



# COMPASSIONATE FRIEND

JOURNAL OF BEAUTY WITHOUT CRUELTY INDIA





# Beauty Without Cruelty

AN INTERNATIONAL EDUCATIONAL CHARITABLE TRUST FOR ANIMAL RIGHTS



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is a way of life  
which causes no creature  
of land, sea or air,  
terror, torture or death.

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## **AFFILIATED ORGANISATIONS**





Ms. Hermoine Ainsworth, one of the Trustees of **Beauty Without Cruelty** International, was in Delhi for a couple of days. We were pleased to take the opportunity to meet her.

Amongst the subjects discussed, Ms. Ainsworth showed deep concern about **Beauty Without Cruelty** in South Africa. **BWC** had been sued for defamation by a furrier who was being heavily supported, morally and financially, by over 34 international furriers. **BWC** had widely displayed the picture printed on the inside back cover of this magazine, as bill board posters. The furrier sued the Society on the basis that such adverse publicity would result in them suffering "irreparable financial loss to a substantial degree" Anti-fur campaigns had been successful in causing some furriers in Europe to close down. Furthermore, the "Fur Age Weekly" was urging international furriers to sue all those Animal Rights groups undertaking anti-fur campaigns. Although Ms. Ainsworth felt this indicated we were achieving our aim by way of a decline in fur sales, it also meant that we were being subjected to needless trouble involving high legal costs.

Incidentally, in response to letters, the Princess of Wales replied through her lady-in-waiting that "The Princess does not wear fur, only imitation fur". This news, publicised extensively in British newspapers, is seen as a severe blow to the fur industry. The fashion editors of all national publications have been requested to follow the lead of Princess Diana. Also more and more English models are refusing to work with furs, and thereby forgoing high salaries. As Linda McCartney remarked "I wouldn't wear my dog's coat, so why should I wear a fox's?"

In April 1986, Ms. Nalini Z. Mehta (Vice President) and I represented **Beauty Without Cruelty** at the First World Conference on Trade in Froglegs vis-a-vis Environmental Considerations. We were both surprised and distressed to find hardly any organisations connected with "environmental considerations" or animal welfare present. The majority were from

## Information & Action

the Marine Products Export Development Authority (the organisers of the Conference), the Central Inland Fisheries Research Institute and allied institutions. Naturally therefore neither "environmental considerations" nor the ethical standpoint was given any importance. We took it that "environmental considerations" would be the objective of the Conference. The fact that it was not so, wasn't the only surprising factor: the newly developed, but not standardised, technique for killing frogs, demonstrated at the Conference, was found far from "humane". In short, it can be rightly stated that the Conference did not succeed in convincing animal activists abroad. Thus the campaigns to stop the consumption of froglegs continues unabated.

Recently, on inquiring about the use of animal proteins in shampoos appearing in the market, we learnt through a reliable source that Indian shampoos could contain any thing from egg to human placental extract. Moreover, special caution should be taken of such misleading labels as "herbal", "natural", "pure", etc. Herbal products do contain herbs but these are only part of the ingredients, the base of such products in all probability contains animal matter. And "natural" can mean naturally derived from animals — in other words, not synthetic. "Pure" means "unadulterated", so could also be of animal origin, as for example "pure silk"!

In the above connection, we are happy to announce that an updated 1986 "List of Honour" has been printed in English. Readers who would like a free copy are requested to write us.

Just as we were about to go to the press, a letter from the Animal Welfare Board of India arrived. We are very pleased that Mr. Mool Chand Daga, Member of Parliament (Lok Sabha) has been nominated as the new Chairman of the A.W.B. Mr. Daga is familiar with the work carried out by **Beauty Without Cruelty**. We therefore look forward to his kind assistance to further our humane cause

**Diana Ratnagar**  
Chairperson

**COMPASSIONATE FRIEND**

From Beauty Without Cruelty, Printed in India, April-June 1986.





## Lambs to the slaughter

BILL AITKEN

*Export quality Karakul fur  
is produced by killing  
the lamb within 48 hours  
of birth*

As the annual homage to the Mahatma takes place, with wreath at Rajghat and discounts at the Khadi emporia I came across an extraordinary document issued by the Rajya Sabha Secretariat that would send Gandhiji spinning in his grave. This is the 84th Report of the Elders' Petitions Committee, a forum whereby any aggrieved citizen can submit evidence of injustice and get a hearing from ten nominated members of the Rajya Sabha. The 84th Report is the Rajya Sabha's nominees' findings on an appeal against cruelty to, and exploitation of, dumb creatures.

The petitioners were from **Beauty Without Cruelty**, the Pune branch of an international organisation run on charitable lines, spokesmen, as it were, for the dumb animals. Mahatma Gandhi spent a good part of his time writing and working against the bestiality practised by humans on lower sentient beings. Most of it passes under the scientific cloak of vivisection and no one has ever denied that nine-tenths of the experimentation on animals is a waste of time, effort and money. Science however, is a fashionable term and we all know what unpleasant connotations flow from being a "guinea pig". But it's for a noble cause, we are told, the advancement of science and the perfection of the human species. It's

all lies of course. Ask them to translate the big talk into everyday terms and you find that blinding rabbits with droplets of shampoo is the cheapest way cosmetics manufacturers can test their product. Is it necessary to blind animals so we can slick down our hair? Many people don't think so and are exposing this so-called scientific lobby for what it really is — a crass commercial exploitation of the animal world, consciously choosing cruelty to hasten the profits. The Mahatma would have been horrified. Not the Rajya Sabha Committee.

**Beauty Without Cruelty** has had some success in the West by retailing substitute beauty products (such as shampoos and synthetic furs) which are almost impossible to distinguish from the original. More important, their public exposure of the rip-off of the long-suffering animal kingdom has released the basic human feeling of compassion and fair play for the rest of creation.

Report No. 84 dated May 1985 examines a particular charge of cruelty to which lambs are being subjected at Government Research Institutes at Bikaner and Kulu. The Karakul lamb (not native to India) possesses a short and curly coat, eminently suited to flatter the egos of fashionable people as a winter cap. The Indian Council of Agricultural Research decided this export market could be tapped. The trick in producing the export quality Karakul is either to rip it untimely

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from the mother's womb, by causing the ewe to abort her baby (by beating with iron rods!) or kill the new born lamb within 48 hours of birth.

It is vital that killing of the Karakul takes place before 48 hours. Otherwise the hair starts losing its curls and fashionable people won't pay so much. The Rajya Sabha members witnessed demonstrations on how it was done. "At Bikaner the Committee was given a demonstration of how the animal was stunned by the use of a wooden hammer used manually". The Rajya Sabha elders' only concern was that tapping a new-born lamb on the head with a mallet "did not appear to be fool-proof". Their opinions about its scientific parameters they chose not to disclose. The elders observed that "it might happen during the process of slaughter and skinning, the lamb might regain consciousness". They go on to make another "stunning" discovery: "In fact it did happen when demonstration was arranged for the Committee's benefit at Bikaner; the lamb regained consciousness within seconds. The Committee therefore recommends that quick steps be taken to develop some fool-proof and efficient methods of rendering the lambs unconscious". Notice the wording. Foolproof **and** efficient!



**Karakul lamb cap**

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If "slaughtering" can become "rendering unconscious" why shouldn't "efficient" mean "without a squeak?" But lost among the verbiage is the horrifying admission that the Karakul lambs are skinned alive. Stunned they may be, but dead they are not. Will a Member of Rajya Sabha have the courage to come forward and prove the claim of this report that a stunned lamb does not feel the pain of being skinned alive? To the credit of the Committee, at least they have flickerings of the Mahatma's compassion when they suggest the lamb while being skinned alive should be removed from the presence of the mother.

The chairman of the Committee Sri P N Sukul ends his report with the curiously reluctant line they have taken throughout, that the nation needs commerce before conscience, profits before compassion. "The Committee hopes that even where projects are undertaken as a commercial proposition, the humane aspect will not be lost sight off".

So the spokesmen of the animals lost their petition and the spokesmen for the Republic of India find nothing odd in sporting Karakul caps over their khadi uniforms. In a political touch to pass the buck back to the people, the Committee argued that "a strong public opinion has to be built up internationally as a single country's efforts in this direction would not be of much consequence. Till this is done there is no point in stopping the research or commercialisation of its results.

To those who feel Indian public opinion has been woefully misrepresented by this report, please write to Sri P N Sukul, MP, Petitions Chairman, The Rajya Sabha, New Delhi.

Why did the Committee not study the drastic decrease in the sales of the international fur trade, and the growing clout of the Animal Liberation Front? In a town like Liverpool the furriers are closing down because of strident pressure from the animal protection lobby. Significantly these groups of animal activists though high on the police priority list cannot be penetrated for their dedication is legendary. (Recently Dhiren Bhagat described a raid to release battery chickens in The Spectator.) Continuation of the Karakul

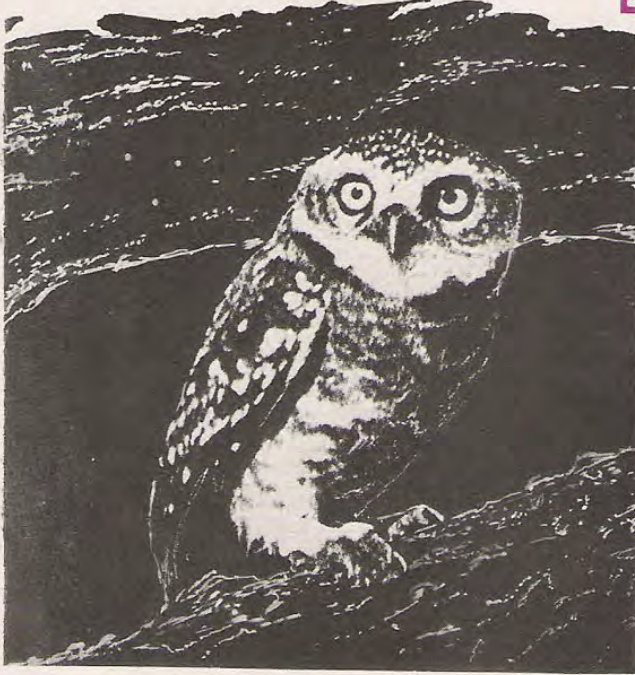


lamb "research" has no real export potential but it may well bring our society the added problem of animal activists. Beauty Without Cruelty sought to stop this blot on Indian culture by presenting the facts. The Committee has chosen to believe departmental officials who have a vested interest in obtaining funds for research no matter how debasing the project is to

the mind of the mallet-wielder or the image of the nation. The spectacle of lambs being skinned alive for fancy hats in foreign markets can only cheapen us in the eyes of all decent people. Honour can't be bought but are we so poor in spirit that we have to sell it?

Courtesy: THE SUNDAY OBSERVER

## Epitaph for an Owl



wonderful pet that funny little bird would make. If only Walter could approach without awakening it, and snatch it from the tree.

Closer and closer the young Walter came, and at last he reached up and grabbed the bird by its legs. But the owl, waking suddenly, came alive like no other animal Walter had ever seen! In a flurry of beating wings, wild eyes and frightened cries, it struggled against the boy's grasp. Walter, stunned, held on.

Now it's difficult to imagine what happened next and how it happened. But at some point the terrified boy, still clinging to the terrified bird, flung it to the ground — and stomped it to death. When the struggle was over, a disbelieving Walter gazed down at the broken heap of bronze feathers and blood. And he cried.

Walter ran from the orchard, but later returned to bury the owl he'd wanted as a pet. For months thereafter, the owl visited Walter's dreams.

Ashamed, he would tell no one of the incident until many years later. By then, the world had forgiven him. For on that sad summer day Walter Elias awakened to the meaning of life — and he never again killed a living creature.

Although nothing could bring that one little owl back to life, through its death a whole world of animals came into being. Perhaps it was then that a grieving seven-year-old boy, attempting to atone for a thoughtless misdeed, first sought to possess the animals of the forest while allowing them to run free — by drawing them. Now these animals live on in the incomparable, undying art of **Walt Elias Disney**.

Courtesy: THE READER'S DIGEST

Walter Elias, a city boy by birth, was the son of a building contractor. Before Walter was five, his parents moved from Chicago to a farm near Marceline, Mo. It was there that Walter had his first encounter with death.

Walter was only seven that particular summer afternoon, the perfect day for a young fellow to go exploring. Just beyond a grove of willows was an apple orchard, where Walter saw an owl perched in a low branch of a tree and apparently sound asleep.

The boy froze. He remembered his father telling him that owls rested during the day so they could hunt by night. What a

  
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# Chimpanzees' rights



IMMUNO A.G., a multinational pharmaceutical company, has brought a major legal battle against IPPL (International Primate Protection League), USA.

In 1982, IPPL got to know that IMMUNO was proposing to set up a chimpanzee laboratory in Sierra Leone. IPPL therefore initiated a world-wide campaign opposing the project of this internationally recognised endangered species.

Traditionally chimps are caught from the wild by shooting the mothers. The baby chimp clings fiercely to its mother and is caught after the wounded, over-protective mother is dead. Survival for these babies is bleak as they often die of injuries, disease or stress. The few that adjust to captivity are made to undergo abnormal lives and are used in horrifying experiments.

IPPL's opposition to the project won the support of many groups, and in 1984, the IMMUNO company in Vienna, Austria slammed IPPL's Dr. Shirley McGreal with a

multi-million dollar lawsuit based on a letter circulated by IPPL to a scientific journal of a limited circulation.

The lawsuit has been filed in New York, 750 miles from the IPPL Headquarters. U.S. civil lawsuits are not only time consuming and stressful but massively expensive, often lasting as long as 5 years. What frequently happens is that, after the preliminary rounds, an offer is made to settle out of court. "New Scientist" was the first to settle, with one of the conditions being that details of the settlement were not disclosed. At the time of going to press, only one of the 8 defendants is still in court fighting back.

Dr. McGreal did not settle willingly. IPPL's insurers had already paid \$ 300,000 in legal fees when it was decided that they had to pull out, despite Dr. McGreal's protestations. For an out-of-court settlement, IMMUNO first offered to accept \$ 750,000, dropped it twice to \$ 150,000, negotiable and finally took \$ 100,000 as "nuisance money" (i.e. it avoids the nuisance and expense of continuing litigation), even though IPPL would not retract its allegations. This may seem a large sum, but taken in context it is not so much. One of IPPL's attorneys, estimated that IMMUNO must have already spent more than \$ 1 million pursuing this case but probably received less than \$ 200,000 in settlements.

Despite the risk of legal action, conservationists in many countries, including Sierra Leone, continue to protest against IMMUNO's use of wild-caught chimpanzees.

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Dated 31st March 1986

I, Diana Ratnagar, hereby declare that the particulars given above are true to the best of my knowledge and belief.

**COMPASSIONATE FRIEND**

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Sd./- Diana Ratnagar  
Signature of Publisher



# The Gennarelli Tapes

PETER SINGER

In a major victory for the United States animal liberation movement, Margaret Heckler, the U.S. Secretary for Health and Human Services, has suspended funding for the notorious Head Injury Research Laboratory at the University of Pennsylvania, run by Dr. Thomas Gennarelli.

Gennarelli and his laboratory first hit the American headlines in June 1984 when members of the Animal Liberation Front broke into the laboratory and stole videotapes of the experiments, made by the experimenters themselves and not intended for public showing. A shortened version of the tapes was shown on American television. The tapes show baboons being cemented into special helmets which are then moved at high speed so that the animals suffer head injuries. According to the proposal for the experiment submitted to the National Institutes of Health (NIH) who funded them, the baboons were supposed to be anaesthetized when the head injuries were inflicted; but the tapes clearly show them wriggling and trying to free themselves from the apparatus before the injury occurs.

The tapes have shocked viewers wherever they were shown, not simply because of the obvious suffering of the baboons, but even more because of the callousness on the part of the experimenters. The baboons are handled roughly, they are referred to by terms such as 'sucker', their suffering is ignored, and they are made the butt of jokes and wisecracks which could not be made by people who really had the least concern for the interests of the animals on whom they are experimenting. On scientific grounds, too, the videotapes raised serious questions about the worth of the experiments. In one sequence, an experimenter drops a scalpel to the floor, picks it up and resumes surgery without sterilizing the instrument. On several occasions, experimenters are seen to be smoking, in clear violation of the conditions required for

the experiments. And most damning of all, after spending large sums building special equipment to inflict a very precise kind of head injury, the experimenters are then seen removing the special helmets by crude hammer blows which could easily distort the results of the experiments.

Since the tapes first became public, People for the Ethical Treatment of Animals (known as PETA), a Washington, D.C. animal liberation group, has led the campaign to stop these experiments. NIH, the body which paid for the experiments, is a government agency under the direction of the Department of Health and Human Services. PETA repeatedly asked officials of the National Institutes of Health to examine the videotapes, which they claimed proved violations of the government's own policy on the use of animals in experiments. The officials refused to view the tapes, saying that they were stolen property which must first be returned to Gennarelli's laboratory.

Frustrated at this stalemate, PETA and twenty-five other animal liberation groups began a sit-in at the National Institute of Health. Seventy-four demonstrators entered the NIH offices, saying they would remain until the experiments were stopped. After the demonstrators had occupied the offices for 77 hours, they achieved their aims. Margaret Heckler acted after having received a preliminary report from NIH investigators. The report found 'material failure to comply with the Public Health Service policy for the care and use of laboratory animals'.

On hearing of the decision, the demonstrators left the NIH offices among scenes of rejoicing. The feeling was reflected by one of the demonstrators Dan Mathews, who said: 'This is our biggest victory so far. It's a landmark decision because it shows there is a way of beating the bureaucrats'.

Although undoubtedly a major victory, the decision is not yet the end of the story. Funds for the laboratory (which has received \$12 million over 12 years) have been suspended, not stopped per-

  
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manently. The final decision on whether the laboratory will be closed permanently will be made after the University of Pennsylvania has responded to the criticisms contained in the report.

Whatever happens now, however, the Gennarelli case has shaken the confidence of those experimenters who have tried to brush off attacks on animal experimentation. The University of Pennsylvania is one of the top universities in the country, a member of the elite 'Ivy League' which includes Harvard and Princeton. The suspension of funds, and the reason for it, has been extensively reported in such leading American newspapers as the Washington Post and the New York Times. The New York Daily News even headlined their story 'Baboon-bashers lose out'. The American public now knows that there was something seriously wrong going on in what was supposed to be one of the best-run university research laboratories. More far-reaching change is surely on the way.

Courtesy: ANIMAL LIBERATION

## Pound seizure

To date eleven American States have banned "pound seizure" — the practise of selling or transferring unclaimed dogs and cats to animal research establishments for vivisection purposes.

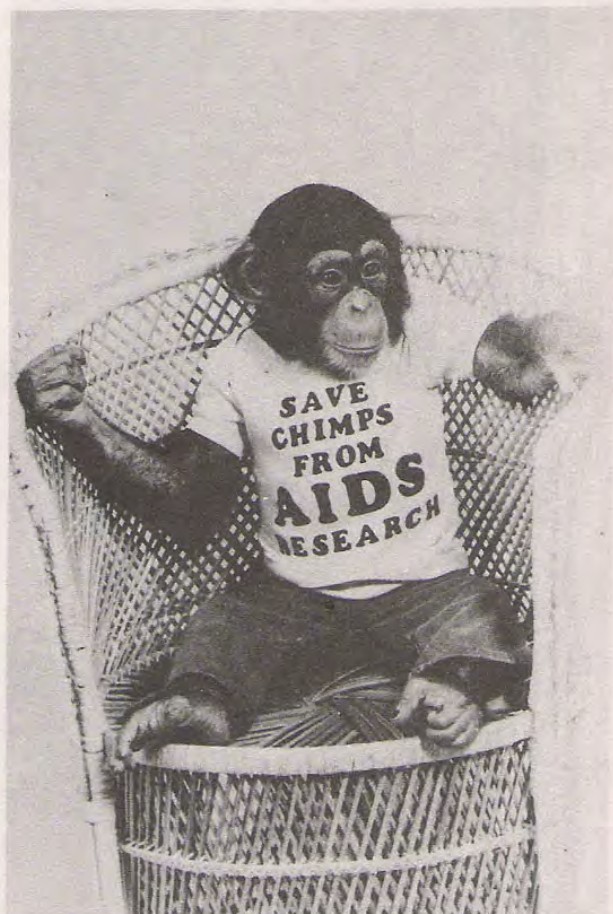
ProPets (National Coalition to Protect our Pets, Inc.) formed in early 1985, by representatives of leading animal protection organisations of U.S.A., has accomplished a great deal by introducing on 21st May, 1986, legislation in the U.S. House of Representatives to ban pound seizure across the nation.

Do you know that in India too our dogs and cats, especially the healthy and strong ones, can very easily land up in vivisection labs?

## Is it fair?

At a recent international conference on AIDS, U.S. Doctors announced a new vaccine. The vaccine, tested on animals, produces immunity through the formation of antibodies.

The tests were conducted on rabbits, guinea pigs and mice, but the Doctors cautioned that no results were available yet on tests conducted on chimpanzees, the only animal other than man known to contract the viral disease which breaks the body's resistance to disease.



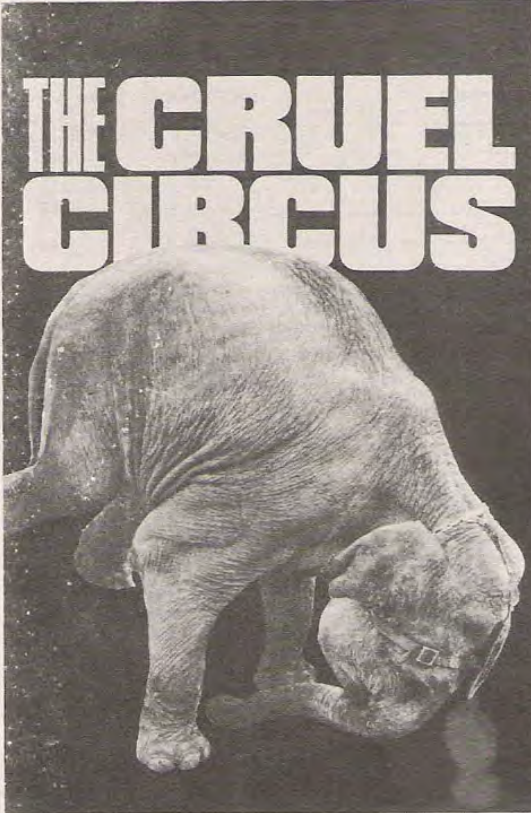
Photograph courtesy: I.P.P.L.

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No kindness, no love  
or consideration  
is involved in circus acts.



**Prani Mitra PRABUDDHA CHATTERJEE**

Circus shows are popular. The feats shown are not only interesting but extraordinary and thrilling. In trapeze acts the players swing on bars at incredible heights — suddenly releasing hold of one bar and flying in space to catch another — hanging with heads down 30 or 40 feet above ground. In horizontal bars gymnasts skilfully jump or swing about in a striking manner maintaining their poise and grace in movements. Then... .

Ah, then comes the rub. In the midst of

this enthralling display of human skill and also as a concluding show, comes the performance of animals. This entire series of display by animals is heart-rending — if one gets to know the inside story... then one learns that, no cruelty has been spared in training the animals for the show that is enacted.

Do the animals perform tricks to exhibit their skill and to win applause from the spectators? Do they perform gladly by way of love and affection for their trainers and masters? Not at all! Animal nature is so moulded that such considerations are completely ruled out.

To have a worthwhile performance the animals must be ready to do their act at a definite time, in a definite manner according to their trainer's orders. These strict requirements go against the nature of animals — more so in case of wild animals. The habits and behaviour of these creatures do not accord with the rules of a clock. Exact timings do not fit in with their way of life and temperament. However to get acclaim and applause from circus-fans the exhibition must go according to form and the show must be performed within the scheduled time.

No kindness, no love or consideration is involved in circus acts. For instance, there is an item in the show — it is well-known and a breath-taking piece — the rim of a large hoop is wrapped in a piece of cloth, soaked in kerosene, and set aflame. At the signal of his trainer a lion has to run to the hoop and jump clear through the blazing circle. Does the lion do this of his own will? Never! So the next step...

Terrify the animal. Exact his obedience by intimidating him through show of force — application of force. Make the lion understand that disobedience will bring him such punishment, such beating, such pain, such suffering, that in comparison the fear of jumping through a flaming ring will be child's play. This same rule is applied to the tigers and to all other animals. The animals have to be kept so subdued by the circus authorities that they have no alternative but obey the orders of the trainer.

There is no dearth of instruments to inflict painful punishment. Whipping and

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electric shocks are common. Apart from these, there are a variety of drugs; also pointed red hot iron rods, spiked collars, deprivation from food...

Bears are often made to perform in street shows. They are dragged and led by a string passing through holes drilled through their nostrils.

There are plenty of instances of forcibly pulling out teeth and nails by pincers. If the animal is truculent it is shut in a damp dark shanty for days on end. In that tiny abode the unfortunate cannot even turn round, cannot even stand straight...

When a wild animal is dragged away from the forest, its natural inhabitat of freedom, he is separated from his kind. He is kept in solitary confinement in a small cage — doomed for life. In despair and anguish his spirit is broken. The animal thus begins to fear his owner.

Occasionally in the circus arena the animals look happy and cheerful. A dog is seen wagging his tail, a monkey moves in a sprightly gait. This is natural. After staying almost the whole day chained or cooped up in a small cage (for a big animal like a tiger the average space inside a cage is only 2 sq. mts.), the creatures welcome a change of surroundings and are delighted and grateful to get an opportunity to stretch and move about. Their temporarily revived spirits are certainly not due to their being even a little eager to perform in the circus.

Animals are forced to continually practice their drill against their inclination. There is no scope for development of their natural instincts. On the contrary, at the demand of their master's requirements, their natural instincts are repressed: think of the show where a lion rides a horse — what a senseless unnatural event! It is well-known that horsemeat is a favourite food for lions. Can any animal feel comfortable or at ease at this sort of high handed behaviour on the part of the trainer?

When circuses move from one town to another what sort of arrangements are

made for the transport of animals? Small narrow spaces inside a truck or in a goods train. So small that they are unable to lie down, and have often to keep standing throughout the journey, bearing the jerks and jolts and shakings of the transport as best as they can.

Elephants are always in chains. To the owner of the circus or to the elephant mahout the only way of training elephants is the free use of the iron goad or the iron hook with which they are prod.

After knowing the facts, does one feel inclined to go to a circus and see tricks performed by animals? People have a false impression that wild animals are treated kindly in a circus. The circus authorities, in the interests of their business, take good care to keep secret the real state of affairs. But how long can one suppress truth and reason? Cruelty has to be exposed... In Sweden and Denmark the use of animals in circuses is forbidden by law. We, in India should take a vow to shun those circuses where animals are made to perform... So only will they fade out... So only will animals be allowed to live their lives in peace enjoying natural freedom.

## Circuses:

- confine animals in cramped, crowded, unnatural conditions.
- deplete wild animal populations.
- support the breeding of exotic animals for profit.
- force animals to endure a repeating pattern of contrived performances, parades, and uncomfortable travel by truck or train.
- promote the idea that animals are objects to be used for human amusement.
- frustrate the animals' extensive social, psychological and physical needs which would be satisfied in a natural, wild environment.
- utilize training methods based on intimidation.
- regard animals with ridicule and disrespect.

Courtesy: PAWS NEWS



## Masala Corn with Peas

Serves 4

- 2 large tomatoes
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 2 cinnamon sticks
- 2 cloves
- 10-12 red chillies
- 2.5-cm/1-in piece fresh root ginger, grated
- 5 cloves garlic
- 2 large onions, chopped
- 50 gms. ghee
- 225 gms. peas
- 225 gms. frozen sweet corn
- 300 ml/½ pint water
- ½ teaspoon sugar
- salt to taste
- 200 ml milk
- 5 tablespoons natural yogurt
- 2 tablespoons ground poppy seeds

1. Put the tomatoes in a bowl and pour over enough boiling water to cover them. Allow to stand for 1 minute, then drain and peel them. Grate the tomatoes into a bowl.
2. Grind the coriander and cumin seeds with the cinnamon, cloves, chillies, ginger, garlic and chopped onions to make a paste.
3. Melt the ghee and fry the paste in it for 3-4 minutes. Add the grated tomatoes and cook for a few minutes.
4. Add the peas, corn, water, sugar and salt and continue to cook for a few minutes.
5. Mix the milk, yogurt and ground poppy seeds, then stir this mixture into the vegetables. Bring to the boil, boil for 5 minutes and serve hot.

## Punjabi Garam Masala

Makes about 2 tablespoons

- 2 cinnamon sticks
- 2 cloves
- ½ teaspoon cumin seeds
- generous pinch each of ground coriander and ground cumin
- 1 black cardamom
- 1 green cardamom
- 1 bay leaf

1. Roast all the spices together in a heavy-based frying pan over a gentle heat.
2. Stir the spices continuously until they are lightly coloured. They should give off a strong aroma when roasted.
3. Grind all the spices to a powder and store in an airtight container.

## Paneer Makhani Serves 2

- 225 gms. paneer
- ghee or oil for deep frying
- 2 tablespoons natural yogurt
- 3 large tomatoes
- 75 gms. ghee
- 3 onions, grated
- 1 teaspoon garam masala
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1½ teaspoons chilli powder
- ¼ teaspoon turmeric
- salt to taste
- 200 ml water
- 150 ml/¼ pint single cream
- 15 gms. butter
- chopped fresh coriander leaves to garnish

1. Cut the paneer into fingers. Heat the ghee or oil for deep frying to 180°C/350°F, then add the paneer fingers, a few at a time, and cook until golden.
2. Carefully drain the fried paneer on absorbent kitchen paper, then transfer them to a plate and pour the yogurt over the fingers.
3. Place the tomatoes in a bowl, pour over boiling water to cover and allow to stand for 1 minute. Drain and peel the tomatoes, then chop them finely.
4. Melt the 75 gms. ghee and fry the onions in it until lightly coloured. Add the garam masala, coriander, cumin, chilli powder, turmeric and salt. Fry for 1 minute. Stir in the chopped tomatoes, and continue to fry for at least 5 minutes or until the ghee floats.
5. Pour in the water, bring to the boil, then reduce the heat and add the cream. Cook for a few minutes, then stir in the butter. Add the fried paneer and yogurt, heat through and garnish with the chopped coriander. Serve hot.



## Green Noodles with Capsicums

Something different and quick. Economical too.

Preparation time : 15 minutes.

Cooking time : 30 minutes · Serves 8.

2 packets (85 gms. each) vegetable noodles

2 onions

2 capsicums (large)

1 teaspoon soya sauce

4 tablespoons oil

salt to taste

diluted chilli sauce to serve

1. Chop the onions and capsicums.
2. Boil plenty of water in a vessel. Add 2 teaspoons of oil to the boiling water.
3. Add the noodles to the boiling water.
4. After 5 minutes, separate noodles with a knife.
5. When the noodles are soft, drain them.
6. Heat the oil thoroughly in a vessel, add the onions and fry for 1 minute.
7. Add the capsicums and fry again for a few minutes.
8. When the capsicums are cooked, add the cooked noodles, soya sauce and salt.
9. Make diluted chilli sauce by adding water in the proportion 1 teaspoon of water to 1 tablespoon of chilli sauce.

\* Serve this diluted sauce with the noodles.

## Punjabi Malai Palak

Nourishing and tasty, quick to prepare.

Preparation time: 10 minutes

Cooking time: 20 minutes

Serves 6 to 8.

100 gms. (4 oz.) moong dal (with skin)

3 teacups chopped spinach

25 mm. (1") piece finely chopped ginger

2 finely chopped green chillies

½ teaspoon turmeric powder

1 finely chopped onion

½ teaspoon chilli powder

3 to 4 tablespoons fresh curds

2 tablespoons ghee

salt to taste

1. Wash the moong dal thoroughly.
2. Mix the moong dal, spinach, ginger, green chillies and turmeric powder. Add 2 teacups of water and cook.
3. When cooked, the dal should be thick and soft. Mash well.
4. Heat the ghee and fry the onion for 1 minute. Add the chilli powder and fry for ½ minute.
5. Add the dal and salt. Cook for 3 to 4 minutes.
6. Beat the curds and add to the mixture. Add a little water so that the mixture looks like a thick cream.

\* Serve hot with parathas.

## Potato Vegetable

A spicy potato vegetable with curds.

Preparation time: 20 minutes

Cooking time: 50 minutes

Serves 6.

900 gms. (2 lb.) potatoes

2 bay leaves

3 cloves

2 sticks cinnamon

½ teaspoon cumin seeds

½ teaspoon mustard seeds

¼ teaspoon asafoetida

3 to 4 curry leaves

1 slit green chilli

2 teaspoons chilli powder

1½ teaspoons dhana-jira powder

¼ teaspoon turmeric powder

2 teacups fresh curds

3 tablespoons ghee

salt to taste

chopped coriander for decoration

1. Boil the potatoes. Cut into cubes.
2. Heat the ghee in a vessel and fry the mustard seeds for 1 minute. Add the bay leaves, cloves, cinnamon, cumin seeds, asafoetida, green chilli and curry leaves and fry for 2 to 3 minutes.
3. Add the potatoes, chilli powder, dhana-jira powder, turmeric powder and salt. Cook for a few minutes.
4. Add ½ teacup of water.
5. Beat the curds and add to the vegetables.
6. Cook for a few minutes. Garnish with chopped coriander.

\* Serve hot.



# People caring for animals

PETER HOFFMAN

What in human nature is the greatest achievement of evolution? What characteristics mark the men whose words are remembered for thousands of years? Why do we pay them such reverence? Why are we willing to die in their service, pray to them for help, or sacrifice our meager resources to spread their message when even the dust formed from their corpses was scattered by the winds in milleniums long since gone? Why?

Because compassion, caring for the helpless and defenceless, succouring the needy among fellow creatures, is the supreme achievement of human evolution. Mystical enlightenment, self-realization, moksha, salvation or whatever you call that peak of all experiences, shows the man once and for all with the force of unshakable conviction, that causing suffering to any fellow creature is causing suffering to himself, to mankind, and to all forms of life on planet earth. They are now even using **plants** to help solve murder cases because when the murderer walks into the room, the mini-voltage readings of all the indoor plants that were in the room at the time of the murder show violent reactions. Among many suspects the plants help focus the investigation on the guilty one.

Among all the types of famous men who impact upon their current history, why do we read only the words of these great spiritual Teachers for thousands of years? Their words live on even after the greatest empire builders and even their empires have crumbled into dust. Why? Because they are future us; they represent to us **our** future. They call to something buried deep inside which is yet to come forth from us.

And what is that something? People caring for animals, people caring for trees, people caring for nature, people caring for planet earth, people caring for each other and mankind.

But man as we know him is not yet kind. He exploits mercilessly even the closest

of his fellow creatures, animals, when even his own science ranks him among them.

Yes, in animal welfare work we are working for the future glory of mankind, for the time when man will be in harmony with nature, the earth and all his fellow creatures, for the time when his tender, loving care will be given especially to those creatures who can neither oppose or protest against his might.

Gandhiji said those above us will treat us as we treat those below us. George Bernard Shaw gave an example in saying that we cannot expect to abolish war as long as we are daily making a graveyard of our stomachs. These are the principles we must reiterate in the media in every form, appealing to that caring side of human nature which can in every man and especially in every woman break out of the cocoon of callousness in which it is hidden.

*Life is as dear to a mute creature as it is to a man. Compassion and living kindness are the hallmarks of achievement and happiness.*

— H.H. The Dalai Lama

Might does **not** make right. That seed which you sow will come back to you in fuller measure when the time for harvest comes. Take animal experimentation, for example. Everyone who has studied the question knows what colossal suffering and on what a vast scale is involved in medical research and pharmaceutical testing. Are there not hundreds of millions of people in India alone who believe in the law of **karma**. Could any sane person with such an understanding really think that mankind can save itself from suffering in the long run by inflicting massive suffering on the animal kingdom?

What about cosmetics and other beauty products being tested on the penises and eyes of hundreds of thousands of rabbits in a testing procedure which re-

  
**COMPASSIONATE FRIEND**

From Beauty Without Cruelty, Printed in India, April-June 1986.



quires the eyes to be burnt out, so that the number of days needed to destroy these tender organs is the measure of safety!? Will this kind of brutality really make us beautiful? Will this kind of callous cruelty really save us pain? Once seen in the light of principle the idea appears as it really is — ridiculous!

What about hunting for sport? Can you imagine any idea more pernicious to healthy human growth than inflicting pain for **pleasure**, killing and maiming our fellow creatures just for the fun of it!? The same applies to electric prods and other methods used in animal entertainments, circuses and smaller shows, cinemas, and TV.

*As long as man continues to be the ruthless destroyer of lower living beings, he will never know health or peace, for as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.*

— Pythagoras

What about cruelties involved in the transport of animals, the housing and care of animals, the pet trade, the slaughter of animals, the fur trade, gambling with horses, dogs, cocks etc., animal-drawn carts, the dairy industry, farming, and many other fields? I have been interested in animal welfare work for over 35 years and I assure you that it is a conservative estimate to say that all over the world in all fields millions of animals suffer or/and die **every single day** at the hands of man.

Besides emphasizing fundamental principles and exposing the gross exploitation of animals in the media, photographs showing the grace, beauty or unusual characteristics of animals and stories of animals which illustrate their intelligence and devotion are very popular with the reading public. They **sell** papers and magazines. For example, in the United

States the most popular of all weekly newspapers is the 'National Enquirer'. It has the highest circulation in the country in its field. You will find it regularly has interesting photographs of animals, it regularly includes stories of animal heroes or animal exploits or unusual animals, and it regularly exposes unusually bad cases of cruelty to animals.

When one surveys the vast cruelty to the animal kingdom coupled with the prevailing ignorance about what we are doing to ourselves, our children and the animals, that even the Devas and Gods Themselves seem to be trying to try to inspire human beings to work for the welfare of animals! Those who do heed the call from our future, and try to help in any way they can, are not working for animals alone, but for all mankind and all forms of life on this earth, and even beyond.

We will soon be really exploring the solar system. Can you imagine the disasters that could be created in other worlds for other forms of life if man in his present barbaric, exploitative, cruel form were fully unleashed in the solar system?

*All that is needed for the triumph of evil, is that good men do nothing.*

— Edmund Burke, 1729-1797

People often say that there are so many other more important things to be done, why worry about animals. They miss the whole point. The caring heart cares for all, and the more helpless and more maltreated a creature is, the more it cares. People caring for animals are people caring for children, for women, for all mankind and for all life. People caring for animals are people caring for and bringing closer man's glorious future, when men and women will have gone beyond the necessity of physical pain because they are not inflicting it, when their hearts will be filled with love for each other and compassion and reverence for other lower and higher forms of life, and when their minds will be always immersed in the stream of joy welling up from their own inexhaustible and harmonious creative energy within themselves.

**COMPASSIONATE FRIEND**



# News from our Centres

## Bangalore

At the "Medibition" held at St. John's Hospital in Bangalore, organised by the College authorities, the Pharmacology Stall showed a gruesome exhibit. A stray dog had been vivisected and fastened to a stretcher, with the skin flipped back to show the working of "live" lungs and heart. The heart was kept beating by artificial means. Through the good offices of **Beauty Without Cruelty** Bangalore Centre, the stall was closed.

We also wrote to the press regarding the appalling "zoo" flaunted by the Handloom and Handicrafts Fair, which travels all over the country. Wild animals such as crocodiles were housed anyhow without adequate water. A lion was kept continually caged in filthy conditions. This so-called zoo is part of the horror of ill-equipped and cruel travelling menageries in India. However, the Secretary of the Fair has so far proved indifferent to all requests and protests by animal welfarists. Unless the authorities concerned take suitable action, this cruelty relating to animal menageries cannot be halted or mitigated.

As soon as we receive a copy of "What Price Beauty?" we hope to screen it along with "Ivory Poachers" and "Beauty Without Cruelty" in as many colleges as we can.

**Sudershan Kumar**  
Director

## Bombay

Results of the Essay Competition are now ready. Heartiest congratulations are due to Udayachal High School who have won the **BWC** Rotating Trophy with 100 Merit Certificates.

The list of individual prize winners is given below:

### English

1st Anita Nazneen      Udayan Dasgupta  
(Queen's Mary)      (Bombay Scottish)

2nd Jitania Sawhney      Vidya Ramakrishna  
(Queen's Mary)      (Udayachal)  
3rd Joan Pinto      Pavitra Srinivasan  
(Convent Girls)      (Greenlawns)

### Hindi

1st Kranti Patel      Neomi Pereira  
(Udayachal)      (St. Joseph)  
2nd Shukta Sharma      Sudip Thacker  
(Our Lady of Remedy)      (Greenlawns)  
3rd Roopa Andhare      Banoo Wadeer  
(Arya Vidya)      (Canossa)

### Gujarati

1st Ajit Mistry      Hansa Panchal  
(Udayachal)      (Udayachal)  
2nd Sureshkumar      Bakula Solanki  
Panchal      (Udayachal)  
(Udayachal)  
3rd Ashish Valani      Raksha Rathod  
(Udayachal)      (Udayachal)

### Marathi

1st Shilpa Oltikar      Santosh Panchal  
(Udayachal)      (Udayachal)  
2nd Madhukar Naik      Sandeep Shrikanda  
(Udayachal)      (Sheth D.G.T.)  
3rd Manisha D'Souza      Chitra Shetya  
(Canossa)      (Sheth D.G.T.)

All prize winners will receive a one-year free membership to **BWC** in addition to their prizes.

542 students have won Merit Certificates. Incidentally, we have not yet found a sponsor for the second & third prizes (total of Rs.1200/-). We hereby make an ardent and final appeal for members to come forward to make some contribution.

Any member who would like to assist in the Greeting Card project is requested to contact us.

**Sheela Dandekar**  
Director.

## Madras

Several film shows and talks were held at various places including one at Thiruvannamalai and Coimbatore. A programme is also being arranged at Hyderabad.

Many of the schools have been contacted regarding conducting programmes



about **BWC** and its work. Also, **BWC** Calender-cum-Book Marks have been distributed in several schools and **BWC** Posters displayed at the schools.

Talks and film shows were also given at several Lions Clubs. We are happy that, at the request of Ln. S.T. Vanchinathan, District Governor, Lions Clubs International District 324 A1 (who had taken up 'People Caring for Animals' as his programme for the year 1985-86) atleast 16 Lions District Governors for 1986-87 all over India have promised to take up Animal Welfare as one of their Projects this year.

**BWC** Members all over India are requested to contact the local Lions Clubs in their area and help spread the message of **BWC**. In case the District Governor of the Clubs in your area has not taken up Animal Welfare this year, you could persuade the District Governor elected next year to do so.

**S. Chinny Krishna**  
Director

## Surat

During the last quarter several video programmes were held by **Beauty Without Cruelty** Surat Centre. Of these, two were most successful: one, organised by our Committee Member, Mr. Kishorebhai A. Shah at Jasdan Taluka, Rajkot District; the other a film show arranged at Amroli on 15th May, 1986.

The **Beauty Without Cruelty** Drawing Competition prizes were presented to the winners at a simple function organised at the **BWC** Surat Centre office.

This year **Beauty Without Cruelty** Surat Centre distributed 3000 exercise books to students. The cover page carried the **Beauty Without Cruelty** message. Mr. Jayantibhai B. Shah, one of our Committee Members, kindly paid for the printing of this message.

**Pravinchandra M. Zaveri**  
Director

## A wish come true

**MAURICE A. JAMES**

It was a fine sunny morning that day when I ventured out to do some shopping. The street appeared busy as I strode along the pavement. People enjoyed the sun — with heads aloft, they, like me, strutted with confidence and enjoyment.

As I walked, I saw this worm on the pavement, just by the grassy edge of a field. The pavement seemed hard as he tried to burrow into it. A fruitless task. I could have stopped and put the little creature on the grass and laid some tufts over him so he could then burrow deep into the damp soil. But I didn't. I walked on. It would be demeaning and unsocial.

I crossed the road and looked back. The street seemed the same bustling, thriving pulse of humanity. The sky was azure. The sun shone. The worm wriggled in its distress. I wish I had gone back and saved him.

I continued to observe the busy street scene. A child in a pram gurgled contentedly over his ice cream. Two women chatted gaily. A couple looked at the gleaming new cars parked on the garage forecourt. Two youngsters walked past, twisting rhythmically to the sounds of a transistor radio one of them carried. Life this morning seemed good — the worm struggled and twisted in its agony.

Life is good.

Life must be good for everyone.

I re-crossed the road.

I hope I am not too late to save him.

This short composition in respect towards the humble worm is a true reflection of my early conscience towards all life. I did save the little worm, and I am glad God gave me the chance and realisation to appreciate His creation.

Courtesy: THE ARK

The loss of a wing  
is the same to an insect  
as the loss of a leg  
to an elephant.



# A dog in the home keeps the doctor away

FRANK HEIDMANN

Dogs can help children in the growing up process. They can help in the development of a sense of responsibility and in the acquisition of social graces.

For old people and people living alone, the dog can be a social stimulant and a communications partner.

These are some of the revelations revealed by an expert called Professor Rheinland Bergler, Director of the Psychology Institute at Bonn University, West Germany.

Professor Bergler's views are not a total surprise, because the doings of domestic animals such as dogs and cats have been under study for years in the U.S.A., Britain and Australia.

The chances of survival after a heart attack are increased four times if the victim acquires a dog, according to a well known study in 1977 by Erika Friedman, an American biologist.

Professor Bergler has compared the feelings of dog-owners and non-dog-owners

and has found that the dog helped in the development of positive feelings of self esteem, self approval and self confidence.

He was asked if the dog was therefore the answer to all of society's problems — for split families, for the alone and the lonely, in short if it could be considered as a social repair workshop and a miracle healer.

Certainly not, replied Professor Bergler. All aspects of research were being completed. He had only made a start but it was already possible that his findings and those from other countries might be used in practical ways, most likely in hospitals.

At the Shelton clinic in Shrewsbury in Salop, England, it has been made possible for patients to bring their domestic animals with them. Professor Wolfgang Piotrowski, Director of the Neuro-surgery clinic at Mannheim University feels "it must be possible for severely ill patients who have only a short time to live to have their beloved dog with them".

## Non "Seeing Eye"

PHIROZE B. JHAVERI

We do not have guide dogs for the blind in India, not because the Kennel Club is not interested in this programme, but because we, as a people, do not have the love for dogs that is required for its implementation. There may be some blind persons who do love dogs and also keep them as pets, but until dogs are accepted everywhere by others, too, the guide-dog owner will find that his dog is more of a problem than an asset. He will be turned out even from those places where at present he is tolerated, if not welcomed.

You will be interested to know that in the U.S., most states have very strict laws

that make it an offence for anyone to turn out a guide dog accompanied by its blind master. A case was reported in "Time" where the proprietor of a certain restaurant was made to pay heavy damages for not permitting a seeing eye dog to enter because the blind man was accompanied by his wife. The court upheld the blind man's plea that the dog was his eyes, and he would not leave his eyes behind just because his wife also happened to be with him.

In Bombay, just you try getting into a taxi, leave alone a bus or train with a dog, and you will not take long to realise that we are still aeons away from having guide dogs for our blind.

Courtesy: KAISER-E-HIND


**COMPASSIONATE FRIEND**



Photo: David Bailey

**It takes up to 40 dumb animals to make a fur coat.**



**But only one to wear it.**

**If you don't want animals to be gassed, electrocuted, trapped or strangled, don't buy a fur coat.**