

"IS NON-VEGETARIAN FOOD PERMITTED OR PROHIBITED FOR THE HUMAN BEING?" – Part I

(Back Ground Azaan, By Brother Yusuf Islam)

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(Azan Continued....)

(Dr. Mohammed) In the name of God, Most Gracious, Most Merciful. Mr. Y.P. Trivedi, the chief guest of the evening, Mr. Rashmibhai Zaveri, Dr. Zakir Naik, Mr. Chamanbhai Vohra, Mr. Dhanraj Salecha, distinguished guest, ladies and gentlemen, Assalomo Alaykum - May peace be on you. On behalf of the organizers, the Indian Vegetarian Congress, the Islamic Research Foundation and the Rushabh Foundation, I welcome all of you today to this morning's unique programme - a public dialogue on the topic... 'Is Non-Vegetarian food, permitted or prohibited for a human being?'.
 It is being held in a spirit of friendship and understanding each others view points. I, Dr. Mohammed Naik, am the coordinator for this dialogue... hence, I occupy a neutral position. It is my honorees duty to ensure a fair and proper conduct of this meeting. Therefore, I would request both our speakers as well as the audience, to maintain dear decorum, for a healthy and lively debate, as well as a dialogue. Now we would have the past president of the Indian Vegetarian Congress, Mr. Jayantilal. R. Doshi welcoming and introducing the chief guest of the evening,
 Mr. Y.P. Trivedi - Mr. Jayantilal Doshi.

(Clapping)

(Mr. Jayantilal Doshi) Mr. Y.P. Trivedi is a very senior advocate in Supreme Court of India, and leading tax expert of Mumbai. His activities in economic field, inside ex-president of Indian Mercantile Chambers and active members of Chairman of many other Institute, trade and industrial body. In professional field, he was president of Chambers of IT consultant, and Vice-President of IT Tribunal, and Bar Association. In political field, he is traders of Maha Pradesh Congress Committee BRCC. He is also Chairman and Director of many Public Limited Companies... Reliance and Dena Bank. In educational field, he was Stockation of matters, degree in lower, and Bombay University. He regularly continues article of various sinpident in different papers and Journalist. He has addressed a member of Senior, and meeting of Rotary Lion Club, etc. and Air India and Doordarshan, etc. - Thank You.

(Dr. Mohammed) Now we have Mr. Dhanraj Salecha, President of Rushabh Foundation, presenting momentous to our chief guest, as well as garlanding him on behalf of the organization.

(Clapping)

Now we have our chief guest Mr. Y.P. Trivedi, addressing our audience collected here today - Mr. Y.P. Trivedi.

(Mr. Trivedi) Dr. Zakir Naik, Mr. Rashmi Zaveri, Dr. Mohammed Naik, Dr. Dhanraj Salecha, Chimanlal Vohra, and friends - Before I give my introductory speech, I have been told and I think I would like to repeat, and say with great firmness... and one of the greatest friend and the greatest enemy of our civilization, is the cellular phone. And all those who have got cellular phones, it is a... it is a great friend, you know when you are in absolute necessity... and when you are in a meeting, it is a great enemy. So I would request all those with cellular phones, please switch off the phones and do not disturb, because it disturbs the trend of thinking of those who are speaking and those who are attending and others, listening very attentively. Friends, I welcome all the speakers and all of you here, to this very healthy debate which is taking place. I believe that this should be the beginning of similar debates, which should take place in the times to come. This debate or discussion, or the clearing house of mind, is probably in the best traditions... both of the Hindu civilization as well as of Islam . In our mythology and our history, we have such instances of such debates taking place in the courts of kings like Janak, when people from various shades of thoughts... because Hinduism was never following one particular pattern of thinking. There was *Bhakti Marg*, there was Non-Dualism, there was *Advait Marg*, there was *Charwaks*... who did not believe in any God - so all of them, Janak King... King Janak used to assemble them, provoking them to debate - not trying to influence anybody, but inviting the thoughts, and then leaving the debate to the people at large, to make up their own minds. So that was the tradition of our Hindu religion in this land of India. That was also the tradition of Islam - In the immediately succeeding years after the demise of Prophet Mohammed, Islam was a religion - Arabia was the place which was the place of learning logic, Mathematics, Astronomy - all this was been discussed and the great scholars of Arabia, and built the thoughts, made inquiries and transformed that knowledge there after to the Western world. According to me the Renaissance Movement in Europe, owed its origin to the thinking of these Arab thinkers... who were great stalwarts in their own time. We very often associate Arabia, with thinking about, 'Arabian Nights'. But let me tell you, that apart from the strides which they made in the field of fiction. And some of the most imaginative fictions, at the same time in the field of science, technology, thinking, logic, mathematics... they made great strides. That is why, today also, inspite of all their achievements, the West is still talking about the numerals, as the '*Arabic numerals*' and this is how Islam also in those days used to think openly, that tradition had been continued - because I believe in the reign of King Akbar, he also used to call people from all Religions. Even the Christians who came at that time... they landed on the shore of India - They were also called, and they were asked to explain what are the tenets of the Religion. So this sort of a healthy debate is something which is an absolute necessity for the development of any cultured, civilized, and tolerant society. Dr. Vohra said that he is neutral - let me tell you, tell him, and all of you, I am also neutral. If I would not have been neutral, I would not have been made the chief guest. And I do not wish to desire to make any final comment on the subject... but one school of thought, I would like to narrate here, which I have read at some place - that all those animals... in nature, who are grass eaters, the animals which are thriving on leaves... they have got bovine teeth, they do not have canine teeth. All those animals which are eating flesh, meat eaters, they have got canine teeth... what we call '*Rakshi*'. Human being is the one specie, which has got both bovine teeth, as well as canine teeth. It is very likely, that nature wanted this specie to survive - Nature considered that this species... human beings, are the most important specie which should be there in this world. They should try to contribute... they should try to carry My message, and take it further. So they wanted... the nature probably wanted this specie to survive under all circumstances. Nobody can deny that the early Homo Sapiens or Homo erectus... they were all flesh eaters... at that time there was no agriculture... if you look at the evolution as we now learn from science. It is only the advance advance... of civilization, that people started taking to agriculture. When they started taking to agriculture and started growing Corns... some of them became *Vegetarians*, some of them remained *Non-Vegetarian*, some of them became the mixture of both - they also took *Vegetarian* as well as *Non-Vegetarian* - and most of the *Non-Vegetarian* people today, also eat *Vegetarian* food as a part of the diet. I believe that in this aspect, when you are talking, whether it is permitted or prohibited - we are talking about permission or prohibition by the Religion. In this one aspect Dr. Naik, I would probably like to differ from you. I believe that it is not the function of Religion, to tell us, that... 'What we should eat and what we should not eat'. Religion should try to purify our soul, purify our conscience, talk about good behavior, lead us to the path of God. What we should... what we should not eat, is something which the doctors should tell us... the

nutrition experts should tells us. It is not the function of the Religion to say... 'You shall not eat Garlic, you shall not eat Onions, you shall not eat Ginger' because this is something, if subsequently the nutritional experts tell us, that this is something which is very good for your health, which is very good for your survival, which is very good for you to fight your diseases... then certainly it has to be taken. Because these are the subjects, in modern day's science - We have to grow up, we have to think in terms of what is lying ahead of us - We are entering now the next millenium... 21st Century - So much is expected from us. Today only I was reading in one of the magazines, about the forecast of Nostradamus. That, Nostradamus thinks that this particular country, which is surrounded on three sides by sea... that one country will come on the top of the world. And are we going to go into the top of the world, become a super power, by just clinging ourselves to some of the outdated notions. For example, yesterday so many people migrated from this country - I was wondering in the heart of my heart... what is it?... there is no scientific explanation all through out. All people with any bases of logic, all people who knew something about science - they were saying... 'Nothing will happen... whether eight planets come in one line or they go zig zag - nothing is going to happen'. But then all types of talks were there. 'Alan' which is our largest shipyard - that was completely forsaken and completely deserted - I was told that... for rushing to Rajasthan. I believe, I do not understand why people from Rajasthan are so panicky. The *Marvadis* left everything, came here, and made a empire - And the same *Marvadis*... thinking 8 planets are there... they ran away. I was told, 2500 rupees were paid for a bus ticket, for going back to *Rajasthan*, and nothing happened. So what is very important for all of us... if this country has to go further, if we as a nation, has to make our mark and probably the destiny before us... we can reach great strides. 21st centuries... as I have always been saying, belongs to India and Pakistan - both of them, when they will come near and near... they will be able to become the leaders of the 21st century. And if that is going to happen, then let me tell you, we will have to get out of these old dogmas. What we should eat... we should not eat - the doctors should tell us. If a new scientific discovery is made, and I have been asked, that I should eat tomatoes because it fights the cancerous growth, then I must eat tomatoes - irrespective of what my Religion tells me. So I think, let us go to the Scientists - let us develop for ourselves a modern mind... a scientific approach - then I think today or tomorrow, the whole world is before us. I do not want to comment on the... or trespass on the domains of the speakers. With this introductory remarks, I am once again trying to point out - I am absolutely neutral and I would like to hear the views of the learned people, who have made research on the subject - Thank very much.

(Dr. Mohammed) Thank you Mr. Trivedi... now we have brief introduction of each of the speakers, before we get into the mode of formal dialogue programme. We have Mr. Chamanbhai Vohra, Senior Vice-President of the Indian Vegetarian Congress, to introduce Mr. Rashmibhai Zaveri.

(Mr. Chamanbhai Vohra) Well, today I feel very happy to introduce our President Shri. Rashmibhai Zaveri, President of the Indian Vegetarian Congress. I think this public dialogue will become very, very interesting, looking to the introductory speech given by our chief... learned guest, Y.P. Trivedi. So let us hope for the very good dialogue. Now Rashmibhai Zaveri is a Chartered Accountant by profession - He is having his own firm, 'Rashmi Zaveri and Company'. They are very well reputed in the field of... as far as the Corporate sector section is concerned, and he is a very good speaker. As far as the Religious speeches are concerned, he is a master of many of the Religious philosophies. He is a very active member of the Chartered Accountant Society. He himself, is the member the of *Bharat Jain Maha Mandal* - He is the founder President of the Forum of Jain Intellectuals... one of very prominent institution, as for as the Jain people are concerned. And he is very well connected with the *Kala Gujari* also. Though he is very young at the age of 63, he is very energetic and he looks forward always to this type of dialogues - and today's dialogue is really very good one. And I specially before... by giving the introduction of Mr. Rashmibhai Zaveri, I would like to thank our chief guest, as well as our Dhanrajji & our Zakir Naik *Sahib*, for having a very good dialogue... 'Whether by principle, a human being can take, or should not take the Vegetarian and Non-Vegetarian foods?' - Thank you very much.

(Dr. Mohammed) Mr. Ashraf Mohammedy, to introduce Dr. Zakir Naik.

(Ashraf Mohammedy) Dr. Zakir Abdul Karim Naik, 33 years, is the President of the Islamic Research Foundation, Mumbai. Though a medical doctor by professional training, he is renowned as a dynamic international orator, on Islam and Comparative Religion. Dr. Zakir, removes misconceptions about Islam, on the basis of *Qur'an*, *Hadith* and Religious Scriptures of various other Religions. He also uses reason, logic and modern scientific facts, to remove the misconceptions about Islam. He is popular for his critical analysis and convincing answers, to challenging questions posed by audiences, after his public talks. In the last 3 years itself, he has delivered more than 300 public talks, world wide. Dr. Zakir also appears on various international TV and Satellite TV Channels, throughout the world. He has also participated in various symposia and such dialogues, with prominent personalities of various faiths.

(Dr. Mohammed) I have been asked by many persons... 'Why are we having this dialogue - this topic, these speakers only?' I here by clarify - Mr. Dhanraj Salecha, President of Rushabh Foundation, once visited the Islamic Research Foundation office, about one half month ago. He presented the Islamic Research Foundation kindly, with a set of literature favoring Vegetarianism. These included quotations from major world Religions, which included quotations also from the *Qur'an*, and sayings of Prophet Mohammed (peace be upon him), which according to him, indicate that Non-Vegetarian food is prohibited for human beings. After some discussions, Mr. Salecha proposed that a public dialogue be held at Patkar Hall... between Mr. Rashmibhai Zaveri, President of the Indian Vegetarian Congress and Dr. Zakir Naik, President of Islamic Research Foundation, on the topic... 'Is Non-Vegetarian Food Permitted or Prohibited for a human being?' This would in turn, enable the audience at large, to know the different view points of both the speakers, and form their own judgement. Both the speakers agreed to the same. Just about five days back, that is... this Tuesday. I met Mr. Zaveri, and he requested that both the speakers in their talk refrain from speaking on other Religions, except their own. Dr. Zakir, though being very ardently in the field of Comparative Religion, reluctantly agreed. Therefore, as far as the Religious points are concerned, in the talk and response of our speakers, Mr. Zaveri will speak only from the Jain viewpoint... unless compelled otherwise. Similarly, Dr. Zakir will speak only from the Islamic viewpoint... unless compelled otherwise. This in brief, is the clarifying background to the dialogue - the format for the dialogue will be, as agreed to, and decided fair by the speakers - Mr. Rashmibhai Zaveri will first address us for 50 minutes on the topic... 'Is Non-Vegetarian Food Permitted Or Prohibited For A Human Being?' Then, Dr. Zakir Naik will make his presentation for 50 minutes, on the same topic.

This would be followed by a response session, in which Mr. Zaveri will respond for 15 minutes, to the matter presented by Dr. Zakir. Similarly, Dr. Zakir too would then respond for 15 minutes, to the matter presented by Mr. Zaveri. When 5 minutes are left for the conclusion of the talk or the response time, I would put before each speaker, a ledge saying... '5 minutes left' - in which time, they are expected to conclude. Lastly, we would have the question and answer session, in which the audience may pose questions to each of the speakers alternatively, on the question mikes provided in the auditorium. Written questions on slips of paper, would be given secondary preference... if time allows us. Now I would request our first speaker Mr. Rashmibhai Zaveri, to present his address. Ladies and gentlemen... Mr. Rashmibhai Zaveri.

(Mr. Zaveri) Before I start my talk, I am really very happy, that this atmosphere of brotherhood... it has really moved me, and I will request Dr. Zakir Naik to come forward and lets have a '*Gale lag Ja* scene'.

(Clapping)

The chief guest of this morning, Mr. Y.P. Trivedi, President of Rushabh Corporation, Shri. Dhanraj Salecha, the learned speaker Dr. Zakir Naik, the expert commentator and the coordinator, Dr. Mohammed Naik, Vice President of IVC Shri Chamanbhai Vohra, other dignitaries on and off the dais, my friends, brothers and sisters... First of all, I must acknowledge the dedication, the sincerity, with which all the three organizations, particularly Islamic Research Foundation, has taken pains in arranging this lecture. I do not mind and I do

not hesitate in saying, the entire credit goes to IRF. Friends, the topic today is... 'Is Non-Veg. food permitted or prohibited for a human being?' Any argument or any statement for that matter, is always to be considered from relative point of view. There cannot be any absolute truth, there cannot be any absolute statement, that it is 100% prohibited or 100% permitted. So friends, let us see, as very rightly put in by Mr. Trivedi, who has started the ball rolling... that we will not speak only from Religious point of view - Religious... has to enter... you can not diverse it from today's subject. But I would like to speak on this topic, that... 'Non-Veg. food is prohibited for human being', from various angles. For example, Geographical reasons, historical reasons, Moral, Ethical and Religious reasons, Economical, Environmental and Ecological reasons, Natural reasons, and Psychological reasons, and above all medical reasons. It is a fact, now well established, that our actions are controlled by our thoughts. What we think, we act... and our thoughts are controlled by our diet - As we eat, so we behave. And that is why, the topic is very important, that we should choose our diet in such a way, that our thinking is positive - the word positive will include everything. And believe me friends, not only all the Religions, but the medical science has now proved, that the food that we take, it definitely influences our thinking... and so our behavior. Friends, there was a time, when there was no alternative available, as Mr. Trivedi rightly put... there were places on this world, and there are even now places, where there is no availability of vegetation. It is simply not possible, because of the extreme circumstances. But now the world has progressed so much, that there is a very advanced system of transportation, which is available to us... and any type of commodity including food, can transported from one part of the globe to another, without any problem. Now... that when we have got alternatives, we have to think about this, which alternative is better, from all the angles - that which I have described earlier. And that is why friends, I am now coming to my topic proper that... 'Non-Veg. food is not permitted' now, at this point of time - not only for India, but for other countries of the world also. First of all, I will say that all Indian Philosophies have stated that we should not harm any living being, not only the living beings that we can see... but also those living beings, which we cannot see, which are in air, fire, water, etc. But always there is a limit - it is very difficult for a human being to refrain from total, total... '*Hinsa*' or '*violence*' because of his needs. So, that is why Lord Mahavir stated that... 'At least you limit the essential killings, but absolutely no killing, for your own selfish motive or for your own needs of hunger, etc.' And that is why under Jainism and most of the Indian philosophies, 'Non-Veg. Food is totally prohibited'. Now this is our Religious aspect... I will not go very deep into it. But the psychological aspect... the effect that Non-Veg. food has on our thoughts and deeds... that is the most important part. The learned authors... I will not now quote the names of the books and authors, because that will take time, but I have got all the authorities with me. It is said that Veg. diet reduces needless suffering in the world, and also preserves our ecosystem. See, when I talk about alternative, you look here... you look at the wild animals who stay in jungle... they... those who are *Carnivorous*, they will restrict themselves to meat eating only - but those animals which are *Herbivorous*, they will never go for meat eating. Only human being is such... because of some false notions, I will say it has... the human being is been both... a *Carnivorous* and *Herbivorous*. As I said, if alternative is available, why should we go for unnecessary killing? The basic principle underlying this theory is non-violence, love and compassion for animals, birds, fish, etc... because flesh food falls in '*Not Essential Category*' while Vegetarian food comes under '*Essential Category*'. Psychologically also... cruelty, instant impulses, urges, basic animal instincts, impatience, are all the necessary consequences of flesh food. By eating animal flesh, man will ingest all the animal instincts... the four basic animal instincts of food, fear, possessiveness and reproduction. These are there in man... I do not say 'No'... but they are the basic instincts. - We have got a reasoning mind, we can rise above these basic instincts, we can control our impulses and urges, and become... then only we can become 'super animals' or 'super beings' - otherwise, human beings and animals... there is no difference at all. But man has additional quality called '*Reasoning mind*', which is blunted by the influence of flesh food, and man becomes more like animal. The scientific reason for this, is that flesh is an integral part of animal body - it is full of '*Tamasik*' value. There are three types of value... '*Tamasik*', '*Rajyasik*' and '*Shartrik*'. '*Tamasik*' in short, is the brutal sense, or brutal instincts of the animal. A man becomes more like an animal... he is careless, he is cruel, he is ignorant... if he is eating the food, that is... the part of the bodies of the dead animals. The crime rate is higher, aggression is the natural consequences of flesh food. It distorts the thinking and reasoning. It is not only a problem by itself, but it creates many other problems like increase in crimes,

cruelty, etc. The virtues like compassion, sharing, self control, are obliterated by the impact of flesh food. If we insist on treating animals more brutally, then our behavior will also become less human, and more brutal. I will quote one 'Shayeri', that what will happen if this animal instincts is so embedded in our heart... what will become of men... 'Aadmi ke shakl se ab dar raha hai Aadmi - Aadmi ke shakl se ab dar raha hai Aadmi. Aadmi ko loot kar, Ghar bhar raha hai Aadmi ... Aadmi hi marta hai - mar raha hai Aadmi. Aadmi hi marta hai - mar raha hai Aadmi... Samaj kuch aata nahin, kya kar raha hai Aadmi'. Friends, this is because the man has become an animal. He does not then distinguishes between... whether he is an animal or a human being, because this is the influence of the food, the flesh food that he eats. Flesh food is the cause of 'PMS Syndrome' - that is, 'Pre Postures mood swings' and psychological distortions - thus it is now established, that the flesh food is the root cause of moral and spiritual degeneration. We, at Indian Vegetarian Congress... we are working for important task, since it will lead to a more humane world at peace with animal kingdom, and with each other. We at 'IVC', define a 'Vegetarian', as one who does not, at any time, or under any circumstances eat meat, fish, fowl, eggs or any other type of flesh food. 'Vegetarian' does not come from 'Vegetables'... now this very important friends, understand, the word 'Vegetarian' does not come from 'Vegetable'. The root is, it is derived from the word *Vegetus*... V-e-g-e-t-u-s, meaning - whole, sound, fresh, lively - 'Nothing is more powerful than an individual, acting out of his conscious, thus helping to bring the collective conscious to life'... that is, what Norman Cousins said. And what does Albert Switzer has to say... 'Until man extends his circle of compassion to all living things, man will not find peace for himself. It is a man's sympathy with all creatures, that first makes him truly a human being'. Now friends I will go next, to the most important topic, and that is... the medical view point. It is a fallacy friends... it is a myth, to say that we do not get enough protein from Veg. food, and that is why a man must have a flesh food, that is rich in protein. I will come one by one, to these myths. First of all, I will first give you examples of those strong animals say elephant, say Rhino... these are the strongest animals on this earth. Are they meat eaters?... No, they are pure Veg. - Even if they die, they will not eat meat, even then they are the strongest. Take example of Horse... We talk about 'Horse Power' - it is the most powerful creature, useful for our purpose... and that is also a pure Vegetarian. And take examples of Cattle, Cows, Bullock and other animals... they are not only useful to us, but they are pure Vegetarian. My point here is, that those Vegetarian animals are strong enough, and they do not need any flesh food. In fact if stupidly, flesh food is given to these Veg. animals, what will happen? you all know about 'The Mad Cow disease', the syndrome called 'BSE'. Friends, this 'BSE'... 'Bovine Spongiform Encephalopathy' - You know what happened a few years back in England. It was a result of feeding rendered Sheep by products, to cattle, as protein supplement. This Sheep were infected with 'Scrapie' and 'Acy' disease, known for over two hundred years. Now if Sheep food can make a Cow mad, what do you expect the result on human beings? Millions of innocent Cows were killed mercilessly, just because they were suspected to be infected with 'BSE', and that too for no fault of theirs - but the stupid ways of feeding Sheep protein, on absolutely unnatural diet for a Cow. So is case with humans... animal protein is not natural for us. Similarly, millions of Chicks were destroyed in Eastern Asia countries, because they were infected with certain disease. Now coming back to healthy diet, I will quote from one Dr. Dean Ornish, who has written a very learned book on - 'How to reverse heart disease, without surgery or drugs'. And this book, my friends, is the best seller in America now... it has really created interest in the people of America and all over the world, for that matter - that Veg. food is definitely better from medical point of view. He has given two types of diet - One reversal and one prevention of heart disease. Both are strictly Veg. diets - Because he has proved scientifically, that Veg. food is the best food, for a human being. It not only helps heart patients, but also reduces risks of other degenerating and fatal diseases caused by flesh food - disease like Cancers of Colon, Cancers of Breast, Cancers of Prostate, Obesity, High blood Pressure, Stroke, Diabetes, Gall stones. The Surgeon General of America has confirmed this, in the report on 'Nutrition and Health'. He has given certain facts for proteins. Friends, we will have to little technical about it - the proteins is formed, from building blocks, called Amino Acids. These are of million varieties, of which, only three are critical for us... Lysine, Tryptophan and Methionine - all these are available in animals as well as Veg. plant food. But when one consumes animal food for getting these three critical Amino Acids - one also consumes unnecessary elements like cholesterol, saturated fat. Friends these are the two things that are the prime reasons - the killers for human beings - 'Cholesterol' and 'Saturated fat'. Now let us address the issue that is universally put forward... 'That we do not

get sufficient protein from vegetarian food, and so we have to turn to flesh food, for adequate supply of Amino Acids' - Now this is a fallacy. A combined meal of Legumes and Cereals Legumes means dal, pulses and cereals means Wheat, Rice, etc. You have to combine these two, and you get a complete balanced diet, which provides complete protein - which is not different from proteins found in eggs or meat - but without cholesterol and animal instincts. One diet, one Dietetic Association has stated, positive relationship between 'Vegetable life style and risk reduction for several chronic degenerative diseases' as mentioned earlier - It has confirmed that Veg. diet is healthier and more nutritious. Plant food is totally free from cholesterol, which is only found... it is... which is found in both... but cholesterol is only found in animal products such as meat, poultry, fish and dairy. Flesh food is also high in saturated fats, which our liver converts into cholesterol - Our body makes all the cholesterol we need. Now this is very important friends, you must understand - We do not have to... we need cholesterol, but we do not have to take cholesterol from animal food - our body... it is a wonderful mechanism - the bio-chemistry, the chemical factory of our body can manufacture all proteins, all cholesterol, from our own systems. 3/4th of the cholesterol in our blood, is made by our body - it is the excessive amounts of cholesterol and fat in the diet, that lead to coronary heart disease. The other diseases friends, which I have summarized from various journals... Medical Journals - Epilepsy, Infected flesh, kidney diseases, excessive proteins, excessive Uric acid - these are all the diseases because of the flesh food - Rheumatoid, Arthritis, Gout... this is the direct consequences of Uric Acid found in flesh food - Degeneration of intestine, decay in Immunitive System. Dr. Deepak Chopra of America, has stated that our body is capable of living for more than hundred years, if we take proper care of it. Now look at the population in North Extreme, North region Eskimos - Now per force because no vegetation is available, they have to take flesh food, and the average life of an Eskimo, is only 30 years. All Non-Veg. food is devoid of Vitamin C and Vitamin A, which is naturally available in vegetables - 'Avidin' in eggs and other dangerous bacteria, are responsible for many skin diseases such as Exchema, Scabies, Leprosy, etc. Now I will give you a certain scientific facts - One medical study has proved that there are less heart diseases in Veg. people, than flesh eaters. Second - It is a well known fact that, not only in India, but even in advanced countries, there is no full proof system of medical exam of animals, before slaughtering - thus diseases carried by them are passed on to the humans who eat flesh food. Friends, you all know, that like human beings, the animals are also infected by diseases, and they are the carriers of the deadliest germs - and when these animals they die, and one eats that flesh, that diseases which were infected, and which were the part of the dead body of that animal, is again inherited by us. 9% of food poisoning cases, 90% of food poisoning cases are in flesh food eaters. When an animal or bird is brought to a slaughter house - now this is friends... which is again, it needs some explanation. If you have visited a slaughter house or a poultry, you will know this - when the animals are brought to the slaughter house, and when they know that they going to be slaughtered, the... the pain, the agony, the anguish, that runs in the system... it gives rise to 'Adrenaline' the hormone which mixes with the blood, and into the flesh. Now these instincts of fear, anguish, anger, despair - all negative points are then becoming part of the flesh food, and it passes on to the person who eats. And that is why, friends, I say that when one eats flesh food he becomes more like animal and less like a human being. I will now turn to the fallacy that... 'Eggs are necessary for growing children, because they contain protein'. As I said excessive protein is more harmful than useful, and the protein that we find in pulses, in cereals is much more richer and natural, than the protein, the excessive proteins we find in animal food. Now I will give you the example of egg - Each egg weighs about 100 grams and has, 170 calories. It contains 13.6% of protein, as against that any dal or pulse will contains 24% of protein... much more than the egg of same weight - 100 grams. Egg will contain 13.3% saturated fat, while there is no saturated fat, or very little of 1% in Cereals and Pulses - 450 to 500 milligrams of cholesterol is contained in egg... One egg. Amino acid called 'Milionine' which destroys Vitamin B, large quantity of Sodium Salt - all these are part of the egg. And when one eats egg, he is then infected... his body is infected because of this excess protein, cholesterol and saturated fat - It does not contain any carbohydrates it does not contain any fibre. Friends, the medical science has now come up forward, and stated that for our digestion we must have fibre, and fibre is found only in Vegetable food, and not in the flesh food at all. Now, cost wise, I am only comparing the egg... now cost wise, for 1 gram of protein, the cost of egg is 4 to 5 times more than the pulses, Wheat or Soya bean. Cost of 100 calories - It is almost 10 times costlier than the pulses - thus, pulses, Wheat, etc. are not only cheaper, but

they provide other important nutrients like vitamins, minerals, fibre, etc. Now let us take a look at the poultry farming - Now they call it 'Poultry Farming'... it is a totally. I tell you sir, it is a Poultry factory... the way in which the birds are stored there - They have to climb upon one another to eat or drink, because there is not sufficient space. Even the poultry people, they say that... 'This is our factory, and these are our merchandise, they are goods... Nothing but our products - We are not concerned whether they are living beings or not'. They are totally devoid of any compassion, any '*Karuna*', and that is why these things are also reflected in the birds. The birds are stored like commodities. They are fed unnatural food and administered drugs which are harmful for humans, only to speed up their metabolism - So that they can produce more eggs. The poultry people are only interested in making profit, and the result of this, they die premature death. It affects physical as well as mental health... Intellectual and emotional growth. Egg is poison for children. Eggs begin to rot immediately, unless they are put in deep freeze - But when they are marketed, they are prone to be... to... to decay and disease faster. '*Vegetable Egg*' is again a myth... It is a fallacy - No egg can be a '*Vegetable Egg*' - It is an animal product, and animal product only. It is definitely... it is definitely a animal product - It can never be called a vegetable item - It is a misnomer, it is a deception. Friends, I will now turn to the economical aspect - Now this also, I have studied from various journals... medical science, and more important... from the Statistics department of the government of India, and government of America, the U.K. government, etc. But I will not... that is why give the citations during my talk - but I will give you the summary. U.K. - the survey has stated... 'The land required to produce the fodders, to feed the animals to obtain flesh food, is 14 times more than that required for vegetable diet, to feed man directly'. Because what happens... first you grow fodder, you feed it to the animals, and then you kill the animal for flesh food - and that is how you get your flesh food. But then if the same land is used for agriculture, for pulses and cereals... that same piece of land can support many more families - and here only few families can be supported by using this land for pasture. I have been given one statistics... '10 squares acres of land can support, 10 heads of human beings, or 10 heads of cattle for the whole year - but 10 heads of cattle for meat, cannot support even one single person throughout the year natural grass or pasture, can and grain crop, both genetically belong to grass family'. You see once the crop is harvested, what we have is *Hassish* for Stock. These are again the source of... excellent source of bio-chemical fertilizer or manure. Look how many crores of rupees, of our foreign exchange we are wasting on artificial fertilizer and chemical fertilizer, which we all know is extremely harmful to us. But because we are not able to get the natural manure, which we can get from cattle and animals we are destroying them. Foolishly destroying them for our own food, but we are not considering the fact that the manure that these animals produce, are much more economical, much more healthier, and much more useful to our country. It is now well known fact, that 16 kilogram of food grain are required to be fed to one animal, for forming one kilogram of meat. Thus by feeding animals led for slaughter, the country is deprived of vital food grains which can feed many, many more people - So not only for growing food, but also for pasture and for manure, we require land. The human... '*The human Onkogene*' work done by Professor Will Bieng from Masachuchets - it has stated that... 'To obtain one calorie of animal flesh, seven vegetable calories have to be spend'. Then the studies further shows that... 'The land needed to graze one average animal, can sustain five average families'. Friends, I will not burden you with facts and figures, but the summary of all this is that it is very economical to feed people on Veg. diet, rather than on flesh food. Now let us take the other point of view of Economy, Ecology, Environment, Slaughter houses, etc. Production of animal flesh food require more land, more water, more food grains for feeding animals meant for slaughtering. Now this will again destroy, or rather disturb the balance of our ecology and our environment. Because the resources are always limited, we have to make best use of that - either we grow crops or we rear animals, for slaughtering. And look at the way the slaughter houses work... how they are maintained - It is simply a hygienic horror... the conditions are appalling and totally unsanitary, all over the world. Yesterday only, on internet I got a report from foreign countries, advanced countries of America and France... that the conditions of slaughter houses there also... it is reported as 'Totally unsanitary'. I got a copy of White Papers, from Government Accountability project of America. 'Fighting field on the kill floor - a matter of life and death for America's family'. Slaughtering of animals, meat processing plants, and finally most unhygienic ways of transport, and sale of flesh food has made flesh food, totally unfit for human consumption. And do not think for a moment, that imported packaged, nicely packaged meat, or canned meat, is

totally hygienic. No, my dear friends... that is also coming from those slaughter houses, where all these things which I have stated of medical science, will apply. Not only that, they add certain preservatives certain chemicals, certain additives, which will keep the meat fresh. Environmental consciousness in India and abroad, has now driven many people to *Vegetarianism*. 'Environment-friendly Veg. Foods' are now available. The craze now in all over the world, is to go for 'Environmental-friendly Veg. Food', because it is considered friendly and healthy. The *Green factories* or *Grass houses*, are now exporting plant food including fruits, to those countries which cannot grow them because of climate. The transportation system has given a much better alternative for food choice. In fact, for developing nations like India, Government and NGOs should give more emphasis, on larger production of more export of plant food, which will solve the economic development of our country. Now look at the pollution... the pollution caused by legal and illegal slaughter houses is terrific. The discharge of effluence from even so called '*Modern Abattoirs*' is in the open, and exposed to elements and public gaze. The carcasses of animals, the flow of blood, the horrible stench, etc., will add to the pollution, ecological balance. Utility of animal world for human welfare cannot be over emphasised... Both are inter dependent - Cows, Sheep, Fish, Frogs, etc., are much more useful to us alive, than dead- then why should we kill our friends and our helpers? To satisfy our taste buds, we should not be so much ungrateful my friends... to our lesser beings... we call them animals or birds. Look at the... look at it from another point of view of natural manure - I have already stated that the animals produce, much more natural and healthy manure, than the artificial manure. Artificial chemicals, manure, cost us dearly. Then again, I am coming back to our economic term - We are importing artificial chemicals, for manure purposes - that is again a drain on our exchequers. Friends, I will now briefly give you historical and geographical views, I have already touched upon it. Historically in certain dry areas, of miles and miles of desert, where no vegetable can ever grow... may be only food for survival was the animal food. Geographically I stated is, like Eskimos... it is... there was no alternative - but once we have got this better alternative, which is healthier, which is more economical, which is more eco friendly, why not go for such food? And friends, I will now go to the most important point, which will prove my point beyond any doubt... that why man is Vegetarian, by nature? I have got some 16 points here, are to compare - 'How our body is build up'. As Mr. Trivedi has started the ball rolling in this fashion of... '*Bovine teeth*', and '*Non-Bovine teeth*'. *Teeth embeded*: Now I will first say about *Herbivorous*. Teeth of *Herbivorous* animals are embedded in the jaws - short, blunt, close to one another. While in *Carnivorous*, they are sharp, pointed, long, and conical. The two or four teeth, that we have got - like some people say... they are like Dog animal - they are not for meat eating, but they are found also in Apes and the Chimpanzees, and which are which are fit for picking the fruits, and eating the fruits. *The claws*: no sharp nails for *Herbivorous*, they are fit to pluck fruits only - while in *Carnivorous* the sharp nails help in tearing apart the prey easily. *Jaws and chewing habits*: Jaws of a *Herbivorous*, will move up and down, left and right, that is in all directions, they swallow their food after chewing - while the *Carnivorous*, the lower jaw moves upwards and downwards only... they swallow their food without mastication. Now friends you go on comparing this - I will only say *Herbivorous* and *Carnivorous*... it is for you enlightened friends to see, how our human body and parts of our human body, will fit - whether it will fit with *Herbivorous* animals, or with *Carnivorous* animals. *Tongue*: the tongue of *Herbivorous* is quite smooth, while that of *Carnivorous* is very rough. Water drinking habit: that is a very important thing. My friend, Dr. Paras Dalal told me - he said that... 'These *Herbivorous* animals... they drink water with lips by suction - while all the *Carnivorous*, they drink the water with the tongue... they lap up'. We do not do it - we always use our lips. Now come to *the length of intestine*: longer intestines are found in *Herbivorous*... about 4 times the body length - this cannot quickly expel the flesh food - while in *Carnivorous*... smaller size of intestine, almost equal to the body length, and helps to expel flesh food, before it gets contaminated. *Liver and Kidney*: smaller in proportion in *Herbivorous*, so they are unable to throw out waste material easily - while in *Carnivorous*... liver and kidney are longer in proportion so they can throw out waste material easily. *Digestive system*: There is less Hydrochloric acid in digestive system of *Herbivorous*, thus flesh cannot be digested easily, while obviously in *Carnivorous*, the quantum of Hydrochloric acid is much more, and that is why they can digest the flesh food - but human being cannot. *Saliva*: In *Herbivorous* like human being, the saliva is alkaline and contains Vitaline which helps in digesting Carbohydrates, found in the grains - while in *Carnivorous*, there is... the saliva is always acidic. *The blood*: Ph is alkaline, like human being in *Herbivorous* - and acidic in

Carnivorous. The blood... *blood lipoproteins*: - human blood lipoproteins is similar to all Herbivorous, while it is not similar to that of Carnivorous. *Sense*: Sense is weak - all the senses, particularly the eyesight is weak in Herbivorous, and very powerful in Carnivorous. *Sound*: The voice is not... the Herbivorous sound or even the human sound is not frightening, unless of course, we can make it now frightening... but by nature the sound of all Herbivorous is mild - while that of Carnivorous like Lions and Tigers is very coarse, and frightening. And lastly, *Infants*: Normal sight power of - right from - now see the young ones of Herbivorous - right from the moment of birth, they can see very clearly - while all the infants of Carnivorous wild animals are blind at least for a week. Now friends it is for you to justify, whether man fits by nature in this category of Herbivorous... grain eaters, or in the category Carnivorous... the flesh eaters. Now friends, I will now tell you about certain great persons, who condemned flesh food. Looking at the world's history, we find that all great Scholars, Philosophers, Scientists like Einstein, - Artists like Leonardo-da-Vinci, Poets like Milton Pope Shelly, and Writers like George Bernard Shaw, and Religious leaders of course, of the world - Now who are those people... the Mathematician, the Pythagorean, the Plutar, Newton and Einstein the Scientist, Dr. Annie Besant, Reverend Dr. Walter Walsh, George Bernard Shaw, Tolstoy, the Greek Philosopher Socrates and Aristotle - They are all enlightened people, and they say... they say that... 'Blessed are those with noble qualities of tolerance and compassion, love and non-violence, who are not flesh eaters'. Now friends, I will quote from George Bernard Shaw, which is very famous and widely published... 'We are living graves of murdered beasts' - listen what he says ... 'We are living graves, moving graves of murdered beasts, slaughtered to satisfy our appetites - like Carrion Crows we live and feed on meat, regardless of the sufferings and the pain'. Doctors once advised Bernard Shaw... he was very ill - He said that... 'You must take some meat soup'. Bernard Shaw said... 'I will prefer death, than to have anything with flesh food' and believe me friends, he survived... and the doctor turned 'Vegetarian'. In the similar way, Mahatma Gandhi... his son was very sick - he was advised meat soup... and he refused - and the son survived. Why I am telling you friends all these things that, Mr. Trivedi said... 'Yes, medically whatever that doctor says, we have to accept'. No doubt - but as I said in the very first thing... in the beginning I said... 'Everything is relative'. When doctor says something, he will say only from medical point of view - and friends we are not living here... we are here on this earth, not only to survive - Survival is important, but not at the cost of others and inflict pain on others. Thank you very much friends. 21st century will belong to Vegetarians. Okay, I think I have made my point on very general terms, friends. I will tell you, that I know those who are regularly flesh eaters, are coming from some culture, some family, some faith, and that is why, they have never applied their mind. And that is what Mr. Trivedi stated, that let us... we are here today... we have gathered here... let us apply our mind, that not only from Religious angle, or from our social angle. Even I have seen I...I... I do not... I am not afraid to say, that many of our Jain friends, when they go to certain gatherings, because they are afraid of the social status, they start eating meat - I do not like it. But then, it is for everybody - whether he is a *Vegetarian* or a *Non-Vegetarian*, apply your mind - try to see from all these angles, whether it is permitted or prohibited, from our own health point of view, from the National point of view from the Social point of view, from Ecological, from Environmental, and above all, from compassion point of view. Friends, when nature has created all animals, all humans all creatures equal, nobody has got right to kill anybody, just to satisfy his own palate - Thank you very much.

(Clapping)

(Dr. Mohammed) Ladies and gentlemen... Dr. Zakir Naik to present his talk.

(Dr. Zakir) ... (Arabic) ...

Respected Mr. Rashmibhai Zaveri, Mr. Trivedi, Dr. Mohammed Naik, the respected people on the dais, my respected elders, and my dear brothers and sisters. I welcome all of you with the Islamic greetings... 'Assalomo Alaykum Wa Rahmatulahi Wa Barakatuhu'. May Peace, Mercy and Blessings of Allah (SWT)... Almighty God, be on all of you. The topic of this morning's debate is... 'Is Non-Vegetarian food permitted or prohibited for a human being?' It is not... 'Whether Vegetarian food or Non-Vegetarian food - which is healthy or which is better?' If I

prove that 'an Apple' is better than 'a Mango'... that does not mean 'Mango', is prohibited. This statement is sufficient to end the dialogue for me, but I have to reply. *Non-Vegetarian*, by definition means - 'A person who has food of animal origin'. It does not mean... 'A person who does not have Vegetarian food... it does not mean, a person who does not have vegetable and fruits.' Let it be very clear to all of you. A more technical and a scientific word is, '*an Omnivorous diet*'. A person who has many types of food, especially foods of plant and animal origin. '*Vegetarian*', as Mr. Rashmibhai Zaveri rightly said, it does not come from the word '*Vegetables*' - it comes from '*Vegetas*' which means... 'full of breath, full of life' - he did not give a better explanation. We can talk about it - and he did not speak... there are various types of '*Vegetarians*'. We have '*Fructorian*', who only eat fruits and nuts - then we have the '*Vedanta*', who do not have any animal products - we have '*Lacto Vegetarian*', what I believe Mr. Rashmibhai Zaveri is... they have milk, we have the '*Ovo Vegetarians*' who have eggs - We have the '*Lacto-Ovo Vegetarians*', who have egg and milk also - We have the '*Pesco Vegetarians*' who eat fish. We have '*Semi Vegetarians*' who also have Chicken. This classification is done by the Vegetarian Society... not by me - And you can name another 20, time does not permit me. I would like to state a quotation by Dr. William T. Jarves. Dr. William T. Jarves, he is the advisor to the 'American Council of Science and Health' 'ACSH', and he is also the 'Professor of Public Health and Preventive Medicine' in the Lomalinda University, and he is also the founder and the President of the 'National Council Against Health Frauds', and he is the co-editor of the book 'The Health Robbers - a closer look at Ouakery in America' - Most of the quotations he gives... from America. And according to him, he classifies '*Vegetarian*' based on the behavior's stand point, into two categories... '*Pragmatic Vegetarian*' and '*Ideological Vegetarian*'. '*A Pragmatic Vegetarian*' chooses his diet on objective health reasons - He is more reasonable in his approach, rather than emotional. '*The Ideological Vegetarian*' on a other hand, he chooses his diet based on a principle, which is based on ideology - he is more emotional, rather than reasonable. And Dr. William T. Jarves says... 'One can spot an *Ideological Vegetarian*, by his exaggeration of the benefits of *Vegetarianism*, and you could see that in the talk which preceded my talk... exaggeration of benefits of *Vegetarianism*. And the lack of skepticism, and the over looking of the fact that extreme *Vegetarianism*, can lead to potential health risk'. He says that... 'The ideological Vegetarian... he pretends to be like a scientist, but he is more like a lawyer, than like scientist' - and you could see that in the talk by the learned speaker, more like a lawyer than like a scientist. They gather data information selectively, against the information which is against the ideology. This may be good for a debate like the one we are having, but not for engendering... scientific understanding. Dr. William T. Jarves says that... '*Ideological Vegetarianism*' is filled with hypothesis - It is filled with extremism, from which even scientists and doctors are not immune'. And that you can see the quotation - Mr. Rashmibhai Zaveri has said, several diseases, and it is possible for me to refute each and every... but if time permits. Talking about science... but the approach was not scientific. All can be prevented very well - 'Prevention is better than cure'... is the base of the medicine - which time will not permit me to go into health, and etc. In the rebuttal, if time permits I will try and cover most of the other aspects - and '*Health*'... I will try and cover in the rebuttal. Let us analyze the various reasons, why a person chooses a food habit. It can be Religious, it can be Geographical location, it can be a personal choice, smell, taste, colour'. Due to humane or ethical consideration, due to anatomical and physiological consideration, due to behavioral consideration, it can be due to ecological and economical consideration, it can be due to nutritional value or due to health and scientific reasons... health and medical reasons. Let us first analyze the Religious reasons - Mr. Trivedi said that... 'Religion should not interfere with the human being... where it is concerned, what we should, and what we should not eat - That we should leave it up to the doctor'. I agree with him that most of the Religions, that is in the case. The Religious authority, the main foundation... that is Almighty God, if He is not a doctor, the God that you worship is not a doctor, then you should not follow him - He says... 'Leave it to the doctor'. But in Islam, we believe... Allah (SWT), Almighty God, is our Creator - and the Creator of the human beings has far Superior knowledge, than all the doctors put together, in all the years. And you can find the statement, as Mr. Rashmibhai Zaveri said... 'All from doctors' - he is quoting from these books, which I think is available for sale outside... all these books. I will touch on some of these points, all out of which many are fictitious... fictitious, do not exist at all - Some are irrelevant, some are untested and some are truth... which are half-baked. I would like to make one point crystal clear, that while I prove undoubtedly, that Non-Veg. food should be permitted for the human beings, I do not have the

slightest intention to hurt the feelings of any *Vegetarian*. And while I prove logically and scientifically that Non-Veg. food is permitted, and if someone feels hurt, his sentiments are hurt... I apologize in advance... I sincerely apologize. My intention is not to hurt anybody's feelings, but I have to reply to the presentation, to the earlier speaker. As far as Islam is concerned, it is not compulsory for a human being to have Non-Veg. - a Muslim can be a very good Muslim, even by being a pure Vegetarian. But... but when our Creator... Almighty God... Allah (SWT), gives us permission to have Non-Veg., why should we not have it? And I started my talk by giving a quotation from the Glorious *Qur'an*, from Surah Maidah, Ch. No. 5, Verse No. 1, which says... (Arabic).... **'Fulfill all your obligations and lawful for you for food are. All four footed animals with the exceptions named'**. *Qur'an* further says in Surah Nahl, Ch. No. 16, V. No. 5... **'that cattle has been created by God, for you - in it are various benefits.... - You derive warmth, and of their meat you can eat'**. The same message is repeated in Surah Mominun, Ch. 23, V. No. 21... **'that you can have the meat of the cattle'**. Let us analyze the geographical reasons and the surrounding environment... and as we know, it influences is the person's food habit - like people living in the coastal region ... *the Kookiness*, they have more fish - People living in South India, they have more Rice - People living in the desert, where there is scarcity of vegetation, and people mainly survive on the flesh of animals. The Eskimo in the Arctic region, where there is scarcity of edible vegetation, they survive more on sea food. And Mr. Zaveri said that... 'he knows that vegetable is not available in certain parts of the world, but today, due to advancement of transportation, we can supply them with vegetables'. I would request the Indian Vegetarian Congress to supply, at least give the transportation cost... that is all... to supply to the Eskimos, to supply to Saudi Arabia. You get vegetables in Saudi Arabia, it is more expensive... Why? ... because the cost of transportation - that makes it more expensive. It is illogical and unscientific to spend more money, to buy a food which is less nutritious. Let us analyze the '*Humane reason*', the '*Ethical reasons*' - And the pure Vegetarians, they say that... 'All life is sacred - and no living creature should be killed'. They fail to realize that today, it is a universal fact, that even plants have got life - So the main argument on killing living creature, does not hold good today. Previously may be... a couple of centuries ago, it may have held some weight, but today it carries no weight. Then they further argue today, and they say... 'Yes we know that plants have got life, but they cannot feel pain... therefore killing a plant, is a lesser crime and lesser sin, as compared to killing an animal'. Today, science has further advanced, and we have come to know that even the plants can feel pain, they can even cry - But the cry of the plant cannot be heard by the human ear, because the audible frequency range of the human ear, is from 20 cycles per second, to 20,000 cycles per second - Anything below and above this, the human ear cannot hear.

(Clapping)

But the cry of the animal can be heard by the human being - but the cry of the plant cannot be heard by the human being - Just because you cannot hear the cry of the plant, that does not justify you to inflict pain or kill the plant. There was an ideological *Vegetarian*, who had a discussion with me, and he told me that... 'Brother Zakir, I know the plants have life, they feel pain... but you know plants... they have got about two senses less, as compared to the animals'. I said... 'For the sake of argument I agree with you'. But then I asked him a simple question, that... 'Suppose your brother is born deaf and dumb - cannot hear, cannot speak - two senses less - and when he grows up, and when someone comes and murders him - will you go and tell the Judge...' O my Lord give the murderer a less punishment, because my brother had two senses less'. In fact he will say... '*Usne to Masoom ko mara hai*'... 'He has killed an innocent person - give him a bigger punishment'. And further if you analyze that in Islam, as far as living creatures are concerned - they are two types... broadly classified in two types - 'Human beings who are living creatures'- and Non-human being living creatures. As far as killing the human beings are concerned, *Qur'an* says in Surah Maidah, Ch. No. 5, Verse No. 32 that... **'If any person - if any one kills any human being, unless if be for murder or for spreading mischief in the land, it is as though he has killed the whole of humanity and if any saves an human being, it is as though he has saved the whole nation'**. If any person kills any human being... Muslim or Non-Muslim, unless if be for murder or for creating mischief, *Qur'an* says... 'He has killed whole of humanity - if you save any human being, you have saved the whole of humanity'. As far as non-human being living creatures are

concerned, no human being should harm them unnecessarily... should not kill them unnecessarily... for sports, or for fun, or for target practice - but if it is for your security and for your safety, you can stop them, you can even kill them - or if you want for lawful food, but not just for fun and frolic, or for hunting. Even if I agree that the plants are a lesser species, as compared to the human beings - if you take the life of one animal... an average animal, it can feed about hundred human beings. For this same hundred human beings, you may have to kill more than hundred plants. So is it preferable to take the life of one living animal, or the life of 100 living plants?... Which is a bigger sin? ...Is it a bigger sin to kill human beings who are handicapped, or kill one healthy human being... which is a bigger sin? - You decide for yourself. There is a Vegetarian Society by the name of 'World Foundation on Reverence for all Life'... Most of the quotations which he gave, is from here and from these three books... most of them ... all most all. The name of the foundation is 'World Foundation as Reverence for all Life'- they forgot to mention... (except plant life) in bracket. And it says... 'All creation is one family... All life is sacred'. What kind of an ideology is this, that you permit the killing of one family member, but do not permit the killing of the another family member? - It is illogical and unscientific. You know in America, there are Vegetarian societies who take students to slaughter houses, and they make them see the blood shed and convert them to *Vegetarianism*. It is like a doctor taking the young girls to observe and watch a difficult childbirth, and then say that... 'Is the reason you should not marry, and you should not have children'. These are unethical forms of mind control - unethical...unethical. In fact we should teach our children that... 'When vegetables can be grown for food, why cannot animals be raised for food?' All life is sacred... I agree... Unnecessarily killing them is wrong - But for your requirement, lawful food is permitted. Let us analyze the anatomical and the behavioral consideration, and there were a list of various things mentioned by Mr. Zaveri - you know he was reading from paper at 100 miles per hour, I was trying to note down, note down, note down how many diseases... diseases I being a medical doctor can answer... but how much can I answer? To name ten diseases, will taken few seconds - To reply all ten will take more then an hour - And he had listed a lot. I will just try and tell you, that if you go to authentic books... authentic books - not researches made by *Ideological Vegetarians*... most of the answers are given on the medical aspect. Considering the anatomical and the physiological aspect... and he had rightly said, that... 'If you observe the teeth of the *Herbivorous* animals the Cow, the Goat, the Sheep, they have a flat set of teeth... they only have vegetables. If you observe the teeth of the *Carnivorous* animals Lion, Tiger, Leopard, they hare pointed set of teeth... they only have animal flesh - Not Non-Veg. Animal flesh' - They are not called as Non-Veg. animals, they are called as *Carnivorous* animals. There is a difference between '*Carnivorous*' and '*Non-Veg.*' - Non-Veg. actually is, '*Omnivorous.*' But if you analyze the set of teeth of the human being, have got flat teeth, as well as pointed teeth. If Almighty God... our Creator, wanted us to have only vegetables, why did He give us these pointed teeth - for what? And Mr. Zaveri said... 'These pointed teeth, they are not referring to the Dog - they refer to the Apes'. He does not know the scientific meaning of the word - '*Canine*' comes from the root word '*Cananas*', in Latin, which means '*of Dog*' - and '*Canine*' means pertaining to the family of Canada, like Wolves, Dogs, etc. - Scientists have given this name... '*Canine*', meaning 'pertaining to Dog'. And he said... 'It does not look like the teeth of Dog - it refers to teeth of Apes and Monkeys'. I believe in agreeing with the argument and proving the point, than to disprove him - It is easy. Even if I agree... 'It is the teeth like the Monkeys'... do you know Monkeys also have Non-Veg.? they have the Lice! - There are many species of Apes, who even have raw flesh of animals. Many species of Apes who have raw flesh... they are *Omnivorous* - Who says they are *Carnivorous*?... they are *Omnivorous*... they are not pure Veg. also. And many species are even called as '*Cannibals*' - Some species of Apes and Monkeys. If you analyze the digestive system of the human being, it can digest both Veg. as well as Non-Veg. If Almighty God wanted us to have only vegetables, why did He give us the digestion system, which can digest both, Veg. as well as Non-Veg. And Mr. Zaveri said that we cannot have raw flesh - I agree with him... most human beings cannot have raw flesh. In the same way, most of the human beings cannot have raw vegetables, raw vegetarian diet, like raw Wheat, raw Rice... Can you have it? ... raw Moong, raw Drumstick ... Can you have? ... You will get indigestion. So what is the argument? - No... no, you have to cook them. I know as a medical doctor, that raw Wheat, raw Rice, raw Drumstick if you have... you will have problem, you cannot digest them - So you have to cook them. Similarly with the flesh, we *Non-Vegetarians*, we cook them for easy digestion. But yet there are certain human beings, who even have raw meat. He gave the name of '*Eskimo*'... he

did not tell the root word meaning - The root word meaning of '*Eskimo*', it literally means '*Eaters of raw flesh*'. So there are human beings who even have raw meat... they are conditioned - Tomorrow if you are conditioned to eat raw Wheat and raw Rice, even you may be able to digest it. But most human beings cannot digest certain raw vegetables - That does not mean you should not have Rice, you should have Wheat, that you should not have Drumsticks. There are in the *Herbivorous* animals, an enzyme known as '*Cellulaze Enzyme*' and every vegetable has '*Cellulaze*' - and this Cellulaze enzyme, helps in digesting the vegetables. We human beings, we do not have '*Cellulaze enzymes*'... therefore the vegetables we eat, the cellulose part remains undigested and you call them as '*Fibres*' - It is undigested. On the other hand, there are certain enzymes like Lipase, Trapezes, Kino Trapezes, which are mainly meant for digesting Non-Vegetarian food. If Almighty God, did not want us to have Non-Veg. food, why did He give all these enzymes? And the primitive man, as said by the earlier speaker as well as the chief guest... Archeological evidence shows us clearly... the Homo Sapiens, the Eskimos, the Austo Aborigines, they were Non-Veg. So why the change now?... We have the same teeth, we have the same digestive system. And he has given a list of other comparison, which prove we can have Veg.... and I agree with that - where did I ever say, that you cannot have Veg.? A Non-Veg., is a person who has the food of the animal products, as well as Vegetarian food - it is an *Omnivorous* diet. He said that the liver and the kidney in *Carnivorous* animals is large. In the human beings it is small like the *Herbivorous*, because the animals have raw meat... therefore they have to remove the toxins on a higher level - we do it by cooking the food. Therefore, God gave us a small kidney, and a small liver, which is sufficient to digest both, cooked Non-Veg. and also vegetables. Similarly with all the arguments... HCL... It is not very acidic... Why? - Because we do not require it. If you do not require it, why should God unnecessarily give to us? Same with saliva, same with the Ph of the blood, same with the Lipo-protein... all the arguments are, that because they have raw flesh, therefore they required it - We do not require it so why should God give us? Yes! It is required for digesting Veg. food, and cooked Non-Veg. food. He said... '*Carnivorous*, they lick, and the *Herbivorous* animal they sip'. We human beings, we do both... we do both - When we drink... while we drink, we sip - When we have ice cream what we do?... we lick. We lick also, and we sip also... depending upon what is the food we are eating. Even the tea we can lick... not that we cannot lick... but why to waste time? - It will take more time. Similar by with all the arguments he has given about... 'the teeth being close' because we also have vegetables. If God would have asked us not to have vegetables, then may be our teeth would have been far apart - He asked us to have both Non-Veg. as well as Veg. food. And there are various verses in the *Qur'an*, talking about various foods, Pomegranates, talking about vegetables, talking about Dates, etc., which we should have. The plants - many *Vegetarians* say... 'That they re grow, therefore we are not killing the plants'- and there are some plants which have that facility, not all plants - 'There are various, which we cut, it re grows'... See this is the only argument, that because it re grows, you can have Veg. food. You know if you cut the tail of the Lizard, it re grows - Will you have the tail of the Lizard? - It is a delicacy. There are human beings... the 'Australian Aborigines'... they relish the Lizard - Will you have the tail of the Lizard? - And the answer will be... 'No.' You know what I am doing now? I am behaving like a lawyer. I am feeling ashamed to answer all these things, but I have to do because it is also a debate. I had come here, so that we understand better, and have a friendly understanding of each other, but I have to behave like a lawyer also, besides being logical and scientific, because of the argument put forth. Any one who has general knowledge can reply... but because people do not have general knowledge - Many people are not aware... that is why these arguments may satisfy many people. And all these arguments are given in the books which are distributed... 'Meat eating, 100 facts' by Nemichand, distributed by Jain organization - also by the Indian Vegetarian Congress. These are the books given to me by Mr. Zaveri... '100 facts about Egg', 'Vegetarian or Non-Vegetarian'... Each and every argument, each and every argument can be disproved - Certain things I know... that Non-Veg causes diseases, which can be prevented. Let us analyze the '*Behavioral consideration*' - He gave certain arguments... 'The food we eat, has an effect on our behavior'- I agree with him to a certain level. The food we eat, has an effect on our behavior - That is the reason, we Muslims have flesh of *Herbivorous* animals like Goat, Sheep, who are docile and peace loving - We want to be peace loving and docile. We do not have the meat of the *Carnivorous* animals like Lion, Tiger, Dog, Pig, etc. - and the Prophet clearly says, all these animals are prohibited. We are peace loving people, therefore we want to have animals which are peaceful. And countering

your argument... 'You all eat plants, and you all behave like plants'... that is, suppression of the senses... a lower species - I know scientifically it is wrong... I am only behaving like a lawyer - I feel ashamed to speak these points, as a medical doctor. It is not true, that if you eat plants, you behave like plants - But the argument he has put forth... I am giving a counter reply ... 'You eat plants and behave like plants, weak and suppressed - cannot move properly'. I am sorry, I really apologize... I apologize - I have to reply to the arguments - I apologize if I have hurt the feeling of any *Vegetarian*. It is not scientifically true - It is just an argument... A counter argument. Further, he gave the list of various peace loving people like Mahatma Gandhi... and I respect Mahatma Gandhi, because he has done certain good things for India, and humanity. But if, because Mahatma Gandhi was peaceful, indicates, that if you have Veg.food, makes you peaceful... then today if you analyze the list of the Noble prize winners for peace, almost all, or most of them are Non-Vegetarians... Manekchand Bhanu... Non-Veg., Yaseer Arafat... Non-Veg., Anwar Sadat... Non-Veg., Mother Teresa... Non-Veg.,... Mother Teresa. I want to ask you a simple question... 'Which man in the history of human kind, is known maximum, for killing maximum human beings - Can you guess?' Hitler... Adolf Hitler!... He has killed six million Jews - Was he a Non-Veg. or Veg.?... *Vegetarian!* Anyhow, there are crusaders of *Vegetarians* - you know... now in the internet if you go, they say... 'See, Adolf Hitler was a *Vegetarian*... is a myth - He sometimes had Non-Veg.'. And the other side says that... 'You know, when he had gastric problems, that time he had vegetable foods only'. To tell you frankly on a scientific viewpoint, I do not consider the diet of Hitler to be responsible for him killing six million Jews. Neither am I telling... irrespective whether he was a Vegetarian or Non-Vegetarian, I am not interested in knowing, because I being a doctor, I know it does not carry any weight. There were other factors which influenced him to take this drastic step, which is totally inhuman, not the diet. There are various researches done - there have been researches in America on a group of students, who were 'Pure Non-Veg.' and on group of students who were 'Veg. ... Pure Veg.' And they analyzed that the group of students who were 'Non-Veg.'... they were less violent, and they were more social - But it is a research... It is not a scientific fact. I will never use this as an argument to prove that Non-Veg. food makes you peaceful... No... I am a doctor... more of a doctor, as well as lawyer where required... because I am in a debate. There are '*Researches*' - but these '*Researches*'... are not '*Scientific Facts*'. Most of the statements what Mr. Rashmi Zaveri made - all were '*Researches*'... not '*Scientific Facts*'. There is not a single authentic medical book which says that... 'Non-Veg. food in general should be prohibited' - Not a single. All these are *Researches* - like the research done by this person in America. Then they say that... 'Veg. food makes a person intelligent' - and he gave a list of great names... Albert Einstein, Isaac Newton, etc., etc. If we analyze the list of the Noble Prize winners in all these years, majority were the Non-Veg. ... Majority! And today '*Animal Behavioral*' scientists - they say, that 'the *carnivorous animal*, should be more intelligent than the *herbivorous animal*, in order to catch the prey - If he is not intelligent, how will he catch the prey?' But anyway, I am not going to use this as an argument... 'Therefore Non-Veg. food makes you intelligent' - because these things do not actually effect a human being. The diet does effect human beings, but these are arguments... do not effect... these arguments do not effect - And all the other arguments given, they do not carry weight actually. There are people who give examples that... 'Non-Veg. food makes you strong' - is a myth. It is a scientific fact mentioned in every medical book... Authentic - That... 'Non-Veg. food is good for health'. It does have diseases also... you can prevent them - There are proteins, which I will come to it later on. And to counter argue that, they are giving example of, 'Yadunath Singh Naik' - Has any body heard of him? - 'Yadunath Singh Naik'... in the army. It is mentioned in the book '*Vegetarian or Non Vegetarian - Choose for yourself*', by Gopinath Agarwal -Yadunath Naik being a *Vegetarian* in the army, in wrestling, he defeated two *Non-Vegetarians* - therefore Veg. food makes you strong. I feel ashamed to reply to this argument... I feel ashamed. It is a known fact that the title holders of world wrestling... Yes, there are Vegetarian wrestlers also... but if you compare with the full world, almost all the title holders of world wrestling, are Non-Veg. The person known in body building... maximum... Who is he? - Arnold Schwarzneger! Thirteen times world titles, he got - Seven as Mr. Olympia, five as Mr. Universe, and one, as Mr. World. What was he?... Veg. or Non-Veg.? - Non-Veg.! The boxer Mohammed Ali... Cassius Clay... Non-Veg.! - Mike Tyson... Non-Veg.! Yes of course, Non-Veg. food does add to the strength... that is a scientific fact. That is the reason that if you analyze, that when a person is convalescing from a disease, it is preferable... Non-Veg. food - Not that you have to have Non-Veg., it is preferable... egg, etc.- I will come to it later on. And then they give an example of a

wrestler... Professor Ram Murthy - Never heard his name. He says he is a world famous wrestler - Who has heard of him?. Any one has heard of him?... Prof. Ram Murthy? No one - World famous... Where did he get this news from?... World famous. Then he gave the example of Paramjit Singh in London... pure Vegetarian, who skips 2000 times a day - therefore vegetarian food makes you an athlete. If these are the arguments... supposed to be scientific, I really feel ashamed. Most of the athletic record holders... here is the *Guinness Book*... you can go through it - I have brought it along here... all mentioned, about body building... body building, athletic, hundred metres dash. All these people, if at random also you check up their, dietetic history - Even giving benefit of doubt, more than 80 to 90 % will be Non-Veg. But I will be a fanatic, if I say that all these records are only due to the diets... I will be a fanatic - A few records may be related to the diet, but not all. Further argument that he gave, that... 'The smell and the sight of a *Carnivorous* animal is strong, the night vision is strong' - As Mr. Rashmibhai Zaveri said... 'Night vision and sense of smell is strong in *Carnivorous*... in *Herbivorous*, it is less... in human beings it is less, therefore we should be Vegetarian. There are Herbivorous animals like the 'Bee' whose sense of smell is very strong, and they even have a very good night vision. See, these arguments, which are not scientific, may be useful in a debate to convince the people illogically - Therefore I am here. Then he gave the example... 'You know animals have hoarse voice... you know, coarse voice - the *Carnivorous* animals - *Herbivorous* animals do not have coarse voice.' I want to ask you a simple question - Which animal is maximum known for a hoarse voice? - Donkey! Veg. or Non-Veg.? Veg. or Non-Veg.? Veg.! Anyway, by no means am I trying to prove that Vegetarian food creates hoarse voice, or Non-Vegetarian food creates melodious voice. If you see the list of singers, many are Non-Veg.... many are Veg. also. So just by quoting singers who are *Vegetarian* - 'Oh! that is why Vegetarian diet makes you melodious'... is all illogical arguments - Really I feel ashamed to answer all these things. And he gave certain 'Economic' points... that is economic reason, why we should have Vegetarian food - It is more economical, according to Mr. Zaveri. And he gave several statistics - so many calories, so many this, so many tons of protein, which are mentioned here - From where they get this statistics, God alone knows. And he mentioned some protein... it is also mentioned in this book, that 1 kg. of animal protein that we get, we have to feed so many plants, etc., therefore it is equivalent to 7 kgs. of Veg. protein. So if you are having meat... for 1 kg. protein, you are taking 7 kg. vegetables - therefore vegetable is cheaper. How they get this kg. of proteins, - I being a medical doctor do not realize - Is it kg. of food, or kg. of protein? And if agree with him... I agree with him - you say for sake of argument, 2 + 2 is 5,.. I agree - and I ask you that you take 2 rupees... take 2 rupees, and give me 5 rupees - take 2000, take 2000, give me 5000. Similarly, If I agree it is right... all their statistics, then I tell, that the *Vegetarians*, they should thank the *Non-Vegetarians*. You know why?... because if we would not have slaughtered the animals for food, it would have lived for another five to ten years, and in that time it would have the vegetables of 7 to 8 peoples for a few years. So you should thank us for preventing the animals from eating your vegetable food. Further more, he gave the calculation from some record... from where I do not know, 1:14 the land that you graze, required for animal, is 14 times more than the land required for food, etc. Same example is given here, that the land required to produce one ton of beef - the same land you can feed 5 average families. One ton of beef is equivalent to 10 or 20 tons of Veg. food, and the land required to graze an animal, can raise 5 average families. My earlier argument also holds good here - But besides that, these ideological *Vegetarians*... they fail to realize that the animals graze on land which is unsuitable for growing crops. They eat the plants which is inedible for the human beings... like husk and stocks... corn stocks. They do not eat plants which are edible for the human being - Yes! they can eat... But when they enter the fields, the farmer, but natural, takes them out of the field - Why to cause loss? Yes, if we have excess of crop, etc., there are certain governments who even feed them. And there are Nomadic populations who make their living, by grazing animals on land which is unsuitable for crop growing - But they eat the vegetation which is inedible to the human being and they make their living - Even the animal lives, even the human being lives. And today according to U.N report, about 23% approximately, of the land in the world is used for pastures, 23% for forest, less than 10% for cultivation, the remaining 45% majority can yet be used for growing crops. Why don't you use that?... Why you are running after the food of the animals?... Poor living creatures... let them live, let them eat - Why you are stopping them from eating? If the *Non-Vegetarians* stop slaughtering the cattle, do you know that, there will be over population of cattle... over population. I am aware that human beings... they raise animals for food - that

means, by methods, they increase the multiplication of the animals. But if suppose I agree that from today, all *Non-Vegetarians* stop raising animals for food, and stop killing them for food, yet they will grow in population. You know why?... Human beings... in all these years our population is increasing, even with all the family planning method, with all the birth control... '*Hum do Humare do*' - Yet we are increasing. There is no birth control method among the cattle, and their gestation is less than the human beings, 5 months to 6 months to 8 months - Less than the human beings and they multiply faster. So if we stop killing and stop raising... yet, within a few decades, we will have problems... not of over population of human beings - of over population of cattle - How you are going to solve it? There are various Nutrition... he talked about 'Protein', etc. - if time permits I will speak in the rebuttal. I would like to make a statement of Dr. George R. Kar, which is sufficient to counter all his arguments on health. Dr. George. R. Kar, he is the professor of Nutrition, in the University of Texas. Why I am giving the designation, you can come to know that these people actually specialize in catching health fraud - People who deal in, fraud in health. He says that... 'Virtually all authors of *The diet and Disease books* - they propose hypothesis which are untested, ill-tested, unfound, unlikely or disproved'. I would like to repeat - Dr. George R. Kar says... 'Virtually all authors of books on diet and disease - they propose hypothesis which is ill-tested, unfound, non tested, unlikely or disproved'. Time is running short. I would like to make the statement that is given by 'The American Council on Science and Health' - Just a statement... See they are experts. These quotations of research are not scientific facts... all these quotations... that this causes diseases, that... Some are scientific facts, but they can be prevented, but the others things what is mentioning about this land and that land... these are only statistics done by individual researchers. Even when you do Phd. - you can do a research that will come into account, but will not carry weight. American Council on Science and Health says that... 'A person need not abstain from meat, and be a *Vegetarian* to have a healthy diet'. And the topic is not... 'Veg. or Non-Veg. which is healthier?' - It is... 'Is Non-Veg. food, permitted or prohibited for the human beings?' And I will list out the points in summary, to make it easier for Mr. Zaveri to answer, in the rebuttal. Point No. 1 - There is not a single major Religion, which bans or prohibits all Non-Veg. food in general. Point No. 2 - Geographical places like Arctic, where Eskimos live - how could you have provided food all these years back, and today also if you provide, it is going to be more expensive. Point No. 3 - If all life is sacred, why do you kill the plants... even they have life. Point No. 4 - Even plants feel pain. Point No. 5 - Even if I agree that they have two senses less - killing a creature of two senses less, is a lesser crime... is illogical. Point No. 6 - It is preferable to kill one animal and take one animal life, than to take 100 lives of plants, for feeding 100 people. Point No. 7 - Each and every argument can be disproved... the liver and the kidney, HCL, same with saliva, same with the Ph. of the blood, same with the Lipoprotein. Point No. 8 - The human beings have an *Omnivorous* set of teeth, for eating Veg. as well as Non-Veg. Point No. 9 - They have a digestive system which can digest both Veg. and Non-Veg., and I have proved it scientifically... I have proved by the enzymes. Point No. 10 - Primitive man was Non-Veg. - So you cannot say... 'It is prohibited for human beings' - *human beings*... means, it is even for that person. Point No. 11 - The food you eat has an effect on you behavior - but saying that ... 'Non-Veg food makes you violent', has got no scientific base at all. Point No. 12 - Giving arguments that... 'Veg. food makes you strong, makes you peaceful, makes you intelligent makes you athletes', are all myths. Point No. 13 - 'Night vision and sense of smell, is strong in *Carnivorous* - in *Herbivorous* it is less'. 'The *Carnivorous* animal has hoarse voice, you know coarse voice - *Herbivorous* animals do not have coarse voice'... are all illogical arguments. Point No. 14 - 'That Veg. food is cheaper'... I have disproved it - It is not economical. In certain countries - Yes! like India, it can be - But if you go abroad, in the Western countries, Veg. food is more expensive - And fresh Veg. food is phenomenal... Fresh vegetables. Further more... Point No. 15 - That... 'the land required to graze the animal, will cause scarcity of the land for growing crops'... is also wrong. Point No. 16 - If the *Non-Vegetarians* stop slaughtering the cattle... do you know, that there will be over population of cattle. Point No. 17 - According to Dr. Kar... 'These books written by dietitians, they cannot be relied upon'. All these statistics given, are mainly from there. Point No. 18 - There is not a single statement in any authentic medical book which says... 'Non-Veg. food in general, should be banned'. Point No. 19 - There is not a single government on the face of the earth, which has banned all Non-Veg. food, as a general rule. And, Point No. 20 - that even 'The American Council on Science and Health' has said that... 'For a healthy diet, being a pure *Vegetarian* is not required'. These are sufficient

proofs, logical and scientific, that Non-Veg. food has to be permitted. If Mr. Zaveri does not agree, I request him to answer scientifically - not by comparison on just 'Researches'. But yet, if Mr. Rashmibhai Zaveri does not reply to more than 20 points which I have put forth, yet I will not ask him to become a Non-Veg. - because I am not a fanatic *Non-Vegetarian*... I am not. Yet if he wants to continue eating vegetarian food, I have got no objection - It is a personal choice... It is a personal choice. Some people like... due to certain taste, etc. - it is a personal choice. And, only thing I would like to tell the people that... the *Vegetarians*, the ideological *Vegetarians* who do so much propaganda that... 'This has got more value, etc.' - they should stop such things, and stop distributing these type of books, which mislead the people. I would like to end my talk by given a quotation from the Glorious *Qur'an*, from Surah Nahl, Chapter 16, Verse 125, which says... (Arabic)... That is... '**Invite all to the ways of thy Lord with wisdom and beautiful preaching, and argue with them, and reason with them in the ways that are best and most gracious**'. *Wa Aakhiru Dawana Anil Hamdullillahi Rabbil Aalameen.*

(Clapping)

(Dr. Mohammed) I now call upon Mr. Rashmibhai Zaveri, to present his response to Dr. Zakir Naik - Ladies and gentlemen, Mr. Rashmibhai Zaveri.

(Clapping)

(Mr. Zaveri) First of all, I really thank Dr. Zakir Naik for giving me the choice, whether I would like to still remain a *Vegetarian* or *Non-Vegetarian* - Thank you very much. I would request Mr. Coordinator, that would you like to have the rebuttal or my comments now - or shall we have... because after all you know, this is a...

(Dr. Mohammed) Now it is better you know... we will...

(Mr. Zaveri) Let us have some Question-Answer if you think.

(Dr. Mohammed) Question-Answer... we will have in the third session - We have three-part session - Yes, Mr. Zaveri you can continue.

(Mr. Zaveri) Any how, we are totally at the command of the co-ordinator, so I will obey.

(Dr. Mohammed) No... as decided you know... the same format we will keep.

(Mr. Zaveri) I will obey.

(Dr. Mohammed) I will not allow Dr. Zakir also, to change the format... I will object.

(Mr. Zaveri) Now, first thing that I will say... it is not the question of whether one is logical or illogical, and it is not a question of the choice that one makes - as I said in my talk earlier, everything is relative, and you have to understand this topic from that perspective. Now one thing that I will very strongly object with respect to Dr. Zakir's... 'that not a single Religion prohibits Non-Veg'. I am expert... I can say because I am a student, I have done M.A. in Jainology - I can say from my Religious point of view, that Lord Mahavir and our all 24 Tirtankaras, very vehemently prohibited Non-Veg. food - I have already given you some quotations. You see, mainly arguments of Dr. Dean Ornish is based on the fact, that Non-Veg. food contains excessive protein, cholesterol, and saturated fat. So that is why he said that... 'For healthy and peaceful living, you must have Non-Veg. diet... No... Veg. diet'. Now, he said that plant has also got life - No, it is not only proved by Dr. Jagdish Chandra Bose, but even our Lord Mahavir - he stated 2500 years ago, that... 'Not only plants... air, water, fire, minerals of the earth, they all have life. He has not said that you are allowed to kill this life, and maintain yourself - but he was a practical *Tirtankara* - so he said, that those who cannot renounce this world and became Jain *Muni*. You know Jain *Munis*... they do not even kill plant

vegetation or even other a living beings for their food - they beg the food, which is cooked in our house. We will not go into that controversy... 'That even you kill it, and then, give them'... that is a separate story - but the teachings of Mahavir are very clear, that you shall not harm any living being, whether animate or inanimate. Now, because of certain constraint, for those people who cannot renounce the world, he has said that at least you can avoid essential killing. He has said that... 'Even if you... when you have food made out of plant, it is violence, it is *Hinsa*... but it is necessary - So what I prohibit is, unnecessary killing'. Friends, this is a very sharp distinction, but very important distinction we should make - that if the alternative is available, we should not go for that alternative, which compels us to kill and eat our own fellow creatures. Another thing he said... '*plants*'... In my talk I stated about... '*plant food*', and he said that... 'Even a Lizard can grow tail' - that is the only exception. The plants, you pluck fruits... they will give you make fruits - you cut their branches... more branches will grow. See there is no end to such argument... so let us restrict our argument to this. About medical science... and he has rightly stated that... medically also, he has given certain things - I have also stated. Now it is for the enlightened audience to decide, whether the scientific facts that I have given are correct, or he has given - it is okay... it is a question of argument. Now he has conveniently forgotten - Please excuse me... I am telling because I am trying to rebutte your thing - It is a psychological aspect... When we consume animal food, we also inherit certain animal instincts. What have you to say? - Please, in your rebuttal you can say that. Now, doctors also... most of the doctors prescribe raw vegetable - Now coming to cooking, most of the doctors prescribe raw vegetables, for healthy diet. Only that food or cereals, which will not be proper for a human being to consume raw... that only can be cooked. But as far as possible... and in our 'Indian Vegetarian Congress', we always, whenever we have a meeting, we have most of the food raw... uncooked, and that is more healthy, according to us. About the books... these books were not given by me to Dr. Naik, and it was given by my friend Mr. Salecha, who approached me - that is okay... it is nothing very important. Now I will tell you one thing, that you cannot alter the truth, by just loud applause. Okay, if you are impressed by my argument, you can applause me, or if you are impressed by the other argument, you can applause that. But I firmly believe, that just because some arguments are appealing to you, and you applause them loudly, will not alter the truth. And I will... I have referred to about one book... one Dr. Deepak Chopra, he has also written many books - he is also a physician... practicing physician, like Dr. Dean Ornish. He has also conducted researches, and he has come out with a theory, that your food will have terrific effect an your impulses and urges, your physical development, psychological development and emotional development. You know, most of the psychological and emotional distortions, are because of the flesh food that one eats, and that is why it is prohibited. It is totally illogical to say... 'That by eating animals, you are helping *Vegetarians*'. We should not worry about the animal population, because nature is quite capable of taking care. Why?... Because we are... because we are rearing more animals, animals for killing - that is why, then if we are not doing it... look at the jungle... everywhere the natural cycle is there, balancing will take care of itself nobody has to worry about it. Now as per the history that Mr. Trivedi also referred, and also Dr. Zakir - now I will tell from Jain historical point of view, that in our Jain scriptures, it is mentioned very clearly that the people... those persons who were living in prehistoric stage, they lived under a tree, and they were sufficiently provided by trees - they did not have to go for any killings. Friends, I am of course given more time, but I am... I really personally feel that let us not have a sort of a dialogue or arguments between... I would like very much, the audience to participate and have more time for Question-Answer... thank you.

(Clapping)

(Dr. Mohammed) Thank you Mr. Zaveri - We have 5 minutes more... he has taken 5 minutes less. Now, I call upon Dr. Zakir Naik, to present his response to Mr. Rashmibhai Zaveri... for 15 minutes only.

(Clapping)

(Dr. Zakir) *Alhamdulillah Was Salaatu Was Salaam Ala Rasullillah Wa Aala Aalihi Was Sahabihi Ajmayaan - Ama Bad. Auzbillah Himanesh Shaitan Ir Rajim, Bismillah Hir Rehmaanir Raheem.*

(Arabic)...

Respected people on the dais, and my respected elders, and my dear brothers and sisters, I welcome once again all of you with the Islamic greetings '*As Salaam Alaikum Wa Rahmatullahi Wa Barakatuhu*' - May Peace, Mercy, and Blessings of *Allah Subhanahu Wa Taala*, be on all of you. I have not conveniently forgotten anything. If you realize, I spoke may be a half minute more than the time allotted - so how can he say... 'I conveniently forgot?' If you give me even five hours more, if you are willing to stay... because you are the person who kept time restrictions... you know less time... Thirty. I had to bargain for fifty minutes - I would love to speak for two hours... even full day. I can do it, because I am a marathon speaker... Alhamdulillah... I am a Non-Vegetarian.

(Clapping)

Mr. Zaveri said that... 'I said that... No Religion prohibits Non-Veg'. I never said... 'No Religion' - I said 'No major Religion' - it is being recorded... 'No major Religion' - and Jainism is not a major Religion, according to the books you gave me. You gave certain books - Jains are only 0.4% of India - 0.4 - less than 1 percent - Can you call it a major religion? - In India - leave aside the world - World out of the question - negligible - I am very clear cut in my statement. Regarding the argument on Jainism I can reply, but the coordinator will not give me permission... I am restricted to Islam - you know I can reply even on Jainism... I am a student of comparative Religion.

(Dr. Mohammed) Excuse me sir, you cannot interfere when the speaker is speaking.

(Dr. Zakir) Brother is saying... 'I did not say' - you can very well see the Video cassette... 'There is not a single major Religion which bans or prohibits, all Non-Veg. food in general' - You can see the Video cassette.

(Dr. Mohammed) You can ask the question... in question time.

(Dr. Zakir) Do not get irritated... the diet will help you... do not get irritated. Brother Rashmibhai Zaveri said... 'I did not answer, whether you get animal instinct'. I said in my lecture, I think you did not hear - I said... 'We eat peaceful animals like goat, sheep, because we want to be peaceful' - and therefore when I came... starting, I always said... 'Peace be on all of you'. Further, he said I did not state... 'Dr. Dean Ornish'. I yet challenge him - if his book is referred by any authentic Medical College - authentic book... not just dietary books - that answer I already gave... by Dr. Willam T. Jarvis... 'Even scientists and medical professionals are not immune to the ideological thinking of the *Vegetarians* - They are not immune'. It is not a medical book... he may have written a diet book. I am very clear in my words... I do not mix words. And Dean Ornish, whatever his name is... may be very famous - I do not know him... I am hearing for the first time... I do not know - I yet ask him to prove and check, whether that book is referred, as a text book, not as a medical book... a text medical book, in a college - that shows the authenticity. He said... 'We should not worry about the cattle... nature will take care' - It is you all who are so much worrying... we are not worrying. Nature made them in such a way, that the moment you kill them, they will again come - God is the Creator... Allah made them. If we kill Lion, Tiger, they will become extinct... therefore we cannot have their food. The cattle, we can have... God has made them that way - If we do not follow the instruction of God, they will be overpopulated. And regarding cutting of plants, what he said... you know people say that... 'If we have plants, the mother is yet alive' - So in that way the offspring of the Cow, of the Goat, the Calves - that means... can we eat them? Yes! Because mother is yet alive... the Cow is yet alive, and when the offspring becomes a mother, we can also kill the mother. So even if I agree with his logic... 'The plants survives'- in the animals, more lives are surviving than the plants - if I agree with his logic. Further more I

said that... 'Best is, prevention is better than cure'. I agree with Dr. Ornish when he says that... 'You know, vegetarian diet is helpful for certain disease' - Even I advice that - Where did I say... 'No'? But the topic is not... 'Which food is healthier?' - but making a statement... 'It is, banned for human beings'. I challenge any authentic medical book... I am a doctor... not books... whether given by Rushabh Foundation or Indian Vegetarian Congress - Whatever it is... these books are stating things which are unfound, ill tested, unproved. There is a Islamic method of '*Prevention is better than cure*' which will answer most of your questions - The Islamic method is there of '*Prevention is better than cure*'. When we slaughter the animal, we do the '*Zabihah*' - we cut the throat, and the wind pipe, and the vessels of the neck, without damaging the spinal cord - otherwise the nerve going to the heart may get severed... there will be cardiac arrest. When the spinal cord is not damaged and the vessels of the neck are slit open, along with the throat and the wind pipe, the heart is pumping... most of the blood flows out of the body. Blood is a very good media of germ and bacteria. If you slaughter the animal in this way, most of the diseases transmitted by blood, many which you named, can be eliminated, can be prevented - the meat remains fresh for a longer time. If it is slaughtered in the Islamic method - and people say... 'Oh! It is a merciless ... you know you all are so mercilessly killing ... it dies of pain'. When we slaughter in the Islamic method, when we cut the blood vessels of the neck, the blood supply going to the nerves which is responsible for pain, is severed - So the animal does not feel pain. The animal kicks and withers ... you know why? - Due to the gush of flow. The animal does not feel pain - it is contracting and relaxing, because there is lack of blood in that part of the body. The animal does not die of pain ... it dies a painless death - painless... painless. We eliminate most of the disease transmitted by blood. Secondly, there are many countries in the world, and many people, who raise animals... they give them hormones. And one was mentioned, by Mr. Zaveri... he did not name - It is called as '*DES*' *Diacecerol Beseserol*. It is a hormone injected to cattle, so that they become fat, and you get more money for flesh - This is '*Haram*'... in Islam. '*Carcinogenic hormones*'... if injected animals - even if you slaughter by the '*Zabihah*' method, it is yet '*Haram*' It is '*Zabihah*', but not '*Halal*'... It is '*Zabihah*' , and '*Haram*'. If the cattle are injected with hormones... you are not allowed to have those hormones, neither are we allowed to have Cows, which are fed with Non-Veg. - because the Prophet said... 'Any animal that is fed with Non-Veg., it is prohibited for you'. After that, if you take care of hygienic conditions, and cook the meat very well, most of the diseases which Mr. Zaveri spoke of... not all - Most of them will be eliminated. And in the Non-Veg. flesh food... the most dangerous, which is commonly eaten, is pork. It has more than 70 different diseases which you can get, if you inject pork... more than 70 different diseases - and one of them is 'Ischemic heart disease' which he spoke about. Because pork has more of fat building material than muscle building materials - It gets deposited on the walls of the vessels causing Artherosclerosis, Hyper tension, etc. That is the reason in the *Qur'an*, no less than four different places in Surah Baqrah, Chapter No. 2, Verse No. 173, in Surah Maidah, Chapter No. 5, Verse No. 3, in Surah Anam, Chapter No. 6, Verse No. 145 and Surah Nahl, Chapter No. 16, Verse No. 115, it says...(Arabic)... '**Forbidden for you for food are dead meat, blood, the flesh of swine, and any food on which, any name besides God's name has been invoked**'. It is '*Haram*' - So we abstain from it, and we prevent several diseases of Non-Veg. *Qur'an* says in Surah Taha, Chapter No. 20, Verse No. 81... '**Eat of the food We have provided for you in sustenance, but commit no excesses there in**'. Most of the diseases what Mr. Rashmibhai Zaveri spoke about, is due to excessive eating. Even if you eat excessive Veg. food, you will have many diseases - I will not say do not have Veg. food... I am a doctor, I am not an ideological, neither a fanatic Non-Vegetarian. So if you prevent eating in excess, most of the diseases will be prevented. If you follow the Islamic guidelines, slaughter in the Islamic method, remove the blood, do not give hormones, cook the food very well, hygienic conditions, avoid pork, do not eat in excess, most of the diseases can be prevented - It answers most of his arguments. Few are yet remaining - if time permits, during Question-Answer time if you ask, I will reply. Do you know, they are talking about healthy food... healthy food... talking about all research and experiments - I will talk something which is a fact. According to Dr. William... again very famous person - Dr. William, he says that... 'Vegetarian food extends the life of a human being, for more than six years'. If you have Veg. food, as compared to Non-Veg. food, you will live six years longer - Again hypothesis... hypothesis. If you analyze, a data was collected about all the people who lived above 100 years from 1932 to 1952, and on this data a person by the name of Osegares - he wrote a book 'Living to be Hundred' - 1200 people who did... and why they did it -

Everything is mentioned... In it even diet is mentioned. Do you know out of 1200 people, how many were *Vegetarian*? - How many, guess... 1000 - Four! Four!... Four! This survey was not done to prove Veg. food or Non-Veg food - It was done for other reasons... but even the diet was mentioned. It is a fact... It is not a research - It is a fact. Out of 1200 people who lived in a span of 20 years, over 100 years... only four were *Vegetarian*. You know '*Alcohol*'? - Alcohol alone - It is a Veg. diet, or no? '*Alcohol*' is Veg. or Non-Veg?... Veg! - From juices of fruits. And the disease that are caused by alcohol alone, is more than all the Non-Veg., diseases put together - One vegetable diet! So just for alcohol, I cannot say that all vegetable food should be banned. Today scientists... and even he will agree... it is mentioned in his book also - the cause of maximum deaths today is... '*Alcohol*'... number one - So I do not ban all Veg. food. What do I say? - As *Qur'an* says in Surah Maidah, Chapter No. 5, Verse No. 90 ... (Arabic)... That... **'O! ye who believe, verily intoxicants and gambling and idol worship and dedication of stones and divination of arrows - these are Satan's handiwork - Abstain from it, that ye may prosper'**. '*Alcohol*' is a Satan's handiwork... abstain from it. I have only prohibited '*alcohol*'... not all Veg. food. And smoking... Second greatest cause of death in the world - Veg. or Non-Veg.? - Veg.! Can you prevent the alcoholic disease? - Only when you can prevent is, when it is de-fermented - it ceases to be Alcohol. Can you prevent smoking disease? - Do not have tobacco... Only option is prohibition. If there is no prevention, then comes the question of prohibition - So alcohol is prohibited. There are more than 400 *Fatwas* by Islamic scholars - '*Smoking is prohibited*' because there is no prevention. You know Kesri dal... Kesri dal - Indian government has banned it. It causes '*Spastic Paraplegia*'... staple food of North West, Indians! Banned, why? - It causes death also... '*Spastic Paraplegia*'. '*Alcohol*' - Many countries have banned... including Saudi Arabia, including states in India have banned it. Smoking in Singapore is banned in public places, in government places, in public transport. '*Kesri dal*'- banned by India. If there is no prevention, then you can ban it. I do not know of a single government, that has banned all Non-Veg. food in general... Not a single. Yes! few Non-Veg. food like pork - Saudi Arabia has banned. There is no prevention... ban it! - If there is no prevention, then you prohibit it. And the debate was not... '*Which is better, which is healthier - Veg. or Non-Veg.?*' The debate was ... '*Is Non-Veg. food permitted or prohibited?*' I gave a list of more than 20 points - So I can very well say that Mr. Rashmibai Zaveri conveniently stopped his talk five minutes before, not to answer these things - If you give me one hour more, I will continue speaking. Wild berries... they are poisonous, Stitch beans... vegetable food - they are poisonous, Datura... poisonous. What is the solution? - Do not have it. You know '*Water*' - Water has so many diseases transmitted... Cholera, Paratyphoid, Typhoid, it causes Amebiases, Giadiasis, Round worm, Pin worm, Wild Hepetises - I can go on talking... only by water. What do you do... Do you ban water? - You prevent it... You purify the water... the diseases will be prevented. You know '*milk*' - Milk has so many diseases... Chizelia, Cholera, Paratyphoid, Typhoid, Tuberculosis, Salmonellosis, Brusolosis - I can go on listing. What do you do?... Do you ban milk?... What do you do? - You pasteurize it... You do not ban it... You do not prohibit it - It is un-medical. Whether milk is Non-Veg. or Veg. ... is a debatable topic - I will not argue on that. So if you cannot prevent the disease, then do you prohibit it? I have given various reasons, which Mr. Rashmibhai Zaveri has not replied. There is not a single government, who has banned Non-Veg. food in general, there is not a single major Religion which has banned Non-Veg. food in general - therefore I say that... '*Non-Veg. food is permitted - not prohibited*'. If I have hurt the feelings of any *Vegetarian*, while giving the replies to the speaker, I sincerely apologize from the bottom of my heart. I would like to end the talk, by giving the quotation of the Glorious *Qur'an*, from Surah Isra, Ch. No. 17, Verse No. 81, which says...(Arabic)... **'When truth is hurled against falsehood, falsehood perishes, for falsehood is by its nature bound to perish'**. *Wa Akhiru Dawana Anil Hamdulillahi Rabbil Aalameen.*

(Clapping)

(Back Ground Azaan, By Brother Yusuf Islam)

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(Azan Continued....)