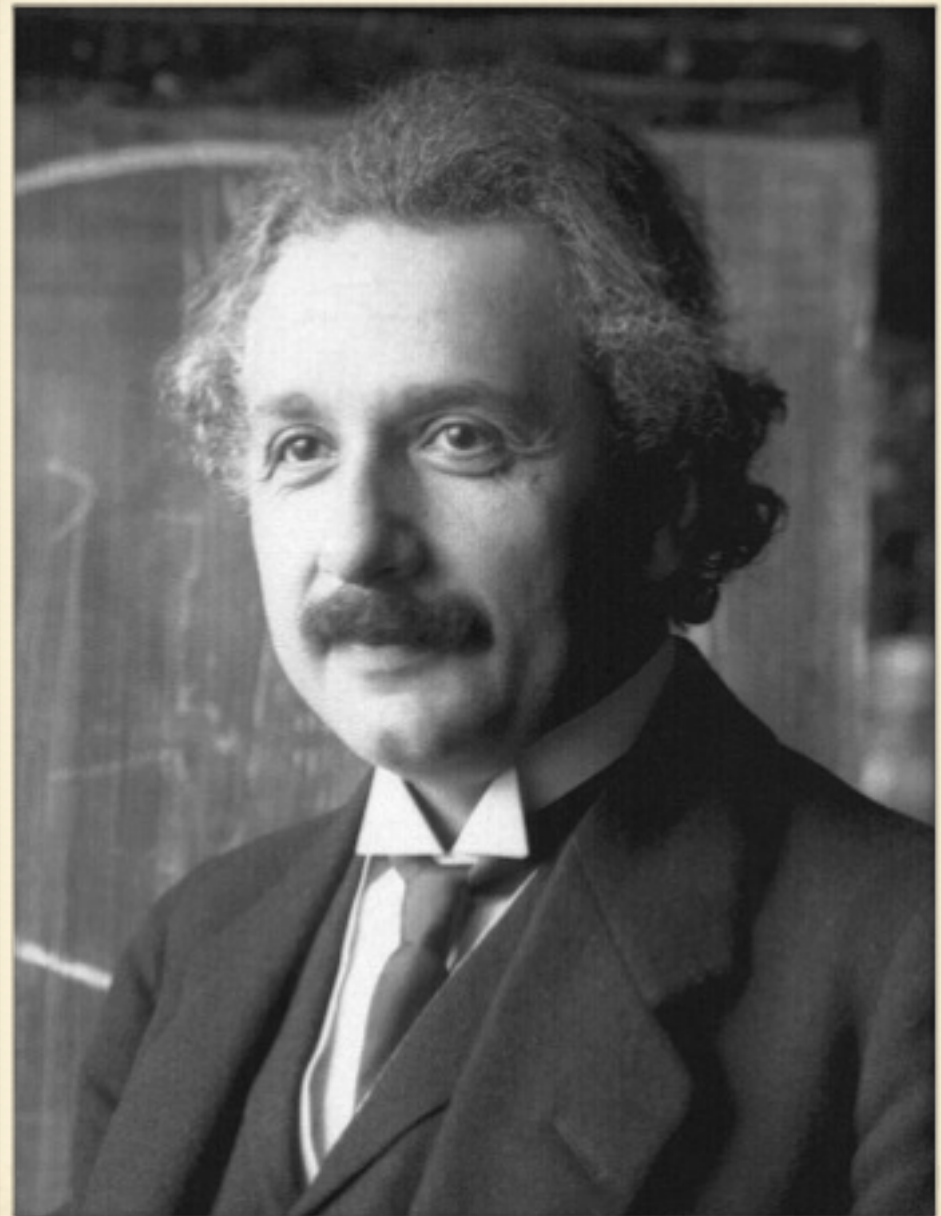


ALBERT EINSTEIN

German-born theoretical physicist who developed the general theory of relativity, effecting a revolution in physics. Nobel Prize Winner.

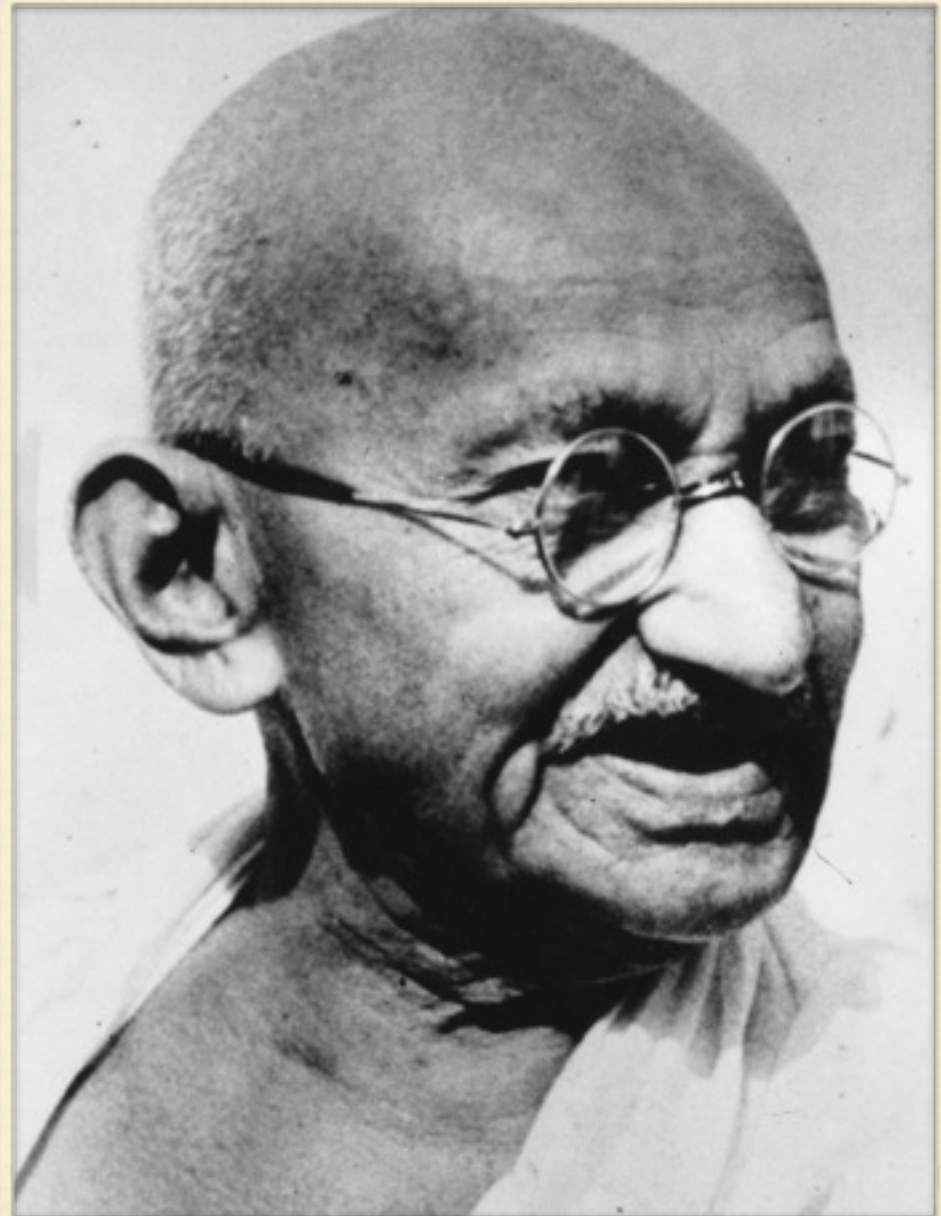
“I have always eaten animal flesh with a somewhat guilty conscience. So I am living without fats, without meat, without fish, but am feeling quite well this way. It almost seems to me that man was not born to be a carnivore.”



MAHATMA GANDHI

Led India to independence and inspired movements for non-violence, civil rights, and freedom across the world.

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



BENJAMIN FRANKLIN

Author, printer, political theorist, politician, scientist, musician, inventor, civic activist, statesman, and diplomat.

“My refusing to eat flesh occasioned an inconveniency, and I was frequently chided for my singularity . . . I considered taking fish as a kind of unprovoked murder, since none of them had or ever could do us any injury that might justify the slaughter.”



LEONARDO DA VINCI

Italian Renaissance polymath: painter, sculptor, architect, musician, scientist, mathematician, engineer, inventor, anatomist, geologist, cartographer, botanist, and writer.

“Truly man is king of beasts,
for his brutality exceeds theirs.
We live by the death of others;
we are burial places.”



RACHEL CARSON

Biologist. Author, 'Silent Spring.'

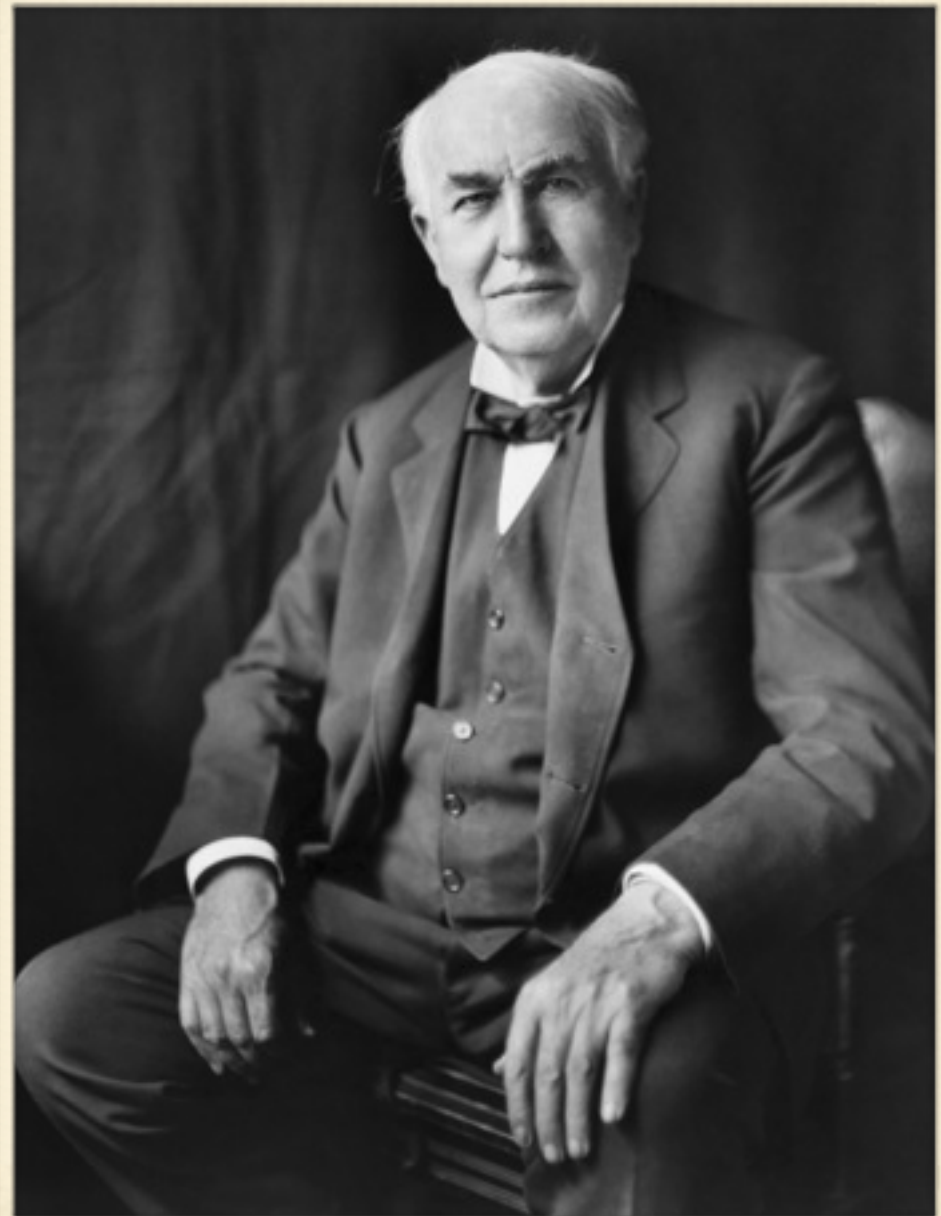
“By acquiescing in an act
that can cause such suffering
to a living creature, who
among us is not diminished
as a human being?”



THOMAS EDISON

American Inventor: the phonograph, the motion picture camera, and a long-lasting, practical electric light bulb.

“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.”

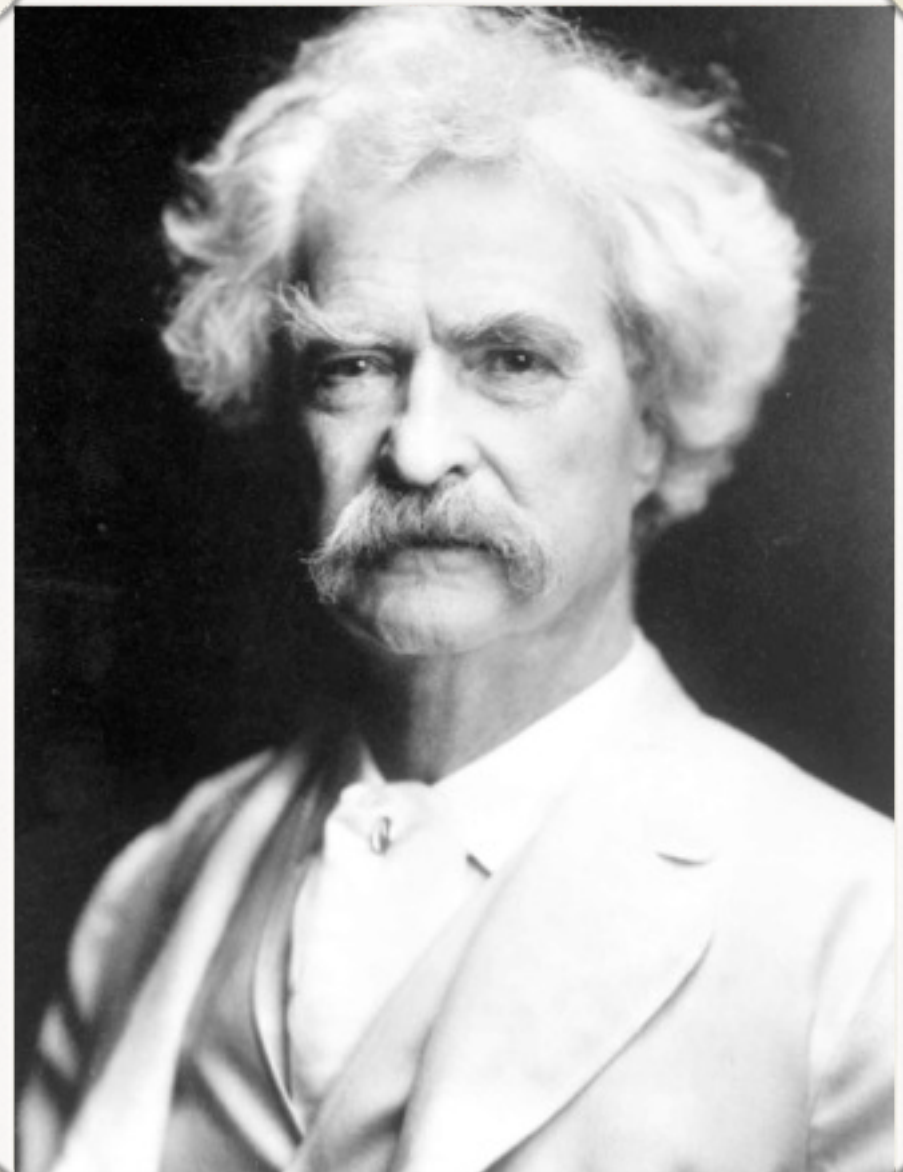


MARK TWAIN

American Author and Humorist. Author, 'The Adventures of Tom Sawyer.'

“I believe I am not interested to know whether vivisection produces results that are profitable to the human race.

To know the results are profitable would not remove my hostility to it. The pain which it inflicts upon unconsenting animals is the basis of my enmity toward it.”



ST. FRANCIS OF ASSISI

Patron Saint of Animals and Ecology.

“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.”



MARGARET MEAD

American Cultural Anthropologist.

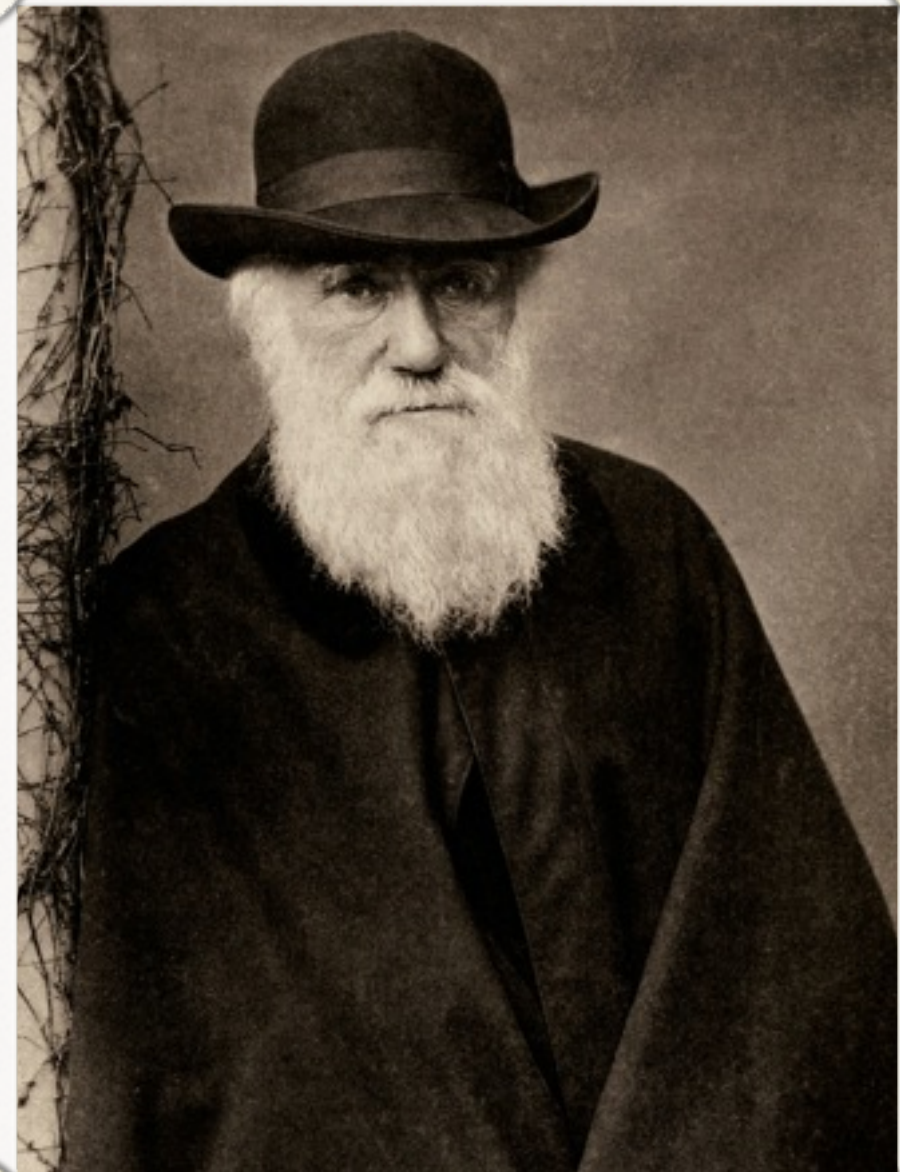
“One of the most dangerous things that can happen to a child is to kill or torture an animal—and get away with it.”



CHARLES DARWIN

English Naturalist. Laid the foundations of the theory of evolution. Author, 'The Origin of Species.'

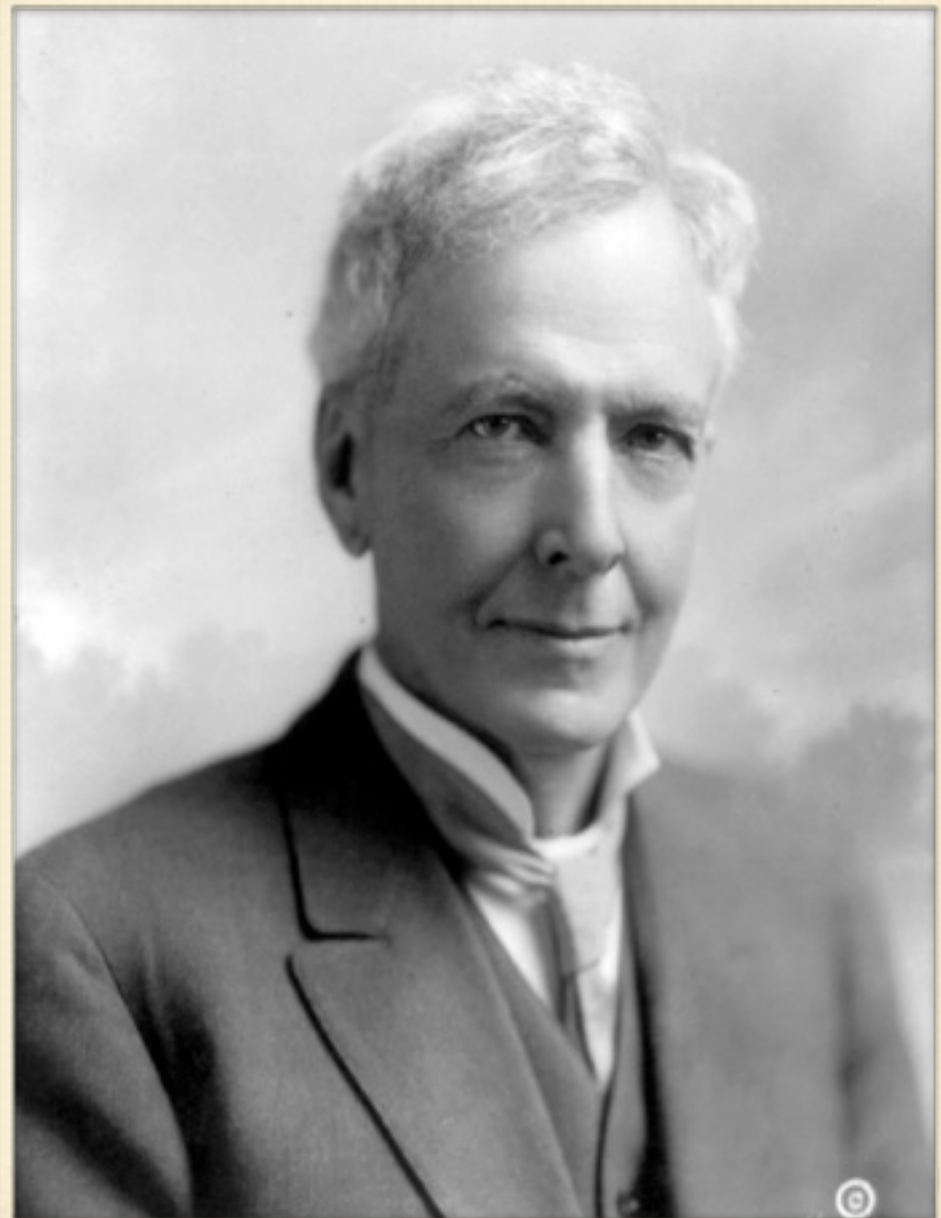
“We have seen that the senses and intuitions, the various emotions and faculties, such as love, memory, attention, and curiosity, imitation, reason, etc., of which man boasts, may be found in an incipient, or even sometimes in a well-developed condition, in the lower animals.”



LUTHER BURBANK

American botanist, horticulturist and
a pioneer in agricultural science.

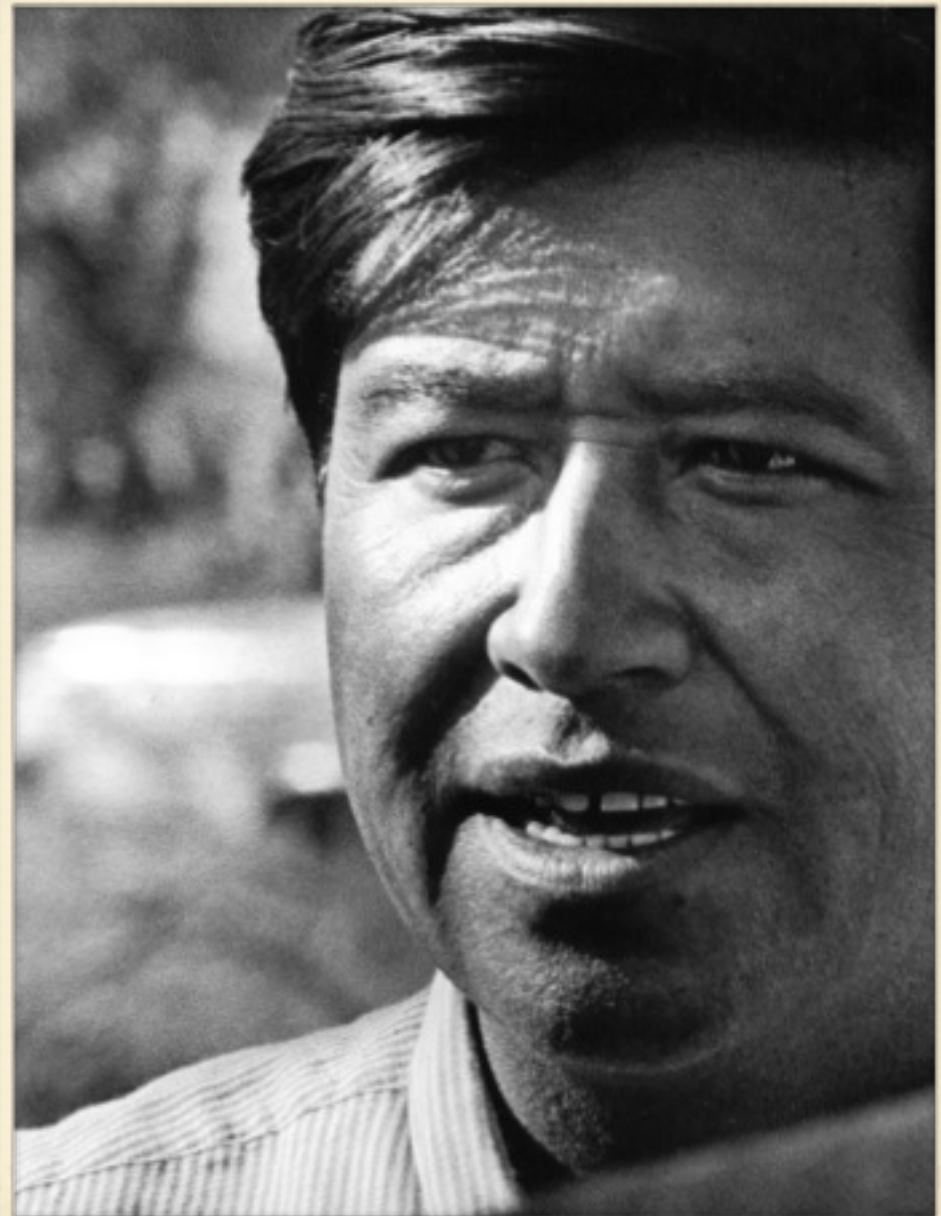
“Their very weakness and
inability to protest demands
that man should refrain
from torturing animals for the
mere possibility of obtaining
some knowledge.”



CESAR CHAVEZ

American farm worker, labor leader, and civil rights activist.
Co-founded the National Farm Workers Association.

“Racism, economic deprivation,
dog fighting and cock fighting,
bullfighting and rodeos
are all cut from the same
fabric: violence.”



CLARA BARTON

American teacher, patent clerk, nurse, and humanitarian.
Founder of the American Red Cross.

“It irritates me to be told how things always have to be done. I defy the tyranny of precedent. I cannot afford the luxury of a closed mind. I go for anything new that might improve the past.”



JOHN STEINBECK

American writer. Author, 'The Grapes of Wrath,' 'East of Eden,' and 'Of Mice and Men.' Pulitzer Prize Winner.

“We have never understood why men mount the heads of animals and hang them up . . . Possibly it feels good to these men to be superior to animals, but does it not seem that if they were sure of it they would not have to prove it?”



ISAAC BASHEVIS SINGER

Polish-born, Jewish-American author.
Nobel Prize Winner. Vegetarian.

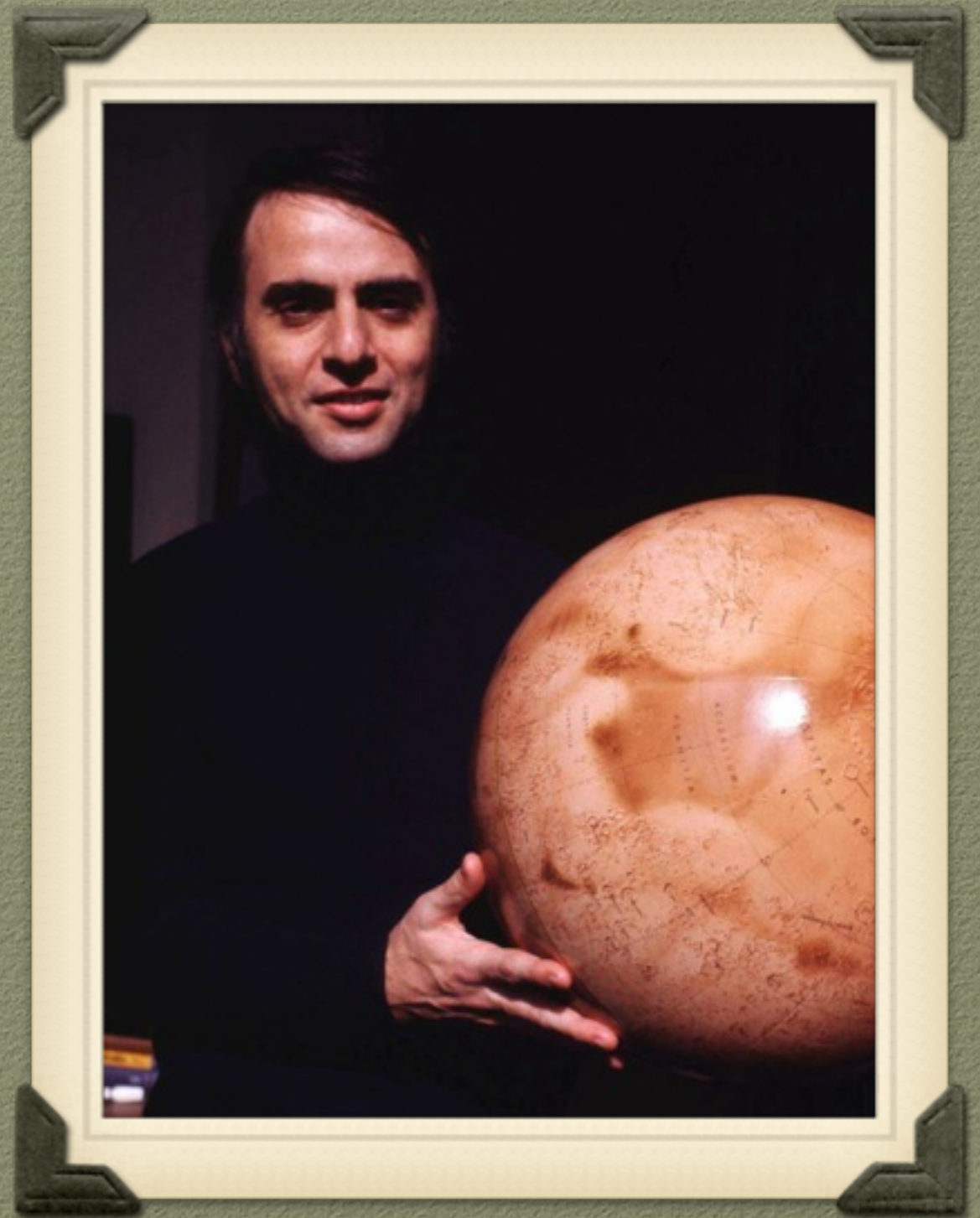
“I feel that animals are
as bewildered as we are
except that they have no
words for it. I would say
that all life is asking:
‘What am I doing here?’”



CARL SAGAN

American astronomer, astrophysicist, cosmologist,
author, science popularizer, and science
communicator in astronomy and natural sciences.

“If chimpanzees have
consciousness, if they are
capable of abstractions, do they
not have what until now has
been described as ‘human
rights’? How smart does a
chimpanzee have to be before
killing one constitutes murder?”



AGATHA CHRISTIE

British crime writer of novels, short stories, and plays.

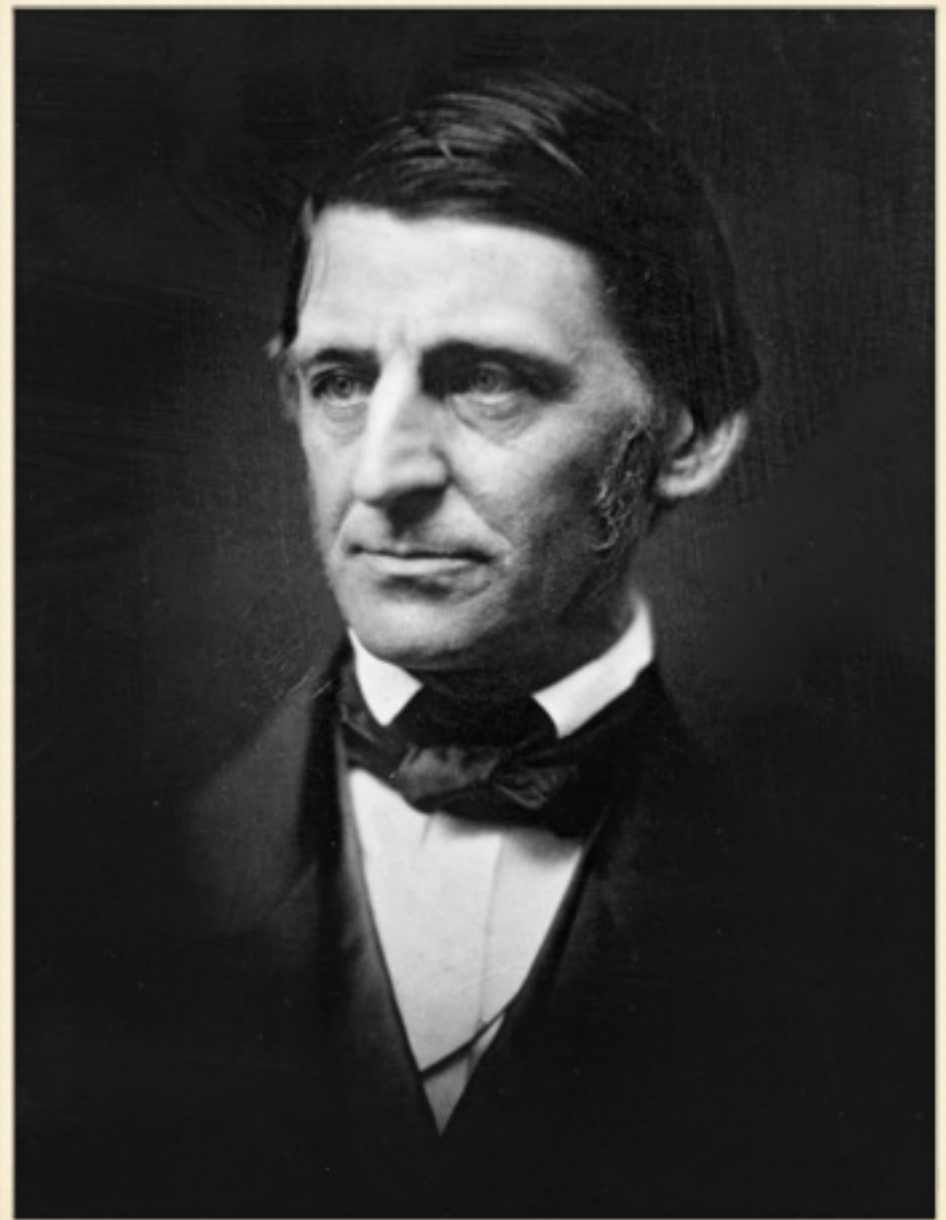
“We were not put on this Earth
to turn aside when a fellow
creature is in danger.”



RALPH WALDO EMERSON

American essayist, lecturer, and poet, who led the Transcendentalist movement of the mid-19th century.

“You have just dined and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.”



EMILE ZOLA

French writer, the most important exemplar of the literary school of naturalism and an important contributor to the development of theatrical naturalism. Also a major figure in the political liberalization of France.

“The fate of animals is of greater importance to me than the fear of appearing ridiculous. It is indissolubly connected with the fate of man.”



JANE GOODALL

British primatologist, ethologist, anthropologist, and U.N. Messenger of Peace.

“Researchers find it very necessary to keep blinders on. They don’t want to admit that the animals that they are working with have feelings. They don’t want to admit they might have minds and personalities because that would make it quite difficult for them to do what they do.”



ROBERT LOUIS STEVENSON

Scottish novelist, poet, essayist, and travel writer. His most famous works are 'Treasure Island,' 'Kidnapped,' and 'Strange Case of Dr Jekyll and Mr Hyde.'

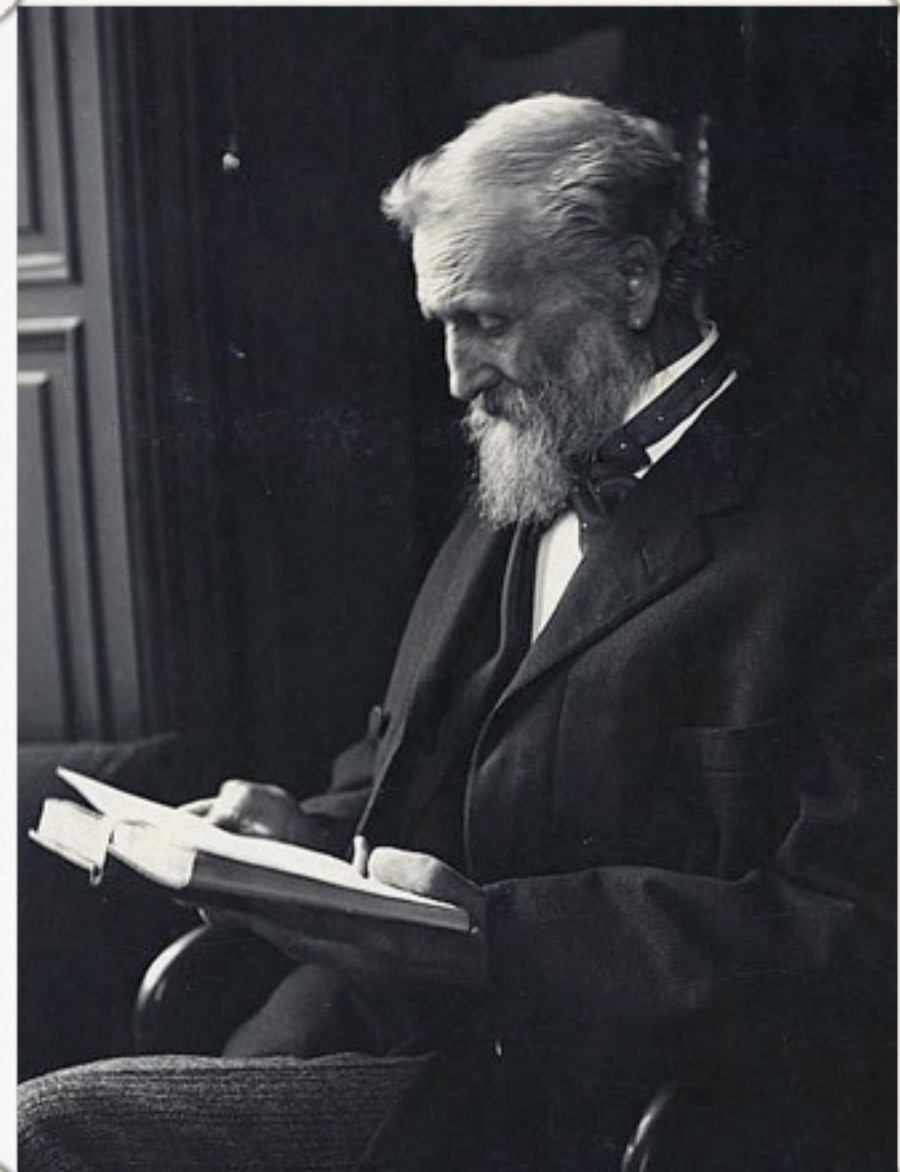
“We consume the carcasses of creatures of like appetites, passions and organs . . . and the slaughterhouse resounds daily with screams of fear and pain.”



JOHN MUIR

Scottish-born American naturalist, author, and early advocate of preservation of wilderness in the United States.

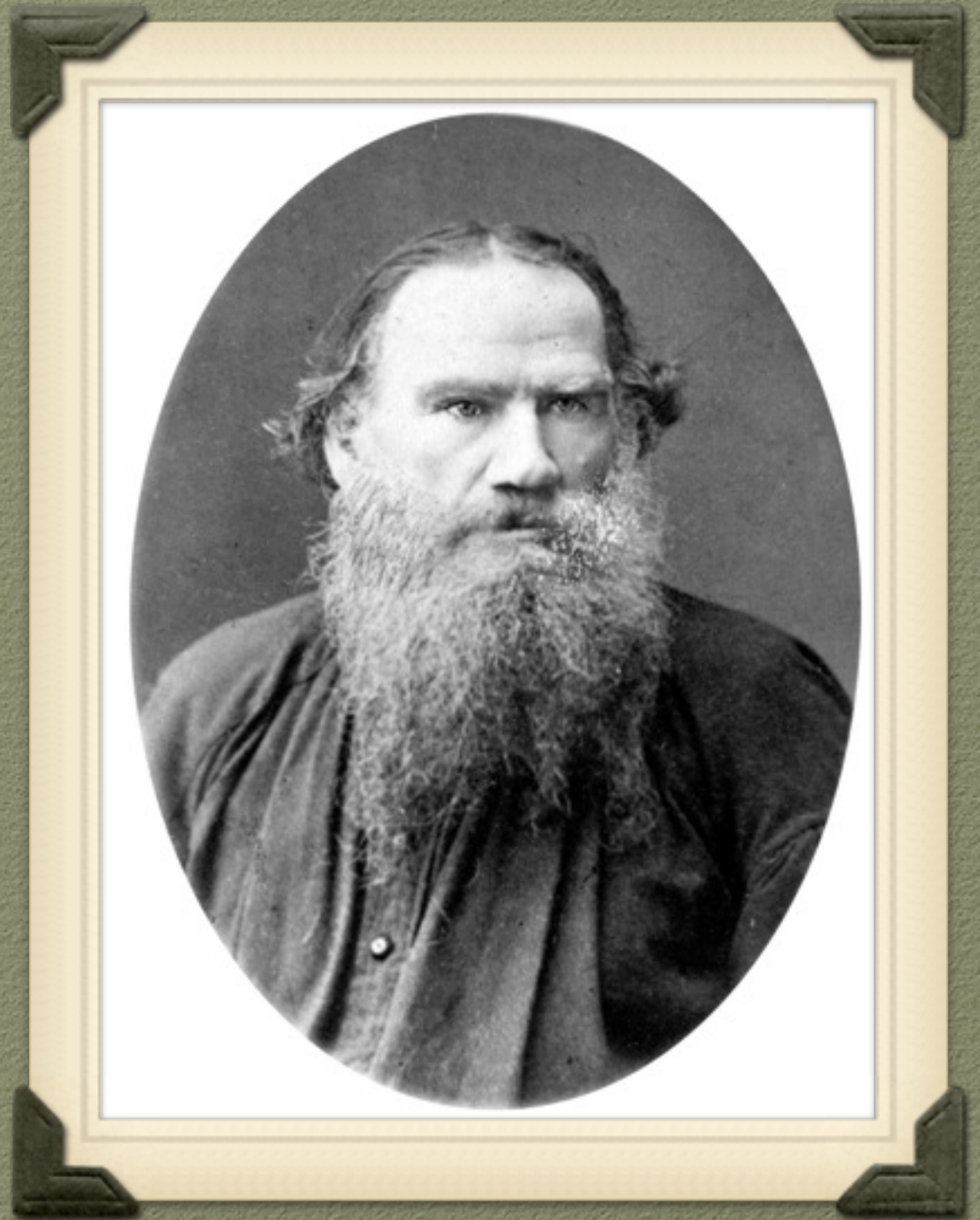
“Godlike sympathy grows and thrives and spreads far beyond the teachings of churches and schools, where too often the mean, blinding, loveless doctrine is taught that animals have neither mind nor soul, have no rights that we are bound to respect, and were made only for man—to be petted, spoiled, slaughtered, or enslaved.”



LEO TOLSTOY

Russian Writer. Author, 'War and Peace.' Vegetarian.

“A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life merely for the sake of his appetite. And to act so is immoral.”



CLARE BOOTH LUCE

First American Woman Ambassador. Congresswoman. Journalist. Playwright.

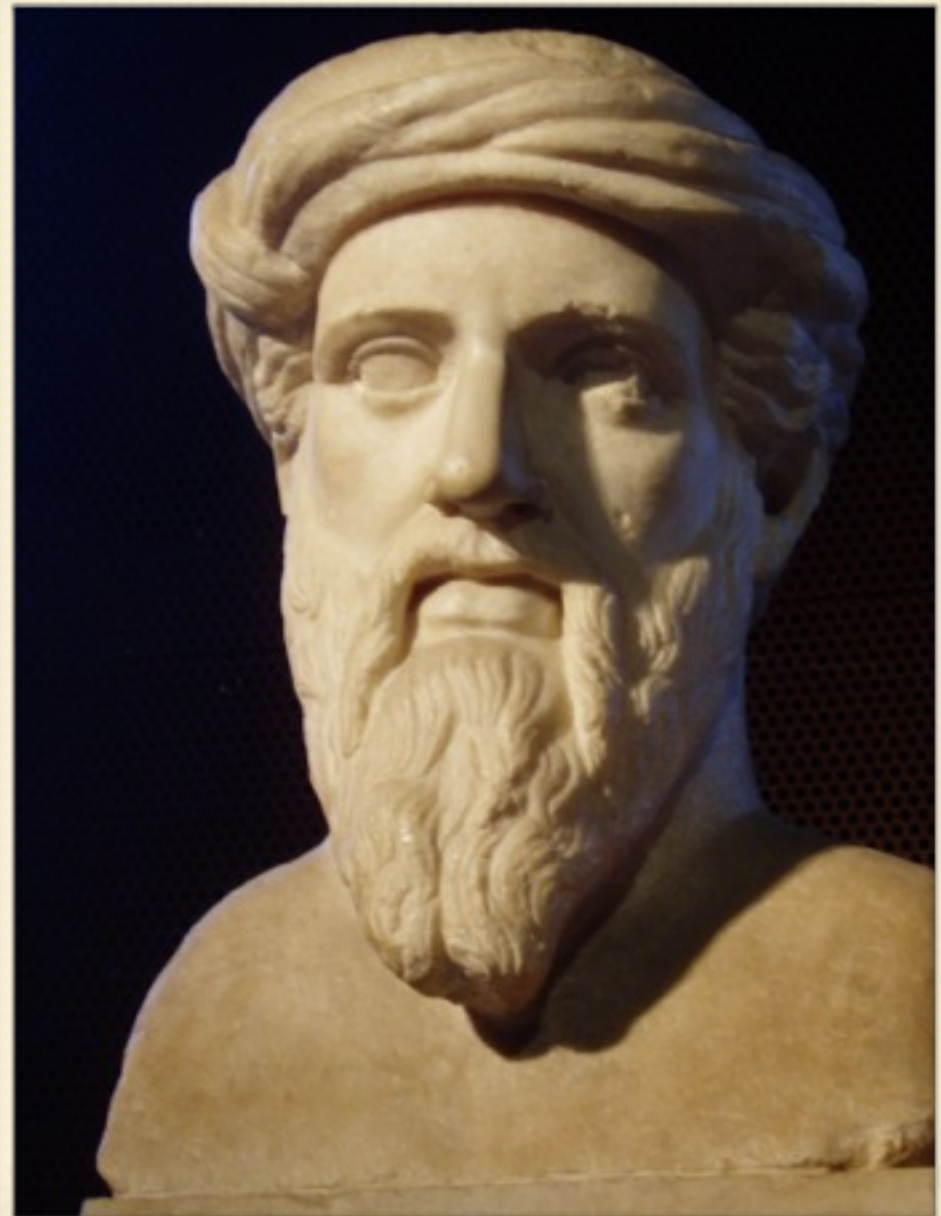
“Despite the wholesale bloody experimentation on animals, the only real proof of the drugs found by the chemists or the operating techniques suggested, must be, in the end, verified by trying them on human subjects.”



PYTHAGORAS

Ionian Greek philosopher, mathematician, and founder of the religious movement called Pythagoreanism.

“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.”



KALPANA CHAWLA

Indian-American astronaut who was a mission specialist on the ill-fated space shuttle 'Columbia.' Fourth-Generation Vegetarian.

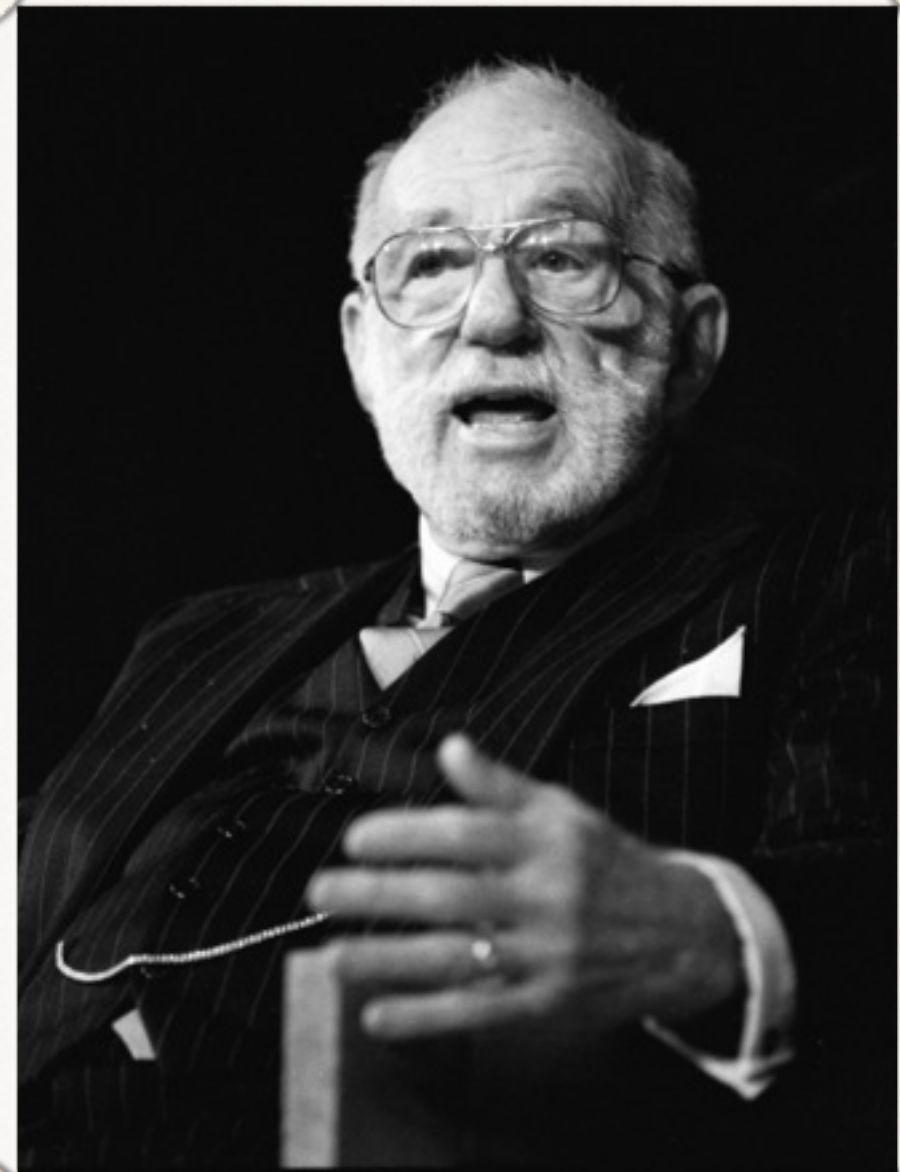
“I pretty much had my dreams, like anybody else, and I followed them.”



DR. BENJAMIN SPOCK

American pediatrician whose book 'Baby and Child Care,' published in 1946, is one of the biggest bestsellers of all time.

“Animals tend to concentrate pesticides and other chemicals in their meat and milk . . . Children who grow up getting their nutrition from plant foods rather than meats have a tremendous health advantage. They are less likely to develop weight problems, diabetes, high blood pressure, and some forms of cancer.”



ALICE WALKER

American author, poet, and activist. Author, 'The Color Purple'—for which she won the National Book Award and the Pulitzer Prize.

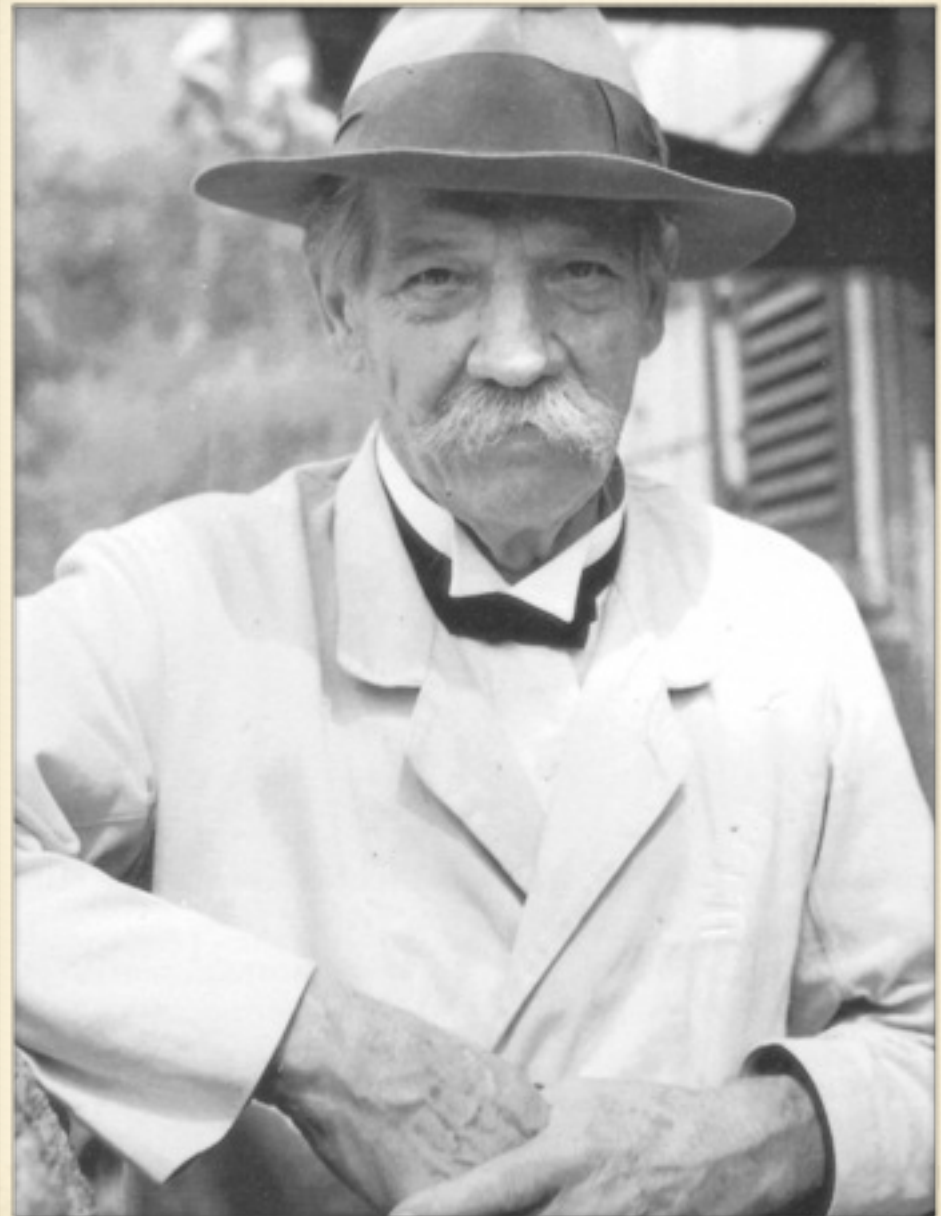
“The animals of the world exist for their own reasons. They are not made for humans any more than black people are made for whites or women for men.”



ALBERT SCHWEITZER

German and then French theologian, organist, philosopher, physician, and medical missionary. Won the 1952 Nobel Peace Prize for his philosophy of 'Reverence for Life.'

“The thinking man must oppose all cruel customs no matter how deeply rooted in tradition or surrounded by halo. We need a boundless ethic which will include the animals also.”



ISAIAH 66:3

Book of the Bible

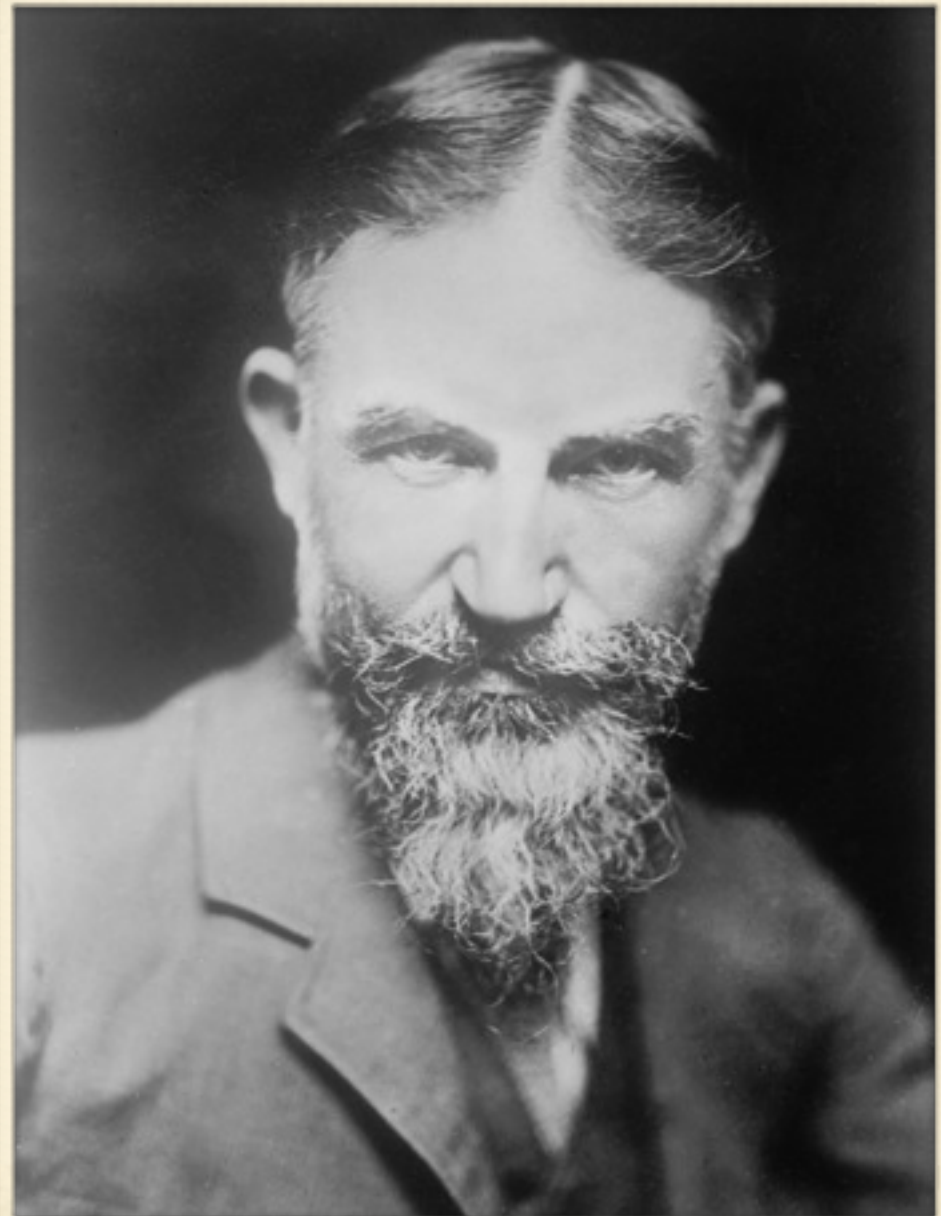
“He that killeth an ox
is as if he slew a man.”



GEORGE BERNARD SHAW

Irish playwright and a co-founder of the London School of Economics. Nobel Prize Winner. Vegetarian.

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



JACQUES COUSTEAU

French naval officer, explorer, conservationist, filmmaker, innovator, scientist, photographer, author and researcher who studied the sea and all forms of life in water.

“Perhaps the time has come to formulate a moral code which would govern our relations with the great creatures of the sea as well as those on dry land. That this will come to pass is our dearest wish.”



LEWIS CARROLL

English author, mathematician, logician, Anglican deacon, and photographer.
His most famous writings are 'Alice's Adventures in Wonderland' and its sequel 'Through the Looking Glass.'

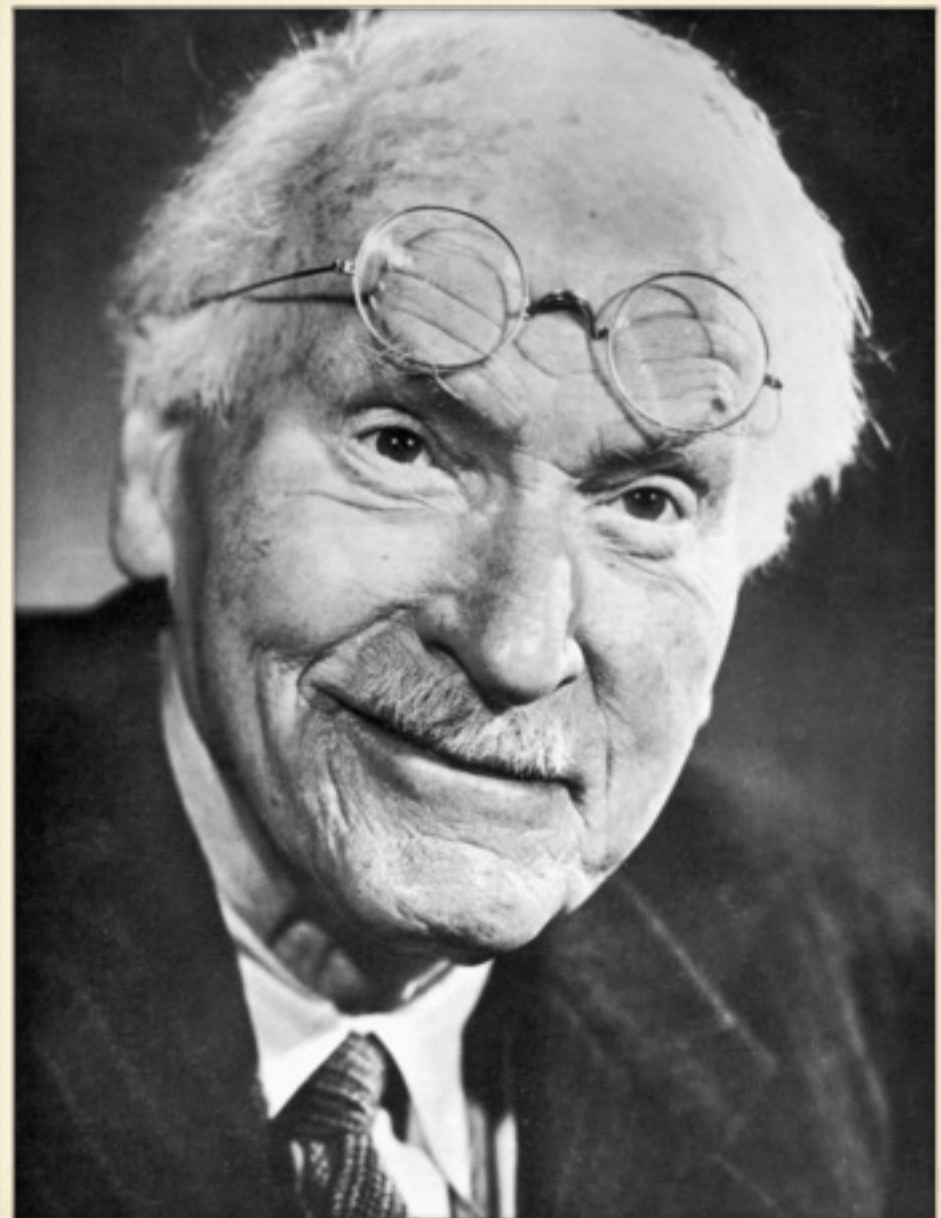
“Forbid the day when
vivisection shall be practiced
in every college and school,
and when the man of
science, looking forth over a
world which will then own
no other sway than his, shall
exult in the thought that he
had made of this fair earth,
if not a heaven for man, at
least a hell for animals.”



CARL JUNG

Swiss psychologist and psychiatrist who founded analytical psychology. Author, 'Modern Man in Search of a Soul.'

“During my education at the University of Basle, I found vivisection horrible, barbarous, and—above all—unnecessary.”



ARTHUR SCHOPENHAUER

German Philosopher. His metaphysical analysis of will, his views on human motivation and desire, and his aphoristic writing style influenced many well-known thinkers, including Nietzsche, Einstein, Tolstoy, and Freud.

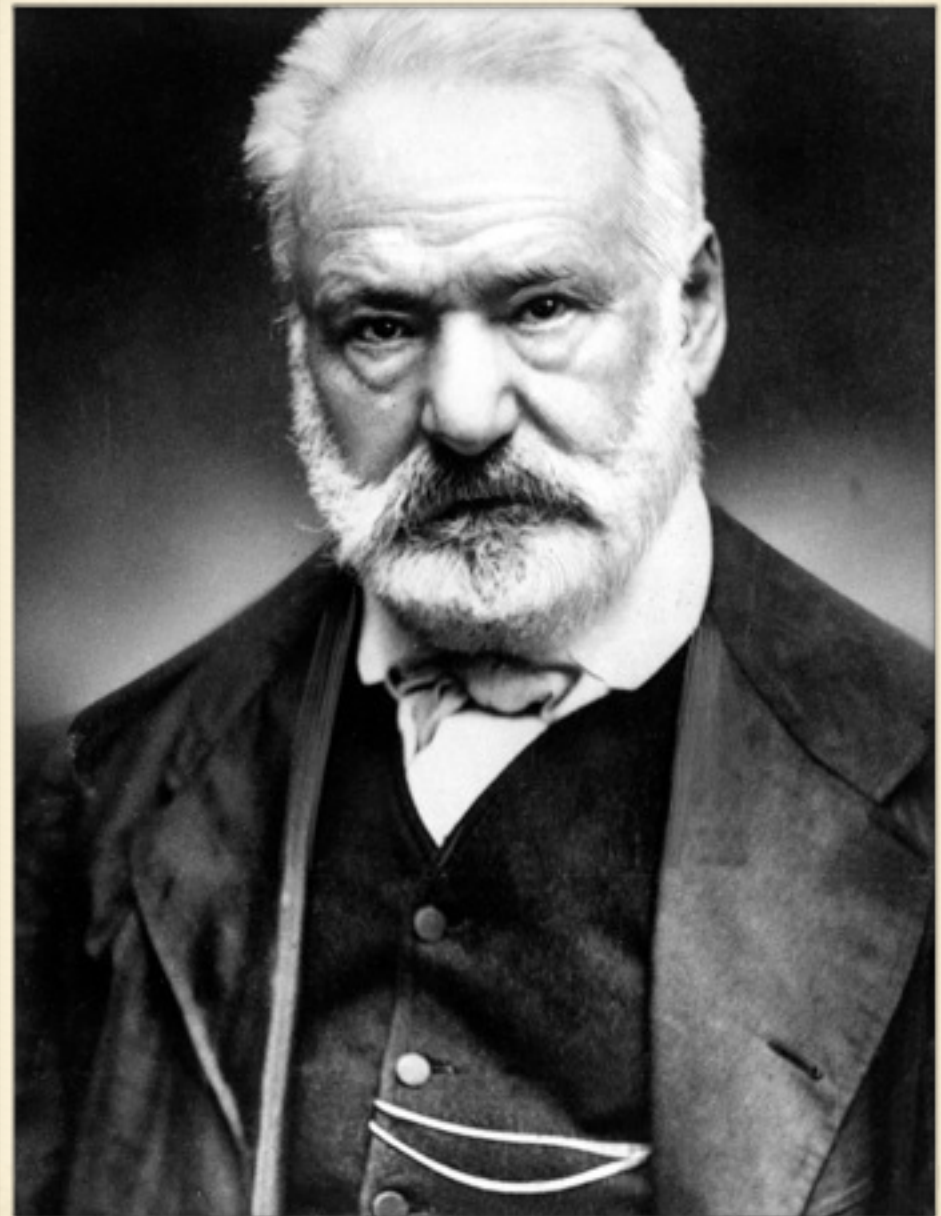
“The assumption that animals are without rights, and the illusion that our treatment of them has no moral significance, is a positively outrageous example of Western crudity and barbarity. Universal compassion is the only guarantee of morality.”



VICTOR HUGO

French poet, novelist, and dramatist who was the most well-known of all the French Romantic writers. Author, 'Les Misérables' and 'The Hunchback of Notre Dame.'

“It was first necessary to civilize man in relation to man. Now it is necessary to civilize man in relation to nature and the animals.”



TENZIN GYATSO

The 14th Dalai Lama. Nobel Prize Winner. Spiritual Leader.

“I do not see any reason why animals should be slaughtered to serve a human diet when there are so many substitutes. After all, man can live without meat.”



HARRIET BEECHER STOWE

American abolitionist. Author, 'Uncle Tom's Cabin'—a depiction of life for African-Americans under slavery; it reached millions as a novel and play, and became influential in the U.S. and U.K.

“It’s a matter of taking
the side of the weak against
the strong—something the best
people have always done.”



THOMAS PAINE

English-American political activist, author, political theorist, and revolutionary. As the author of two highly influential pamphlets at the start of the American Revolution, he became one of the Founding Fathers of the United States.

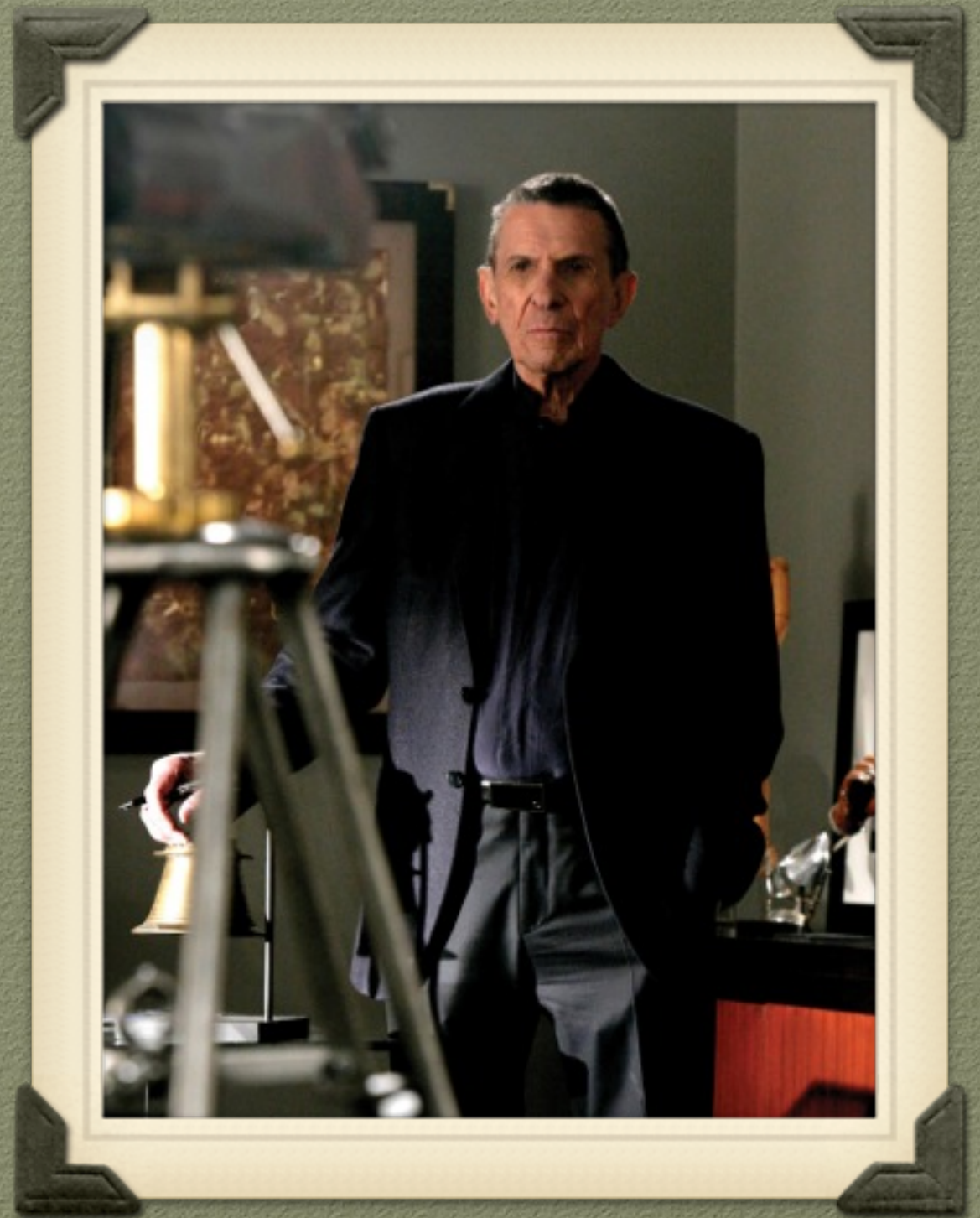
“Everything of persecution and revenge between man and man, and everything of cruelty to animals, is a violation of moral duty.”



LEONARD NIMOY

American actor, film director, poet, musician and photographer. Vegetarian. Author, 'I Am Spock.'

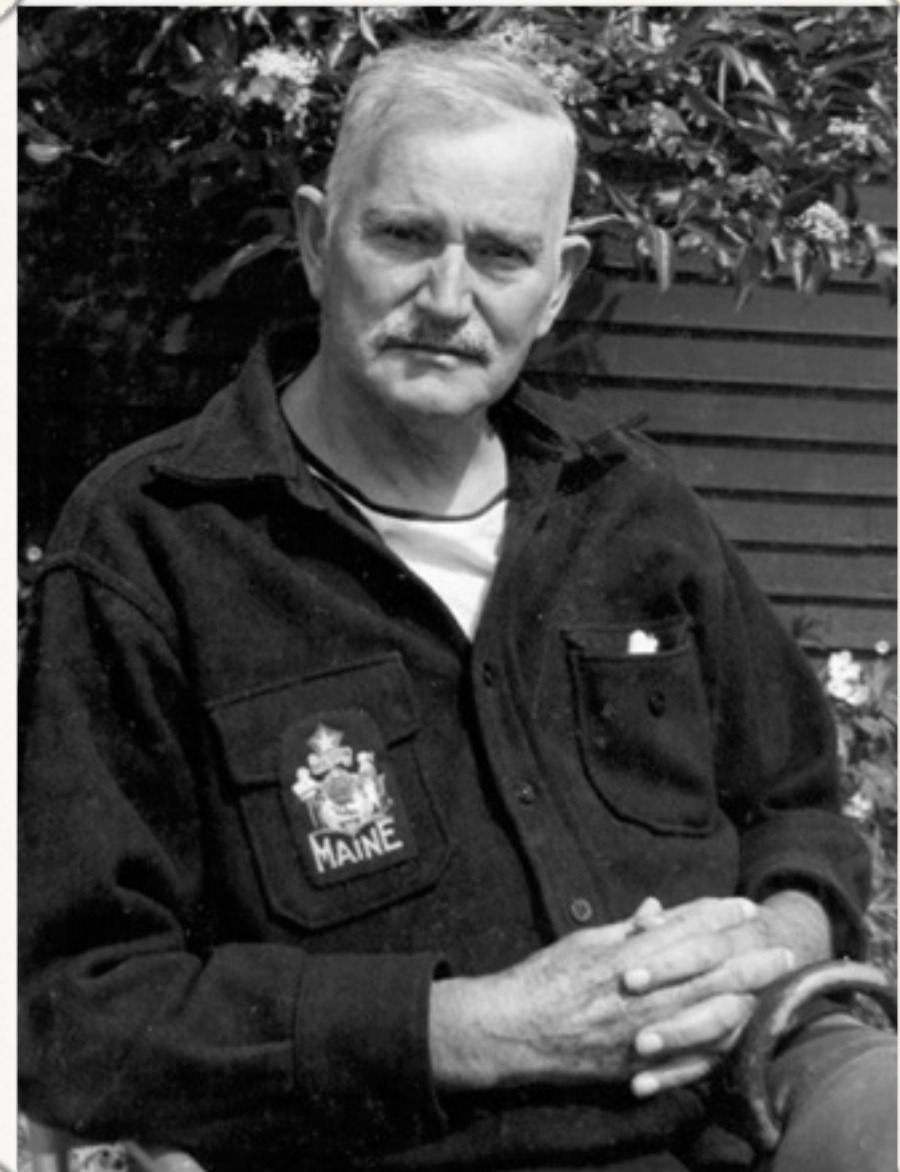
“Spock was a vegetarian, and so am I. Did you know it takes twenty pounds of protein to feed a calf in order to raise a single pound of animal protein in the form of hamburger meat? Not exactly a logical way to feed the world, is it?”



HENRY BESTON

American writer and naturalist, best known as the author of 'The Outermost House,' written in 1925.

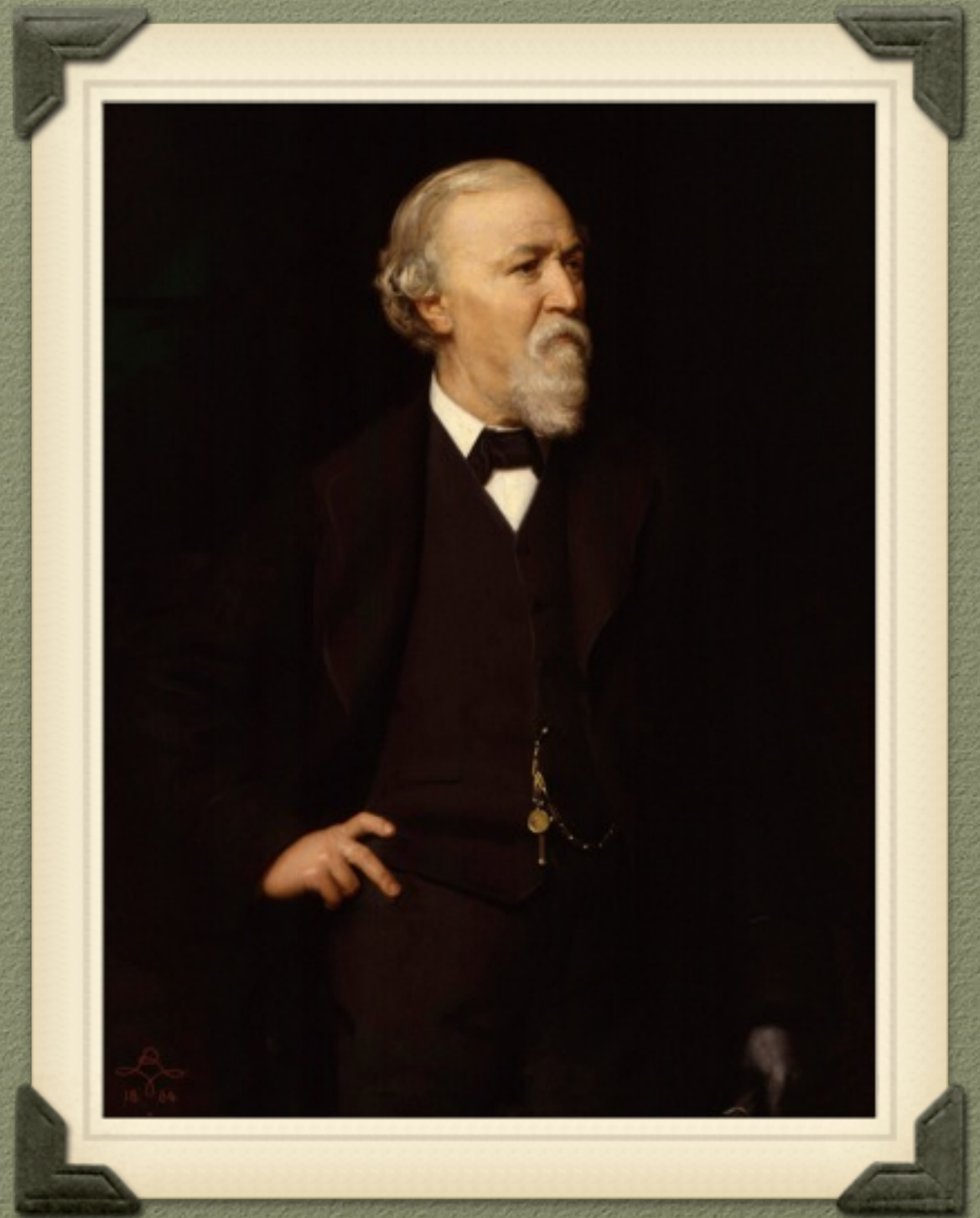
“[T]he animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren; they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth.”



ROBERT BROWNING

English poet and playwright whose mastery of dramatic verse, especially dramatic monologues, made him one of the foremost Victorian poets.

“I would rather submit to the worst of deaths, so far as pain goes, than have a single dog or cat tortured on the pretense of sparing me a twinge or two.”



PLUTARCH

Greek historian, biographer, essayist, and Middle Platonist known primarily for his 'Parallel Lives' and 'Moralia.'
Philosopher. Magistrate. Ambassador. Vegetarian.

“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.”



LOUISA MAY ALCOTT

American writer best known as author of the novels 'Little Women' and its sequels. Abolitionist. Feminist. Vegetarian.

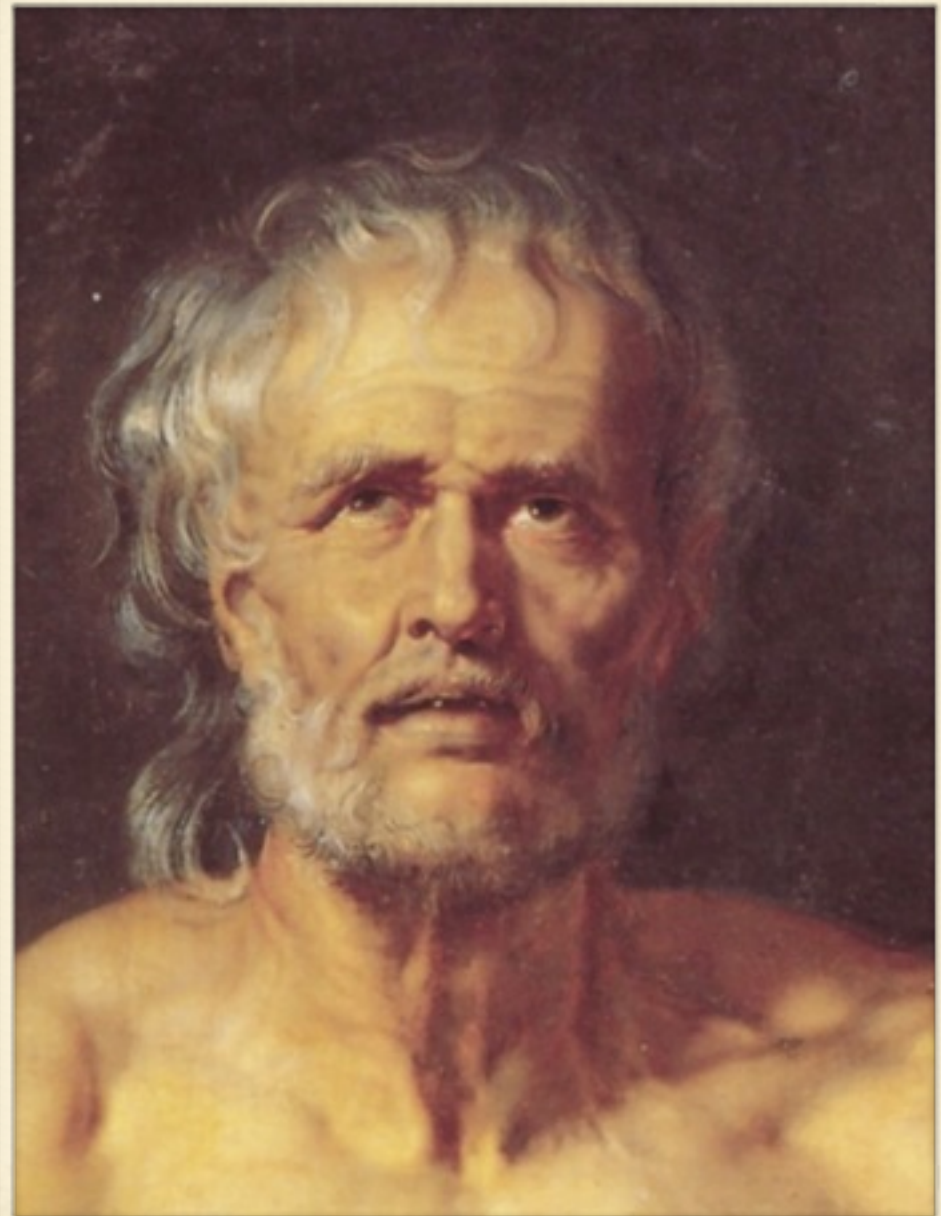
“Let my name stand among those who are willing to bear ridicule and reproach for the truth’s sake, and so earn some right to rejoice when the victory is won.”



SENECA

Roman Stoic philosopher, statesman, dramatist, and in one work humorist, of the Silver Age of Latin literature. He was tutor and later Imperial Advisor to Roman Emperor Nero.

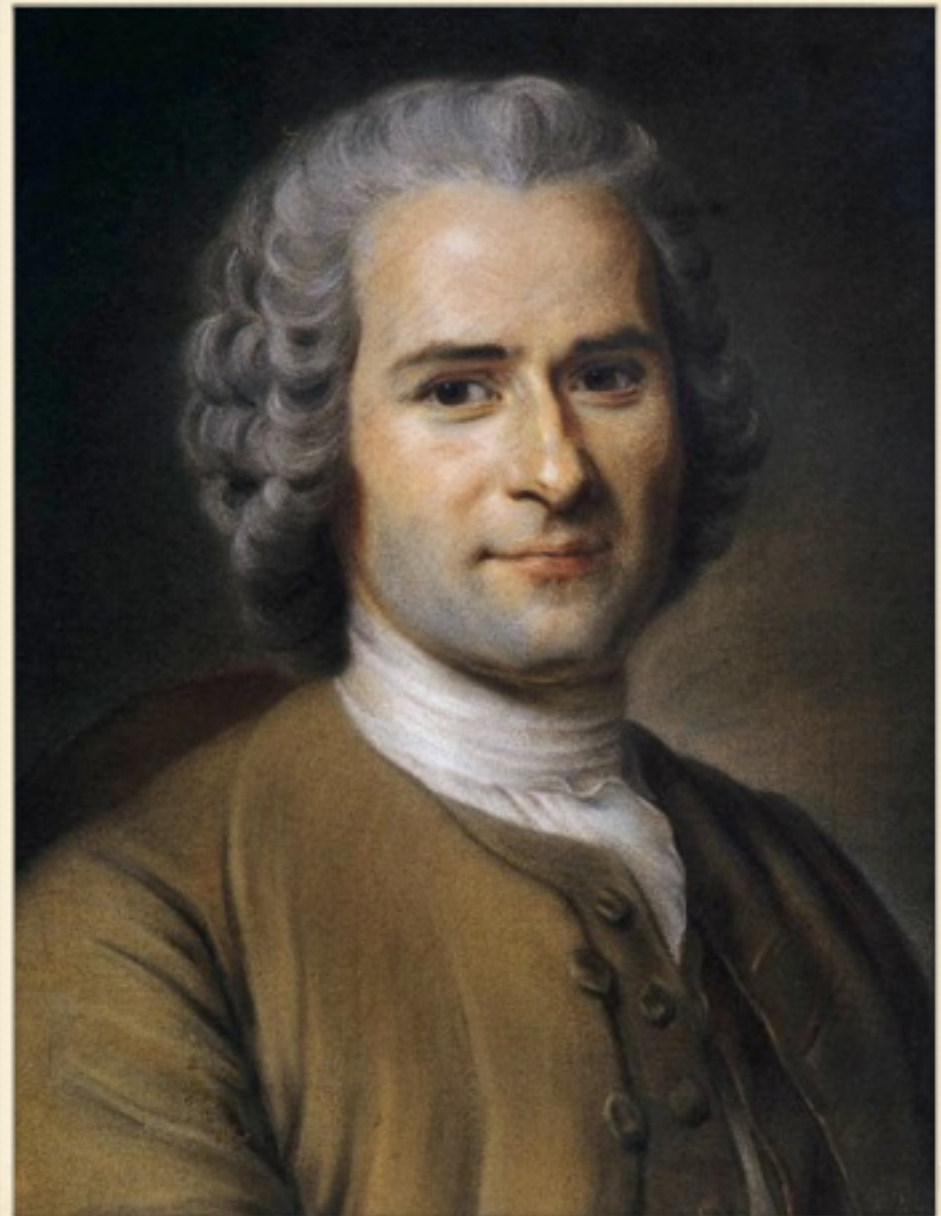
“What loss have you in losing your cruelty? I merely deprive you of the food of lions and vultures . . .”



JEAN- JACQUES ROUSSEAU

Genevan philosopher, writer, and composer of 18th-century Romanticism of French expression. His political philosophy influenced the French Revolution as well as the overall development of modern political, sociological and educational thought. Successful composer of music and seven operas.

“The taste of flesh is not
natural to man . . .”



VOLTAIRE

French Enlightenment writer, historian and philosopher famous for his wit and for his advocacy of civil liberties, including freedom of religion, freedom of expression, free trade and separation of church and state.

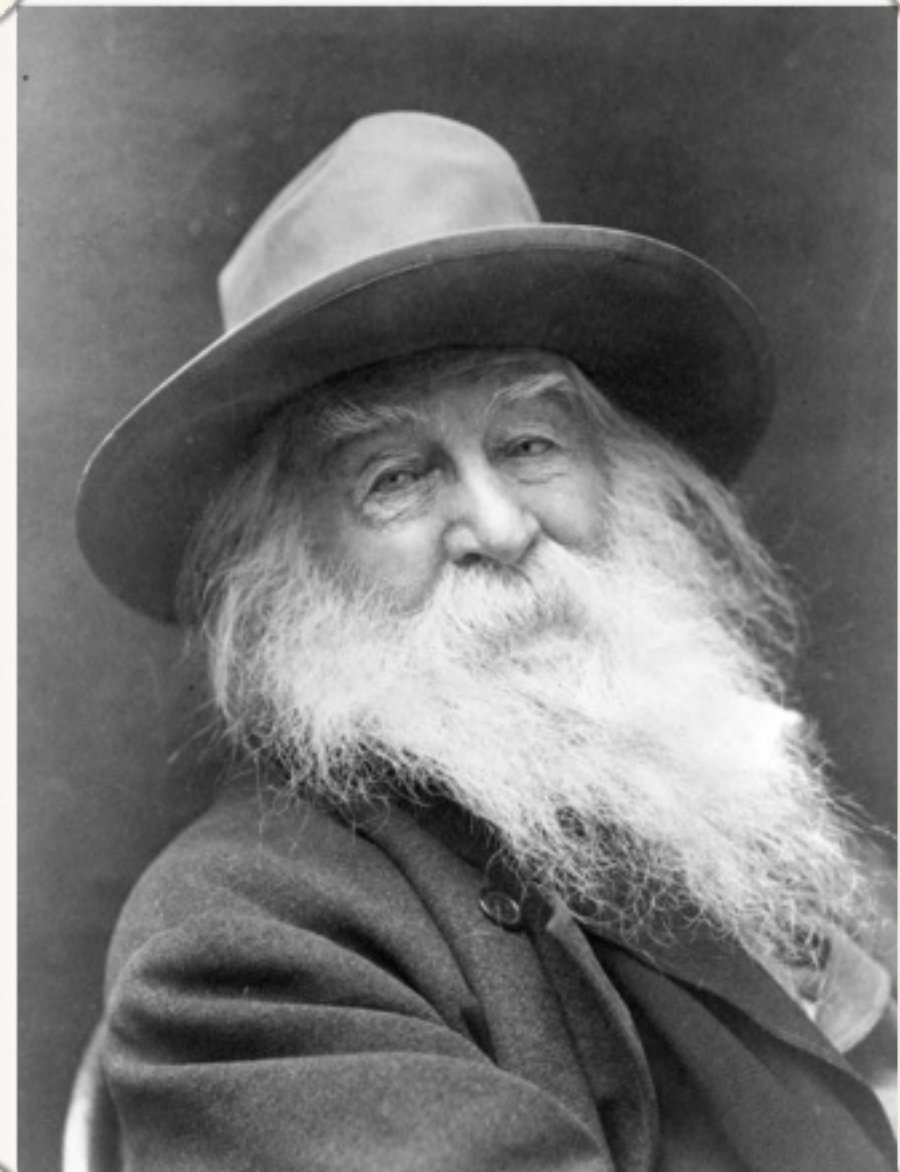
“How pitiful, and what poverty of mind, to have said that animals are machines deprived of understanding and feeling . . .”



WALT WHITMAN

American poet, essayist, and journalist. Author, 'Leaves of Grass.'

“I think I could turn and live with animals; they are so placid and self-contained. I stand and look at them long and long. They do not sweat and whine about their condition; they do not lie awake in the dark and weep for their sins; they do not make me sick discussing their duty to God; not one is dissatisfied; not one is demented with the mania of owning things; not one kneels to another, nor his kind that lived thousands of years ago; not one is responsible or industrious over the whole earth.”



MICHEL DE MONTAIGNE

One of the most influential writers of the French Renaissance, known for popularizing the essay as a literary genre and is popularly thought of as the father of Modern Skepticism.

“I have never been able to see, without displeasure, an innocent and defenseless animal, from whom we received no offense or harm, pursued and slaughtered.”



SIR THOMAS MORE

English lawyer, social philosopher, author, statesman,
and noted Renaissance humanist. Councillor to Henry VIII
of England. Canonized by Pope Pius XI in 1935.

“If the hope of slaughter and
the expectation of tearing in
pieces the beast doth please
thee, thou shouldst rather be
moved with pity.”



LORD BYRON

English poet and a leading figure in the Romantic movement. He travelled to fight against the Ottoman Empire in the Greek War of Independence, for which Greeks revere him as a national hero.

“There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society, where none intrudes,
By the deep sea, and music in its roar:
I love not man the less, but Nature more.”



ANATOLE FRANCE

French poet, journalist, and novelist. Nobel Prize Winner.

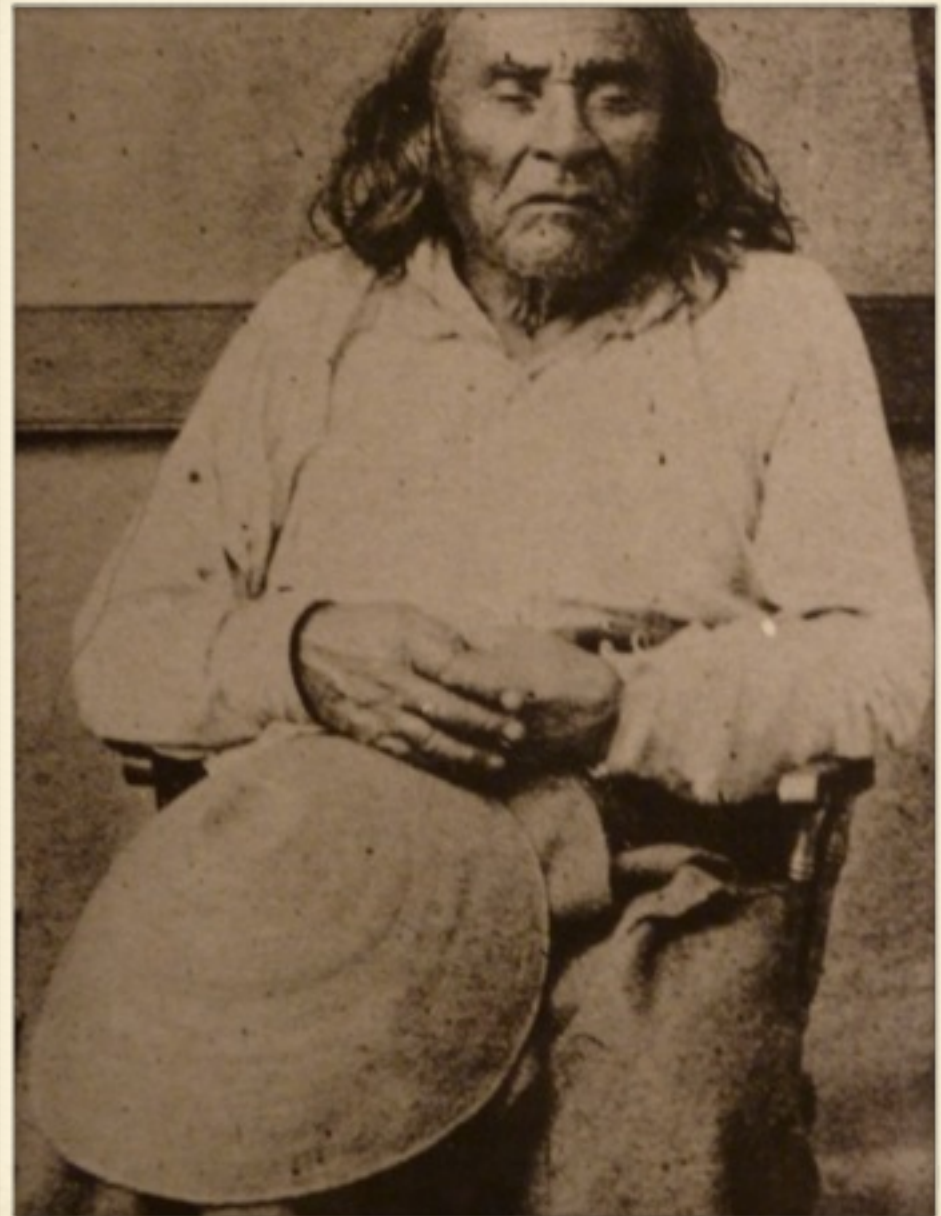
“Until one has loved an
animal, a part of one’s soul
remains unawakened.”



CHIEF SEATTLE

Dkhw'Duw'Absh (Duwamish) Chief. The city of Seattle, in the U.S. state of Washington, was named after him.

“What is man without the beasts? If all the beasts were gone, men would die from great loneliness of spirit, for whatever happens to the beasts also happens to man. All things are connected. Whatever befalls the earth befalls the children of the earth.”



PERCY BYSSHE SHELLEY

English Romantic poet critically regarded as among the finest lyric poets in the English language. Vegetarian.

“It is only by softening and disguising dead flesh by culinary preparation that it is rendered susceptible of mastication or digestion; and that the sight of its bloody juices and raw horror does not excite intolerable loathing and disgust.”



JAMES ANTHONY FROUDE

English historian, novelist, biographer,
and editor of 'Fraser's Magazine.'

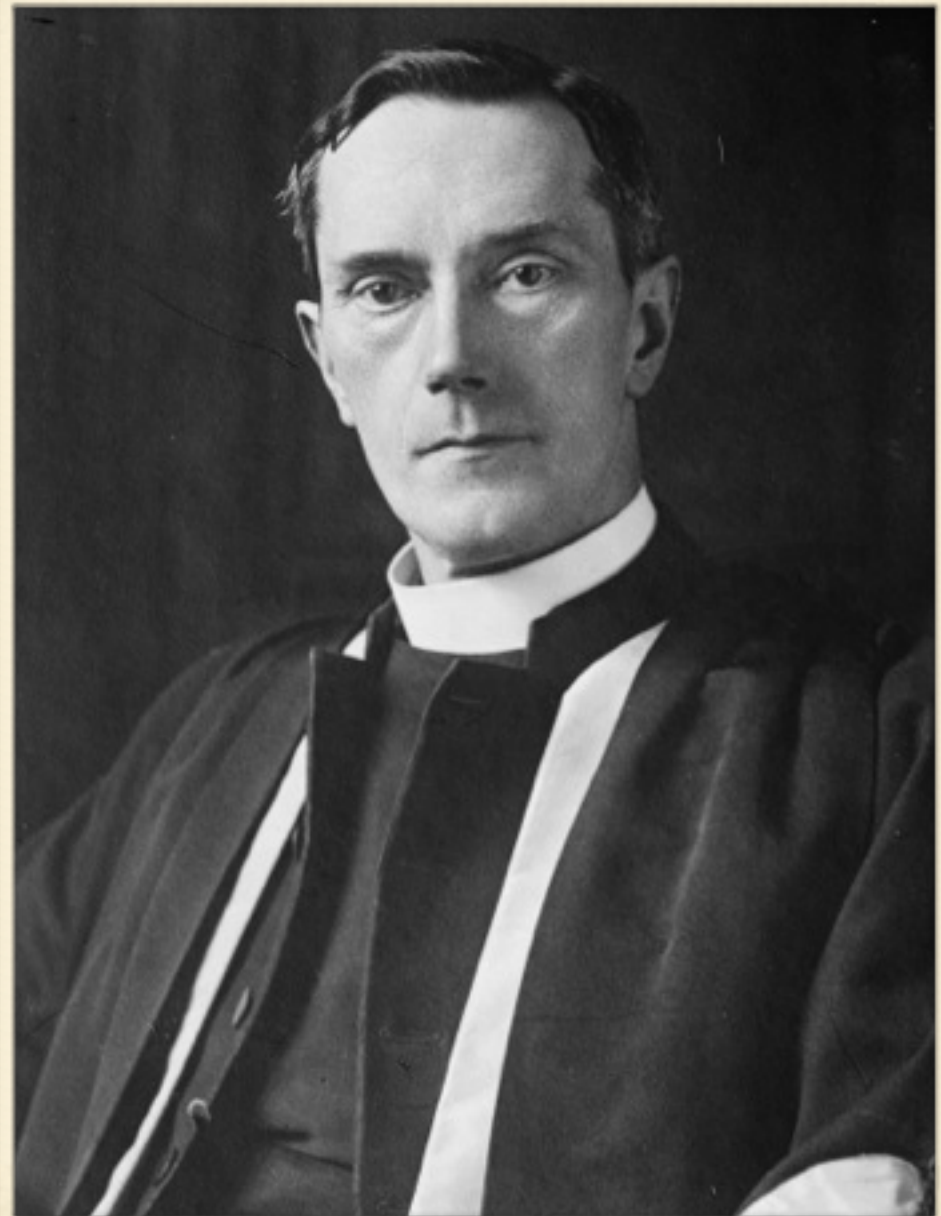
“Wild animals never kill
for sport. Man is the only
one to whom the torture and
death of his fellow creatures
is amusing in itself.”



WILLIAM RALPH INGE

English author, Anglican priest, professor of divinity
at Cambridge, and Dean of St. Paul's Cathedral.

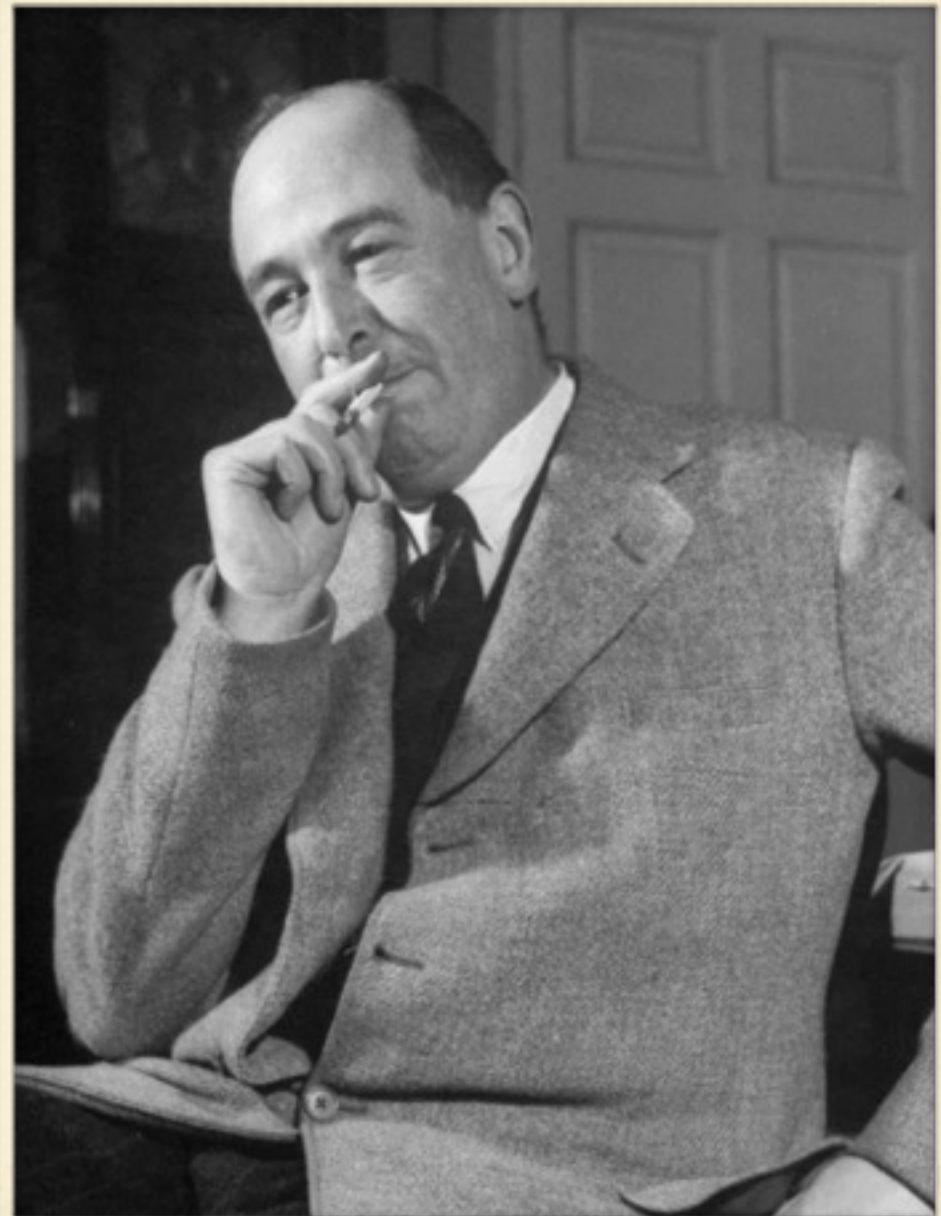
“We have enslaved the rest
of the animal creation, and
have treated our distant cousins
in fur and feathers so badly
that, beyond doubt, if they
were able to formulate a
religion, they would depict
the Devil in human form.”



C.S. LEWIS

Novelist, poet, academic, medievalist, literary critic, essayist,
lay theologian and Christian apologist from Belfast, Ireland.
Author, 'The Chronicles of Narnia.'

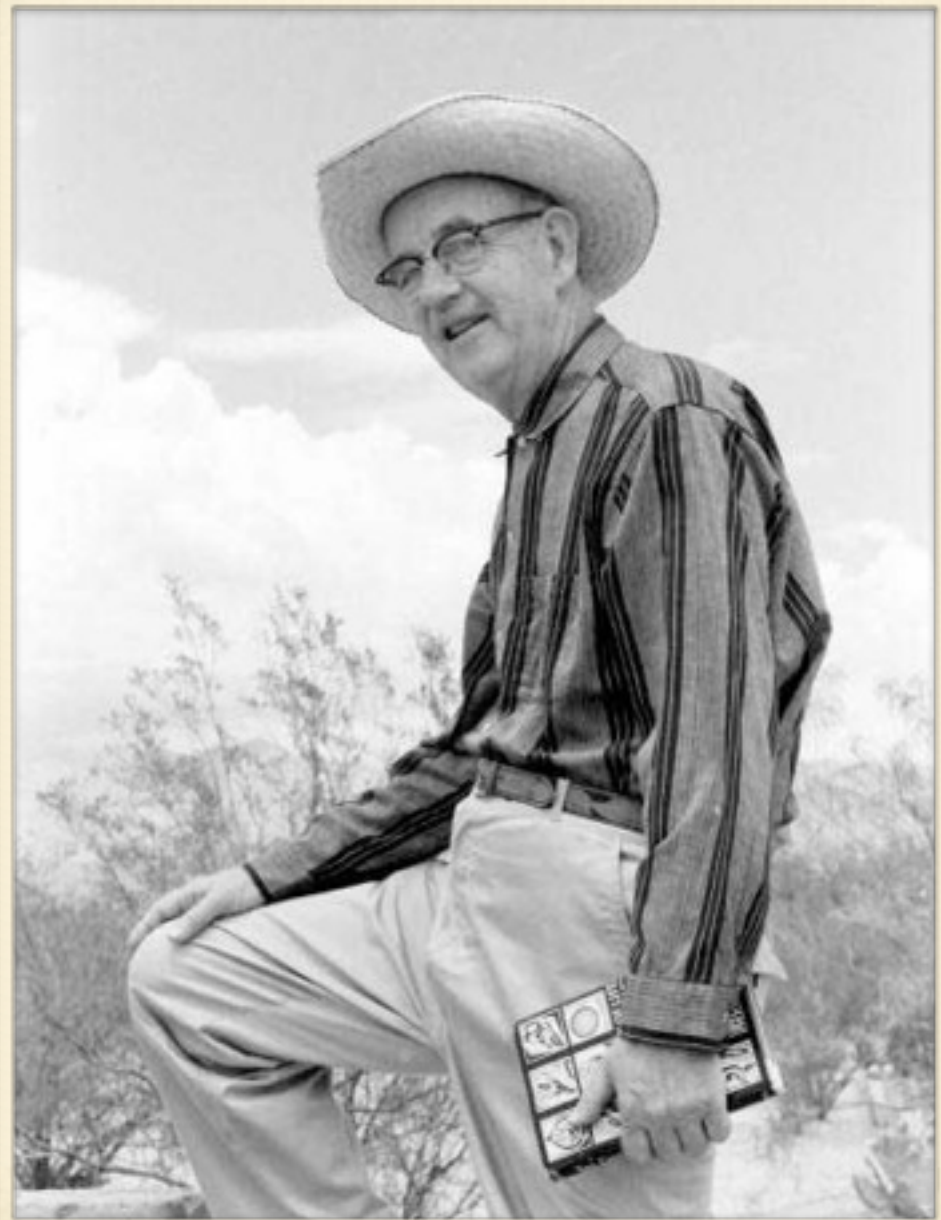
“If we cut up beasts simply
because they cannot prevent
us and because we are backing
our own side in the struggle
for existence, it is only logical
to cut up imbeciles, criminals,
enemies, or capitalists for
the same reasons.”



JOSEPH WOOD KRUTCH

American writer, critic, and naturalist.

“When a man wantonly
destroys one of the works of
man we call him a vandal.
When he destroys one of
the works of God we call
him a sportsman.”



CHRISTINA ROSSETTI

English poet who wrote a variety of romantic,
devotional, and children's poems.

“Hurt no living thing:
Ladybird, nor butterfly,
Nor moth with dusty wing.”



HENRY BERGH

Founded the American Society for the Prevention of Cruelty to Animals (ASPCA). Prompted the formation, in 1874, of the Massachusetts Society for the Prevention of Cruelty to Children.

“Men will be just to men when
they are kind to animals.”



JEREMY BENTHAM

English author, jurist, philosopher, and legal and social reformer. Founding figure of modern utilitarianism.
'Spiritual founder' of the University College London.

“The day may come when the rest of the animal creation may acquire those rights which never could have been withholden from them but by the hand of tyranny. It may come one day to be recognized, that the number of legs, the villosity of the skin, or the termination of the os sacrum, are reasons equally insufficient for abandoning a sensitive being to the same fate. The question is not, ‘Can they reason?’ nor, ‘Can they talk?’ but rather, ‘Can they suffer?’”



ELLA WHEELER WILCOX

American author, poet, and free thinker. 'Laugh, and the world laughs with you; Weep, and you weep alone.'

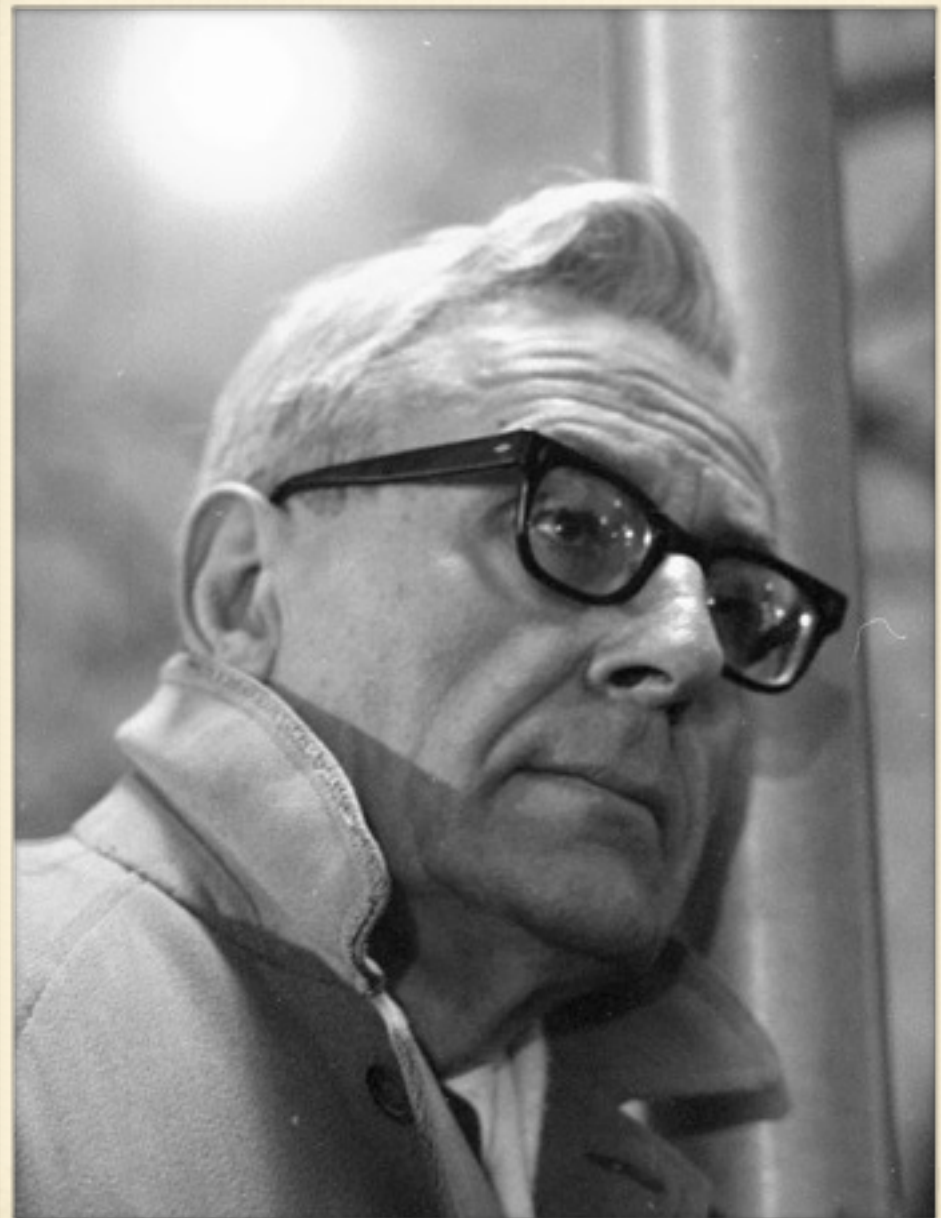
"I am the voice of the voiceless;
Through me the dumb shall speak,
Till the deaf world's ear be made to hear
The wrongs of the wordless weak.
And I am my brother's keeper,
And I will fight his fight;
And speak the word for beast and bird
Till the world shall set things right."



LOREN EISELEY

American anthropologist, educator, philosopher,
and natural science writer. Professor of Anthropology and
History of Science at the University of Pennsylvania.

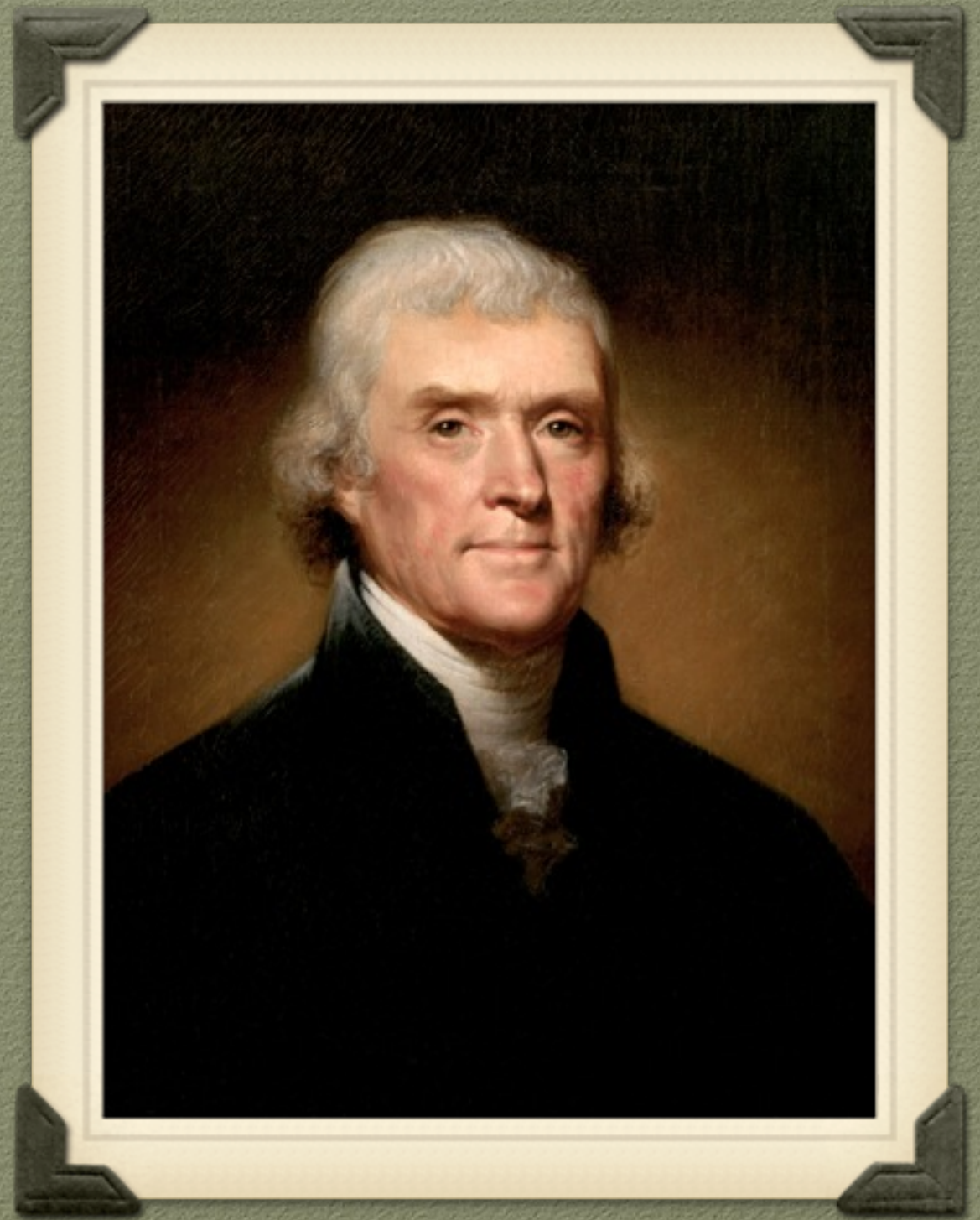
“One does not meet one’s self
until one catches the reflection
from an eye other than human.”



THOMAS JEFFERSON

American Founding Father, the principal author
of the 'Declaration of Independence,' and
the third President of the United States.

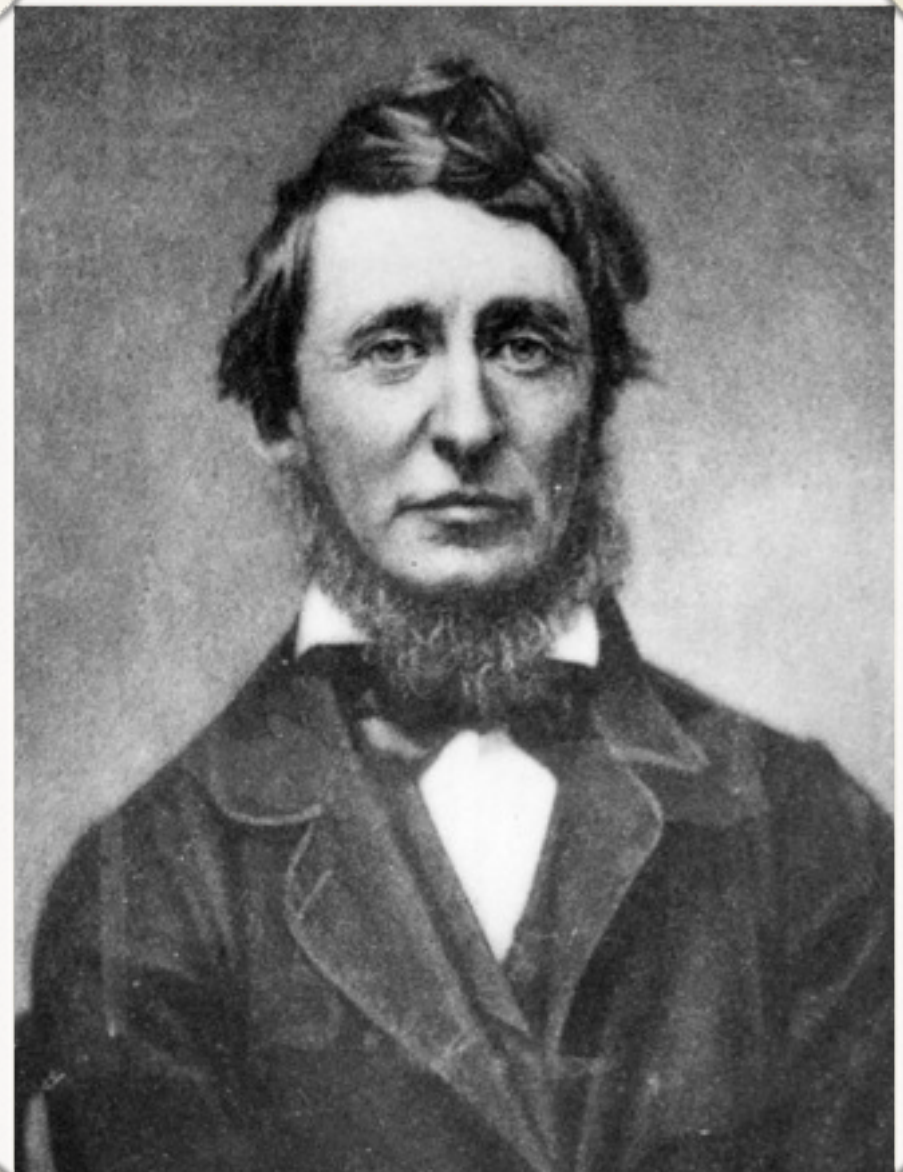
“In truth, I do not recollect in
all the animal kingdom a single
species but man which is
eternally and systematically
engaged in the destruction
of its own species.”



HENRY DAVID THOREAU

American author, poet, philosopher, abolitionist, naturalist, tax resister, historian, and leading transcendentalist.

“Whatever my own practice may be, 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.”



IMMANUEL KANT

German Philosopher. A major figure in the history and development of philosophy.

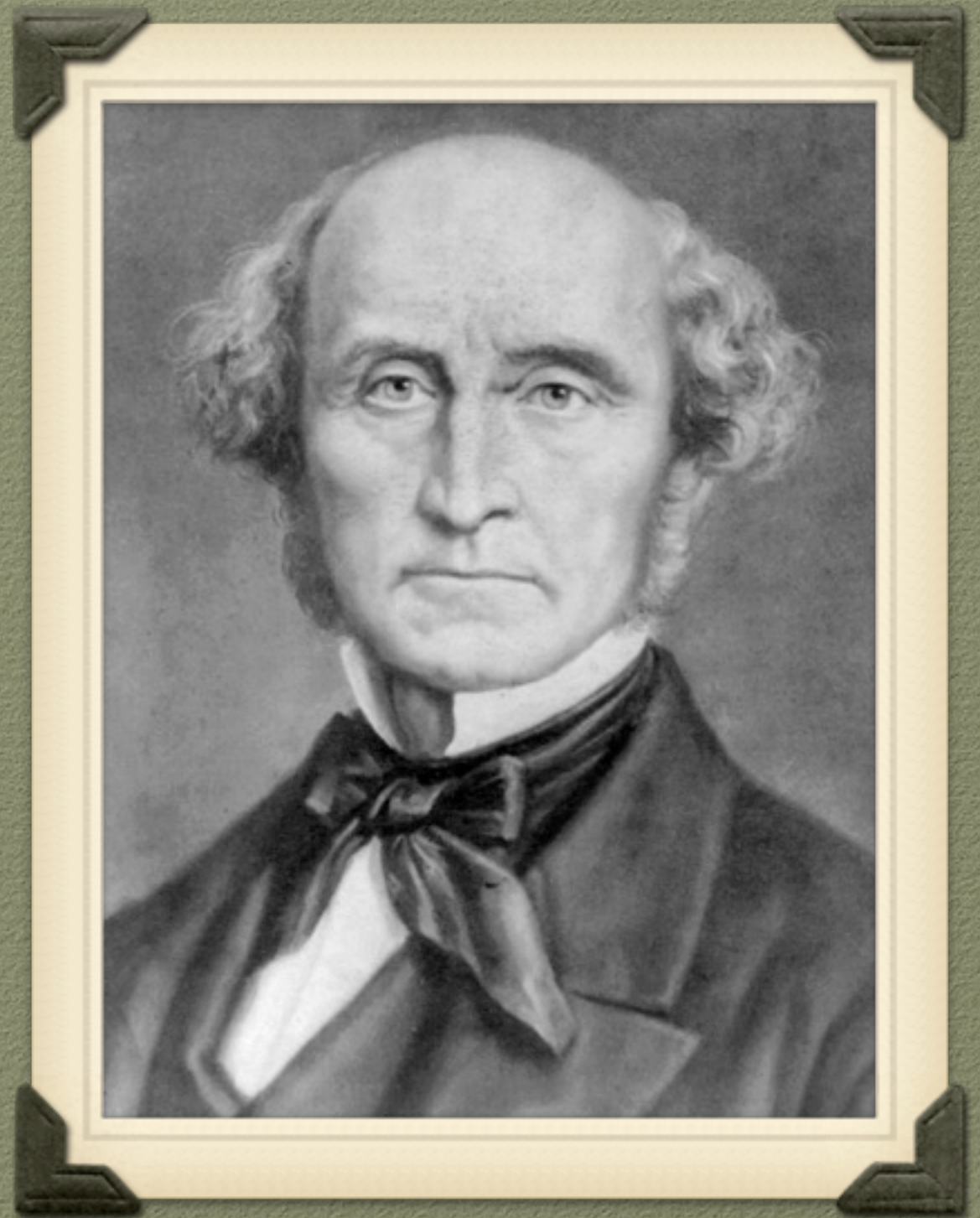
“He who is cruel to animals becomes hard also in his dealings with men. We can judge the heart of a man by his treatment of animals.”



JOHN STUART MILL

British philosopher, political economist, and civil servant.
He has been called 'the most influential English-speaking
philosopher of the nineteenth century.' Member of Parliament.

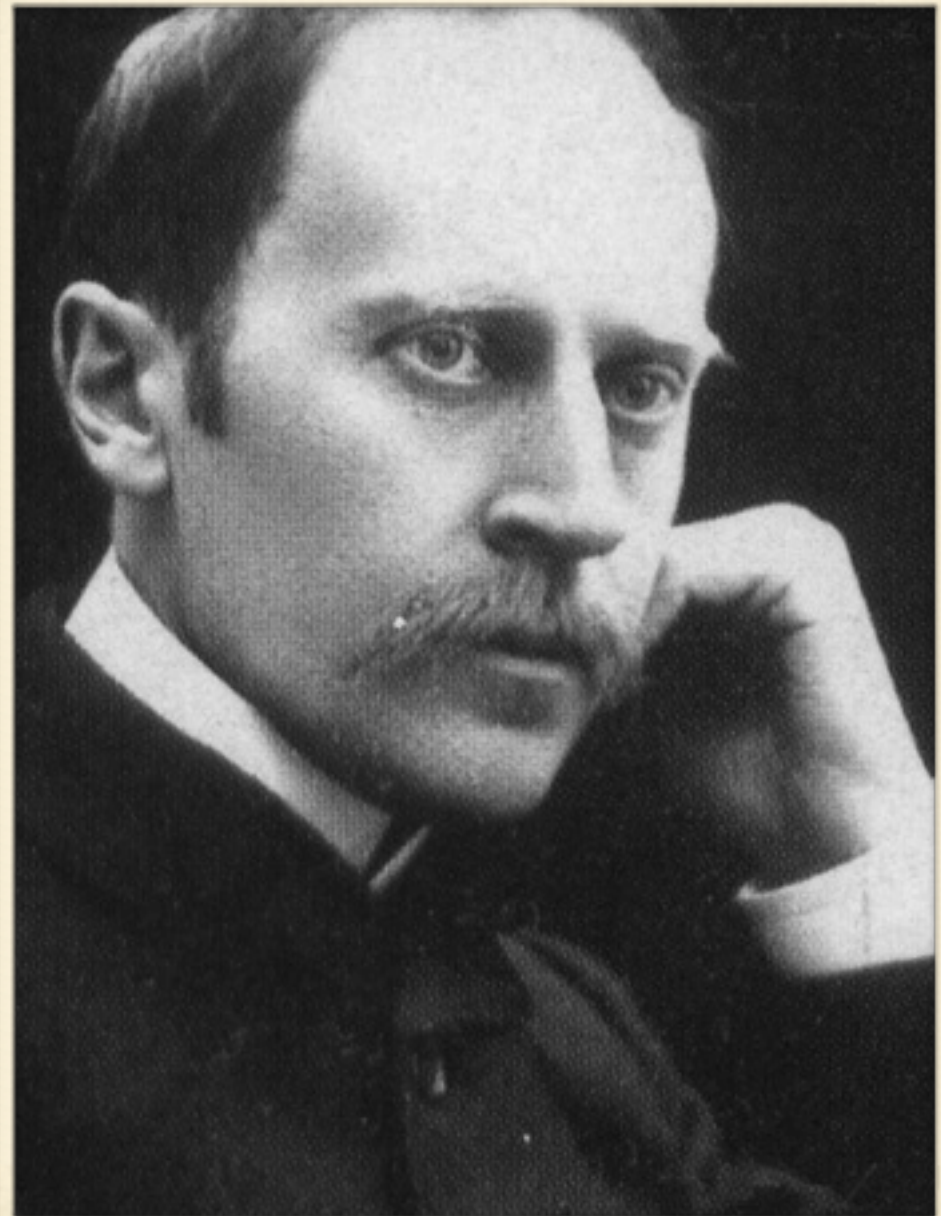
“The reasons for legal
intervention in favor of children
apply not less strongly to
the case of those unfortunate
slaves and victims of the most
brutal part of mankind—
the lower animals.”



ROMAIN ROLLAND

French dramatist, novelist, essayist, art historian and mystic who was awarded the Nobel Prize for Literature in 1915.

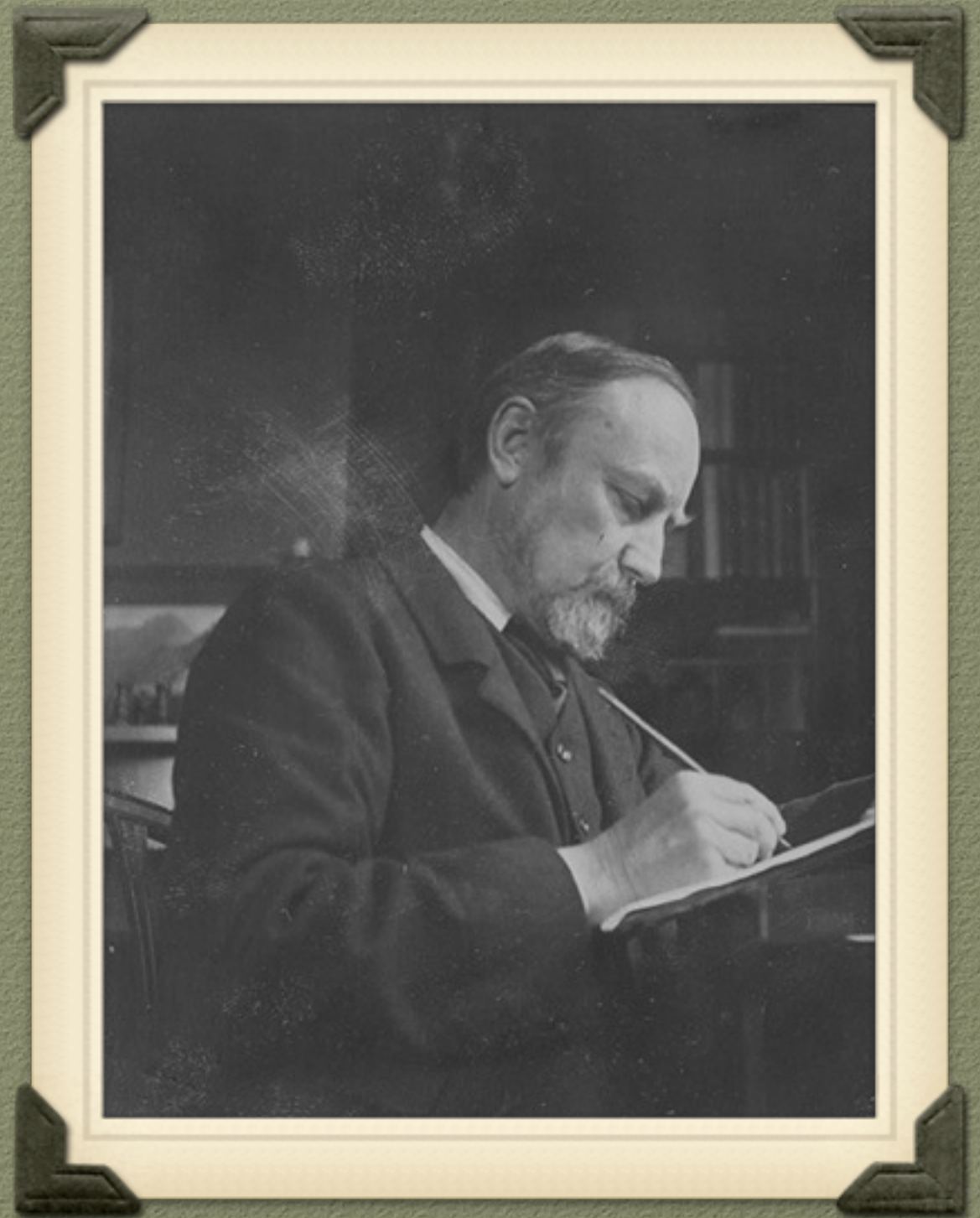
“Thousands of animals are uselessly butchered every day without a shadow of remorse. If any man were to refer to it, he would be thought ridiculous. And that is the unpardonable crime.”



HENRY SALT

English writer and campaigner for social reform
in the fields of prisons, schools, economic institutions,
and the treatment of animals.

“If we are ever going to do
justice to the lower races, we
must get rid of the antiquated
notion of a ‘great gulf’ fixed
between them and mankind,
and must recognize the
common bond of humanity that
unites all living beings in one
universal brotherhood.”



MARTIN LUTHER KING, JR.

American clergyman, activist, and prominent leader in the African-American Civil Rights Movement.

One of the greatest orators in American history. Winner of the Nobel Peace Prize.

Posthumously awarded the Presidential Medal of Freedom in 1977 and the Congressional Gold Medal in 2004.

“One day the absurdity of the almost universal human belief in the slavery of other animals will be palpable. We shall then have discovered our souls and become worthier of sharing this planet with them.”

