

FAMOUS VEGETARIANS: FROM BUDDHA TO THE BEATLES

A LECTURE BY

RYNN BERRY



Interest in vegetarianism may seem like a recent phenomenon, yet distinguished men and women throughout history have followed this healthful and compassionate course. Noted historian Rynn Berry will describe the fascinating lifestyles and the dietary customs of some of the world's most famous vegetarians, including the Buddha, Pythagoras, Plato, Leonardo da Vinci, Annie Besant (founder of the International Theosophical Society), Gandhi, and Tolstoy. More recent proponents include Frances Moore Lappé, Paul McCartney, Woody Harrelson, and even Lisa on The Simpsons.

WED., AUG. 10, 7 P.M.

ALA WAI GOLF COURSE CLUBHOUSE

404 KAPAHULU AVE.

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Mr. Berry will give two more talks in Hawaii:

- Mon., Aug. 8th at 7 p.m. at Cameron Center, 95 Mahalani St., in Wailuku, Maui
- Thurs., Aug. 11th at 7 p.m., Castle Medical Center in Kailua, Cooking demo and lecture. Call Castle at 263-5400 for reservations (required).

Rynn Berry is the historical advisor to the North American Vegetarian Society. In his lectures, articles, and books, he has specialized in the study of vegetarianism from an historical perspective.

At the University of Pennsylvania and Columbia, where he did his graduate and undergraduate work, he specialized in ancient history and comparative religion. A popular lecturer, in New York, where he lives, he teaches a college course on the history of vegetarianism (the first of its kind in the nation).

His books include *The New Vegetarians*, *Famous Vegetarians and Their Favorite Recipes*, *Food for the Gods: Vegetarianism and the World's Religions*, *The Vegan Guide to New York City*, and his latest release, *Hitler: Neither Vegetarian Nor Animal Lover*.

A vegan for decades, Mr. Berry has been a rawfoodist since 1995.



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