

# The Spiritual Scientist

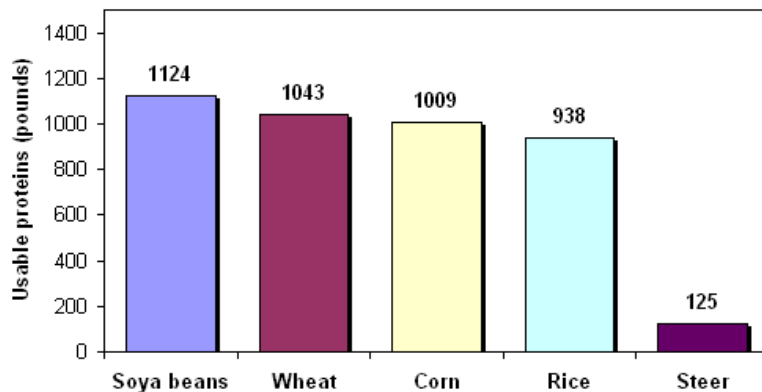
An ezine for those who think!

## How Your Food Can Feed The Hungry

Most of us feel pangs of pain when we see a starving child with matchstick-like arms and bloated stomach. We may give some money or food, but most of us are limited in how much financial help we can offer to them.



Did you know that a small change in our lifestyle can save them from hunger?

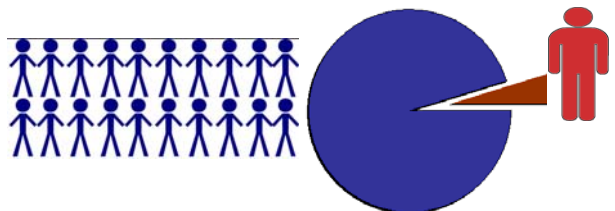


One thousand acres of Soya beans yield 1124 pound of usable protein. One thousand acres of rice yield 938 pound of usable protein. One thousand acres of corn yield 1009 pound of usable protein. One thousand acres of wheat yield 1043 pound of usable protein. Now consider: this one thousand acres

of Soybeans, corn, rice or wheat, when fed to a steer, will yield only about 125 pounds of usable protein.

These findings point to a disturbing conclusion: meat eating directly aggravates world hunger. Here are some more statistics:

- If all the Soya beans and grains fed yearly to U. S. livestock were set aside for human consumption, it would feed 1.3 billion people. Livestock industry uses 70% of the world's agricultural surface, including 33% of agricultural land used for planting animal feed.
- It takes 16 pounds of grains and Soya beans to produce 1 pound of feedlot beef. Therefore about 20 vegetarians can be fed on the land that it takes to feed 1 meat eater.
- Feeding the average meat eater requires about 4,200 gallons of water per day, versus 1,200 gallons per day for lacto-vegetarian diet.



- While it takes nearly 25 gallons of water to produce a pound of wheat, it takes 2,500 gallons of water to produce a pound of meat. Consequently, agricultural livestock-raising is the number one threat for the ever decreasing world water resources.



- Agricultural animal farming leads to deforestation and to devastating, widely prevalent soil deterioration caused by over overgrazing, soil compaction and erosion.
- A child dies of hunger every 2-3 seconds. The 760 million tons of grain that is consumed yearly by farm animals worldwide would be enough to cover the worldwide food shortage 14 times.
- Harvard nutritionist Jean Mayer has estimated that reducing meat production by just 10 percent would release enough grain to feed 60 million people.



If we have been habituated to the taste of animals flesh, we may find the prospect of giving it up daunting. But time-honored spiritual practices like mantra meditation - especially the **Hare Krsna Mahamantra** - can give us inner fulfillment and spiritual strength by which we will no longer have to sacrifice our intelligence and integrity on the altar of pleasure.

OR

