

COMPASSIONATE FRIEND

JOURNAL OF BEAUTY WITHOUT CRUELTY INDIA



Beauty Without Cruelty

AN INTERNATIONAL EDUCATIONAL CHARITABLE TRUST

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Cover

Illustration : Ms. Sushama Durve
HOT-DOG South Koreans claim slow strangulation makes "tender" hot-dog meat.

Beauty Without Cruelty is a way of life which causes no creature of land, sea or air, terror, torture or death.

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COMPASSIONATE FRIEND

EDITORIAL

We may have a number of appointments to keep every day, but the one which we cannot afford to miss is with those who are in dire straits due to incalculable hardships bordering on torture being suffered by them. In this world of suffering and pain, there is no better blessing for us than the opportunity coming our way to go to the rescue of the helpless, dumb creatures. Let the animals feel that there are a number of people even in this world of attractions and allurements, who are keen to take care of them and protect them. Save them the frustration that the indignation of animal lovers over atrocities heaped on them is like the fury of a toothless watch dog. With God enthroned in our heart, a stimulus is created to bestir ourselves to do the right thing by those who look to us to extricate them from the debris of discardment. And those who become the agent of this divine fulfilment will have their hearts cleansed whiter than snow. We do not know how long our body will last. All selfless, service minded and sympathetic people would wish that before the body drops down, it may be exercised for leaving an imprint of its help and succour to be given to the needy, harassed men and animals.

All sensible people extend moral and material support to the struggles for human rights and social justice in all parts of the world. It is an irony that not all of them consider that animals should also have a right to enjoy decent, peaceful existence. Perhaps this indifference arises from the warped notion that humans are supreme living beings and must therefore have a priority over lesser beings. Leafing through a book from the eminent author George Eliot, one finds that he demolishes the concept of superiority of men over animals with his observation : "Animals are such agreeable friends, they ask no questions, they pass no criticism. They may be dogs, monkeys, bears or any-

thing but that 'vain animal' who is so proud of being rational".

There are animals who live out their lives in darkness and immobility without enjoying a ray of the glorious sun. Life in the factory farm with dark, windowless shed, housing the animals, presents a picture of misery. Narrow, enclosed crates leaving hardly any moving space confine the animals in the factory farms, to drag out their existence. Cramped and motionless, they look to us with tearful eyes as if to beseech whether we can do anything to alleviate their agony. This is happening in the 20th century when we pride ourselves on new wonderful discoveries!

Vegetarian way of life is one way of reducing the massacre of animals. Under the auspices of International Vegetarian Union, the month of October was treated as "Reverence for Life Month" and the first of October was observed as World Vegetarian Day. 2nd October, Mahatma Gandhi's birthday, coincided with this event. The strong adherents of vegetarianism consider vegetarian diet as the most suitable one on the score of the health of the human beings, the ecology of our planet Earth, the compassion for animals and even alleviating world hunger. It is known that diseases of animals are communicated to consumers of their flesh, resulting in numerous deaths of flesh eaters.

The Wild Life Week observed in the first week of October gave the much desired direction for participation of people in conserving the animal resources and preserving the rare species of animals. In this context, it is good tidings that the Kerala Government has finally scrapped the Silent Valley project due to widespread public opposition to it.

S.M. MASANI

This issue has been kindly sponsored by
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FROM MY DESK ...

Beauty Without Cruelty (India Branch) is expanding... On 16th October, 1983, the **BWC** Surat Centre was opened with Mr. Pravinchandra M. Zaveri as Director. We wish the Centre all success. And, we hope that in the near future we shall have sufficient response from other cities so that more Centres can be established to further our animal welfare cause.

During recent months many lectures-cum-film shows have been given in Gujarati by Ms. Nalini Z. Mehta, Vice President, **BWC** (India Branch) at Bombay, Baroda, Bharooch and Narbadanagar. Also at Bangalore, where I joined her. Apart from our attending the "Ahimsa Conference" organised by the Karnatak Rajya Ahimsa Sammelan Samiti, we held some programmes screening our films "What Price Beauty?" and "Ivory Poachers" in English. Our Get-together which was generously sponsored by a local **BWC** member was well attended and the all-over response received at Bangalore was overwhelming. 32 Life Members and 50 Annual Members have been enrolled and several donations received.

Beauty Without Cruelty representation was specially requested at the International Yoga Co-ordination Centre's Seminar held at Faridabad during October 1983. In response to this invitation Ms. Sheela Dandekar, Director **BWC** Bombay Centre made a special trip to Delhi.

At long last, thanks to the persistent efforts of environmentalists and animal welfare organisations (including **BWC**), the Kerala State Government has finally dropped the Silent Valley hydro-electric project. This will not only help in conserving the magnificent trees but also the wild animals who inhabit the area.

Beauty Without Cruelty is distressed that an all-India project to rear and export butterflies is being planned by the Union Department of Environment. It is stated that "Butterfly Farming would be an

excellent way of turning an underutilised resource into a worthwhile source of export earnings with minimal effort and expenditure". Surely the foreign exchange involved should not blind us to the fact that butterflies like to be free. I quote from "Ends and Means" (Aldous Huxley) "Good ends can be achieved only by the employment of appropriate means. The end cannot justify the means, for the simple and obvious reason that the means employed determine the nature of the ends produced"

On 12th September, 1984, **Beauty Without Cruelty** (India Branch) will have completed a decade of hard work for alleviating the sufferings and exploitation inflicted on innocent animals for the luxury trades. We request Members to send in suggestions for celebrating our 10th Anniversary Year.

DIANA RATNAGAR
Chairperson

On 12th September 1984
Beauty Without Cruelty
(India Branch)
will complete 10 years.

Won't you give a
10th ANNIVERSARY
1974-1984
gift to the organisation ?

We request each Member
to enrol ONE new Member!

OUR GET-TOGETHER IN BANGALORE

SUDERSHAN KUMAR

On 15th October, 1983, **Beauty Without Cruelty** organised a Get-together at Hotel Luciya International. The occasion was the visit to Bangalore of Ms. Diana Ratnagar, Chairperson, and Ms. Nalini Z. Mehta, Vice President. It was an important event for the local Members and their friends who had the opportunity of knowing more about **BWC** activities.

Our films, "What Price Beauty ?" and "Ivory Poachers" were screened for the 65 Members and guests present. It seemed as if the audience was struck dumb seeing needless cruelties perpetrated on innocent creatures. Obviously the humane message of **BWC** found a response in the hearts of those present. Questions were asked about the availability of alternative products, such as non-leather footwear and *Ahimsa*

sarees. **BWC** Greeting Cards were bought and many enrolled as Members.

A few Members expressed their desire that a **BWC** Centre be opened at Bangalore. However it was decided that to begin with frequent **BWC** programmes should be held in the city, publicity be given to the movement, and new members be enrolled. It was agreed that unless there was a team of dedicated workers there was no point in starting a Centre.

Kodai Dairy Products had donated some cheese made with microbial rennet. Cheese toasts prepared from this cheese were served along with the other snacks. The entire function was most generously sponsored by a Member, Mr. B.S. Jain, to whom we are very grateful.

DO YOU KNOW ?

"VARAQ" (silver or gold FOIL, particularly used on "methai", "paan", "supari", as an ingredient in some Ayurvedic medicines, and also for certain decorations) is made by placing a thin metal sheet between several layers of ox gut skin which have been bound together to form a booklet. The skin being strong can easily stand intense hammering till such time as the metal sheets kept in-between become extremely thin, thus producing the required foil.

ANIMALS DON'T SMOKE
ANIMALS DON'T DRIVE
ANIMALS DON'T WEAR MAKE-UP
ANIMALS DON'T USE PAINT
ANIMALS DON'T DRINK ALCOHOL
ANIMALS DON'T DROP BOMBS
ANIMALS DON'T TAKE DRUGS

BECAUSE YOU DO
WHY SHOULD THEY SUFFER ?

**Animals have rights in themselves
because of their capacity to feel
both pain and pleasure.**

St. Ciaran of Ossory, 5-6 A.D.

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STOP THIS CRUELTY TO SNAKES

REUBEN DAVID

I had sent three young and enthusiastic conservationist friends of mine to observe the show at Savrangpura (Ahmedabad) and report the details. Their eye-witness account of what misery and rough handling the snakes are subjected to is very shocking. A few points I feel I should present to the people of our State and appeal to them to desist from patronising such shows.

1) The heroine of the show picks up a Red Sand Boa – a harmless non-venomous and docile snake – and crudely ties it into a tight knot.

2) Next she picks up a Russels Sand Boa, also non-venomous, by the tail and whirls it round and round overhead and sideways and then throws it on the ground like a rope.

3) She then walks over – actually fully stepping over – the poor snakes (50 to 70 of them) as they crawl about on the floor. It is very likely that all their fangs have been pulled out as in the Bhavnagar case. Snakes have very delicate and perishable spinal cords and this sort of treatment would not only be extremely painful but even fatal to them so the full weight of an adult human could result in severe damage to their respiratory tract and spinal column culminating in death.

To add to all this, a lot of misleading information and fantasies are fed to the spectators, who witness the show as cited below :

a) The Russels Sand Boa is presented as a very dangerous snake of Madhya Pradesh which bites its victim and leaves all its teeth in the body. Soon these teeth cause the bones and flesh to decay and rot rapidly and the victim ultimately dies Absolute nonsense !

b) The Rat Snake is also a very strong and dangerous snake which creeps upon cattle grazing in the jungle and encircles them tightly in its deadly coils causing their death due to arrest of blood circulation by its sheer strength Most ridiculous and absurd !



c) An ordinary Bino Celiate Cobra was explained as the King Cobra, the most poisonous snake in the world totally wrong in every aspect.

I strongly feel that in this case the Government should immediately confiscate all the snakes and impose a heavy fine on these show organisers and performers. A Government Resolution should be suitably brought into force once and for all strictly banning all such snake shows. And this ban must be speedily brought to the notice of all the various departments concerned even in the remotest areas and smallest villages so that such culprits can never dare to perform anywhere.


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From Beauty Without Cruelty, Printed in India, October – December 1983

THE TRUTH BEHIND THE "BEAUTY BUSINESS"

CHRISTINE BERRY

Behind the multi-million beautifying business lies a story of suffering, pitiless and cruel. It has been estimated (global figure) that over a million animals die every year in the testing of cosmetics and beauty products while the companies who manufacture them make every effort to hide from the public the obscene processes used to test an ever-growing range of toiletries.

There are numerous manufacturers who wish the public to believe that cosmetics must continue to be tested on animals for reasons of safety. There are already thousands of existing beauty preparations produced from pre-tested substances, and a number of firms are offering a wide range of products which neither contain controversial animal substances nor are tested on animals.

The facts are shocking and it is difficult to imagine anyone with a shred of conscience continuing to buy cosmetics at the expense of such animal abuse once they become aware of the means by which cosmetics are tested.

The following tests used widely in the cosmetic trade illustrate some of the way animals are abused for the sake of beauty.

Shampoo Tests on Rabbits (Draize Eye Irritancy Test)

One of the recognised methods of testing shampoos is to instil a concentrated substance into the eyes of rabbits so that the degree of damage can be observed and recorded. This frequently involves severe swelling, discharge and blistering, leading to the destruction of the cornea. Often concentrated preparations are dripped into the rabbits' eyes, sometimes over a period of several days and the damage is then measured according to the size of the area injured. To prevent the rabbits dislodging any substance applied to the eyes they are im-


mobilised by having their heads held in clamp-like devices; eyes can be kept permanently open by the use of metal clips or strips of adhesive tape which makes certain the eye-lids are forced apart.

Animals force-fed with Cosmetics to discover level at which 50% Die (LD 50 Test)

Force-feeding is a commonplace procedure when testing lipsticks, hairdyes, face powder and other makeup preparations; it necessitates forcing vast quantities of test material down the throats of animals, causing prolonged and agonizing pain, and often their internal organs become blocked or ruptured. The object of this experiment is to determine the toxicity of a substance and the dosage level at which half the animals die. Massive volumes of cosmetic material are forced by means of a tube into the animal's distended stomach and the pain of the dying animal is allowed to continue because to end their misery would possibly produce an incorrect result to the experiment.

Skin Irritation Experiments (Draize Patch Test)

For skin irritant tests animals are immobilised in restraint devices while test substances are applied to the exposed skin. Resulting reactions sometimes include damage resembling severe "chemical burns". The method of preparing the body of the animal for the application of test substances is a procedure which involves removing the fur or hair either by shaving or abrading. When the skin is abraded, adhesive tape is pressed firmly on to the animal's body and then quickly stripped off. By repeating the technique layers of skin can be removed until the desired level is reached. Chemical irritants are now applied to the sensitive area which is covered with a plaster or sleeve and after a

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period of one or two days the covering is removed and the skin inspected. The animal is always restricted from movement by a stock-like restraint to prevent it from scratching or trying to remove the irritant. Guinea pigs are frequently used for testing astringent preparations and after-shave lotions.

Anti-perspirant Tests

Anti-perspirant tests are invariably performed on rats which are clamped down or their backs with hind legs raised, their feet are enveloped in tight shoe-like tubes made of rubber, thus preventing any sweat secretions from evaporating. The anti-perspirant test is applied to one foot and then a comparison is made with the untreated foot. Apart from the cruelty involved animal studies are inconclusive and thus, from a purely practical point of view, highly unsatisfactory.

The Perfume Industry

Few people realise when purchasing that seemingly "innocent" bottle of French perfume, that the fixative used by the perfumer to "fix" the scent, may have been taken from the abdomen of the rare musk deer, killed for this musk pod, or from the African civet cat, which is subjected to having a gland near its reproductive organs scraped out every few days with a horn instrument for a substance highly prized by some perfume houses. Ambergris is a substance found in the intestines of the sperm whale and is also used as a fixative in certain perfumes. Although the substance can be coughed up by the whale, the bulk of it is obtained after this highly sensitive and intelligent creature has been killed by an explosive

harpoon, one of the most inhumane and barbaric killing methods ever devised by man. Castorium from the Canadian or Siberian beaver also provide perfume manufacturers with fixatives.

There are numerous synthetic alternatives which are freely available and which can replace the animal-based substances.

Animal Products utilised in the Cosmetic Trade

Some cosmetic companies incorporate various animal ingredients in their products which are totally unacceptable as animals are abused and killed specifically to obtain these substances. These ingredients include : foetal extractions, unborn animal placenta, amniotic fluids, spermaceti wax from the carcasses of whales, whale oil, crushed snails (to give moisturising sheen) and turtle oil. Other animal products widely used in cosmetics include : glycerine, fatty acids, esters, alcohols, emulsifiers, all of which may be of animal, vegetable or synthetic origin. Tallow, used as a base for soap, is made from animal fat, and collagen is the principle protein of skin and connective tissue. These substances are obtained from abattoirs.

Alternatives

The identification of products which have not been tested by means of experiments on animals and do not contain animal ingredients, the derivation of which caused ill-treatment to or the death of the animals involved, is a vital part of the work of **Beauty Without Cruelty**.

Courtesy : **BWC**
(South Africa Branch)

**THE SMALLER THE VICTIM
THE GREATER THE CRIME**

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HOT DOG

BRIAN D DAVIES

According to the eyewitness account of a South Korean member of an International Fund For Animal Welfare anti-cruelty team, this is what can happen to a cat just like one you may have.

Purchased in the market place or from a private home, it will be thrust into a cage with other doomed cats and taken by motorcycle to one of hundreds of small slaughterhouses that dot the countryside.



Kettles of scalding water like this are used to boil cats alive.

Animals on the way to hell in South Korea's cages of despair



Once there ... and it is all I can do to write this ... the frightened animal is grabbed by the neck and thrown alive and conscious into a black iron kettle of boiling water.

Dogs suffer just as much! They are slowly suffocated to death by a particular cruel method of hanging ... South Koreans claim slow strangulation makes for "tender" dog roasts.

Englishman John Nye spent weeks investigating South Korean cat and dog meat dealers as a member of an undercover International Fund For Animal Welfare anti-cruelty team.

This is what he told me about a gruesome killing he witnessed at one of the special dog farms near the large northern town of Tongduchon.

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He reported :

"The animal was taken to the centre of a low, three sided building, the fourth side being open."

"A wire noose was placed around its neck and passed over a beam. It was then struck twice on the head with a stick while it struggled and howled, but it did not fall to the ground."

John, an experienced animal welfare investigator, has no doubts that the dog was still conscious when it was hung. There was no blood and the eyes did not glaze.

"The dog was then hoisted into a hanging position and the loose wire end tied to a

post."

"Because the hind legs continued to touch the floor, the dog struggled until it lost strength and choked to death. This took at least five minutes."

When John tried to interfere with the hanging, there was a ".....heated' confrontation on the verge of violence."



The flesh of this tormented animal will sell for up to US \$ 80.00.



We request readers to write protest letters to :

The Ambassador
Republic of Korea
9 Chandra Gupta Marg
Chanakya Puri
New Delhi 110 021

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REGARD FOR LIFE

A.M. BAKRE

If a question is asked, "What is the most precious thing on earth?", the answer inevitably is "Life". There can be no two opinions about it. All philosophies, activities and achievements originate in life and are meant for the existence and advancement of life. That is to say, they are a means to an end, the end being life itself. Entire religious, political, social, economic, industrial and all such other activity is instrumental in the progress of life. If the element of life is withdrawn, all philosophical postulates and physical functions become defunct and immediately collapse. The most important word "Dharma" connotes "dharama" i.e. the sustenance and betterment of life. And this is equally applicable to all other schools of thought, i.e. they are meant to serve life. Hence, it inevitably follows that "regard for life" constitutes the fundamental basis of all our ideas, endeavours and achievements.

Cosmic Life

Having accepted "regard for life" as the fundamental principle governing human activities, the second question is "What is life?" The answer is "All that breathes, thinks, experiences, feels pleasure or pain and reacts, though in varying degrees, is Life". Thinking from this point of view, taking life to mean only human life is taking an illogical, unscientific and extremely narrow view of life. Such a restricted view of life, therefore, deserves to be condemned as unreasonable, unreal and extremely selfish.

Coming to this broad plane and starting to view life in its full and proper perspective, our eye meets with the entire cosmic life, i.e. plant life, animal life (bird and beast) and human life, these three being the constituents of the entire life on earth.

Love for life

The third question is "What do we do

about our life?". The spontaneous answer is "We love our life". Self love is the first and foremost instinct in every creature, be it human or sub-human. The query "Why do we live?" is to be answered as "We live because we love to live, i.e. we love our life"

Love for All

The fourth question is "Should we love only ourselves, is only human life lovable, does no other life deserve to be loved, should we be so miserly, so narrow in our love as not to extend it to other forms of life?" No sensible person with his heart in the right place and head functioning aright would answer in the affirmative. The answer evidently is "No, we should love All i.e. human life, animal life and plant life" That is the correct and cultural approach to life, since as some thinker has said "culture begins with crossing the boundaries of selfish thought". And if we want to lay any claims to culture worth the name, we are duty-bound to love all forms of life.

Love-for-All in Action : Humanitarianism

Having progressed so far, the fifth question is "What do we actually do when we say that we love life? How is the love put in action?" The obvious answer is "We defend and develop our life" We defend, protect or save our life in the first place, and develop it to make it better, abler, happier and nobler in the second place. Safe-guarding and saving life from evil onslaughts and extinction is protection of life, and hence it follows that since we love all, we must protect all. That inevitably leads to saving all forms of life from extinction and exploitation. And this is exactly the purpose of **Beauty Without Cruelty** which appeals to our humane instincts to save the lower species from man's ego and inhumanity. It appeals to its mem-


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bers to eschew cruelty and killing wherever possible. It appeals to man to rid himself of his vanity and insatiable greed. It appeals to us all to shed our perverted sense of beauty based on cruelty and false glamour. It is an

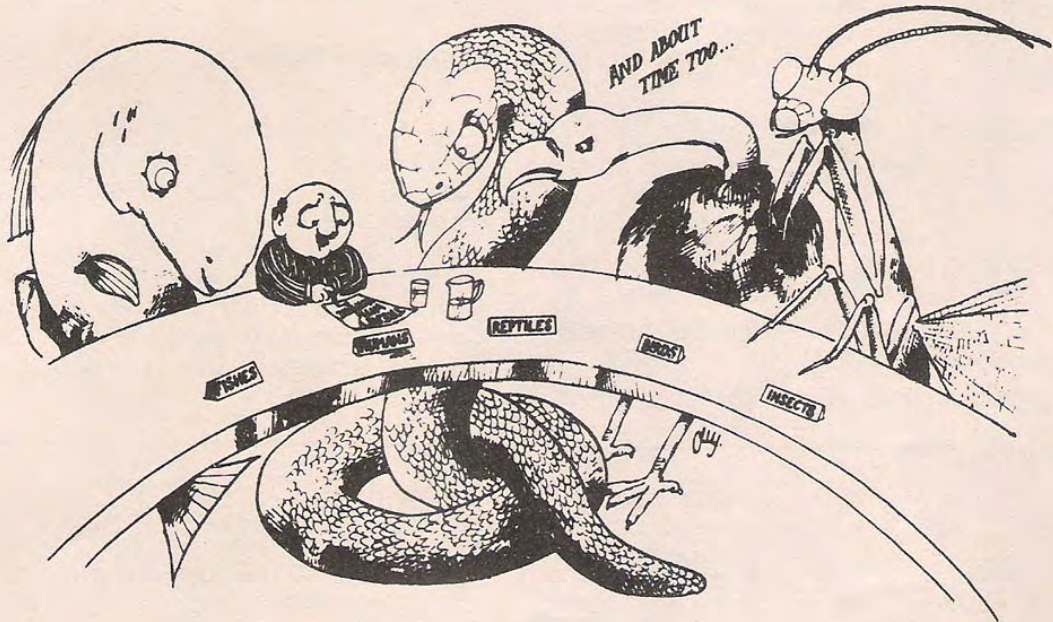
appeal to our sanity. It is a humanitarian appeal, and as we are sensible humans, it is the duty of us all to understand it intelligently and to respond to it positively, honestly and effectively.

OCTOBER – REVERENCE FOR LIFE MONTH

Because :

- * Billions of our fellow animals are abused and slaughtered each year for human consumption.
- * Millions of people die each year of chronic diseases associated with consumption of animal flesh.

- * Our soil, water, forests and other vital and largely irreplaceable natural resources are being destroyed by the insatiable demands of animal agriculture.
- * Vegetarianism represents the only effective solution to these critical problems that threaten our very existence.



Treaty with Nature

Courtesy : ECOFORUM

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NEWSPICK

Times of India September 20, 1983

Wildlife board urges ivory trade take-over

The Indian Board for Wildlife (IBW) has suggested that the ivory trade should be nationalised immediately to end the indiscriminate poaching of Indian elephants.

It said that the ivory carving trade should also be taken away from the hands of private trade as the Indian tusk was being substituted for imported African tusks. There is a ban on the use of Indian tusks in the trade.

Ivory trade was not brought under the purview of the Wildlife Protection Act, as carving and trade in imported African ivory was allowed to benefit thousands of carvers in Kerala, Karnataka, Tamil Nadu, Delhi and Rajasthan.

The Board feels that nationalisation would eliminate traders malpractices. It would also ensure employment to artisans carving exclusively on imported African raw material.

Deccan Herald October 2, 1983

Ban on import of all tallows

The government today banned the import of all tallows of animal origin including mutton tallow for any use whatsoever.

It had already banned the import of beef, buffalo and pig tallow.

According to a Government notification,

this follows recent reports regarding the alleged use of beef and other animal tallow in the manufacture of vanaspati by some unscrupulous persons.

The ban order also covers import by the Government owned State Trading Corporation, which has been banned from supply of any tallow of animal origin for manufacture of fatty acids, or greases or for any other purpose.

Under the order, no advance or import licences or release orders will be issued for the import of mutton tallow or tallow and oil of animal origin for manufacture of any products for export.

The order also prohibits clearance for home consumption of tallow or fat or oils of any animal origin which have already been imported into the country

Moscow News Information No. 81, 1983

Mink hunt in Britain

An unusual hunt is under way in Britain where police are being sent out to catch minks. Nearly three and half thousand of these fur animals were set loose from their cages on two mink farms. Responsibility for the minks being set free is claimed by an organisation, the Society for the Prevention of Cruelty to Animals. According to the London "Times", the police have not caught all the minks yet.

THE ANIMALS OUR FRIENDS

Stories for the young of all ages, likely to fan the small flame of compassion which burns in the heart of every child will be enjoyed by your school-going young whatever their age or class. Colourfully bound, and containing ten interesting stories with attractive illustrations.

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HIS Sanctuary
Durgapura
Jaipur 302 015

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This page is given with the idea of encouraging our Readers to write us.

FROM YOU TO US, COMPASSIONATELY

P.O. Box 18, Poona 411 001.

A **Beauty Without Cruelty** (India Branch) Member from Palitana writes :

I am herewith sending a photograph of a baby wild deer which I rescued when its mother died in a terrific cyclone in November 1982.

These animals are known as 'Chhinkaras'. They are so gentle and lovely and enhance the beauty of this region. Unfortunately, the backward tribes are hunting them, and it seems to me that very soon there will be no 'a tomorrow' for them.

This little baby is one of the members of our Ashram family. In the beginning I used to tie her up, but it was obvious she did not like

this. So I set her free. Now it has been proved to me that if you give love to an animal, the animal will always be a faithful and devoted friend Daily she goes to the jungle at six o'clock in the evening, and returns regularly early in the morning.

We have named her Ganga and she has become a great friend of our dog Jamna. It is a long story but I must stop here.

Kind, quiet and playful little Ganga But who cares for and appreciates such innocent creatures who cannot speak for themselves! And yet it is these precious ones who lend beauty to the hills and forests and bring us closer to Nature.

SWAMI AKSHARANANDA SARASWATI



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From Beauty Without Cruelty, Printed in India, October - December 1983

VEGETARIANISM

VIJI SUNDARAM

For six months Dinesh Raman (not his real name), 32, of Connecticut, held off. Then he gave in. At first it was just fish; then he included chicken in his diet. Now he walks into a restaurant and casually orders a steak.

"It's hard to stay a vegetarian here" he said, by way of explanation. "You have to get those proteins."

Srinath Chowdry of New York, on the other hand, a meat-eater since infancy, decided to turn vegetarian after reading about meat-related diseases. Back in India, he said, he had never thought much about what he ate. Now he's joined forces with an animal rights group and is spreading the word around.

Vegetarians, the world over, are a minority group. They are also, oft times, the butt of jokes. "They're nuts", "they're veggies", "they're grass eaters", are some of the quips that make the rounds. Their dietary preference stems from religious, health or ethical reasons. Perhaps the only country where religion plays a key role in determining food habits is India.

Steve Minkin, a magazine editor in Brookline, Mass., has been a vegetarian eight years. Minkin said it started in 1974 when he was touring the Orient. While he was in India, he said, he befriended a lamb whose "trusting eyes" moved Minkin to promise he would never eat meat again.

"The lamb made me realize the sacredness of life", Minkin said.

Minkin's compassion is not uncommon among vegetarians. Elaine Nazzaro, 32, of Medford, Mass., doesn't think people have a "right" to eat animals. Nor does Annette Pickett, 54, of Mobilization for Animals, Lincoln, Mass. "I think it's terrible to kill animals for food," she said.

For many others, the question of ethics follows the awareness of pain involved in animal slaughter. Jessica Kespohl, 39, of

Boston, says a childhood memory made her become a vegetarian 14 years ago. "I still remember the sound of those pigs bawling", Ms. Kespohl said. "I feel better qualitatively for not eating animals," she said.

Almost all packed foods sold in the U.S. market, unless otherwise stated, contain chemicals used as preservatives, nutritionists say. Meat particularly. Some health-conscious people such as Heather Schofield, 41, of Boston, have become vegetarians because of a concern about chemicals. Ms. Schofield also is vegan, meaning she abstains from all animal products, including dairy and leather.

Nutritionists, while admitting that several animal foods are a rich source of protein, also insist one doesn't have to bite into a steak to get that protein, and that the Great Steak Religion of the United States has been beefed up by the country's meat industry.

According to Brian Clements, director of the Hippocrates Health Institute in Boston, chick peas are 25 percent protein, while red meat is 19 percent protein.

Paavo Airola, considered one of America's foremost nutritionists, says in his book, "Airola Diet and Cookbook" that proteins from many vegetables are equal to or superior to animal protein in biological value.

Nutritionists also contend the body does not need just any kind of protein, but amino acids for protein synthesis. Of the 22 amino acids required by the body, only eight cannot be manufactured by it and are procured from outside sources. Red meat, the heart of the protein cultist's diet, loses some amino acids when it is cooked, Clements said. Partially cooked or raw vegetables and whole grain foods provide the proteins and amino acids.

Guillermo Asis, M.D., of Skardif Medical Associates, Brighton, Mass., practises homeopathy and nutritional counselling. Asis said protein has become an issue in

America, thanks to vested interests.

Even a randomly selected, calorically complete plant diet, will have the required protein in it, he said. Just the fact that breast-fed babies generally are, healthier than babies raised on cow's milk, which is said to contain 4½ times less protein and five times less calcium than human milk, points to the fact that man does not require that much protein, Asis said.

But Asis and other nutritionists warn that vegetarians must ensure a balanced protein-vitamin content in their meals. One way, Asis said, is to ensure variety.

Soyabean preparations, chick peas, sunflower seeds and legumes rank high on the protein-rich food list, nutritionists say.

"People don't realize that a quarter pound of beef contains just 20 grams of proteins, as against the 30 grams contained in the same amount of falaful (a chick peas preparation)" said Catherine Caton O'Berry, owner of a nature food restaurant in New Bedford, Mass.

Perhaps no one can champion the case for vegetarianism more effectively today than Gail Olinekova, 30, of the U.S. Virgin Islands, who recently was hailed by the media as "the fittest woman in America." Ms. Olinekova said she has been a strict vegetarian for 12 years because it gave her better health.

"I know that my super health and athle-

tic longevity are due to my vegetarian diet" she said. "I'm also able to deal better with stress."

Ms. Olinekova was voted outstanding female junior athlete of 1972 in Canada and came within a few tenths of a second of making the 1972 Olympics team. She claims she is primarily a fruitarian, but includes tofu (a soyabean preparation), sprouts and nuts with an occasional indulgence in goat's milk yoghurt. Her daily schedule includes three to four hours of running, rowing and cycling. "People plan everything in their lives except their diet" she lamented.

Today, although just five percent of Americans are vegetarians, the diet is becoming more popular, according to Clements.

"It's definitely on an upsurge" he said.

Asis maintained a plant diet is more than sufficient for good health. Cattle, he said, develop big bodies merely by pasture feeding. Clements endorses this theory.

"Animals get required amino acids just from the grass and greens" he said.

Besides, Asis said, directly or indirectly, we depend on plants for nutrition.

This idea corresponds with an Indian spiritual leader's description of a meat-eater."

"A non-vegetarian is, after all, a vegetarian twice removed - he eats the goat that eats the grass."

WORLD VEGETARIAN DAY OCTOBER THE FIRST

The vegetarian diet is the superior diet for :

- * Alleviating world hunger.
- * The health of human beings.
- * The ecology of our planet Earth.
- * Compassion for animals.

October the first shall be known and celebrated as World Vegetarian Day.

Gordon Latto
President, International Vegetarian Union

**COMPASSIONATE FRIEND**

NEWSLETTERS

BOMBAY CENTRE

C/o Super Prints
Ruby Auto Engineering Compound
43 Queen's Road
Bombay 400 002
Tel. 312027 Ext. Super Prints

Currently the Film Show Campaign is on in full swing at colleges, schools, clubs, religious institutions, etc. More than 160 letters have been sent and the response is overwhelming. The films are preceded by an introductory talk and followed by a question-answer session. List of Honour, soaps and cards are also part of the programme.

We've had considerable coverage in the press – Sunday Daily dated 31st July 1983 carried a full page article by Ms. Shireen Jamaal, Mid-day dated 5th August 1983 had a write-up by Mr. V. Kamath, again Mid-day dated 6th September 1983 had an interview of Ms. Nalini Mehta by Ms. Tara Patel. As a result of this exposure, a lot of letters have poured in asking for more information about **BWC**.

The greeting cards season is here once again and the office is now buzzing with related activity. I am happy to state that quite a few volunteers have been coming to help.

Besides our usual sale of individual cards, last year, for the first time we also had packets of 5 cards. Some members found these more convenient to sell and keep an account. Therefore this year too, packets of 5 cards will be available. The packets are basically of two types : (a) Assorted (1 card of each picture) (b) One design only (all 5 cards of one design). Each type will again be available with either "Season's Greetings" or blank inside.

Another novel idea this year is the Surprise Gift Scheme whereby the three highest sellers of *packets* (not loose cards) in Bombay will be given a gift. Details have been sent to all Bombay Members; those of you who need more information may contact us. I am sure all Bombay Members will put in their best efforts to help us sell more

cards this year thereby making the **BWC** cards a resounding success.

SHEELA DANDEKAR
Director

SURAT CENTRE

8/1644 Gopipura Police Gate
Surat 395 001
Tel. 36240

A Sub-Branch of **Beauty Without Cruelty** (India Branch) has been established at Surat on Dassera Day, 16th October, 1983. Mr. Girishbhai Pethani was the Chief Guest at the inauguration of this **BWC** Surat Centre. Mr. Pethani lit the inaugural lamp in the presence of members and friends on this auspicious day. A talk was given on **BWC** activities followed by a video show of our two films "What Price Beauty ?" and "Ivory Poachers". Sweets and masala milk was served and 'Akinsa' soap distributed.

The response has been very good. Our special thanks to Mr. Chhotalal V. Shah for kindly donating office space for our **BWC** Surat Centre. We are also grateful to all others who have come forward to help the Centre, especially Mr. P.M. Shah (Chartered Accountant) who has offered to work on an honorary basis.

After Diwali, the local agents of Sapna soap, namely Bhairav Agencies offered to sell soaps to the **BWC** Members at the wholesale rate and hence, they wrote accordingly to all Surat Members. In it, as per my suggestion, they also printed a reminder for payment of renewal of memberships. The result was instant and on the third evening of having sent the letters, two renewals came.

PRAVINCHANDRA M. ZAVERI
Director


COMPASSIONATE FRIEND