

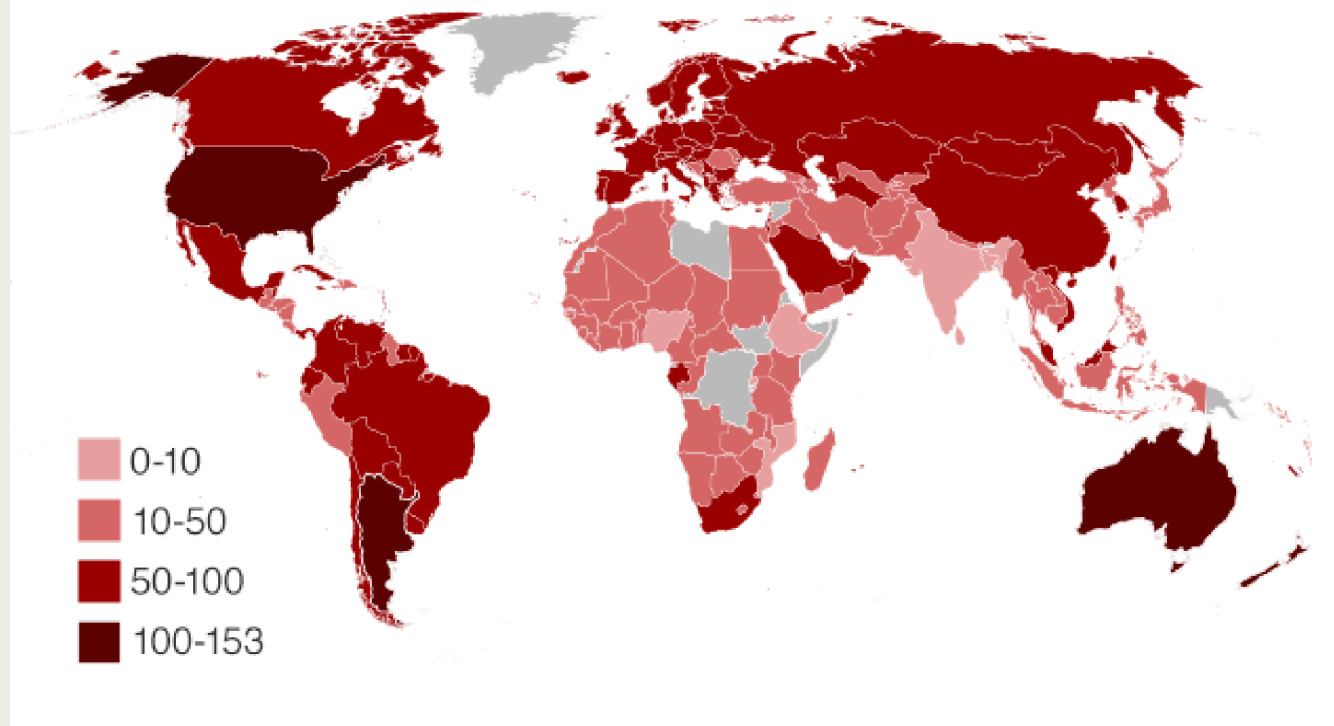


肉を食べることは  
いいでしょうか、  
悪いでしょうか。

# 毎年の肉の消費

## Who eats the most meat?

Meat consumption (kg per person per year)



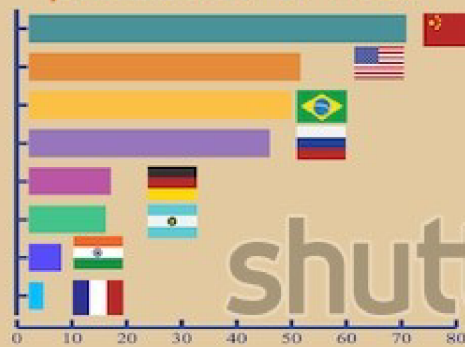
Source: UN Food and Agriculture Organization / Our World in Data

BBC

# MEAT production and consumption



The country's leaders production of meat

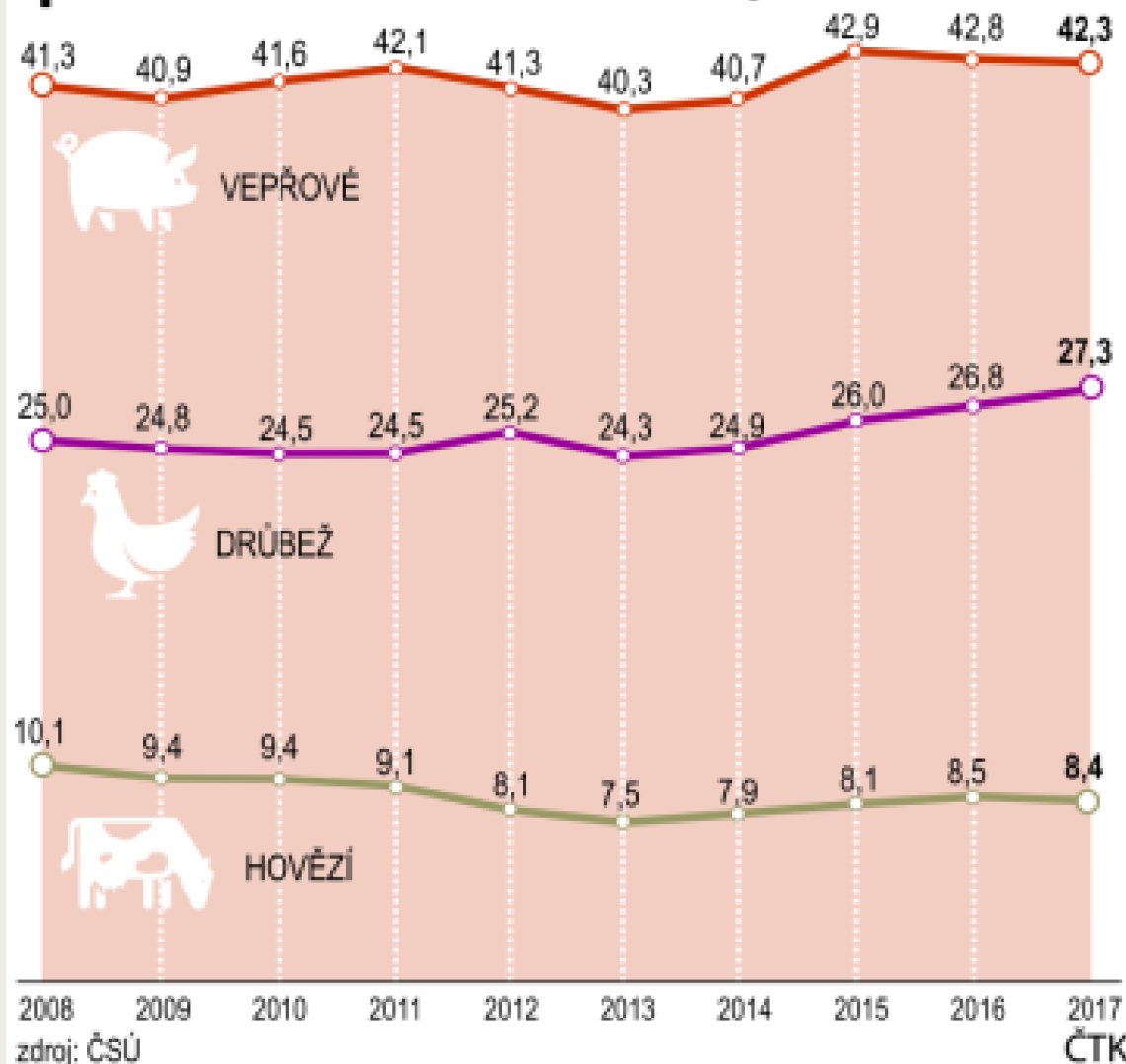


The global meat consumption per capita per year (kg)



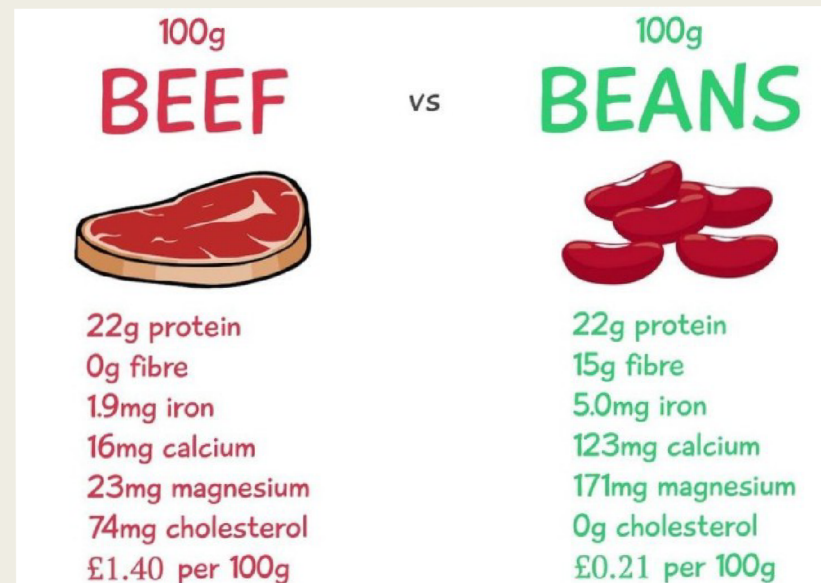
# Spotřeba masa v ČR

v kilogramech na osobu za rok



# 肉の中は何ですか

- 必須アミノ酸、亜鉛、ビタミンB12
- 栄養素、タンパク質
- 植物に替えやすい

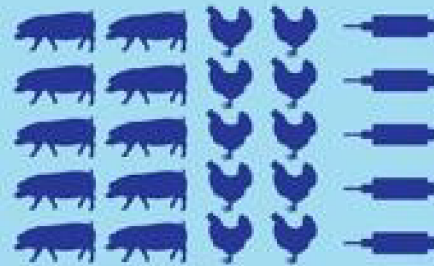


# ガン



# 抗生物質

We are facing a crisis of terrifying proportions



Animals in intensive farms are often dosed daily with vital antibiotics to stave off disease in crowded, often cruel, conditions

Intensively reared pigs and poultry account for



**85-95%**

of UK farm antibiotic use

© Alliance to Save our Antibiotics

[www.permaculture.co.uk](http://www.permaculture.co.uk)



## Antibiotics Sold for Use in Humans and Animals in the U.S.



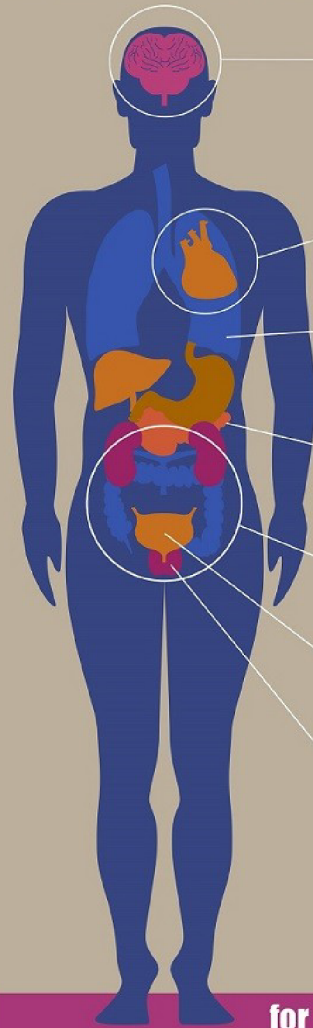
70% of the antibiotics sold in the U.S. are intended for use in food animals, compared to just 30% for people. Antibiotics are routinely given to animals to compensate for overcrowding and dirty living conditions. Bacteria do not live in silos. They spread between livestock and people, between hospitals and the community. All unnecessary uses of antibiotics must end to ensure antibiotics continue to work.





# 人の健康への影響

# DANGERS *of* PROCESSED MEAT



## HIGHER STROKE RISK

A 2012 American Heart Association study linked stroke risk to processed meat consumption, with risk increasing by 13% for every daily serving.



## INCREASED RISK OF DEATH

In 2013, the American Journal of Epidemiology reported that processed meat products are linked to increased risk of death.



## DOUBLE THE RISK OF LUNG DISEASE

A 2007 study found that men who eat processed meat daily have more than double the risk of developing lung disease compared with men who rarely or never eat processed meat.



## DOUBLE THE RISK OF HEART DISEASE, CANCER, & DIABETES

A 2014 Harvard study found that processed meat raises women's risk of cancer, heart disease, and diabetes. And a 2012 British Medical Journal Open study linked processed meat consumption to increased risk of heart disease.



## INCREASED RISK OF COLORECTAL CANCER & EARLY DEATH

In 2013, the American Cancer Society found that colorectal cancer survivors who consume the most red or processed meat are more likely to die over a 7.5-year follow-up.



## INCREASED RISK OF BLADDER CANCER

A 2010 NIH study found that consumption of processed meat increases risk for bladder cancer.



## INCREASED RISK OF PROSTATE CANCER

A 2009 NIH study found that processed meat increases prostate cancer risk. Every 10 grams of processed meat consumed raises prostate cancer risk by 10%.


A 2013 Harvard study found that men who consume the most processed meat have more abnormalities in sperm count, size, and shape.

for more information, please visit [PCRM.org/DropTheDog](http://PCRM.org/DropTheDog)

# どちらの方が元気ですか

**Dr Ellsworth Wareham**  
is **104 years young and vegan.**

He retired from  
being a surgeon  
only **8 years ago.**



PLANTBASEDNEWS.ORG

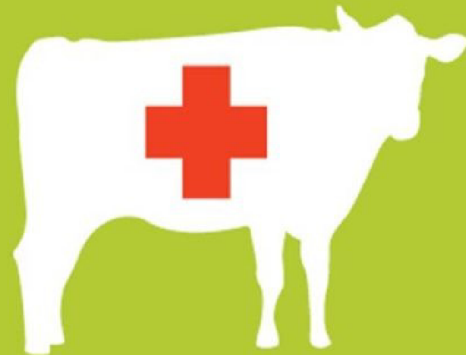
A graphic with a blue background. On the left, there is text in white and yellow. On the right, there is a black and white photograph of an elderly man with glasses, wearing a suit and tie, pointing his right hand towards the left. The photo has a white outline. At the bottom left of the graphic is a small logo with a rainbow flag and the text 'PLANTBASEDNEWS.ORG'.



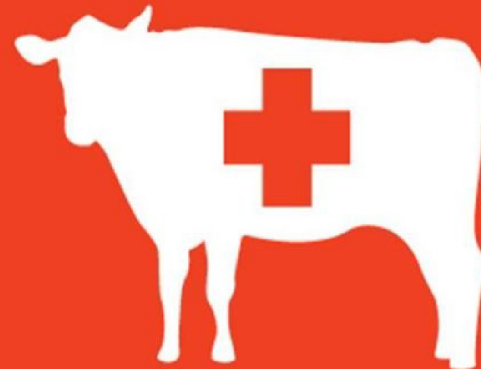
**THIS IS WHAT AN 80 YEAR OLD  
VEGAN LOOKS LIKE**



**VEGETARIANS AND  
VEGANS LIVE, ON  
AVERAGE, SIX TO  
TEN YEARS LONGER  
THAN MEAT-EATERS.**



**MEAT-EATERS ARE  
TWICE AS LIKELY  
AS VEGETARIANS  
TO DEVELOP  
HEART DISEASE.**



source: <http://mytalkfest.files.wordpress.com/2010/09/poster-22.jpg>

# 環境の影響

## What It Takes To Make A Quarter-Pound Hamburger



feed  
**6.7**

Pounds of  
grains and forage



water  
**52.8**

Gallons for drinking water  
and irrigating feed crops



land  
**74.5**

Square feet for grazing  
and growing feed crops



fossil fuel  
energy  
**1,036**

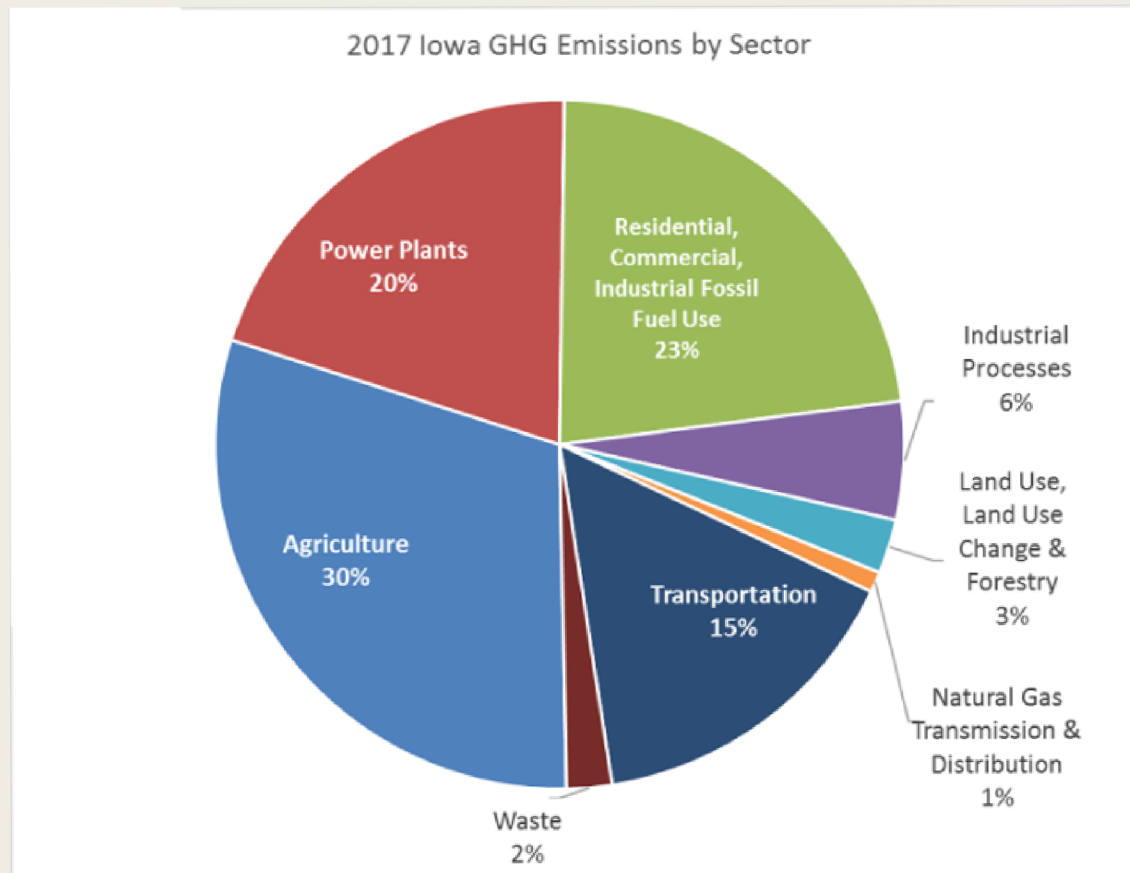
Btus for feed production and  
transport. That's enough to power a  
typical microwave for 18 minutes.



Source: J.L. Capper, *Journal of Animal Science*, July, 2011.

Credit: Producers: Eliza Barclay, Jessica Stoller-Conrad; Designer: Kevin Uhrmacher/NPR

# 肉の生産の放出



# 動物の苦しみ

In **all** wars and genocides in our entire recording history **619 million humans** were killed.

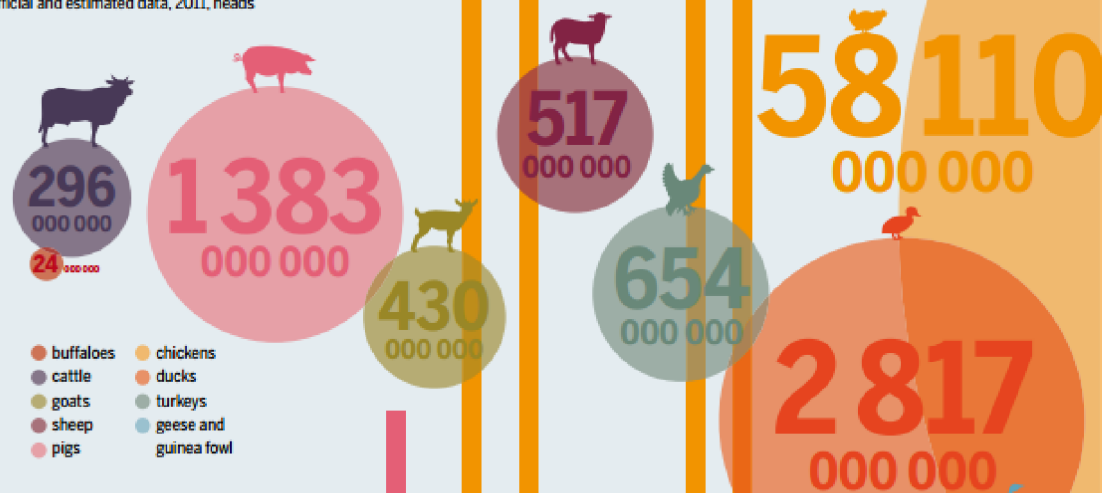


We kill the same number of **animals** every **five days**.

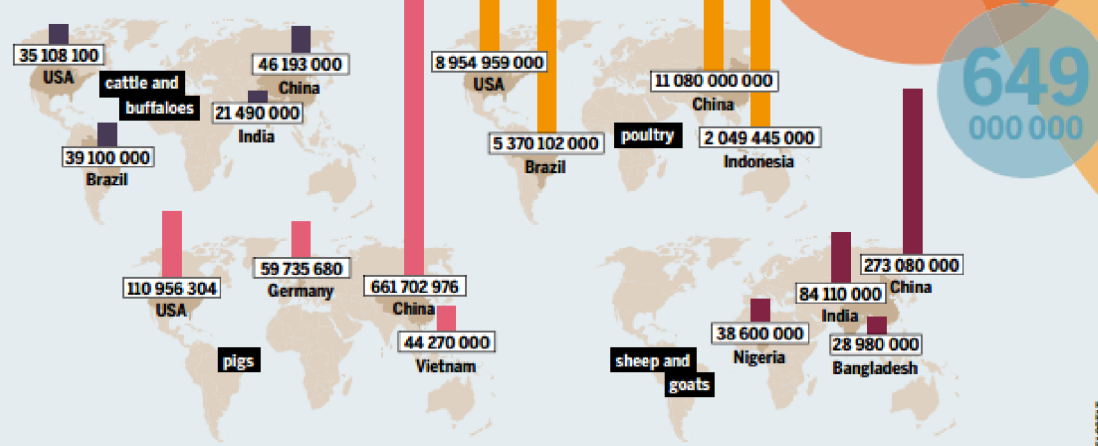
- <https://www.adaptt.org>

## Animals slaughtered worldwide

Official and estimated data, 2011, heads



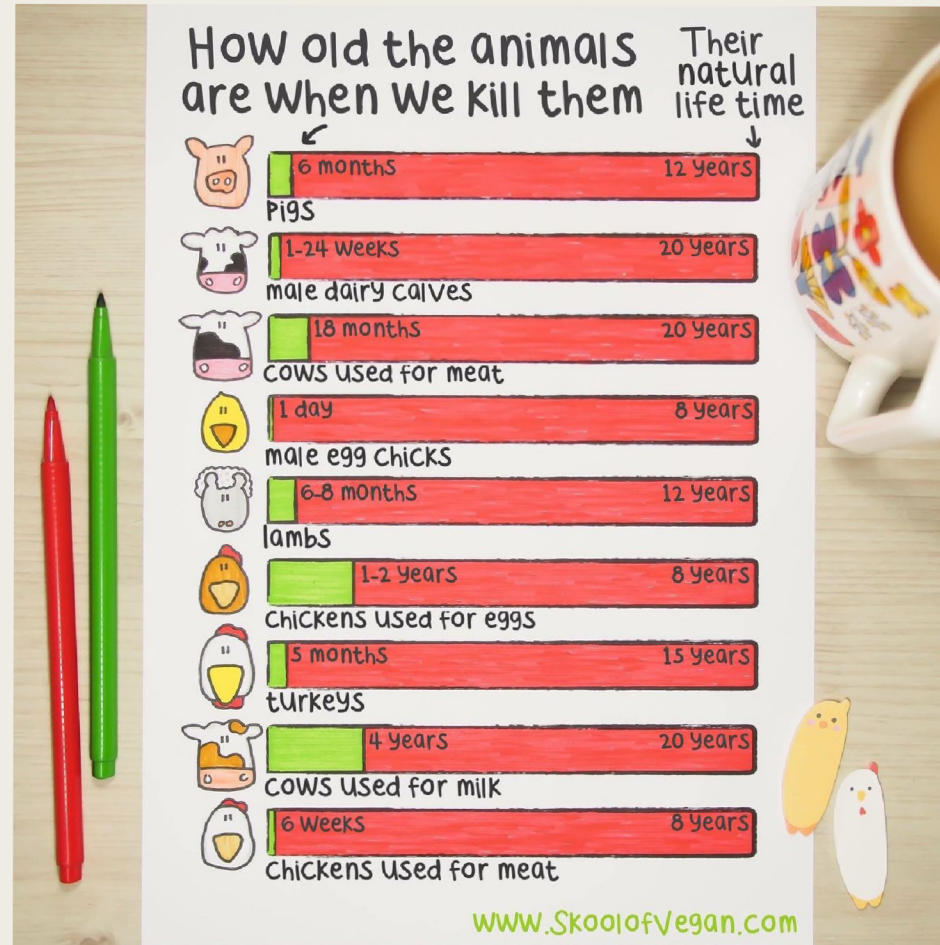
Slaughter by countries, four most important, 2011, heads





**IF HUMANS KILLED  
EACH OTHER AT  
THE SAME RATE  
THAT WE KILL  
OTHER ANIMALS,  
WE'D BE EXTINCT  
IN 17 DAYS.**

# 工場農場にあった動物の寿命



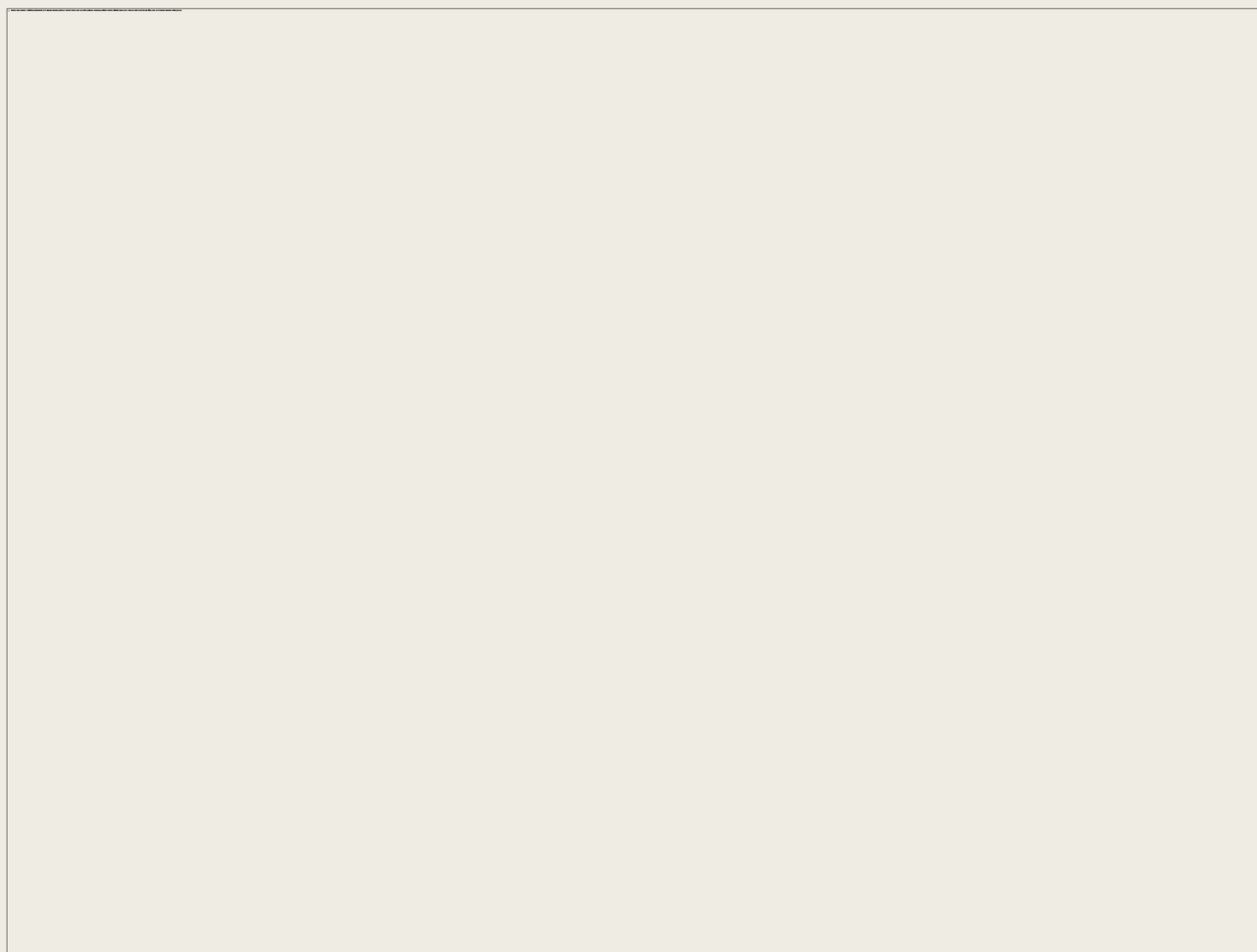
# 工場式農場の生活条件



<https://www.youtube.com/watch?v=3:40-4:58>



# 屠畜場







# グラスヴォールのプロジェクト

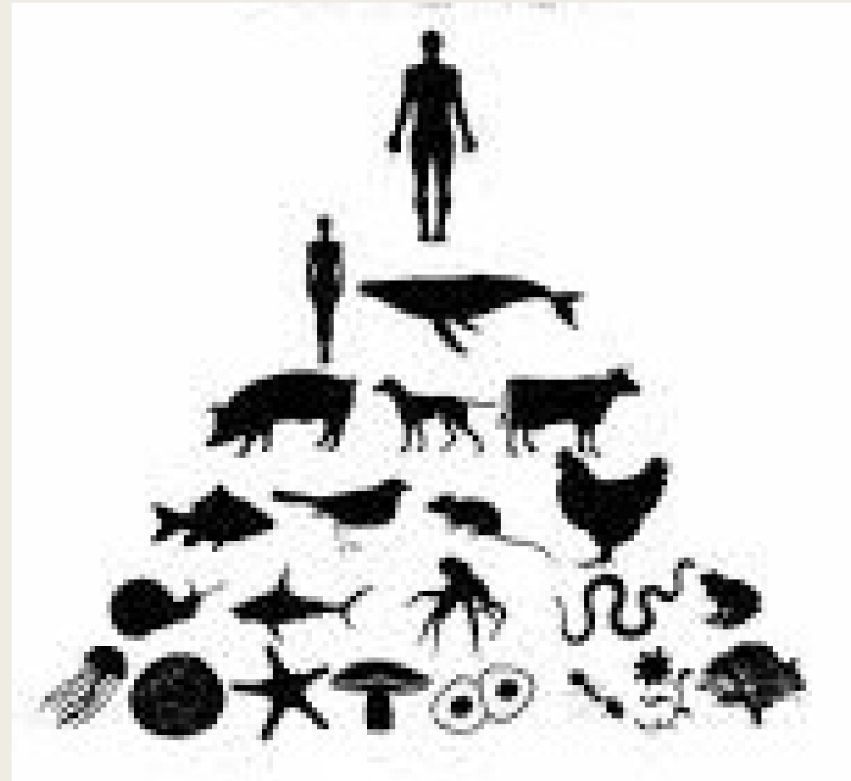
*If Slaughterhouses had Glass Walls, Everyone Would be Vegetarian* ”

— *Sir Paul McCartney*

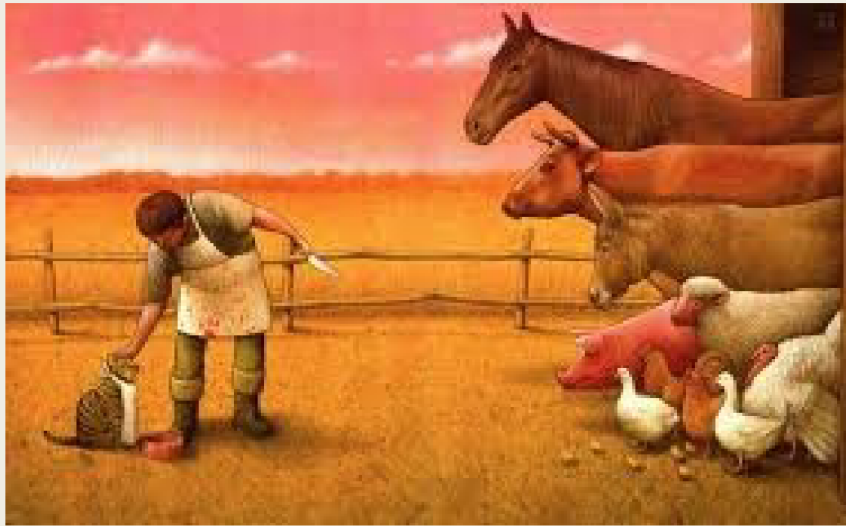


スピーシーズム (spiecism)、  
カーニズム (carnism)

# スピーシーズム (spiecism)



# カーニズム (carnism)

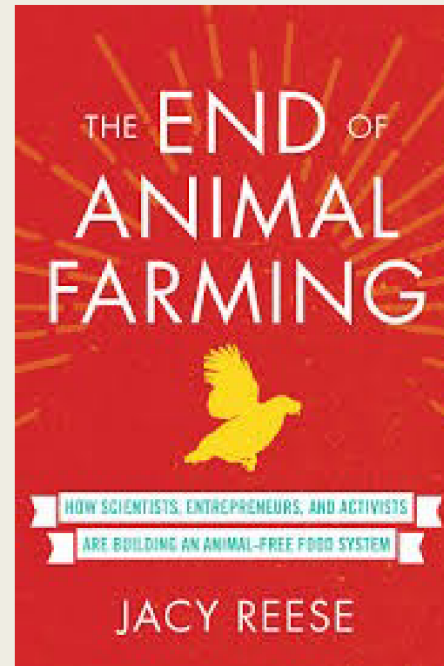
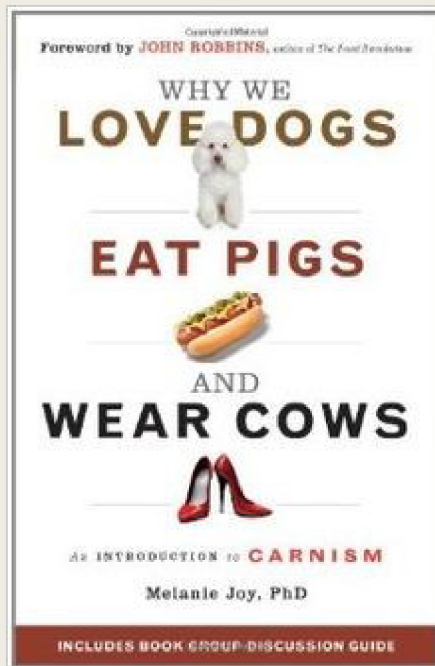


# 違い

## What is the difference between speciesism and carnism?

Speciesism is the belief system, or ideology, in which it's considered appropriate to value some animals over others (with humans at the top of the hierarchy) for reasons of species alone. Carnism is the ideology in which it's considered appropriate to eat some of the animals on the lower rungs of the speciesist hierarchy. Carnism is a "sub-ideology" of speciesism, just as anti-Semitism, for instance, is a sub-ideology of racism. Carnism, like anti-Semitism, is a specific expression of a broader ideology.

<https://www.youtube.com/watch?v=ao2GL3NAWQU> – 3:39 - 4:41



本、映画

# 質問

- 肉を食べることは良いでしょうか、悪いでしょうか。
- 動物のために何か変えられますか。
- 肉を食べているは健康のために悪いでしょうか。
- 皆動物は同じだと思いますか。

- <https://www.bbc.com/news/health-47057341>
- <https://www.humanedecisions.com/sir-paul-mccartney-if-slaughterhouses-had-glass-walls-everyone-would-be-vegetarian/>
- [https://www.enviprofi.cz/33/ktera-odvetvi-prumyslu-jsou-nejnarocnejsi-na-vodu-uniqueidgOkE4NvrWuOKaQDKuox\\_Z5S1Gd1vII8IFxXkt6lc/](https://www.enviprofi.cz/33/ktera-odvetvi-prumyslu-jsou-nejnarocnejsi-na-vodu-uniqueidgOkE4NvrWuOKaQDKuox_Z5S1Gd1vII8IFxXkt6lc/)
- <https://www.youtube.com/watch?v=ouAccsTzIGU>
- <https://www.youtube.com/watch?v=ao2GL3NAWQU>
- <https://www.youtube.com/watch?v=NxvQPzrg2Wg&t=152s>
- <https://www.adaptt.org>