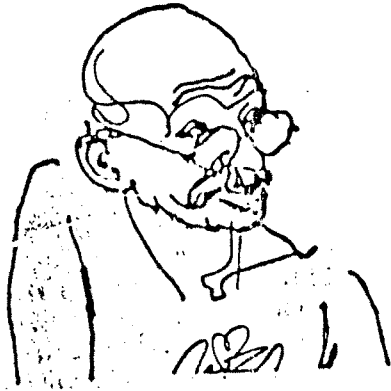


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THE EGG - A "VEGETARIAN" FOOD

"Milk is an animal product and cannot by any means be included in a strict vegetarian diet. It serves the purpose of meat to a very large extent. In medical language, it is classified as animal food. A layman does not consider milk to be animal food. On the other hand, eggs are regarded by the layman as a flesh food. In reality, they are not. Now-a-days, sterile eggs are also produced. The hen is not allowed to see the cock and yet it lays egg. A sterile egg never develops into a chick. Therefore, he who can take milk should have no objection to taking sterile eggs."

- Mahatma Gandhi -