

Graham Hill: Why I'm a weekday vegetarian

https://www.ted.com/talks/graham_hill_weekday_vegetarian#t-224995

About a year ago, I asked myself a question: "Knowing what I know, why am I not a vegetarian?" After all, I'm one of the green¹ guys: I grew up with hippie² parents in a log cabin³. I started a site called TreeHugger — I care about this stuff. I knew that eating a mere hamburger a day can increase my risk of dying by a third.⁴ Cruelty: I knew that the 10 billion animals we raise each year for meat are raised in factory farm conditions that we, hypocritically⁵, wouldn't even consider for our own cats, dogs and other pets. Environmentally, meat, amazingly, causes more emissions⁶ than all of transportation combined⁷: cars, trains, planes, buses, boats, all of it. And beef production uses 100 times the water that most vegetables do.

1:16

I also knew that I'm not alone. We as a society are eating twice as much meat⁸ as we did in the 50s. So what was once the special little side⁹ treat¹⁰ now is the main¹¹, much more regular. So really, any of these angles¹² should have been enough to convince me to go vegetarian. Yet, there I was — chk, chk, chk — tucking into¹³ a big old steak.

1:41

So why was I stalling¹⁴? I realized that what I was being pitched¹⁵ was a binary¹⁶ solution. It was either you're a meat eater or you're a vegetarian, and I guess I just wasn't quite ready. Imagine your last hamburger. (Laughter) So my common sense,¹⁷ my good intentions, were in conflict with¹⁸ my taste buds¹⁹. And I'd commit to doing

¹ Going green means reduce your impact on the environment and living a healthy life.

² A hippie (or hippy) is a member of a liberal counterculture 反傳統, originally a youth movement that started in the United States and the United Kingdom during the mid-1960s and spread to other countries around the world.

³ a small house made from tree trunks

⁴ a third means 三分之一

⁵ 假惺惺

⁶ 排放, carbon dioxide emissions, methane emissions

⁷ put together

⁸ 兩倍

⁹ side dish: 小菜, 前菜

¹⁰ 請客, 款待; 特別招待 (dog treat)

¹¹ main dish: 主菜

¹² 角度, 觀點; They see life from an entertaining angle.

¹³ to start eating something, especially with enthusiasm: I was just about to tuck into a huge bowl of pasta.

¹⁴ 拖延 They are stalling for time.

¹⁵ Pitch: 前傾, 傾斜. sales pitch 銷售. They pitched in with contributions of money. sales pitch 銷售點

¹⁶ 二進制, 二進位的, 二元的

¹⁷ 常理; 道理; 直覺

¹⁸ 與...衝突

it later, and not surprisingly, later never came. Sound familiar?

2:20

So I wondered, might there be a third solution? And I thought about it, and I came up with²⁰ one. I've been doing it for the last year, and it's great. It's called weekday veg. The name says it all²¹: Nothing with a face²² Monday through Friday. On the weekend, your choice. Simple. If you want to take it to the next level²³, remember, the major culprits²⁴ in terms of²⁵ environmental damage and health are red and processed meats. So you want to swap those out²⁶ with some good, sustainably²⁷ harvested²⁸ fish. It's structured²⁹, so it ends up being simple to remember, and it's okay to break it here and there. After all, cutting five days a week is cutting 70 percent of your meat intake³⁰.

3:09

The program has been great, weekday veg. My footprint³¹'s smaller, I'm lessening³² pollution, I feel better about the animals, I'm even saving money. Best of all, I'm healthier, I know that I'm going to live longer, and I've even lost a little weight.

3:28

So, please ask yourselves, for your health, for your pocketbook³³, for the environment, for the animals: What's stopping you from giving weekday veg a shot³⁴? After all, if all of us ate half as much meat, it would be like half of us were vegetarians.

3:50

Thank you.

3:52

(Applause)

¹⁹ 味蕾

²⁰ 想出了; He never came up with a concrete proposal to end the war .

²¹ 一語道盡

²² nothing with a face refers to food that aren't animal based

²³ I want to take our relationship to the next level 我想使我們的關係更進一步

²⁴ 犯人，罪犯。

²⁵ in terms of : 就...而論 He talks about everything in terms of money.

²⁶ 換出那些 Swap means to give something and be given something else instead:

²⁷ 可持續,永續

²⁸ 收割 (莊稼), 捕獵 (動物、魚)

²⁹ 有結構的

³⁰ 吸收量

³¹ 腳印, refer to carbon footprint

³² 減少

³³ 筆記本, 支票簿

³⁴ Give a shot: 試一下