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COMPASSIONATE FRIEND

Journal of Beauty Without Cruelty - India
An International Educational Charitable Trust for Animal Rights



Chicken – out!

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Editorial

Man is a political animal

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Indian political elections are a colourful pageant, with almost every socio-economic persuasion and group to be found in a population of a billion represented. The establishment of this democratic melee was, we are to believe, one of the main reasons for the presence of European colonialists over centuries, for which they humbly rewarded themselves with the wealth of Croesus — and the food of at least three million Indians who died in the 1943 famine.

But it was Indian political parties who chose animals as their symbols. The lion and elephant may be the most prominent, but there are a host of others. Fortunately for the lion it can get nasty, so it has been spared the necessity for its personal presence during election campaigns. The elephant has not been as lucky, being a quiet, gentle giant symbolising strength. Though one doesn't usually see the animal political symbols of the USA, the donkey and elephant, pressed into service in person in that country's elections, there

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is an “elephant colony” comprising 14 pachyderms on one bank of the Yamuna.

These are rented by people of Delhi, particularly politicians, for ₹1,000 to 1,500 a day. However, some of their owners have refused to supply animals for political rallies because they have been made to work non-stop, and given no rest or fodder; people started sitting on them despite agreeing not to do so.

Camels from Rajasthan were taken to different states like Jharkhand for extensive use as “campaign vehicles” during the 2009 elections. They were draped in banners and made to move around the city for ₹500 to 1,000 a day.

Horses were also used for campaigning, with no concern shown for the animals’ injuries or comfort.

Even non-vegetarian food has featured in election campaigns. When, in 1991, a Tamil Brahmin politician was asked how come he was distributing chicken biryani, he challenged his opponent to a chicken-biryani-eating contest to prove he was the right choice.

In 2006, **BWC** was approached by foreign animal activists to help stop the transfer of an elephant from Punjab to

the Belgrade Zoo as a gift to the latter from Maharaja Randhir Singh, Secretary-general of the Indian Olympic Association. **BWC** approached the Central Zoo Authority of India and the Additional Director-general of Forests (Wildlife)/Director - Wildlife Preservation, who was heading the CITES Management Authority in India. **BWC** was happy the elephant could not be sent abroad, as the gifting and exchange of wild animals overseas was banned at the time.

In 2012, the Election Commission’s Principal Secretary sent a circular to the CEOs of States/State Election Commissioners saying the Commission had received representations alleging that, during elections, animals like horses, ponies, donkeys, elephants, camels and bulls were illegally used for various purposes. They worked long hours without adequate food and water, carrying loads beyond permissible limits.

The circular advised political parties and candidates to refrain from using animals in election campaigns saying that, if animal use was unavoidable for some reason, those responsible should ensure that no violations of any legal provisions, or cruelties, were involved.

The superfluous involvement of animals in politics is not limited to India. Animals have a long history of being used in diplomatic gestures. Cute pandas have been great ambassadors for China, referred to as “panda diplomacy.”

A few months ago Canada welcomed two pandas, an apparent show of Chinese generosity to and friendship for the Canadian people.

One of the more famous of such gifts was the two pandas for the USA after President Richard Nixon’s 1972 trip to China. Edward Heath, then British Prime Minister, requested a panda pair for the U.K. two years later, and received them.

Exotic animals have long been used as symbols of power and diplomacy. Ancient Rome kept lions, tigers and other dangerous animals for arena fights with gladiators. They were paraded through the streets to awe the populace and ensure that all saw how a powerful animal could be kept under the control of an even more powerful ruler.

We hope these frivolous zoos, collections and practices will end some day.

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Leather = Slaughter

by Khurshid Bhathena

Leather, hides and skins are used for apparel, garments, jackets, belts, gloves, footwear, handbags, wallets, purses, watch- and other straps, mobile phone and spectacle cases, linings, trimmings, accessories, upholstery, tapestry, wall-hangings, picture frames, luggage (trunks, suitcases, vanity cases, executive-cases, briefcases, computer bags, laptop sleeves, school satchels, travelling bags) bookbinding, book and diary covers, credit card holders, sporting and musical instruments, decorations, artefacts, curios, knick-knacks, toys, puppets, ornamental, fancy and utility items.

No wonder then that, in April 2013, the Council for Leather Exports (CLE) shockingly planned to get into organised cattle-farming to abridge the shortage of raw leather, the demand for which had resulted in imports doubling to ₹2153.3 crores in 2010-11 over the preceding five years. It blamed the shortage on the illegal movement of live



The innards of leather. Photo courtesy: artattacksonline.com.

cattle and unfinished leather from India to Bangladesh. Some estimates have pegged the annual turnover, from smuggled leather and cattle meat, at over ₹25 billion.

The CLE strategy was to get meat and dairy producers on board, then get the Ministry of Agriculture's support so that it may ensure a reliable supply of quality leather – in other words, cattle would be bred only to be killed, when young and healthy, for their skins. BWC has written to the Minister of Commerce appealing for the scheme to be abandoned immediately.

Death is the spice of variety

The majority of leathers are from slaughtered cows and bulls, though 20 percent of the world's goatskins are from India. Other creatures killed for their skins (and flesh) are buffaloes, camels, pigs, horses, reptiles, dogs and fish.

In most cases, the name of the animal precedes the words "leather," "skin" or "hide," indicating the creature that was killed to obtain it. And, while most people know, for example,



Ask BWC for these car stickers.



Fashion victim. Photo courtesy: © uproar.org.au.

that bovine leather is derived from the cow, bull, bullock, ox, steer or heifer, and that reptile skins are from snakes, lizards, crocodiles and alligators, there are certain leathers that do not name the species of animal that lived in those skins not long ago. Some such leathers are tabled overleaf.

The quantity

About 18 square feet (roughly only a quarter of a sari) of leather are obtained from an average-sized cow or bull in India. A leather jacket may be made from approximately 10 square feet: 55 percent of a single cow's or bull's hide and, if also lined with leather, the skins of two medium-sized goats as well. A leather briefcase would be made from five and a half square feet, representing 30 percent of a single cow's or bull's hide, together with

approximately three small goats' entire skins for the lining and compartments.

The origin

A cow is a cow till she gives no milk – she is then classified as a bull!

And bulls, like male calves that are of no use, are disposed off – sold, rather – to middlemen for the unmentionable word: slaughter.

Butchers calculate the cost of flesh, blood, bones and hide when negotiating the purchase price of a live animal. Each and every body-part is in demand and, consequently, a valuable commodity.

Deal done, the animal's destiny is sealed. It is then inhumanely transported to be converted from a living, feeling creature into assorted products.

Animals instinctively get scared outside slaughterhouses because they can smell, see, know and feel death around the corner. They are overpowered and dragged inside the chamber of horrors, their throats abruptly slit, and lives cut short.

Their blood mixes with the blood of others... their meat is packed with other animals' flesh... their hides piled upon other hides... and their bones, horns and hooves kept aside for other uses.

The unending assembly line moves on and on without change.

Pledge...

If the demand for leather falls, the supply will automatically diminish, thereby saving animals' lives.

How many – even those who eat no meat – think “slaughter” when buying or using leather? If they did, they wouldn't be using it, not even a little patch of it: never ever.

... and support

Please join BWC's campaign “Leather = Slaughter” today.



Khurshid Bhathena
is a BWC trustee and
its honorary secretary.

Know your leather!

Leather	What it is
Aniline	Leather treated with dye to produce a “naked” leather look.
Bicast	Thick layer of polyurethane applied to a substrate of low-grade or bonded/reconstituted leather.
Bonded/Reconstituted	90-100 percent leather scrap fibres bonded together with latex binders to create a “true” leather look.
Cabretta	Hair-sheep skins much used in footwear and gloves for sports like golf.
Caiman	Inferior-quality crocodile skin.
Carding	Special type of side leather.
Chamois/Flesher	Skin of a small mountain antelope or young sheep/goat/kid/pig/puppy used for making expensive gloves and for cleaning fine surfaces.
Chrome	Chrome is a process relating to the use of chromium salts used for tanning leather like Nappa known for their softness. Used in luxury cars.
Clemence	Hides of young bulls.
Croc	Calf leather made to look like crocodile skin.
Croupon/Crupp	A semicircular portion of leather taken from the butt of tanned horse hide.
Crust	Tanned and dried out, but not finished, leather.
Cuir Bouilli (boiled leather)	Thick, hard leather produced by boiling it; used to bind books.
Italian	High-quality leather tanned in Italy. Used for items ranging from shoes to luxury cars.
Jewel Calf	Calfskin derived by killing a calf that is few days to few weeks old.
Kip	The skin of a young bull or heifer.
Latigo	Created from the fibrous part of the hide left once the top-grain of the raw hide has been separated from the hide which is then used to create Suede, and if desired it can be further processed to give a full grain appearance the trade name of which is Latigo.
Morocco	Sheep skin dyed red and has a bird’s eye pattern grain.
Nappa	Soft, chrome tanned and used for high quality goods.
Nubuck	Cattle hide with velvet-like surface.
Parchment	Made from sheep/goat/calf skin.
Patent	Very shiny/glossy, smooth and some times coated with plastic.
Pleather	Man-made material consisting of plastic and leather, as the name suggests.
Safari Croc Calf	Calf skin embossed to look like crocodile skin (or other reptile skins).
Shargreen/Stingray	Rough leather, usually coloured green.
Skiver	The thin-grain layer, split from sheep skin.
Slink	Soft leather of an unborn calf/fetus, used for gloves.
Split	Created from the fibrous part of the hide left once the top-grain of the raw hide has been separated from the hide which is then used to create Suede.
Suede	Leather with a dense, soft and fuzzy surface produced by rubbing the flesh side. Looks similar to velvet and felt.
Togo	Hide of an adult bull.
Vachetta/Raw Hide	Untreated leather. Used as trim on handbags and luggage.
Vellum	Fine quality Parchment made of calf skin.

Chicken – out!

Chickens are bred to be killed

Maize and soy are fed to chickens, which are fattened, killed and eaten by humans. Meanwhile, fellow-humans die of starvation and thirst due to a lack of grains and water.

Fed to chickens, 2.5 kgs. of grain produce the same amount of protein found in 500 gms. of flesh; and 2 kgs. of grain, fed to hens, produce the protein found in eight eggs.

Chicken layers and broilers are exploited

A layer (female hen), raised to produce eggs, suffers more than a broiler (cock) raised and killed, at six weeks of age, for its flesh.



De-beaking. Photo courtesy: United Poultry Concerns.

Layers are imprisoned for life and immobilised. Broilers, housed and overfed in cramped areas, develop crippling deformities while rapidly attaining the desired weight for slaughter.

Chickens are cruelly treated

Unnatural lighting and temperature cause suffering and abnormal laying patterns. Painful de-beaking

prevents chickens from getting hurt during stress-induced fights. Antibiotics and growth hormones are administered to induce growth.

Chicken farming results in environmental pollution

The poultry industry is synonymous with environmental pollution – of air, land and water.

Chicken meat can never be “fresh”

“Fresh chicken” is a misnomer. Flesh is never “fresh” because a chicken’s carcass starts decomposing rapidly the moment it is killed.

Chickens spread bird flu

The first bird flu outbreak in India was in 2006. Lakhs of chickens have been culled, but many more outbreaks have occurred. The deadly bird flu virus is just three mutations away from evolving into a pandemic strain that could be transmitted between humans.

Chickens are birds like any other

Live chickens are no different from other birds. How can humans enjoy bird-watching in the wild, yet love eating chickens, and even feed the latter to their pets?



Miserable layers. Photo courtesy: Encyclopedia Britannica Advocacy for Animals.

Fact, not fancy

Nail art and fishy pedicures

by Nirmal Nishchit

Beauty parlors and salons are mushrooming in every city because nowadays every teen, her mother, brother and maybe her father too, wants much more than just a haircut. Special beauty treatments, luxurious massages and spas, are in great demand.

The nail care business is about magnificent manicures and pretty pedicures. Fingers and toes are cleaned, cuticles trimmed, nails shaped and buffed, hands and feet massaged, and skin softened.

Among the various tools used the emery board, a disposable, flexible, abrasive, two-sided rough-and-fine nail file made of emery paper – similar to sandpaper – stuck on cardboard, may contain fish-derived glue which retains the product's flexibility upon drying. Nail buffers are made of chamois leather.

The supplies used are no different from other cosmetic and make-up



Shellac-painted nails have leather, caviar and crushed shell finishes.

items, so individual products of various brands could contain animal ingredients, and may have been tested on animals too.

The rise of nail bars

Nail art or décor is increasing in popularity at special salons called nail bars run by beauticians, called technicians.

A shellac, or China glaze, manicure involves nails painted with a polish containing a high percentage of shellac, which remains intact a fortnight.

Nail varnishes in different finishes like caviar, velvet, and leather are also on offer.

A wide range of nail embellishments considered trendy, elegant and chic, like crushed shells, acrylic flowers, tiny beads, and imitation gems and jewels, are stuck on painted nails.

Shellac and shells are of animal origin, and so are some of the other items used at nail bars. Artificial nail tips or lengtheners made of acrylic are non-animal, but the gels may not be



Left: UV Nail dryer. Photo courtesy: 26andc.com. Right: Silk nail wrap ready for shaping. Photo courtesy: polishtothepeople.blogspot.com.



Garra rufa fish pedicure. Photo courtesy: www.newsandstar.co.uk.

so; whereas the silk wrap extensions are positively animal in origin.

Nail polish is but a refined version of the paint used on vehicles. Polishes set under UV light dryers harden more, so last longer and resist chipping; but exposure to UV light is said to cause nail thinning, brittleness and skin cancer. There are health risks associated with shellac and gel polishes, and the strong-smelling acetone needed to remove these polishes with metal scrapers is as bad.

Bizarre and unsafe

Needless cruelty is seen in the form of fish spa pedicures, for which feet are mildly cleansed and dipped into half-filled tanks of warm water populated by starving, small freshwater fish called *Garra rufa* or “doctor” fish.

The fish nibble at the feet or rather slough off dead

skin (but not without the water-softened skin getting ruptured in places) for 15 to 20 minutes. This is followed by the rest of a pedicure or foot massage. The fish are used as a replacement for scrubbers in standard pedicures.

Garra rufa, found in the Middle East, have been over-harvested for commercial gain in Turkey, where the gimmick began. It is important to know that the so-called skin feeding occurs when the fish are not fed enough. In search of algae, they nibble on human feet, but do not actually eat the dead skin that peels off unless they are ravenously hungry. Flaky skin has been found in the filtration systems of tanks that have been analyzed.

These bizarre pedicures are available in most Indian cities. The UK’s Health Protection Agency has

warned that fish pedicures can cause severe infections. In fact, those with diabetes, psoriasis or weakened immune systems are especially vulnerable to, and at risk of, blood-borne viruses that are transmitted if infected clients bleed in spa water — which is re-used.

The Chinese *Chinchin*, another species of fish often mislabelled *Garra rufa* and used in fish pedicures, grows teeth and can draw blood, increasing the risk of infection.

It is impractical for the water to be changed for each sitting, or for the tank to be sterilized often without harming the fish. Whether or not more than one person dips her feet in the same water tank simultaneously, there is no doubt that infections are transmitted from fish to person, water to person, or person to person.

Fish pedicures are banned in parts of the USA and Canada because they are considered unsanitary. Why can India not follow suit? BWC has drawn the attention of the Secretary, Ministry of Health and Family Welfare, the Director General of Health Services, and the Department of AIDS Control, to this issue.

Animal sacrifices at Karla

by Dr. Kalyan Gangwal

Since 2008, Beauty Without Cruelty and the *Sarvajeev Mangal Pratishthan* have been campaigning against the animal sacrifices occurring during the *jatra* – religious carnival – held at the *Ekvira Mata Mandir*. The temple is at Karla, near Lonavla, Maharashtra. The annual *jatra* is held around the seventh day of *Chaitra*.

It has been a difficult task since the devotees are mainly fishers from the Koli community, who do not live in the area.

We wrote to numerous politicians weeks before this year's *jatra*. The police were contacted, and helped from day one. Seven huge hoardings were put up; thousands of Marathi pamphlets were distributed at the site and inserted in the local newspapers.

At the meeting of *jatra* organisers, attended by the temple's head priest and trustees, our representatives were able to make them agree with our point of view.



One of the hoardings, flanked by (left to right) Sunil Pardeshi, Sachin Swargiya and Kalyan Gangwal.



Sunil Pardeshi convinced this devotee not to behead the four chickens he is carrying upside down.



Santosh Chaudhari aka Dadus (a folk singer, famous for Agri and Koli Geet), holds our pamphlet in support. Photos courtesy: Anand Sarode.

The result of our efforts bore fruit. Policemen checked each and every vehicle this year, not allowing alcohol or animals to be taken up the hill.

Eight major Marathi and Hindi newspapers covered our campaign, praising our achievement as an unprecedented success because no live animal was taken up to the temple and sacrificed there.

The killing of some chickens and goats did, unfortunately, take place as we couldn't get the authorities to close the butchers' shops at the foot of the hill.

We hope there will be no killing at all next year.



*Kalyan Gangwal, MD,
is founder-president
of Sarvajeet Mangal
Pratishthan, Pune.*

BWC seeks a documentary film director

Beauty Without Cruelty is planning to produce a documentary film on animal exploitation, to be shot in a digital format. If any member personally knows a documentary film director who believes in animal rights, please write to:

chairperson@bwcindia.org

Form IV (See Rule 8)

Statement about ownership of the newspaper entitled *COMPASSIONATE FRIEND* as required to be published in the first issue every year after the last day of February

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

Dated: 1st March 2013

Sd/- Diana Ratnagar
Signature of Publisher

Bequest



We were pleasantly surprised to learn that

Russi M. Lala

a supporter of Beauty Without Cruelty from its inception, remembered it in his will. Two substantial instalments of his bequest to our charity have already been received, and we are touched by his thoughtful generosity.

Readers write

Wonderful work

Congratulations on the wonderful work put forth by your team in bringing out *Compassionate Friend*. The articles are thought-provoking, and I just cannot imagine the amount of work that goes into preparing each of them. May God bless you all for the work being done for the voiceless and defenceless!

Joyce Cardozo, Mumbai

Continuous improvement

Every issue of *Compassionate Friend* has been improving in content and presentation.

*Air Cmde R. S. Bishnoi, AVSM,
Dehradun*

Thorough research

BWC-India's research seems the most thorough of any I've read.

Susan McCauley, New York

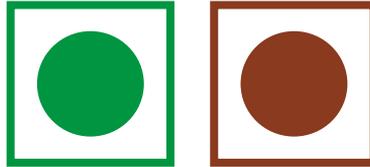
BWC news & views

Cosmetics labelling

In response to persistent demands from animal activists and the growing international trend of animals no longer being used to test cosmetics, the Drugs Controller-general of India (DCGI) issued a directive, in February 2013, to suspend such tests indefinitely till validated non-animal methods are included in safety standards by the Bureau of Indian Standards (BIS).

A month later, the Supreme Court overturned a 12-year-old High Court verdict directing cosmetic and drug manufacturers to print the veg and non-veg symbols on cosmetics and drugs, saying the High Court had no jurisdiction to issue such directions, and that it had already been considered by the Government.

In view of this, BWC approached several political leaders saying they were bound to agree it was desirable that we may easily tell from the green and brown symbols affixed on packaged foods and beverages, whether



the products were veg or non-veg. And that it was the right of all consumers – vegetarian or not – to know the products' contents. For example, no religious-minded Indian would like, unknowingly, to purchase toothpastes or cosmetics that may contain ingredients derived from animals such as cows or pigs.

We went on to request their help in getting the Government of India to also make it mandatory for manufacturers to affix the green and brown symbols on each and every product consumed internally or used on our bodies like toileteries, cosmetics, dietary supplements, medicines, drugs and other pharmaceuticals. By doing so, the Government would be acting in the public interest, and consumers would be grateful to be able to make informed choices.

Docking and cropping

The Chairman of the Animal Welfare Board of India (AWBI) issued an advisory to the Veterinary Council of India and others, in September 2011, informing them that “the practice of non-therapeutic

tail docking and ear cropping is seen in the light of mutilation which amounts to cruelty to animals as per the Prevention of Cruelty to Animals' Act 1960 and is therefore a punishable offence.”

The directive resulted in the Kennel Club of India filing a writ petition in the Madras High Court. In February 2013 the Judge quashed the notice issued by the Veterinary Council (on the



Amputating a dog's tail for the vanity of its 'owner.' Photo courtesy: www.walkinginthefog.net.

basis of the advisory from the AWBI Chairman) directing all registered veterinarians in the country to stop these surgical procedures.

BWC now hopes the judgement will be adequately challenged by the AWBI in the Supreme Court, or that some other appropriate action is taken by the Government.

Government notification challenged

Subsequent to the July 2011 Notification adding bulls to the list of species not allowed to perform, after first supporting, then withdrawing its support, the Government of Maharashtra opposed the Notification, and the matter went to the Supreme Court.

The SC order of February 2013 was a setback for animal rights activists because it grants permission to conduct the races albeit with welfare measures – just as permission has periodically been given for holding *jallikattu* events in Tamil Nadu. BWC had written to the Prime Minister in January, before *jallikattu* was scheduled to be held, but the replies said the matter was *sub judice*.

BWC fails to understand how a Government of India Notification may be legally challenged in, but not upheld by, the Courts.

Asphyxiation of fish

Instead of writing yet again to the Ministry of Environment & Forests, BWC approached the Chief Conservators of Forests and Chief Wildlife Wardens about the cruelty and illegality involved in angling for fish like the *mahseer*, trout and others. Several of them confirmed taking steps to stop anglers from catching, then returning or releasing fish back into the water.

Killing is not allowed, so the hooked fish is compulsorily put back into the water within a stipulated time: the “playing” of fish is barbaric as it puts them through a long ordeal of stress, pain, fear, struggle, agony and torture. The average time it takes to land a fish is in a 1:1 weight/minutes ratio – its weight is then recorded and photographed with its tormentor, by which time



Hooked. Photo courtesy: bobbychyma at www.indianangler.com.

irreversible damage is done even though the fish gets thrown back into the water. The hook injures and traumatises the fish even if barb-less, so it will probably die of shock, inability to eat, or of microbial or fungal infections. Cutting the line and leaving the hook in the fish is the worst act.

No dolphin parks

Beauty Without Cruelty wrote to the Ministry of Environment & Forests in November 2012 requesting that, just as they had asked the Maharashtra state government not to go ahead with the dolphinarium/water park at Sindhurdurg the previous year, they should also ask the Kerala state government to stop the Greater Cochin Development Authority (GCDA) plan to set up a Dolphin Park.

Apart from the cruelty to dolphins involved, it would be a commercial venture, not permitted under the Wildlife (Protection) Act, 1972. An earlier Department of Fisheries plan had been dropped due to the proposed use of backwaters. Hence, this new project had, in consultation with teams from Singapore and Dubai, proposed an artificial pool.

BWC felt it was bad enough to house dolphins, and worse that they were also looking into the possibility of introducing seals into the park.

Then, in January 2013, under directions from the Ministry of Environment & Forests, the Animal Welfare Board of India cited recent plans at Kochi, Sindhurdurg, NOIDA and Mumbai, warning all state governments against setting up dolphinariums. Despite this, since GCDA said they would not give up the Dolphin Park project, BWC wrote to the Ministry saying it can easily be stopped if dolphins are added to the list of animals that are not allowed to be exhibited or trained to perform.

BWC also requested that the Ministry not allow the import of dolphins or any other creatures, such as seals and sea-lions, just as such permission had not been granted for the import of dolphins at Mahabalipuram a decade ago.

Beauty Without Cruelty is pleased that the Ministry has rejected proposals to set up dolphinariums anywhere in India because of the reasons mentioned above.

FYI

Boxing accessories

The waistband used to protect a boxer's pelvis from punches, usually black or red in colour, is made of leather or rubber. Boxers' aerobic, workout bag-gloves, and other gloves, are made of leather; so are punching pads and gloves, abdominal and groin protectors, and boxing shoes. However, boxers' "hand-weight" gloves are usually made of neoprene (rubber) and heavy punching bags of thick, coated vinyl with a nylon outer covering.

The activity of boxing is one that should put us to shame. A (human) society that shows disrespect to other animals is bad enough but, if it subscribes to the ethic of minimizing harm to members of its own species, it is guilty of selfishness. However, when it is seen to indulge in activities that involve the infliction of blatant, physical harm upon its own community, it is indeed a sad commentary on the state of society's moral evolution.

The "sport", if it can be called that, of boxing is an activity requiring the raining of blows on the opponent's body, resulting in bloodshed, and sometimes even in fractures, all the while cheered by supporters and spectators. It is nothing more than a modern-day gladiatorial spectacle that needs to be abolished without conditions



or further ado. Boxing should be banned, as duelling has.

It can be said to the credit of other "fighting sports" like Karate, Judo, and Taekwon-do that they are mainly defensive in nature, and the objective is never to hurt the opponent. However, the sole aim of boxing as a competitive sport is to hurt the opponent to the maximum extent possible – the ultimate expression of cruelty and barbarism, in that man takes pleasure in hurting even his own kind.

Research has shown that boxers end up with life threatening diseases such as Parkinson's or Alzheimer's, or meet violent deaths. This is probably because the intention of boxing is to cause the opponent a head injury.

Combative sports have also been found to develop misogyny and homophobia. They produce "manly" specimens who, while best fitted to protect the fair sex, are simultaneously the best fitted to violate them as well, as they sometimes do.

Vegan recipes

Cabbage

Regular cabbage consumption lowers cholesterol. Fantastic health benefits are said to be derived from all three types of cabbage: red, green and Savoy. In a recent study, both raw and short-cooked cabbage proved cancer-preventive, though micro-waving reduced health benefits.

Cabbage can be consumed raw, steamed, boiled or sautéed. It is better to sauté cabbage to retain the maximum number of nutrients and flavour, since steaming or boiling makes it watery. Two tasty recipes are below.



Recipes

Capsicum-flavoured cabbage

Ingredients

1 head green cabbage
1 green capsicum
1 tablespoon mustard oil
Salt as per taste

Preparation

Cut the cabbage into quarter-inch slices and discard the hard core. Wait five minutes to enhance its health-promoting benefits before cooking.

Slice capsicum and mix with raw cabbage.

Heat oil, sauté cabbage and capsicum as crisp or as soft as desired.

Sprinkle with salt.

Serve as a side dish.

Red cabbage with spinach

Ingredients

1 tablespoon coconut oil
½ to 1 teaspoon chilli powder
1 small onion, sliced (optional)
1 medium red cabbage, shredded
1 bunch spinach/*palak bhaji*, shredded
2 tablespoons thick and smooth coconut cream
Salt

Preparation

Heat oil and sauté chilli powder, followed by onion, for a couple of minutes.

Add cabbage and, when it begins to soften, add the spinach.

When cooked, remove from stove, stir in the coconut cream and add salt.

Serve with *rotis*, *phulkas* or *chapattis*.

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