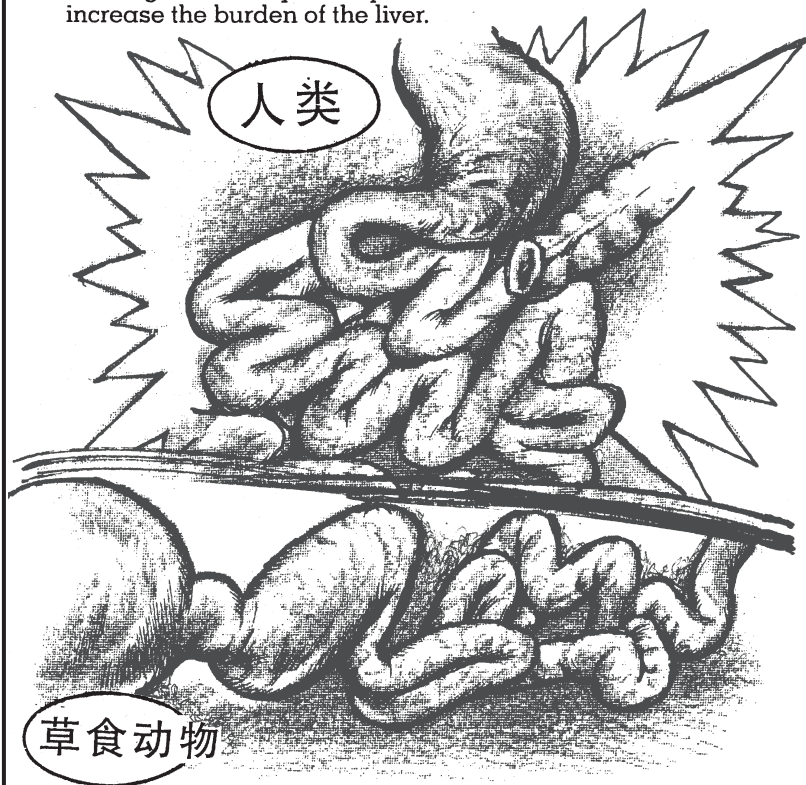
First of all, let us take a look at the common statement made by the famous and influential doctors in the medical worlds of different countries and the specialists who are skilful in post-mortem of the human body.



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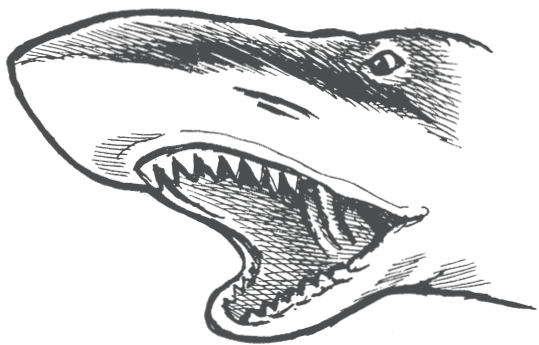
人及草食动物的小肠长，大肠亦长。通常比身体长达十倍至二十倍，食物需要有更多的时间来消化。若腐烂的废物如果留在体内太久，就容易使血液产生毒素，增加肝脏的负担。

The small and large intestines of the human beings and herbivorous animals are both long. The length is about ten to twenty times the length of the body. So, the food requires longer time for digestion. If we leave the decaying food for too long in the body, it will poison the blood stream and thus increase the burden of the liver.



● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





所以，肉食动物体肉的胃酸比人及草食动物强二十倍。由此可见，其消化系统远比人及草食动物强。

That is why the Hydrochloric acid in the stomach of the carnivorous animals is stronger than the herbivorous animals by twenty times. From here we can see that the digestive system of carnivorous animals is much stronger than human beings and herbivorous animals.

肉食动物的小肠短，大肠直而且平滑，只有身体长度的三倍。这可让肉类分化得快，不致於在体内呆得久而起腐化作用。

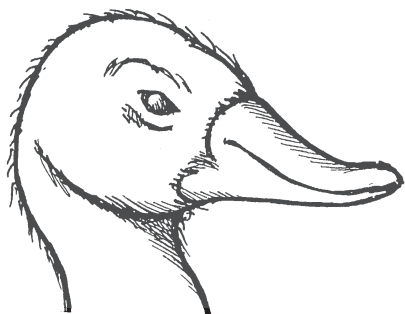
The small intestine of the carnivorous animals is short while the large intestine is even and smooth. It is about three time the length of its body. In the way the flesh eaters will be digested swiftly will not stay too long in the body which will lead to the process of decay.

肉食动物的门牙犬齿却比较人的牙齿锋利，是用来撕破肉的骨头。一旦动物的肉被它的犬齿咬住，就难以逃脱。

The incisors of the carnivorous animals are used to grip small pieces of flesh and strip it from the bones. The canines are used to stab the prey so as to prevent it from escaping.

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人类的肠道不宜肉食，因为肉类的纤维少，经过消化後剩下的残渣，在人类比较长的肠子里停留过久，肝脏负担太重，会造成肝硬化及肝癌症。

It is not suitable for human beings to partake meat because it is lack of fibres. The residue of the meat that remains too long in the intestine which are much longer will burden the liver and encourage the hardening of liver and liver cancer.

食肉的人，由於体内积大量废物，所呼出的口气很臭。就以体臭与汗酸，其味道比一般素食的人强。所以往往叫：臭人！

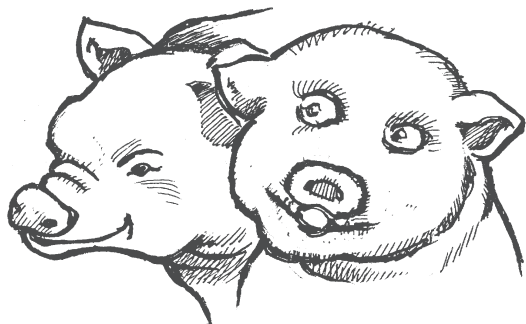
A man who eats meat is often known as a 'foul man' because lots of waste products are accumulated in the body. Besides his breath is loathsome. Such a stinking body with foul sweat is more smelly than a vegetarian.

身体的肝脏机能，它的工作是解毒，制造糖份补给身体。吃肉太多，则增加肝脏解毒工作，若肝脏过劳，容易得肝病。

The function of the liver is to decompose poisonous products and produce glucose for the body. A man who eats too much meat will burden the function of the liver in decomposing the poisons, such overloading will weaken the liver and lead to liver diseases.

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肝病的情况，手足的指甲发青，便秘、脸黄、肝硬化、肝肿、肝癌、腹胀。若治疗不当，转入末期者，肝萎缩。

The characteristics of a sick liver will show the following symptoms. The nails on both the hands and feet are greenish in colour. He will get constipation. His face turns yellow. The liver is hardened and swollen. It leads to cancer. His stomach also swells and if he does not receive proper medication in the final stage, the liver will wither and diminish.

肉类中有许多尿酸、尿素，食了会增加肾脏的负担，导致肾病：引起风湿痛、关节炎等症。

Meat contains lots of uric acid and urine elements which will burden the function of the kidney. It may lead to kidney sicknesses such as rheumatism, and the inflammation of the joints.

肉类本身缺乏纤维，在长肠中经过不必要的过度吸收，易造成便秘，导致痔疮及直肠癌。

Constipation is caused by partaking meat which is lack of fibres and the over absorption of the residual of meat in the long intestines. It leads to diseases such as haemorrhoids and colon cancer.

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肉食导致疾病，是因肉类胆固醇多，是中老年人健康的大敌。胆固醇以动物的脑、神经、血液、胆汁、蛋黄及脂肪等含量最多。

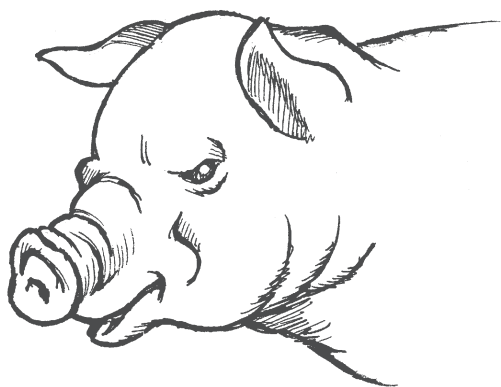
The greatest enemy of the middle age and old people is meat which contains a high percentage of cholesterol. Cholesterol can also be found in saturated quantity in the brains of animals, nervous systems, blood, gall, egg-yolk and fat.

胆固醇就是吃入体内的动物脂肪。这些脂肪在我们的体内因不能完全分解消化，经日积月累，血液变为黏性、油腻。因此，易引起动脉硬化、心脏病、高血压、脑充血、脑中风……。

Cholesterol or the fat of the animals is difficult to be emulsified and digested completely in our body. After taking for a long time, the blood is thickened with fat and becomes sticky. That is why it will lead to diseases such as the hardening of the arteries, coronary diseases, high blood pressure haemorrhage, stroke (cerebrovascular accident) and others.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





肉类是死尸的肉体，根本无酵素可言。身体是我们的当家医生，大自然是培植身心健康的疗养院。人类要以自然饮食为药石，不吃精制、加工、死尸食品。

The meat is truly the carcass of a dead being. In fact, it does not contain any enzymes. Our body is also our family doctor, while the nature resembles that of a Hospital of Recovery for natural growth and good health. So human beings must try to eat naturally just as though the body is receiving medical care. Men should not eat food that have undergone the process of refinery, and has additives or carcass.

一切动物都是吞食不洁争的食物而生长的；人们吃肉，等於吃污秽的东西！日後生各种疾病，等於慢性自杀！

The growth of the animals depends on the consumption of unhygienic food. When a man eats meat, he is indeed eating dirt and he will be infected with all kinds of diseases later. In fact, this is equivalent to a gradual process of committing suicide.

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吃肉过多的人，体内的消化系统没办法完全消化，这些肉留在肠内腐败发臭，就产生毒素。血液因肉发臭，变成毒素，若以半生熟来吃，更快感染疾病。

The digestive system of a man who eats too much meat is unable to digest the food completely. The meat that remains in the intestine decays and produces poisonous elements. The blood is contaminated with these poisonous elements from decaying meat. If a man enjoys eating half-cooked meat, then he has a greater chance to get infected with diseases.

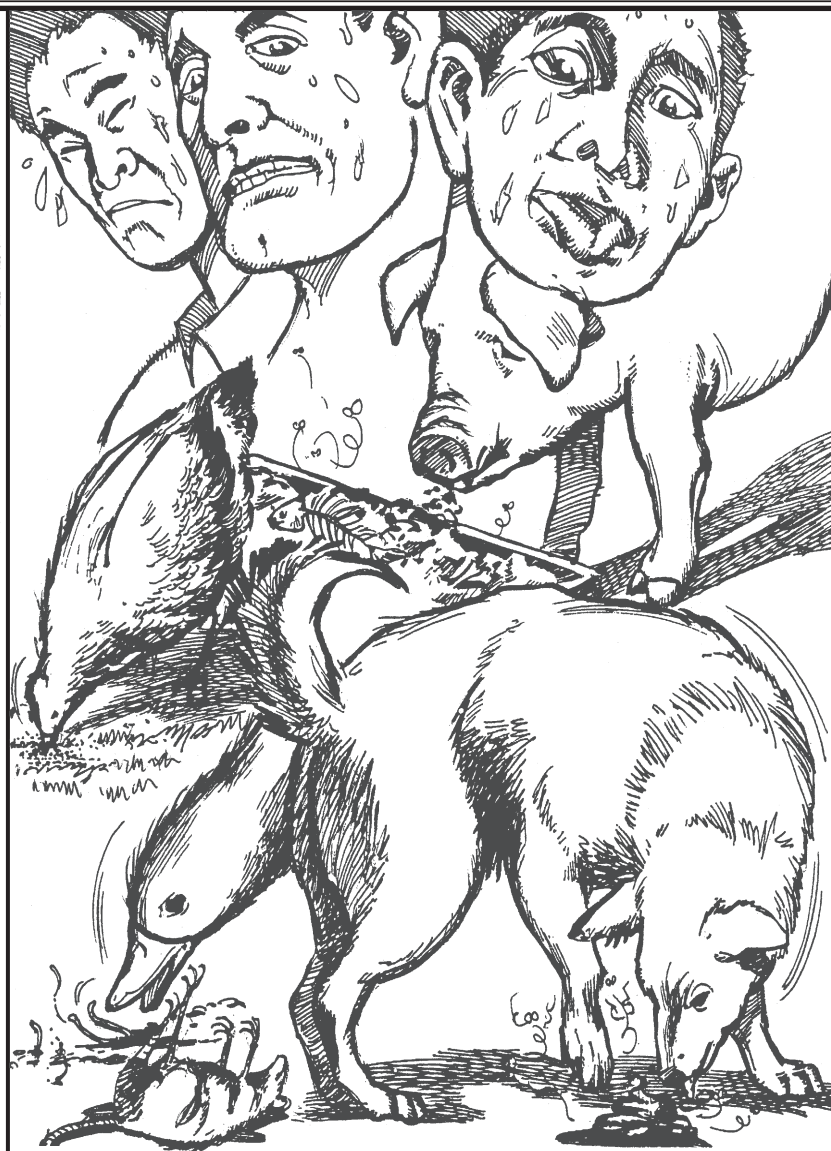
动物用过量化学药剂，抗生素，打贺尔蒙剂。往往一些动物被杀之前，已经死於这些药物，人将这些肉吃入体内，会生恶性肿瘤。

Many a times animals die because of overdosage of chemical products, antibiotics and hormones injection. In fact they die because they are contaminated by chemicals before they are slaughtered. A man who eats such animals is encouraging the growth of cancerous cells.

一公斤的烤肉等於六百支香烟。烤肉和香烟都会产生一种称为：BENJOPYRENE的毒素，用来喂鼠会使鼠儿生瘤和血癌。

A kilogram of burnt meat is equivalent to six hundred cigarettes. Both the burnt meat and cigarettes can produce a poisonous element which is known as Benjopyrene. after feeding mice, they developed cancerous tumours and blood cancer.

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有些人喜欢吃狗肉。有的狗是吃大便生长的；有的狗是吃荒郊野外动物腐尸成长的；一些野狗甚至挖死人的坟墓吃死尸成长的。

Some people like to eat the meat of the dog. Some dogs swallow faeces as their daily food. While other eat the carcass of dead animals in the countryside. In fact there are also some wild dogs which dig and eat the corpses of human beings from their tombs.

动物当受屠宰时，往往发生「恐怖」、「怨恨」及「悲痛」的心情，使其血液可以变化为毒素，食後对人体有害。

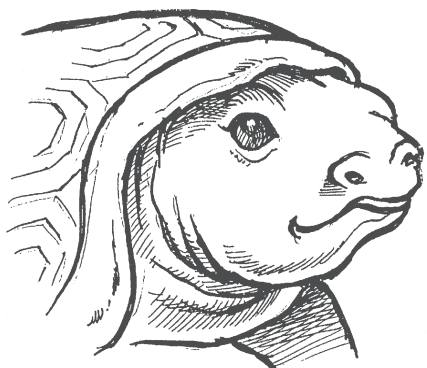
The animals are horrified, angry, full of hatred and sorrow when they are being slaughtered. The blood will be converted into poisonous elements. After eating, it is harmful to our body.

很多人喜欢吃猪肉。不管是肥内，瘦内、肝、脏、脑、肠、肾……。但是，人们很多都不知道，猪是吃馊水成长的。

Many people like to eat pork. They enjoy the fat and thin pork, the liver, heart, brain, intestines, kidneys and others. But most of them did not realise that the pigs are fed on foul and stinking water.

● 肉是人生的主凶 ● MEAT - THE CHIEF ASSAILANT OF HUMAN'S BODY ●





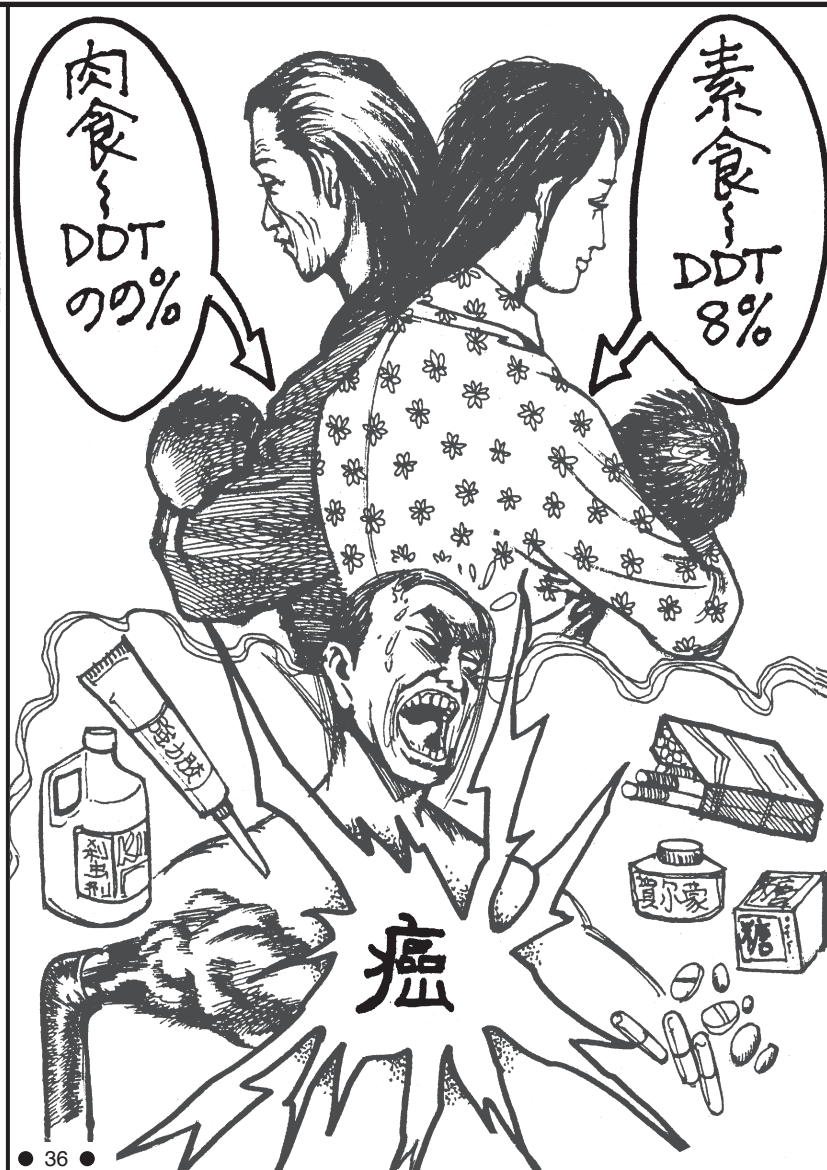
现在的人，为己私利可图，畜养鸡、猪、鸭、牛羊等，在饲料中，放大量抗生素、荷尔蒙、镇静剂、染料、防腐剂、幅射线、杀虫剂、除臭剂……吃肉的人也同时吃进了这些药物，等於慢性自杀！

Nowadays, most people are selfish and think only of personal gain. So they put lots of antibiotics, hormones, tranquillizers, colourings, preservatives, radioactive rays, pesticides, artificial flavourings to get rid of odours into the food before feeding them to chickens, pigs, ducks, cows, goats and other animals. After eating these animals, the chemicals also enter the body of the eater. This is equivalent to committing suicide slowly.

吃肉和油脂是增加血液中的胆固醇。蛋、乳品有高量胆固醇，使血管血液阻塞不流畅，使到身体的组织得不到营养补给和缺氧，最终细胞组织会坏死。

Eating meat and fat is one way to increase the cholesterol level in our blood stream. Eggs and milk consist of high level of cholesterol which hinders the flow of blood in the blood vessels. In this way, the cells of our body will not receive enough supply of vitamins and oxygen. Finally, the cells structure will deteriorate and die.

●肉是人生的主凶● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





癌症的起因多来自：药丸、香烟、糖精、荷尔蒙、咖啡、X光、杀虫剂、空气污染、核子能发电、强力胶油漆、病毒、肉类、茶、过期花生酱、忧郁、排斥、矛盾及心理不平衡……。由於免疫系统失去控制癌细胞的能力而产生。

The cause of cancer has its origin from: Medicated pellets, cigarettes, saccharin, hormones, coffee, X-rays, insecticides, air pollution, nuclear generator, paints with special strengthening effect, disease poisoning, meat, tea, ground nut, jam which is overdue, worries, negative feelings of opposition, emotionally undecided and unbalance..... Cancer results from the malfunction of the immunity system which has lost the ability to control the development of cancerous cells.

美国肉食妇女母乳所含DDT份量为99巴仙。美国素食妇女母乳所含DDT份量为8巴仙。

In America, the milk extract of a women who partakes meat contains 99 percent of DDT, while the milk extract of a vegetarian woman contains 8 percent of DDT.

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畜牲动物在活着的时候，体内的废物会自然排泄出来。但一经宰割，由於恐怖、哀伤、愤怒到极点，则大量排泄有毒性废物，积存体内。人吃其肉，等於吃毒。

The waste matter of an animal will be expelled naturally from the body when it is alive. But in the process of slaughtering, the animal is extremely horrified, sorrowful and angry. It will excrete a great quantity of poisonous waste matter which will be accumulated in the body. A man who eats the meat is indeed partaking poisons.

如果血液中的碱性不够，无法把所产生的有害酸性物质中和的话，这些酸性物质便会由腋下汗腺分泌出来，发出强烈难闻的恶臭。

If the alkaline content of the blood is not enough, it is unable to neutralize the acidic elements which is harmful to the body. These acidic elements will be secreted from the sweat glands under the armpits. Such perspiration will produce strong and smelly odour.

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一般食鱼者，一生中可以吃上半吨的鱼。为了捕鱼，每年很多国家为了捕鱼权而争论不息。现今的捕鱼业已造成了海洋环境污染及生态破坏……。

Most people who consume fish are able to eat about half a ton of fish in their life time. Every year, many countries are continually fighting over the right to catch fish. Nowadays the fishing industries have greatly polluted the sea water which lead to the destruction of ecological life.

肉食很容易引起疲倦、衰老两种病态的。一只狮子，吃的全是肉类，一天睡足二十四小时；而一只人猿，吃的全是植物，一天只睡六小时。

A meat eater feels tired easily. He also gets older faster. These are the two kinds of sicknesses for the meat-eater. A lion eats only meat and sleeps for nearly twenty-four hours a day. An ape eats plants only. It only sleeps six hours a day.

●肉是人生的主凶● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





畜生活着，一定要将体内的废物排出。但一经宰割，废物积存，所以食肉就等於把畜类的废物，加入自己的体内。尿素与尿酸是最显明的肉类废物。每磅牛肉含有十四公分尿酸。

When an animal is alive, the waste matter from the body will be excreted naturally. But once it is slaughtered, the waste matter will be accumulated in the body. So when we are eating meat, it is equivalent to adding the waste matter of the animals to our body. The most notorious waste matter of the meat is urine elements and urea. Every pound of beef consists of fourteen grams of urea.

大鱼大肉、山珍海味和那些「打针鸡」、「打贺尔蒙牛」、「打肥猪素」之类催促畜牲快速长大的化学药品，还加上喝酒，把自己慢性自杀还不知道。

A man who eats lots of fish and meat and the delicacy from the mountains and seas; who partakes chickens, cows and pigs which receive injection of hormones and chemicals in order to boost their growth, and drinking wine is committing suicide slowly. But he himself did not realize it.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





现在的海洋已被十万种化学物质所污染，已浓缩进鱼的肉体內。多氯化双苯基（Poly-chlorinated Bi-Phenyls）集聚在吃鱼的人体内，导致难产和中风、水银中毒、肝炎、腐鱼毒……等病症。

Nowadays, the seas and oceans are polluted with about ten million types of chemical products. In fact there are fishes which are concentrated with chemical waste products. People who consume fish are slowly accumulating chemicals such as poly-chlorinated, Bi-phenyls in their body. This will lead to difficulty in giving birth, paralysis, mercury poisoning, inflammation of liver, poisoning by decaying fish and other diseases.

鱼不是冷血动物。当它受压害时，心跳加速，神经系统和脑袋感觉痛楚……。它呼吸频频，免疫抵抗能力减低……。

Fish does not belong to the cold-blooded family. Under pressure their hearts vibrate violently and they experience great pain in their nervous systems and brains. So they try to ease themselves by breathing faster. On top of that, their ability of immunization is also reduced.

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看鱼贩活生生将一条鱼的头和身体分开，但看鱼头和嘴巴还在动，眼睛睁大大还在看；另一条鱼破肚肠出，既无五脏，鱼为活命还作最后翻腾折腰。这是血腥残酷，生命循环强弱的一面。

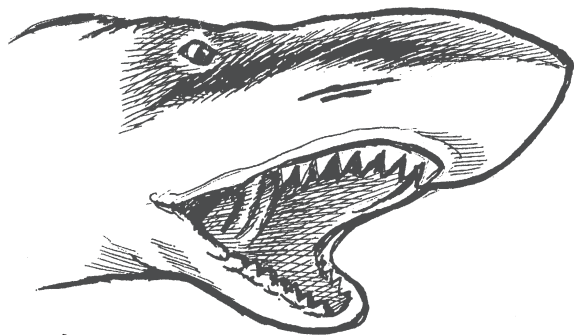
Just take a look at the fish monger who separated the head and body of a fish alive. The fish's head and mouth were still moving. And the two eyes that were widely open were still staring. Another fish was cut and the intestines are being pulled out. All the internal organs were removed and yet the fish were still twisting and struggling for life! This is bloody cruelty and acute torturing. And it is the revelation of the rotation of power between the strong ones and the weaker ones.

当你吃一个鸡蛋的时候，你知道吗？这只母鸡就要在小笼子里平均被关上三十二个小时！人的慈悲心往那里去了？

Do you know that when you are taking an egg, the mother hen has to be closed up in a small cage for about thirty-two hours? Have most people already lost the mind of kindness and compassion?

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当鱼被捕上时，受伤的鱼张大嘴巴喘着气，眼睛瞪着表示痛苦，翻腾折腰，挣扎到筋疲力倦，窒息而死！

When a fish is being hooked, the injured mouth opens widely to breathe. It is experiencing great sufferings. It twists and turns until it is so tired. Finally, it is choked to death.

由於没有规定饲养鱼场的大小，也没有步骤去检查抗生素及药丸对鱼体内的污染成度，鱼类患有的皮肤病，癌症及传染病等……。

As there is no rule nor control over the size of Aquaculture, Farms, neither are there steps taken to check the degrees of pollution of fish by antibiotics and pellets, most of the fish suffer from skin diseases, cancer, infections diseases and others.....

尤其是当鱼儿被吊上钩，嘴巴跟着纠缠一番，被撕得七分八裂，鱼儿知道已成猎物，完了完了。最後死不闭目，鱼的身体布满了毒素！

When a fish is being hooked by a line with baits, the mouth is severely torn because it tries to disentangle itself. When the fish knows it is on the hook, it knows that it is finished. And out of hatred and anger, it dies with a body which is contaminated with poisonous elements.

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现在的鸡多数经过打针及喂以砒霜 (ARSENIC)，贺尔蒙，抗生素来消灭寄生虫及刺激蛋的生产率。

Nowadays, most of the chickens receive injections and are fed on arsenic, hormones and antibiotics in order to kill the worms from infection and also to increase the rate of egg production.

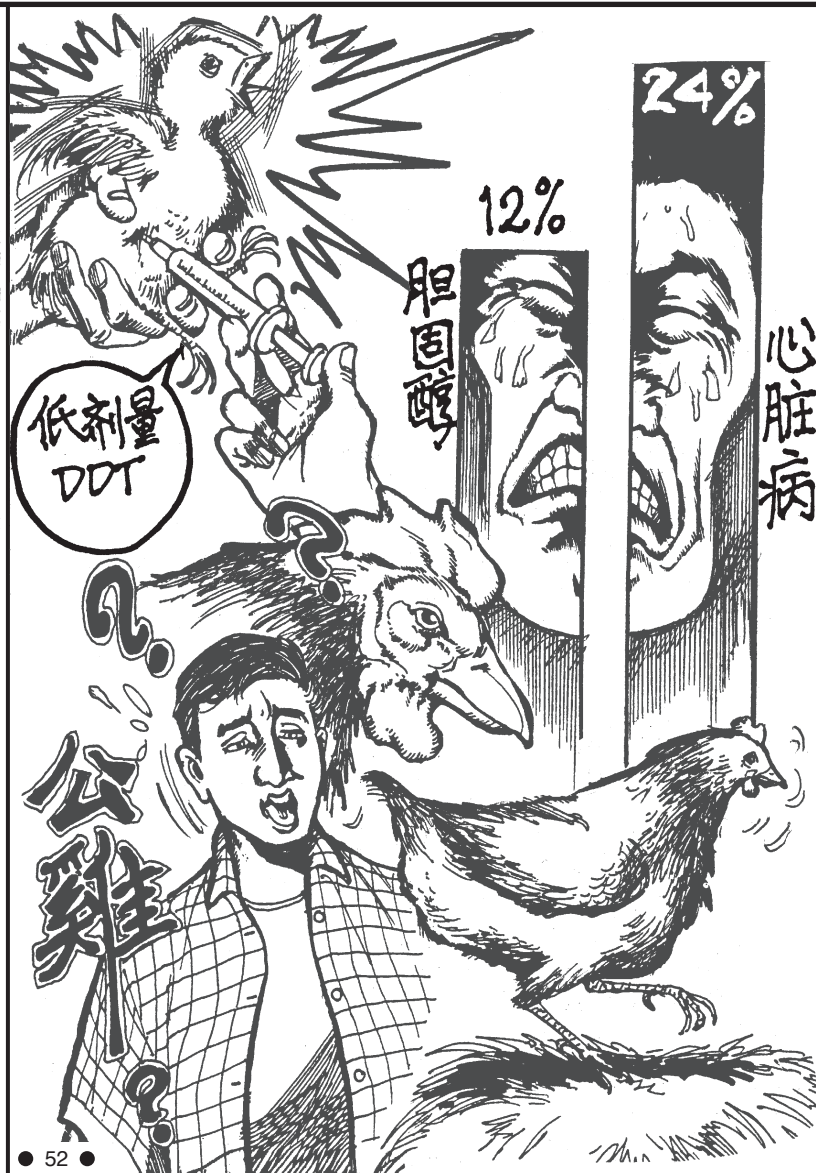
肝脏功能虚弱者，吃生鸡蛋就可能发生中毒，出现头痛、头晕、甚至血压下降或升高等症状。可见，鸡蛋破坏人体功能。

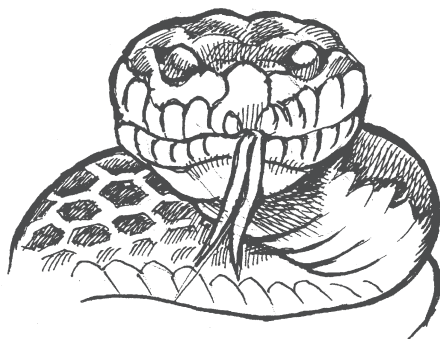
People who possess a weak liver will be infected with food poisoning by eating raw eggs. The symptoms are migraine, headache, unstable blood pressure such as Low Blood pressure or High Blood Pressure. From here we can see that eating eggs will bring injuries to the proper functioning of the human body.

吃生鸡蛋或半生熟鸡蛋，这同样使肝脏增加负担，消化道大肠下部份受到细菌摧化而腐败，产生较多有毒物质。

Either eating raw eggs or half-boiled eggs, we are still increasing the burden on our liver. Besides, there are bacteria infection and decaying process at the bottom of the large intestines in the digestive system. Indeed, a lot of poisonous elements are being produced.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





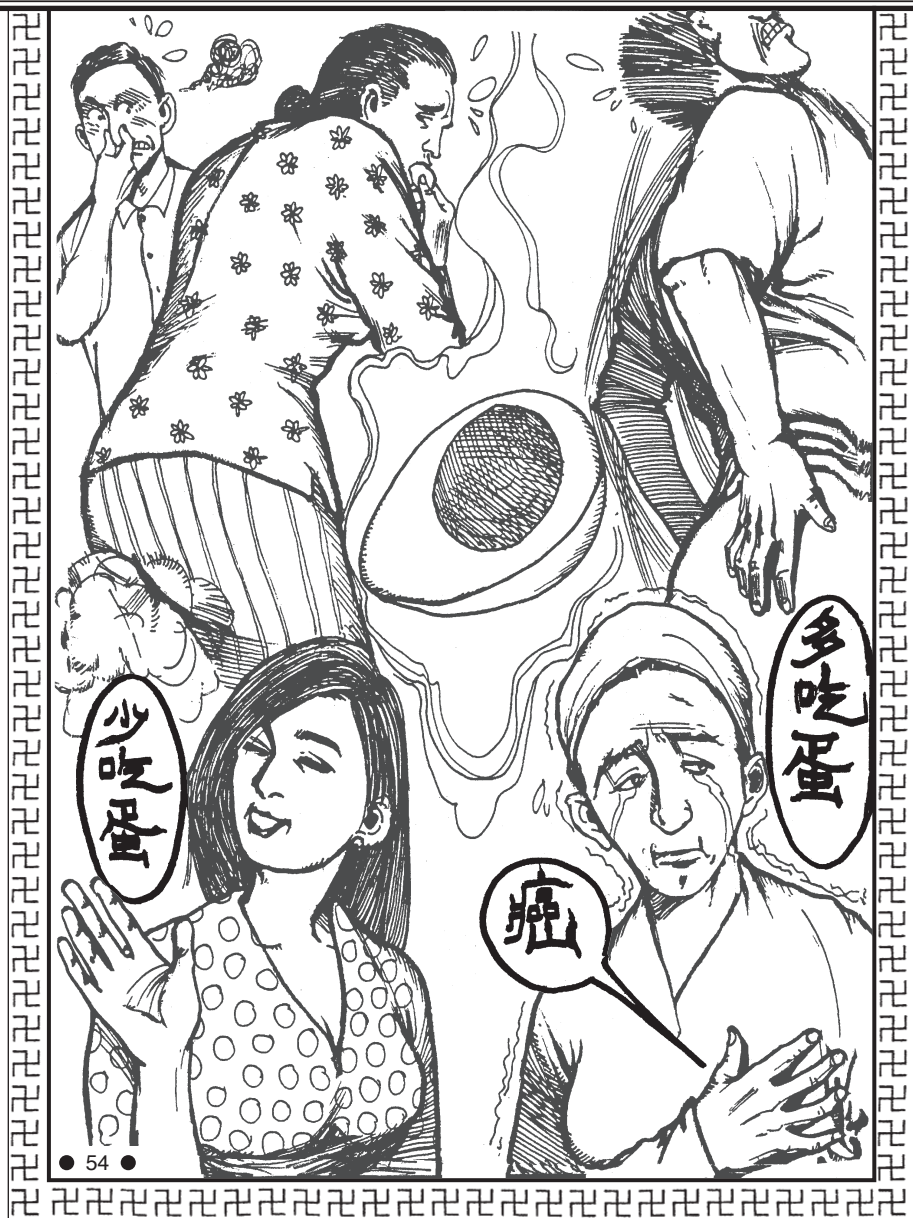
一粒鸡蛋所含胆固醇份量为：275mg 是所有食物中最高者。每天吃一粒鸡蛋，所含胆固醇为12%。十二巴仙的胆固醇增加，导致心脏病率为：24%。

An egg contains 275 mg of cholesterol which is the highest content among other types of food. An egg contains 12% of cholesterol. If we eat an egg a day, we get an increase in 12 percent of cholesterol in our body. It leads to the chances of getting coronary disease by 24%.

动物学家 Linderman 和 Brulington 发表了一篇报导，他们以四十只小公鸡做实验，每只均注射低剂量的 DDT 二到三个月之久，其间公鸡没有死亡和病态，唯一不同的是牠们看起来像母鸡，睾丸只有正常的百分之十八。

Linderman and Brulington, the specialists of animal study published the following report. They carried out an experiment with 40 small cocks. Every chicken was injected with a minute amount of DDT for a period of 2 to 3 months. During that time, the cocks looked fine and were alive. They only difference was that they looked like hens. The size of the testicle was only 18% of the normal one.

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当我们吃蛋时，无形中也吃进了这些毒素。而且，蛋含硫量多，会增加我们身体肝肾的工作负担。

When we eat the eggs, unconsciously, we are also eating these poisonous elements. Besides, eggs also contain a lot of sulphur which increase the burden of our liver and kidney.

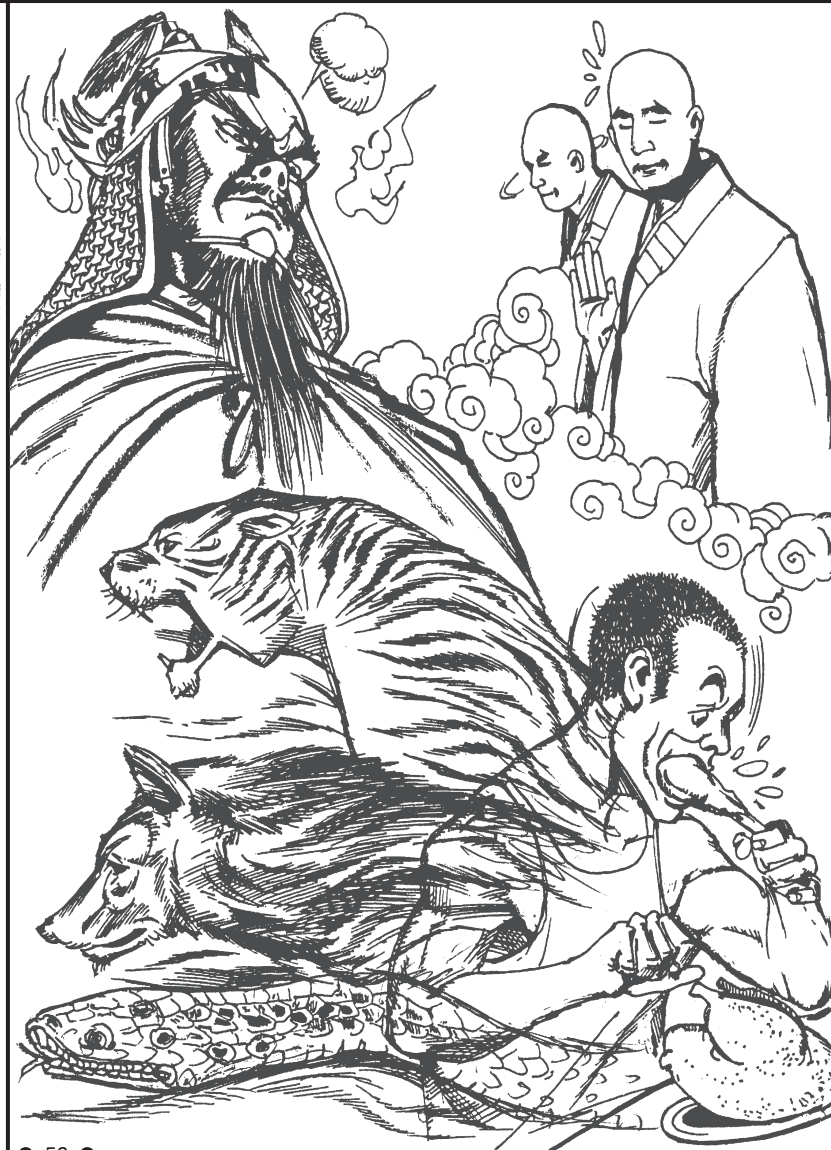
鸡蛋有腥味。当一粒蛋经过八小时在阳光的暴晒之下，便成为臭蛋，而且其臭如腐尸，难闻无比。

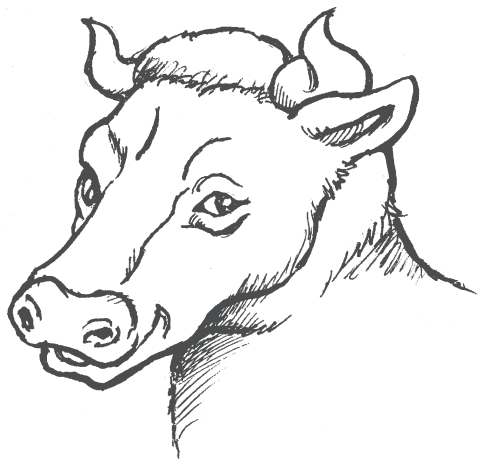
Eggs produce a fishy smell. When an egg is left under the hot sun for eight hours, it becomes a foul egg. It is as smelly as a decaying carcass.

我们如果将蛋吃进体内，由於人体内的温度很高，经过八小时之後，身体内就会放出难闻的臭味。只要放一个屁，任何人跑都来不及。

The temperature of our body is very high. So after eating an egg for about eight hours, the body will produce loathsome smell. This is even worst when we let out a fart, everyone will run away from us.

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英国北部的养鸡场，畜养着整百万只「蛋鸡」。它是一座长而又窄没有窗口的铝质建筑物。成千上万只鸡活在臭熏的鸡屎尿中，狭小的鸡笼，挤得它们不能拍翅膀。

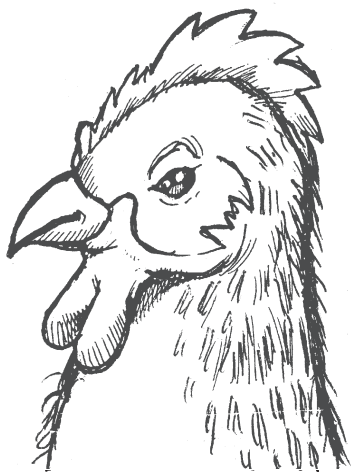
In the Northern Part of England, the farm for breeding hens consists of hundreds of millions of "Egg-Producing Hens. The farm is a long and narrow building which is constructed from aluminium sheets. There is no window in this aluminium structure. Thousands and millions of hens live among the smelly faeces and urine. The small and narrow cages provide no space at all for them to exercise their wings.

一只鸡要展它的翅翼所需要的空间是二十六寸。美国饲养的鸡只要来生蛋而已，叫着：「蛋鸡工厂」，每一只鸡平均的空间是六寸。

A hen needs a space of twenty-six inches in order to open his wings fully. But the hens in America are bred only to produce eggs. This is known as the 'Egg Factory'. In the factory, every hen occupies a space of about six inches.

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鸡商把它们像沙丁鱼似的挤得无法展翅。有些鸡的脚爪与铁网长在一起，解决的办法就是把它割掉。

The poultry farmers squeeze them like sardines until they have no space to open their wings. Some hens' claws are born together with the iron netting. The only solution to remove them is to cut down the entangled claws.

美国政府报告说：「超过九十巴仙的鸡群都患上鸡癌。」在英国，每年有约四千万只肉鸡死於疾病。很多有病的鸡包括鸡腿、鸡翅膀、鸡胸，或某一部份都可能成为桌上佳肴或是婴孩食物。

According to the reports made by The Government of America. "More than ninety percent of the hens are infected with hens' cancer." In Britain, every year, nearly four thousand million of meat chickens die of diseases. Many of the diseased chicken meat such as drumsticks, chicken wings, breast or other portions of meat end up becoming delicious dishes which are served at the tables or formula for baby's food.

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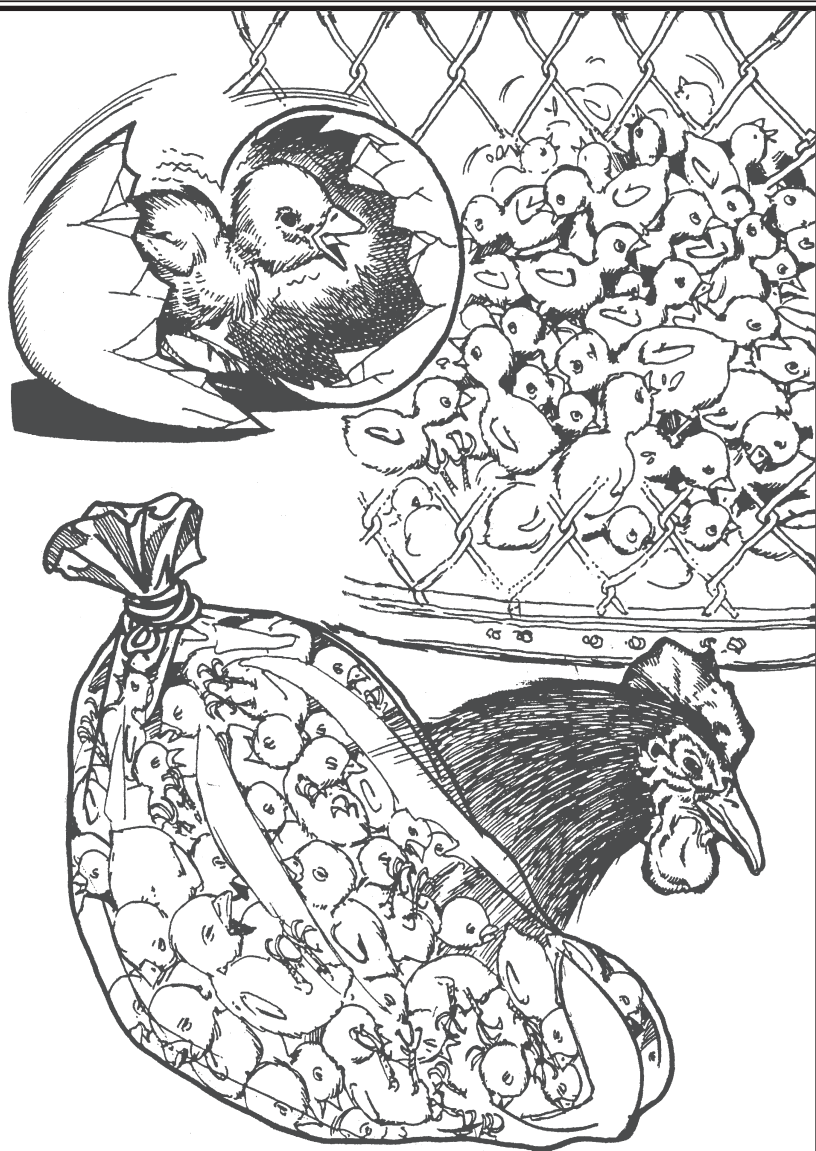
一个杀鸡厂一日所耗费的水是一亿加仑，足够二万五千人日用。还有鸡肉加工厂时常把千万磅的脂肪、尸体、内脏、加味品丢弃入排水系统及河流中。

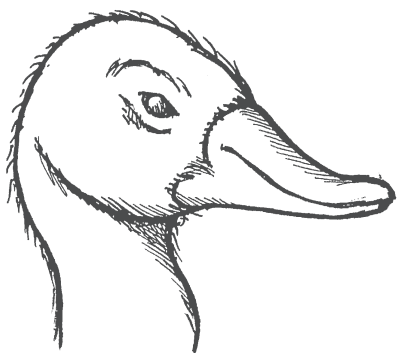
Everyday, one billion gallons of water is wasted in a poultry farm for the slaughtering of chickens for meat. Besides, the factory which processes the meat of the chickens often disposes thousands of millions pounds of fat, carcasses, internal organs, flavouring and additives into the

由於活动的空间小，一般的工场鸡都畸形生长，眼睛受伤害，甚至瞎眼，脑损伤，无生气，瘫痪，内脏出血……残缺的喙和稀松的骨节是鸡的通病！

Because the space for movement is small, most of the hens in the factory are deformed during their growth. Some of them are wounded by other chickens while the unlucky ones become blind hens. There are those with brain injuries and many become lifeless, paralysed and in some serious cases, internal bleeding occurs..... The common symptoms of sick hens are broken beaks and light and porous bones and joints.

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这些母鸡没有站得稳的平地，脚爪长得很长，时常跟铁丝网纠缠在一起，甚至脚掌肉围绕着铁丝而生长……。

These mother hens do not have an even ground to stand still. Their claws are over grown to great length and they often caught entangle among the iron nettings. In fact these are cases where the paws are grown around the fine iron netting.....

小母鸡生下来就被塞进密集，没有阳光的工场，它们啼叫着，结果一只又一只的叠在上面又被踩下来……

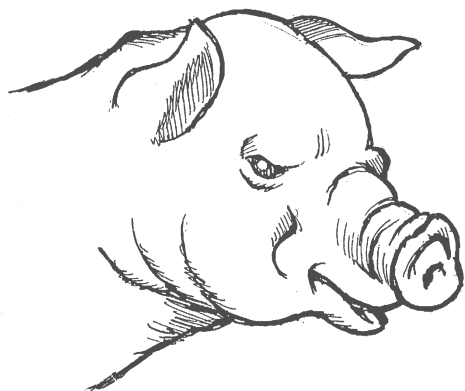
Once the small hens are born, they will be pushed into a dark poultry factory which is overpopulated. They cry and cry for they have no place to stand, but to stand on their partners' bodies. Then they will again be kicked down and stepped upon by other small hens.....

公鸡不能生蛋。所以，一旦孵出小公鸡，它们会被丢进塑胶袋中窒息而死。在美国每天有数十万只小公鸡被丢弃。

The cocks are unable to lay eggs. So, once they are hatched, they are thrown into plastic bags to be suffocated to death. In America, everyday more than tens of millions of small cocks are being thrown away.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





肉类，医学上称为酸性食物，可使血液呈酸性。要中和此酸性时，血中的钙质必大量消耗；钙量消失，细胞则易老化；人体易疲劳、无耐力、神智不清与衰老。

According to the medical terms, meat belongs to the category of sour food. It is able to influence the sour intensity of our blood. In order to neutralise the sour content, large quantity of calcium in the blood is being used up. The cells grow old faster because of the loss in calcium. So, a person will feel tired easily. He will be lacking in endurance and becomes impatient. His mind is in total confusion and he will grow old faster.

肉类是死尸的肉体，根本无酵素可言。要以自然饮食为药石，身体是我们的当家医生。大自然是培植身心健康的疗养院。不吃精制、加工、死尸食品。

Meat is the body of a dead carcass. There is not a trace of enzymes in it. So, we must eat natural diet just as though we are taking the medicines. It is because our body is also our private doctor. While the natural environment resembles that of a Hospital of Recovery. It provides us with a healthy growth of bodies and mind. We should not eat food which are over-refined, with additives nor should we eat dead carcasses.

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为了减少痛楚，站的姿势就有不平衡的现象。这导致关节和腿部肌肉畸形生长，甚至残废。在混凝地和铁板地长大的猪脚近乎一百巴仙残废。

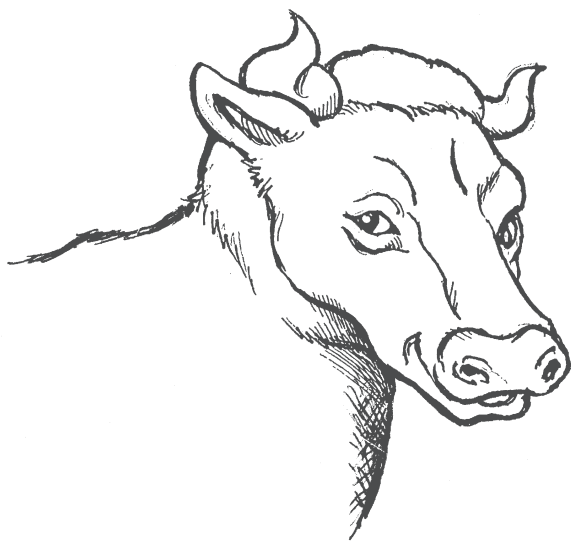
In order to decrease the pain, the posture of the pigs become unbalance. This will lead to the abnormal growth of the joints and muscle of the legs. There are cases when they become deformed. Nearly one hundred percent of the pigs which are bred on the floors made from cement and iron sheets have deformed legs.

猪只时常喝自己的便尿，因为它是唯一的水源。猪寮有着浓厚的粪尿味，臭而脏，以致八十巴仙被宰的猪都患上肺炎。

The pigs usually drink their urine because it is their only source of water. The pigsty is polluted with the smell of faeces and urine. It is smelly and dirty. Because of that, eighty percent of the slaughtered pigs are infected with the inflammation of lungs.

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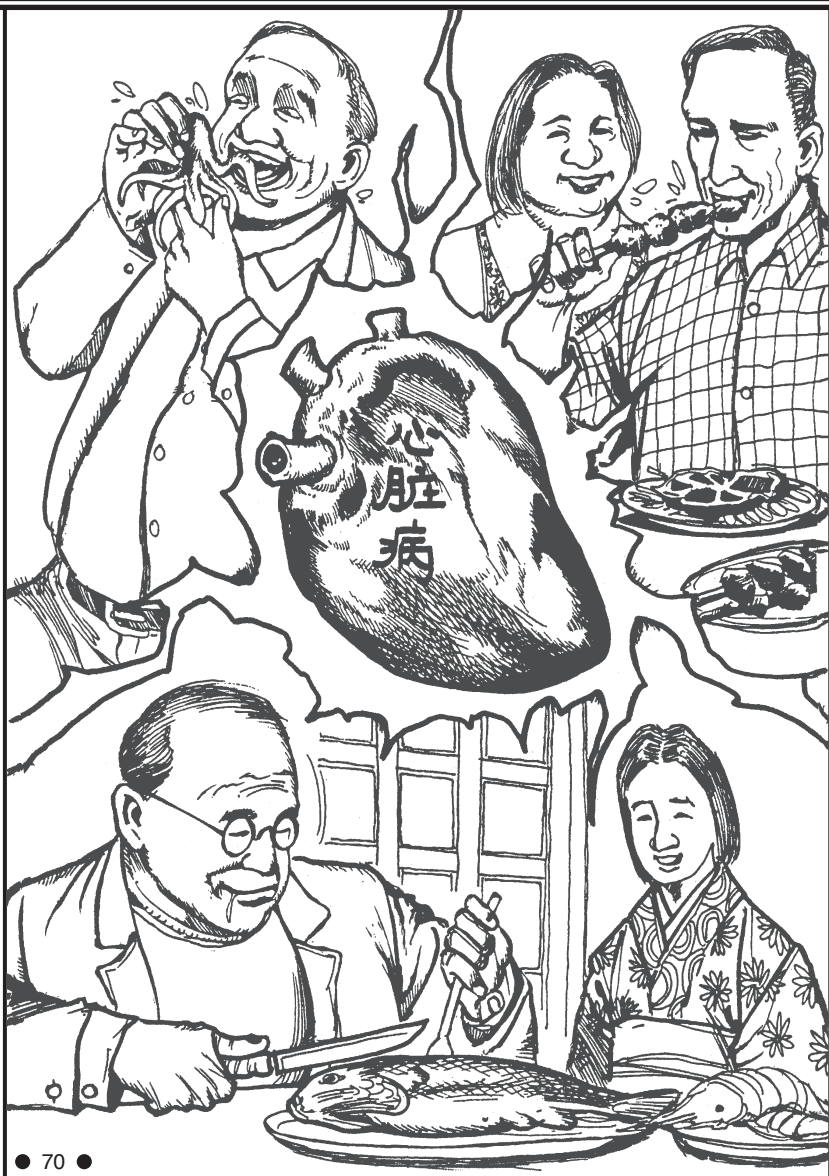
「动物工厂」的集密饲养已完全要依靠抗生素、药剂和其余代替品。美国有50巴仙的抗生素，全用在「动物工厂」上。

The animals which are bred in great density in the 'Animal Factory' depend wholly on antibiotics, medicines and others to replace proper feeding. In America, about fifty percent of antibiotics is used at the 'Animal Factory'.

在英国，超过八十巴仙的母猪被迫在铁支钢骨过日子。它们的身体被四分之三的铁链绑锁，只能站而躺着来过它们四个月的怀孕期。

In England, more than eight percent of the pigs are forced to live among iron bars and steels. Three-quarter of their bodies are tied up by iron chains. They can only stand or lie down during their four months of pregnancy.

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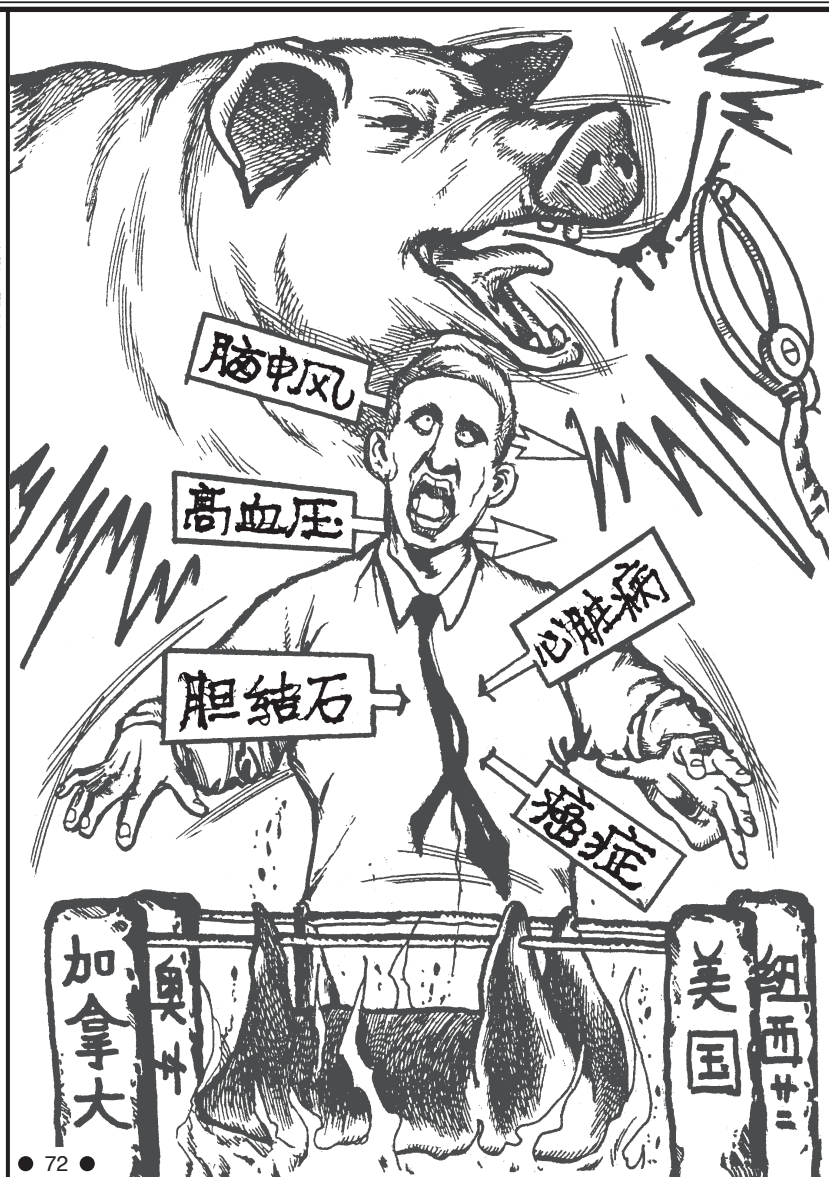
东方最富足的社会，是日本与台湾。日本人爱吃生鱼片，生肉、活虾与烤肉。因此，心脏病与肠胃病的比率，也成为亚洲之冠。

Japan and Taiwan are the two countries which are very prosperous and wealthy in the East. The Japanese enjoy eating pieces of raw fish, raw meat, prawns which are alive and roasted meat. Because of such practices, they are also the Champion in the ratio study of Coronary disease, intestines and stomach diseases in Asia.

韩国人喜欢吃活生生的八爪鱼。认为吃活生生正在蠕动的八爪鱼，吃进肚内可以感觉到八爪鱼在肚内慢慢地移动，直至死去，是一种无上的快慰和享受。这种做法，是犯了非常严重和残酷的杀生行为！

The Koreans enjoy eating octopus which are still alive. They enjoy and love the feeling of the movement of the living octopus which crawls slowly in their stomach. They have committed a very serious and cruel crime of killing.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





小猪生下来不到一天，在没有止痛的情况下，被压碎牙齿及去掉尾巴以防止被咬或咬伤同伴。

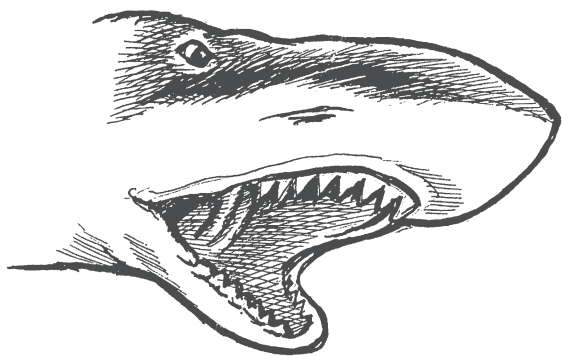
The teeth of the new born piggies are crushed to broken pieces and their tails are cut off to prevent them from being bitten or bite their partners. The process is being carried out immediately on the day they are born, without any painkillers.

产肉最多的国家，美国、澳洲、加拿大、纽西兰，这些国家吃烤牛羊肉所得的癌症、心脏病、高血压、脑充血、胆结石、血管硬化……大大高於那些肉食较少的国家。

Countries such as The United States of America, Australia, Canada, New Zealand produce the most meat. The people in these countries eat roasted meat of cows and goats. so the ratio of those infected with cancer, coronary disease, high blood pressure, haemorrhage, formation of stones in the gall-bladder, the hardening of blood vessels..... is much higher than the countries which eat less meat.

● 肉是人生的主凶 ● MEAT - THE CHIEF ASSAILANT OF HUMAN'S BODY ●





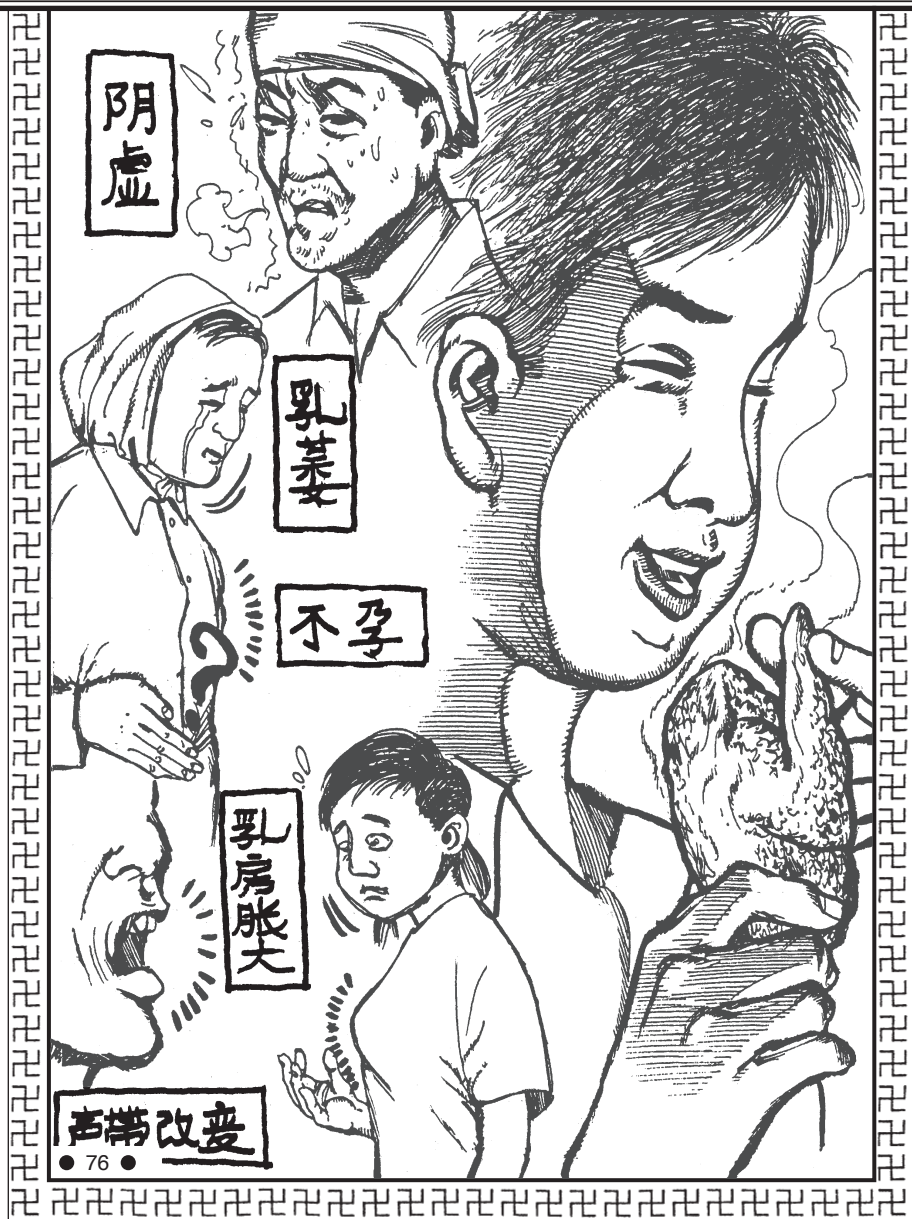
美国社会贫富悬殊，吃肉的记录，略逊於纽、澳、加三国。但是，美国人吃肉，比世界其他国家仍是多得太多。心脏病成为美国人的头号杀手，癌症居第二位。其中以肝癌、肺癌、大肠癌、胃癌、血癌……最多！

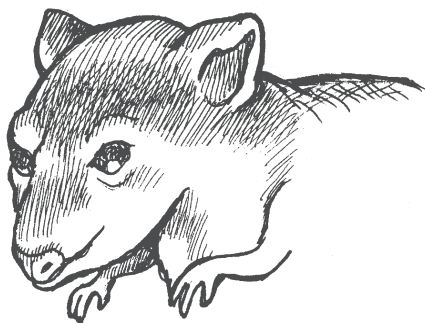
There is a wide gap between the rich and poor societies in America. So, from the records, we can see that people who eat meat is slightly behind those countries like New Zealand, Australia and Canada. But compare to other countries, Americans are still far too high in meat consumption. The greatest killer of Americans is coronary disease. While cancer is placed at the second position. There are in fact many cases of Liver Cancer, Lung Cancer, Colon Cancer, Stomach Cancer and Blood Cancer.....

台湾社会重视饮食享受，肉类与海鲜的消耗量，可能还超过日本。心脏病、癌症、高血压……等疾病的比率，也随着社会的富庶而直线上升。

The Societies in Taiwan stress on the enjoyment of food and drinks. They spend lots of money on meat and seafood. In fact there is a possibility that they overtake Japan in eating. The ratio of those who are infected with coronary diseases, Cancer, High Blood Pressure and other diseases also shoot up high corresponding with the prosperity and wealth of the societies.

● 肉是人体的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





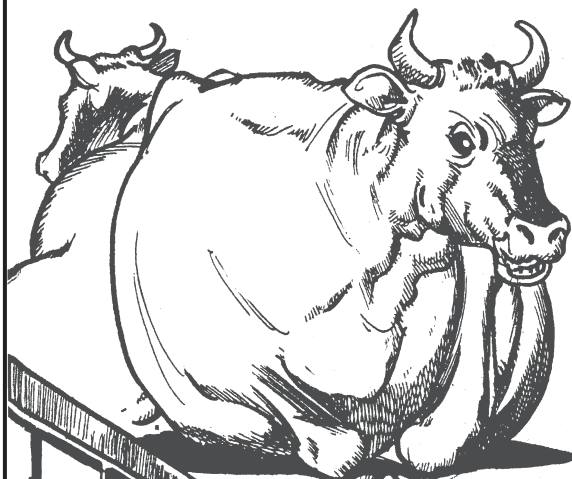
但看现在的幼童小孩，上快餐馆，一个个的牛肉汉堡包及一块块的鸡和鸡腿都往嘴巴里送，真叫人心寒。这样小就被灌输这种「速死」教育。我们的下一代，真不知要如何过个健康快乐的日子？

Nowadays, it gives us the shudders to see the young children enjoy eating beef hamburgers, chickens and drumsticks at the fast food restaurant. How can it be possible for our future generation to enjoy a healthy and happy life if they are encouraged to follow the Education of 'Dying swiftly' at such a young age?

在加速生产过程中，即使机械出了毛病，漏出庄油机液沾染了肉类，检查员是无权力停止生产线。他们只能一面不停操作生产，一面修理机器。人吃了「机械似的肉」不成为「机械人」才怪！

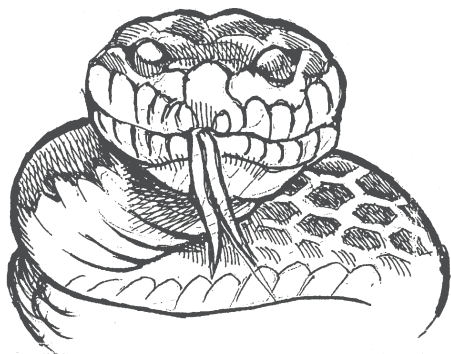
To increase the rate of production, the checkers of the processing lines do not have rights to stop the production activities even if there is malfunction in the machineries. So the meat is polluted by the leaking oil from pressured machineries. The checkers can only continue with the process of production while carrying on the repairing jobs. People who have partaken the 'machine-like meat' have great chances to become 'Robots' soon.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●



屠割





先进自动机械化牛肉生产，屠夫们并不需要能分辨肉的好坏，只要会操刀就行了。由於地方恶臭、油腻、污秽、杀气及逼迫的工作环境，工作人员意外损伤率是全美国工作意外最高的。

The modern production of beef by using machinery requires butchers who only know how to handle the knives. They do not need to differentiate the good meat from the bad one. Because the working environment is smelly, sticky with fat and unhygienic, while the killing atmosphere creates great tension, the rate of working accidents and injuries is the highest among other workers in America.

接着，牛的喉咙被利刀砌开长缝，鲜血狂涌而出，流尽至晕去为止。牛角被大钳子拔出，跟着是分尸。被支解时，牛身体内时常有带异物，如：树叶、胶纸、生锈铁片、塑料物环及其他各种废物……。

After that their throats were cut to a great length by using a sharp knife. And blood poured out all over the place. Finally, the cows fainted as the blood was dry up. The horns were pulled out by using a large pliers and the carcasses were cut into pieces. In the process of cutting, strange things were often found in their bodies such as leaves, rubber sheets, rusty iron sheets, plastic, bangles and other waste products.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





牛是吃草的。但今天的牛都吃着「特别食物」包括：木屑、报纸碎、油脂、塑料干草、加工污物和洋灰等，加上抗生素和贺尔蒙…。

Cows are supposed to eat grass. But nowadays cows are feeding on 'Special Food' such as splinters, pieces of newspapers, fats, dry grass made from plastic, waste material with additives, cement and others. Besides there are additives such as antibiotics and hormones in their food.

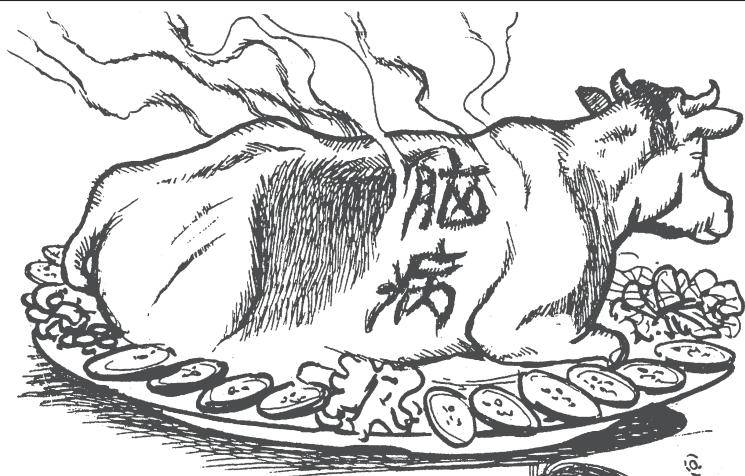
用在「农场」和「动物工厂」，上万的非法或合法的药剂做个统计，我们将不难发现工厂及农场畜商其实是药剂最大的使用者。

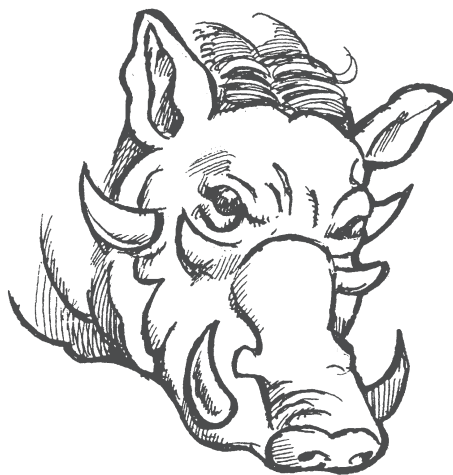
According to the statistic of a survey, more than a million kinds of illegal and legal medicines are used in the farms and the animal factories. It is not difficult to discover that the Animal Factories and the merchants of the Breeding Farms are in fact the greatest users of medicinal drugs.

由於牛肉产量需要那么多的汽油燃料：用於运输、化肥、农药……所以，生产一磅的皮革需要二千五百加仑的水。

A lot of petrol is used as combustible material for the production of beef. It is used to transport the beef and also for the production of chemical fertilizer, medicinal drugs for farming..... That is why the production of a pound of leather requires two thousand and five hundred gallons of water.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





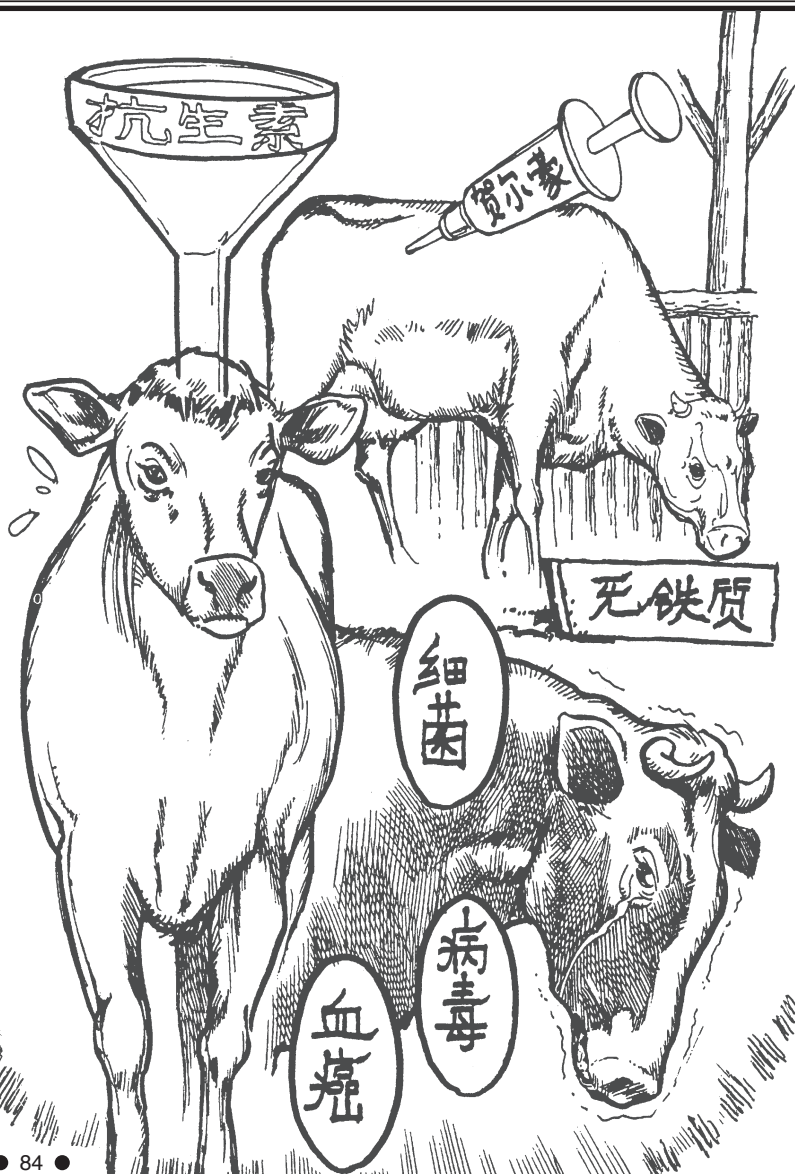
宰杀牛厂地到处可见尸体内脏、屎尿和污物、老鼠蟑螂……。地板是多么的油腻，一不小心可随时滑倒。尤其是老鼠，晚上到处横行，在肉上宵夜，在牛肉上面睡觉到天亮。

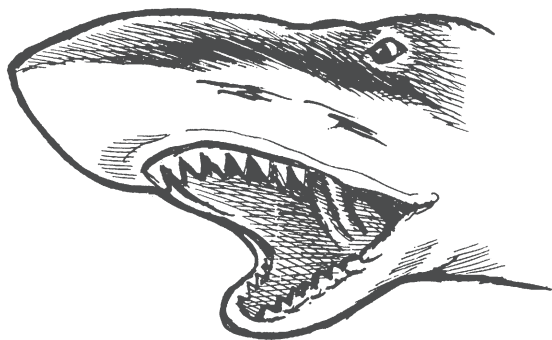
The floor of the factory of butchery is full of carcasses, internal organs, faeces and urines, dirt, rats and cockroaches..... The floor is so oily and slippery. Whoever that walks on it might slip if he were not careful enough. Rats and mice are to be found every where. At night, it is the good time for their feeding activities. They have meat for supper and after feeding they will sleep on the meat till dawn.

曾有数以万计的牛死於脑病，它需要几年的时间才能在牛体中有明显的现象。在这段时间内，这些牛只已成为桌上美味食物。

Millions of millions of cows died of brain disease. The infection will take about a few years in order to reveal clear symptoms. And within this period, most of the cows have already become the delicious food at the tables.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





现在的畜牧牛的方法与从前不同，不再需要一大片绿油油的草地，亦也需要温暖的太阳。小牛一出世就要离开母牛，以黑暗无光的地方来安抚小牛，充份的注射药物和抗生素来促进生长和防止疾病。

Nowadays, cows husbandry is very different from our older generation. There is no need to maintain a large field which is full of grass, neither do they need the warmth of the sun. The calf is separated from its mother once it is born. It is then kept in a dark shed with no light at all. Then they will receive large dosages of medicines and antibiotics so as to boost their growth and to prevent them from being infected with diseases.

小奶牛出世后吊着脐带跟母牛分离。四个月的寿命会一直被关进22寸宽及54寸长的小牛棚里。不允许走动和转动身体，避免消耗体能，减少饲料的费用。

After coming to the world, the calf with its umbilical cord still attached is separated from its mother. For four months, a calf is kept in a cowshed of the size 22 inches by 54 inches. They are not allowed to walk or turn the bodies. Hence, the energy will not dissipate and this helps to reduce the cost of feeding.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





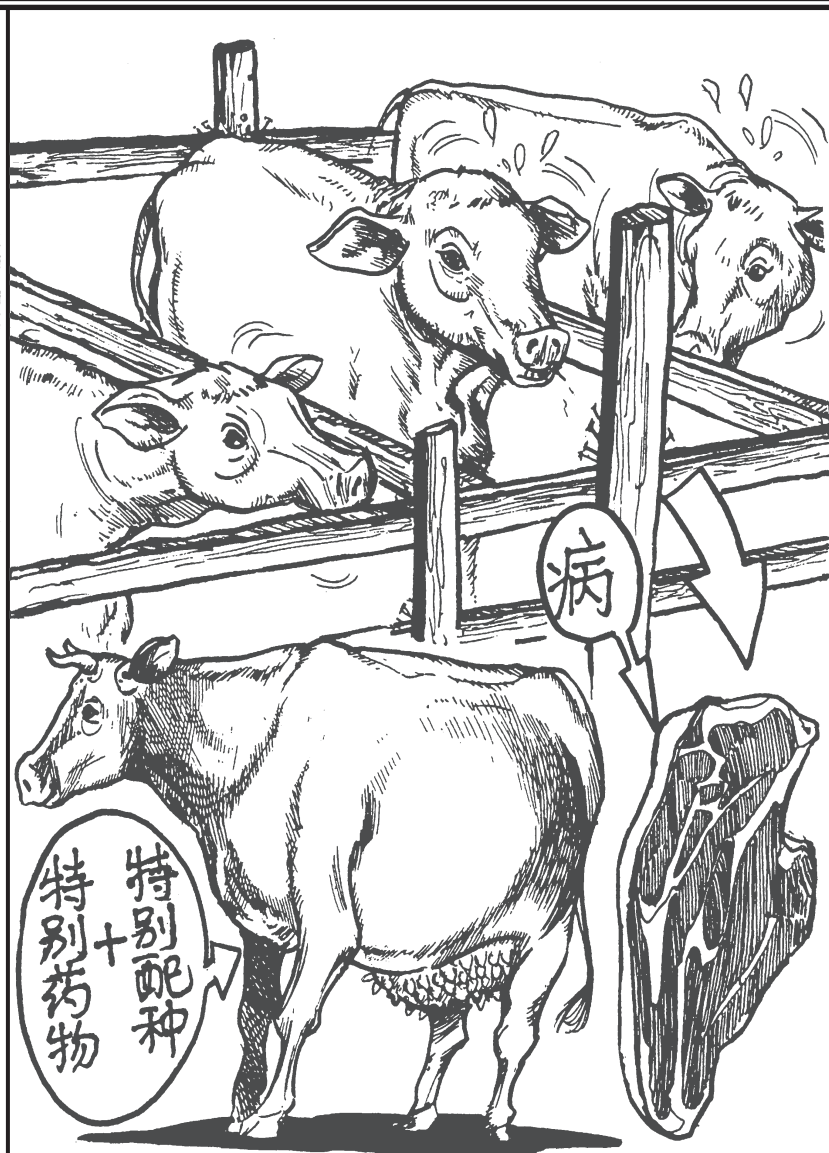
疯牛症最先是「疯羊症」，在羊身上发现。有些疯羊的内脏拿来造了牛的饲料，牛吃了便变疯牛，行为怪异、周身痕痒，会用身体去擦地和擦墙，最后抽筋、瘫痪，以至死亡。整个病发过程和疯羊一样。

The mad-cow disease is originated from the "mad-goat disease" for it was first found among infected goats. Some people used and modified the internal organs of the mad goat as a feed for the cows. After eating the cows became mad with strange behaviours. The infected cow felt itchiness all over his body. Finally the poor cow had to rub his body against the grounds and walls. At the last stage, the cow got an attack of epilepsy and was left paralysed until it was dead. The whole process of suffering is just the same as the mad goat.

人患了CJE，有如提早出现的老年痴呆症，记忆力衰退、思考能力减弱、身体机能瘫痪、提早死亡。

A man who is infected with CJE shows the following symptoms. He grows old faster, loses his memory and suffers from bouts of lethargy. He becomes forgetful and cannot concentrate. The ability to think rationally is reduced. The functioning of the body is seriously impaired. He will die earlier.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





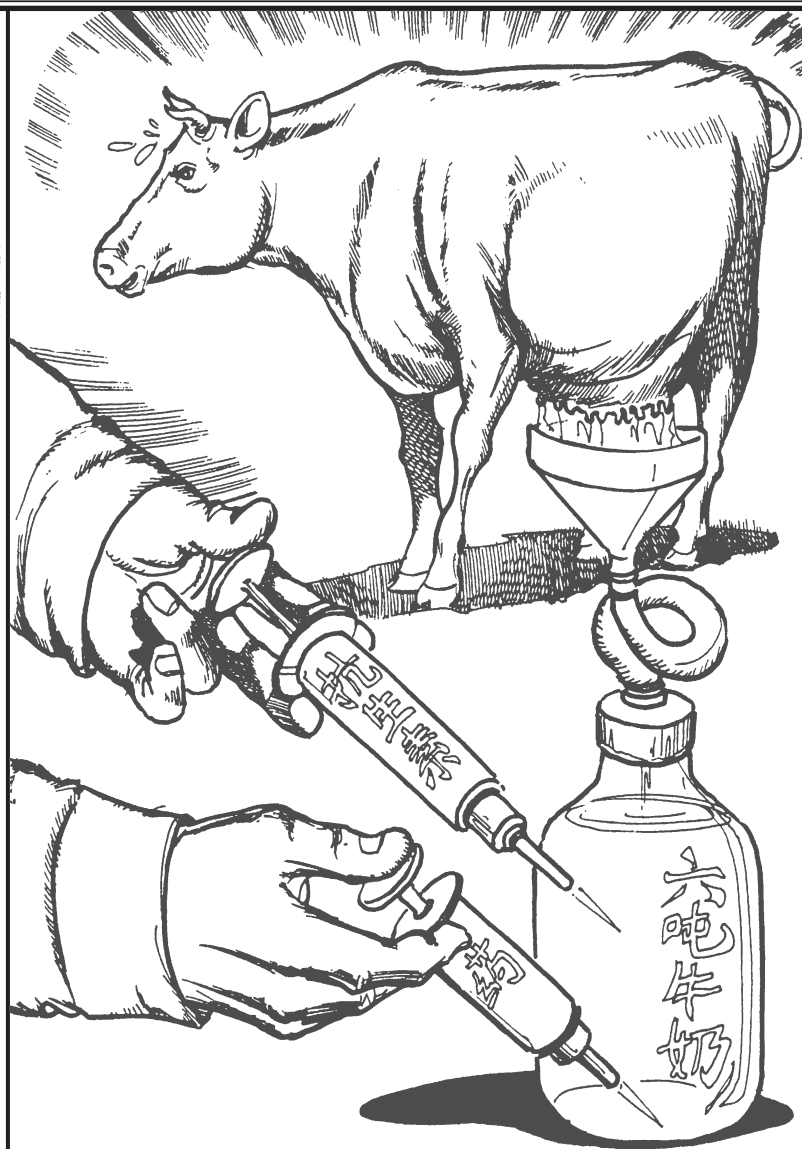
现在的牛只都喂「特别饮食」，加药物及打抗生素针。又给它们「特别配种」，使乳牛的乳房巨大，乳汁多。但有谁会考虑到这些乳汁的来源？

Nowadays, cows are fed with 'Special Food and Drinks' which is enriched with medicinal drugs. They also receive the injection of antibiotics. In addition they receive deliberately selected species for mating. In this way, cows with large udders and plenty of milk are produced. But does any one really take into consideration the origin of the milk?

小奶牛缺乏铁质，它们舔食生锈的铁钉和喝自己的尿，希望能得到微量的铁质。它们是那么脆弱，所以需要很强的药物来维持生命。人们吃小奶牛以代替牛排，其实，它是最衰弱多病的肉。

Because of the lack of iron element, the calf resorts to lick the rusty nails and drinks its own urine, hoping to obtain a minute portion of iron. These calves are so weak and fragile. So they need a strong dosage of medicinal drugs in order to survive. People eat calves to replace beefsteak. In fact the meat of the calves is very weak and infected with diseases.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





今天的牛比它的祖先，生产更多的牛奶。十年前的牛平均每头每年2.5吨；现在的母牛有着特大的乳汁分泌器，牛奶的产量接近六吨之多。

Nowadays, cows produce more milk than their ancestors. Ten years ago, the average production of milk for every cow is 2.5 tons in a year. These days, the cows have extra large udders which can produce approximately six tons of milk in one year.

那些患上明显的疾病，已不适合人类食用，但还是有办法成为桌上佳肴。死牛的尸体只值二十五英磅，但若切开并加以粉饰，可超过这个价钱。

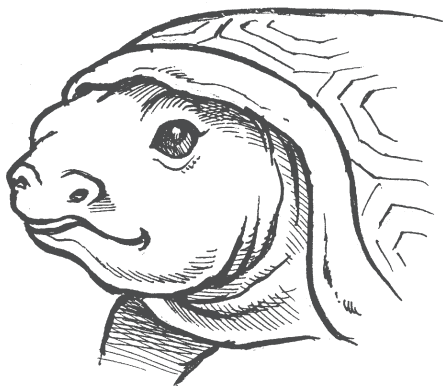
There are cases when the diseased carcasses which are unsuitable for human beings get their way to become delicious dishes at a restaurant. The dead and diseased carcasses cost only twenty-five pounds. But if they are cut and re-decorated, the meat can be sold at a higher price.

现在的乳牛工厂还要进一步寻找更有效的方法来促进牛奶产量，更大力推动药剂和抗生素及挑选配种。这些计划往往对人体有害而无益的。

Nowadays, the milk factories are searching for more effective ways to increase milk production. They especially stress on the using of medicinal drugs, antibiotics and specially chosen breeds. The methods used bring more harm than good to the human beings.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





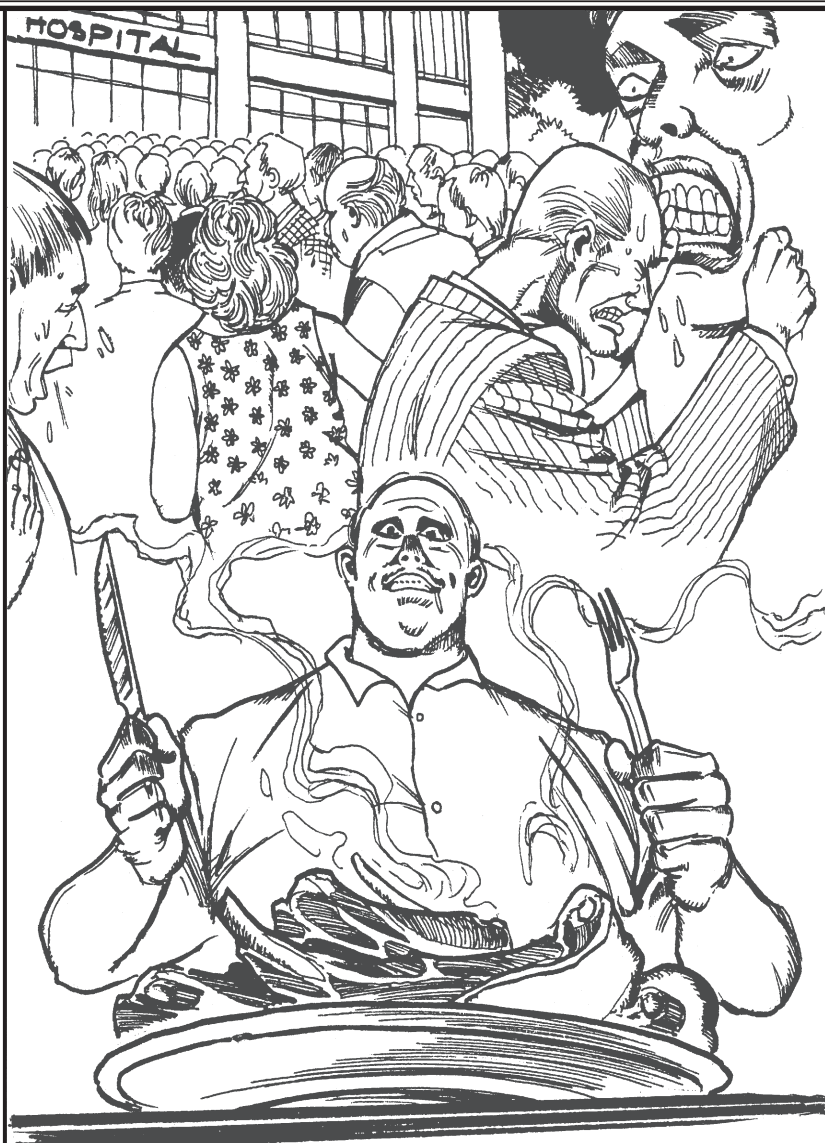
在这种严重的意外工作下，很少人能在这种工作环境下支持得久。因此，雇主担心那些资深的雇员加入工会对厂方不利。所以厂方不鼓励长工，反正街上流浪汉和难民多的是，只要他们会拿刀就行了。

Very few people are able to remain too long in such a terrible working environment because they face the risk of getting serious accidents and injuries. That is why the employers are worried that the long term workers will join the Workers' Association and create problems for the factory. So they do not encourage long term workers. It is easy to get the street roamers and refugees to work for them. What they need to acquire is to know how to handle a knife.

据一般统计，吃素者一生中少杀四十三只猪；一千一百零七只鸡；三只羊；十一头牛；四十五只火鸡；八百六十一条鱼；及千条的虾……。有谁知盘中肉，块块皆残酷？

According to the statistics, in the whole life, a vegetarian helps to decrease the killing of 43 pigs, one thousand one hundred and seven hens, 3 goats, eleven cows, 45 turkeys, eight hundred and sixty one fish, and a thousand of prawns. Who really realise that for every piece of meat on our plate, it is the product of extreme cruelty?

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





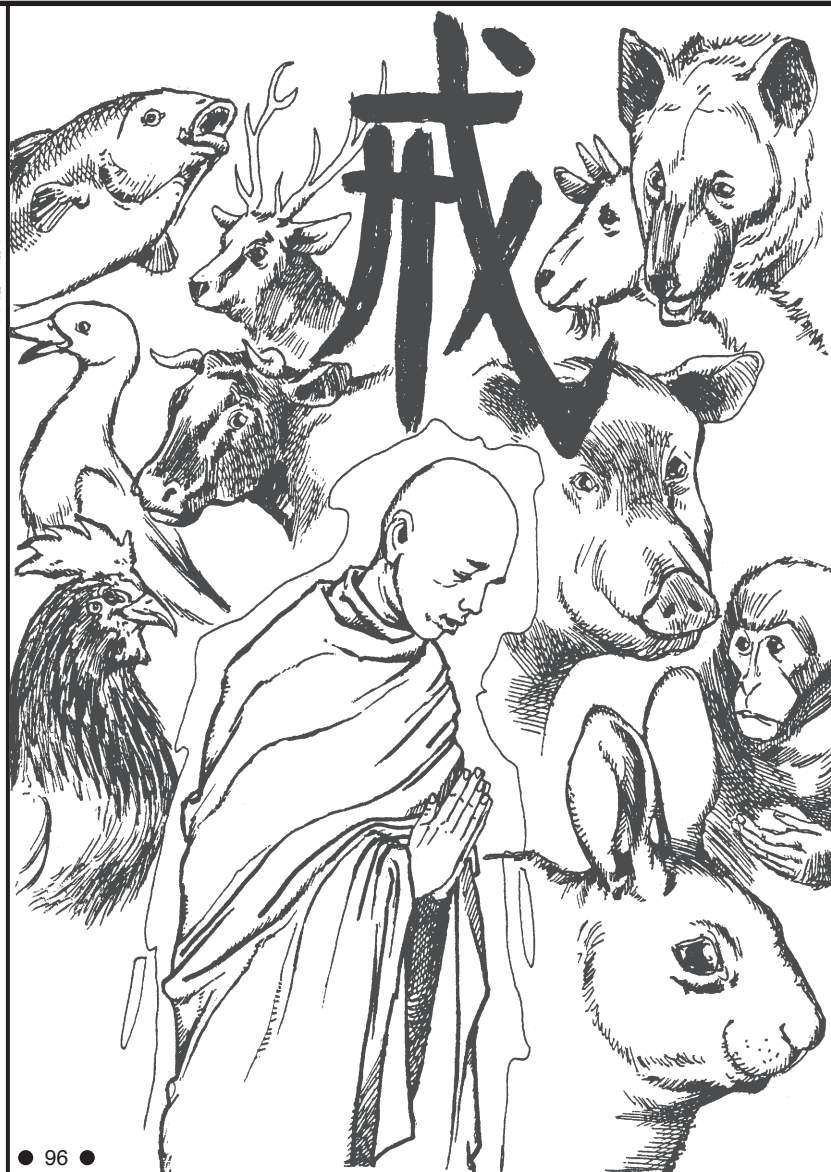
美国人每天正享受着这些「高级」牛肉，但这些高级的「牛肉」并没得到美国卫生局的任何保障，以阻止这些传染疾病的牛只传给人们。

Everyday, the Americans are enjoying the 'High Class Beef'. But these so called 'High Class Beef' are not guaranteed by the American Health Department so as to prevent the spreading of diseases to human beings from infected cows.

这些死尸肉被用在婴儿、学生、医院及食品上也不足为奇。在英国，每个星期有一万至十万人患食物中毒。其中之一是疯牛症 = Bovine Spongiform Encephalopathy (BSE)。

It is not unusual to use these dead carcasses for the preparation of food for babies, students and hospitals. In Britain, there are about one million to ten million cases of food poisoning every week. One of the diseases is known as Bovine Spongiform Encephalopathy (BSE).

● 肉是人生的主凶 ● MEAT - THE CHIEF ASSAILANT OF HUMAN'S BODY ●





一切众生皆有灵性，一切众生与我体同。彼此生死辗转六道之中，随着各人所造的因，恩恩怨怨各自有所报。在一切因果业报中，杀生是怨恨最深的。

All sentient beings possess the clear and penetrating nature of the Buddha, and they are Sharing the same Dharma Body as I am. But we all revolve on the six paths after many lifetimes of birth and death. According to the different karma and causal ground that we have created, we will reap the rewards and retributions of love and hatred accordingly. Among the retribution and rewards in the Rules of Cause and Effect, killing creates the deepest vengeance and hatred.

鸡、鸭、牛、羊诸禽畜，奉献人们一句话：「宰食吾肉吾无语，伤汝性命汝难逃。」（因果：吃它八两，连本带利要还它一斤。）

The chickens, ducks, cows, goats and other animals would like to tell the people: "I have no say even if you kill me and eat my flesh. But you can not escape death because the flesh will harm you." (the Cause and Effect: We eat eight ounces of flesh but we have to pay back one pound with the interest added.)

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





美国牛只有20巴仙患上血癌病毒（BLV—Bovine Leukimia Virus）。1991年美国农业部门发现爱滋病毒已广泛的传播在牛群中，但并没有采取行动制止疾病的传播。

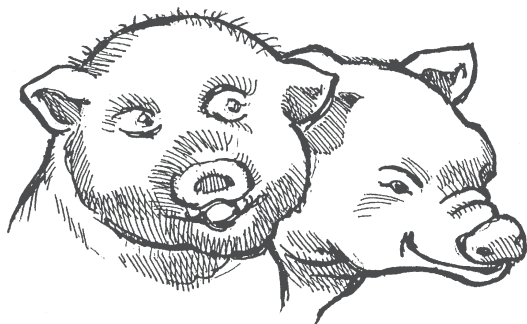
In America, 20% of cows are infected with BLV or Bovine Leukimia Virus. In 1991, the Agriculture Department of America discovered Aids poisoning which is widely spread among the cows. But no action was taken to control the spread of the disease.

我们若吃太多经过抗生素和化学药物的肉，不难想像将来的人类有如科学家所描述的「科学怪人」一样。

If we eat too much meat which is processed with antibiotics and medicinal chemicals, it is not difficult to imagine how our future generation will look like. They will resemble the descriptions of the scientists, 'The Science weirdle'.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





因为长期食用太多的化学药剂，抗生素和鸡蛋，头秃，头皮有如蛋壳，头上一根毛都不长。科学怪人！

Because of partaking too much chemical products, antibiotics and eggs, in the long run, the meat-eater will get bald easily. The head looks like the shell of an egg. Not even a single hair can be found on it. Such a man indeed fits the description of an alien from science fiction!

还有，眼睛有如斗鸡眼，眼皮下垂，眼神麻木，似打瞌睡。眉毛和耳朵上挑，尖如牛角，充满杀气，科学怪人！

Moreover his eyes are like the cock-fighting eyes, with loose eye lids and are empty of expression, just as though he is going to fall asleep. His eye brows and ears grow upwards in sharp angles just like the horns of a cow. This scientific alien is ready to kill at any time.

又，鼻子大如猪鼻，血盆大口如鲨鱼的嘴巴，带有锋利的牙齿！这是以形补形吧？科学怪人！

Besides, this scientific alien has a big nose which is as big as the pig's. His mouth resembles the gigantic jaws of a shark, with very sharp teeth! Could it be that he is taking after the forms of the animals?

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





咖啡、茶、朱古力、汽水，皆含有咖啡精；它和糖一样，使到血糖乍起乍落，损失大量的胰岛素。茶减少铁质的吸收达六十四巴仙。咖啡和茶一样，增加胃酸，减少维他命的利用及钙的功能。

Coffee, tea, chocolate, aerated drinks all contain caffeine. Just like sugar, caffeine affects the balance of glucose level in the blood stream. The fluctuation of glucose level results in the loss of a great quantity of insulin elements. Besides, tea decreases the absorption of iron element by sixty-four percent. Coffee and tea have the same effect in increasing the acidic condition of the stomach. By doing so, they decrease the absorption of vitamins and affect the functioning of calcium.

酒席过后，可以看到很多醉汉，走起路来东歪歪，西倒倒；讲话是疯言疯语，语无论次。

After a party, we can see many drunkards wag unevenly and fall all over the place. They murmur all kinds of foolish talk and nonsensical remarks.

有人因饮酒作兴，乐极生悲，心脏病发，倒毙路旁，或车祸死亡。

Some people enjoy drinking. But their happiness does not last for there are many cases when they get heart-attack and fall dead beside the road. Some end up losing their lives in a car accident.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





你从前杀了他的命是因，他今生杀了你的命是果。你过去谋他的财是因，他今生烧你的屋宅是果。

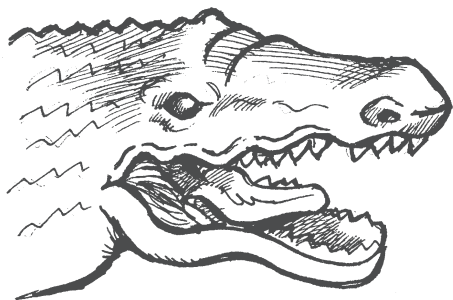
Formerly you killed him. This is the cause which you had planted. Now he comes to take your life. This is the retribution of your bad Karma. Formerly you are greedy over his wealth. This is the cause that you had planted. And now in this life time he will burn your house down. Again the fruit of retribution is ripened.

世间最宝贵的是生命。人间最悲，动物和人类都是一样。一旦生命遭到杀害时，此仇此怨来日必报。欠债还钱，欠命偿命。这是因果律。

In the human realm, life is the most treasured by all living beings. The lives of animals and human beings are of equal value. If the lives of the beings are being taken away by force such as killing or murdering, they will seek vengeance in the future. According to the Rules of Cause and Effect, a man has to repay the money to his creditor and to replace the lives which have been taken away, with one's life.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





有人在酒席上，因喝酒猜拳，若一者不甘示弱，反目相杀，互相殴打，亦在所难免。

At a party, it is not uncommon to see people fight and kill each other because one party refused to take a loss at the wits and contending game.

法国是世界闻名的产酒国家。但是法国人死于肝癌、肝硬化，占世界第一位。

France is famous for the production of wine in the world. But the number of French who die of liver cancer and the hardening of liver is also the highest among other countries in the world.

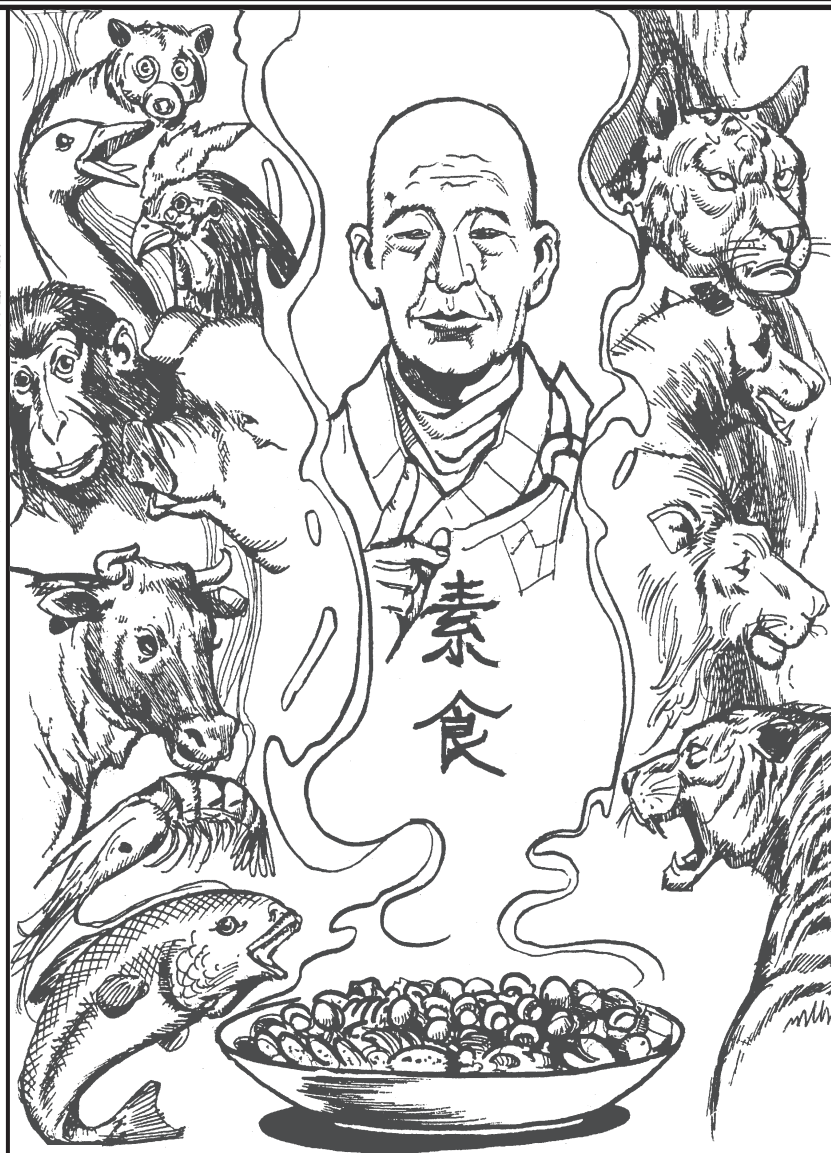
有人因饮酒作乐，打架滋事，两败俱伤，流血命案。

There are some drunkards who enjoy wine and fighting. Finally, all those who were involved were injured and nothing was gained. Instead what they got is to be murdered or killed.

有人因饮酒而引起性欲心起冲动，桃色纠纷，做了伤天害理的事。

There are cases when a man loses control over his sensual desires after drinking. It will lead to sexual misconduct and everyone who are involved will receive punishment because of the harmful effect that will come back upon them soon.

● 肉是人生的主凶 ● MEAT - THE CHIEF ASSAILANT OF HUMAN'S BODY ●





有人说，鸡鸭牛羊猪等畜类，生来是被
人吃的，不吃即违背天意。那么，能吃人的动
物野兽也有很多种，但是，人类却不给它们吃
，是否也违背天意？

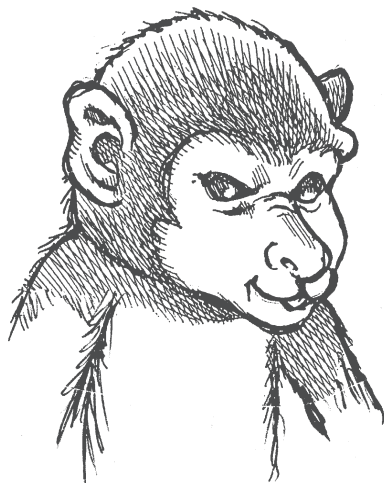
Some people said, 'Animals such as ducks, hens, cows, goats and pigs are meant to be consumed by human beings. If we do not eat them, we are against the rules of The Heaven'. Then, there are many types of wild animals which are able to devour people. Why don't the human beings allow them to eat people? Isn't that also against the rules of The Heaven?

六道众生，生生世世，轮转不息。辗转
相逢，曾作父母兄弟，男女眷属，乃至朋友亲
属，禽兽虫畜等身……。因亲想故，不应食一
切众生肉。

The sentient beings are revolving on the six paths for many lives without any rest. So they take turns to meet each other. They might be born as out parents, brothers, husbands and wives, friends and relatives of both sexes, taking the forms of birds, animals, worms, livestocks and other kinds of bodies..... Because of our close relationship, we should not eat the meat of living beings.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





目前有许多项研究正在追究其原因，其中之一是每位战士服用三种化学药物、二种杀虫剂、一种是对制毒气战争。

Presently, investigations are being carried out to find the causes of their illnesses. One of the causes is that every soldier had partaken three types of chemical drugs. Two of them were insecticides and another one was the drug to counteract the poisonous gas in chemical warfare.

经实验，这些药物单独使用都没有明显的毒害，但混和在一起，所有实验鸡只的神经系统产生与人相近的中毒现象。

According to the experiment, the medicine does not reveal any harmful effect when used alone. But after combining with others, all the chickens which were used in the experiment revealed the symptom of spinal cord poisoning just like human beings.

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无始以来，经过无量次的生生死死轮回，往世父母及亲属无从知道。当你操刀剖肚，敲骨取髓时正是自己过去世的父母兄弟、妻子儿女，如今烹食都不知道。

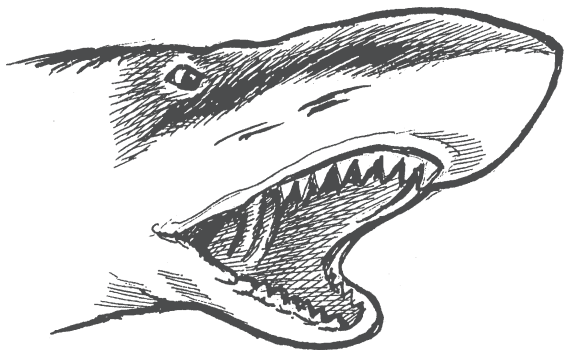
From time of infinity till now, we have undergone uncountable times of birth and death on the revolving wheels of the six paths. We are unable to recognise our former parents and relatives. So, when you are holding a knife to slit the stomach of the animals, to knock off their bones for marrow, have you ever given rise to the thought that they could be your parents, brother, wives, sons and daughters of your former existent? You cook them for your meal but you could never recognise them.

为什么他今生害得你妻离子散呢？因为你过去曾破他的巢穴，杀鸟食卵。所以他今生害得你妻子散离。因果报应是：「吃他四两还他一斤」一点也不马虎。

Why did he manage to separate your wife and son from your in this life time? It is because you have destroyed his nest or burrow formerly. And also because you killed the birds and partook the eggs. So he is able to create disharmony in your house hold, with your wife and son going astray. The retribution of cause and effect thus stated, 'If you partake four ounces of meat, then you have to pay back one pound of meat'. There is not the slightest miscalculation in the Rules of Cause And Effect.

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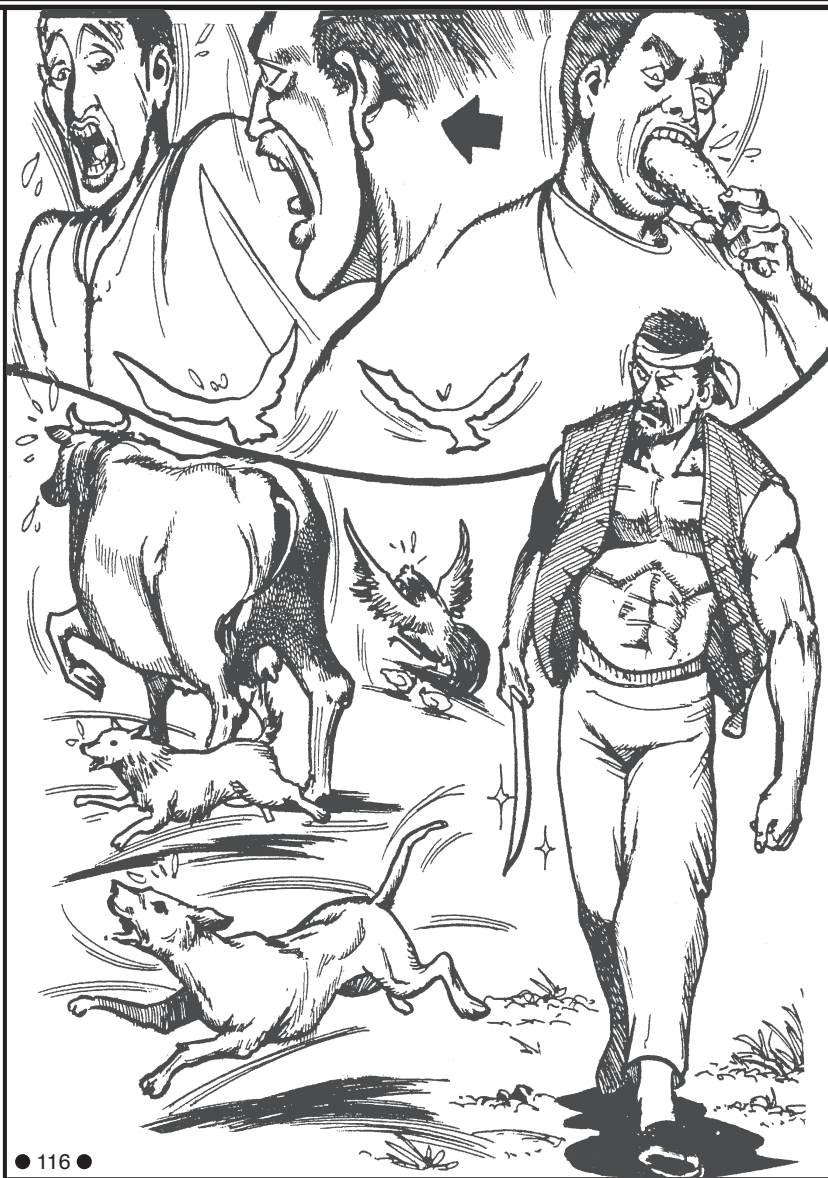
全世界的市场上有十万种化学药剂，而且每年增加一千种新产品，其绝大部分没有经过任何安全性的研究。

There are about 100 thousand kinds of chemical drugs in circulation in the world market. Besides, every year there is an increase of one thousand kinds of new product. Most of them are not tested for safety.

一九八九年，一只死鲸鱼经解剖发现同时拥有雌雄生殖器官，那是因为鲸鱼经过母乳吃进大量的化学污染所致，鲸鱼体内的有毒化学药剂经常超过法定的有毒公害量。因为地球上没有一处逃得过这个化学灾难。

In 1989, it was discovered that a dead whale possessed both the male and female reproduction organs. After the post-modern, it was found that the whale had drunk the mother's milk which was contaminated with a great quantity of chemicals. The amount of poisonous chemical drugs in the whales often exceeds the fixed standard of toxicity on harmful effects from poisons. This is because there is no place on earth which is free from chemical disaster.

● 肉是人生的主凶 ● MEAT - THE CHIEF ASSAILANT OF HUMAN'S BODY ●





战 争中没有真正的胜利者，美国在战争后凯旋归国的青年战士中有人在几年后出现一些奇奇怪怪的病症，如头痛、疲倦、记忆衰退和生出较多畸形儿等。

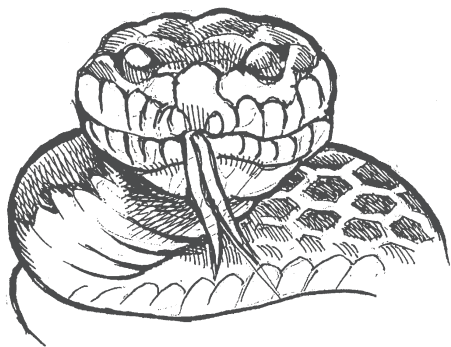
In this warfare, there is nobody who can claim to be the victor. After a successful warfare, many American soldiers who returned to their country suffered strange diseases after a few years. For examples, they suffered from headache fatigue, the loss of memory and they also produced many deformed babies and others.

食 肉之人，畜类众生，见到他的身子，闻到他食肉，身上发出的臊气，舍而远避。例如屠夫入村，狗嗅见其臭味，惊怖吠之。

When the animals see the meat-eater, smell the flesh which he has partaken and the fishy odour of his body, they will run for their lives. For example, a dog after smelling the foul odour of a butcher who entered the village, would be horrified and barked at him.

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目前我们人类已面对整个地球大自然进行化学战争，这是一场大部的人觉察不出是「战争的战争」，因为看不见尸体和血。

Presently, mankind is fighting a chemical warfare with the earth's natural environment. Most people do not notice the warfare as there is not any corpse nor blood.

虽然受战争的苦也不知为何受苦，这场战争所用的武器是化学药剂，「被杀的对像」很广泛：昆虫、微生物、细菌……

Even though they suffer because of the war, they do not understand why they have to suffer. The weapon of this war is chemical drugs..... The scope of victims is very wide. They include insects, micro-organisms, bacteria

……各种大小动物、鸟类、野草、野树，甚至不听话生长在人身体内的细胞、癌细胞，及各种毒等……。

……big and small animals, birds, weeds, forests, even the dangerous cells that are grown in the bodies, cancerous cells and other poisons.....

●肉是人生的主凶● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●





一九四七年，老鹰的数目突然大量减少，三分之二的老鹰没有筑巢生育的兴趣，一直到五十年代才发现有百分之八十的老鹰不能生育。

In 1947, the number of eagles suddenly decreased. Two third of eagles were not interested in building nests for reproduction. Only in the fifties did the people discover that 80% of the eagles were unable to reproduce.

五十年来，化学药物不断的增加，野生动物和人类的问题也跟着层出不穷，以一九九二年为例，美国一年的人造化学药剂就超过了四三五〇亿磅。平均美国每人一六〇〇磅。

For the past fifty years, there is a continual increase in the production of chemical medicament. The problems faced by wild life and mankind also increase in varieties. For example, in 1992, the amount of chemical drugs which was produced by America in a year was, more than 435 thousand million pounds. At an average, it was equivalent to 1600 pounds per person.

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加拿大北岛的 Innuits 人，免疫功能已失效，儿童们长期耳炎，经注射疫苗，如天花、麻疹、水痘，也无法产生抗体。

The Innuits who live in the Northern Island of Canada have lost their immunity. The children are permanently infected with the inflammation of ears. Even though they are Vaccinated against diseases like small-box, measles and chicken-box, the Vaccines fail to give them immunity to the diseases.

一九九二年有一报导，十二只怀孕的北极熊只有五只生产小熊。北极熊的食物是海豹，海豹的食物是大鱼，大鱼的食物是小鱼，小鱼吃虾，虾吃海藻，在这过程中，DDT、PCB和其他油溶性化学药剂浓缩三十亿倍左右。

In 1992, there was a report about the Polar Bears. Among the 12 pregnant polar bears, only five managed to deliver their offspring. The polar bears feed on seals which feed on big fish. The big fish eat the small fish which feed on prawns. The prawns eat the seaweed. In this process, the food which is consumed by the polar bears contain DDT, PCB and other oiled base chemical drugs with a concentration of about 3,000 million times.

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迴向偈



VERSE
OF
TRANSFERENCE

願以此功德，
May the merit and virtue accrued from this work,

莊嚴佛淨土，
Adorn the Buddhas' Pure Lands,

上報四重恩，
Repaying four kinds of kindness above,

下濟三塗苦。
And aiding those suffering in the paths below.

若有見聞者，
May those who see and hear of this,

悉發菩提心，
All bring forth the resolve for Bodhi,

盡此一報身，
And when this retribution body is over,

同生極樂國。
Be born together in the Land of Ultimate Bliss.

● 肉是人生的主凶 ● MEAT-THE CHIEF ASSAILANT OF HUMAN'S BODY ●



The Dharma Protector:
VAJRAPANI Bodhisattva

● 护法：韦驮菩萨 ●

