

VEGETARIANISM: Materials

THE TWINS: EATING AND DRINKING

Charles Fillmore

Good reasons for a vegetarian diet are many, and those who look into the matter have abundance of logic and sound sense arguments to sustain them in advocating the total exclusion of animal products as food.

In discussing this question the humanitarian consideration should have first place, because it is farthest removed from selfishness; then follows the moral effect upon those who do the killing of animals; next the consideration of the various diseases that even doctors admit are caused by meat eating. All these points have been thoroughly handled by various writers. (in this issue of UNITY.)

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But there is a further consideration of meat eating that does not receive the attention which it deserves from either temperance advocates or vegetarians, and that is the relation which flesh eating has to strong drink.

The assertion has been made, and we have not heard it disproved, that there never was a vegetarian drunkard. Here then, is a remedy for intemperance far more effective than all the drug cures that men take.

That the discontinuance of flesh eating will also carry off the craving for strong liquids, like beer, whiskey, wine, tea and coffee, anyone can test for himself. Stop eating

meat for even one month and that unnatural thirst which accompanies and follows a diet of flesh will disappear. There is a physiological reason for this. Meat is always in a certain degree of putrefaction, and the decay is increased when it is introduced into the stomach. The decaying mass in the body gives off animal heat--a sort of fever is set up in the stomach, which the man or woman tries to cool with copious draughts of water, tea, coffee, beer or whiskey.

Some food faddists preach the flooding of the stomach with many quarts of water daily, claiming that the system requires this large quantity of moisture to keep it cleansed. But the facts are that those who eat meat are already burdened with an excess of fluids. They drink at meals many times what the system requires and then follow this by frequent potations between times.

Experience proves that fruits and vegetables in their natural state contain all the fluids necessary to the needs of the system, and those who have adopted a strictly raw-food diet never drink at meals, because they have no desire to do so.

From these facts, which are being demonstrated by food reformers in all parts of the world, it is evident that the temperance societies are ignoring a most essential factor in their work. They are trying to legislate the liquor traffic out of existence, while at the same time they are cultivating by the eating of flesh an appetite for strong drink.

Mothers and fathers everywhere need educating in dietetics. They should be plainly told that they are creating, in feeding their sons meat, an appetite that is at any time liable to break forth into drunkenness.

The juicy steak which lovers of flesh smack their lips over is saturated with salty urea, which in the stomach calls for liquid. Physiologists say that this juice in the steak is the urine of the animal arrested on its way to the kidneys. In eating this mess man not only makes his system a sewer for the corrupting animal flesh, but he also puts into his stomach an irritant that demands a cooling solvent at once.

Meat digests quickly and throws off an animal energy that must be used in brain or muscular activity very soon after eating. If it is not so used it goes back into the system and stimulates the passions, or fills the joints with uric crystals, causing them to stiffen and eventually ossify.

Swollen, stiffened joints are the result of flesh eating accompanied by sedentary habits. The only people who can eat flesh with any safety whatever are those who exercise vigorously in the open air, and they are often hard drinkers. Hence, the reformed drunkard who continues to eat meat is liable at any time to fall into his old drinking habit, because he is keeping alive the fire in his stomach that calls constantly for stimulants.

Paul says, "It is ~~not good~~ to eat flesh, nor to drink wine, nor to do anything whereby thy brother stumbleth." *Rom. 14:21*
"Wherefore, if meat ^{causeth} maketh my brother to stumble, I will eat no flesh for evermore." *I Cor. 8:13*

The eating of flesh does nause your brother to stumble. To meet the demand of the flesh eater's ferocious appetite thousands of men are daily steeped in blood and beer. These men are made to cultivate the cruel side of their natures in slaying defenseless animals in horribly inhumane ways. No man or woman "liveth ^{Rom 14:7} (un)to himself alone,^u and you are responsible for this stumbling of your brother in the slaughterhouse.

Here again is proven in these slaughterhouses the close relation between meat eating and drunkenness. In the vicinity of packinghouses the liquor traffic thrives immensely. The "wettest block" in Kansas City is at the very door of its largest packinghouse. Here are twenty-one saloons in one block. At the dinner hour men stand in long lines at the entrances of these saloons, waiting to have their pails filled with beer.

What creates this insatiable thirst? Flesh eating.

These men live on bread and meat--no vegetables as a rule. A woman from this district told that she had not cooked a vegetable in her house for seven years. She said the men wanted nothing but bread and meat and beer. She was yellow as saffron and wanted help for her liver. Did she eat meat and bread? Yes; but she volunteered that she drank no beer. When asked what she did drink, she said "a little coffee." Further questioning revealed that she had three cups of coffee at breakfast, three at noon and three at night--nine a day! Yet she did not think there was any relation between her yellow skin, shaky nerves, and the meat and coffee she consumed.

Daniel and his companions in Babylon could give us lessons in eating and drinking as aids to health. "Daniel purposed in his heart that he would not defile himself with the king's meat, nor with the wine which he drank." ^{Deu 1:15 AV.} He said to the Prince of the Eunuchs, "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink." ^(Dan 1:12 AV) "And at the end of ten days their countenances appeared fairer, and (they were) fatter in flesh, than all the ^(children) youths which did eat of the king's meat." ^{Deu 1:15 AV.}

It is not climate that makes the sallow, muddy complexion, but material thinking, flesh eating and hard drinking, whether it be wine, beer, whiskey, tea or coffee. The mother who gives her children meat is paving the way for their intemperance. The wife who feeds her husband flesh is tempting him to drink.

With this constant fever of rotting flesh in the stomach calling for a cooling draught, it is marvelous that any escape drunkenness.

Blot out flesh eating and men will soon become temperate without the enactment of a single law. No one who eats the food that Nature prepared will have any desire for strong drink, not even tea or coffee.

Then the sure cure for the drink habit is to stop eating meat and all animal products. This includes butter and eggs. Cereals, vegetables, Nuts and oils have all the elements necessary to the body's sustenance.

Try this remedy for even ten days, and you will find, as did Daniel, that your countenance will be fairer and you will be fatter in flesh.

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