

COMPASSIONATE FRIEND

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True Coral Hives —
Millions of Lives!



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Beauty Without Cruelty

AN INTERNATIONAL EDUCATIONAL CHARITABLE TRUST FOR ANIMAL RIGHTS



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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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Information & Action

Very often members ask "What's wrong in using corals? Where do they come from? Is there any life and killing involved?" In order to enlighten them we decided to focus this issue on Corals.

There is no point in talking about "preservation" and "conservation" if we do not do our bit. Each one of us, wherever we are, should try to abstain from using animal products, whether they be corals or furs. Animals always deserve respect, not only when they are close to extinction. To capture and breed them in captivity is cruel. To train them as performing animals is worse still.

Ms. Christine Krishnasami, Hon. Secretary, **BWC** Bangalore Centre writes: "We wish to express our appreciation to the police authorities in particular, the Commissioner of Police, Mr. Balakrishna Rau, Messrs. K.S. Ullasa, Circle Inspector, S.F.M. Mumtaz and A. Subhan of the Malleswaram Police Station.

"After the Police Commissioner spoke to Mr. A.K. Nayar, proprietor of the Handloom & Handicrafts Exhibition (which has been held in Bangalore periodically for the past two years), the latter agreed to speak with us to discuss cruelties to the animals in the "Mini Zoo".

"We pointed out that wild animals such as a crane, a crocodile, a python, lion, jackal and so on were kept in dark, ill-ventilated, cramped and unhygienic cages unendingly: day and night, month after month and year after year. When we visited this mini zoo at the R.B.A.N.M. grounds near Ulsoor, we were horrified to see a large black bear perpetually shaking its head from side to side, displaying extreme trauma. Also restless in trauma were a jackal and a hyena, pacing about their narrow cages. The crocodile was somnolent in stale, stagnant water. All animals, whether listless or restless, were in varying degrees of mental stress and poor physical condition.

"After nearly a year and a half of exertion in this matter, we have at last been able to meet Mr. Nayar; he has assured Mr. Sudershan Kumar, **BWC** Bangalore Centre Director, that he wouldn't revive the mini zoo next time and would speak to the owner, one Mr. Samuel.

In this issue we have an article about Uma Devi, the tigeress tortured for the making of a film. She is but one of the many such innocent creatures.

Mr. S. Chinny Krishna, Director, **BWC** Madras Centre who is Vice Chairman of the Blue Cross of India, was most prompt in reacting to the tragic death of the show dog, Jani. On 18th June, P.T.I. reported that "wonder dog Jani, which featured in over 100 Tamil and Kannada movies, was killed during the shooting of a Tamil film in Madras on June 12"

Mr. Krishna writes: "Like most animal "stars", Jani was trained by cruel methods — food deprivation, beatings and threats.

"It was unarguably Mr. M.M. Chinnappa Devar who inflicted the greatest amount of cruelty on the largest number of animals. Besides making tigers and lions fight each other in one of his films, he slaughtered dozens of snakes during the filming of "Vellikelamai Vritham" (Friday's Fast) in the seventies. Most of his films featured gross cruelty to animals and, yet, Devar is often referred to as an "animal lover".

"There are about half a dozen "trainers" who regularly rent out animals for making movies. Quite often, animals like Jani and the cat in "Sigappu Rojakkal" (Red Roses) die during the filming."

Surely it is not worth subjecting animals to barbaric treatment. The American Humane Association regularly prints the names of new films which are "Acceptable" and "Unacceptable". **BWC** feels that films such as "Insaaf Kaun Karega" should be boycotted. Only when producers realise that they cannot get away with exploiting animals will such cruelties cease.

Diana Ratnagar
Chairperson

Good News

Kangaroo-free

Bowing to pressure from Greenpeace, eight major sports shoe manufacturers in U.K. have agreed to stop using Kangaroo skin. They are: Nike, Lotto, Tacchini, New Balance, Puma, Mitre, Diadora and Adidas. Moreover, the first four have stated that their shoes would be "kangaroo-free" world-wide. As Europe takes 90% of Australian kangaroo leather exports, this should hopefully save a considerable number of the 2 million kangaroos massacred each year.

Saviour Wolf

A three-year-old girl lost overnight apparently was saved from freezing by a wolf who kept her warm with its body, a Soviet newspaper said. Mekhriban Ibraginov, daughter of a farm worker in the Caucasian Republic of Azeraijan, told her mother: "There was a dog with me. He licked my face." Villagers found wolf tracks in the ravine and an adult wolf sitting nearby.

Rs. 10,500/- fined for Murder

A college teacher was arrested, prosecuted and fined Rs.10,500/- by the Forest authorities for having killed three peacocks in Theralhor forest of Uttar Pradesh. Such high fines make poachers think twice and our innocent wild life can be truly protected.

Last voyage for Russian whalers

On 21st May, Moscow radio announced that it is ending commercial whaling, thus bringing a final end to years of antarctic factory ship whaling by the U.S.S.R.

Bad News

Hawaiian Pig Hunts

Pig hunting using dogs to track the wild animals is a common occurrence in Hawaii. Dogs are allowed to fight with wild pigs which weigh upto 600 pounds, and may end up disemboweled, maimed or killed. The pigs are either killed by the dogs or eventually by hunters. Unfortunately, the Hawaiian authorities are not inclined to ban this cruel sport.

Kissed to death

After a spectacular water show in Kuala Lumpur, scores of people from the audience rushed to kiss the female dolphin named Tong Tong. This caused her lungs and bronchial tubes to become inflamed as a result of which she died.

A new female will be replaced for Ting Ting, the male dolphin who was seen crying. And the show will continue...

Royal hypocrisy

Queen Elizabeth II refuses to ever give up wearing animal furs. She owns mink coats, silver fox stoles are ermine. Yet, she is Patron of the Royal Society for the Prevention of Cruelty to Animals, and her husband, Prince Philip is the President of the World Wildlife Fund.

31.3 tonnes of Ivory smuggled

An unbelievable amount of 31.3 tonnes of ivory, representing the wanton destruction of more than 2,000 elephants, has been smuggled from Uganda into Japan.

Uganda banned the export of ivory a decade ago; nevertheless the Japanese officials turned a blind eye to the fact that the importer had produced forged documents.

Monkey fur coats.

Monkey fur coats are now offered for sale in a trendy boutique of Hollywood (U.S.A.). The owner of the store remarked "Women either freak out or love it" Surely he knows it is smart **not** to wear animal furs.

World Week of Prayer for Animals

Francis, the beloved saint of Assisi, is revered the world over by all religious traditions and has been declared by the Pope as Patron of Ecology. In his honour, celebrations in the form of blessings of animals have customarily been held by members of the Christian faith on or close to his feast day, October 4. A World Day of Prayer for Animals has traditionally been celebrated at this time in many countries.

Ceremonies of blessing, prayer and meditation help us to remember that St. Francis embraced all creatures as his "brothers" and "sisters" and prayed for all that peace and love might prevail throughout creation. It is particularly fitting that we call attention to his teachings at this time when individuals and religion are being asked if the suffering that animals endure in experimentation, in slaughter for food and clothing, in abuse in sports and confinement in pens and cages is really consonant with our scriptures. Is there a discrepancy between doctrine and action where animals are concerned?

In 1986 the International Network for Religion and Animals initiated the World Week of Prayer for Animals so that religious communities of all faiths could join in these celebrations in whatever form of religious liturgy they chose and at a time in this week that was appropriate for them. Response came from Buddhists, Christians, Jews, Muslims and Hindus as well as from many other religious groups and from those whose reverence for life is expressed in less formalised religious conviction.

Therefore, in 1987 I.N.R.A. again extends this invitation for the worldwide observance of the **World Week of Prayer for Animals beginning Sunday, October 4 and concluding Sunday, October 11**. This is a week not only for intercession for all animals but a time when we pay them respect and acknowledge their dignity. **We ask everyone to urge their religious communities to participate in this week in some special ceremony.**

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Hugely costly, socially disruptive and environmentally catastrophic — sometimes it seems as if the World Bank will unhesitatingly commit massive funding for any development project that palpably contains these three ingredients. A caricature of the Bank's philosophy? Of course — but in any caricature there is more than a grain of truth.

While not dissenting from the view that small is beautiful, the Bank is plainly in thrall to the belief that big is best. And too often its role is, or has been, that of principal engine of destruction.

With a staff of more than 6,000, the Bank has one professionally trained ecologist and only three staff members directly involved in reviewing the more than three hundred projects, totalling \$ 15 billion, approved each year by the World Bank's directors.

Discounting future returns to present values makes short-term profit appear preferably to long-term sustainability. Monitoring projects once they have begun receives less attention from the Bank than any other part of the project cycle.

Last year the annual meeting of the World Bank was picketed by demonstrators on 30 September. They had gathered together to protest World Bank funding of destructive development projects. Many marchers wore elaborate costumes and/or papier mache masks portraying jaguars, parrots and other animals threatened by rain forest destruction. Some were dressed as the trees themselves.

Several hundred Bank employees were made aware of the protests as they left or arrived at their offices or came out to observe the action. Earlier, intrepid volunteers has scaled the building opposite the Bank and hoisted a banner into place. The message hung bold and clear for throngs of Washingtonians, tourists and Bank employees to read and ponder — "World Bank destroys Tropical Rainforests".

Banking on Disaster

Described by the World Bank as "the largest river-basin population resettlement in the world to date", the Narmada Valley Dam project in Central India will take 50 years to complete and cost upwards of \$ 50 billion. The plan is to build 30 large dams, 135 medium dams and over 3000 small dams along 800 miles of the Narmada river for purposes of power production and irrigation farming. In the process 1,000 square miles of forest will be flooded (India has already lost 90% of its original forest cover) and a million tribespeople will be dispossessed of their land and livelihood and forced to find refuge in the forested hills above them — to their own detriment and that of the forest and its wildlife.

Projects of this kind the world over are very vulnerable to such costly diseases-of-the-soil as salination and waterlogging as well as to crippling human ills from waterborne disease. The giant scale of the Narmada project will certainly make it no easier to avoid these perils.



Credit: Stan Wayman

Monkey clings to life during flood caused by dam construction.

Courtesy: THE ANIMAL WELFARE INSTITUTE QUARTERLY

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The Tragedy of our Times

Dady C. Dady

Perhaps the greatest tragedy that can befall Gujarat is the Narbada river valley inter-state project.

When world over the greatest challenge that faces man is one of environment, how come intelligent people do not exert themselves to forestall such planning.

If a state is beset with a calamity on a national scale, then the first remedy should be such as will promote efforts that are also on a national scale. If therefore instead of erecting this monstrosity, Gujarat were to stem 1,000 nullahs and ravines by erecting earthen dams with waste weirs, then in the first place the greatest benefit would accrue to the rural people everywhere, for they would have the first advantage of finding work generally at close hand. If only 100 people are employed on such small construction sites, then 100,000 people could earn their livelihood during the summer and all work could be completed in a comparatively short time. By such implementation the ground water table that is fast receding could be restored to its original level and uniformly too, over an extremely wide area. Rain falling on earth would not find its way as it does now into nullahs and streams, and then into rivers and finally into the ocean.

Never can one improve on nature by erecting giant concrete walls, but one can work with nature by simply restoring to the original state the thousands of gullies that have been widened and deepened over the centuries. Actually the remedy is simple: guiding the rural people to participate in the great adventure of all time that could spell a rebirth for Gujarat without the use of machines and without the expenditure of ten thousand crores!

Think of the gains. Destruction of trees could be avoided everywhere, submergence of existing wells, submergence of

houses, submergence of agricultural lands, submergence of all that has played its useful part — all could be avoided. And the great headache of rehabilitation would cease to be, as also the great heart ache for those who would have to be uprooted.

However, there are some who will contend that Gujarat has plentiful wastelands — 10 million hectares — for the purpose of afforestation. We do not dispute the figure. Our only contention is that only a very small percentage of this figure has actually been brought under tree cover. Naturalists are well aware of this fact. If we cannot turn the barrens into living greens then we should assuredly hesitate to destroy the existing forests. As we are obviously failing in our efforts to implement the small ventures, why embark on gigantic ones?

What's the point in conferences and seminars on Ecological Development, if ultimately we have men at the helm of affairs devoid of vision, yet entrusted with the highest responsible posts in office. One must remember that every thing is interconnected with every thing else, and that if "small is beautiful" and it truly is beautiful, then thousands of small scale projects will usher in very quickly thousands of beneficial advantages also. However, it is generally observed that man does some thing foolish first in order to be wise later. That is not so bad when he is singly involved in his endeavours, or involved even when in groups. Here the entire state is involved, and as such the responsibilities are tremendous. One must needs think not only of the greatest good for the greatest number of men, but the greatest good for the greatest number of wild life, bird life, the insect world, the reptile world, all vegetation, grass lands, farm lands and Mother earth.

And so even at this stage it is not too late, even though the foundation stones have been laid, to re-assess this national project, and make an about turn to avoid a virtual death for the state of Gujarat.


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23 hours and 40 minutes of agony.

The price of a souvenir

Scrimshaw is carved and engraved whale ivory and the latest of all the treasures the whale is being hunted for. A traditional craft of increasing rarity, the whalers of the Azores have found it newly profitable as tourists buy up their handiwork at unheard-of prices. Tourists who buy scrimshaw might pause to consider the price of the acquisition of the ivory in the first place. This eye-witness account of a whale hunt off the Azores was recorded by ecologist David Moody.

The whale had been harpooned at 10.15 in the morning. The first observation was logged at 12.15 when the whale, a bull sperm of nearly 50 feet, surfaced near the canoa whaling vessel with the launch in fast pursuit, the harpooner on the bow throwing a lance just as the whale sounded.

12.18. Whale surfaced, launch pursues, lance thrown.

12.36. Another lance thrown, the whale sounds, no flukes shown. The whale has run out 2,700 feet of line in a deep dive. The master keeps tension on the line, letting it pay out in spurts.

13.05. Waiting, the whale has been down half an hour now.

13.08. The whale surfaces 150 yards away from the canoa. The canoa signals for the launch as the whalers bring in the line hand over hand.

13.12. After about 20 spouts the whale sounds, flukes high, the canoa being towed slowly behind.

And so the hunt goes, hour upon hour, lanced again and again, the bull whale dives and eludes, dragging the whalers after him.

Never once does he attempt to attack his hunters. An impossible ten hours later, the light is fading and the launch driver is

for cutting the line and letting the whale loose, but the master determines to hold the whale through the night.

20.40. Surfaces and sounds at the approach of the launch. Through the night the whalers worked the harpoon line, trying always to keep tension on it. The hunt begins again at dawn.

06.25. The whale continues his tactic of circling under water and surfacing as far away from the launch as possible.

07.05. Sounds slowly, grievously wounded.

07.20. Surfaces and swims slowly in a wide circle, the launch herding.

07.25. Sounds, flukes askew, resurfaces immediately.

07.42. The whale is spouting every 10 to 13 seconds, some spouts are almost clear, others seem almost pure blood fountains.

07.46. The harpooner thrusts his lance 18 times more, the canoa stays close.

08.17. Still lancing, whale spouting every 16 seconds, heavy blood, he is lying still in the water, just able to maintain his equilibrium.

08.20. Thirty seconds between spouts, heavy blood.

08.28. Occasional spout is clear of blood, the whale is wallowing but upright.

08.41. Twenty seconds between spouts, whale upright, canoa waits nearby for the death which must come soon.

09.00. Heavy spout of blood, the whale rolls slightly, tail showing.

09.15. Shows right flipper in a dizzy slow motion roll, one fluke emerges.

09.36. Tail showing constantly, the whale lying partially on his side.

09.40. The canoa moves in.

09.55. The whale is dead.

The whale has taken 23 hours and 40 minutes to die. This is the price of scrimshaw.

The carving of scrimshaw takes place almost everywhere the whale is hunted.

Courtesy: DAILY MAIL


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The wonderful world of corals

"And if ye doubt the tale I tell,
Steer through the South Pacific swell;
Go where the branching coral hives
Unending strife of endless lives..."

— *Rudyard Kipling*

Imagine you are orbiting the Earth in a spaceship; also imagine that the level of the oceans has fallen by 20 metres. What evidence would you see from your spaceship of structures constructed by living creatures? The Great Wall of China would obviously be one, built by intelligent men each averaging over 1½ metres tall, and extending across 2,240 kilometres. The other, extending 2,000 kilometres, has been built by creatures hardly 8 mm tall! This is the Great Barrier Reef, which stretches from New Guinea coast on the Torres Straits off the east coast of Australia down to Swains Reef near the Tropic of Capricorn. At some places it is 240 kilometres away from the Australian coast, is 48 kilometres wide, and it totally encloses an area of about 2,04,800 sq.kms.

The minute animals which build such structures are the corals. A few corals are solitary, that is, they do not branch to form colonies, and these may be found at all depths in the ocean and even in temperate latitudes as far north as Norway. Around India, we have coral reefs off Port Okha and Dwarka in the Gulf of Kutch, and off Rameswaram in the Gulf of Mannar between India and Sri Lanka. But the most fascinating ones are those at the Andaman and Nicobar Islands and at Lakshadweep.

The precious red coral of commerce is found mainly in the Mediterranean Sea and off Japan. The Gauls decorated their war helmets and weapons with it. The Romans prized it for its medicinal value — as an antidote to poisons, a charm against pests, for reducing inflammation and for cooling the blood. Right down to the end of the 18th century, it was highly esteemed by physicians, and is still believed to assist infants to cut their teeth. In the

B.F. Chhapgar

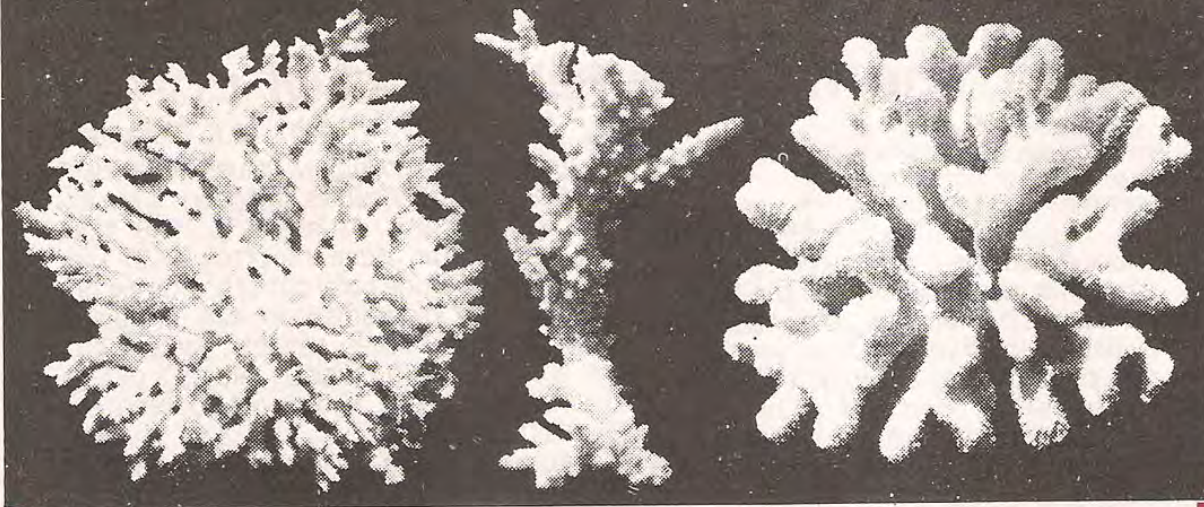
East, it was so highly valued as a jewel that emeralds, rubies and pearls were exchanged for it. As late as in 1948, India and Pakistan alone imported 4,497 kilograms of crude coral out of a total export of 16,997 kilograms from Italy. In India, it is set in necklaces, amulets, garters, etc. and also has a religious use as a gift to the dead, as it is believed to keep evil spirits away.

Corals are also of value as a source of limestone for manufacture of cement and for road-building. The material is obtained by dredging and also by blasting the tops and faces of reefs. A cement-making factory in South India is using coral as its raw material. In some parts of the world, corals are quarried as building stone.

Coral reefs are veritable underwater cities, populated by creatures belonging to nearly every group in the animal kingdom. Many creatures live and die on it without changing it in any way. There are, however, others which either contribute to its making or to its destruction. In the last three decades a new animal has appeared on the scene which is threatening to destroy corals in an awesome manner. This is the Crown-of-Thorns Starfish. Prior to 1960, it was a rarity, but since 1965 it has been undergoing a population explosion. Attaching itself to corals, it extrudes its stomach, spreading its digestive juices on the coral's living tissue. As it moves on, it leaves behind a trail of destruction — patches of bare white coral skeleton, which are then prone to erosion by waves. Its sudden appearance in large numbers has been attributed to the depletion of its natural enemy, the helmet shell, by shell-collectors, providing another example of the harm thoughtless action on the part of man can bring about. The inexorably slow building up of a reef which may have taken thousands of years, may be destroyed by a few days' blasting operations by human beings — to obtain raw materials for building, for oil exploration, etc. What price for man's comfort!


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Living reefs of Lakshadweep

Omesh Saigal

Seeing a heavy liner being tossed up like a ping pong ball makes one realise what a great leveller the sea is, making everything bow down. Nothing made by man can withstand the constant inexorable hammering of the waves; nor can the inanimate works of nature, be they granite, porphyry or quartz. But still the seemingly puny coral reefs have triumphed in an area of more than a million square kilometres. It is because these reefs are not made of dead rock; they are the result of continuing exertions of millions of tiny polyps over thousands of years. In between the poundings of two powerful waves, these polyps not merely repair the damage, but make the reef actually grow.

The least known of these living reefs harbours the islands of Lakshadweep, off the south west coast of India in the Arabian Sea. The 12 atolls of the group consist of 36 islands, 10 populated ones supporting more than 40,000 people in an area less than 32 square kilometres. Forming India's smallest territorial unit, these islands lie 250 to 400 kilometres from Kerala. While an occasional helicopter flies civilians in less than two hours from Cochin to the headquarters islands of

Kavaratti, the more frequent steamer takes about 15 hours.

I remember my first view of the atoll of Kavaratti. The shimmering emerald water of the lagoon washing the glistening white sands of the long, slender boat-shaped island as the tall coconut palms swayed in the gentle breeze; powerful, swelling breakers foaming into a sparkling diamond-like garland; and the clear azure sky with big flecks of cloud hanging low. I have seen other beautiful sights; snow-capped mountain peaks glistening in the rays of the rising sun, tons of water splashing down large water falls, and the majestic tiger roaring after a kill. But a first view of the coral atoll is matchless, beyond compare. From the featureless vastness of the deep blue sea at Cochin, who can imagine such beauty a mere 300 kilometres away.

I realised later, I had seen nothing, having yet to snorkel in the lagoon to peer at the underwater life or take a stroll on the reef between the tides. The mysteries and wonders of the living reef, as they slowly unfolded themselves before my bewildered eyes, were beyond the wildest imagination of a land-lubber like me.

The creator of all this beauty is the polyp, who is the architect and engineer of the coral reef. With a bag-like body it secretes a cup-like calcareous skeleton into which it can withdraw. Multiplying by successive buddings, an intricate structure of polyp

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cups is eventually formed and gets attached to a submerged rock platform. This colony grows wherever the depth is shallow enough for light to pierce; one generation dies only to be replaced by another. The skeletons of the dead are compacted under the growing mass, eventually forming the structure of the coral reef. The vertical growth stops on exposure to air, but horizontal and lateral growth continues which ultimately, combined with the effect of wind and rain, leads to the formation of the circular reefs as we know them.

The variety of animal life that establishes itself in the atoll environment is indeed vast. Coral reefs and lagoons shelter the most complex and organised community of living creatures of the sea. What sustains the interest of both the marine biologist and the nature lover, is the intricately balanced, mutually sustaining life forms that have evolved.

Snorkelling or cruising in a glass bottom boat, the most unforgettable scene is that of shoals of colourful and elegant little fish darting in and out of coral branches or the languid anemones. These fish — kaleidoscopic in colour, bizarre in shape — are amongst the most fascinating members of the coral community — breath-takingly lovely in the grace of their movements. The Lakshadweep reefs abound with more than a thousand species of fish, all dazzling in colour and weird in pattern and shape. There are fish with counter-shades of blue and silver, every variation of muted pastel greens, and brilliant, vibrant rainbow colours.

To heighten the sense of adventure of a skin diver, deadly rays are often seen on the shallows of reef flats. These bottom dwelling fish are harmless enough unless a diver steps accidentally on them. So are stone fish, who so effectively camouflage themselves that it is almost impossible to distinguish them from the innumerable coral rocks on the bottom. Their sting is as deadly as a cobra's and, unless timely

medical attention is given, often fatal.

Sea shells are a constant source of delight for a visitor to the Lakshadweep reefs. Seemingly inanimate, they are the homes of living, soft-bodied creatures called mollusks. A scene that never fails to provide amusement and delight is the sight of dozens of these creatures, with their colourful shells, running around weaving patterns on the sand; on approach they instantly enter their shells and lie motionless.

The mollusks are, next to insects, the largest group in the animal world, with 60,000 known living species. Their shells have played an important part in history. Early in history they formed part of man's everyday life, serving as his cutting tools, fishing hooks and bottle carriers, as also his currency and ornaments for sacred and ceremonial rites. They formed the motif for art, sculpture and architectural form. Lakshadweep first attracted the interest of the mainland rulers for its wealth of precious shells. After having secured for themselves the cowrie monopoly they left the islanders to their own devices. For the scientist too they have proved important since their hard calcareous shells are often preserved as fossil remains, helping him retrace the geological history of the earth.

Mollusks range in size from minute shells to the great metre-long clam shells. The clam, available in plenty in Lakshadweep lagoons, is a source of special joy to the skin diver, showing extra-ordinary variation in the colour of its mantle, ranging from dull grey to vivid greens and blues.

The reef flats are almost totally exposed at low tide, except for shallow tide pools. A trip to them becomes a rewarding experience when you learn to recognise the animals that you are likely to encounter. Attached to rocks or stones are the hydroids, sponges, corals and sea anemones. Trapped between the tides, taking shelter under boulders or in shallow pools are bottom dwelling marine invertebrates like sea stars, sea urchins, sand dollars and sea cucumbers.

Amongst the most conspicuous organisms on earth are sponges which, because of

their plant-like nature, are seldom recognised as living animals. These are fan or dome-shaped, formed like vases, bowls, goblets or trumpets, branched-like trees or flattened out. Basically they consist of a mass of living cells loosely held together and perforated through many pores, obtaining their food from sea water by filtering out dead and living organic matter. Under boulders of the coral reef they occur as vivid splashes of colour, covering the entire spectrum.

Like sponges, hydroids and sea anemones are also essentially tubular. Many species of these elegant plant-like growths are found on reefs. Anemones waving languidly are amongst the most colourful and beautiful animals that inhabit the coral reef and some thirty or forty species have been recognised. A relationship of great interest to both the lay visitor and the scientist is that between these animals and colourful little fish who, unmindful of the danger of being stung, keep darting in and out among the tentacles.

Echinoderms, like sea stars, sea urchins and sea cucumbers, are more highly evolved than sponges and anemones but are almost sedentary in habit. The skin of a typical echinoderm covers a skeleton of calcareous ossicles, giving it a rigid structure. Star fishes or sea stars are the best known.

Sea urchins and sand dollars are globular-shaped, oval shaped or flattened into thin discs. Rows of tube feet radiate over the surface, converging at the upper and lower centres of the body. Some feed on algae, some on small marine animals.

Sea cucumbers are elongated animals with a mouth surrounded by tentacles at one end and the anus on the other. They move by muscular contortions or by using the five rows of tube feet they possess along the length of the body. They eat organic material extracted from the sand.

Amongst the animals of the reef are the

crustacea, familiar to most people as prawns, shrimps and crabs. The Lakshadweep reefs sustain the crab in abundant varieties, ranging from the olive-green crab to the red-eyed one. The sandy beach is pockmarked with deep burrows made by the ghost crab and many of his innumerable cousins.

The living reefs of Lakshadweep, with the vast diversity of life forms they support and the majesty and grandeur of natural beauty they give rise to, are yet unseen, untrampled, unexplored. It awaits the curious eye of the lover of nature as also the trained one of the expert. To many city bred, who have seen nature only within the cramped confines of zoos and botanical gardens, it gives a chance of viewing marine life in its resplendent glory in a salubrious and exciting setting.

Courtesy: SWAGAT

Birds and Animals in Indian Sayings

Dr. Manju Bhatnagar

In Indian folklore, more than all other similes, birds and animals are mentioned again and again. Sometimes their nature, their beauty and other qualities are compared with those of human beings. The ideals as well as the unwanted images are conveyed through comparison with a suitable bird or an animal. Out of hundreds of popular sayings, a few are discussed here.

"A tiger will die of starvation but will never eat grass" and "A swan will go hungry but will not eat anything except pearls" are two that mean that one should not leave one's nature, character and normal ways no matter what difficulties and distress may come.

A saying from Rajasthan says one should have "Eyes like a kite, ears like a peacock, nose like an ant and feet like a man". The walking ability of human beings is highly appreciated along with other peculiarities of a kite, a peacock and an ant. Here it is not to be forgotten that close human

contact with animals and birds has resulted in the flowering of such countrywide sayings.

There are quite a number of sayings connected with ideal behaviour. "If one loves the sun, then why even look at a wolf?". In this moralistic saying, the sun is a symbol for a husband and the wolf for another man. It means that once married, a woman must love her husband and she should not be attracted towards any other man.

"A cow and a daughter will follow whichever path you want them to" means that, like a cow, a daughter should be quiet, meek, obedient and innocent.

Because of their peculiar nature, snakes are the subject of many Indian sayings. One from Punjab says, "If a snake is found in the house, everyone runs to kill it, but they go to worship it at its hole!" This is a sarcastic remark about difficult-to-explain ways of human beings and their superstitions. A Rajasthani one says, "The person bitten by a snake sleeps, where as one bitten by a scorpion weeps". There is another from Gujarat: "The one who is once bitten by a snake will never fear a scorpion". It means that a man who has passed through a difficult situation will not be afraid of a smaller problem.

A saying popular in Uttar Pradesh, Punjab, Haryana, Rajasthan and Madhya Pradesh says, "If you play a flute in front of a buffalo, you'll get the dung as a prize!". In folklore the buffalo is supposed to be a very unintelligent animal. This saying is said when a person is unresponsive to some important things — as a buffalo is to the musical notes of a flute. A somewhat similar theme is found in this popular saying of North India, "What does a monkey know about the taste of ginger?" To an animal who does not have finer taste buds, the flavour of ginger is nothing special.

A saying from Bhojpur says, "A Brahmin, barber and bitch bark on seeing their

caste members. A Kayasth, crow and cock cheer on seeing their caste members." The natures of dogs, crows and cocks are mixed up in this saying to highlight the nature of human beings. Another saying from Rajasthan says, "A Baniya can never become a friend, just as a prostitute can never become a virtuous wife. A crow can never become a swan, just as a donkey can never become a horse." As there are lots of differences in a crow and a swan, a donkey and a horse, so there are, according to this saying, between a trader and a true friend, a prostitute and a virtuous wife. A trader who is interested in making money can't do business with friends and be selfless at the same time. Similarly a prostitute, who does not love her customers, cannot be a faithful wife who has undying affection for her husband.

A popular saying from North India says, "The dog of a washerman belongs neither to his "ghat" (washing place) nor to his house". A man who has double loyalties is compared to a washerman's dog; nobody owns it. It belongs to no group, no place. Of all the animals in Indian culture a dog is viewed as a very unclean animal.

It is believed that birds and animals have similar natural laws to govern them like those of human beings. In folklore, many times their nature and qualities are the same. The comparison of man with birds and animals indicate the universal ancient belief that God has made the same rules for all the species. One such basic rule is the need to work, to act constructively. "The one who grazes (works), gets food to eat, the one who sits idle, dies of hunger" means that an animal who does not walk and get up on its legs cannot get the green grass, similarly a man who does not put in any effort and does not do any work cannot get success in his life.

These sayings satisfy certain needs at social, cultural, individual and emotional levels. Even if their impact is not felt and known immediately, it is there at the conscious and the subconscious levels of listeners and performers. They also show the great love and concern of Indian masses towards the behaviour of various animals and birds.

Tiger, Tiger Burning Bright, All Stitched Up For The Fight, Who Dared Defile Your Majesty, And Break Your Fearful Symmetry?

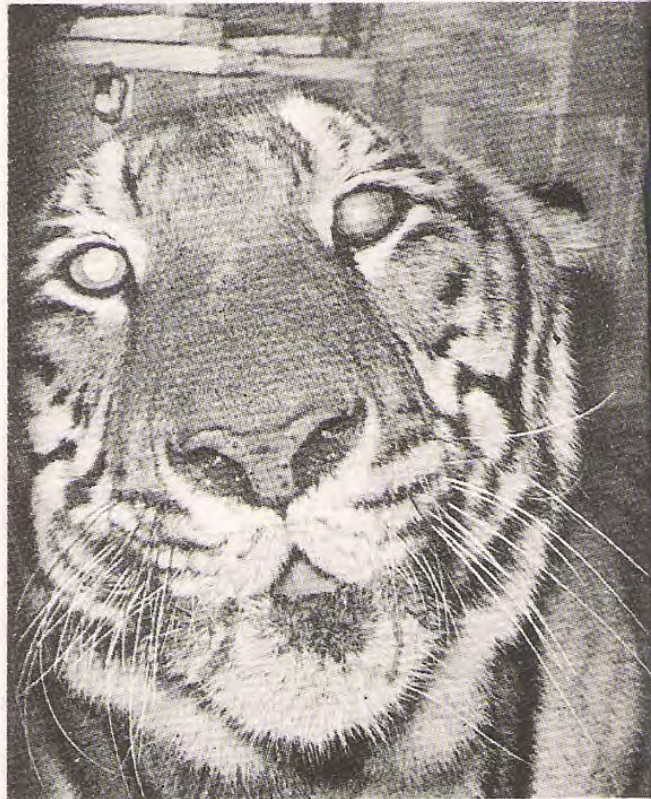
(With grave apologies to William Blake and Uma Devi, the tigress)

Everyone at the shooting of "Insaaf Kaun Karega" in Madras is a little scared of Uma Devi. In spite of the fact that this star tigress has been starved for the last three days, weighs one-third of what she should and is also blind in one eye due to an accident when she was a cub, the only person who isn't afraid of this magnificent animal is her owner Govindraja who leaps about here and there, issuing orders to her in Tamil.

Next on the agenda is stitching time. Ten men leap upon the unsuspecting Uma Devi and hold her down while Govindraja squats besides her and brandishing a thick needle and thread stitches up her mouth on either side. Meanwhile, assuring all prickly consciences that the procedure wasn't painful at all. Finally Operation Tiger is complete and only a few blood bubbles are seen every now and then.

This painful and horrifying procedure is obviously nothing new for Uma Devi who since "Haathi Mere Saathi" has starred in almost all films requiring a tiger. For the last six days her mouth has been stitched up regularly, sometimes twice, for Rs.5,000/- a day. While this big cat lies supinely in a pool of urine, there are no protesting growls or whimpers, only a blind stare into nothingness. This beautiful tigress is seventeen years old now and has never known her natural habitat nor had a mate.

Dharmendra single-handedly fights the tigress who looks bored and disgusted with the whole affair. Every time there is a shot she slumps to the ground and closes her eyes. Then it takes a couple of kicks before she's ready for another shot! After the fight everyone rushes up to



The stitched-up, hungry tigress: Inhumanity at its worst.

Dharmendra to shake his hand and congratulate him on fighting the stitched-up animal single-handedly. One person comments, "Look at Dharamji, he is the last of the real heroes. Anyone else would have been quaking in his shoes by now!" Others vigorously nod in agreement. Dharmendra is obviously a great favourite.

Nevertheless, Uma Devi is the star of K.C. Bokadia's latest film. Through her his film will be an assured success, he hopes. In "Insaaf Kaun Karega" B.M.B. Combines (Bokadia's banner) haven't left out anything that resembles success even remotely! If the thousand camels employed

COMPASSIONATE FRIEND

From Beauty Without Cruelty, Printed in India, July-September 1987.

in this film don't deliver the goods then the lost-and-found formula will. If not that then the wronged courtesan is there to pull at every red-blooded Indian's heart-strings and if all this doesn't rock the public then there is always the tiger! (Uma Devi plays a male, obviously.)

Somebody asked Bokadia about the significant part that animals play in his films and subsequently at the box-office. He smiled and said, "How is it important whether I employ a cat or a dog to drive a film home, as long as the ultimate result is successful?" This of course, is true. The critics may rave and rant about the worn-out formula for success, their ways and means and so on but ultimately all their voices are drowned when that same formula scores a hit and the hard cash begins to pour into Bokadia's lap. Surprisingly he is unaffected by all this.

K.C. Bokadia lets nothing stand in the way of success, even if it means turning down the most sought-after star of our times. The only thing that appears out of keeping is when one's mind goes back to the scene of the blood bubbles. There is some contradiction there but nobody in the crowd appears to feel anything about the scenario. For everyone it is just a part of the procedure. But it leaves you wondering whether you are a victim of diminished sensibilities! In other words do arc lights dim feelings? Perhaps they do... and so the shooting carries on.

The set they are shooting on is as lavish as can be with gigantic whisky bottles lined up and a glass door through which somebody will jump through and smash to smithereens shouting Eeeeeeeagh!! all the way. Come to think of it, this particular shooting has it all... a story with the twists and turns of a mountain road, a star-cast to illuminate dull evenings and even a tiger with clipped claws to send shivers down your back. Only the SPCA is missing!

Kiran Singh

Courtesy: SHOWTIME


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Live Bait

Who hasn't heard of Tiger Tops? The exotic camp in Nepal with tree-top lodges for which exorbitant prices are charged. About 40 tigers live in the surrounding 4,000 square mile park. Only the "lucky" are said to get a chance of seeing a tiger.

But, are they really "lucky"? Visitors expect to see tigers, and the authorities make almost certain they do. But, how many of them really enjoy witnessing a living creature being torn apart by a tiger?

The natural ecological balance of nature in the park is missing. At nightfall, a live bait is set up. An innocent animal, such as a young calf, goat or pig, is tethered to a tree, closely watched for hours by a man on duty. A tiger on the prowl may come along. If hungry he will attack the poor creature who has absolutely no chance of escape... imagine the terror in its eyes and the frightful panic it undergoes... struggling with its life, being torn to pieces bit by bit.

This is what is termed "excitement" and "luck" at Tiger Tops. The man on duty rushes to the camp, wakes up the residents and brings them back to watch the gory spectacle.

Only for them to go back home and say how "lucky" they were to have seen a tiger!

It is most ironical that no cameras are permitted — lest the tiger be disturbed when devouring his ready-to-be-killed dinner. May be if cameras were allowed and people brought back evidence of the terrified live bait, less people would want to spend a holiday at Tiger Tops.

Readers who are enraged on reading the above are requested to send protest letters to:

Tiger Tops India
1/1 Rani Jhansi Road
New Delhi 110 055

Please remember to send
a copy of your letter to:

Beauty Without Cruelty

Post Box 1518, Poona 411 040

Dear K.E.B.,

You are not the only flesh-eatarian to feel what you do on the road to becoming a veg-eatarian. This writer, nearing 60th year of his life was a lover of fish till some 25 years back, and could with difficulty give up this, his favourite food. And believe me, till this day, he relishes the thought of eating three types of fish: pomfret, Bombay duck and prawns, though he has kept away from all flesh for two and a half decades!

"Temptation is a part of every life; denying the temptation is a part of every successful life." So said a poet. Your appetites are simply these temptations. Appetite is not hunger. Appetite is mental readiness for food, it can come up even on a full stomach! Many eat just because it is time to eat! This is appetite. Many eat just because they can't forgo their favourite dish/snack, even though there is no bodily need for that food. And appetite generally raises its head for undesirable or foodless foods: chocolates, wafers, salty snacks, sweets, etc.

You have mentioned two obstacles in your path, one is the aforesaid appetite, the other is the "apparent lassitude" whenever you remain vegetarian for a protracted period.

Many vegetarians are far from healthy, they suffer from constipation to coronary to cancer, all diseases known to man. Being vegetarian ipso facto does not make a person healthy. There is overeating, which causes problems in most vegetarians. There may be too much intake of refined starch and refined sugar causing anemia and resultant lassitude. There may be weakness from childhood in digestive organs or eliminative organs. There may be a history of wrongly treated (suppressed) ailments, resulting in storing in vital organs, of medicaments used at that time. There may be your own habits of drinking/smoking/use of tobacco as toothpaste or snuff. You may be living in an environment where air is polluted. So on and so forth, there can be a number of possibilities at the back of your lassitude. Perhaps a thorough medical investigation may be necessary to dig out the cause/s. What I assure you of is that vegetarianism does not cause any "depletion of dynamic initiative in life's fields of activity" as you put it. If such a depletion is noticed, it is due to wrong type of vegetarianism or the mind still harbouring some notion in favour of flesh food or against plant food, causing a conflict, perhaps at a subconscious level.

I like your last statement "Help me to become a whole-hearted vegetarian", Psycho-emotionally you are convinced that human being is a vegetarian animal; man needs to be a humane being. We are all creatures of habit, and habits die hard. With passage of time, with continued adherence to a humane eating style, you will be a vegetus vegetarian.

Vegetus = vital; vigorous! Best wishes,
Sincerely,

Dr. M.M. Bhamgara

Executive Committee

Member B.W.C.

India Branch

COMPASSIONATE FRIEND

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Become a whole-hearted vegetarian

Dear K.E.B.,

I am happy that you are slowly but surely moving towards vegetarianism. The effort put in by you to get some more facts to help you to finally become a convinced vegetarian is very much appreciated.

Now, the two points on which you need information for your understanding and conviction are as I understand (1) you find the non-vegetarian food more tasty, energy and health giving, and (2) you are unable to control your desire for non-vegetarian food.

(1) I am a vegetarian and have not tasted non-vegetarian food. However, I enjoy hundreds of natural tastes of vegetarian foods, such as fresh fruits, dry fruits, vegetables, cooked foods consisting of grains and pulses, with or without spices and other ingredients, cooked or otherwise.

(2) On enquiry with non-vegetarians, I understand that the various dishes of flesh (meat, fish, etc.) have hardly any taste and certainly not any where near 'delicious taste'. They say the real taste is due only to the spices and other ingredients from vegetarian.

Your impression about the lack of energy in vegetarians and that a non-vegetarian is bursting with energy is not correct. The fact is that every healthy vegetarian is bursting with constant energy whereas a non-vegetarian's energy is not consistent. It is wavy. It props with intake of non-vegetarian food and then drops after a short duration.

For a non-vegetarian wishing to change to a vegetarian way of life, it is likely that for a short duration of say about a couple of weeks he may feel out of sorts or weak but thereafter he will once again feel fully energetic.

I give a couple of points more for you to think:

Can you consider taking the knife in your hands to slaughter an animal or bird to prepare for your food? Your answer will be surely NO — probably this thought will help obliterate your appetite for non-vegetarian food. Whereas, you can use the knife on all vegetarian foods without feelings of guilt or repulsion and eat with pleasure.

I am sure you are aware that every living being when killed or slaughtered immediately starts deteriorating and putrefies. Now imagine when any non-vegetarian is served, think how old is this dead body of the slaughtered animal or bird. Whereas, in the vegetarian diet, there is no such question or thought. Possibly even a carnivorous animal will not eat such old flesh or meat which a human consumes today without any thought.

I hope these points will help you to join us as a convinced vegetarian.

Yours sincerely,

Surendra M. Mehta

Hon. Secretary The Indian Vegetarian Congress

Dear K.E.B.,

It was delightful to me to read that you would like to become a whole-hearted vegetarian. Here is what I suggest.

With permission from the proper authorities and a reliable escort (both necessary), do visit at least a couple of slaughterhouses. You must see for yourself how animals are killed, especially hereabouts.

When you see the non-vegetarian dish of your craving on a fine china plate next time, associate it with what you saw in the abattoirs.

The above method, therapy by association, also works for smokers. All they need do is persuade a hospital or medical friend to let them see colour pictures or slides of diseased lungs. If one looks at an object clearly and dispassionately through analysis of its nature and components, desire for that object diminishes or disappears. This is one way of dealing with desire or appetite.

As for the lassitude you experience, may I suggest a course in yoga, especially pranayama. But you need to choose your school or instructor very carefully. I mean, if you can't get into the lotus posture after a month of careful and supervised effort, give it up. There are other, more comfortable postures for

meditation and breathing techniques.

Effective breathing will help your body utilise oxygen and vital energy to maximum effect. It's all in the mind. Really.

I used to be a non-vegetarian abroad. I even sampled fillet of zebra once, in East Africa, and took pride in cooking up tempting chicken dishes. I could never resist salmon, and my last non-vegetarian meal at Montreal airport many years ago was salmon, charcoal-grilled to perfection. I haven't touched any kind of non-vegetarian food since. An animal welfare activist convinced me, and I gave it up overnight. With no regrets. Place the same plate of salmon before me now, and I might remember the taste but won't be tempted to eat it. For me, therapy by association worked. And a little bit of will power.

Above all, your desire to be a vegetarian is itself a thing of joy and dancing light. For one is reminded of the old, esoteric and wise saying. "He who seeks God has already found Him."

With best wishes,

Christine Krishnasami

Hon. Secretary B.W.C. Bangalore Centre

With regard to K.E.B.'s letter, I feel that the gentleman in question is not yet serious about becoming a vegetarian. He lacks sincerity of purpose. It is quite clear from his letter that he 'knows' but has not 'realised' the need to become a vegetarian.

Anyone wanting to make a sincere attempt at becoming a vegetarian would have first visited a slaughter house or a butcher shop to convince himself of the need to abstain from such food. What other rational approach is required to convince a person to become a vegetarian? His asking others to show him "another type of rational approach" goes to show his attitude.

He should realise that becoming a vegetarian is his personal problem not somebody else's, therefore it is he who should find "another type of rational approach" not wait for someone else to show him. Anyhow another approach he could try is 'self-realisation' through 'Introspection'.

Akbarali H. Jetha

President B.W.C. India Branch

Cartoon sent by **Purnima Toolsidass** →



ALL I DID WAS TELL HIM HE'S EATING A GROUND-UP COW."

COMPASSIONATE FRIEND

Vegetarian recipes from our readers

Cream of Spinach Soup

— Roshan Talukdar

Ingredients

55 grms. chopped onions
350 grms. spinach
300 ml. milk
3 cloves
3 pepper corns
600 ml. water
2 tbsp. butter
2 tbsp. flour
4 tbsp. cream

Method

Heat the milk with finely chopped onions, cloves and peppers on a low flame for about 10 minutes.

Cool and strain.

Cook the spinach in water till tender. (Blend or chop fine.) Melt the butter in a pan and then remove the pan from heat. Blend in the flour smoothly. Add strained milk and spinach. Boil the soup and keep on stirring continuously, then simmer gently for 5 minutes.

Season with salt and pepper and stir in the cream.

Tomato Chutney

— Meena Vaswani

Ingredients

½ kg. tomatoes
50 grams jaggery
4 pods garlic chopped fine (optional)
½" ginger chopped fine
1 level teaspoon chilli powder
½ teaspoon salt

Method

Chop tomatoes into large pieces. Melt the jaggery over low fire stirring gently with a wooden spoon. Add chopped tomatoes, garlic and ginger, chilli powder and salt. Mix thoroughly and continue cooking over low fire stirring occasionally till tomatoes are soft. Remove from the fire and allow the chutney to cool.

Potato Tikki

— Savita Mansukhani

Ingredients:

½ kg. potatoes
4 slices bread
½ teaspoon whole jeera
4 green chillies chopped fine
1 teaspoon chopped fresh coriander leaves
salt to taste

Method

Boil the potatoes. Peel and mash them.

Soak the bread in water for 2 minutes. Remove and squeeze out the water.

Mix the potatoes, bread, jeera, chopped chillies and coriander. Add salt to taste and form into approximately 18 to 20 balls, flatten and shape to form half inch thick patties.

Heat sufficient oil and deep fry the patties till light brown in colour.

Vermicelli Desert

— Sudha Sundaram

Ingredients:

1 cup broken Vermicelli
50 gms Cashewnuts
50 gms Raisins
2 powdered Cardamons
1 litre Milk
1 tbsp Ghee
½ kg Sugar

Method :

1. Fry the cashewnuts and raisins in ghee and remove from fire.

2. Fry the vermicelli for a short while in ghee and remove from fire before it becomes too brown.

3. Wash the vermicelli well and boil it in water for about 10 minutes till it reaches a semi-solid state.

4. Add the sugar, milk and fried cashewnuts & raisins. As soon as the milk begins to boil remove from fire.

5. Add the powdered cardamons before serving either piping hot or after keeping in the refrigerator to chill for about 2 hours.

The dish will serve 4 persons.


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