

金色蓮花  
國際中英文雙語版

# Golden Lotus

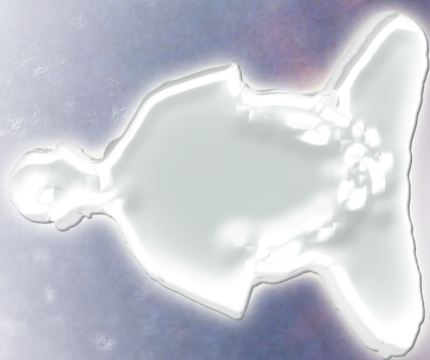
June 2004 6月號 NO.138

“素食新時代”專輯系列之二

## 全球素食風尚

Vegan New Age Edition (II)

Global Vegetarian Vogue



ISSN 10230319





金色蓮花  
國際中英文雙語版

# Golden Lotus



一路走來始終如一

總是以嶄新的概念式創意結構  
豐富而又具有動感立體的美學  
歷久彌堅 .....

金色蓮花佛學月刊

深動有趣又深具啟發性的文字  
一同交織出 心的境界



# Golden Lotus

1 9 9 3 年 創 刊  
2 0 0 4 年 革 新 號

本刊名稱出自：

## 大般若經 緣起品

執此千莖 金色蓮花  
以寄世尊 而爲佛事  
還散上方殑伽沙等諸佛世界  
佛神力故，令此蓮花遍諸佛土  
諸花臺中各有化佛，結跏趺坐  
爲諸菩薩說大般若波羅蜜多相應之法  
有情聞者必得無上正等菩提

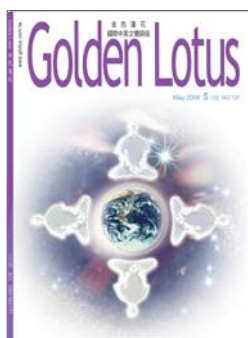


The Magazine was named after the Sutra :

### *Chapter of Origin on Maha-Prajna-Sutra*

Offering the Golden Lotus of thousand stems to the Buddha for spreading the Buddha-Dharma. And then spreading the Golden Lotus to the worlds of other Buddha that is in the upper direction and far away from the world we live. Because of the power of the Buddha, this Golden Lotus is spreading to the worlds of all Buddha, and there is a Buddha born and sit in each of the platform of the Golden Lotus. These Buddha are addressing the Dharma of the Maha Prajna. All the beings that hear the address will definitely become a Buddha.





封面情境：永恆

金

色

蓮

花

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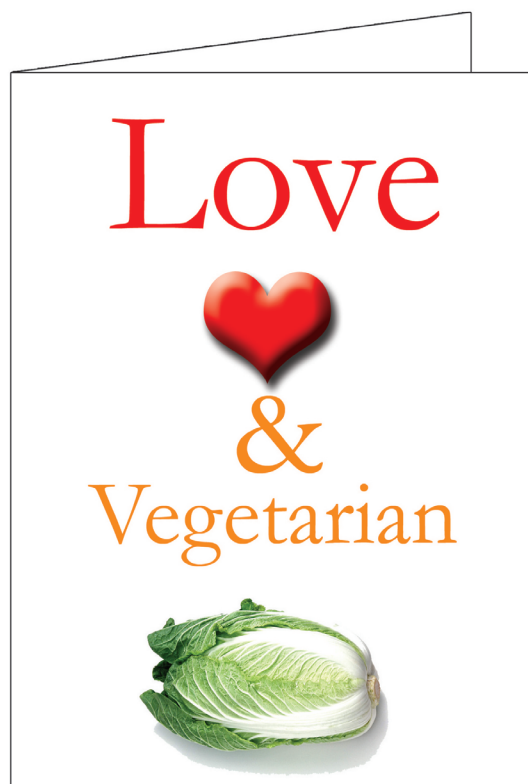
### 世界素食瞭望

Vegetarian in the world

### 素食風潮 方興未艾

A vegetarian tide is coming

8



### 愛與素食 主題卡片

“Love & Vegetarian” Card Show

### 素食就是愛的行動

To be a vegetarian is just an act of love

14

### 素·食·流·行·資·訊

Fashion Vegetarian News

### 福氣啦！上班族素有福

### 超商超素食便當

Here comes the happiness for the 9 to 5ers.!

Convenience store vegetarian box lunch

26





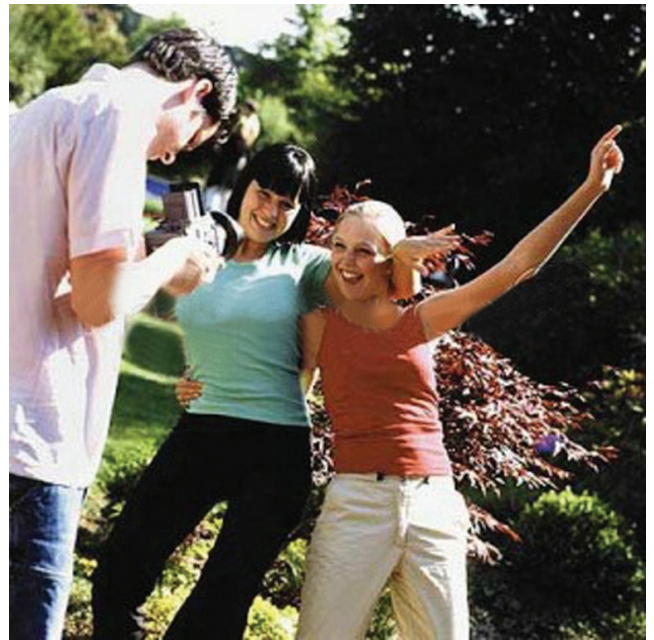
素・食・流・行・資・訊

Fashion Vegetarian News

## 狗狗！素素看！

Dogs ! Try vegetarian food!!

30



素・食・流・行・資・訊

Fashion Vegetarian News

美國素食流行風

American Vegetarian Vogue

## 阿督啊！吃素介高尚！

Adu! To be an vegetarian vogue  
is a noble deed!

34



素食名人啟示篇

Famous Vegetarians Enlighten Us

## 慈悲造就了高度的智慧

Mercy creates high-wisdom

38

## 概念手提袋

The concept of hand-bag

42





經典中慈悲與素食的記載

Mercy and Vegetarian Records in Buddhist Sutra

## 食肉者斷大悲種

Meat-eating would cut off the  
root of mercy

52



香飄十萬里

Aroma Flying 10 Thousand Miles

## 宮廷饗宴—素食佳餚

Royal Feast — Vegetarian Delicacy

66

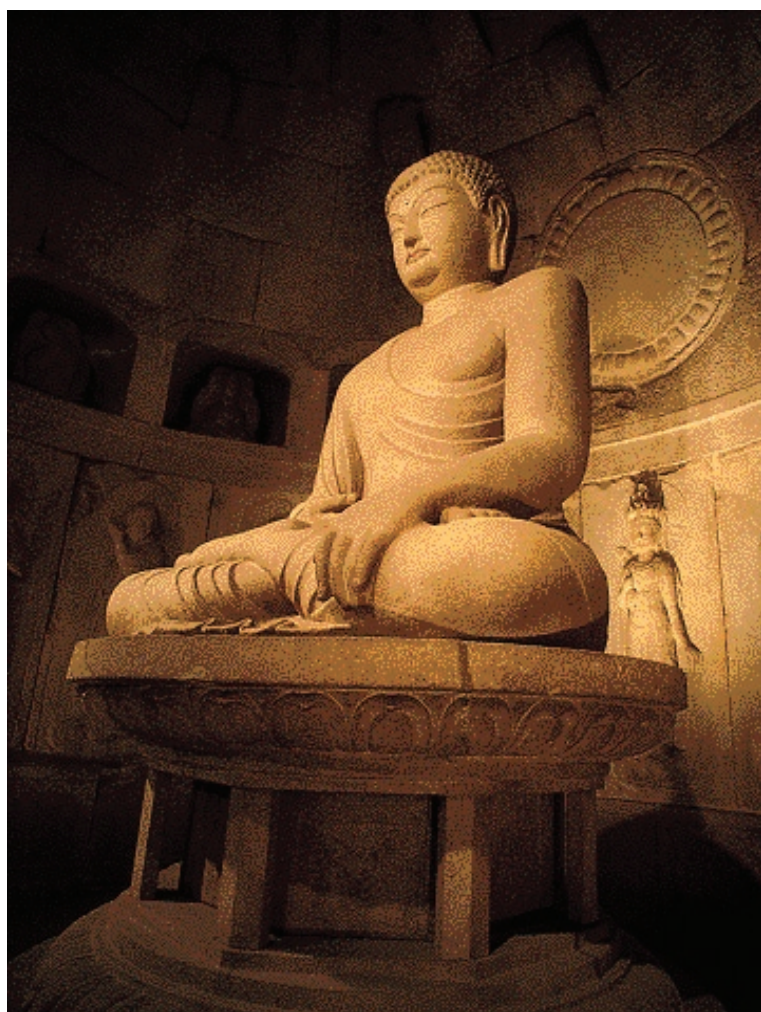
香飄十萬里

Aroma Flying 10 Thousand Miles

## 走透透 吃透透

Travelling the world Eating around the world

78





## 麻吉寵物秀

Much Pet Shows

天啊！這未免太神了！  
——阿·鸚·愛·說·笑

God! It's a magic!

— There is a parrot joking.

102



## 電腦桌布設計

Desktop Wallpaper Design

超炫！電腦素桌布

——讓你的電腦與眾不同

Cool ! Desktop Wallpaper

—— Let your computer special

108



## 素食動物排行榜前十名

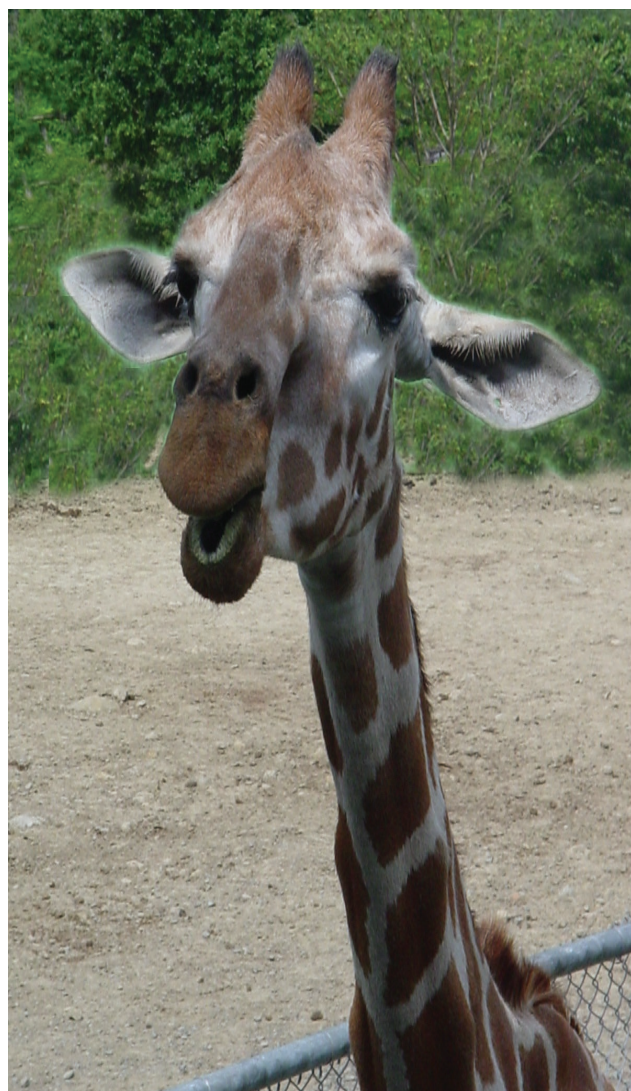
The top ten in the vegetarian animals

吃素好壯壯～動物界的阿諾

The strong vegetarian ~ Arnold

Schwarzenegger in the animal world

120



## 廣告

64-65 密宗煙供香

107 法界香雲

128 果曦堂 紫金閣



# 素食風潮 方興未艾

## A vegetarian tide is coming

素食早已不是少數人的專利，現在可還演變成一種流行了呢！  
在歐美，素食團體早就蔚然成林，現在還方興未艾呢！  
讓我們來看看，在素食的天地中，太陽底下發生了什麼新鮮事。

**To be a vegetarian isn't a patent for few people.  
Now, it's a popular business!  
In Europe as well as America,  
vegetarian groups become a forest. It's still growing!  
Let's see. In the world of vegetarian, what's going on now.**

譯 Translator / David 美編 Art Design / Fan

## 【巴西報導】

### 拉丁美洲的第一次

自1908年，國際素食協會（IVU）在世界各地共舉辦了35屆的世界素食大會，而今年，將第一次移往拉丁美洲，相信一定很有拉丁風。

今年11月8日到14日，巴西將舉行第36屆世界素食大會。隨著素食的生活形態漸漸為巴西人所接受，越來越多的人知道素食是更健康的選擇，而且也瞭解到素食是一種保護自然資源的絕佳方式。在擁有眾多雨林的巴西舉行世界素食大會，將是別具意義。

### 遠離殘忍流行走秀活動

除了一系列的演講、論文發表等學術活動外，此盛會還有相當多的有趣活動，包括一個“遠離殘忍流行走秀活動”，其間模特兒將穿戴完全非動物製品，來走出流行，走出亮麗。各種衣服、鞋子、皮帶、提袋等，甚至包括化妝品，不僅不用動物製造，也完全不用動物來進行試驗、開發。這個活動將由數個知名的流行學院和設計師統籌，相信一定很有可看性。



## BRAZIL

### For the first time in Latin America

Since the first one in 1908, World Vegetarian Congresses have taken place in Europe, Asia, the Middle East and North America. And in 2004 it will happen for the first time in Latin America. It is believed to have Latin style.

The 36th World Vegetarian Congress will be held in Brazil in 11/8-11/14. Following vegetarian lifestyle is already widely accepted in Brazil. More and more people are becoming aware that vegetarianism is not only a healthy nutritional choice but an excellent means of safeguarding natural resources. It is more meaning to hold this congress in Brazil with rain forest.

### Cruelty Free Veg Fashion Show

A series of speeches, issuing papers will be scheduled, including a Cruelty Free Fashion Show during the 36th World Vegetarian Congress. Models will show off clothes, shoes, belts, bags and other accessories, cosmetics, etc, all entirely free of animal products and ingredients and not tested on animals. This show is planned by several famous universities and designers. It is worth to view. Additionally, Hawaiian Luau will be held in Brazilian famous beach, however, all the wild boars and roast fishes are replaced with delicious fruits and salads.

## ENGLAND

### AWARDS 2004 for the Vegetarian Society of the United Kingdom

The Vegetarian Society Awards aim to highlight to the nation those companies striving to improve the choice and range of vegetarian



## 世界素食瞭望

另外，夏威夷式的營火晚會（Luau）也將在巴西著名的沙灘舉行，只不過，野豬、烤魚全部都換成清新可口的水果、沙拉了。

資料來源

<http://www.ivu.org/congress/2004/index.html>

### 【英國報導】

#### 英國素食協會獎

資料來源

<http://www.vegsoc.org/awards/index.html>

為了造福英國3百萬的素食人口，英國素食協會（The Vegetarian Society of the United Kingdom）特別舉辦了一場別開生面的獎項——素食協會獎，利用網路電子投票，表揚那些努力製作更多素食產品和改良素食製品的公司和個人。

藉此機會，素食者可以向那些幫助他們增加生活品質、提升食物美味的公司和個人表示謝意。其中有些相當有趣的項目，例如最佳嬰兒素食食品、最佳素食醬料、最佳肉類替代品。當然，其中也不乏最佳素食美食餐廳、最佳素食速食餐廳等。

products and services to the UK's 3 million vegetarians. By network voting, they praise those companies and individuals who strive to manufacture more vegetable foods and improve its quality.

Vegetarians can appreciate those companies and individuals who help to promote their

life's quality and foods more delicious. There are some interesting awards in it, including best vegetarian babyfood, best vegetarian cooking sauce, and best meat or fish substitute, in addition to best exclusively vegetarian gourmet restaurant, and best provider of vegetarian fast food

### Get Stuck in to National Vegetarian Week!

National Vegetarian Week in Britain since 1992, is scheduled from Monday 24th to Sunday

30th May 2004. There are a series of various activities in England island, Scotland, and Northern Ireland, including book exhibition, get-together dinner, magazine column, delicacies exhibition, restaurants discount, and supermarkets discount. So many to view.

### SINGAPORE

#### Vegetarian Food Fair

An exhibition of A relic tooth of Sakya-muni will be displayed in the second restaurant



### 強強滾——英國全國素食週正發燒

從1992年至今的英國全國素食週，今年訂於5月24日（一）至30日（日）展開，在英格蘭本島、蘇格蘭、北愛等全英國各地均有一系列的各式活動，包括書展、會餐、雜誌專欄、美食展、餐廳折扣、特餐、超市折扣等…哇！目不暇給！

### 【新加坡報導】 新加坡素食博覽會

2004年5月19日到23日在Singapore Expo的佛牙舍利展，於第二廳素食展覽廳將一同舉行新加坡素食博覽會。在素食展覽廳中，將有許多素食攤位提供多種美味素食。包括馬來風味的囉惹（rojak）、叻沙（Penang laksa）和

in Singapore Expo in 19-23 May 2004, in addition to Vegetarian Food Fair. There will be many delicious vegetable foods in each stall, including Malaysia-style rojak and Penang laksa, and many delicacies of other countries. There will also be a largest Sri Lankan lantern to be hung, in addition to a Dzambhala fountain pool, and many musical and dance performances.

### CANADA

#### How to Enter the Challenge

Challenge yourself to go vegetarian or vegan for one week! Then Enter the challenge and briefly tell us what you ate, your favourite veggie foods, your motivations or challenges, etc. Then you have the chance to Win prizes and help create a healthier, greener, kinder world.

Prizes of Toronto Vegetarian association are awarded twice a year -- just after March and just after September, the best story of three head winners. You can take part in anytime.





## 世界素食瞭望

其他多國風味的美食。現場還布置有大型懸掛斯里蘭卡燈籠、噴水池以及許多歌舞表演。

資料來源：

[http://www.singaporebuddhatooth.org.sg/events\\_btre2004.htm](http://www.singaporebuddhatooth.org.sg/events_btre2004.htm)

### 【加拿大報導】

#### 向素食挑戰

吃素一個禮拜，寫下你的故事——最喜歡的素食、素食動機等，就有機會獲得獎品並創造更健康的身心 and 更仁慈的世界喔！

多倫多素食協會每年舉辦兩次挑戰，任何時刻均可參加素食挑戰，分別在3月和9月後公布得獎者——前三名最佳故事。

去年9月的冠軍故事是一個多年素食者，為了減肥而嘗試一種特殊的食譜——每天只吃肉、蛋、起司。兩個禮拜後，他的身心均覺得嘔心並抗拒再吃任何這種食物。他立即決定返回素食，並更進一步成為一個全素主義者。為了健康，他選擇全素；之後，當他讀了更多有關動物虐待和動物不幸的報導後，他轉而為了自己的健康和全世界動物的健康而吃素…他覺得再也沒有比這更好的事了！

精彩嗎？今年的冠軍故事或許就是你的素食故事喔！

資料來源

<http://www.veg.ca/challenge>



The champion's story of September 2003 Round is that a vegetarian for years try the Atkins diet for reducing weight, and eat meat, egg, cheese everyday. 2 weeks later, he felt so incredibly disgusting that I couldn't do it anymore. He quickly decided to return to his vegetarian diet and further became a complete vegan. He became a vegan for health reasons, but as he read more and more about the mistreatment of animals and the cruelty that befalls them, his motivation to be vegan really switched. Now, he choose to eat this way for his health and for the health of animals everywhere. He has never felt better.





### 【美國報導】 世界無肉日

由美國民間主辦的一個歷史悠久之素食教育運動，今年3月20日在全美50州和世界其他23個國家盛大舉行第20屆的運動。這20個年頭來，每到春天，數以千計的素食支持者就會趁這個機會向他們的社區宣揚素食的好處。並邀請家人、朋友甚至鄰居加入一個美麗的誓言“戒除肉食的習性（至少一天），經由水果、蔬菜和穀類，發展一種有益健康且非暴力的飲食習慣”。

今年的活動包括了街頭行動劇、演講、野餐、廚藝美食展和一種戲謔為“非牛排”的資訊看板。

資料來源

<http://www.meatout.org/index.htm>

### America Meatout day

On March 20, the 20th annual observance of the Great American Meatout, the oldest annual grassroots diet education campaign initiated by American private sector, will hold in all 50 US states and other 23 countries.

Every spring, thousands of Meatout supporters educate their communities and ask their friends, families, and neighbors to pledge to "kick the meat habit (at least for a day) and explore a wholesome, nonviolent diet of fruits, vegetables, and whole grains."

“愛與素食”主題卡片

# 素食就是愛的行動

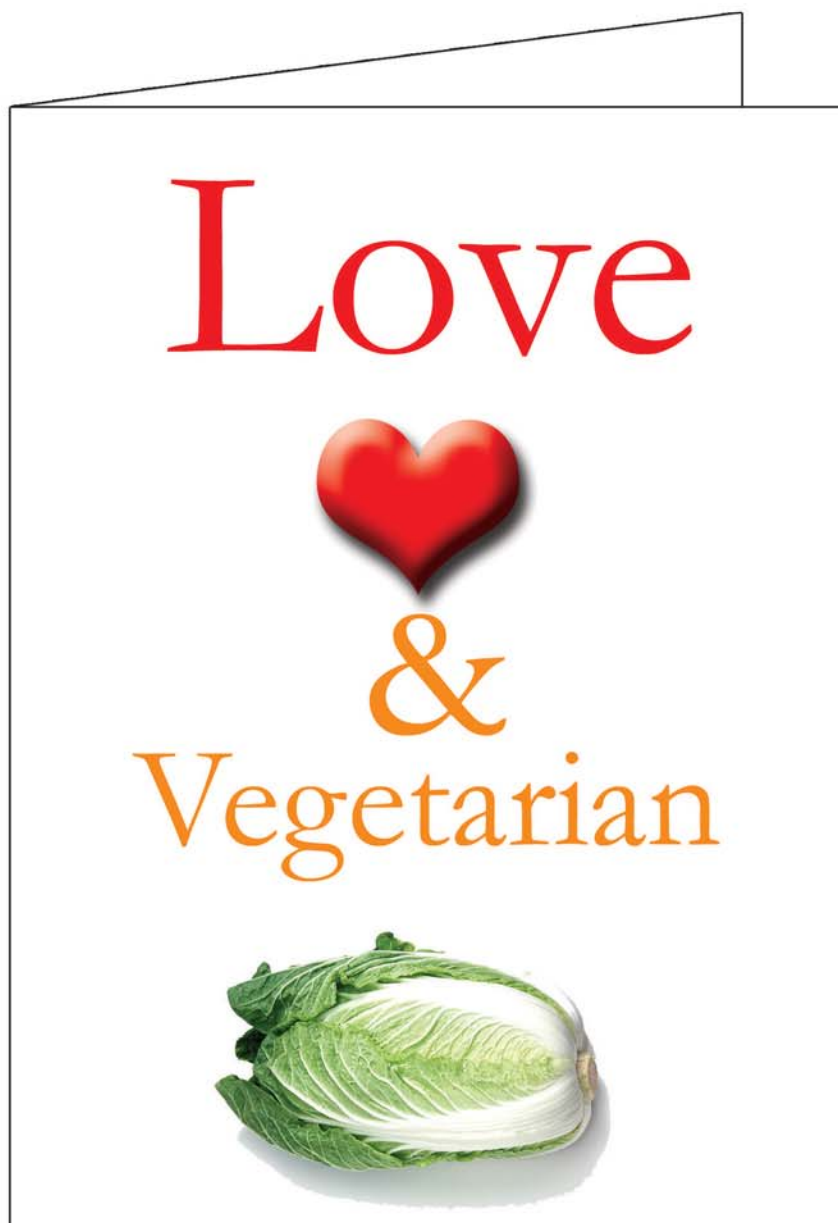
To Be a Vegetarian Is Just an Act of Love

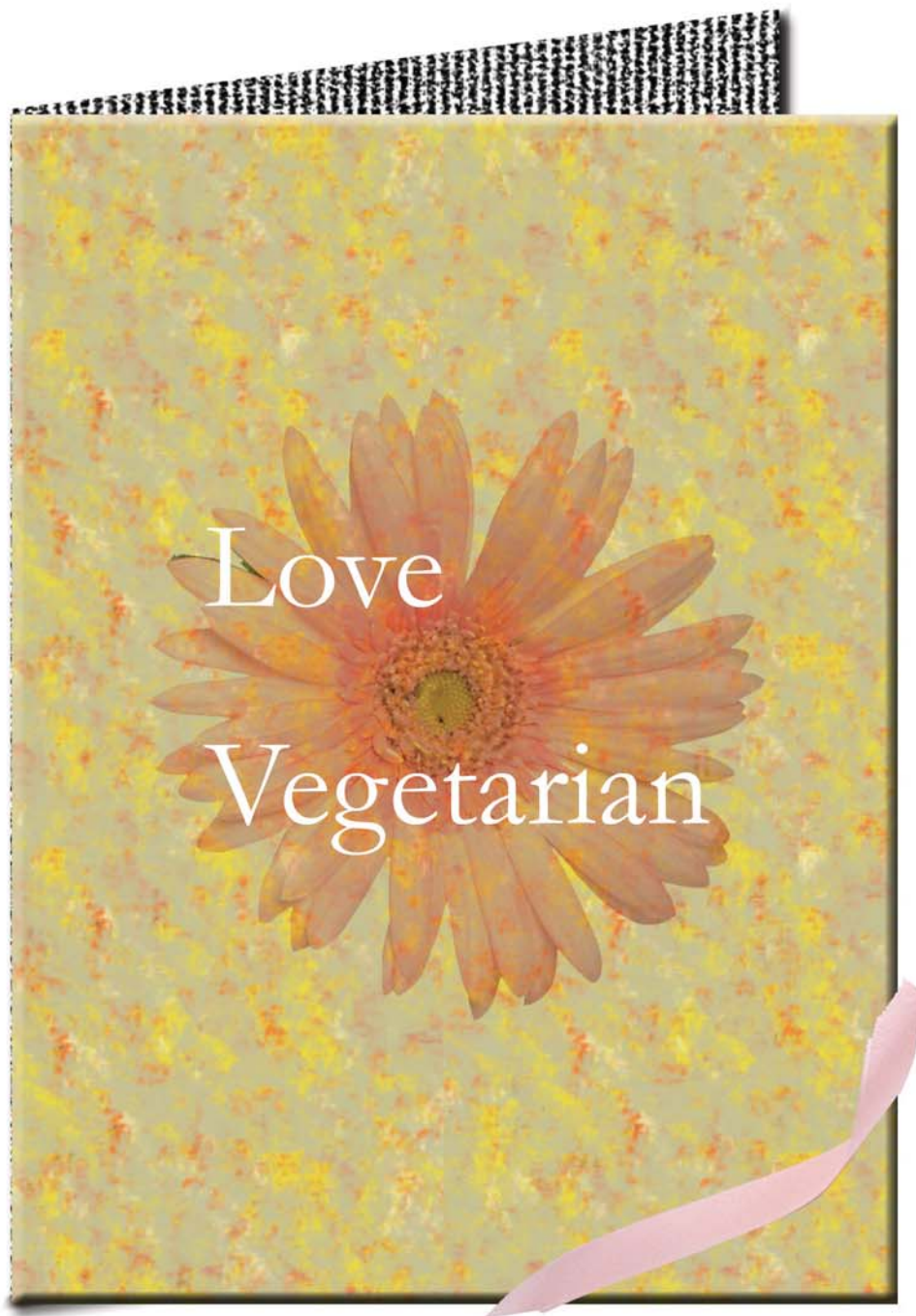
來一個不一樣的關懷 卡片傳達你的心意

*Expressing your concern in a different way*

*Cards convey your kind regards*

卡片虔敬設計者 Devout Designer / Jones







“愛與素食”主題卡片







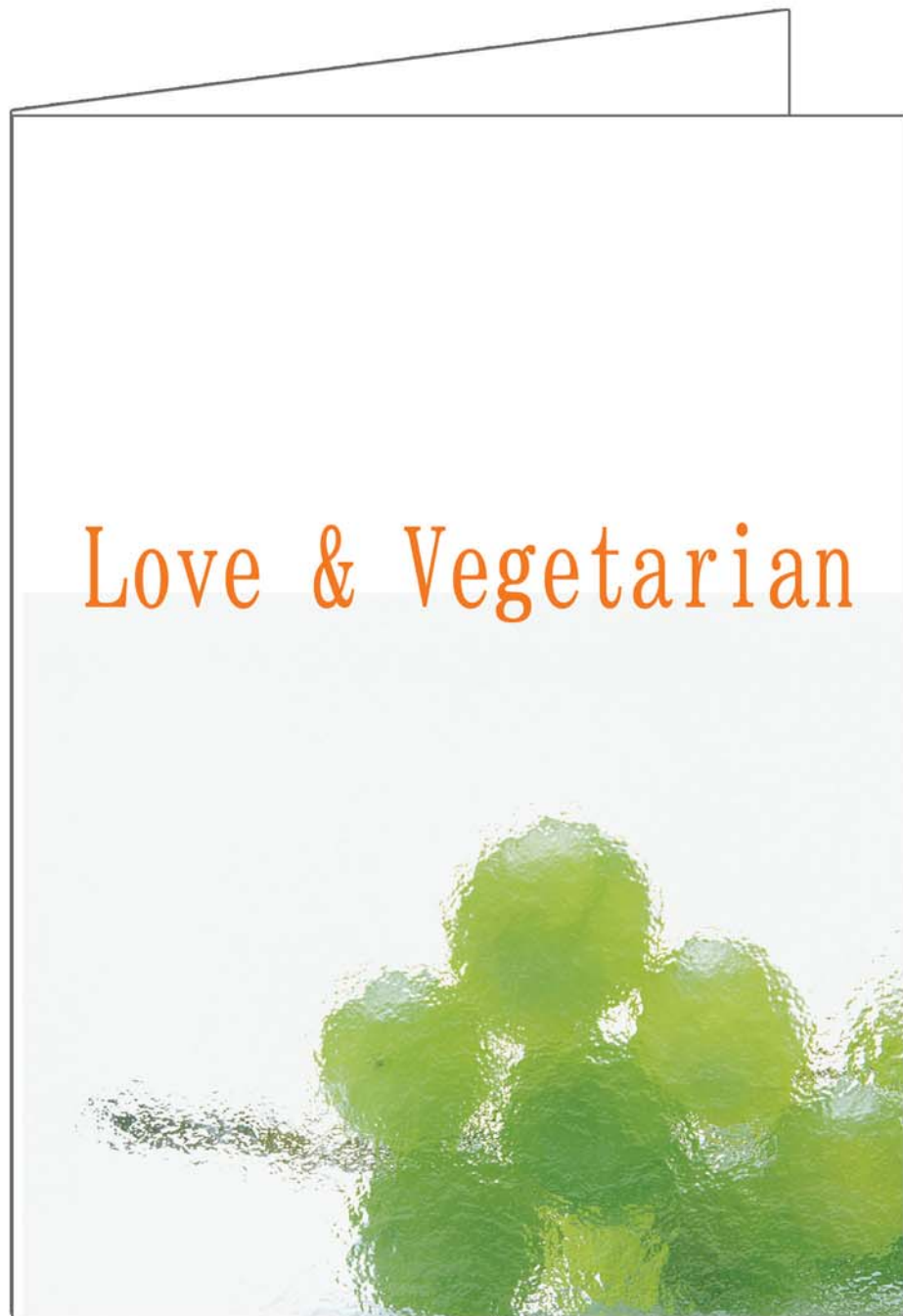
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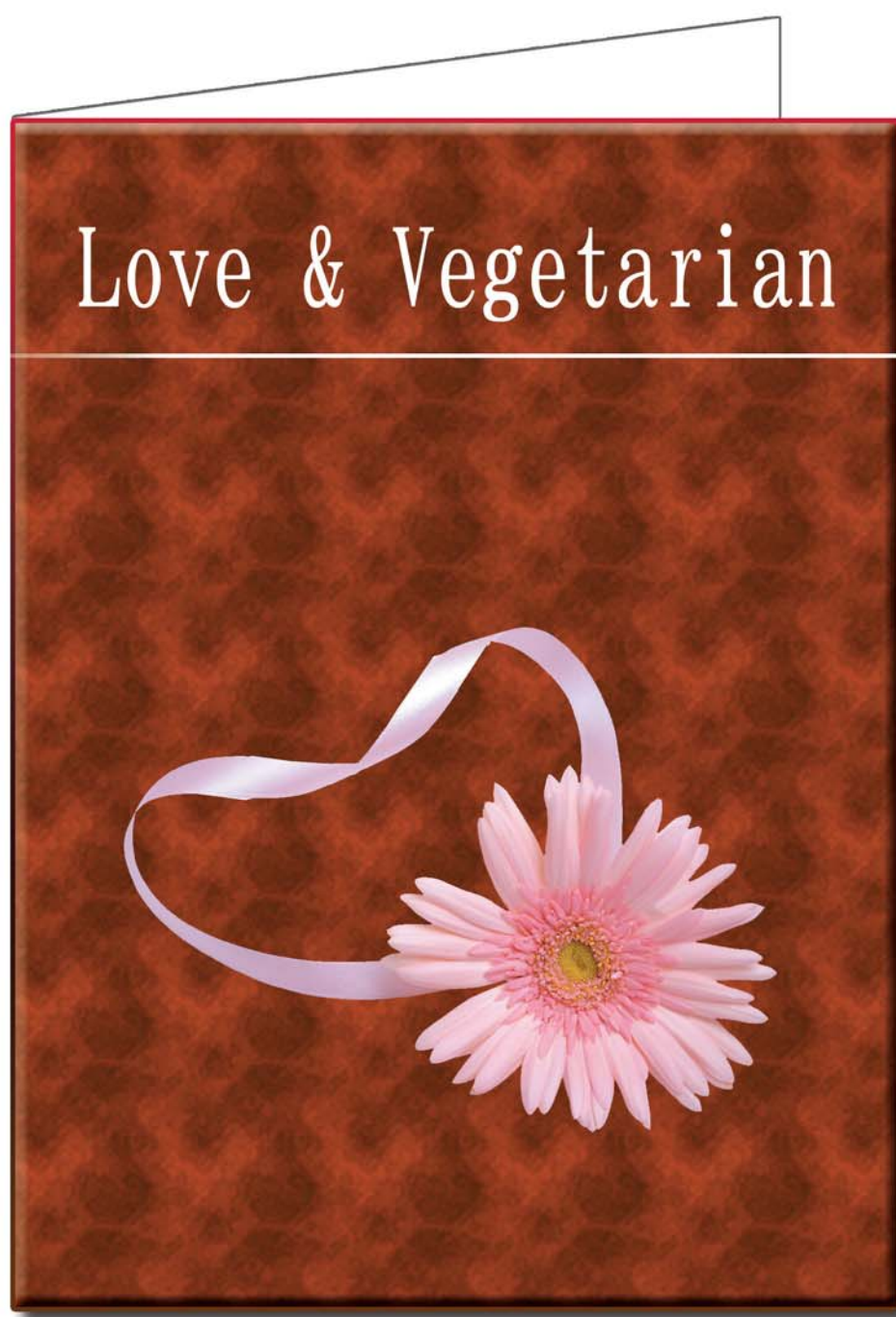






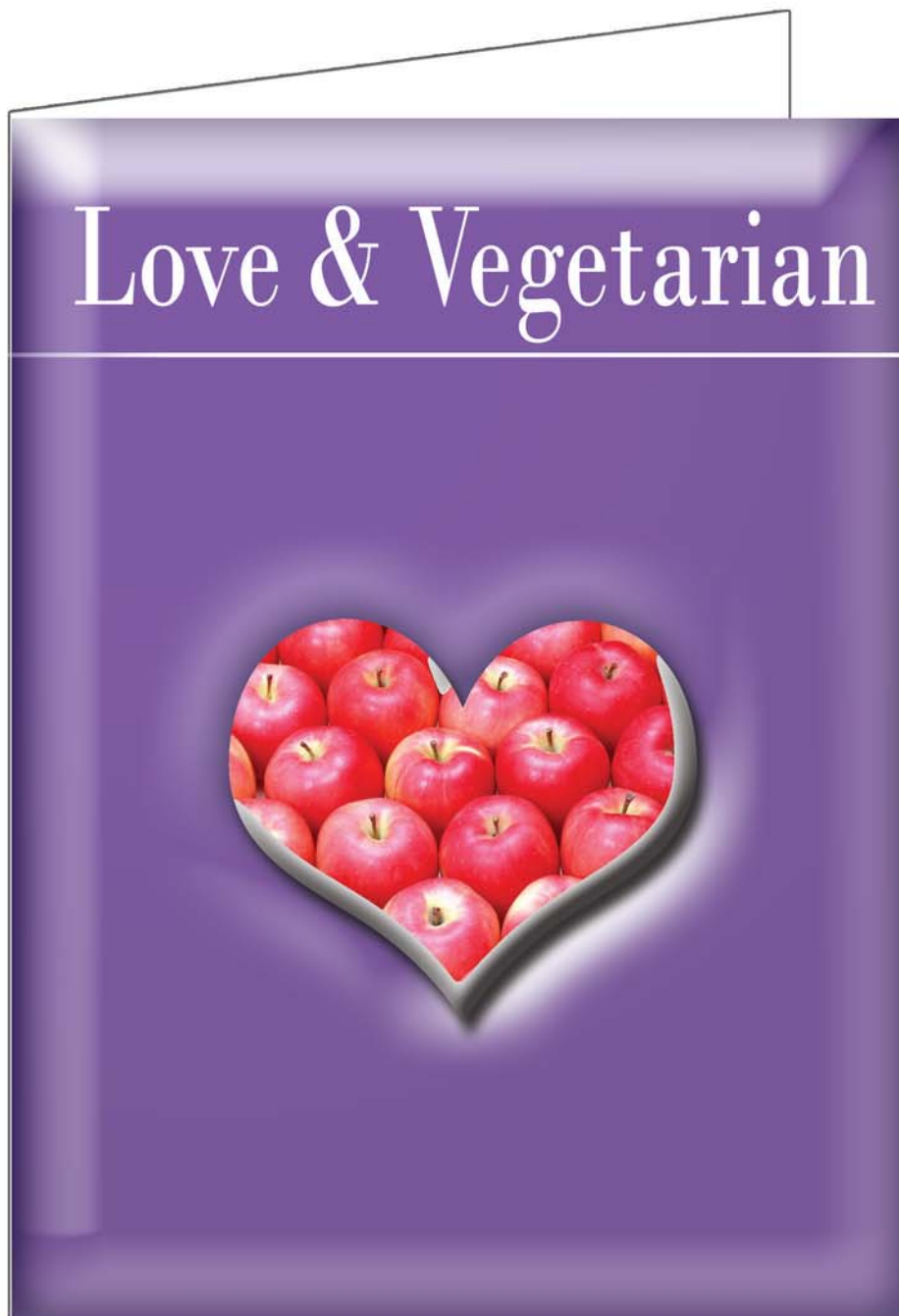
“愛與素食”主題卡片







“愛與素食”主題卡片



# Love & Vegetarian





“愛與素食”主題卡片







# 福氣啦！上班族素有福

## 超商超素食便當

Here Comes the Happiness for the 9 to 5ers!  
Convenience Store Vegetarian Box Lunch

素食者的佳音，吃素不用再任重道遠

便利超商您就可以買得到，省時又省力，您不妨試試看！

**It is good news for vegetarians.**

**No more looking for vegetarian foods far and wide.**

**You can buy them in a convenience store.**

**Save your time and strength. Just try it!**





## 便利素食館

這一陣子，在周遭的便利商店中，不知你是否注意到這些可口的新玩意呢？從涼麵、便當、蓋飯、手捲…，鮮明的告訴著往來的人潮；嘿！我們這裡有賣素食唷！！

便利超商在標榜健康取向的新時代，也做起了素食生意，推廣所謂的方便齋，有專為蛋奶素者設計的三明治、麵包，以及純素者的便當、紫米飯糰、細粉熱湯麵等一系列「便利素」的素食鮮食。新產品從蔬菜、豆製品為主的黃金魚排便當到油豆腐細粉都有，蛋奶素食者有豆奶系列的土司、山藥麵包、蛋糕等。此外，饅頭及銀絲捲系列也很合適。

另外，萊爾富在新一季增加素食的多樣選擇，新的羅漢當歸便當，此外飯糰出新招，推出3種口味，從紫米、筍香到菜脯。另有7-11這一季的紫米系列也為健康及素食者開發新口味，京都素排骨便當之外，紫米飯糰裡的十勝紅豆也是素食。

在這一片夏季健康取向的熱浪中，素食的不油膩、清淡爽口成了最“麻吉”的選擇。為了可愛的小豬、小雞、小鴨們…，對於便利超商的慧眼獨具深感十分的支持及欣喜。

## 小道消息

本刊記者趁熱走訪一些便利超商，訪問了許多辛苦的年青超商朋友有關素食的消費特色，也進而了解到年青的一

## Vegetarian convenience stores

Recently, you probably notice that there is something new in the convenience stores around



the city. Such as cool-noodle, lunch-box, lid-rice, hand-roll and so forth, they attract stream of people coming to the stores. Hey! We have vegetable foods!

The convenience stores are bragging about a healthy new era and that is to sell vegetable foods. This is so-called convenient vegetarian diet. For those regular vegetarian, the store sell vegi-sandwich and bread. For those strict vegetarian, they sell vegi-lunch-box, purple-rice-ball and noodles in soup. This is a series of “convenience vegetarian foods”. The golden fish steak lunch-box and bean curd noodle are made by vegetables and bean. Besides, bean-milk bread, Chinese-yam bread, cake, steamed bun and silk-roll bun and so forth are good for regular vegetarian too.

Moreover, the convenience store Hi-Life sells some new vegetarian foods in the coming season such as Arhat-angelica lunch-box,





代對於素食接受度頗高的現象：

### 小道消息1

一般會去超商買素食的消費人口，呈現與地區性質有關；像是住社區的消費人口多半為40-60歲；而人口熙攘的商業區則是20-40歲，甚至有的地區年齡層在20-30歲中間。可見得年輕一代的朋友對於素食不同於傳統的觀念，以健康為出發點是較主要的選擇因素。

### 小道消息2

社區型的商店通常是以素便當為主賣商品，而商業區主要在早、中餐的時間為熱賣時段，而住社區及商業區混合的地點是呈現混合型的熱賣時段。

### 小道消息3

商業區的年青人口選擇以清淡餐點為主，例如涼麵等。而社區型的餐點以

purple-tuber rice-ball, bamboo-shoot rice-ball and dried-vegetable rice-ball. The convenience store 7-Eleven sells purple rice series in the coming season such as Kyoto vegi-rib lunch-box and purple rice ball.

In summer, we had better have healthy foods in those heat weaves. Vegetarian foods are never greasy. Therefore, it's the best choice. To have mercy for the pig, chicken, duck and so on, we had better give our supports to those smart convenience stores happily.

## Side-street news

The reporter of this issue also interviews some young friends in the convenience stores about the consuming trend in the stores. Besides, we realize that the vegetarian foods are highly appreciated by the young generation.

### Side-street news 1

The vegetarian consuming population in convenience stores shows a regionalism correlation. For example, in a residential district, the vegi-consumers are around 40~60 years old. In busy shopping district, they are around 20~30 years old. Therefore, the young generation chooses vegetarian foods is in a non-traditional ideal. They focus more on health reason.

### Side-street news 2

Vegetarian lunch-box is the major product in the convenience stores in community. In shopping district, the hot selling period are breakfast and lunch. In residential and shopping mixing district, the hot selling period is also mixing.

### Side-street news 3

Young customers in shopping district love light meals such as cool-noodle. In residential

正餐為主，例如蓋飯…皆是熱賣商品。混合性地區則熱賣品也具有混合性的特色，例如便當、三明治等。

流行的便利超商，有著流行的各式各樣商品，反應了都會型的消費架構，快速、便利、流行、賣點…。從這樣的流動快速的商業汰換中，素食系列的脫穎而出，可以看出素食人口日易受到重視。探索其因，除了流行輕瘦體態外，另有素食可保鮮、不易腐壞的特色，對外食的大眾是一個安心的選擇，可以吃得健康、吃得更放心。

期待更多好吃的素食能夠讓大家有更多樣化的選擇，利益更多的消費大眾，同樣能利益廣大的小動物們…。

“便利”的意義更顯廣大…。

district, customers love dinner meals such as lid-rice. In mixing district, the hot selling is mixing too such as lunch box and sandwich.

Pop convenience stores always sell pop products. That is a metropolis consuming framework as speedy, convenient, popular and much more. Within such a fast flowing tide, vegetarian foods are the point of an awl sticking out through a bag. Vegetarian are highly respected. To explore the reason why people love vegetable foods, they are the following: vegetable foods are a nice reduce-weight diet. Vegetable foods are fresh and not easy to be rotten. For workers, it is a safer and healthier choice.

We wish to have more choice on vegetable foods. It would benefit more customers as well as those potential-killed animals. The word “convenience” should have a more significant meaning for you and me…….





# 狗狗！素素看！

Dogs! Try Vegetarian Food!

新時代新流行  
健身養生不再是人的權利  
狗也要素素看活

**A new trend in the New Age  
To keep in good health is no more  
the human race's right only.  
Dogs want to try vegetarian food, too.**



文Article / Tree 譯Translator / Tree 美編Art Design / Frank

“豬頭白”家族包括了一隻公狗、二隻母狗及四隻小狗，其中的二隻小狗已經有主人認養了，和院子外的家人只差一牆之隔，二個世界雖不同，可是他們最近共同愛上了素狗食。

說到[素狗食]，有些朋友會覺得對狗是否太“那個”了點，哦！關於此點，我想“豬頭白”家族，可以跳出來表示，他們對素狗食的偏愛。因為他們是依水草而居的流浪狗，混身上下只有頭的地方比較白，大家給他們吃什麼，他們也就吃什麼，可是當發現有素食飼料可以選擇時，每天早上，小小狗就來要素食吃，每當夜晚，他們就會全家出動一起迎接素食飼料，一開始怕他們不想吃的情形並沒有發生，這真是始料未及的妙事！

更妙的是，我朋友的狗也愛上了素狗食，他的Proley對素食也同樣充滿熱情，熱情到目不轉睛，痴痴等待……。有些時候我們會發現，動物的世界充滿了驚奇，人們不見得看得透他們。

### 新素式狗食

自從家中多了一隻尿毒貓，才知道許多的狗、貓最後是死於腎臟病。往返在獸醫院後，深深覺得飲食真的十分的重要。在各種的疾病中，例如尿毒症的貓狗，醫生也較建議寵物改吃素，在飲食上可有著許多禁忌！可見素食不僅有益人類健康，也有益於寵物們。

“Pig head White” family includes a dog, two bitches and four puppies. Some people raised the two dogs and separated other dogs with a wall. They live in the different worlds but love the same vegan food.

Some friend will think it is too over to feed the dogs vegetable food. Wo!! About this concept, I think the “Pig head white” family will leap out and talk about how much they love the vegan food. Because they are the street dogs, they eat what people gave them. “No choice!!”. But when they find they have the choices, the puppies wait for the vegan food every morning. Every night the family will greet to the vegan food together. At first, we are afraid they don't like the vegan food. But they like it and it is so marvelous.

The more magic thing is my friend's dog Proley loves it. It waits the food and never take its eyes off. Sometimes we will find that there are so many magic in the animal world. People can not understand through them.

### The New vegan dog food

There is a uremia cat coming to my home. We start to know that many dogs and cats died for the ill kidney. We feel deeply after we go around the animal hospital that food is very important. The doctor suggested to feed the vegan food for pets especial for



看著正在洗腎的小狗，直發抖，手腳被綁著，我和其他的“病患”家屬都忍不住一起哭了，大家掩面的嘆息，這種生命狀態，真是生不如死！

所以大魚大肉的寵物生活，不一定是正確的，好好的照顧他們，給予他們正確的飲食對他們才是真正的好，吃素食飼料是個相當好的選擇。

### 素食狗飼料

台南市有試辦流浪狗餵素食飼料，因此可以詢問台南市動物防疫所。素食飼料目前全省只有一家廠商，別縣市可能無法買到，台南縣新營市隋唐街31巷10弄15號(春暉企業有限公司) Tel:06-6571118，上班時間9:00~17:00。

另有一些素食飼料的訊息供大家參考：

**素食狗飼料**：中山北路六段168號，TEL:02-2835-8451。

**愛貓園**：TEL:02-2735-8758 有賣狗的素食飼料，靠近基隆路上(通化街和基隆路口)。

**素食貓飼料**：網站<http://www.montanasat.net/vegepet/forcats.html>。



the uremia and can not eat many things. As the truth we understand that vegan food is not just benefit to people but animals.

When we see the dog has a dialysis in the hospital. It is shivering and tied four legs. The owners of the patients cried and groan. The situation of life is better died.

So the too much fish and meat is not good for the pets. Take good care of them and feed them in a right way is the best for them. Feed the vegan food is a good choice.

### About the vegan feed

There is a active in Tainan they welcome people to feed the vegan food to the street dogs.

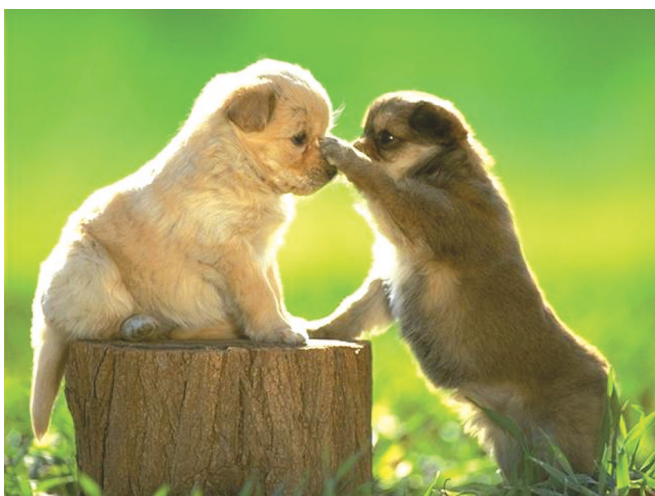
If you are interested you can call to the Tainan animal prevention. There is just one company products the vegan feed. Their name is Chun-Huia. The address is No.15 alley10 lane31. Sui-tang St,Tainan. Phone is 06-6571118, office time is 9:00~17:00.

There are some informations about the vegan feed:

**Vegan feed**: no.168 Zhong-Shan east rd. Taipei, Tel: 02-2835-8451

**Cats land**: Tel: 02-2735-8758 They sell the vegan dog feed , near the Jilong Rd.

**Vegan cat feed**: website <http://www.montanasat.net/vegepet/forcats.html>







**寶貝寵物新樂園**:新莊中正路476號，耐吉斯(犬用素食)。

**Baby pets land**: No.476 Zhong-zheng Rd.Xin-Zhuang (Nikes veg. feed)

除此之外，人們吃的健康素食都適合於寵物的，例如本期“寵物麻吉秀”中的皮皮及咪咪就是吃健康的水煮菜、鮮奶、及蓮子湯等營養食品長大的，他們長的如此可愛，並不會有營養不良的問題。

### 愛心長大的動物

吃素食的動物多半較為溫和，我們的愛犬、愛貓亦同樣一起行善，發揮動物間的愛心，對於自己寵物若能擴大到其他的生命該是更完整的愛。

有機會別忘了多多勸人吃素，並勸寵物吃素唷！

Beside it we can feed pets the food people eat. Ex: the happy and mew of the “Much Pet Shows” they eat the healthy boiled vegetables, fresh milk, lotus seeds soup to grow up. They are so lovely. It’s no problem to feed them.

### The animals grow up with love

The animals eat vegetables are gentler and warmer. Our lovely pets practice love also. They can bring the help to other animals. If we can love not just our own pets, our love is more complete.

Try to suggest others to eat the vegan food and suggest the pets eat the vegan food!!



## 美國素食流行風

American Vegetarian Vogue

# 阿督啊！吃素介高尚！

Adu! To Be an Vegetarian Is a Noble Deed!

二十一世紀是性靈的的世紀

象徵人類靈性的甦醒

而素食者代表了一種知性及環保的意識

高度發揮了心靈革命

屬於全球性素食行動即將展開

**21st century is a century of the spirit.**

**It symbolizes the revivification of human spirituality.**

**And vegetarians just stand for the intellectual and**

**environmental protective consciousness.**

**They have highly developed a revolution in the mind.**

**A worldwide movement for advocacy of  
vegetarian diet is about to start.**

文Article / Vivienne

譯Translator / Sky

美編Art Design / Frank





根據《素食革命》(The Vegetarian Revolution)一書，1982年美國大約有900萬人吃素，現在已經增加至1千4百萬人。

「素食」(vegetarian)的字源來自拉丁文的vegetus，意思是「完整的、新鮮的、生氣蓬勃的」，素食宣示著一種有益身心健康新時代的開始。連餐廳也不得不重視這股素食風。由美國全國餐飲協會(National Restaurant Association)委託蓋洛普所做的調查發現，所有外食的美國人有20%「可能會找供應素食的餐廳」，而其中的三分之一可能會點素食，此結果讓協會建議旗下15萬家會員餐廳推出素食主菜來。

而且素食者遍布各行各業，很多社會名流都吃素。包括影星達斯汀·霍夫曼、職棒大聯盟全壘打王漢克·阿倫、披頭四主唱保羅·麥卡尼、蘇格拉底、達文西、愛迪生、愛因斯坦、蕭伯納、史懷哲都吃素。

隨著吃素風氣日盛，社會名流紛紛吃素。如戲劇學者汪其楣、荒野保護協會創始人徐仁修、營養師謝宜芳、專欄作家黃怡、演員陳麗麗、歌手范曉萱都是吃素一族。連基督教醫院台安醫院也從1997年從美國威瑪健康促進中心(Weimer Institute)引進新起點(New start)健康生活計劃，推廣素食，且對在醫院生產的產婦提供素食。

除了傳統素食，生機飲食、自然食(強調用最簡單的方式烹煮自然的



According to the book of < The Vegetarian Revolution>, there are about nine million vegetarians. Now it is increasing to fourteen million.

The word “vegetarian” is original form “vegetus” in Latin. It means “complete, fresh, full of vitality”. It announces the new age of benefit and health is starting. Even the restaurants can not ignore the fashion. The investigation form Gallup trusted by the National Restaurant Association discovered that there are 20% Americans who don’t cook at home will find the vegetarian restaurants. One thirds of the people will order the vegetable food. The conclusion resulted in fifteen million restaurants designing the vegetable meals for the association.

The vegetarians are all over the all trades and professions. Many celebrities eat vegetable food. It includes Dustin Hoffman, Hank Aaron in Major League (Baseball), McCartney, Paul of The Beatles, Socrates, BLeonardo da Vinci, Thomas Alva Edison, Albert Einstein, George Bernard Shaw, Albert Schweitzer. They are all vegetarians.

Many personages changed to be vegetarians for the fashion. For example: the theater scholar Gi-Mai Wang, The founder of The soci-



食物)、印度瑜珈素食(強調食物與身心靈合一)等不同主張的飲食觀念,也都不約而同提倡素食的好處。當然美國的知識份子也禁不住這股潮流的帶動了!!

### 美大學生素食風潮

不管是由於心理或健康的理由,全球素食風尚顯然吹到了美國大學校園。

麻州史密斯大學的餐廳勤務主任加佛表示,素食主義在近年來劇烈轉變了大學生的飲食習慣。因為加佛在史密斯大學負責學生飲食已七年,他從事餐飲事業也已超過廿年了。該校最近一次做的調查顯示,雖純素食主義僅佔了百分之三,而百分之七十一以上,每週至少三次素食餐,其他則每週至少一次。

該校部份的學生在兩年前開始不再愛吃牛油等食品。有的學生說:『不吃肉,覺得一身輕快,心思敏捷。肉類似乎會使人反應遲鈍。』因此,他和他的許多同學,保持素食習慣有年,他們的追隨者,也在日益增加。學校為了適

ety of wilderness Ren-Xiu Xu, dietician Yi-Fang Xia, the columnist Yi-Wang, the actress Li-Li Chan, Singer Hsiao-Xuan Fan are all vegetarians. There is a healthy plan called "new start" coming from American Weimer Institute. It popularized the vegetable food in Christian Tai-Ann Hospital and supply the vegetable food for the lying-in women.

The traditional vegetable food, organic food, nature food ( Emphasizing the simple way to cook nature food), India Yoga vegetable food ( Emphasize the combination of the body and soul)...ect. The different ideas of the vegan food all focus on the good points at vegan food. The intellectuals in Americans can not bear the fashion tide!

### The vegan food trend of universities in America

Whatever the reason to eat vegan food is for health or psychology, the wind of vegan food had blown to the campus in American universities.

The director ( Carvel) in students' restaurant of Smith university in Massachusetts state says that the custom of food and drink has huge changed for the vegetarianism recently. Carvel has been engaged in restaurants over twenty years. The investigation showed that although the vegetarians just are 3% in the school and over 71% people eat vegan food 3 times a week at least, others are once a week.

Some students in the school have not liked eating cattle fat since two years ago. Some of them says: few meat, light body and thoughts quickly. Meat will make people to be slow in reacting. So, he and his classmates have eaten for many years. Their followings are increasing now. The restaurant in school adds lots of vegan meals for these vegetarians. The meals are delicious and taste perfect. They think meat has too



應這些素食客，不得不在早餐和晚餐的菜單上，大量增加素菜餐點，芬芳可口，色香味俱全，他們說是因為肉食膽固醇太高。

耶魯大學餐廳負責人巴瑞斯說，牛肉的消耗量顯然在急劇減少，蔬菜的消費相對的日益增加。該校餐廳目前備有廿五種純素食主菜食譜，供學生們選擇食用。該校的素食中、午餐，均經過精心設計，所以學生們極為喜愛。

北卡羅納州大學學生，多半在校外住宿，有的人自己烹食。附近小鎮上的餐館，為了迎合學生口味，大多以素食餐為號召。該鎮歷史最老的華爾道夫餐廳，專供素食膳。該校提倡素食主義者目前僅百分之十左右，但人數還在逐漸增加當中。

素食者代表了一種知性及環保的意識，一向強調人文社會精神的校園的確是更易接觸到較寬廣的觸角。

## 結語

美麗的大地需要愛惜大地的人來應合，見到美國國內的素食潮流，彷彿看見那廣大的原野，孕育著許多的生靈；成群的美洲野牛，在遼闊的草原上奔馳，震盪的步伐傳達了原始的生命力。大地之母是如此的強壯與和諧。

吃素是護生的開端，也是愛護大地之母的呼喚，願更多的世界人一同響應戒殺動物的運動，挽救我們的大地！！



much cholesterol.

The director of student's restaurant (Barice) in Yale university said that the consumption of beef is reducing now and in opposite the vegetable getting more. They designed twenty-five vegan meals for the students. The breakfast and lunch are designed meticulously. The students love the meals very much.

The students in North Carolina University almost live out side the school. Some of them like to cook by themselves. Many restaurants nearby all attract by the vegan food. The oldest restaurant in the town---waldove just serve the vegan food. There are just ten percent vegetarianism in the school. But the number is still increasing.

Vegetarians are in the name of knowledge and environmental sense. It is easier for schools to attend wilder because they care of the humanism.

## Summary

The beautiful earth needs the one who love it. When we see the trend of the vegan food in America, we seem to see the wild field breeding lots of beings. Large numbers of the buffalos running on the field. The steps convey the original power. The earth mother is so harmonious and strong.

The beginning of protecting animals is eating vegetables. It is also a call to protect the earth mother. Wish more people in the world echo the motion "Don't kill the beings" to save our earth!!



# 慈悲造就了高度的智慧

## Mercy creates high-wisdom

人權和動物權益一樣重視，應是全體人類該有的共識

**We should respect the human rights as well as the animal rights.  
This should be a common consensus of the human.**

文Article / Vivienne 譯Translator / Sky 美編Art Design / Frank

從許多歷史上知名素食者的名言，我們可以為吃素做不同的詮釋。透過這些名人對素食的分享，我們發現了素食與宗教不見得劃上等號；但這些茹素的名人都透露了：對萬物慈悲的訊息。

### 俄國的大文豪 --- 托爾斯泰（西元1828～1910）

「一個人若渴望過著正確的生活，首先就是要禁絕傷害動物。」

「如果人們真正嚴肅地向善，他們首先應該摒棄的就是殺生取食，因為，且不說肉食帶給人狂躁的情緒，這種行為本身就是不道德的，是與人性相違背的屠殺，而只是為了滿足人的貪婪與口腹之欲。」

### 英國詩人 --- 雪萊（西元1792～1822）

「我們要如何從交織的生存中獲取利益，並拒絕罪惡？我相信必須禁絕動物食物和飲酒，這樣，我們就可以相當程度的答覆上述問題。」

### 諾貝爾獎得主 --- 阿爾伯特·愛因斯坦（西元1879-1955）

「我認為素食的生活方式，對於人類的性情將有純粹的物理影響，對於大多數人，這樣的影響是有利益的。」

「沒有什麼能夠比得上素食更能改善人的健康和增加人在地球上的生存機會了。」

「一個只關心自己卻對其它生靈漠不關心的人，不可能擁有健康和快樂的生活。」

### 披頭四 --- 保羅·麥卡尼及夫人琳達·麥卡尼

「屠宰場若有玻璃牆，大家就會開始吃素了。當我們知道自己沒有造成動物受苦，可以讓自己好過些，也會讓動物好過些。」

「我們拒絕吃那些為了我們而被宰殺的動物。」



There are many famous vegetarians and their well-known sayings in the history. We have excellent explanatory notes for the practicing abstinence from meat now. Via these famous vegetarians and their sayings, we find the fact that to be a vegetarian don't have to link to any religion. However, these vegetarians reveal a very important message for us: Be mercy to all living beings.

### **Great Write of Russia --- Leo Tolstoy (A.C. 1828-1910)**

If a man aspires towards a righteous life, his first act of abstinence is from injury to animals.

And if he be really and seriously seeking to live a good life, the first thing from which he will abstain will always be the use of animal food, because, to say nothing of the excitation of the passions caused by such food, its use is simply immoral, as it involves the performance of an act which is contrary to moral feeling -- killing; and is called forth only by greediness and the desire for tasty food

### **England Poet --- Percy Bysshe Shelley (A.C. 1792-1822)**

How can we take the benefits and reject the evils of the system which is now interwoven with the fiber of our being? I believe that abstinence from animal food and spirituous liquors would, in a great measure, capacitate us for the solution of this important question.

### **Nobelist --- Albert Einstein (A.C. 1879-1955)**

It is my view that the vegetarian manner of living by its purely physical effect on the human temperament would most beneficially influence the lot of mankind.

Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet.

The man who regards his own life and that of his fellow creatures as meaningless is not merely unhappy but hardly fit for life.

### **Paul and Lady Linda McCartney**

If slaughterhouses had glass walls, everyone would be vegetarian. We feel better about ourselves and better about the animals, knowing we're not contributing to their pain.

We don't eat anything that has to be killed for us.



## 素食名人啟示篇

### 美國總統 --- 林肯

「我對人權和動物權益一樣重視，這應是全體人類該有的共識。」

### 演員兼健美小姐 --- 史佩絲·威廉斯

「吃素後，你的身體如同被洗滌乾淨，你的心靈會更加清明，你和宇宙會更加貼近；你將能夠昇華到另一個境界，超越原本只是為了營養的層次而吃素，開始去思考一個問題：我們到底為什麼要殘殺這些動物呢？」

### 一九二五年諾貝爾文學獎得主 --- 蕭伯納（西元1856～1950）

「近來，人們看來，竟然都比實際的年齡還老。我想，可能因為人們不像我般吃素食，而一意地吃著動物屍體，及牛飲生靈的結果吧！」

「動物是我的朋友，我不會去吃我的朋友。」

### 美國作家 --- 梭羅（西元1817～1862）

「在人類逐漸進化過程中，不再吃葷是宿命的一部份，就像以前野蠻民族接觸文明生活後便不再吃人肉一樣的道理。」

「我相信任何一個曾經認真維持自己的才能或是盡力保持詩人氣息的人，都一定曾經戒絕過肉食。」

在這些簡潔的名言，我們可以清楚的看到了素食者那敏銳而富靈性的心；對於萬物生命可以說採取了認真博愛的態度，這樣積極的生命觀可說是慈悲的具體展現。

慈悲造就了高度智慧，落實在每一個生命的層面。

素食實現慈悲的精神，讓我們也將之落實在日常生活中吧！



### **US President --- Abraham Lincoln**

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

### **Actress and vegan body-builder --- Spice Williams**

After became a vegetarian, your body seemed washed to clean and the mind became clearer. You were nearer to the universe. You had been lifted to a higher level and went beyond the nutritive meaning to be a vegetarian. Then, you would start to think: why we killed the animals?

### **A Literature Nobelist of 1925 --- George Bernard Shaw (A.C. 1856-1950)**

I look my age; and I am my age. It is the other people who look older than they are. What can you expect from people who eat corpses and drink spirits?

Animals are my friends...and I don't eat my friends.

### **US Writer --- Henry David Thoreau (A.C. 1817-1862)**

I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals, as surely as the savage tribes have left off eating each other when they came in contact with the more civilized.

I believe that every man who has ever been earnest to preserve his higher or poetic faculties in the best condition has been particularly inclined to abstain from animal food, and from much food of any kind.

Within these neat sayings, we clearly saw the keen spirits of these vegetarians. They treated the animals with indiscriminate love. This vigorous view of life is the appearing of mercy and compassion.

Mercy creates higher wisdom and it should be practical used in daily life.

To be a vegetarian shows the spirits of mercy. Let's do it together!



# 概念手提袋

## The Concept of Hand-bag

走在潮流的尖端 素食觀點的新體現 慈悲的意識主流不再只有一種表達  
讓它更貼近你 貼近我心情 傳達無遠弗界的心意

*Step on the tip of the tide. Show the ideal of a vegetarian.  
The consciousness of mercy has more than one expression.  
It presses close to you and me.  
It communicates feelings without boundaries.*

設計者 **Designer** / Jones































# 食肉者斷大悲種

Meat-eating would cut off the root of mercy

佛言：「如是！一切眾生無始生死生生輪轉，無非父母、兄弟、姊妹。」

**Buddha replied, Yes it is! All living beings within samsara, they are family members such as the parents, the brothers and the sisters.**

譯 Translator / Free 美編 Art Design / Fan

## 一切智光明仙人慈心因緣不食肉經

舍利弗白佛言：「時彼仙人投火

坑已，為生何處？」佛告舍利弗：「時

彼仙人投火坑已，生於梵世，普為一切說大梵法，乃至成佛轉大梵輪，所說經典亦名慈三昧光大悲海雲。所制波羅提木叉，不行慈者名犯禁人，其食肉者犯於重禁，後身生處常飲熱銅，至彼仙人得作佛時，如彌勒菩薩下生經說。」

尊者阿難聞佛所說，即從座起，偏袒右肩，右膝著地，合掌向佛，叉手長跪而白佛言：「世尊！彌勒成佛所說戒法，乃以慈心制不食肉，（食肉者）為犯重禁，其奇甚特。」







### **The immortal named all wisdom and brightness who has cause and never eat meat sutra**

Sariputra asked Buddha, where the immortal would be born after he jumped into a fiery pit? Buddha replied, after he jumped into the fiery pit, he was born in the realm named Brahma. At there, he taught the dharma of maha-brahma for all living beings. He would become Buddha and turn the great wheel of maha-brahma. The sutra that he had preached named mercy-samadhi-brightness great-compassion-sea-clouds. He would announce commandments too. If anyone who refuse to be a mercy man, he would violate the commandments. If a man who ate meat, he would have violated serious regulation. When the man died, he would

be born in a realm where the being must drink hot-copper all the time. This suffer would be continued until he becomes Buddha just as the Maitreya sutra had said.

Ananda heard what Buddha said. Then, he stood up; showed his right shoulder; kneeled down at right knee; put ten fingers together to Buddha; crossed the fingers and reported to Buddha, the most respected! Maitreya became Buddha and preached commandments. Because of the reason of mercy, we don't eat meat. A meat-eater violates serious regulation. We should be aware.



## 經典中慈悲與素食的記載

### 佛說師子素馱婆王斷肉經

又念過去阿僧祇劫，釋提桓因處忉利宮，以於過去食肉餘習，變身為鷹而逐於鴿。我時作王名曰尸毗，愍念其鴿，秤身割肉，代鴿償命。尸毗王者，我身是也，後當作王名曰闍維。其時帝釋化為鷹者，後當作王師子素馱。釋試我故尚生惡道，況餘眾生無慚專殺，食噉血肉無止足時。一切眾生從無始來，靡不曾作父母親屬，易生鳥獸如何忍食！夫食肉者，歷劫之中生於鳥獸，食他血肉展轉償命。若生人間專殺嗜肉，死墮阿鼻無時暫息；若人能斷一生食肉，乃至成佛無由再食。





### **Buddha said the king named Lion-su-tuo-suo who refuses to eat meat sutra**

A long long time ago, at Trayastrimsa-palace where Indra lived, because he used to eat meat, he transformed into an eagle and chased

their meat, the punishment would be more than that. All beings were family members since the time began. Although some of those members transformed into animals, how can we eat them? A meat-eater would always transform self into animals in later existence. Then, he would be



a pigeon. At that time, I was a king named Shi-pi. I felt pity for the pigeon. Therefore, I cut my body to get meat as the weight of pigeon and gave it to the eagle to save the pigeon. I was the king Shi-pi and then became another king named Wen-pian. The eagle was Indra and then became another king named Lion-su-tuo. Although it was a test for me from Indra, Indra was born in evil-realms later as punishment. If men killed other beings without shame and ate

eaten by others as payback. If he becomes a man in the world, he would be a killer who kills another meat-eater. Then, he would die and go to hell at once. If one can stop eat meat, he should eat meat no more till he becomes Buddha.



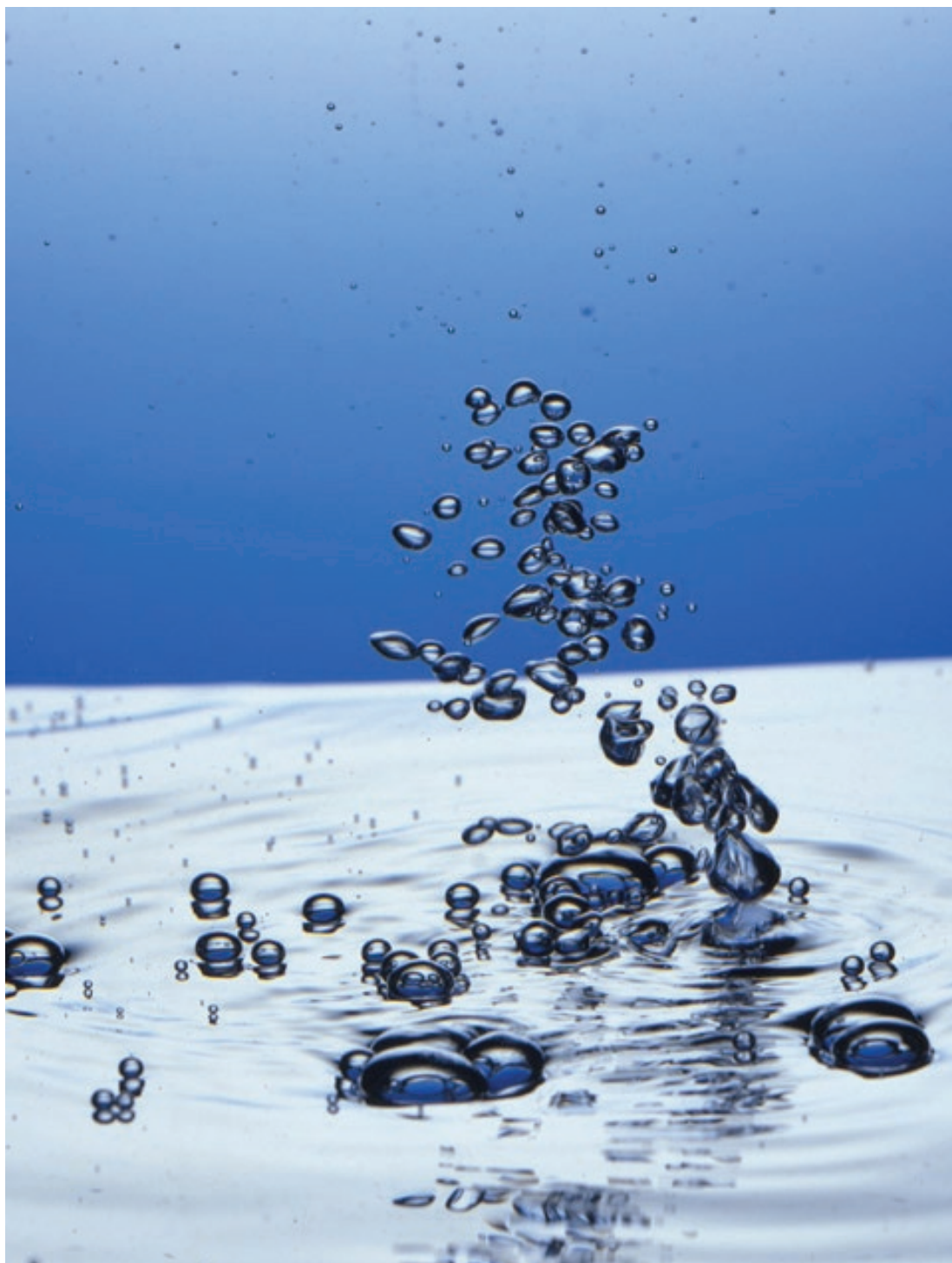
## 經典中慈悲與素食的記載

### 央掘魔羅經

文殊師利白佛言：「世尊！因如來藏故，諸佛不食肉耶？」

佛言：「如是！一切眾生無始生死生生輪轉，無非父母、兄弟、姊妹。猶如伎兒變易無常，自肉、他肉則是一

肉，是故諸佛悉不食肉。復次，文殊師利！一切眾生界、我界即是一界，所食之肉即是一肉，是故諸佛悉不食肉。」



### **Yang-jue-demon sutra**

Manjusri asked Buddha, the most respected! Why all Buddha don't eat meat? Is that caused by Tathagata-treasure?

Buddha replied, Yes it is! All living beings within samsara, they are family members such as the parents, the brothers and the sisters.

All the transformations are variable. Your meat and other's meat are the same. Therefore, all Buddha don't eat meat. Moreover, Manjusri! The realm of all living beings and the world are the same. The meat men ate is their own meat; therefore, all Buddha don't eat meat.



## 經典中慈悲與素食的記載



### 大乘本生心地觀經

彌勒菩薩法王子從初發心不食肉  
以是因緣名慈氏為欲成熟諸眾生







### **Maha-yana jataka of conscience**

Maitreya, the prince of dharma, he swear never eat meat in the first place.

Therefore, the surname of Maitreya is mercy. He would cultivate all beings with mercy as well.





## 經典中慈悲與素食的記載

### 佛說佛醫經

人食肉譬如食其子，諸畜生皆為我作父母、兄弟、妻子，不可數。亦有六因緣不得食肉：一者，莫自殺；二者，莫教殺；三者，莫與殺同心；四者，見殺；五者，聞殺；六者，疑為我故殺。無是人意得食肉，不食者有六疑。人能不食肉者，得不驚怖福。







### **Buddha said the sutra of Buddhist doctor**

A meat-eater is eating his son. The animals are our parents, brothers and sisters. Our family members are numerous. There are six reasons that we shouldn't eat meat such as 1. Don't kill by your hand. 2. Don't ask someone else to kill. 3. Don't have the thinking to kill. 4. Never watch killing. 5. Never hear killing. 6. Never let animals be killed for you. There are six-doubts for meat-eater. If a man never eats meat, he would be never fear in terror.





## 經典中慈悲與素食的記載

### 大方廣華嚴十惡品經

佛告迦葉：「一切眾生若修善根：  
一者，不害眾生；二者，不行放逸；三  
者，不飲酒；四者，不食肉；五者，常  
付大慈。如是之人不斷善根。」





### Maha-vaipulya Hua-yan ten-crimes sutra

Buddha told Maha-kasyapa, if any being want to cultivate the righteousness-roots and keep it always, there are five things one have to do, such as 1. Never hurt other beings. 2. No evil-deeds. 3. No drink wine. 4. No meat eating. 5. Be mercy always.





## 香飄十萬里







# 宮廷饗宴——

## 素食佳餚 Royal Feast : Vegetarian Delicacy

故都老北平的傳統風味兒  
慈禧太后老佛爺的最愛

The traditional **flavor of**  
the old capital Beijing.  
**The favorite of**  
Empress Dowager Ci-Xi.

資料提供/京兆尹  
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## 天下第一菜

## No.1 meal in the world

**典故：**天下第一菜又名“平地一聲雷”，是江南蘇錫地區的傳統名菜，據傳乾隆黃帝三下江南時在無錫(或曰蘇州)某地的一家小飯店就餐，店家用鍋巴經油炸酥后精選上湯佐料熬制成濃汁，送上餐桌時將濃汁澆在鍋巴上，頓時吱吱聲起，陣陣香味撲鼻，乾隆黃帝品嚐以後，覺得此菜又香又酥鮮美異常，便稱讚說“此菜可稱天下第一”，因而得名。

**History :** The no.1 meal in the world is also called “a sudden clap of thunder”. It is a traditional meal in the regions south of the Yangtse. A story is going around that the Hiarnlurng Emperor went to the Yangtse areas at the third time. He ate meal in a small restaurant. The chef used the delicious thick soup to sprinkle on the light charred rice. It sounded squeak and smelled great. After the Hiarnlurng Emperor tasted it, he though it is a marvelous meal. That’s the reason why the meal gets the name.



**材料：**鍋粿、山藥、猴頭菇、  
竹筴、冬菇、百果、蕃  
茄、蘆筍等

**調味料：**素高湯、蕃茄醬、  
鹽、糖

**作法：**

1. 將山藥、猴頭菇切塊炸黃。
2. 冬菇泡軟切塊，蘆筍切段，  
蕃茄對切。
3. 將鍋粿炸至澎漲。
4. 起鍋入油1大匙爆香，1料、2  
料及其他材料及調味料煮開芡  
芡即可。淋入鍋粿上。

**Ingredient :** light charred rice, Chinese yam, Ho-To  
mushrooms, hard To-Fu skin, dried mushroom, the seeds of  
gingko, tomatos, asparagus

**Seasoning:** Veg. Soup-stock, tomato sauce, salt, sugar

**Methods:**

- 1.cut the yam and the monkey-head mushroom. Then fry  
them to be the golden color.
- 2.Put the dried mushroom into the water until it is soft.  
Slice the mushroom and asparagus. Cut the tomato half.
- 3.Fry the charred rice until it is bigger.
- 4.Put the oil and heat the pot. Add the 1.2.ingredients and  
seasonings. Finally add some tomato powder. Then  
sprinkle it on the rice.







## 養生暖鍋仔

### 材料：

山藥、猴頭菇、馬吉、紅棗、白果、枸杞、  
黃茸、高麗菜、藥膳湯等

### 調味料：

鹽、麻油

### 作法：

取一砂鍋將以上材料擺放鍋，  
加入調味料及藥膳湯煮開即可。



# Healthy hot pot

## Ingredient:

Chinese yam, Ho-To mushrooms,  
ma-gi, red dates,  
the seeds of ginkgo,  
Matrimony vine,  
yellow horn of the deer,  
cabbage,  
medicine soup, ect.

## Seasoning:

salt, sesame oil

## Method:

Find casserole and put all the ingredients.  
Add the seasonings and medicine soup.







## 桂花涼糕

### Red Bean Stuffed Cake



**材料：**

糯米、豆沙、桂花

**作法：**

1. 糯米加水煮熟、拌成糰備用。
2. 以糯米糰包上豆沙成條狀切塊，沾上桂花擺盤即可。

**典故：**

以江米麵作皮，以豆沙為餡，食用前淋上桂花糖稀，清涼爽口。

**Ingredient:**

glutinous rice, bean paste, preserved petals of sweet osmanthus

**Method:**

1. Boil the glutinous rice and mix it to be round dumpling.
2. Put the bean paste in the big dumpling and then cut it.  
Moisten the preserved petals of sweet osmanthus and put them on the dish.

**History:**

It made by the glutinous rice and the bean pasties the ingredient. Before eat it it is better to sprinkle the sugar of the preserved petals of sweet osmanthus. It'll taste nice and cool.







## 驢打滾

## Rocking Donkey

### 材料：

糯米、豆沙、花生粉

### 作法：

1. 糯米加水2杯煮熟，拌成糰備用。
2. 以糯米糰包上豆沙成條狀切塊，沾花生粉擺盤即可。

### Ingredient:

glutinous rice, bean paste, peanut powder

### Method:

1. Boil the glutinous rice and mix it to be round dumpling.
2. Put the bean paste in the big dumpling and then cut it.  
Moisten peanut powder and put them on the dish.





### 典故：

這是北平傳統風味的小吃，  
俗稱〈豆麵糕〉外邊裹著  
一層棕黃色的豆麵  
甘香撲鼻，斷面可看見  
黃色的米麵環繞著褐  
色的豆餡，吃起來柔軟有  
勁在從前農業社會的北平，  
驢子扮演了重要的角色，  
它喜愛在黃沙滾滾的土地上打滾，  
而豆麵糕所滾之豆麵恰是驢子磨的，其形又似驢子在黃土上打滾，  
裹上了一層黃色的泥，故名曰〈驢打滾〉



### History:

This is a traditional snack in Peking. Its traditional name is < bean cake>. There is some peanut powder on the surface and we can see the ingredient inside is the brown bean. It tastes soft but elastic. The donkey is very important role in the agriculture life in Peking. It likes to roll on the yellow sand. The glutinous rice dumpling is grinded by the donkey and the shape is just like the donkey rolling on the yellow sand. That's why we call it "Rocking Donkey".





# 核桃南瓜羹





**材料：**

南瓜、核桃、竹筴

**調味料：**

鹽、糖、鮮奶油

**作法：**

1. 將核桃烤熟，竹筴泡軟切碎。
2. 把南瓜去皮蒸熟壓成泥，  
加入素高湯及調味料煮開芶芡即可。

**Ingredient:**

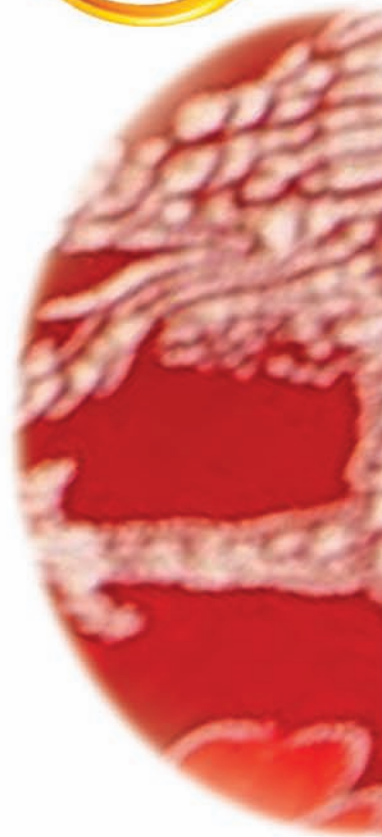
pumpkin, walnut, Tsu-shan

**Seasoning:**

salt, sugar, fresh cream

**Method:**

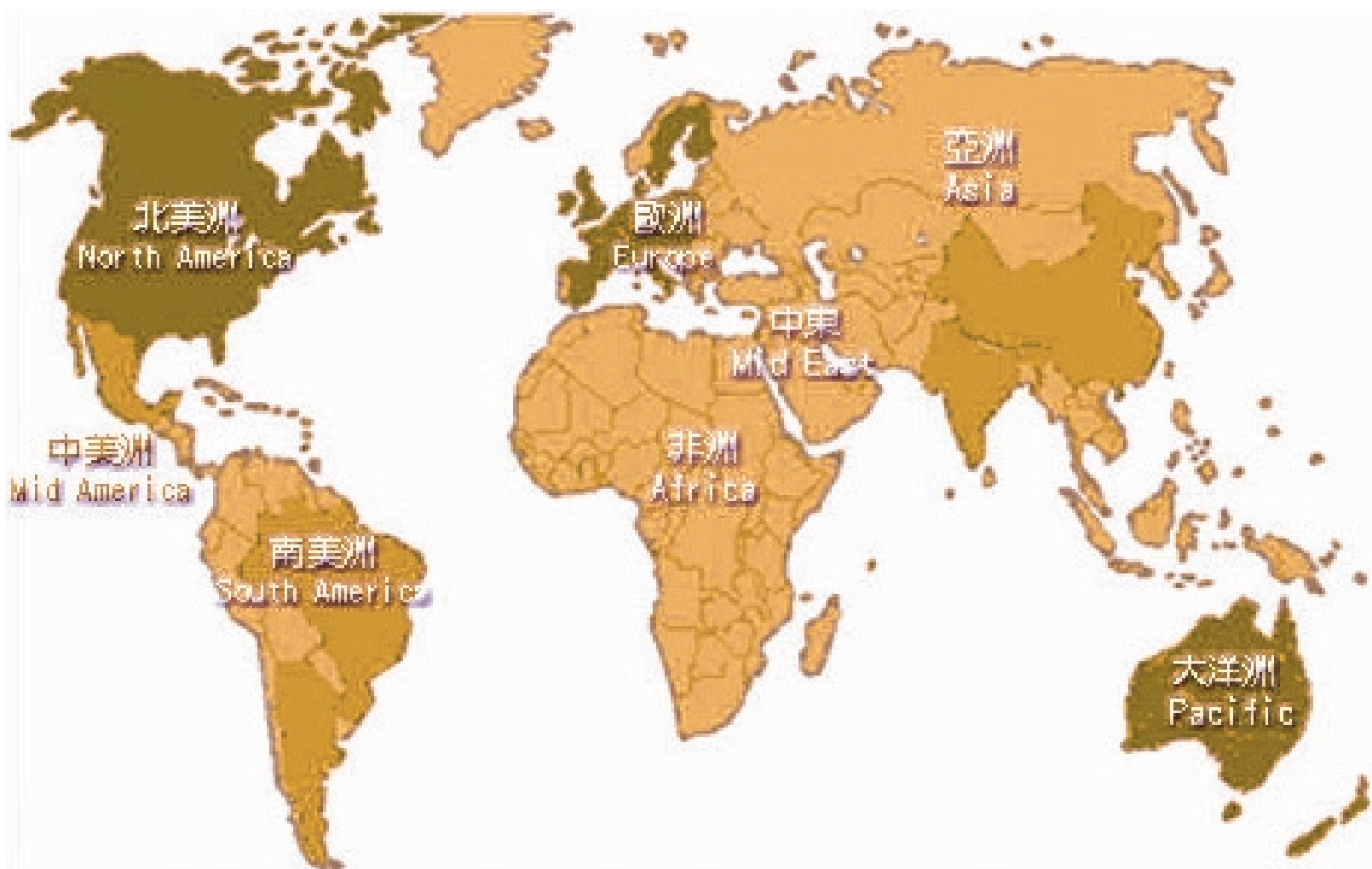
1. Roast the walnuts. Soften the Tsu-Shan and slice it.
2. Remove the pumpkin's peel and steam it.  
Press the cooked pumpkin to be muddy and add the soup-stock,  
seasoning and put the potato powder.



## Walnut Pumpkin thick soup



## 香飄十萬里



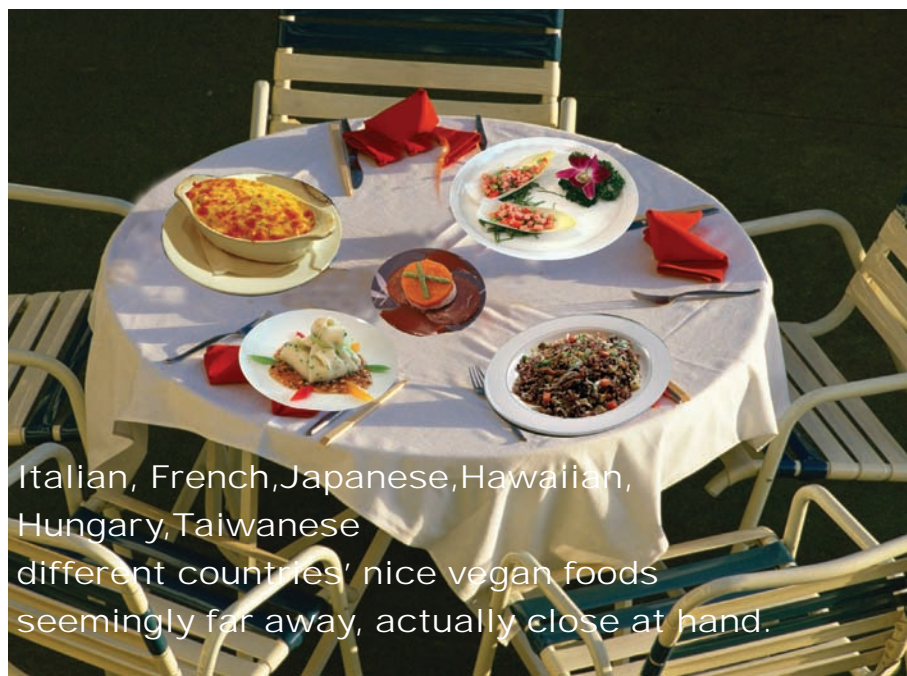
世界的素食櫥窗 Vegan Window of the World

# 走透透 吃透透



Travelling the World Eating around the World

意大利、法國、日本、夏威夷  
匈牙利、台灣各國素菜美食  
遠在天邊近在眼前……



Italian, French, Japanese, Hawaiian,  
Hungary, Taiwanese  
different countries' nice vegan foods  
seemingly far away, actually close at hand.









# 疙瘩

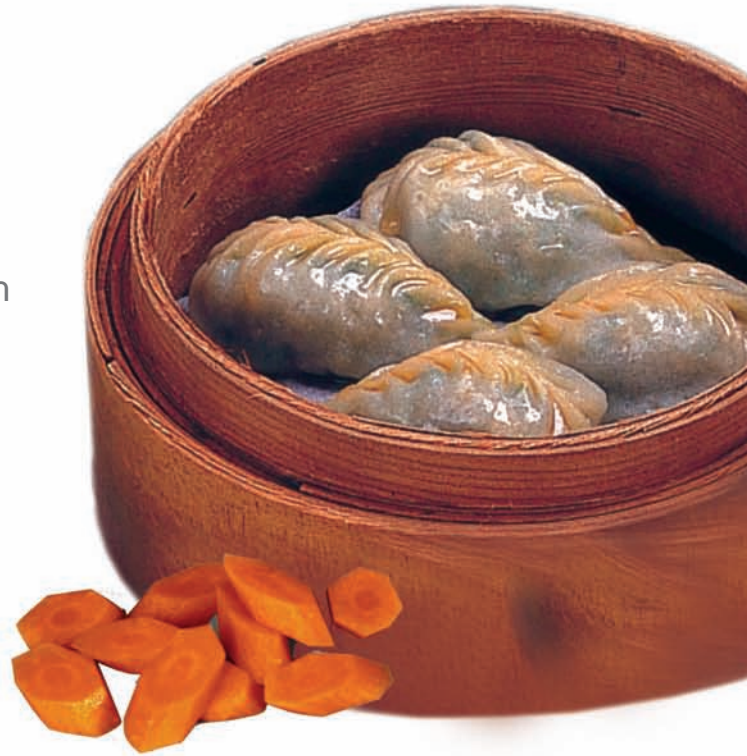
Geda

資料提供/OM 阿 HOM  
Provided by/OM A HOM



## 蒸餃

Steamed Dumplings with  
Vegetable Stuffing



提供/天苑齋坊

## 三杯百頁

Sanbei Baiyei Bean Curd



提供/OM阿HOM





# 玉葉豌豆仁

Stir-fried Peas



資料提供/和平素食  
Provided by/The Peace

## 材料：

素火腿、甜豆、比利時小白菜

## 調味料：

素昆布粉

## 作法：

1. 將火腿切成小丁，甜豆莢撥開成豆仁
2. 將素火腿丁油炸過撈起再放入豆仁拌炒，放調味料即可。

## Ingredient:

Vegetable-ham, sweet legumes, elgium cabbage

## seasoning:

Veg. soup-stock

## Method:

1. Cut the vegetable-ham, push aside the sweet pod of legumes.
2. Fry the vegetable-ham and scoop it up and then put the legumes. Finally, put the seasoning.





提供/OM阿HOM

# 荷葉飯

Boiled Lotus Leaves Rice







# 日式素烤鰻

Japanese Vegetarian Roasted Eels



資料提供/和平素食  
Provided by/The Peace



**材料：**

豆腐泥、紫菜片、白芝麻

**調味料：**

鹽、胡椒粉、糖、香油、玉米粉、  
醬油膏

**作法：**

豆腐泥加入調味料拌好，再鋪在紫菜片上，下去蒸8分鐘，拿出來後再下去炸成金黃色後，塗上醬油膏即可。

**Ingredient:**

To-Fu mud, some pieces of laver, white sesame

**Seasoning:**

Salt,pepper,sugar,sesame oil,cornmeal,soy-sauce grease

**Method:**

Mix well the To-Fu mud the seasoning. And put on some pieces of laver and steam for 8 mins. After steamed it you can fry it in the hot oil until the color changed to be brown color. Add some soy-sauce grease.







# 錦菇福如袋

Stir-fried Assorted Mushrooms



資料提供/和平素食  
Provided by/The Peace



### 材料：

中筋麵粉、鮮冬菇、杏鮑菇、柳松菇、巴西利

### 調味料：

昆布粉、松露醬、胡椒粉、香油

### 作法：

1. 中筋麵粉加水加巴西利來攪拌，煎成一張皮備用
2. 將所有的菇類切成小丁，下去炒再加上昆布粉，胡椒粉，香油備用。
3. 將麵包皮包入炒好的菇類，再淋上松露醬即可。

### Ingredient:

Middle tendon flour, fresh dried mushroom, pleurotus-eryngiu, basil

### Seasoning:

Kelp powder, pepper, sesame oil

### Method:

1. The middle tendon flour add water and basil. Mix them together and fry it to be a piece of skin.
2. slice all of the mushrooms and fry it with the kelp powder, pepper and sesame oil.
3. put them in to the flour skin and then sprinkle the seasoning.







# 匈牙利飯

Hungary Rice

提供/OM阿HOM



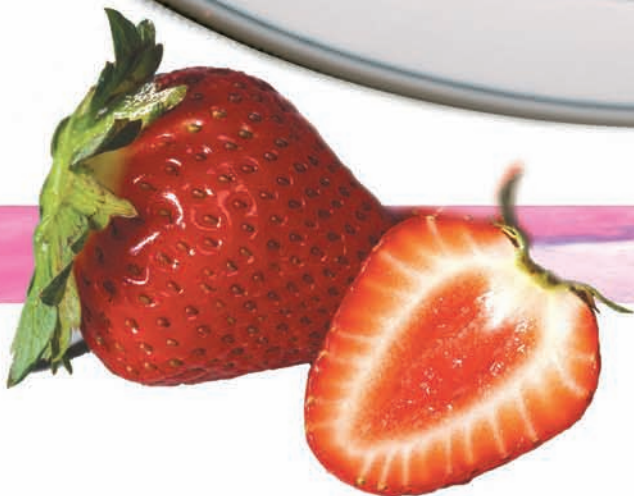


# 夏威夷炒飯

Hawaiian Fried Rice



提供/OM阿HOM

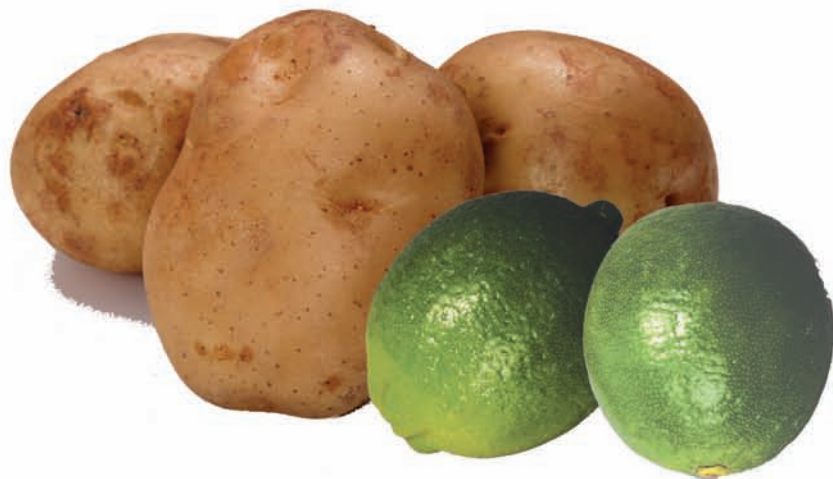






# 咖哩焗飯

Roasted Curry Rice



提供/OM阿HOM



# 香椿焗飯

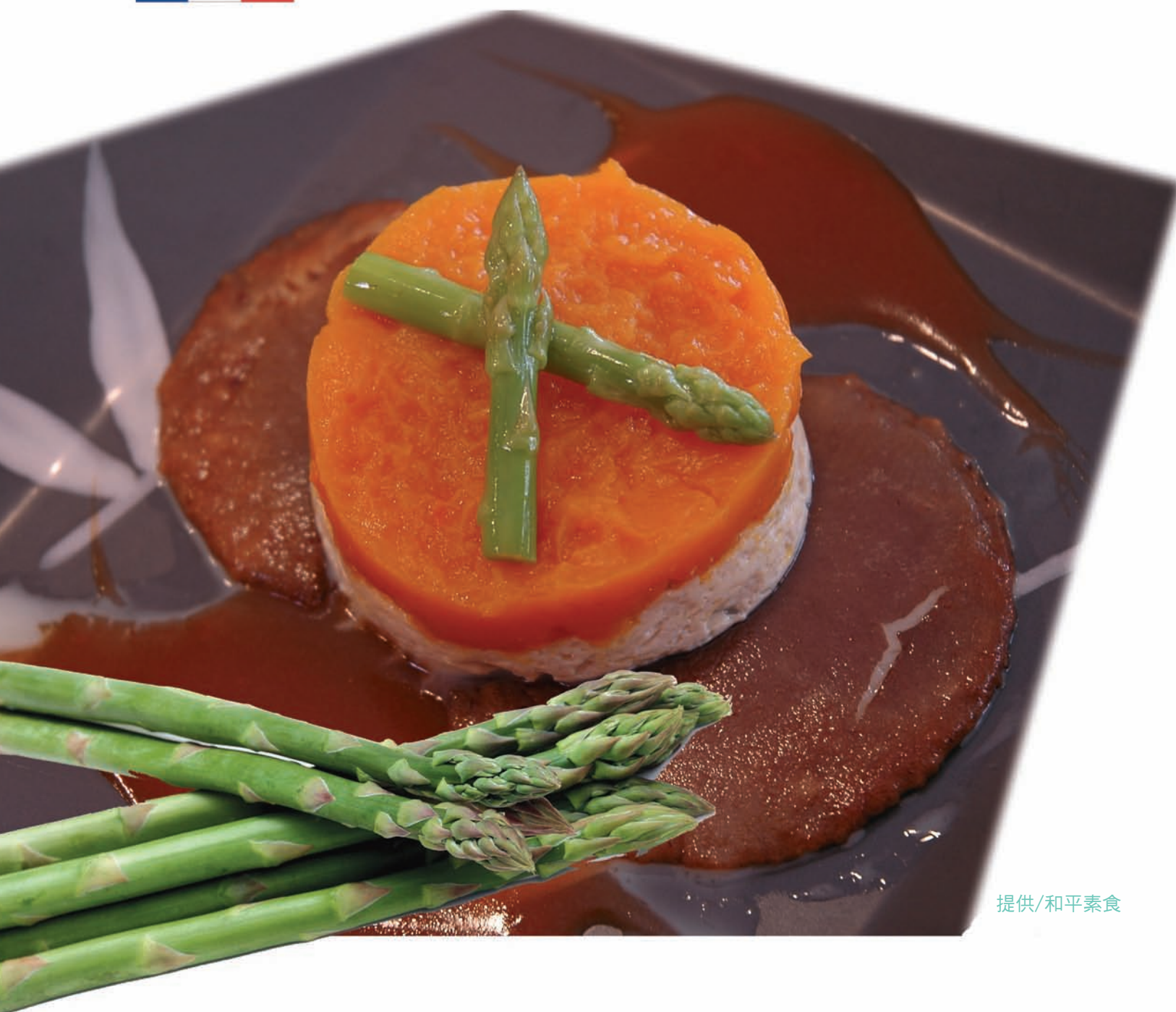
Roasted Chinese Toon Tree Rice



提供/OM阿HOM







提供/和平素食

## 鮑菇南瓜盅塔

Steamed Mashed Pumpkin & Oyster Mushroom





### 材料：

鮑魚菇、南瓜、豆腐泥、蘆筍

### 調味料：

素昆布粉、蕃茄醬、辣椒醬、糖

### 作法：

1. 鮑魚菇煎過備用，南瓜蒸成泥狀和豆腐泥一樣拌入昆布粉，終拌成塔狀蒸5分鐘。
2. 將煎好的鮑魚菇放底，再放入南瓜塔淋上調味料即可。

### Ingredient:

pleurotus-eryngiu, pumpkin, To-Fu mud, asparagus

### Seasoning:

kelp powder, tomato sauce, chili sauce, sugar

### Method:

1. Fry the pleurotus-eryngiu first. Steam the pumpkin to be muddy and mix the To-Fu mud and the kelp powder. Mix it and build a pagoda. Steam it for 5 mins.
2. Put the fried pleurotus-eryngiu on the dish. Put the pumpkin pagoda on it and then sprinkle the seasoning.







提供/和平素食



## 素鵝肝醬牛排

Vegetarian steak with Foie Gras



### 材料：

比利時小白菜、蘿蔓、蘿莎、黃捲鬚、  
苜蓿芽、小蕃茄(盤飾用)

### 調味料：

素肉醬、中華豆腐、香菇、芥菜末、紅  
蘿蔔末、(素牛排醬) 紅蘿蔔、洋菇、  
(素鵝肝醬) 天香火腿 (素鵝肝)

### 作法：

1. 將素肉醬和中華豆腐打碎拌在一起加入牛排料，打在一起加入鹽、太白粉之後，放入蒸籠蒸15分鐘，蒸好後放入鍋中，小火兩面煎至金黃色即可。
2. 醬汁作法：紅蘿蔔和洋菇同時放下鍋略炒，加入素高湯，小火煮15分鐘，倒入果汁機攪碎，打好後倒入鍋中，加入鹽巴，味道調好後，加入太白粉水勾芡即可，素鵝肝可用蒸籠蒸熟。

### Ingredient:

Belgium cabbage,the herbs,alfalfa sprout,little tomatoes

### Seasoning:

veg. meat sauce,Chinese To-Fu,mushroom,leaf mustard,carrot, ( the veg beef sauce) carrot, mushroom( veg. goose liver sauce) vegetable-ham( veg. goose liver)

### Method:

- 1.blender the veg. eat sauce and the To-fu. Add the veg. beef sauce and blender again. Put the salt, potato powder and then steam it in the bamboo steamer for 15 mins. Fry it until the golden color showed.
- 2.The methos of the sauce:fry the carrots , mushrooms and add the soup-stock. Steam it for 15 mins with the small heat. Blender it with the juice machine. Put the juice add the salt into the pot. Finally, add some potato powder and you can steam the veg. goose liver in the bamboo steamer.





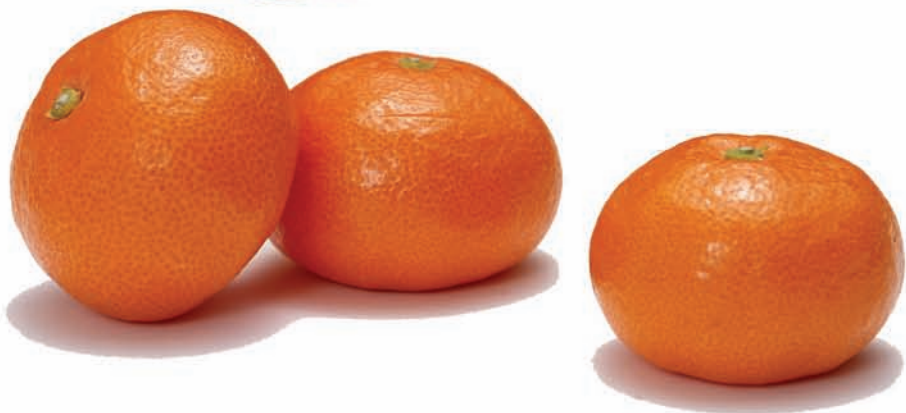


# 法國堡

France Hamburg



提供/天苑齋坊





# 南瓜布丁

Pumpkin Pudding



提供/天苑齋坊







# 杏仁檸檬素魚排

Almond Lemon Vegetarian-Fish Steak



提供/新卡莎素食西餐廳



# 梅蔬特排

Mei Vegetarian Steak

提供/新卡莎素食西餐廳





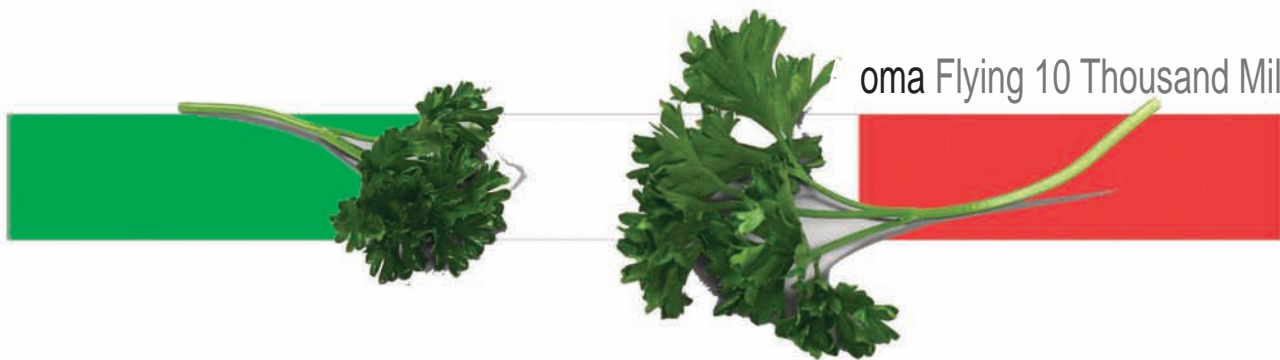


# 焗烤素海鮮

Roasted Vegetarian Seafood



提供/新卡莎素食西餐廳

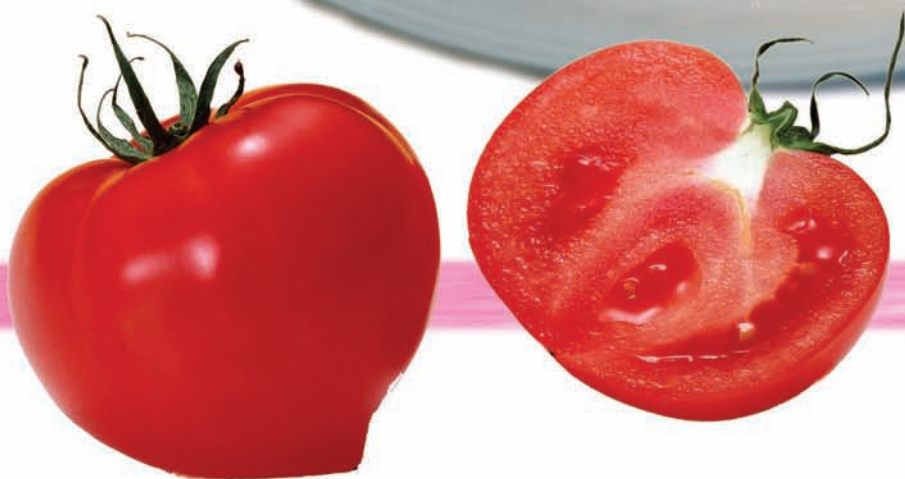


# 蕃茄義大利麵

Tomato Spagatti



提供/OM阿HOM





# 天啊！這未免太神了！ —阿·鸚·愛·說·笑

God! It's a magic! -There is a parrot joking.

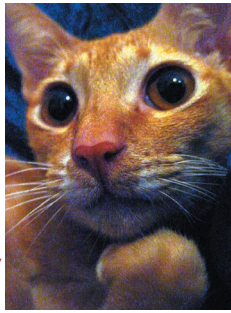
話說狗才不出門，能知天下事

天下事 無奇不有

就讓我用我的狗眼睛 狗腿子，帶你來看「狗眼看天下」



我是HAPPY



我是咪咪，



ㄟ你看！偶這POSE像不像上流美啊！



哈...哈...，偶還如花ㄟ！

哎！廢話少說啦！偶們今天來談「天才兒童」。最近偶們動物界奇人奇事頻傳，實在多到不勝枚舉的地步，不是偶在這裡虎嘍，偶們來看這兩則真鳥其事吧！

**A house dog would know the business of the world.**

**The world has many amazing things.**

**Let me, a dog, shows you some amazing things!**

**I'm Happy! I'm Mew!**

**Hey! Look! Isn't this pose looking great!**

**Ha! Ha! Not bad at all!**

**Hey! Don't say anything useless! Let's see some genius for today.**

**Recently, we found many amazing things worth to be recorded. Now, let's review some of them!**

## 會對話的非洲灰鸚鵡

這是發生在美國紐約被人飼養的一隻非洲灰鸚鵡，你知道嗎？牠有多厲害——牠能使用多達950個英語詞彙，還具備幽默感，甚至擁有心電感應能力。

這隻名叫恩基斯，現年6歲。恩基斯講英語，能分辨過去式、現在式和未來式，並且和小朋友一樣，能發揮創意來描述新觀念。當牠在聞到主人的香精油味道時，還會脫口說出：「好香的藥味！」



咪咪：這...太神奇了吧！是真的還假的？！

什麼過去式未來式，偶素連ABC都不知道啦！

牠告訴你，有一次那個珍古德博士——專門研究猩猩的專家，去牠的家看牠，你猜牠跟她說了什麼？牠呀！曾經看過珍古德博士和猩猩在一起的照片，牠就對珍古德博士說：「妳怎麼沒帶猩猩來呀？！」

還有一次，牠看到另一隻鸚鵡在棲木倒吊著，說道：「你們應該替這隻鳥照張相。」怎麼樣，很幽默吧！

研究動物行為的珍古德認為，恩基斯的這一種渴望學習與主人溝通，是

## A conversation African parrot

There is an American who breeds an African parrot in the New York City. Can you imagine how wonderful the parrot is? It knows over 950 English words. Besides, it has sense of humor. Moreover, it seems have super power.



非洲灰鸚鵡(非本尊)

This parrot named Enkis. It is 6 years old. It can speak English. It knows the past tense, the future tense and the present tense. Besides, it can speak as a little boy with some creative tone and ideal. When it smells essential oil, it would speak out, how nice the flavor is!

Mew: Wa! It's really amazing! Is this a real case?

Does it really know about the tense? I know nothing about ABC!



珍古德博士是一位素食者

C

@

B?

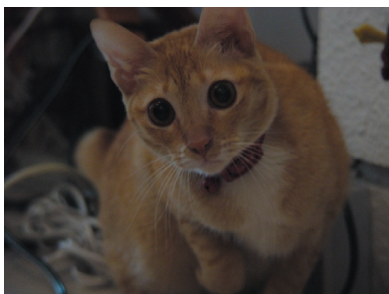
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不同物種之間溝通的絕佳例證。偶跟你講，恩基斯會的還不止是語言；有一次牠和主人曾接受一項測試，兩「人」被分別安置在不同的房間裡，主人要從一堆信封裡挑出圖片卡，恩基斯則在另一個房間裡猜主人看到什麼。測試人員採取了嚴格的檢測標準，例如主人拿出一張圖片顯示一個人在打電話，恩基斯則說：「你拿電話做啥？」主人拿出兩個人擁抱的圖片，牠說：「我能抱抱你嗎？」這樣的回答都算錯。結果這次測試的結果，牠回答的關鍵字符合主人所拿出圖片的機率，為正常「猜中」機率的3倍呢？！



**咪咪：**天啊！你快告訴偶牠是吃什麼長大的呀？！偶也要試試！

**HAPPY：**嘖嘖！牠實在偶們動物界天



才的天才！偶不禁要向牠肅然起敬！！敬禮！

## 天才縫紉鳥

第二則真鳥其事是發生在英國西南部——港市布里斯托爾的帕克街，現年九歲的玄鳳鸚鵡——巴喬，猜牠主人是幹什麼的？牠的主人是一位裁縫師——六十歲的特里托先生，平常牠就在店裡

Let me tell you another thing. Once Dr. Jane, a specialist in orangutan studies, he visited the parrot. Do you know what the parrot said? The parrot ever saw Dr. Jane photo with an orangutan. Therefore, it said to Jane, why you didn't bring the orangutan with you?

There was once, the parrot saw another parrot hanged up side down on a tree branch. It said, you should shoot a photo for it. It's really amazing!

Dr. Jane said, Enkis had a strong yearning to communicate with human. It is a great example that communication can happen between species of animals. Besides, Enkis knows more than speaking. Once, Enkis and its owner take a test together. They were placed in different room. The owner picks out a card from an envelope. On the other hand, the parrot has to guess what its master going to tell. The examiner put a high standard for the test. For example, when the owner picks out a card that a man is making a phone, the parrot said, why you pick up a phone in your hand? When the owner took out a card that two men are embracing, the parrot said, can I embrace you? However, these two answers were wrong to the examiner. Finally, when they made a conclusion for the test, the parrot had 3 times of probability in the guessing!

God! Can you tell me what the parrot ate that made it so smart? I have to try the food!

Hey! The parrot is a genius in the world of animal! I would like to salute it!



## A genius Sewing-bird

The second story happened in the southwest of England; the harbor city called Bulistuoer and on the street named Parker. There was a 9 years old parrot called Baqiao. Its master was a tailor, Mr. Telito, an old man who was over 60 years old. They were

陪伴牠的主人，跟著跟著…，奇妙的事就發生了…。

原來這傢伙每天看著特里托先生在縫紉店裡工作的情形，居然有模有樣學起牠的主人的一舉一動，也會穿針引線起來了！而且牠會用嘴？起針穿好線縫紉布料，不相信是吧？！有圖為証！

牠會縫紉，你知道嗎？連牠的主人都不相信，特里托先生還驚喜告訴記者說：「我從來沒聽說過鳥會縫紉，但巴喬卻做到了，牠真的很了不起，牠用行動證明了一切，而且在我的顧客當中引起不小的轟動。」



圖片提供/BBC網站



咪咪：哦…，偶快不行了！哪有鳥這麼厲害，偶貓類被打敗了！



HAPPY：想當初偶去上學的時候，老師教的很辛苦，啊偶也學的很無奈？！想來想去這應該跟「天才」有關吧！

good companion to each other. Then, a wonderful thing happened.....

The parrot saw Mr. Telito doing the sewing almost everyday. Finally, the parrot knew how to sewing. It can put the thread through the needle! Besides, the parrot can sew a cloth. Believe me! It's true!

The parrot is doing the sewing. Even, Mr. Telito can't believe it. Telito told the reporter with surprise, I never know that my parrot can do the sewing but it's a real thing. It is amazing, isn't it? The parrot proof to the customers and made a great surprise of them.

Oh! I'm so surprise by that! How can the parrot so great? I can't beat it at all.

Even a good animal school can not help me. I think the parrot is a genius!

## Conclusion

Hey! Young man! Can you see? These animals must have high IQ!

After you know these stories, we probably had better be modest!

If I'm not wrong, it seemed had some secret experiments between scientists. They



## 結語

喂！少年？！看到沒有？！偶們動物的智商真不是蓋的！

看了這兩則「真鳥其事」人類是不是該謙虛一點啊！

如果偶記得沒錯，有科學家在秘密實驗什麼，人的基因和動物的基因混合，產生另類「人和動物」高智慧的混合體，再這樣下去人類快沒得混了說不定那天動物統治了人類，因為人類會發明武器把對方幹掉，沒聽說動物打架會拿武器互相傷害或者一下子死傷一大群，沒有啊對不對？！

所以呀！偶們還乖乖聽佛菩薩的話，大家要以慈悲為懷，對不同種族，除了互相了解、尊重還要包容彼此的差異，同樣生活在這地球上「共生共榮」已變成人與動物共同的課題，好啦！偶們今天節目到這裡結束！拜拜！



combined the gene of animal with human and made intermixing high IQ beings. If this is real, maybe these beings would dominate the world and human one day. As human know how to use weapons, these beings maybe also use weapons for the killing, am I right?

Therefore, let be wise to hear the suggestion of Buddha. We had better be mercy to animals as well as other beings. Let's understand each other; respect each other. The differences between beings should be forgiven. As all the beings lived on the same planet, we are in the common wealth. This is true for us. OK! Let's end up the show! Good Bye!





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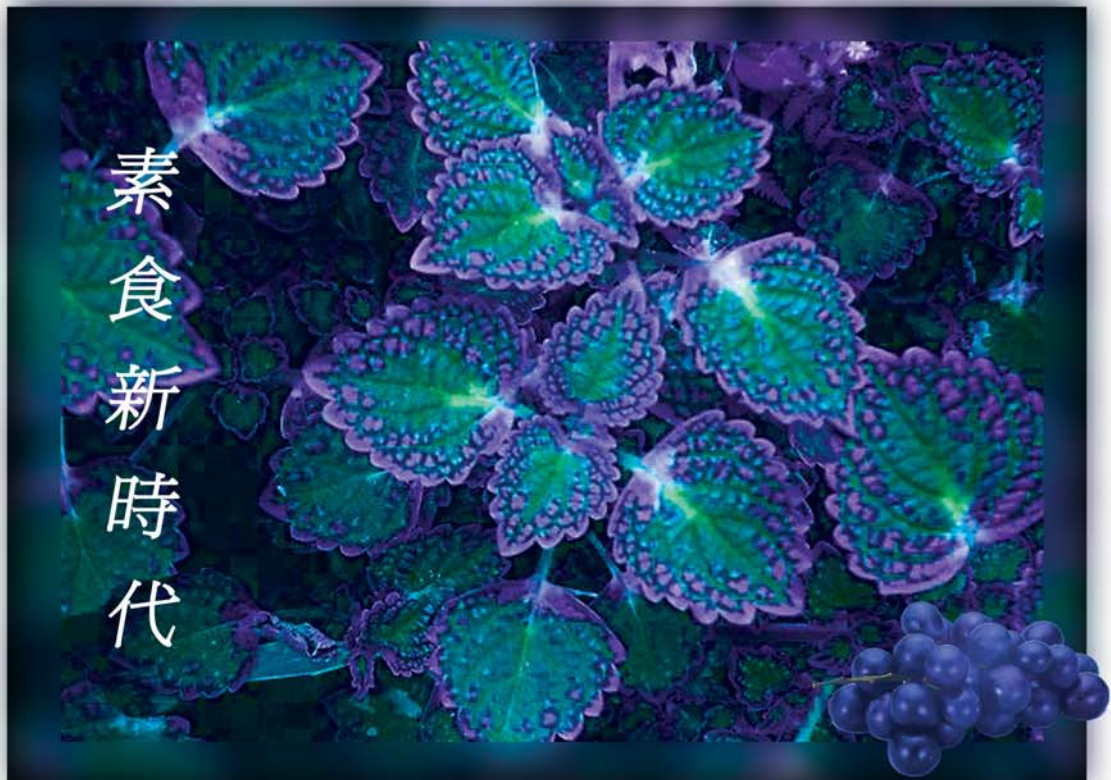
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## 電腦桌布設計

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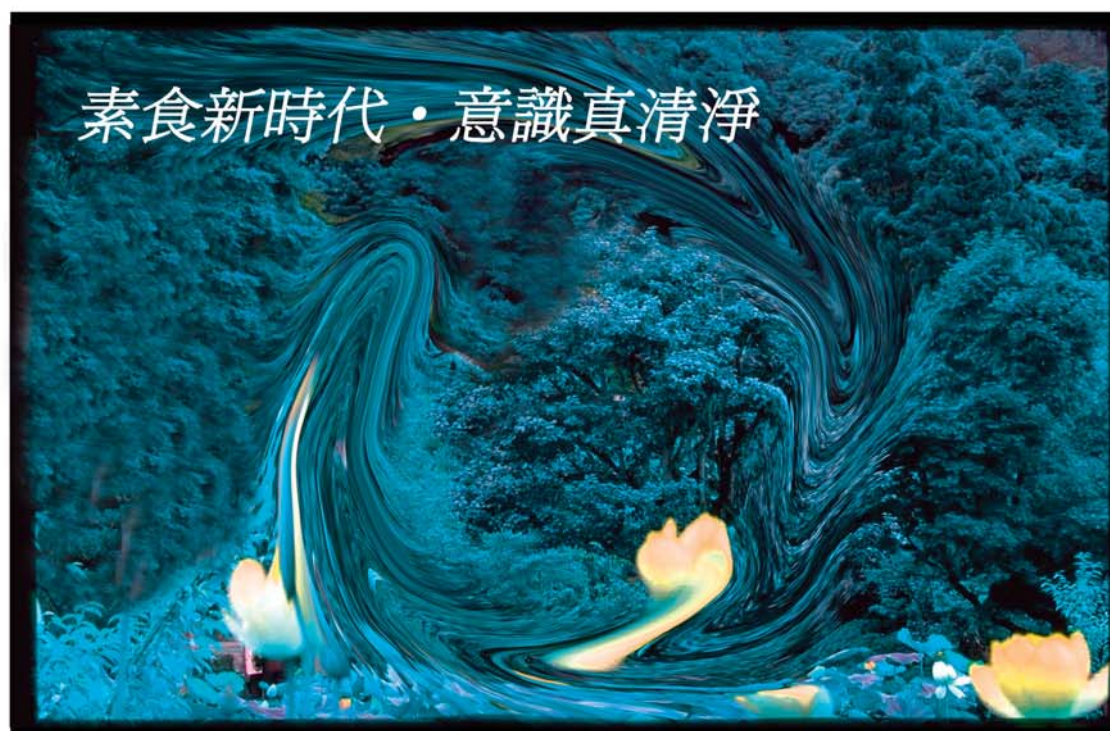


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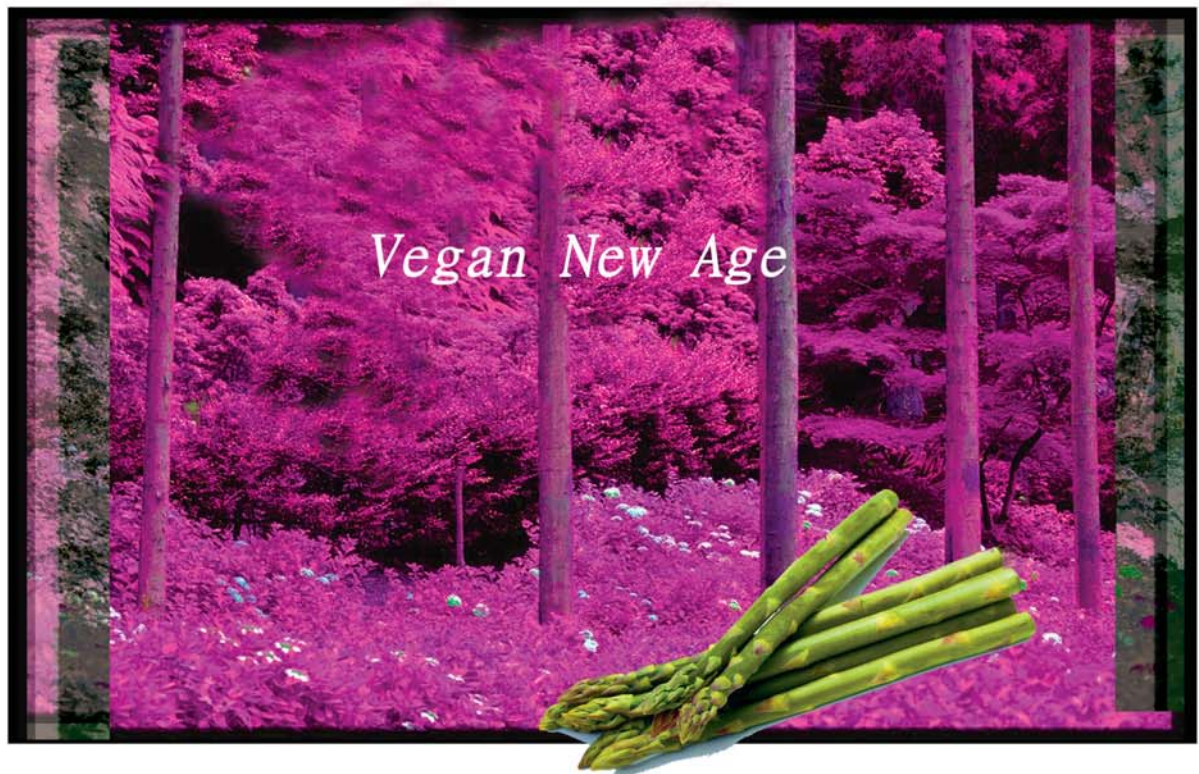


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素食動物排行榜前十名 The top ten in the vegetarian animals

# 吃素好壯壯 — 動物界的阿諾

The strong vegetarian

— Arnold Schwarzenegger in the animal world



## 1. 大象 — 最大的非洲象

身長750公分

肩高350公分

體重達7500公斤

**特性** — 年齡可達到60~70多歲

## 1. Elephant — The biggest Africa elephant

The length of body : 750 cm

The height oshoulder : 350 cm

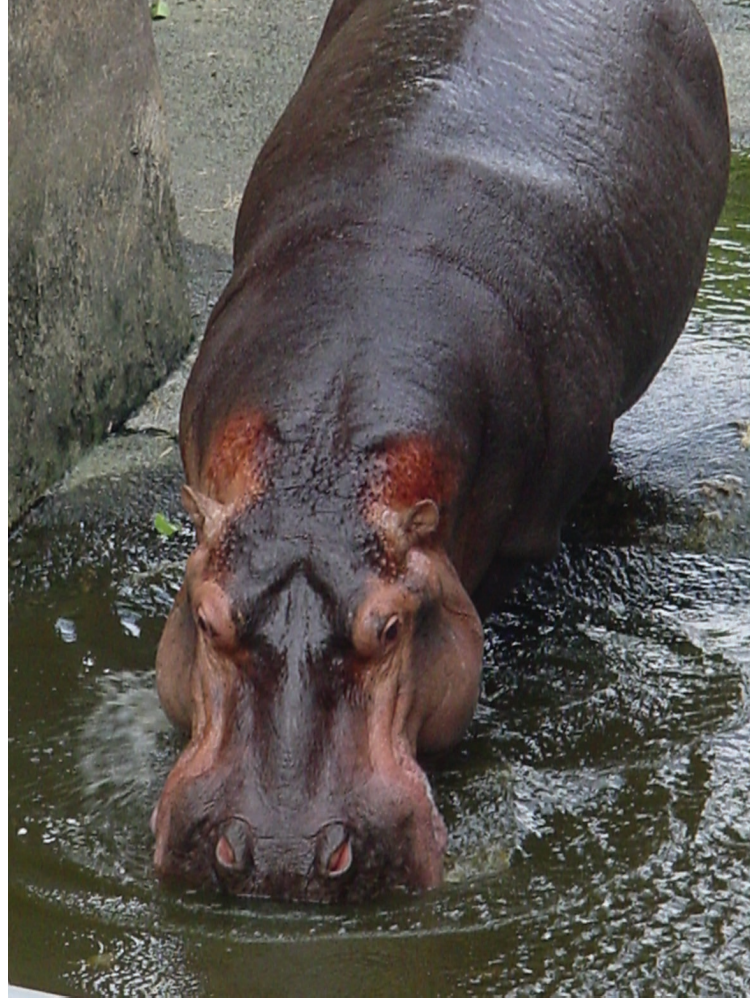
The weight : 7500kg

**Characteristic** — The time of life is near  
60~70 years old.



2. 河馬—肩高140~160公分  
體長300~370公分  
體重雄性1,500~3,200公斤  
雌性650~2,300公斤

特性—擅長游泳與潛水



2. Hippo— The height of shoulders :

140~160 cm

The length of body :

300~370 cm

The weight :

1500~3200 kg for male,

650~2300 kg for female

**Characteristic**— Good at swimming and diving.



3. 犀牛—肩高150~190公分  
體長約300~375公分  
體重1~2公噸。

特性—威力強大的犀角，皮厚



3. Rhino— The height of shoulders :

150~190 cm

The length of body :

300~375 cm

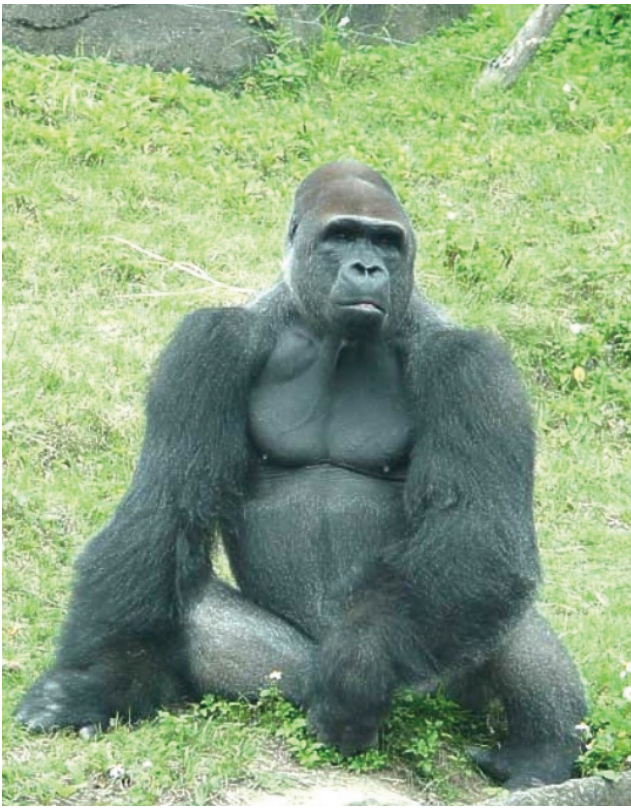
The weight :

1~2 metric ton

**Characteristic**—

Powerful rhinoceros  
horn and thick skin.





- 4. 金剛猩猩**—大猩猩的身高約在200公分左右  
 雄性有的高達230公分  
 體重可超過200公斤

**特性**—每當有敵人接近時，他們便會激烈的  
 搥打胸部，並發出巨大的吼聲，  
 以警告對方。

- 4. Gorilla**— The tallness of gorilla : about 200 cm.  
 The male sometimes is 230 centimeters.  
 The weight : sometimes over 200 kg  
**Characteristic**— They will knock their chest and  
 shout loudly to advice others  
 when the enemy is nearby.

- 5. 長頸鹿**—頭高500~550公分  
 肩高270~330公分  
 體長250~370公分  
 雄性體重1, 100~1, 900公斤，  
 雌性700~1, 200公斤

**特性**—世界最高的哺乳動物

- 5. Giraffe**— The height of head : 500~550 cm  
 The height of shoulder : 270~330 cm  
 The height of body : 250~370 cm  
 The weight : 1100~1900 kg for male,  
 700~1200 kg for female

**Characteristic**— The tallest mammal in the world.







6. 駝鳥—體重達160公斤  
高可達250公分

特性—駝鳥是世界上最大的鳥類，  
快速狂奔時速達70公里



**6.Ostrich**— The weight : near 160kg

The tallness : near 250 cm

**Characteristic**— The biggest bird in the world.

The speed when it run very quickly  
is near 70 kilometer.

**7.Camel**— The Bactrian camel is 200 cm

The one-humped camel is 240 cm

(To measure form the ground  
to the camel's hump.)



7. 駱駝—雙峰駱駝約高200公分

(以地面至駝峰頂來計算)

單峰駱駝約高240公分

特性—沙漠之舟，  
耐熱可以連續好幾天不喝水。

**Characteristic**— The boat of the desert.

It could not drink water for days.





**8. 斑哥鈴羊**—體重150~220公斤

身高可超過170~250公分

**特性**—其奔跑時速可達70公里，  
能輕易躍過150公分高圍欄



**8. Tragelaphus euryceros—**

The weight of adult

Tragelaphus euryceros 150~220 kg

The tallness over 170~250 cm

**Characteristic—**

The speed when

it run very quickly is near 70 kilometer.

It can jump over the rail which is 150 centimeters.





- 9. Equus grevyi**— The length of  
body : 250~300cm  
The length of tail : 38~60cm  
The weight : 352~450kg

**Characteristic**— The biggest and the most beautiful zebra Mongolian horse can wall for 60 kilometer in 8 hours.

- 10. 牛**—印度野牛也叫野牛、野黃牛  
雄獸的體長為250~330公分  
尾長70~105公分  
肩高190~220公分  
體重650~1,000公斤

- 10.Cow**— India wild ox is also the wild ox and wild cow.  
The length of body : 250~350 cm for male  
The length of tail : 70-105 cm  
The height of shoulder : 190- 220 cm  
The weight : 650-1000 kg

**Characteristic**— The biggest cow  
They help each other and the sense of hearing and smell is very good.



- 9. 格利威斑馬**—頭軀幹長250~300公分  
尾長38~60公分  
體重352~450公斤  
**特性**—是最大也是最漂亮的一種斑馬  
蒙古馬，8小可走60公里，很耐渴





# “素食新時代”主題海報

設計者 **Creator** / Thomas

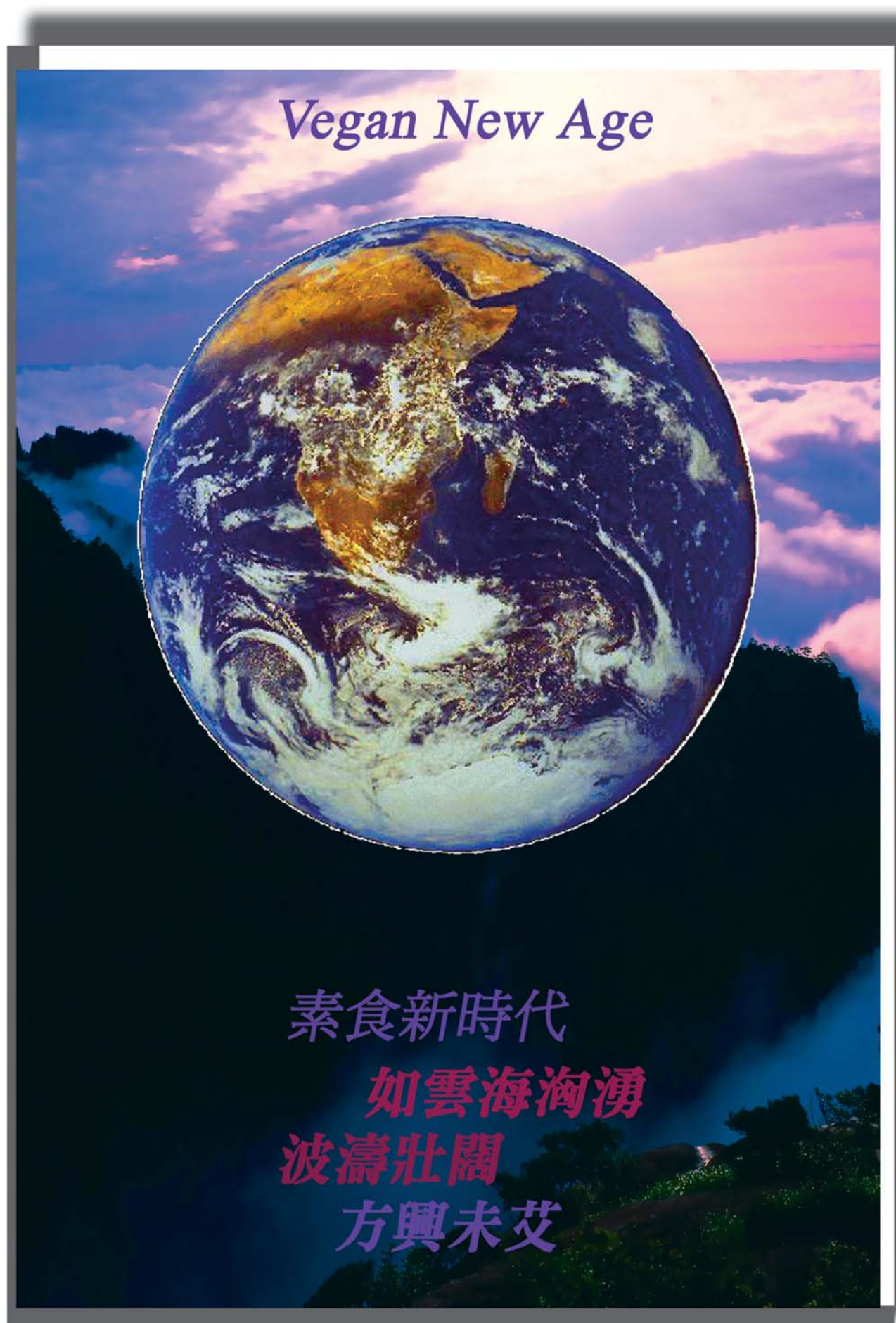


*Vegan New Age*

素食新時代

Vegan New Age  
Just as the surging sea clouds  
The wave is great  
It's still growing





# 送佛法到監獄

## Jail Project



點一盞心燈 燃起光明 .....

### “送佛法到監獄”活動

自 1995 年 12 月舉辦以來 本社每月固定將雜誌

寄贈全省 42 所監獄的受刑人閱讀

在此感謝捐款的愛心 也希望更多人能愛心加入此一活動

點亮這些迫切需要佛法光明的人

#### 贈閱的監獄：

基隆監獄、台北監獄、桃園監獄、新竹監獄、台中監獄、雲林監獄、嘉義監獄、  
台南監獄、宜蘭監獄、澎湖監獄、明德外役監獄、高雄監獄、屏東監獄、台東監獄  
武陵外役監獄、花蓮監獄、自強外役監獄、綠島監獄、金門監獄、桃園少年輔導院  
彰化少年輔導院、高雄少年輔導院、基隆看守所、台北士林看守所、新竹看守所  
台中看守所、彰化看守所、雲林看守所、嘉義看守所、台南看守所、高雄看守所  
台東看守所、花蓮看守所、澎湖看守所、台北少年觀護所、台中少年觀護所、桃園女子監獄  
台南少年觀護所、高雄少年觀護所、泰源技能訓練所、東城技能訓練所、岩灣技能訓練所