

AN OBJECTIVE PROBE INTO NON-VEGETARIANISM

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PREFACE

One of the basic tenets of all Indian religions; whether Vedic, Jain, Buddh etc. is non-violence and compassion towards all living beings. The natural corollary is that other living beings cannot be killed for any purpose including for food. In this background, vegetarianism also becomes one of the basic tenets of religion. In addition, the anatomy and structure of human beings are such that they support the concept of vegetarianism. The researches in scientific fields have also established that non-vegetarianism is injurious to health and is the cause of various fatal diseases.

Why then non-vegetarianism is being promoted so forcefully? Why is it that the Government is bent upon establishing slaughter house after slaughter house throughout the country? Why is it that large scale export of meat from the country is taking place? Why is it that the nutritional values of foodgrains and other vegetarian diets is being suppressed and the hollow claims of nutritional values of non-vegetarian foods are being highlighted in the official media?

Late Shri Venishankar M. Vasu, a scholar of Indian Social, Economic and Political Science, a freedom fighter and a champion of time tested Aryan Model of development has analysed the whole concept of non-vegetarianism relying on hard facts and figures and has exploded the myth about non-vegetarianism. He has not relied on vegetarianism as a religious value but has examined it from the point of view of economy, health and environment.

The essay was written almost 20 years ago. However, the relevance of the issues dealt with in the essay are equally, rather more important today with the entry of Fast foods giants in non-vegetarian field such as Mcdonald and Kentucky Friend Chicken.

The object of the essay is not to convert people from non-vegetarianism to vegetarianism. The object is to bare the facts before them and then leave the choice to them. This publication would have served its purpose if the objectivity with which it is written is taken in its right spirit and the readers decide for themselves of the future 'Course' of their meal.

— Publisers

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PART I - EGGS

FUTILE DISCUSSION:

Is an egg non-vegetarian ? Or vegetarian ? There has been endless discussion on this issue of late. On the other hand, a motivated propaganda, that an egg is the only source of cheap protein, is also gaining ground.

In our country day by day the scarcity of all necessities of life including drinking water is increasing. However, there is no dearth of cheaters who indulge in cheating the common simple man of this country.

Whether an egg is vegetarian or non-vegetarian, is immaterial. A person consuming an egg is a non-vegetarian. There is no difference in the outward appearance of a vegetarian or non-vegetarian egg. According to the wish or desire of person selling the egg or buying the egg, the egg becomes either vegetarian or non-vegetarian.

People in the business of eggs who earn profit out of it, may pretend to be the benefactor of poor people by indulging in a propaganda that egg is the only medium to obtain cheap protein. However, such propaganda is devoid of truth.

Can one live without eggs ?

The real issue is whether an egg is a basic necessity of life, such as foodgrains and water ? Like a person cannot live without foodgrains, similarly can he not live without eating eggs ?

Egg is not a necessity of life. On the contrary, without eggs a person can live a healthy life. The Government, Semi-Government and the Private Sector hatcheries produce 530 crore eggs in a year. If a person consumes just one egg everyday, then this much production is sufficient for only 1.5 crore persons. The remaining 60 crore people do not eat eggs and still if they get sufficient quantity of foodgrains they are able to lead a healthy life.

There is foreign pressure behind the propaganda towards need of protein. Iron and calcium are more important than protein for the health of a human being. Both these elements are contained in eggs in very small quantum, compared to any type of foodgrains and the protein content in egg is 50% less compared to the pulses. Wheat, Bajra and Makai contain 11.8%, 11.6% and 11.1% protein respectively and eggs contain only 6 grams of protein.

Elements which resist diseases :

More the iron content in the blood of a person, greater is his resistance to diseases as also strength to do hard labour. More the iron content, greater is the capacity of the body to heal wounds. Only if there is sufficient level of calcium in body, there is proper growth ; the bones become stronger and a person can do hard labour also.

Carbohydrate plays an important part to keep the body disease-free and capable of hard work and thus carbohydrate are twice as important as protein. However eggs do not contain carbohydrates at all.

Calcium is necessary to keep the heart also healthy and that is why in Ayurved, the oxides and other medicines which are given in heart diseases are nothing but calcium. Gram and sesame contain very high degree of good calcium and that is why children used to be given good amount of sesame which was easy for them to digest and the horses were fed with gram.

Foodgrains contain more protein :

All the foodgrains that we consume contain protein. Some of the foodgrain contain thrice the quantum of protein which is available from an egg. However, when simple innocent people read the propaganda material about eggs, they are tempted to eat costly and protein-poor eggs, due to their lack of knowledge about the content of protein in foodgrains.

Today an egg costs about Re. 1 and it contains 6 gm. of protein. On the other hand, any of the pulses which costs about 40 to 60 paise for 50 gm, contain 12 gm. protein. Now whether 6 gm. of protein available by spending Re. 1 is cheaper or whether 12 gm. protein available by spending just 40 to 60 paise is cheaper ? However, majority of the illiterate people or even educated people who do not have knowledge about the better and cheap protein content of foodgrains get cheated by this propaganda in favour of eggs and turn towards its consumption.

An egg costing Re. 1 has just .03% calcium, .001% iron and 173 calories, whereas pulses or foodgrains costing about 60 paise for 50 gm. contain 7 to 12% calcium, .0015% to .005% iron and 372 to 564 calories. Thus to say that an egg is the only cheap and high protein yielding source, is a baseless projection.

Challenge to the nutritional capacity of an egg :

The nutritional capacity of an egg is very easy to challenge. Wrestling is the best way to test the physical strength of a person. There is not a single wrestler in the world who has entered the wrestling ring but did not drink milk for strength and who consumed only eggs and meat. On the contrary, India has produced many Brahmin Wrestlers who have defeated very prominent non-vegetarian Indian wrestlers as well as wrestlers as well as wrestlers from other countries.

Pandit Bishen Gopal Choube was the best wrestler of U.P. in his youth and was a very staunch Vaishnav Brahmin. World famous wrestler Gama used to say that he consumed eggs and meat only for their taste. For developing strength for wrestling, milk is the best thing. He used to drink 30 litres of milk and consume 2 kg. of pure ghee every day.

There is a similar example of one of my young friend in Bombay who belonged to a staunch Vaishnav Bhatia Family. A race was organised wherein the participants had to run from Churchgate to Borivili. The contest was open to all. This friend of mine, Shri Pragjibhai, had cows at his home. He used to run four rounds of Oval ground at top speed every morning and after completing the rounds he used to immediately consume milk in tumblers.

For this friend of mine, there were Parsis and Maratha contestants in the race. Parsis who consume eggs and meat are jovial by nature. My friend was the only Gujarati contestant. The race started and the Parsis started chiding the Gujarati youth saying, "Hey you, 'Bania', do you eat eggs? You rice eater, you have come for the race? Take care that you don't spoil your Dhoti!" My friend only smiled and told them to wait till the result.

Praghibhai remained at 3rd or 4th position till Bandra but kept on continuous pressure on his Parsi friends. After crossing Bandra he came to Second position and kept pressure on the first runner. By the time he came to Andheri he increased his speed and reached Borivili in First place. The other contestants who ate eggs and meat, were almost 2 miles behind him!

Food sufficient for three crore human beings is fed to hens :

Let us now consider eggs in the context of the interest of our nation as a whole. As per figures published by Government, there are 11.50 crore hens in various hatcheries across the country. Each bird has to be fed with 130 gms. of foodgrains such as jowar, Maize etc. This means that every year, foodgrains which could have fed three crore human beings are being fed to these birds :

In addition, to further increase the weight of eggs produced in these hatcheries, the feed prepared for the birds with the help of foodgrains is mixed with the minced meat of cow as well as the powder of the bones of cows. Thus to say that eggs are just conversion of foodgrains and hence vegetarian is again a half truth.

It will be more appropriate to say that eggs are a conversion of foodgrains, cow meat and cow bones. Besides, some times even fish is mixed in the feed of these birds. And thus eggs are a conversion of meat, fish and bones and hence not only they are non-vegetarian, they are not fit for consumption for Hindus who believe in vegetarianism as one of most important part of their religious culture.

However, once again let us keep aside the issue of vegetarianism or non-vegetarianism and concentrate on the issue of economic interest of our Nation.

When the owners of hatcheries across the country are in the market for purchase of foodgrains which could have fed three crore human beings i.e. about 5% of the population, the prices of foodgrains can never become cheaper. When 50% of our population lives on only one meal a day due to scarcity of foodgrains, it is one of the most inhuman crimes against humanity to feed the birds in the hatcheries instead of providing cheap foodgrains to starving human beings.

PRETENTIOUS PROPAGANDA :

Hitler killed the Jews in the gas chambers and the end for such Jews came very fast. Nadir Shah resorted to massacre of people in Delhi and for those unfortunate victims also the end came very fast. However, today even though we have sufficient availability of foodgrains, we are torturing our own people into slow and painful death and diverting their food to feed the birds in hatcheries. Over and above this, the people are lured into eating eggs by a propaganda saying that eggs will provide

them defence against malnutrition related diseases. However, eggs do not satisfy the hunger of a person. The contention that an egg is the food for poor people also is devoid of truth. The contention that an egg is the food for poor people also is devoid of truth. 100 gm. vegetable costing 50 to 60 paise each help in eating chappati to fully satisfy the hunger of a person. However an egg costing Re. 1 for about only 50 gm contents is not sufficient to be eaten with rice or chappati.

The foodgrains which we feed to the birds in hatcheries is sufficient to satisfy the hunger of three crore human beings. These three crore human beings can get 5,38,200 tons of protein from the foodgrains. Whereas those 530 crore eggs not only do not satisfy the hunger of human beings fully, they yield only 31,800 tons of protein. Thus the availability of 5,38,200 tons of protein is snatched away from the hands of poor people and is fed to the hens which in return yield only 31,800 tons of protein. This itself proves how pretentious and false is the propaganda trying to promote egg eating under the guise of providing cheap protein to the poor people and providing them with means of livelihood.

WHAT CAN BE THE GAINS IF THIS MUCH QUANTITY OF FOODGRAINS ARE PUT TO OTHER USES ?

If the foodgrains which are fed to birds in the hatcheries are instead fed to cows, this much quantity of foodgrains can very well sustain 1.5 crore cows and they can yield 15.00 crore litres of milk. This milk can yield 4.5 lakh tons of protein and the cow dung can yield 7.5 crore tons of dung manure which can help in producing more foodgrains. If this dung is used as fuel, we can save foreign exchange on import of 900 crore litres of kerosene.

Thus there is no economic or scientific wisdom in trying to promote more and more consumption of eggs. On the contrary there are following grave disadvantages :

- 1) The scarce foodgrains are fed to hens at the cost of depriving human beings and other animals and thus the scarcity of foodgrains is increased as well as their prices become exorbitant.
- 2) Rearing hens at the cost of cattle creates scarcity of milk and ghee and also scarcity of fuel and dung manure compelling the import of milk powder, chemical fertilisers as well as fuel.

- 3) The scarcity of fuel and fertiliser necessitates setting large plants involving very large unnecessary capital investment in unproductive sector.
- 4) In the whole process the huge investment in the hatchery industry the foodgrain and the capital of this nation.

The entire propaganda machinery keeps people's attention diverted from all these disadvantages and leads to a disastrous economical catastrophe. It is a treachery against the Aryan culture and a fraud against the innocent religious minded population of this country.

The mad propaganda of protein will ruin the entire population :

Innocent poor people, who are made to consume eggs, influenced by the nonsense claim of the propaganda machinery that for poor children eggs are the only available and affordable source of protein, do not know that the foodgrain which they eat every day contain much cheaper and greater amount of protein.

People who are unaware of the dietary values of foodgrains also do not know that various spices such as 'jeera', 'methi', etc. which they use in their day-to-day food besides foodgrains also contain protein, calcium, iron and calories, and in quantities much more than an egg.

'Jeera' and 'Methi' contain 1.5 times and twice the protein respectively compared to eggs. Further, the calcium content in these spices is 18 times and 1.75 times, the iron content is 15 times respectively and both of them contain double the amount of calories compared to eggs (Health Bulletin No.23 of Govt. of India).

However, our govt. which is foreign exchanged starved, snatches away the nutritious foodgrains and other things from the eating bowls of people and exports these things. By doing this, the people are pushed into various types of diseases and then claiming to be the benefactors of poor people, the Govt. indulges into propaganda to promote eggs, fish etc. as the source of good nutrition. Thus hundreds of crores of hard earned money of the poor people is squandered away for production of costlier (than foodgrain) and at the same time less nutritious things.

The Govt. does not feel guilty at all in indulging in all these. It does not feel ashamed to perpetrate a fraud on the poor people of this country. Naturally this is so because our Govt. is 'secular' (!) and does not believe in God. And hence things which will affect a God fearing person

does not affect it. For our Govt., Foreign Exchange is more than God. Violence and corruption is its idea of morality, Changing Parties and not keeping the promises is an 'art' of political shrewdness and talking about prohibition (talking only) is its idea of following Gandhiji!

Eggs invite many diseases :

I have often stated that consuming eggs is more expensive from economic angle. There is no advantage, no pride or no wisdom in starting egg eating under the influence of the propaganda promoting eggs, without discussing whether eggs invite various diseases and whether fish, meat and eggs are really more nutritious compared to our usual food.

Various eminent doctors have been saying that eating of eggs and meat lead to various diseases. Besides this, my own experience says that the incidence of spondylitis, arthritis, gout, polio and paralysis is more amongst non-vegetarians compared to vegetarians and if they do not consume milk, then despite consuming meat they suffer from malnutrition related diseases also like the vegetarians who are unable to consume milk.

Why is milk snatched away from the common man ?

In our country the only source of wholesome nutrition i.e. milk has been very cruelly snatched away from the hands of the common man by certain calculated moves which have made it abundantly costly and also almost unavailable. In the Indian climatic conditions milk is the only practical source of wholesome nutrition for the common man. After snatching away milk in such a way the propaganda machinery has created fear in the minds of people about the malnutrition related diseases and this has been followed up by the propaganda for eggs, meat and fish, projecting them as the cheapest sources of nutrition and protein. The proposal to distribute free eggs amongst poor people is aimed at tempting them and to create a wedge between such poor people and relatively affluent vegetarian people.

However, those who put forward the schemes to distribute free eggs with the intention of trying to earn the goodwill of poor people do not bear the cost of these freely distributed eggs from their own pockets. They recover the cost from the non-egg eating majority population by imposing various taxes on them.

This scheme of proselytizing the people, exploiting them, weaning them away from the religion and thus to destroy the Hindu culture, is a much dangerous thing than the sword of Nadirshah.

Insolvency of discretion :

All parents wish that their child gets proper nutrition. However, they are unable to obtain the best source of nutrition i.e. milk, Wherever it is available it is very costly and is synthetic, not pure (synthetic milk means mixture of indigenous water + imported milk powder + butter oil + other chemicals). People abhor this milk and are doubtful about its quality. However, they have no other option.

The parents read propaganda articles advocating consumption of eggs for children in newspapers and periodicals. Doctors also advise children to eat eggs for strength. Then the parents start giving eggs to their children, though unwillingly. However, once getting used to this, after some time the parents also start consuming eggs.

Under the influence of a strong propaganda and due to lack of knowledge about other source of much better nutrition, people fail to find an alternative to eggs and succumb to the propaganda. Once they start eating eggs their opposition to meat and fish also dies down.

Our religious scriptures say that a person who has lost his discretion meets his ruination in hundreds of ways. Discretion does not mean the politeness in talking or his power of reason in routine life. Loss of discretion means to overstep the limits set by our religious scripture.

By breaking the discipline prescribed by our religion in the area of food eating, the people have fallen to a very low pedestal. Generation after generation, the people have been breaking the discipline without any gain and on the contrary have covered their sense of reason with layer after layer of ignorance and sin.

People who eat eggs or give them to their children, thinking in frustration that there is no other nutrition giving diet, do not know what nutrition is and what are the sources of such nutrition. Led by the propaganda, they think that nutrition means protein only. However, they are unaware that they do get protein from their daily routine vegetarian diet and that too the protein contained in their usual diet is much more than the protein contained in eggs.

What is important is a *Satvik* and strength giving food :

The Indian science of food is totally different from the Western Science of food. The Western Science has considered food as something to sustain only the human body whereas the Indian Science has considered food as something which sustains not only the body but also maintains the purity of heart and mind or the soul also. Thus an item of food which is injurious to the mind or psyche is not considered to be fit for consumption, even if it is otherwise beneficial to the body or satisfies the taste/tongue. The Indian food science does not give importance to protein. It does not give importance even to balanced diet. It gives importance to 'Satvik' food and food which increases the strength of the body and its virility. Now we have to consider how the strength and virility can increase and with what food.

Virility is generated by the strength of bones. The element which contributes to growth and strength on bones is calcium. However, bone is created from blood. More the iron content or the red blood cells in blood, the greater is the purity of blood and its strength. A person with pure and strong blood will have strong and fully grown bones. A person with pure blood and strong bones is a strong and virile person.

The food which we eat gets converted as follows in a cycle of 5 days.

Foods get converted into various juices. These juices get converted into blood cells. The blood gets converted into fat and fat gets converted into flesh. This flesh gets converted into bone cells. The bones create marrow and this marrow gets converted into 'virya'. Virya creates 'Ojas' which is not visible and its existence in a human body can be noted by only experienced Ayurved Acharyas. Thus the most important element for a human body are iron and calcium and hence by eating things which contain these two elements, a person can become strong and virile.

Fresh and pure milk as well as pure ghee are definitely two best things for strength and virility . However, today these have been cruelly snatched away from us. Still, the other food which we eat everyday also contain sufficient quantum of iron and calcium and in quantum more than eggs, meat or fish. However, due to lack of our knowledge about this, we are lured to eat eggs as a result of the propaganda .

Our routine food itself is more appropriate :

Let us see the content of some important elements in various items of food.

(Contents per 100 gms).

Food Item	Protein	Mineral	Calcium	Phosphorous	Iron	Calories
Wheat	11.8	1.50	.05	--	5.30	350
Bajra	11.6	2.70	.05	--	8.80	360
Moong	24.0	3.60	.14	.28	8.40	334
Udad	24.0	3.40	.20	.37	9.80	350
Tuvar	22.3	3.50	.14	.26	8.80	353
Gram	22.5	2.20	.70	.31	8.90	372
Chowli	24.6	3.20	.07	.49	3.80	327
Til (Sesame)	18.3	5.20	1.44	.57	10.50	564
Ground Nut	31.5	2.30	.05	.39	1.60	549
Jeera	18.7	5.80	1.80	.49	31.00	356
Methi	26.2	3.00	.16	.37	14.10	333
Egg (2 eggs=100 gm)	13.0	1.00	.06	.22	2.10	174
Fish	22.5	0.80	.02	.19	.09	91
Mutton	18.5	1.03	.15	.15	2.50	194
Pork	18.7	1.00	.03	.20	2.30	114

The above table indicates that our day and vegetarian food contain more minerals, iron, calcium phosphorous compared to meat, fish or eggs. They also contain more calories and more protein.

This means that if we want to become strong and virile our daily usual food is the proper food. By adding eggs or fish or meat to this food there is no benefit and on the contrary there are disadvantages.

Protein by itself is not important because the items of food which are rich in iron, calcium and phosphorous also have sufficient quantum of protein in them.

Meat, fish and eggs which have very low levels of calories also contain almost nil iron, calcium and phosphorous. Thus they are useless in building of our body or to increase its strength and virility. These things cannot help the growth of a child's body also.

And that is why the non-vegetarians of the West who eat eggs, fish and meat like gluttons, also drink about 1.5 to 5 litres of milk every day and consume about 40 gm. of butter.

The food in West is almost spiceless . They eat only boiled vegetables and pulses. Whereas we use spices like Methi, Jeera, Mustard in our vegetables and pulses. These spices give us the necessary nutrition also besides the taste.

Thus eggs, fish and meat are backed only by the strength of publicity. They lack real strength. The real strength is in the foodgrain and other things, which we eat in our day to day life. What we lack is pure fresh milk and pure ghee.

This issue of non-availability of fresh milk and pure ghee has assumed challenging proportion threatening the very existence of our religion, our culture, our social structure and our economic structure. It has also created a challenge for our determination and wisdom to face and thwart this situation.

Alternate to Eggs

There is no need to get disheartened thinking what you should feed for nutrition to your children in these days of high prices, to think what else except eggs can be used as source of nutrition. Just take note of the following information and act accordingly to solve the problem.

An egg weighing about 50 gm costs	Re. 1.00
Sesame " "	Re. 0.75
Gram " "	Re. 0.50 paise to Re. 0.60

Thus both sesame and grams are cheaper than eggs. This is cost factor, Now let us look at the nutrition factor.

An egg weighing 50 grams contain 6.15 grams of protein and 1.69 gm other important nutritional elements.

50 gms of sesame contain 9.25 gms of protein and 8.76 gms. of other nutritional elements.

50 gms of gram contain 11.25 gms. of protein and 7.40 gms of other nutritional elements.

Thus, compared to eggs, sesame and gram contain protein about 1.5 and two times that of eggs ; whereas other nutritional elements are 4.5 to 5 times. The ladoos of gram (besan) or sesame or the 'chikki' is much cheaper as well as much nutritional compared to eggs.

It is said that under the guise of making our food more nutritional, fish powder is being mixed in wheat and gram flour. If this is true, our Govt. claiming to be democratic, is playing a dangerous fraud on the people. In our ancient food science, in order to make food more nutritious, the flour of wheat or Bajra was kneaded in milk or curd instead of in water. We may not get enough milk or curd today for kneading. However, we can mix the Bajra, or Gram flour in wheat flour and make various types of chappatis or puree from such mixtures which will be very nutritional. Sesame can also be added to such mixtures of flours. You may not be knowing that when you eat the chappatis or Khakhara made of wheat or bajra, with mung or Udad or tuwar, you get much more nutritional elements than what fish or meat give.

The most pious duty today:

Thus there is no need at all to get disheartened on the issue of nutrition. If you are committed in your inner most heart to maintain the sanctity of your religion, culture and health, then you should explain the above things to your relatives, friends, neighbours etc. This is your most pious duty today.

But beware! As steps have been taken to make milk and ghee exorbitantly costly and almost unavailable to promote eggs, similarly to make pulses, sesame etc. (which are tough competitors of eggs) also very costly and unavailable, motivated action has already been started by those who formulate our food policies. Such policies will have to be very strongly resisted.

The prices of pulses used to be always lower than those of wheat or bajra. Now with a calculated and ill motivated food policy the prices of pulses are 2/3 times more compared to those of wheat or bajra. It will not be surprising if within a short time the pulses will become exorbitantly costly and unavailable.

If democracy is not to be converted into 'Mobocracy'

We do not deserve democracy if we cannot compel the Govt. to formulate policies which can bring down the prices of foodgrains and pulses and if we cannot resist its present faulty food policy which is anti-human and anti-humanity. Democracy cannot be saved and implemented merely by raising slogans like "Save Democracy".

Real democracy can subsist and survive only if people show wisdom as well as courage to force the Govt. to frame policies which aim at protecting and preserving the interests of people, their religion, culture and prosperity. Any policies which aim at destroying these must be resisted tooth and nail. If people do not have the courage to do this, soon our democracy will be converted into mobocracy, where the docile and submissive mob will be ruled by a few vested interests.

By a systematic propaganda design, the knowledge about milk and pure ghee being the best and most nutritious food on this earth has been erased from the minds of people. Now most of the people do not know that milk is a complete and best food. The people in Urban areas have almost forgotten how fresh milk looks like or tastes.

People now think that protein is the only source of nutrition and eggs and fish are the only and the cheapest source of protein. Those people who believe in this misinformation do not know that Udad, Mung, or Gram which they eat every day not only contain more protein than eggs, but also contain other nutritional elements which are absent in eggs.

American Bullyism

The propaganda for protein has been forcibly inflicted upon us. There was severe famine in Bihar in 1967. People were dying of starvation. We had requested for foodgrains from America. As per published newspaper reports America imposed a condition that only if India assured to conduct a campaign for protein in the country, then only America would give us foodgrains. Our Govt. did not accept this condition and many starvation deaths occurred. At last the Govt. yielded and obtained foodgrains by accepting the American conditions.

The Govt.'s publicity machinery started the propaganda for eggs. This propaganda was resisted by religious minded upper class population. To counter this protest, Govt. started a propaganda that eggs are vegetarian. Whether eggs are vegetarian or non-vegetarian, there have been strong arguments on both sides. In this whole episodes, the facts that eggs are costlier than pulses and at the same time less nutritious are totally ignored. The propaganda for eggs continued from different angles and most of the people are impressed with this misinformation. Now people even do not have time to understand and utilise that the things which they eat in their day-to-day life such as food-grains, pulses, cereals etc. are much more nutritious and cheaper than eggs. Their minds are continuously bombarded with the propaganda about eggs and protein.

What is there to be proud about in all this ?

The Govt. proudly proclaims that our country has achieved the feat of annual production of 500 crore eggs. The Govt. also claims that Indians who face scarcity of food as well as nutrition have adopted eggs as nutritious food.

This is an utter falsehood. Egg is not food or diet. Food is that which gives the feeling of fullness, which satisfies hunger and which helps in sustenance. Milk is food, sweet lime or oranges are food; because by drinking milk or by eating these fruits the hunger is satisfied and the stomach gets filled. One can subsist or survive on these for months or even years. However, a person cannot survive by eating eggs alone. Hence to claim eggs to be food is a nonsense proposition, is an unscientific proposition.

The claim that eggs are more nutritious also does not hold the ground because the foodgrains that we eat are much more nutritious. Eggs are not food and on the contrary the birds which yield eggs consume away foodgrains which are really meant for human being and thus create scarcity of food for human beings. Every day three birds consume foodgrains enough for a human being and thus add to the scarcity of foodgrain.

Thus eggs are not an item of food, on the contrary it is an item adding to the scarcity of food.

The increase in production of eggs will make edible oil and Vanaspati very costly :

We claim pride in our various so called achievements in the field of eggs production. We have developed various kinds of eggs. We have developed machinery for hatching eggs so that the hens are given more time to lay eggs. However, these are hollow achievements. The fact is that the more we achieve in the field of eggs production, the more we create the scarcity of edible oil and vanaspati in the country, which results in their price rise and black marketing.

Eggs cannot be eaten like any ripe fruit. Mostly omelette is made out of eggs. For making each omelette 10 gm of oil or vanaspati is needed. Even if our of 500 crores eggs, if 400 crore eggs are used for making omelette, we need 40.000 tons or 4 crore kg. of edible oil or vanaspati. Besides, egg is not a food by itself. And still omelette alone is not sufficient food. As chappati can be eaten with Dal or vegetable, they

cannot be eaten with eggs alone. However , with production of every 20 eggs we add 4 kg. to the scarcity of foodgrain (which is fed to the birds) and 200 gm to the scarcity of edible oil.

Modern Science, marching towards destruction :

Today's so called 'science' is marching in the direction of destruction only. The modern science has succeeded in obtaining eggs from hens without the process of natural mating between male and female birds. In the same way, if in future it may be able to produce lifeless offsprings of sheep, goat or cow without the natural reproduction process, then it will be an unfortunate achievement, because after achieving this the same science and scientists can make the human females as their next target to produce lifeless human children in the bodies of human females and lure people to consume this so called 'vegetarian' human meat. Even otherwise human meat is considered to be more tasty compared to other types of meat. Thus, as the hen is today converted into an eggs producing machine, is it impossible that human females might be converted into the means to produce vegetarian human meat?

The Western Science will pounce upon women :

Today's Western science does not feel any compunction in inflicting death of extreme tortures which will prove death to be much better, upon various creatures. Taking just one step further, the women can be the text object for such torture. It will not be surprising if in years to come women become only a machine to produce 'vegetarian human meat'.

Will the women engaged in the propaganda for eggs now beware ? The possibility is less because gradually they are falling prey to intellectual blindness.

The intellectual blindness in our Society is increasing. This blindness cannot be seen or felt because intelligence is not a visible element. This blindness is spreading like white ant more particularly amongst the educated class of our Society.

If a child is given sufficient milk for 3 years from the birth, if achieves proper intellectual and mental growth. However, if milk is not available to the child its growth gets hampered and he loses eye sight also. Subsequently in the name of nutrition when the child is fed eggs and other non vegetarian food he achieves intellectual blindness. Are not today's political camps full of battalions of such blinds ?

PART II - MEAT EATING

Meat eating is not cheap :

In modern society, where everything is being evaluated in monetary terms, ignoring much important and finer aspects such as religion, culture, morality health etc.; the argument that meat is cheap and nutritious food for the poor people will not hold good even on factual as well as monetary yard stick.

Before the Second World War the Western countries attached more importance to calories compared to protein. The prices of various food items were dependent on the calories content. The Scientists had prepared the following table before the Second world war comprising the prices of various eatables and calories available them and had established that calories available from foodgrains was much cheaper than calories available from meat.

Food Item	Price per pound (i.e. 450 gms.)		Calories per pound
	Shilling	Pence	
Pork (Meat of pig)	1	10.5	1873
Barley	0	5.0	1782
Wheat	2.5	1651	(Dr. Edmond I.Springs)
Maize	0	3.5	1544
Rice	0	4.5	1631
Dry Peas and other pulses	0	5 to 7.5	1625
Cow meat (beef)	1	61.5	1620
Mutton	1	8	1376
Chicken and eggs	2	6-4.6	657
			(Sir William E.Cooper)

Dr. Springs has given the details of calories available from different items of food by spending 1 shilling. (1 shilling means 250 paise and a pound means 450 gms)

Food Item	Price per pound		Calories per Shilling
	Shilling	Pence	
Beef	1	6.5	1065
Maize flour	0	3.50	5294
Barley flour	0	4.00	4926
Rice	0	4.50	4349
Potatoes (7 pounds)	0	11.75	2223
Milk (1 quart - i.e. 1.136 = 1 ltr.)	0	52	1773

Do the above figures need any comment?

The increase in meat eating will push the population towards starvation :

This subject can be looked at from a new and different angle also. The natural food of human beings are foodgrains. If people were to live on meat alone then we will need many times more land to produce meat for every one compared to the land required for producing foodgrains. As a result, people will die due to scarcity of foodgrain. Thus the population explosion is not the real danger before mankind, but this danger has arisen by diverting mankind towards meat eating.

The following table gives figures of meat production and foodgrain production per acre of land. These figures are of Western developed countries which can easily get two crops in a year, one during monsoon with the help of water generated by melting of snow.

Food item	Production in pounds per acre
Mutton	228
Beef	182
Wheat	1680
Bajra	1800
Peas	1650
Barley	2200
Val	1800
Rice	4565
Maize	3120
Potatoes	20160
Carrot	33600
Sweet Potato	40000
Beet root	75000

When a pig eats 14 kg. of foodgrains, 1 kg of meat gets formed in its body. Whereas when other animals eat 16 kg. foodgrains, 1 kg. of meat gets formed in their body. At this rate to get 1 kg. of meat we have to sacrifice 16 kg. of foodgrains.

A person cannot subsist by eating meat alone. Even while eating meat, he also eats equal amount of foodgrains as eaten by a person who does not consume meat. If he eats 100 gm meat every day, it means he is eating 1600 gm foodgrains which went into producing the 100 gm of meat. In addition he eats another 400 gm of other foodgrains. Thus while a vegetarian person eats just 400 gm of foodgrains in a day, a non-vegetarian person eats 2 kg. of foodgrains (400 gm in the form of foodgrains and 1600 gm converted into meat).

Thus the non-vegetarians create the dangers of scarcity of foodgrains and blame it on increasing population.

What do we want ? Thousands of pounds of foodgrains ? Or a few pounds of meat?

Indian people are mainly dependent on dry land farming which is entirely dependent on the vagaries of monsoon and we have to make do with whatever foodgrains we can grow with the help of monsoon.

Irrigation facilities are available only for about 18% of total agricultural land and even this facility exists on paper only because most of the wells

have dried up, rivers are ruined and the lakes have become shallow due to silting. Wherever there are canals connected to dams, even they are dry if there is not sufficient rainfall in the catchment area of the dam.

Besides this, due to scarcity of bullocks resulting from continuous slaughtering of cows for the past 200 years, the land cannot be ploughed properly. Proper ploughing means vertical, horizontal and then again vertical ploughing. Due to scarcity of dung our farms do not get sufficient farmyard manure, (sufficient farmyard manure means 10 cart-loads to 50 cart-loads of manure per acre depending on the type of foodgrain to be sowed).

Further the scarcity of dung has created the scarcity of fuel (which was available from dung cakes) and people were forced to cut trees in jungle for fuel. With removal of the protection from the surface of soil by destruction of trees, the soil from the upper layer gets deposited in rivers and lakes making them shallow and creating water scarcity. Thus gradually every year our soil is losing its fertility as also its capacity to yield crop due to lack of proper ploughing and sufficient manure.

Before starting of cow slaughter the area which used to yield about 2000 of crop now yield only 300 to 400 kgs.

The capacity of per acre crop yield of different foodgrains from our land at present (subject to proper ploughing and sufficient manure) is given below :-

Type of foodgrain	Yield in pound
Rice	750 - 3750
Wheat	400 - 1200 (at some places 2200)
Maize	620 - 2500
Jowar	400, 800, 1200, 1500, 2000
Bajra	400, 800, 1000, 2000
Barley	600 - 1600
Peas and other pulses	500 - 2000
Potatoes	8000 -10000
Potatoes (during season)	16000 -20000
Carrot	10000 -22000
Beet	8000 -12000
Sweet Potatoes	15000 -20000

Source : Indian council of Agriculture Research in its Publication "A Hand Book of Agricultural Research" pages 137 to 195, 393 and 405)

The above figures give only the capacity of our land to give the yield. In fact, due to improper ploughing and scarcity of water the actual yields are much less than the capacity.

Based on our present level of foodgrain production, if we use our foodgrains in feeding animals to produce meat instead of feeding these foodgrains to human beings, we may get 63 pounds of mutton or 50 pounds of beef per acre compared to 228 and 182 pounds respectively obtained in Western countries.

Howsoever aggressive may be the publicity and propaganda in favour of meat eating originating from the vested interest quarters, it is for the people to decide whether they should adopt a path to get only 63 pounds of mutton or 50 pounds of beef per acre instead of hundreds or thousands of pounds of foodgrain and other items of food and vegetables.

The vested interests through govt. machinery have acted very fast to lead our people into pig farming and also rearing of cross-breed cows in each and every village of our country, tempting them with various false promises.

Do not be misled by pretentious propaganda :

Many angles have been put forward to justify the need for cattle slaughter. The propaganda machinery is attacking from different angles. In some places it tries to emphasize that meat eating is necessary so that human beings do not die due to starvation. In some other places the propaganda point is that meat eating is a cheap source of protein and nutrition for poor people.

In some quarters it is described as a source of obtaining foreign exchange. Still in some other quarters it is projected as means of supplementary income for the poor people. Some advocates of meat eating project it as generator of employment while some other advice people to go for its trade for prosperity.

All these protagonists who promote meat eating are either ministers or very senior bureaucrats or government officers. Some of them are highly educated and enjoy a very high status due to their affluence and influence in the Society. Some of these advocates of meat eating claim themselves to be Gandhian or Vaishnavaits or Jains or belonging to other religious sects. They proudly proclaim that despite their such religious background, they still advocate meat eating keeping the interest of vast majority of poor people of our country at their heart. There can hardly be a lower degree of pretension than this!

Most of the time their presentation is nothing but silly . They are not supported by hard facts. Their arguments are impractical as well as uneconomical. However, our innocent population is unable to see through the hollowness of their argument and as they are much impressed by the status of such propaganda masters, they tend to consider animal slaughter and meat eating dies down and in the process, it will not be surprising if their future generation turns towards meat eating.

The younger generation tormented by acute poverty is most likely to join in the activity of slaughter on commercial basis, lured by government temptation and propaganda.

If animal slaughter is to be justified , people have to be converted to meat eating. Once they become meat eaters they may not eat it regularly as it is costly; but that does not matter. It is sufficient if their anger or protest against animal slaughter dies down.

As it is not easy to convert people towards non-vegetarianism, a proposal was mooted to promote eggs as a source of cheap nutrition and protein for the poor people. People opposed promotion of eggs on the ground of their being non-vegetarian. Then a proposal was mooted projecting vegetarian eggs. While people got embroiled in the discussion whether an egg is vegetarian or non-vegetarian, our so called Gandhian Ministers started hatcheries all over the country at the cost of crores of rupees. To justify this action, they declare on top of their voice that there is nothing wrong in eating vegetarian eggs and that eggs produced in these hatcheries will be vegetarian.

After establishing eggs, plans were mooted to promote fish and pork as food items. Now the line of argument was that instead of falling sick due to lack of nutrition, what is wrong if the people in coastal areas eat fish which are available free from the Sea and obtain nutrition. In the light of this propaganda, people forget that the coastal population which eats fish also suffers equally from various diseases which afflict people who do not eat fish and the reason for this was that pure fresh milk and pure ghee was snatched away from both the categories of people and as regards protein, it was even otherwise available from their routine vegetarian food.

Pulses like udad, mung etc. which are consumed by poor people contain 22% protein whereas fish contains 20.5% protein. Besides fish alone cannot fully satisfy the hunger, whereas udad and mung with chappatis can complete a meal.

While the Government and its machinery is making all sorts of efforts to divert people towards the pernicious business of fish and /or towards rearing of pigs for slaughter, one very important fact needs to be highlighted.

Opposition to Khadi from the Khadi Clad Prime Minister himself

During the Janata rule, when Cabinet Minister Shri George Fernandes proposed the development of Khadi as means of providing employment to the masses as well as cloth for the people, his proposal was bogged down saying that there was no marketing arrangement for Khadi :

This was an absurd excuse to oppose the plans for revival of Khadi. The then Prime Minister claimed himself to be a staunch Gandhian. He used to spin the wheel (Charka) every day. Before assuming office as Prime Minister he had visited Rahghat and taken vow to complete the unfinished tasks of Gandhiji. There are Khadi and Village Industries Offices all over the country in each district. There is enough infrastructure whereby crores of people can get employment as well as cloth through Khadi. The raw-material for Khadi i.e. cotton also grows in villages. There is no dearth of weavers who have perfect knowledge and means of processing cotton and making cloth out of it. There is no need for foreign aid to develop Khadi. If the marketing set up does not exist it is not difficult to create such a set up. Revival of khadi was just like setting a strong and beautiful house in order which already existed and was equipped with all necessary things. Despite this, the proposal was dropped.

Our Government which vows by nonviolence, took up the promotion of non-vegetarianism.

On the other hand, more than 50% people are strongly opposed to meat eating. Even out of those who do not oppose meat eating, hardly 2% of them might be eating meat everyday. Hardly a few persons on the Sea shore in our country used to kill fish, and slaughter houses for slaughter of pigs did not exist at all. In 6 lakhs Indian villages there was no market place for fish and meat. Such population of Sikhs and Christians is about 3 crores. They also eat only pork and that too not everyday.

In this background, where practically nothing existed in the field of fish or meat, the Government took up the challenge of creating the whole thing including production, demand and marketing. This challenge was taken up by a Government which vows by Gandhi and nonviolence. For creating this whole new set up it borrowed from foreign countries and World Bank in crores and these borrowings were publicized as 'aid' so that people remain under false impression.

Poor people were attracted towards both these vocation, i.e. fishing and pig rearing, under the guise of providing them employment and more earnings.

Our world famous ports were converted into Fishing Centres :

India was famous for its shipping. Lakhs of its ships used to ferry all the seven oceans of the world. As recently as in 1942 also, a very large fleet of Indian ships which used to operate on sails and oars had assembled in the Arabian sea. The world had never seen such a large fleet assembled at one place in its history. This fleet had performed a wonderful feat of providing supplies for troops exceeding 20 lakhs spread all over the friendly countries of African and Asian continents.

By calculated moves these Indian ships have been made inoperative. As a result, 50 Ports out of 225 Indian ports have become nonfunctional. Even from ports which are still functioning. The glorious Indian type of shipping has become almost extinct and the great navigators of these ports have been slowly and gradually converted into fisherman.

Once upon a time the business of fishing was looked upon with contempt. Today it has been given the name of 'fishing industry' and by attaching it with the scheme of foreign aid it has been elevated to respectable pedestal.

The ports of Veraval, Bombay Mangalore, Cochin, Tuticorin, Vishakhapatnam, Karwar, Cannanore, Madapam, Ernakulam, Kudalore, Nagpatnam, Porbunder, Umbergaon, Bhatal, Bepur, Baliapattan, Nissanzam, Kakinada, Haldia, Port Blair, Madras, Mangtol, Dwaraka etc. which were world famous ports once upon a time, have now been converted into mere fishing centres.

Steps taken to promote fishing industry :

As a first step towards promotion of fishing industry, the Government selected 2744 persons from different cities and trained them into fish killing and processing such fish. These people were then dispersed in various centres all over the country.

To preserve the dead fish, cold storages and ice factories were built. For transportation of fish, lorries, railway wagons and Tar roads were provided. Eleven factories producing 95 tons of ice everyday, thirteen cold storages and four freezing plants were set up with capacity of freezing 47 tons of fish every day. Four frozen ware houses were built, where 500 tons of fish could be stored. The expenses for all these were incurred out of the foreign aid/debt.

New fishing trawlers were acquired from abroad. Out of lakhs of traditional Indian ships, now we have only 8,000 left, whereas the mechanised fishing trawlers which we never had, now number more than 13,500 and are increasing day by day.

During 1966, 13.67 lakhs tons and during 1968, 15.26 lakhs tons of fish were killed and during 1969 fish worth Rs. 30 crores was exported.

(Source : India 1970 page 254)

During 1971 - 72, 35,5000 tons of fish valued at Rs. 44.55 crores was exported during 1972 - 73, the tonnage increased to 38,900 i.e. by 9.5% whereas the value increased by 34%. Not only this, to meet export demands, India imported fish worth Rs. 9 crores from Bangladesh.

(Source : India 1974 Page 1991.)

Training Centres were set up in Bombay, Agra, Barakpur and Hyderabad to impart training in killing fish and its processing. Fish rearing, killing, eating and marketing started in a big way, even in inner parts of the country in different rivers, lakes and large water reservoirs.

(Source : India 1977 - 78 Page 222)

In the 5th Five Year Plan, with the twin object of providing 'protein rich' food as also to earn foreign exchange a fishing target of 31.18 lac tons and an export target of Rs. 150 crores was fixed.

It is important to keep in mind here that udad and mung which are the pulses consumed by poor people contain 24% protein, Tuvar Dal contains 22.3% protein, whereas fish contain 22.5% protein. Thus it is an absurd thing to say that fish can give cheap protein to people. The only purpose is to earn foreign exchange by resorting to killing. The following figures prove this :

Year	Fish export in tons	Foreign exchange earned
1975-76	54463	124 crores
1976-77		184 crores

The export in tonnage during 1975-76 was 20% more than that of the previous year 1974-75 whereas the foreign exchange earning increased by 82%.

Veraval and Mangrol are two ports in the Saurashtra Region. It was decided to develop both these ports as very large fishing centres with the help of World Bank.

(Source : India 1977-78 page 221 & 222)

Marketing set up for Khadi could not be created, but a whole new Activity of killing pigs could be set up :

Our Gandhian Ministers who could not set up marketing facility for Khadi, made herculean efforts to promote pig rearing and killing. Let us look at some of their efforts.

From the pig farming centres set up at Aligarh, Haringhat and Aarey during 1965-66, 189 male pigs and 144 female pigs were reared and distributed in different States to set up pig farms there. And thus from a situation where there was not a single pig farm or slaughter house in our entire country, our Ministers embarked on creating a whole new world of pig farming and slaughtering.

(Source: India 1966, page 237)

Thereafter 7 factories were set up for processing of pork, 52 centres were set up to improve the breed of pigs and 140 pig farms were set up. To improve the breed of pigs, large sized pigs were imported from abroad. In the Fourth Five year Plan another 10 centres for improving the breed and 25 pig farms were set up.

(Source: India 1970 page 257)

Nine lakhs kg. of pork was produced during 1972-73. Piglings of the cross breed variety of pigs imported from Western countries were distributed to farmers for rearing and slaughtering when they grow up. Co-operative Farming Societies of farmers were established for rearing pigs and this set up was given the name of 'Farming Society' and pork was described as a 'farm product' so that it does not apparently sound a non-vegetarian product.

Like the great Indian navigators, who used to rule the Seven Seas were converted into fisherman, similarly the Indian farmer producing foodgrains in his farm and feeding the world like a father of the entire mankind, was converted into a butcher.

The prospects of export of pork from India are not too bright because pig farming has developed on a large scale in Europe and American countries. They have pigs in millions. Muslim countries consider pork as unbeatable, as their religion forbids eating pork. Thus the prospects for exporting pork are very poor. This means that the only market for pork is in India and by changing the name as well as appearance of the processed pork, it is supplied to the Indian consumer and the by and large vegetarian population of India is being led into eating pork.

Why the plans to increase fishing ?

The same situation exists regarding fishing and its export. There are large oceans around America as well as Japan. Their coast line also is longer than our coast line. Besides this, both these countries as also many other European countries are far more developed than India as regards activity of fishing. They have experience of centuries in this area. They also have abundance of the latest equipments and trawlers for this activity. Why then the Chinese and Japanese travel thousands of miles upto the sea around our country for fishing, leaving behind their own coastal area ? Is it that they have exhausted their reserves of fish by consuming them ?

The population of Europe and America is much less than our population and their coastal area, equipment and knowledge about this activity are better than ours. Then is it so that fish in their own sea is insufficient and hence they wished to buy fish from us?

The possibility is that America wants to capture the foodgrain markets of undeveloped and developing countries of the world and wants to make them economically dependent on it. However, its capacity to meet the demand for foodgrains for the billions of people in all these countries is limited and so it wants to purchase fish from us, deodorise it by chemical process, dry it and mix its powder in the foodgrain flours and then sell such flour to the underdeveloped countries as 'protein-rich' flour. Except for such mal-intention there can be no other reason for the Western countries to import fish from us.

Even in our country, it is suspected that the processed and de-odorised fish powder is being mixed in the flour of foodgrains and sold to the people in interior parts, where they are unsuspecting of such ploys. It is said that such contaminated flour is already being sold at cheaper rates specially in the poor areas.

However, due to high wage costs in America even this activity of manufacturing fish powder is costly and hence such factories have started in our country. America is the largest customer for such powder. Possibly America fills up such powder in capsules and exports such capsules as 'protein capsules' or exports wheat or maize flour mixed with such powder calling it 'protein-rich' flour and thus exploits the countries where such flour is exported in the name of aid.

America kill two birds at a stroke :

Some time ago the agricultural department of American Government had conducted a research to find out which use of a farm land can give more income per acre - whether by rearing cows for meat ? Or whether by rearing goats for mutton ? Or whether by setting up hatcheries for eggs ? Or whether by rearing cows for milk? The findings were as under:

	(Weight in pound)		(Yield per Acre)	
	Cows for milk	Hens for eggs	Goats for mutton	Cows for beef
Milk	2190	103 lb eggs	112	125
Edible oil or ghee or fat	78	24	15	3
Protein	72	24	21	27.5
Calcium	2.6	0.1	.16	.24
Phosphorus	1.9	.4	.16	.24
Iron	.004	.003	.0028	.0001
Vitamin A	1773100 I.U	988290 I.U.	15820 I.U	35350 I.U
Carotene	Nil	823.5	Nil	Nil
Calorie	7,11,750	1,32,192	1,37,295	3,30,000

Based on above results, America decided to rear cows for milk. However Americans are mad after beef and hence they decided that by extending the lure of foreign exchange as well as exerting other pressures, India should be made to export beef to America and the vacuum that gets created in the area of pure fresh milk and ghee due to slaughter of cows should be exploited to promote export of milk powder and butter oil from America to India.

Thus America killed 2 birds at on stroke- by saving its own cows and increasing its cattle wealth it increased its earnings and (2) by creating a famine or shortage of milk in India, it captured the largest market in the world.

Two 'achievements' of the Janata Government

Once upon a time milk was available free in India. Now India imports milk powder worth more than Rs.100 crores per annum and butter oil worth more than Rs. 50 crores p.a.

The Janata Government increased the export of meat 190% in 2 years. That Govt. had two great achievements to its credit! One was the increase in export of meat by 190% and the other was blunders on political front!

To contain the anger of people against the increasing slaughter of animals the propaganda machinery focused on various points to emphasize the need for meat eating. Our innocent and semi literate or illiterate population tends to believe this motivated propaganda. After being convinced that meat eating is necessary, the people will stop resisting the slaughter of cows. When this is achieved, the Government will import cows from abroad and by cross breeding such imported as well as the world famous best quality Indian cows, a situation will be created where it will not be surprising if Hindus themselves will seek the abolition of article 48 of the Constitution and seek the permission for an unfettered slaughter of cows!

America conducted the study as to whether they should rear cow for milk or beef from their own angle. But we should study this from our own angle. Our needs, our soil, our climatic conditions are totally different from America and we should study cows in two different contexts. The first context is, to study the rearing of cows on dry land and find out what we get by way of milk and what we get by way of beef. In the second context we should study that if a cow is reared on irrigated land what is the yield per acre by way of milk or by way of beef.

The noose of cross-breed cows around the neck of farmers :

In some other circumstances the Indian people would have never thought of rearing cows for beef. However, the way cross breed cows are being increased and the way farmers are being tempted to rear cross breed cows under the propaganda as well as economic pressures, a situation has been created where it is necessary for the farmers in particular and the people in general to understand and realise how they will benefit or stand to loose by rearing cows for beef.

Giving bribe directly in its bare form is a crime. However, bribe in the name of aid to achieve certain motives seems to be perfectly justified! To tempt farmers to rear the cross-breed cow, the government has formulated a scheme whereby if such cross breed cow gives birth to a female calf, the government provides free feed for such female calf for 1.5 years. When this calf becomes 1.5 year old it is artificially inseminated in the Government farms and when such calf becomes pregnant it is purchased by government for Rs.1500 to Rs.2000.

Thus a farmer is tempted to keep a cross breed cow in the hope of getting Rs.2000 free. But what if a male calf is born to such cross breed cow? Such calf is of no use to any one and hence either the government or its agents purchase such calf at cheap rates and send it to the slaughter houses or the farmers leave the calf alone and the brokers of slaughter houses get such cattle owned by none for selling to the slaughter house.

That is why we often see the female cross breed calf of a cow but hardly see any male calf of cross breed cow.

The motive behind promoting cross breed cows :

'Abolition of unemployment with cross-breed cows', 'Abundant milk production with the help of cross breed cows', this and such other slogans and claims have been proved to be baseless, because even after spending enormous resources in the past 30 years to promote cross breed cows, unemployment keeps on increasing year after year and the import of milk powder is rising. There can be only one object behind promoting cross breed cows and that is to saddle the Indian farmer with the unbearable burden of useless male and female cross breed calves and to create a section of Hindu farmers only who will not only oppose the ban on cow slaughter but also demand the permission for cow slaughter in case the States have made laws as per Supreme Court decision based on article 48 of the Constitution.

The claim of increasing milk production with the help of cross breed cows has miserably failed and it appears that the whole scheme is only to increase the beef production.

We have earlier seen that calcium and iron which are much more important than protein are available more in milk compared to meat. The per acre yield from land (whether it is dry land or whether it is fertile and irrigated land) by way of milk, foodgrains and vegetables is much more, compared to the yield by way of eggs or meat and hence it is dangerous to promote and project meat and eggs as cheap and nutritious food.

Science or a hypnotic web ?

"Meat, fish and eggs are the only nutritious food available to the poor people today. There is no economic or a scientific reason behind the opposition to this. The only reason is religious fanaticism. To oppose these welfare schemes of govt. for the poor is like opposing the poor people themselves ".

Such type of propaganda is being done by people who have vested interests in the trade of meat, fish and eggs.

If such a propaganda is mixed with science and if it is claimed that meat, fish and eggs etc. are being produced in a scientific manner, then an important question arises, what does science mean?

It is important to note the distinction between science and an illusion of science. What is described as 'science' may not be real science. It might be just an illusion.

For example 'Dalda' or Vanaspati is a transformation of edible oil. Can such transformation be called science ?

The flower of Rose has been developed in various colours. Can this be called science ? Both these processes are not science. They are illusion. To project a thing in form which is not its real form is an illusion.

Dalda is nothing but oil. However it is given the appearance of ghee. It does not contain the taste, the flavour or the qualities of pure ghee. On the contrary, the defects which do not exist at all in pure ghee might be existing in vanaspati. Still in outward appearance it appears like ghee and has invaded each household as ghee. Now can this be called science ? Or fraud ?

Rose has been made multi coloured. But such rose does not have the real colour of rose or its fragrance or qualities. It only has the shape of a rose. Changing colour is not science, it is only an illusion.

The Indian people are far advanced in food science and technology

Indians and in particular Hindus are much advanced in the knowledge of food science. I must say that the knowledge of the Western countries in the area of food is very much limited. They can be called almost ignorant about them.

They have only discovered food ingredients, However, they have not been able to find the qualities or characteristic of such elements. And that is why there is a reaction in many of the allopathy medicines, based on such ingredients or elements.

On the other hand, Ayurved has researched large variety of food items and has analysed their qualities and characteristics. There are many books in Ayurved which deal with the qualities of so many food items. They have gone beyond the qualities and analysed the characteristics also. Depending upon the characteristics they have discovered proper

alignment between characteristics of food items as well as the changing climate and prescribed what is appropriate for consumption during each season and thus they have taken Indian food Science to its peak.

Various religions which have developed in India have gone even beyond Ayurved and divided the food items in 3 categories i.e. "Satwa", 'Raj' and 'Tamas'.

After dividing food in these 3 categories, they have also found out how they affect the body as well as mind of human beings and then they have prescribed the choice of food for each type of individual based on the qualities of food appropriate for such person and for such season and not based on the protein content of a particular food item.

The Indian food science does not believe in choice of food which is only protein rich. It recommends food which is nutritious and food which increases virility, and while selecting such food it takes into consideration five things; i.e. (1) the food item itself, (2) its characteristics, (3) classification of its characteristics (whether it contains, 'satwa', 'raj', or 'tam' quality) (4) the nature and (5) the season.

A person whose ultimate aim is the salvation of his soul should consume only 'satwik' food. Those who desire to enjoy the worldly happiness and pleasure, may eat food with 'rajas' characteristic and a person who eats Tamasi food become a devil (by nature) losing all fine qualities of a human being. Meat, fish and eggs are Tamasi food. The vedic religion has considered meat as the food for "Rakshasa" i.e. devils.

The real food is one which nourishes both the body and the mind:

The Western food science is based on the incomplete knowledge only of how food affects the human body. We do not acknowledge this affects the human body. We do not acknowledge this as a proper science. The same food item will have different effect on the human body in two different seasons.

Food affects both the body as well as the mind. And hence it is possible that by consuming Tamasi food, body may become strong but mind may become weak. A weak mind is unable to control violent and wicked temptations or desires.

All our (Indian) religions prohibit consuming such food. Hence if the religion prohibits such food, the people who protest against such food should not be called religious fanatics or mean minded. This is so because the objection of religion against such food is based on science. And

hence the protest against meat eating is based on science whereas advocating and propagating meat eating is based on imperfect knowledge of food science and for selfish motives.

Eggs might have strength of propaganda behind them, but they lack their own real strength.

A strong propaganda is on to create a firm belief in the minds of people that meat, fish and eggs are cheap and nutritious food items. And they are the means for obtaining protein for poor people. However, there is nothing but the self vested interest of few people behind such propaganda. Such propaganda cannot stand a scientific, economic or practical test.

Pure ghee and fresh milk is the only best, satwik and most nutritious food :

The author of Mahabharat has considered milk as the nectar of this earth.

Cow's milk, curd, pure ghee, honey and sugar - These five things have been considered as nectar by Hindu scriptures as well as Ayurved. A mixture of these five is called 'Panchamrit'. The proportion of all these five for making Panchamrit has been prescribed. If a person consumes a cup of such Panchamrit every day in the morning, he can never fall sick except if he violates the rules of nature.

The alien rule snatched away Panchamrit from us. After independence, the Congress and Janata Rule filled the vacuum (created by snatching away of panchamrit) by 'trivish' i.e. three poisons (meat, fish and eggs).

Ayurved has discovered that there is no other food more nutritious than the mixture of cow's milk with pure ghee made out of the same cow's milk. In other words pure ghee as well as fresh milk should be of the same cow. The Hindu culture and the Hindu Society had made an arrangement whereby the cow's milk and the pure ghee made out of the same cow was available to each household and that too absolutely free. What else can be cheaper than what is available absolutely free? The British rulers totally uprooted this system not by law, but by certain administrative measures; so that people do not come to know about such action.

People are being misled :

In place of our age old arrangement to obtain the best possible nutrition, now a conspiracy is going on to impose meat, fish and eggs on the people, describing them as cheap and protein -rich nutrition , in place of

our ancient most nutritious and *Satwik* food which was available absolutely free. Large financial aid is given for increasing production of meat, fish and eggs and also huge sums are spent on their publicity. Plans are implemented for marketing of these products at cheaper rates. However, the aid given by government to the producers of these items as well as the expenses of publicity is ultimately paid by the common man only in the form of heavy taxation.

If these expenses (of publicity and marketing) were added to the cost of production, then these items i.e. meat, fish, and eggs would have been costlier. However, in the initial stage the government undertakes the burden on itself and then recovers it by way of taxes from majority of the people who do not consume these things and who even consider it a sin to consume these things. Thus the poor innocent people are attracted towards eating meat, fish and eggs under the illusion of their being cheap means of protein and nutrition and the expenses of creating such illusion as well as the subsidy for making these items cheaper is recovered from other larger section of people who do not consume these things.

Thus it is not true that meat, fish and eggs are cheap. It is nothing but a devilish illusion.

The scheme of various tax concessions to support and promote meat, fish and eggs are unnecessary, impractical, non-scientific and uneconomical, As such they also encourage black marketing, smuggling and corruption. People get into the whirl pool of ever rising prices which encourages tax evasion. In the whole process the Hindu culture is losing its lustre day by day and is heading towards total ruin.

In order to divert the attention of people from the frustration which arises out of such a situation, a colossal propaganda is on, giving false statistics on the protein content, the need and the low cost of eggs etc. At the same time the people who oppose these things are sought to be down graded by calling them reactionary, religious fanatics and opponents of development.

The propaganda machinery describing fish, meat and eggs as full of protein, deliberately covers up or hides the damaging effects of these things which adversely affect the health. To project protein as the only useful thing for health is nothing but an illusion created by the vested interests. Iron and calcium are much more important than protein for health. These elements are almost nil in meat, fish and eggs whereas they are abundantly available in foodgrains, pulses and pure fresh milk, which we consume every day.

What could be more immoral than to burden part of the production and propaganda expenses of meat, fish and eggs by way of taxes on the section of population which does not eat these things?

Two types of classes :

“The population of the world is growing. All the steps taken to restrict population growth seem to have failed. At the same time the production capacity of land to produce foodgrains for feeding people has also reached its limit.

And hence if we do not change the type of food that we eat, crores of people will die of starvation in coming years”. Such propaganda is gaining more and more ground each day.

There are two groups or classes of people behind such propaganda; one which have certain motives and the other which have some vested interests.

The group which has certain motives believes that the whole world should have only one religion and that religion is Christianity. It is much more difficult to convert the Hindu population into Christianity compared to converting the population of other religions into Christianity. This is so because Hindu religion prohibits drinking of intoxicants, it also prohibits meat eating. The Vedic religion considers meat as the food of devils.

Meat eating- Why is it made out to be the need of present time?

The Hindu population is more than 45 crore. However, if they do not eat meat and beef they cannot be converted to Christianity, because Hindus consider it to be the worst kind of sin to eat beef. Muslims do not eat pork and the Islam prohibits drinking of liquor. Thus both Hindus and Muslims consider the Christian priests as inferior to them. In such a situation how can they accept Christianity.

Hence if the entire Indian population is to be converted into Christianity they should first be made to eat beef and pork. The Hindu population cannot be made to eat beef directly and hence they are to be converted in stages and hence the plan to make them eat eggs which are described as vegetarian and then make them eat eggs which are non-vegetarian and then fish. Thereafter make them eat meat and ultimately make them eat beef and pork. Thus after having attained similarity in food in the name of one world religion, all of them can be easily converted to Christianity.

That is why the propaganda that eating meat is the need of the hour. That is why the propaganda that meat eating is the only way to provide

food for the growing population and to save it from starvation. And that is why the propaganda that meat eating is the only way to provide food for the growing population and to save it from starvation. And that is why the propaganda that clinging to, the age old habits and beliefs about food is to invite starvation deaths. The force behind such propaganda is the motive to propagate Christian religion.

Why does the second section i.e. the vested interest group wish that meat consumption of them ?

The second section of people consists of the traders of meat who have got vested economic interest in promotion of meat eating. This section also consists of industries which are the creation of the Western exploitative economic model as well as the Western countries, who want to totally destroy our cattle wealth and capture the world's largest market of milk and ghee and thus once again throw the noose of slavery around our neck. Even otherwise the life line of the machine based economic system of the West is exploitation and violence. There are two major obstacles against such machine oriented economic model. They are; the strength of cattle and the strength of human beings. If cattle can be destroyed, one obstacles gets removed and cattle can be destroyed only if the 70 crore population of India kills these cattle and eats them.

If sturdy bullocks are available at cheaper rates who will prefer the costly tractors? If dung manure is available in sufficient quantity who will like to spend a fortune on chemical fertilisers and pesticides and at the same time risk the fertility of the soil? If sturdy bullocks are available why should one touch motor pumps ? If pure ghee is available at reasonable rates who would prefer Vanaspati ? If pure fresh milk is available at cheaper rate how can the milk powder factories survive?

If free dung is available in sufficient quantity for construction of crores of houses in rural area, possibly we will need only 1/10th of cement that we produce today. If this happens how the black marketing in cement and steel can survive? If pure ghee and fresh milk is available. Will the people fall sick? And if this happens how can the pharmaceutical manufacturers survive?

And if these things happen, from where will the patients come to large hospitals inaugurated by our ministers? If you open a shop you have to keep stock of material and also need customers. Similarly if we set up a hospital, they can run only if there are patients and if the hospitals need patients then steps which lead to diseases have got to be taken!

All this does not mean that if cattle slaughter is banned, it will mean closure of the industries in our country. Only the structure of our industry and trade will change. The aims will change. It is possible by removal of giant machinery from the root of industry and their substitution by the cattle.

Then the industries will run for meeting the needs of mankind and not for profiteering or for exploitation at the cost of the living beings. When this happens it will mean a halt to exorbitant price rise, exploitation, artificial scarcity of goods, the wastage of natural resources, black marketing, hoarding and tax evasion. If all these things stopped, it will not be to the liking of a definite group which derives profit if all these things continue and hence they are interested in propagating meat eating and slaughter of animals. To conduct such a propaganda they have authors and experts on their pay-rolls and they are also assisted by the newspapers and periodicals.

O' degree holders, stop cheating the people :

If more and more people turn towards meat eating then only more and more animals can be slaughtered. That is why the fear of starvation is projected before the people to change their food habits and to make them believe that meat, fish and eggs are the only source of cheap protein and nutrition. Such propaganda is continuously done in newspapers and periodicals. People are cheated by describing pork and eggs as 'farm products', fish as 'sea vegetable' and even also as the 'prasad' of our holy river Ganges. The appearance, flavour and colour of the such otherwise non-eatable things are changed and then sold as nutritious food.

Our innocent and illiterate or semi literate large masses hardly have any deeper knowledge about all these. The degree holders who pass as scholars in our society as also people who occupy high position and status in the Society, write on these subjects and whatever they write, people consider that to be the truth. Thus the pro-meat eating view point is gaining firm ground. For years people have been led to believe that when sufficient foodgrains are not available for feeding human beings, naturally it is a problem to feed all the cattle if animal slaughter is banned. People were asked- should these animals be allowed to die a cruel starvation death? By such propaganda the spirit of the people which led to protest against slaughter of cattle itself is killed. The people forgot under the onslaught of such misguiding propaganda that cattle do not survive on pulses or rice or chappaties. They survive on the stalk of foodgrains that we eat.

Similarly people are also instigated saying that if we do not change our food habits and start eating meat, fish etc., people will die of starvation. However, such an argument is baseless because a human being cannot survive on eating meat alone. Only the wild animals in jungles survive on meat alone.

Foodgrain alone can sustain life :

The human beings can survive on foodgrains alone. They can become strong and remain healthy only by eating pure and fresh milk and ghee. But by eating meat, fish and eggs alone, neither can survive nor can he remain healthy.

The Westerners eat meat like gluttons. Still, for sustenance they also have to eat foodgrains and that also as much as other vegetarian human beings eat. To remain healthy and to become strong they have to consume a lot of milk and also consume butter.

Despite consuming a lot of milk and butter the incidence of sickness in Western countries is very wide spread. There are two reasons behind this (1) the system of their animal rearing is unscientific and hence the nutritional elements in their milk and butter are much less whereas disease causing substances are much more. (2) Their meat eating makes them susceptible to various diseases in particular the diseases of heart, kidney and liver.

The extent of sickness is comparatively less in our country. Most of the diseases prevalent in our country are malnutrition related diseases. The non-vegetarians in our country are afflicted by diseases mainly caused by meat eating.

Nine crores of Indians are such in whose case their religion does not prohibit meat eating. Though Hindu religion does not permit meat eating, there are approximately 20 crore Hindus who ignore such prohibition and do not mind eating meat. However, how many of these 29 crore pro non-vegetarian population eat meat every day?

If we see the figures of meat production and animals slaughtered, our meat production can meet the daily need of hardly 80 lakhs of people. The production of eggs is such that if a person eats an egg every day the eggs will be sufficient only for 140 lakh persons. At the same time to produce these many eggs, foodgrains which can feed 3 crore people are fed to the egg laying birds. Crores of people in our country eat fish. Majority of the fish eaters are in Bengal and Kashmir and in other States people belonging to the lower or backward classes of the Society eat fish. However all of them eat fish for taste, not for sustenance. For

sustaining life they also have to eat foodgrains. Fish are an additional food expense for them.

Do you want slaughter of all our animals in just one year?

If our entire population of 60 crores is diverted towards meat eating and if only 50 gm of meat is given daily to each person, we will need 109 lakh tons of meat in a year; and for this our entire cattle population of 31 crore will have to be slaughtered totally within a year only. For next year's need we will have to import meat and after killing all our animals what will be the condition of our agriculture, transportation etc.?

All the dairies put together of the entire world will not be able to meet our requirements of milk and ghee. Then we will have to kill and eat all our birds and possibly exhaust all the fish in and around all our water reservoirs!

Japanese and Bengal is who are famous as fish eaters, also cannot survive on fish alone. They also need rice along with fish.

The sea men moving for months together on seas in their ships can get free fish as much as they want every day. Still they cook and eat Dal, rice and chapattis in the steamer.

Contradictory policies :

On one hand we highlight the dangers of population explosion before the people. We have made abortion legal and invented various means for population control. On the other hand we promote fish eating which increases the reproduction capacity of human beings immensely. How absurd and contradictory this is?

Our body adopts the qualities and characteristics of the food that we eat. The qualities of food affect our mind and our intelligence besides our body.

When we drink milk and eat pure ghee it increases virility. When we consume calcium our bones become strong because calcium helps in constructing our bones. When we eat chilies, garlic or onion our body and nature becomes violent, drawing from the characteristics of these things.

If we eat more sugar we get diabetes. Similarly by consuming fish, eggs and meat the fertility and reproduction capacity of human beings increases, which results in increased population. Besides as these things have 'Tamasi' characteristics, the person consuming them becomes undisciplined by nature.

A fish lays millions of eggs at a time, rat gives birth to about 20/25 offsprings, a hen lays 20 eggs in a month, a pair of pigs gives birth to 20 piglings in a year and even these piglings start reproducing further piglings on attaining age of just 3 months!

Naturally when the meat of all these animals enter as food in human body they increase the fertility of human beings also and make the mind and intelligence of human beings undisciplined.

Sheep and goat give birth to 1 and 4 offsprings respectively in a year, a hen lays 200 eggs in a year.

The increase in population of pigs surpasses those of hens and rats and fish multiply themselves very fast.

In view of this, the growth in population of people eating these animals also rise proportionately. Muslim eat sheep and goat. They also eat eggs. However, they do not eat pork. In view of this the growth in population of Muslim is at a much fast rate compared to Hindu population which does not eat meat. The Christians eat pork. Sikhs also eat pork and hence their population growth is faster than Muslims. The population growth in Bengalis, Japanese and Chinese is the highest as they eat fish as well as rats.

The following figures justify the above conclusion.

(Figures in crores)

	1961		1971		% age rise
	Total Population	% age of Total	Total Population	% age of Total population	
Hindus	36.65	83.50	45.34	82.72	23.69
Muslims	4.69	10.70	6.14	11.20	30.84
Christians	1.07	2.44	1.42	2.60	32.58
Sikhs	0.78	1.79	1.04	1.89	32.28

(Source : India 1977-78)

The percentage of Hindu population is decreasing :

As a very large section of Hindus are vegetarians, the population growth of Hindus in terms of percentage is least of all the sections. Bulk of such increase is due to increase in population of Bengalis, Kashmiris and other Hindus who eat fish. But for them, the growth would have been still less.

The Muslim population is by and large poor. They do not eat pork. They do not eat meat also every day. But whenever they get eggs and mutton they do not miss them. And hence their population is larger than Hindus.

The Christians eat all types of meat, fish, eggs, etc. And hence the growth rate of their population is much higher. Sikhs are comparatively affluent people. They eat fish and eggs and have almost caught up with Christians in the field of population growth rate.

We have seen the population growth in absolute terms. However, if we analyse deeper, the Hindus as percentages of the total population are decreasing and the population of non-vegetarian Indian is increasing depending on the types of meat they eat.

In 10 years the Hindu population decreased by .78% whereas Muslims, Christians and Sikhs increased by .5%, .16% and .1% respectively.

The Hindus object to the various family planning measures as also demand that the Indian marriage Act permitting only one wife should be made applicable to Muslims also. This objection originates from their fear that the Muslim population will continuously grow and Hindus will become a minority. However, this fear is misplaced because how many Muslims can marry more than one wife?

However, without going deep into the issue, our politicians use this as an issue to increase the animosity between the Hindus and the Muslims! The real protest should be against meat eating. If meat eating is stopped the population growth will be automatically controlled. If meat eating is stopped the letters of misconception from the minds of Hindus and non-Hindus will be removed.

The more people belonging to different religions come closer to each other and start having similar ideas, faster will vanish the animosity between them and people will come closer by removal of the difference in their thought processes and by reverting to 'satwik' food.

However, promoting meat eating on one hand and promoting family planning on the other hand are contradictory. The beneficiaries of this contradiction will be the Western countries as well as some people in India, who have certain motives and certain vested interests.