

Hello! Thank you for taking a moment to read these quotes. They are the words of people recognized throughout history as great thinkers, people whose ideas were ahead of their time. Some names you will recognize, others you may not. But they all express ideas whose time have now come, and I invite you to imagine the day when peace will truly reign on this earth, beginning in our hearts—and on our plates.

“It is man’s sympathy with all creatures that first makes him truly a man. Until he extends his circle of compassion to all living things, man will not himself find peace.”

—Albert Schweitzer (Nobel Peace Prize)

“Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet. It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind.”

—Albert Einstein (Nobel Prize)

“I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals.”

—Henry David Thoreau

“If you have men who will exclude any of God’s creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men.”

—St. Francis of Assisi

“But for the sake of some little mouthful of flesh, we deprive a soul of the sun and light and of that proportion of life and time it had been born into the world to enjoy.”

—Plutarch

“I have from an early age abjured the use of meat, and the time will come when men such as I will look upon the murder of animals as they now look upon the murder of men.”

—Leonardo Da Vinci

(Over)

“While we ourselves are the living graves of murdered beasts, how can we expect any ideal conditions on this earth?”

—George Bernard Shaw

“Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming ALL other living beings, we are still savages.”

—Thomas A. Edison

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

—Gandhi

“For as long as man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed he who sows the seeds of murder and pain cannot reap joy and love”

—Pythagoras

“ ‘Thou shalt not kill’ does not apply to murder of one’s own kind only, but to all living beings; and this Commandment was inscribed in the human breast long before it was proclaimed from Sinai.”

—Count Leo Tolstoy

“The question is not, Can they reason? nor, Can they talk? But rather, Can they suffer?”

— Jeremy Bentham

“The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men.”

—Alice Walker

“All the arguments to prove man’s superiority cannot shatter this hard fact: in suffering the animals are our equals.”

—Peter Singer

“I am in favor of animal rights as well as human rights. That is the way of a whole human being.”

—Abraham Lincoln