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GAURAV JAIN

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[A GAJ INDIA PUBLICATIONS]



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## Blessings

I Congratulate Gaurav Jain and give him my blessings as he has mentioned the utmost cruelty in the world i.e. cruelty towards birds and animals, when we see the reality we feel the mouth reaches the heart, he has attacked all those aspects while writing this book. Along with this he has not only inspired us to go back to the satvik way of living mentioned in our Vedas, but also given real life examples so that in present time we can adopt satvik life style.



It is my request to the readers that while reading the next pages where Gaurav Jain has done detailed analysis; please take a pledge to start a revolution against rising trend of animal cruelty and non vegetarianism.

**Swami Agnivesh**

**President**

**World Council of Arya Samaj**

आशीर्वाद

मैं गौरव जैन जी को सहृदय से साधुवाद देता हूँ कि उन्होंने विश्व में हो रही सबसे पैशाचिक हिंसा - यानि पशु पक्षियों के प्रति हो रही हिंसा, जिसका विवरण जानकर हृदय मुँह को आता है- पर कुठाराघात करते हुए यह पुस्तक लिखी है। साथ ही साथ उन्होंने हमें वेदों में प्रदान कि गयी सात्विक जीवन प्रणाली पर फिरसे लौटने के लिए भी सिर्फ प्रेरणा ही नहीं दी, बल्कि किस प्रकार हम वर्तमान में उसी सात्विकता को जीवन में ला सकते हैं, उसके कुछ अति व्यवहारिक उदाहरण भी दिए हैं।

पाठकों से अनुरोध है कि इस पुस्तक के आगे के पृष्ठों में गौरव जैन के सारगर्भित विवेचन को पढ़कर आप माँसाहार एवं पशु हिंसा कि बढ़ती लहर के विरुद्ध क्रांति करने का संकल्प करें।

स्वामी अग्निवेश

प्रधान

विश्व आर्य समाज परिषद्

## **Foreword**

### **-By Smt. Maneka Sanjay Gandhi**

For many years now India has been experiencing the problems of climate change. We lurch between terrible drought and unseasonal flood. From an exporter of food, we have become an importer. At the same time, we are the largest meat and leather exporting country in Asia. We are the largest milk producer in the world. The result is that we have no rain, no water, increasing heat, drying rivers and dying people.



But we could turn this around. Simply by altering our lifestyle. Not to live “poorer” but to live differently.

Let me explain how you and I could turn this around immediately. Methane and carbon dioxide are greenhouse gases which means their presence in the air traps heat and affects the earth's temperature and climate, making the planet warmer. As it warms, the climate changes and the glaciers melt. When the glaciers melt, the rivers first flood and then dry up. The developed countries of the world are at fault for producing so much carbon dioxide and the developing countries like China, India and Brazil are being blamed for producing methane. In this political debate, we have stopped recognizing that this is one world and we are all going to die together.

Take methane. It's an easy problem to deal with. It is produced from 4 main sources livestock and livestock manure, rice farming, coal mining and landfills. In all the international treaties, the developing world – mainly India and China - have tried to keep methane out of the debate. And they have succeeded because the west is justifiably guilt ridden about their carbon dioxide emissions. But the time has come for both the developed and developing world to recognize that reducing methane is the quickest way to stop global warming. Methane concentrations have doubled in the last century and by now they are 20% of all greenhouse gas emissions. While carbon

dioxide emissions have increased by 31% during the past 200 years, methane has increased by 149%.

What makes methane so lethal is that it may be less than carbon dioxide but it is 23 times more efficient in trapping heat in the atmosphere than carbon dioxide. This means that a methane emission has 23 times the impact on temperature of a carbon dioxide emission of the same mass. Methane has a large effect for a brief period (8.4 years in the atmosphere), whereas carbon dioxide has a small effect for a long period.

That means if we stop generating methane today we will see the effect almost immediately. The methane emissions for India, China and Brazil have doubled since 1990 and are expected to go up by 40% by 2020. There is only one reason – and it is not an increase in coal mining or in landfills. It is because these countries grow animals for meat and milk. In developing countries where people are told that to be rich is to eat dead bodies, the number of people eating meat and the amount they are eating every year has risen steadily. Between 1970 and 2002, annual per capita meat consumption in developing countries rose from 11 kilograms to 29 kilograms, according to the FAO. In developed countries, it has risen from 65 kilos to over 100 kilos. The annual global meat production will double from 229 million tons in 2000 to 465 million tons in 2050. In 2008, meat eating went up by 10%.

Meat eating increases both carbon dioxide and methane. Producing one piece of meat in a shop takes 60,000 calories of carbon dioxide producing energy – keeping animals, growing food for them, feeding them, transporting them, killing them, cleaning and packaging the meat, sending it by airconditioned vehicles to the markets which keep it in freezers, and then in fridges at home, cooking the meat. Forests are cut in Brazil, China, Indonesia, and India to graze the animals. These forests absorb carbon dioxide so we are cutting down carbon sinks for meat. Carbon dioxide increases because it takes 11 kilos of grain to make one kilo of meat and wheat, corn and soyabean is mechanized and fertilizer rich agriculture which burns fuel. In fact meat production produces 9% of the world's emissions of carbon dioxide.



Come to methane. Livestock produce 25% or more of all methane because the fermentation in their intestines produces methane gas in the animals and their manure. A single dairy cow produces between 550-700L of methane a day. The world's top destroyer of the atmosphere is not the car or the factory – it is the meat eating human. And this monster is on the rise. The 400 page United Nations report has identified the growing herds of cattle/goats/pigs/sheep/chickens as the greatest threat to the climate. Your mutton kofta and glass of milk is killing us all.

Livestock produce more than 100 polluting gases, including more than two-thirds of the world's emissions of ammonia, the main cause of acid rain. Grazing has turned forests, pastures and mountain ranges into desert. Cows soak up vast amounts of water: it takes 990 litres of water to produce one litre of milk. The pesticides, antibiotics and hormones used to treat them get into drinking water and endanger human health.

A meat eater contributes 1.5 tonnes more of greenhouse gases per year than a vegetarian. This means that your diet change will make more difference than if you sold your standard petrol car for an efficient hybrid car, which reduces annual greenhouse emissions by roughly one ton a year. India's livestock of roughly 485 million contributes more to global warming than our vehicles - 11.75 million metric tons per year — up from 9 million metric tons in 1994.

These cattle, pigs and sheep, chicken, goats did not want to be born – you created them. They do not want to be killed but you kill them to eat. In the process, you are killing the planet. Their wind and manure are warming the world 23 times faster than carbon dioxide. We cannot reduce carbon dioxide in India. The costs are large because it needs technology. The cost of reducing methane is nothing. Simply stop eating meat. You cannot stop global warming by switching off the lights after you leave the room.

It has no impact at all. It will take decades to invent technologies to bring in zero-emission fuel sources. After all this struggling and pushing, the world has only got 3% solar and wind energy to tackle carbon dioxide. But you can change your diet today. If you stop

eating meat , you will stop the Gangetic glacier from melting and the Ganges river will stop turning into a stream. So will the Yangste and the Amazon. Not only will you save the world yourself, you will stop so much poverty on the planet . You will bring better health , eliminate most cancers, free up masses of land for vegetables and grains , allow water for the poor – do you know that an average slaughterhouse uses 16 million litres a day – and one poor Indian family uses one litre.

Take the power into your own hands. You do not need machines or governments or international treaties. You can stop it today by yourself. Dr Rajendra Pachauri, head of the United Nations Intergovernmental Panel on Climate Change, which last year earned the Nobel Peace Prize, says that the quickest way to stop the climate changing is by turning vegan. How simple it is. Maybe this is the ultimate lesson that nature is trying to teach us. Wickedness brings sorrow. Good begets good. First you eat the meat. Then it eats you. Don't kill and Don't be killed.

***Learn from this book and apply it to your lives if you want to save the planet.***

**-Maneka Sanjay Gandhi  
Indian Union Cabinet Minister of  
Women and Child Development,  
Member Lok Sabha, Bharat**

## Preface

Why I am Vegan, is a compilation of various aspects of Veganism. Veganism is nothing but a life style where humans can live without harming other living beings. Lot of people in the world are vegetarian by birth because of family traditional eating habits/food or they choose vegetarian diet later because they learn/realise that eating or consuming dead body of other living beings is not only cruel but also bad for their own health and environment.

Veganism is little broader than just vegetarianism. It's a non violent life style where a person does not consume or wear anything which is derived from cruelty or injustice towards any other creature. They also avoid paying their money or efforts directly or indirectly to any such practices which promotes cruelty or treatment of other living being as a commodity or thing.

Many people in the world are kind towards animals and other creatures but out of ignorance and lack of knowledge towards change in time and environment they unknowingly eat or wear those things which come from injustice to others.

The compilation WHY I AM VEGAN is an effort to cover all those aspects which deals with animal cruelty, in particular, out of ignorance.

Although the author has tried to cover up the reasoning of all the chapters one by one and also tried his best to suggest non violent alternatives of those products or food, still there is a great possibility that lot of other parts of veganism have been left because man in today's world is constantly striving towards discovering more and more possibilities and ideas as to how best he can use animals and even insects for his own benefit. By doing so he does not take care how much he is destroying the nature and its cycle. Increasing animal farming around the globe is one of the major causes of global warming.

Many people argued that to become a complete vegan is hard in modern life and one has to become a saint to practice this life style,

but increasing population of Vegans worldwide has proven this argument wrong. And to practice this lifestyle one has to try gradually phases by phases and try to avoid all those articles and things one by one. He should take help of vegan food guides and lot of information is also available on internet these days.

‘Get togethers’ of like minded individuals and vegan potlucks from time to time also encourage spreading this concept a lot.

One individual cannot become vegan overnight rather it’s a journey where the aim is to decrease the consumption of meat, egg, dairy, fish and other cruel articles over a period of time as much as he can.

In writing this compilation the author is greatly thankful to Upadhyay Muni Shri 108 Gyan Sagar Ji Maharaj, Muni Shri Pramukh Sagar Ji Maharaj, Muni Shri Viharsh Sagar Ji Maharaj Swami Agnivesh Ji, Smt. Maneka Gandhi, Ingrid Newkirk, Dr. Nandita Shah, Manu Singh, Avinash Sharma, PS Rathore Sir, N. G. Jayasimha, Dharmesh Solanki, Poorva Joshipoora, Dr. Chaitanya Koduri, Nikunj Sharma, Sachin Bangera, Khushboo Gupta, Bhuvneshwari Gupta, Rohit Goel, Shankar Narayan, Abhinav Srihan, Er. Yogendra Yadav, Neha Singh, Dr. Manilal Valliyate, Faizan Jaleel, Kriti Sachdeva, Arpan Sharma, CA. Manish Jain, Erika Abrams, Claire Abrams, Neetu Jindal, Sonal vegan, Amal Kumar, Rajiv Jain, Shilpa Chaudhary, Sandeep Tayal and all those animal rights and welfare NGO’s, individuals, volunteers, activists, vegans, doctors and health nutritionist with whom he has worked and learned in all these years.

By participating actively as a volunteer with People for Ethical Treatment of Animals (PETA), People for Animals (PFA), Federation of Indian Animal Protection Organisation (FIAPO), Indian Vegan Society etc., he gained knowledge and learned from experience of officers and staff of these organizations and various aspects of veganism. He extends his thanks towards all these institution for encouraging others to make the world a better place to live for everyone.

Some of the photographs, articles or information is derived from website, brochures, leaflets distributed by PETA, FIAPO, PFA, SHARAN and INTERNATIONAL VEGETARIAN SOCIETY. Few photographs and information gathered from author own participation in various events.

I thank the almighty and my parents Shri Ashok Kumar Jain and Smt. Meena Jain, who have brought me up with Jainism and ahimsa teaching since birth. My mother is my greatest inspiration towards compiling this book.

Jai Jinendra!

Gaurav Jain

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## CHAPTER- 1

# Why I am Vegan



**Benazir Suraiya, Richa Mithal and Swati Gupta during a PETA Demonstration at Jantar Mantar, Delhi.**



What is a vegan? What is veganism? What do vegans eat ?



***Veganism*** is a type of vegetarianism diet that also excludes dairy products, meat, eggs, fish, honey and all other animal-derived ingredients. Vegans also do not eat foods that are processed using animal products, such as refined white sugar and some wines. They also avoid the use of all products tested on animals, as well as animal-derived non-food products, such as leather, fur, silk and wool.

Vegans do not ride on animals; they do not use them for fun, sports or entertainment. They don't go to zoos or other prisons of animals, birds or sea creatures. They don't fly paper kites, they even don't use silver foil on sweets etc.

To sum up they don't consider animal or birds as a commodity rather they believe all animals and other living creatures have same feelings and senses as humans. All vegans treat all animals whether small or big as another beautiful soul of nature and they treat them equal.

All vegans try to eat organic food as much as they can due to heavy use of chemicals in inorganic produce.

Vegans do not use animals for their use for any purpose what so ever. They believe in the philosophy that all animals and birds have their own rights and freedom and they should not be deprived from their natural condition.

***Vegan*** refers to either a person who follows this way of life- in food or complete lifestyle.

## **What do vegans eat?**

This is perhaps the most common question about veganism. A vegan diet includes all grains, beans, legumes, vegetables and fruits and the nearly infinite number of foods made by combining them. Vegan versions of almost all the familiar foods are available, so you can eat vegan hot dogs, ice cream, cheese and vegan mayonnaise without missing the animal ingredients in it.

## **How can I become vegan?**

So you've decided to become vegan. But now what? Some people easily go from eating meat to vegan right away, while others struggle with their new commitment, or choose to go vegetarian first and then slowly omit eggs and dairy. There's no right or wrong way to do it, but you may want to learn about what has worked for other people. However you do it, keep your goals in mind and remember why you are choosing to adopt a vegan diet.

## CHAPTER-2

### WHY I AVOID MILK AND OTHER DAIRY PRODUCTS



Vegetarian two times Olympic Medalist from Bharat in wrestling  
Sushil Kumar with Vegan Activist Khushboo Gupta

# **INSIDE THE INDIAN DAIRY INDUSTRY**

## **A Report on the Abuse of Cows and buffaloes exploited for Milk**

(Source: PETA Investigation)

The Story which you are about to read, is not isolated cases; they represent Industry standards for animals raised for milk.

Cows, buffaloes and other animals raised for milk have many of the same basic needs as we do including food, water, shelter, compassion and freedom to move around. They feel pain just as we do and they understand the world which they live otherwise they could not survive. Animals raised for milk are forced to utmost pains and sufferings. They have been turned into milk producing machines by the Industry who has become increasingly industrialised over recent few decades.

In the Year 2007 India produced almost 100 Million tonnes of milk, which is 15% more than the US and 3 times more than China.

Like all mammals animals raised for milk need to become pregnant in order to produce milk. Typically animals raised for milk are made to give birth to a calf every year. Which means they are pulled lactating and pregnant for at least 7 months in a year. Within 3 months of giving birth the cow has made pregnant again and at times through artificial methods. Artificial insemination is a process by which sperm is collected from the male, processed and stored and artificially introduced into the female reproductive tract for the purpose of conception. Animals are artificially inseminated by bare foot healers without any minimum standard of care.

PETA investigators observed that artificial insemination guns were rarely sterilised and syringes and needles were used repeatedly on different animals without being sterilised and the bare foot healers shut their bare soapy hands into the animal uteruses causing the animal immense pain and exposing them to potential infection and deceases.

Cows and buffaloes raised for milk in India today are milked over and over using machines to extract more milk that animals would yield easily. Because workers can not pay always attention, the machines continue to often run even after animals annals are empty causing them a lot of pain.

Most cows raised for the dairy industry are intensively confined and they are unable to fulfill their basic desires such as nursing their calves. They are treated like milk producing machines and are given hormones that cause them to produce more milk. Most cows are chained by their next immovable stone, they are unable to stretch or move normally. Lack of proper food cause them to suffer from digestive problem and lack of exercise causes lameness.

Many dairy farms do not have drainage facility, electricity or proper place to dispose of the animal waste. Buffaloes stand several feet deep in their toilet and dung slush. They suffer from skin infection, foot decease, and tuberculosis.

## **THE HORROR STORY**

The following are just some of the horrors PETA investigators observed. A new born calf was found tightly to his tongue. Animals were covered in their own dung. Because nobody attended to the buffalo that had gone to labor, her calf died during birth. Some buffaloes were bleeding from their vaginas but workers pay no attention to this.

All containers were kept in the open place causing potential contamination. Flies were all over the place and were sitting in milk containers and buckets potentially contaminating the milk. Dead calves were found lying near the cowsheds.

Male calves who are of no commercial value to the dairy industry were tied up with ropes so short that they can not even lift their heads. Very often these calves are sold to the slaughter houses and killed for their skin. The way of treating the dead cows and calves is very painful and another horror story to tell.

## **OXYTOCIN**

Oxytocin is a Schedule H drug which means it can not be bought or sold without doctor prescription however its use in the dairy industry although illegal is rampant for non therapeutically purposes as the drug causes cow to produce more milk. Oxytocin causes cows to experience serious stomach cramps similar to labor pain and weakens them. It also causes them stop producing milk after just 3 years. After that cows are often went loose to feed for themselves on the streets.

Under natural conditions a cow can live up to 18 years but cows raised for milk are only about 6 or 7 years old when they are sent to slaughter house to be killed for their meat and skin. Cows are transported to the states where they can be legally killed. The animals are then roped together in the preparation of the harrowing death march which can last several days. Handlers pull the cattle by the ropes tied through their noses and twist their neck, horn and tail to keep them moving. They put them in and out of the trucks without ramps causing injuries such as broken legs, limbs and horns.

The other way handlers keep animals moving by rubbing chilli and tobacco in the eyes of animals. Nearly half of the animals succumb

to this torture and are found dead at the time they arrive at the slaughter houses. The survivors are often killed in full view of each other. They are generally killed through hacking with a down blade.

It all comes down to the pain and sufferings not intelligence not strength not social class or civil right. Pain and sufferings are themselves banned and should be prevented.

## **SAY NO TO THE SLICE OF CHEESE OR THE GLASS OF MILK**

**And**

## **SAY NO TO DAIRY PRODUCTS**

There are so many nutritious, delicious and cruelty free recipes available now to enjoy the foods traditionally made using dairy products. Soy Milk is available now almost everywhere in India. Soy is not only cruelty free but also rich in protein and nutritious.

## **BE ALERT AND AWARE**

Urge your local municipal corporation to ensure that basic animal welfare laws are enacted and enforced and the Tabelas across the city are hygienically maintained.



Anchal and Tanya Singh on World Vegans day in Kamla Nagar, New Delhi

## 28 Things You should know if you drink Milk

1. Milk is the food that new born mammals receive from their mothers.
2. Usually, females like women, cows and capybaras DO NOT provide milk unless they become pregnant.
3. In nature camels, giraffes and bears are fed on milk.
4. Maternal milk is very tasty, healthy and nutritious when it comes from our own species.



5. When they are grown, mammals stop drinking milk and follow other diets.
6. All mammals grow and stop sucking. All, but one: HUMAN. Is it NATURAL?
7. Cows do not give humans milk.
8. Human confine, enclose, enslave and rob and rob and steal the milk from calves.
9. Male calves also called heifers or veal are killed and the milk their mothers would give them is stolen by human beings.
10. Cows and calves suffer so much in the separation.
11. To profit more with the death of the babies' men has created this: the very tender, white and tasty meat of veal.
12. Is white because baby cows receive a very strict low iron diet. They have Anemia.
13. It is tender because babies can not move. Most of the time, to calm down their youth vitality, man puts them in the dark away from green grass, sunshine and friends.
14. Meat Industry call them "baby beef"
15. Man is the only animal capable of enslaving.

- 16.** Free, a cow can live about 25 years.
- 17.** Enslaved, rarely reaches 6 years and her meat turns into hamburgers and skin into leather.
- 18.** Free, a cow produces about 5 liters of milk (132 gallons) a day.
- 19.** Arrested and stuffed with drugs she can produce 44 liters (1162 gallons) per day.
- 20.** Mammals only drink milk from their mothers.
- 21.** Once we grow, we do not need milk.
- 22.** Women have superpowers: I MAKE MILK what's your superpower?
- 23.** But men transform cows' milk into veils' blood.
- 24.** You can change it.
- 25.** Green leaves are rich sources of calcium, more efficient than cows' milk.
- 26.** You can also use vegetal milks like: coconut milk, rice milk, almond milk, oat milk.....
- 27.** Can use vegetal cheese/paneer like tofu and eat very well without killing anyone: Vegetarian Kebab.
- 28.** The calves need your HELP ! HELP ! HELP ! Freedom !

## 70% of milk in Delhi, country is adulterated



Times of India Front Page Report  
1 Jan 10, 2012

NEW DELHI: Beware, your daily glass of good health could actually be doing you harm. As much as 70% of

milk samples picked up from the capital by a government agency failed to conform to standards.

Of the 71 samples randomly taken from Delhi for testing by the Food Safety Standards Authority of India (FSSAI), 50 were found to be contaminated with glucose and skim milk powder (SMP), which is usually added to milk in the lean season to enhance volumes.

Elsewhere in the 33 states and UTs study, milk was found adulterated with detergent, fat and even urea, besides the age-old dilution with water. Across the country, 68.4% of the samples were found contaminated.

Only in Goa and Pondicherry did 100% of the samples tested conform to required standards. At the other end were West Bengal, Bihar, Chhattisgarh, Jharkhand, Orissa and Mizoram, where not a single sample tested met the norms.

Other prominent states fared just a shade better. Around 89% of the samples tested from Gujarat, 83% from Jammu & Kashmir, 81% from Punjab, 76% from Rajasthan, 70% from Delhi and Haryana and 65% from Maharashtra failed the test. Around half of the samples from Madhya Pradesh (48%) also met a similar fate.

States with comparatively better results included Kerala where 28% of samples did not conform to the FSSAI standards, Karnataka (22%), Tamil Nadu (12%) and Andhra Pradesh (6.7%).

The samples were collected randomly and analysed from 33 states totaling a sample size of 1,791. Just 31.5% of the samples tested (565) conformed to the FSSAI standards while the rest 1,226 (68.4%) failed the test.

A study conducted by Food Safety Standards Authority of India (FSSAI) across 33 states has found that milk was adulterated with detergent, fat and even urea, besides the age-old practice of diluting it with water. Across the country, 68.4% of the samples were found contaminated.

These were sent to government laboratories like Department of Food and Drug Testing of Pondicherry, Central Food Laboratory in Pune, Food Research and Standardisation Laboratory in Ghaziabad, State Public Health Laboratory in Guwahati and Central Food Laboratory, Kolkata, for testing against presence of adulterants like fat, neutralizers, hydrogen peroxide, sugar, starch, glucose, urea, detergent, formalin and vegetable fat.

Detergent was found in 103 samples (8.4%). "This was because milk tanks were not properly washed. Detergents in milk can cause health problems," FSSAI official told TOI. The non-conforming samples in rural areas numbered 381 (31%) out of which 64 (16.7%) were packet milk and 317 (83.2%) were loose samples.

In urban areas, the number of non-confirming samples were 845 (68.9%) out of which 282 (33.3%) were packed and 563 (66.6%) were loose.

The most common adulteration was that of fat and solid not food (SNF), found in 574 (46.8%) of the non-conforming samples. This, scientists say, is because of dilution of milk with water. The second highest parameter of non-conformity was skim milk powder in 548 samples (44.69%) which includes presence of glucose in 477 samples. Glucose could have been added to milk probably to enhance SNF.

## **Times View**

This only confirms that food adulteration is common in India. Even milk, consumed primarily by children, isn't spared. What's particularly worrying is the kind of substances used to adulterate, including toxic chemicals. This shows the trade off between the risk of getting caught and the 'reward' of huge profits is skewed heavily in favor of the latter. The government must focus on raising the risks to the adulterator. One way of doing this is by hiking the penalty, including making it analogous to attempt to murder in extreme cases. It's equally important to regularly check foodstuff for adulteration and ensure speedy trials.

## **What substitutes I eat for milk?**

Maybe you're thinking about going vegan, so you need some vegan dairy substitutes, or maybe you're allergic to milk and looking for lactose-free dairy substitutes or trying to keep kosher. Whatever your reason, reducing the amount of dairy in your diet can be a healthy way to lower your fat and cholesterol intake. Here's what you need to know about dairy substitutes, including non-dairy soy milk, vegan margarine, non-dairy ice cream substitutes and more.

While milk may be a good source of calcium and protein for vegetarians, many people are reducing their consumption of dairy

due to food allergies, in an effort to reduce fat and cholesterol intake, or just to take advantage of the many health benefits of soy. Need a dairy substitute for baking, cooking or drinking? Soy milk, almond milk and rice milk can all be easily substituted for dairy in most recipes.

The first dairy substitute you probably want to know about is milk! You may have heard about soy milk, but what are some other dairy substitutes for milk and how can you use them in baking or cooking? Soy milk may be the most popular, but you may also want to try almond milk or rice milk.

Substitute soymilk, rice milk or almond milk for milk. You won't even be able to tell the difference in most recipes, including breads, muffins, cakes, cookies, puddings and other creamy desserts.

## Soy milk



The good news is, soy milk is healthy, cheap, and easy to find and use. The bad news is...well, there really is no bad news! From a nutritional perspective, soy milk has almost as much protein as dairy milk, less fat, no cholesterol, and, since most soy milks are fortified, is a comparable source of calcium. Vegans should make sure to find a brand that is fortified with Vitamin B12. Soy milk is an excellent dairy substitute for baking or for kids.

Each brand of soy milk is slightly different, so try a couple and see which one suits your taste buds best. Soy milk is increasingly popular and many popular grocery chains and neighborhood stores have started stocking it. In Bharat Statea and Sofit are popular available options. Internationally brands such as Trader Joes, Whole Foods and Safeway are available in variety of flavours.. I recommend trying unflavored soy milk to start, though the chocolate flavor is an incredibly tasty treat.

## **Rice Milk**

Rice milk is not as thick as soy or dairy milks, and has a somewhat translucent consistency. Because it is slightly sweet, rice milk works well in dessert recipes and is not suited for savory or salty dishes, such as mashed potatoes. Compared to soy and almond milk, rice milk has less protein.

## **Almond milk**

Milk made from almonds or other nuts, such as cashew milk has a creamy consistency similar to soy milk and a nutty taste perfect for making vegan fruit smoothies or other creamy drinks and desserts, though they don't taste much like dairy milk, and are best in non-savory dishes. Be sure to shake your almond milk well before using. If you can't find almond milk at your grocery store, try making a homemade almond milk or cashew milk.

## **Dairy substitutes for cereal, oatmeal and beverages:**

Any milk substitute will work fine, so it's really a matter of personal taste. I find that rice milk is a bit too sweet for me on cereal, but you may find that the sweetness of the rice milk just enhances the taste of a bowl of cereal. For extra flavor, try using vanilla flavored soymilk on your cereal- yum!

## **Milk substitutes for cooking:**

Regular or unsweetened soymilk will work best in recipes such as pasta sauces, cream sauces, mashed potatoes, salad dressings and other savory recipes that call for milk. Although a thick soy cream is best for creamy recipes such as non-dairy Alfredo sauce, a reasonable facsimile can be made with a basic vegan roux. You can find soy cream at well stocked natural foods stores.

## Replacing buttermilk:

If a recipe calls for buttermilk, add one tablespoon of white vinegar or lemon juice to a cup of soymilk to replace buttermilk and mix well. It's not quite as robust as buttermilk, but will have a similar flavor.

## Dairy Substitutes

### 1. Butter Substitute: Non-Dairy Vegan Margarine



Vegan margarine is the best non-dairy substitute for butter and will work well with anything you need butter for, whether you're baking cookies or you need something to spread on your toast. Many margarine brands contain a bit of dairy in the form of lactose or whey, making them unsuitable as a dairy substitute, so be sure to read the label carefully. Sadly popular brands like Nutrilite in Bharat contains Milk Solids\* in its margarine. The only downside to using margarine instead of butter is that it may contain hydrogenated oils, which are not healthy. If this is a concern for you, look for a dairy-free vegan margarine that contains no trans-fats or hydrogenated oils, such as Earth Balance. \*(as recorded in Feb 2014)

### 2. Cheese Substitute: Soy Cheese



If you need a dairy-free substitute for cheese, I recommend looking for a cheese substitute that is labeled vegan if you are lactose intolerant or have a milk allergy. Some brands of non-dairy soy-based cheese contain a bit of casein or caseinate. Not a problem if you're just looking to reduce the dairy in your diet, but not helpful if you're fully vegan! So, be sure to read the label. If you avoid soy as well as dairy, look for vegan almond milk or rice milk cheese.



### **3. Alfredo and Cheese Sauce Substitutes: Homemade Vegan Alfredo**



**Vegan Fettuccine Alfredo**

Fettuccine alfredo was one of my favorite foods before I went vegan, so I've spent many hours trying to find dairy-free substitute for alfredo sauce and cheese sauces. Although there are a few commercially available mixes, I personally think that the best vegan alfredo sauces, cheese sauces and macaroni and cheese recipes are homemade rather than store bought.

### **4. Parmesan Cheese Substitute: Nutritional Yeast**



**Parmesan Cheese**

If you're cutting dairy from your diet but you miss sprinkling Parmesan cheese on your pasta or garlic bread, you need to try a product long popular amongst vegans, called nutritional yeast. This is a flaky powder with a naturally cheese-like flavor. Nutritional yeast is similar to brewer's yeast - but careful!

They aren't the same! Shop for nutritional yeast in the bulk foods section of your local health food store or co-op grocery.

You can also keep an eye out for a non-dairy vegan Parmesan cheese substitute called Parma, or try shopping online at a vegan specialty store for Parma. Just like regular Parmesan cheese, Parma doesn't need to be refrigerated, so it's easy to buy online.

### **5. Sour Cream Substitute: Vegan Sour Cream**



**Sour Cream**

Need a non-dairy substitute for sour cream? Tofutti brand is to the rescue! Found in the refrigerator section of natural foods stores and larger well-stocked grocers, if you are not in Bharat Tofutti non-dairy Sour Supreme and non-hydrogenated better than Sour Cream are both delicious dairy-free choices. Or you might also want to try making a homemade dairy-free sour cream substitute.

## **6. Ice Cream Substitutes: Soy, Coconut, or Rice Milk Ice Cream**



When it comes to a non-dairy alternative to ice cream, vegans and the lactose intolerant have a few choices. More and more grocery stores are stocking non-dairy ice creams, and natural food stores stock a myriad of choices, including coconut milk based ice creams for those who avoid soy, low-fat rice milk ice cream, and of course, soy ice cream as well. If you'd like to try making a homemade non-dairy ice cream.

## **7. Homemade Cheese Substitutes**



**Vegan Lasagna**

There's still quite a few dairy products you might be craving (or need for a recipe!) that are still unavailable to buy at the store. We've come a long way with commercial substitutes, but there's always room for improvement. In the meantime, try making your own homemade Indian paneer cheese from tofu or use Italian spices to make a tofu ricotta cheese substitute, perfect for making low-fat dairy-free lasagna.

# TEA SUBSTITUTES

## GREEN TEA

### Health Benefits of Green Tea



Green tea acquires a prestigious place among soft beverages and it is one of the foremost things that come to the mind when the topic is anti oxidants. Within a short time, it has made billions of fans around the world and many lovers of normal tea have switched on to **green**

**tea**, due to its health benefits. Those who are habituated to normal tea may not like its taste for the first time, but I am sure that it will be their favorite on very soon.

**What is Green Tea:** Green tea comes from the same plant from which normal tea is obtained. Scientifically, it is known as Camellia Sinensis. In fact, it is the same tea but processed differently. The normal **black tea** is obtained by fermenting the tea leaves. This fermentation changes its color, flavor and raises the level of caffeine and tannin in it. Whereas, in case of Green Tea, the tea leaves are dried or slightly steamed but not fermented. This makes it look green when brewed and otherwise.



**Health Benefits:** The health benefits from Green Tea are primarily due to its anti oxidizing properties which come from its Caffeine, Catechin Polyphenols and Theonine. These health benefits can be listed as under;

- **Anti Ageing.**
- **Stimulating.**
- **Immunity Boosting.**
- **Astringency.**
- **Anti Carcinogenic**
- **Reducing Cholesterol**
- **Cardiac & Arterial Health**
- **Anti Diabetic**
- **Weight Loss**
- **Stamina & Endurance Booster**
- **De intoxicating**



### **Other Tea/ coffee Substitutes**

Lemon Tea, Black tea are preferred vegan and healthy tea options, besides these Masala tea or tea with any herbals can be easily veganised or cooked without milk. Similarly soy milk tea also loved by many. Many cha bars and coffee outlets these days serves soy milk coffee or black coffee. Vegans are advised to use brown sugar, unrefined sugar, palm sugar, stevia leaves, jaggery or any other easily available natural sweetener instead of normal white sugar since many a times Bone char/ charcoal/ other chemicals have been used for refining the sugar which is not only unhealthy but make them non vegan as well.

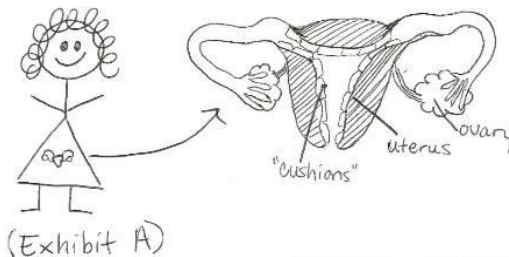
## CHAPTER- 3

### WHY I DO NOT USE EGG & ITS PRODUCTS

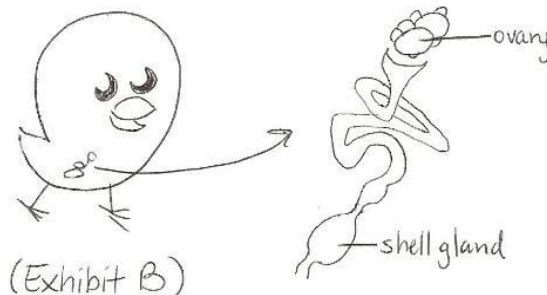
No chickens had to be killed to get eggs, right? The truth is that raising chickens for eggs is a cruel and bloody industry that destroys the environment. And on top of it all, eggs are not good for you.

#### **“Are eggs really chicken periods?”**

For a straightforward question like this one, I say we skip the small talk and jump right into some (poorly) hand-drawn diagrams!



Every month, a (human) girl produces an egg from one of her ovaries. The walls of the uterus become a nice comfy home for the egg by filling with blood to become plush cushions. If the egg meets a sperm, the cushions become a sofa for a baby to relax on for nine months. If the egg doesn't meet a sperm, the uterus says, "These cushions are so last month. Let's make some new ones," and the body gets rid of the cushions. The uterus, like many of you, is a



DIY diva. The body does some interior decorating ... and the girl has her period.

Hens, female chickens, have a cycle that can be daily during certain times of the year. Like humans, hens have ovaries, though only the left ovary develops fully. This ovary sends a yolk on its path. The yolk forms what we know as an “egg white” as it moves through the reproductive tract into the shell gland. The shell takes about 21 hours to form and “Cluck!”—out pops an egg! Because this egg is unfertilized, it won’t grow into a cute baby chick.

So, a human “period” is an unfertilized reproductive cycle and the eggs at the grocery store are unfertilized reproductive cycles. I’ll let you decide if eggs are “chicken periods,” but don’t get grossed out now! When you really think about it, our bodies and chickens’ bodies do some pretty awesome things. It’s reassuring to know that our bodies are working fulltime whether we are studying hard or on summer vacation. It’s the egg industry that should gross you out with their lazy practices.

Practically all of the hens who lay eggs to be eaten in our country have their claws and beaks cruelly sliced off and are never given the chance to spread their wings. Hens undergo these conditions their entire lives. These practices leave hens mutilated, stressed, and more prone to become infected with salmonella ... which they pass on in their eggs to humans.

Many people decide not to eat eggs for cruelty reasons and many more decide not to eat eggs because they are loaded with artery-clogging cholesterol and saturated fat (70 percent of the calories in one egg is from pure fat!). Eggs are wonderful for nourishing a baby chick for a few days, but all of that fat can lead to heart problems in humans.

Besides, we don’t need eggs in this day and age. Grocery stores sell egg-free substitutes for eggs used in baking recipes. Sometimes you

can even just replace an egg in a recipe with half a mashed banana or a few spoonfuls of applesauce. You can even try grilling up some black bean burgers held together by tomato paste mixed with your favorite seasonings for a kick. And when it comes to taste, [tofu scramble](#) beats scrambled eggs any day. It just takes a little interior decorating in the refrigerator to find new ways to be healthy and cruelty-free.

(Source: Article by Kelli Ellis Nurse)

*Kelli Ellis is a graduate of the University of Pittsburgh School of Nursing and Master's at Penn State University while working at Penn State Hershey Medical Center.*

The human body makes all the cholesterol it needs for maintaining healthy nerves and cell membranes. The consumption of additional cholesterol through animal products, the only other source of cholesterol, subjects the human body to a potential overload, leading to clogged arteries and heart disease. Eggs contain high amounts of cholesterol, and they are loaded with fat, which can make you sluggish and overweight. They don't contain any nutrients that are not found in plant foods.

Eggs carry salmonella, which sickens countless people every year. Salmonella leads to food poisoning, which can result in abdominal cramps, diarrhea, vomiting and, in severe cases, even organ failure or death. Chickens and their eggs are infected with salmonella because of chickens' filthy living conditions. The only way to avoid all the fat, cholesterol and bacteria in eggs is to keep them off your plate.

# **Factory Farming**

Although factory farming involves many cruel practices, it is not just those practices that are objectionable. The very use of animals and animal products for food is unethical to animal rights.

## **1. What is Factory Farming?**



Factory farming is the modern practice of raising animals for food in extreme confinement, in order to maximize profits. In addition to intense confinement, abuses usually associated with factory farming include massive doses of hormones and antibiotics, battery cages, debeaking, tail docking, gestation crates, and veal crates. The animals spend their entire lives in these miserable conditions until they are slaughtered. Their suffering is unimaginable.

## **2. Why Would Factory Farmers Be Cruel to the Animals?**

The factory farmers are not trying to be cruel. They are trying to maximize profits, with no regard for the suffering of the animals.

## **3. Why Would They Let Animals Suffer?**

Factory farms do not care about individual animals. Some animals will die as a result of debeaking, tail docking, disease and intensive confinement, but the operation is still profitable overall.

## **4. Why do Factory Farms Use Hormones and Antibiotics?**

Hormones cause the animals to grow faster, produce more milk and produce more eggs, which leads to higher profits. Large numbers of animals living in intense confinement mean that disease could spread like wildfire. Animals also fight and suffer from cuts and abrasions from their cages, so all the animals are treated with antibiotics to minimize losses from infections and the spread of diseases. Also, small, daily doses of certain antibiotics cause weight gain. This means that the animals are over-medicated, which causes



bacteria to become resistant to antibiotics. Both the antibiotics and the resistant bacteria reach the consumer in the meat.

## **5. What is Debeaking and Tail Docking?**

When confined intensively, both human and non-human animals fight more than usual. Debeaking a chicken entails cutting the bird's beak off, without anesthesia. The chickens' beaks are inserted one by one into a machine that looks like a guillotine that chops the front part of their beaks off. The procedure is so painful, some chickens stop eating and die of starvation. Pigs have their tails docked, or cut short, to prevent the pigs from biting each other's tails off. The tail is an extension of the animal's spine, but tail docking is done without anesthesia. Both practices are very painful and cruel.

## **6. What are Battery Cages?**

Egg laying hens are crowded into battery cages to maximize profits, and live their entire lives never being able to spread their wings. Battery cages typically measure 18 by 20 inches, with five to eleven birds crowded into a single cage. A single bird has a wingspan of 32 inches. Cages are stacked in rows on top of each other, so that hundreds of thousands of birds can be housed in a single building. The wire floors are sloped so that the eggs roll out of the cages. Because feeding and watering is sometimes automated, human oversight and contact are minimal. Birds fall out of cages, get stuck between cages, or get their heads or limbs stuck between the bars of their cages, and die because they cannot access food and water.

## **7. What are Gestation Crates?**

A breeding sow spends her entire life confined in a crate made of steel bars where she cannot turn around or stretch her limbs when she lies down. The floor of the crate is slatted, but she still ends up standing and sitting in her and her piglets' own filth. She has litter after litter of baby pigs until she is considered spent, and then sent off to slaughter. Confined sows exhibit neurotic behaviors such as chewing on the bars of the crate and rocking back and forth.

## What substitutes I use for eggs in a recipe?

Whether you're allergic, trying to go vegan or just trying to reduce your cholesterol, there's a number of reasons to use an egg substitute in a recipe, particularly in baked goods, where you won't even miss it. But how do you know what to use, and which egg substitute will work best?



This egg-free french toast recipe uses bananas instead of eggs

Although the good news is that just about any recipe that calls for eggs can be made vegan by using the proper egg substitute, there's no single answer to what the best substitute will be. Eggs perform a different function, depending on what you're making, so you may also need a different egg substitute, depending on the dish.

In a cake, for example, the eggs serve as a leavening agent, helping to make the cake light and fluffy. In baked goods such as cookies and muffins, the eggs add moisture and act as a binder, gluing all the other ingredients together. And, if you're looking to substitute eggs in a quiche or a mayonnaise, where eggs are central to the finished product, you'll probably need something like tofu to mimic the consistency of the eggs, while making other adjustments to the recipe as well to add flavor and body.

As a general rule, the fewer eggs a recipe calls for, the easier they will be to substitute. So, if a cookie recipe calls for one egg, using an egg substitute will work much better than in a recipe that requires three or four eggs. Also consider how the substitute will affect the overall taste of the finished dish. Bananas, for example, may add a welcome hint of fruity sweetness to pancakes and cookies, but if you are making a casserole or another savory dish, you will want to use something else.

Here's a few of the most useful egg substitutes, as well as suggestions for their use.

### **Commercial Egg Replacer**

Ener-G is an incredibly versatile and easy to use commercial egg replacer available in most health food stores and larger well-stocked grocery stores. I find that despite the instructions on the package to mix Ener-G with two tablespoons of water, some recipes will need a bit more moisture when replacing eggs using Ener-G, so you may need to compensate with an extra tablespoon of water or soy milk. Ener-G and other store-bought egg substitutes are relatively flavorless and work best in baked goods, such as cookies, muffins and cakes, and can also be used to bind ingredients together in a vegan casserole or loaf. Ener-G is vegan and certified kosher, but be sure to read the labels carefully on other brands, as some may contain egg whites.

### **Bananas and Applesauce**

Smash up or blend about a half a banana or 1/4 cup applesauce to use as an egg replacer in baked goods such as muffins, pancakes or yeast-free quick breads, such as pumpkin bread, and of course, banana bread! Bananas and applesauce add the perfect amount of thick moisture, like eggs, but they won't help your dishes rise or turn out light and fluffy, so be sure the recipe you are using includes a bit of baking powder or baking soda to help it rise if needed.

### **Tofu**

Tofu is the best way to substitute eggs in dishes such as a quiche, fritatta or egg salad. The texture of silken tofu or crumbled regular tofu is surprisingly similar to boiled or cooked eggs when used in a similar recipe and, by adding a bit of mustard, turmeric or nutritional yeast to your dish to give it a yellow hue, your eyes will be tricked as well as your taste buds! Because other recipe adjustments are probably needed to make an egg-free fritatta, for example, its best to follow a recipe rather than just replacing the eggs with tofu.

Silken tofu is also an appropriate egg substitute in baked goods. To use, blend 1/4 cup silken tofu with liquid ingredients until tofu is smooth and creamy. While it won't alter the flavor of a recipe, using tofu as an egg substitute will make baked goods a bit on the heavy and thick side, so it works well in brownies and pancakes, but wouldn't work well in something like an angel food cake that needs to be light and fluffy.

### **Other Substitutes**

In a pinch, or with a good recipe, vinegar mixed with water or even plain run-of-the-mill soda can work as a decent egg replacer. For savory entrees such as a vegetarian casserole or a loaf, try using 2-3 tablespoons of bread crumbs or oats.

## CHAPTER-4

### WHY I DO NOT EAT MEAT



A large group of volunteers outside KFC outlet in Connaught Place, New Delhi in a protest to show their disregard against the cruel practices of murdering innocent chickens for taste buds.



Rakesh Mishra and Rohit Goel during a PETA protest against Meat & Poultry conference outside Pragati Maidan, New Delhi

# **MEAT IS NOT GREEN**

Climate change, overexploited natural resources, deforestation, wasted land, water and air pollution, the most serious of environmental problems of our time are all directly linked to eating meat.

## **What are Veal Crates?**

Male dairy calves are chained and confined in veal crates that do not allow them to move or turn around. They are taken from their mothers at birth because they are not useful for milk production. Instead of their mothers' milk, they are fed a synthetic formula designed to keep their flesh pale and anemic, as desired by many consumers.

In Bharat, the concept of Veal crate is informal in nature. Calves are taken away from mother shortly if not immediately after birth. Female calves are raised separately while male calves are disposed off in illegal and inhumane ways such as starvation, selling for leather etc.

## **Learn more about why Meat is not Green:**

The meat Industry is killing our planet. Learn how it affects the Following:

### **Global Warning**

A United Nations Report found that the meat industry produces more green house gases than the SUVs, cars, trucks, planes, ships in the world combined!

### **Water Resources**

It takes 300 gallons of water per day to make a typical vegan diet while it takes more than 4000 gallons of water per day to produce a typical Meat based diet.

## **Energy**

Of all the raw material and fossil fuels used in U.S., more than one third is used to raise animals for food.

## **Pollution**

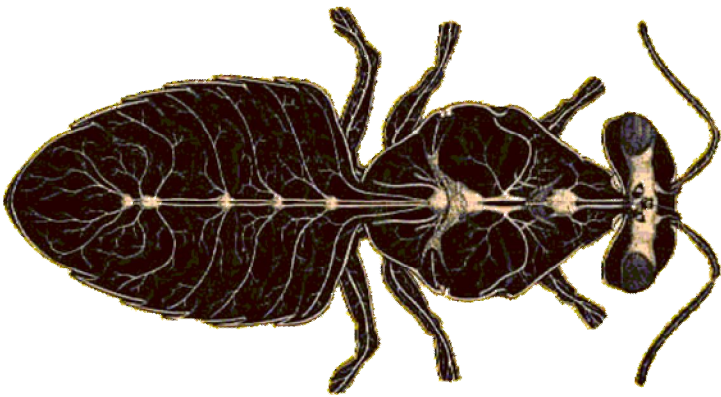
According to the Environmental Protection Agency, runoffs from factory farms pollute our rivers and lakes more than all other industrial pollution sources combined. This is true for most of the countries.



## CHAPTER 5



### Why I avoid Honey and Bee products



## **By Definition**

The simplest reason why honey isn't vegan is by definition. The term vegan was coined by Donald Watson in 1944 and was defined as follows:

*Veganism is a way of living which excludes all forms of exploitation of, and cruelty to, the animal kingdom, and includes a reverence for life. It applies to the practice of living on the products of the plant kingdom to the exclusion of flesh, fish, fowl, eggs, honey, animal milk and its derivatives, and encourages the use of alternatives for all commodities derived wholly or in part from animals.*

People, who follow a vegan diet for health or environmental reasons, please take note.

We don't, however, need to go back to 1944 to define honey as not vegan. Any definition of veganism would talk about not exploiting animals, and honeybees are, without a doubt, animals. Honeybees are in the phylum Arthropoda--the same as lobsters and crabs. James and Carol Gould (respectively, a professor of ecology and evolutionary biology at Princeton and a full-time science writer) point out that "Honey bees are at the top of their part of the evolutionary tree, whereas humans are the most highly evolved species on our branch. To look at honeybees, then, is to see one of the two most elegant solutions to the challenges of life on our planet.

## **Who are Honeybees?**

Before we go any further, please take a moment to meet the honeybees.

## **Are Bees Smart?**

So why do people think they can exploit bees without qualms? Is it because they are not intelligent? There is evidence that says they are. People have been studying bee behavior for hundreds of years, and

with good reason. But of course, it's just all pheromones and instinct, right? They act in ways that suggest intelligence, but there's a simple biochemical explanation. (And this is different from humans in what way?) Placing all of this aside, what about a possible bee imagination? The most compelling indication of bee smarts follows. (Yes, it's controversial, but I for one like to err on the side of caution.) Two groups of bees (foragers) from the same hive were trained to two food sources, one on the shore and one in the middle of a lake. When the food quality was increased at both feeders, both groups of bees danced in the hive to tell the rest of the bees where to get the good food. The bees watching the shore feeder dance went out and ate at the shore feeder. Perhaps the bees watching the lake feeder dance, thought, "Flowers in the middle of a lake? This gal must be nuts," and very few bees went to the lake feeder. So at this point you're thinking those bees just didn't want to fly out over a smelly lake? Well, the thoughtful researchers decided to try the experiment again and moved the lake feeder close to the opposite shore (although still surrounded by plenty of water). That time, the bees seemed to have thought the food source to be in a more plausible spot and, following the dance, lots of bees went to both feeders (Gould, 222).

### **What about Pain?**

But it really doesn't matter anyway, does it? Vegans typically don't judge species based on their intelligence. If it were ok to eat someone because he's dumb, a lot of *humans* would be in trouble. It must be because bees can't feel pain. But why wouldn't bees feel pain? They are animals with a large nervous system (Snodgrass, 254) capable of transmitting pain signals. And unlike in the case of plants, pain as we know it would be a useful evolutionary feature since bees are capable of moving to avoid it. Which, as far as I'm concerned, is all that matters. Pain must be unpleasant or else it wouldn't work. If common sense isn't good enough, we can always resort to scientific studies that indicate that bees feel pain.

Not being a beekeeper myself, it is hard to say why life would be more painful for kept bees vs. wild bees. The kept bees would seem to have more contact with humans and more bees would die from

stinging them. But, again, unless you are a "vegan" who lives on a farm and raises animals with lots of love so you can drink their milk and eat their eggs (??) pain really isn't the issue either.

## The Enslavement of Bees



The simple fact is that the bees are enslaved. What? Bees slaves? Yes, bees as slaves.

Or it's dominionism, exploitation of nature, human superiority, whatever you like to call it. It's the idea that humans are justified in using all other life forms instrumentally, for our own benefit. As Alice Walker said, "The animals of the world exist for their own reasons. They were not made for humans any more than black people were made for white, or women created for men." (I would also add that plants and the earth were not made *for* humans either.) What follows is a look at specifically how honeybees are exploited by humans. Note that this follows precisely the same pattern of animal exploitation that vegans seek to end for other species.

It is important to realize who is keeping these bees. You may have an image in your mind of a man (indeed, 5% of US beekeepers are women (Hoff & Schertz Willett, 10)) with a few hives out in his backyard. While that is in fact the proper image of most beekeepers, most honey comes from full-time factory bee farmers.

A successor queen is selected by a human instead of the reigning queen--both of whom may have been "artificially inseminated." "Queens can live for as long as five years but most commercial beekeepers replace them every two years" (Shimanuki & Sheppard, 181) (and often yearly). "Replace" is a euphemism for killing the old queen. Backyard beekeepers also regularly kill their queens. This is done for numerous reasons that all boil down to exerting control over the hive. For example, it is done to prevent swarming, aggression, mite infestation, and to keep honey production at a maximum. Queens come from commercial queen suppliers. The image to the left is hundreds of queens with a few nursing bees in individual cages waiting to be flown around the country (Beekeeping). Travel can be rough on the queens; according to Eric Mussen, a UC Davis Extension Apiculturist, "Once at the post office or shipping depot, nearly anything can happen. Queens can be over heated, chilled, left out in the sun for hours (desiccated), banged around in baggage compartments, and exposed to insecticides. Often, the post office or shipping hub fails to contact the customer when the queens arrive and they may sit in storage for days. It is surprising that the queens come through as well as they do" (Mussen). Finally, colonies (hives) are routinely split in half according to what the keeper wants, not the queen.

We want a word referring bee behavior. If you are familiar with life cycle of bees then the concept of hierarchy amongst bees would be a familiar concept.

When manipulating the bees, most beekeepers use a smoker to maintain control and to prevent some stings. The smoke gets the bees to gorge themselves on honey, which calms them down. The smoke probably also masks the alarm pheromone that the guard bees release and prevents the entire colony from becoming agitated.

During the fall and winter a mouse guard is often placed over the entrance to the hive. Usually, the bees drag their dead out of the hive, but the mouse guard often prevents this from happening. Beekeepers are warned, "it is helpful to remove any pileup of dead

bees behind the mouse guard once or twice during the winter" (Bonney, 116).

Some bees even get to travel all around the country in trucks like the one pictured here or on larger flatbed trailers (Beekeeping). Beekeepers follow the nectar flows to increase honey production, that is, profits.

You may have the impression that since the bees are not fenced in



like cattle, they are free to leave if they wanted to. Read about swarming to understand why this common misperception is false.

There is often a lack of regard for the bees' lives. In the US, 10 to 20 percent of colonies are lost over the winter. It is partly by accident and partly on purpose. Some beekeepers kill off their hives before winter. This practice can make economic sense. Unfortunately, it is not the small backyard beekeeper, but rather the large, factory bee farmer, so a lot of bees are killed even if most beekeepers don't use the practice. Also, in the process of checking up on the hive and taking the honey, some bees get squashed by the frames or stepped on. Bees who sting the keeper in defense of their

home necessarily die. If two colonies are combined, the queen of the weaker colony is killed. So that the honey can be easily removed from the comb, it is often warmed prior to removal. "Bees brought into the warming room with the supers will fly to a window where they can be trapped to the outside by a wire cone or bee escape. If there are no windows in the room other methods such as an electric grid can be used to *dispose* of the stray bees" (Root, 121 emphasis added).

## Stealing Honey

So what do the captives do with their time? In the words of the National Honey Board, "Honey is 'manufactured' in one of the world's most efficient factories, the beehive. Bees may travel as far as 55,000 miles and visit more than two million flowers to gather enough nectar to make just a pound of honey" (NHB). Bees gather pollen in sacs and nectar from the flowers. Honey is stored in the hive as winter food for the bees. Yes, sometimes they make more than they can eat, but do the beekeepers only take the extra? No, according to James E. Tew, an Extension Specialist in Apiculture at Ohio State University in Wooster, "Commercial beekeepers frequently extract [steal] all fall-season honey and then feed colonies either sugar syrup or corn syrup in quantities great enough to provide all the winter food the bees would need". (Everyone steals most of the spring-season honey.) Theft of all of the fall-season honey is merely the most blatant form of exploitation. Bees are also often fed in the fall in preparation for winter and in the spring and early summer to ensure the hive gets off to a good start (Bonney, 131; Vivian, 101). That is, to make the bees start working earlier than they would normally. The sugar that is fed in the fall is turned into honey by the bees, so even if a beekeeper tells you their bees survive on honey over the winter, much of that honey may have simply come from Ziplock bags full of sugar water. A typical hive in the UK uses at least 8 kg (17.6 lbs.) of sugar per year (Consumers in Europe Group, 21). In the US, a typical figure can be 25 lbs. (So if by chance a vegan doesn't eat bone char processed cane sugar, but does eat honey, they're not doing a lot of good in terms of reducing the demand for sugar.) Some people claim the sugar water is better for the bees than honey, and if this is the case, I don't want to hear any claims about the health benefits of honey or pollen. Sugar water

may be better if the bees had particularly poor nectar sources in the fall, but this would not normally be a problem if their spring honey hadn't been stolen. Honey is more than sugars; it contains very small (by human standards) amounts of fats, proteins, vitamins and minerals that bees' bodies might like to use over the winter.

Another thing to keep in mind is the history of beekeeping (Crane). Honeybees are unique in that they are not domesticated despite a very long relationship with humans. For most of human history, honey was gathered from wild hives. Beekeeping began only 10,000 years ago. Bees were kept in logs, baskets, and pots all lying horizontally to the ground. Bees were also kept in trees in forests and by hanging containers in trees. Eventually in Europe and Asia they turned the containers upright. The earliest recorded use of hives with moveable frames was in 1682 where top bar hives were used in Greece. In nature, bees build combs that hang from the roof of their dwelling and everything is stationary. In top bar hives, the bees build their combs on a wooden bar such that individual combs can be removed by pulling up individual bars. The combs retain their natural U shape at the bottom. These top bar hives were not very widespread. It was not until 1851 that the modern Langstroth hive was invented (where else but in the US). Here the combs fill up entire frames (like a window screen) and are rectangular. This makes hives stackable and since the frames are of universal size, they can be interchanged between hives and prepared by humans. Additionally, honey extraction equipment can be built due to the standard size. A queen excluder is generally used to keep the queen from laying eggs in the area where the beekeeper only wants honey stored. Additional frames can be added as necessary to allow for and encourage excess honey production. Needless to say, the Langstroth hive caught on very quickly and is the hive of choice today. New technology is on the horizon that allows even greater efficiency in extracting honey (Lomas). So if a beekeeper tells you that they are only continuing an ancient tradition, keep in mind that the practices they are using are only 100 years old and are radically different from the methods that existed for millennia. They also have nothing in common with non-Western beekeeping methods that emphasize humility, respect, and truly being part of nature, as opposed to managing nature for human gain.



Beekeepers will naturally deny that they are slave owners who steal the products of the bees' labor. They will tell you that they are working with the bees to help them reach their full potential, which just happens to be measured in honey output. Under natural conditions, if the hive were producing a surplus, they would divide into two colonies and there would be none wasted.

## **"Products" of the Hive**

So how exactly is honey made? The bees swallow nectar into their crop, regurgitate it, add enzymes (spit), chew, swallow and repeat many times. Not a pretty picture, but it does make for a funny cartoon or two. Beekeepers get very defensive about this aspect of honey. One told me "Honey is not a regurgitant. Regurgitation is a digestive process." Ok, well, whatever you call it they still swallow it and spit it back up. And they do partially digest it, so I don't see how it's not a "digestive process." He went on to tell me "If you have a problem with nature's processes perhaps you should stay out of nature," which makes me wonder why he has a problem with me pointing out nature's processes to others. The bottom line is that beekeepers get mad that I mention how honey is made, because it's something they'd rather you not think about. With one exception, this aspect of honey production is not used as a marketing tool. You can't even find out how honey is made at the National Honey Board's website!

Of course, honey is not the only product of bee exploitation. The following are other bee products to watch out for:

- Bee venom is obtained when the bee stings someone or something. The bee dies if she stings someone.
- Bee pollen is pollen collected by bees in sacs on their legs. It also contains some nectar and bee saliva. It is popular because humans cannot collect such a wide variety of pollen.
- Royal jelly is the nutritious food (for bees) fed only to the queen. It literally makes workers into queens.
- Beeswax is secreted by bees to build their hives.

- Propolis is plant resin collected by bees and mixed with enzymes. It is used around the hive as glue and as an antiseptic.
- Bee brood are bees that are not fully developed. Not even vegetarian.

## **You Can Make a Difference**

Just like the "meat" and "dairy" industries, the beekeeper's have their own National Honey Board designed to promote honey using a \$3 million dollar budget. Unfortunately, it seems to be working. In addition to the hordes of mainstream products adding honey, say Grey Poupon Honey Mustard, Honey Wheaties, Hidden Valley Honey and Bacon French Dressing, etc., honey dominates the health food market. The National Honey Board is currently on a campaign to increase honey consumption by about 20% in the next four years and one of their main strategies is the following: "Encourage the widespread use of honey in 'healthy lifestyles' by positioning honey as both a healthy food and as an ingredient in products with medicinal value" (NHB). "A shift in strategic focus to position honey as a 'healthy' product that should be used as an ingredient in foods and medicines aimed at health-conscious individuals" (NHB). Their use of the word "healthy" in quotes says it all--it's all a lie, it's just a marketing tool.

Do you think no one will notice if you eat honey? I assure you, they are watching closely! The National Honey Board newsletter always ends with a section listing new products containing honey. They even go so far as to monitor sales of honey products with respect to similar honey-free products.

Of course it's not always enough to not eat something. Why not let companies know you're not buying their products because they have honey in them? This is a particularly urgent issue in the "health food" area since there are an increasing number of products containing honey that would otherwise be vegan. You can email

companies from the feedback page. Trust me companies are very much worried about their image.

**What about free range honey?** If you want free range honey you would have to go out into the woods and stick your hand in a bees' hive and grab some for yourself. Of course, you probably won't find a colony because they've all been killed off. If you did find one, the theft would destroy their home and you'd get some nice stings. Unless of course, you are part of a culture that has a sustainable (i.e. thousands of years old) tradition of respectfully gathering honey like that found in the Malaysian rainforest where honey hunters climb 100 foot trees to take honey from the giant *Apis dorsata* (Buchmann & Nabham, 145).

## **CHAPTER-6**

### **WHY I TAKE VITAMIN B 12 SUPPLEMENTS REGULARLY?**

#### **Vitamin B12**

In a random test on 21 diabetics conducted by SHARAN INDIA, Dr Nandia Shah found that about half of them had B12 deficiency, and none of them were vegan. Of those who were not deficient, some were on B complex supplements, which included vitamin B12.

#### **How is Vitamin B12 produced?**

Vitamin B12 is produced by bacteria and micro organisms. Meat and milk are full of bacteria because they are decaying substances and so these foods have plenty of B12. However, many non-vegetarians and vegetarians, especially those aged 35 and up are deficient too. Vitamin B12 is absorbed by the intrinsic factor in the stomach. High protein from meat and milk force the stomach to produce more acid to digest them. (Proteins are digested mainly in the stomach.) This high acid secretion not only is one of the causes of acidity but also destroys the lining of the stomach so that the intrinsic factor is deficient. Thus vitamin B12 is not absorbed. Non-vegetarians and vegetarians who become vitamin B12 deficient may not be able to absorb vitamin B12 and need to take injections. Vegans may be able to absorb vitamin B12 but are unlikely to get enough of it on a plant-based diet. This is because of our present day lives which are unnaturally hygienic because micro organisms naturally available in our food is destroyed or removed due to:

- Irradiation of fruits and vegetables
- Pesticides used in farming
- Chlorine or other forms of sanitizing drinking water
- Washing fruits and vegetables well
- Preservatives used in packaged food

- High hygiene levels in our lifestyles
- Modern day toothpastes with Triclosan which destroy oral bacteria
- Alcohol consumption
- And the use of the microwave

In a more natural world, vitamin B12 could be naturally available to vegans in the form of organic fruits and vegetables straight off the farm, pond water, river water or other natural drinking water etc. Nature always made provisions for us to get enough of vitamin B12 in the most natural and cruelty-free ways.

Although today there are sources for vegans to get vitamin B12 from, like the fermented foods available in all cultures, like idli, dosa, miso, kimchi, sauerkraut, rejeuvelac and of course present day vegan foods like vegan yogurt or curds, tempeh, natto etc., in most cases vegans do not get enough B12. This can be because some of these foods are made commercially these days, and / or because we don't eat enough of them to provide for our vitamin B12 needs.

In the West, especially in the US, oftentimes soya milk and other ready-made foods eaten by vegans are fortified with vitamin B12. This problem may be less common in the West than it is in India where fortification is uncommon. Sometimes people who have come back or are visiting India from the West may develop symptoms after a few months which they never had in the West.

Many people who want to live naturally, are averse to taking vitamin B12 supplements and this may not cause a problem for a number of years, since vitamin B12 can be stored in our body, but sooner or later this problem can catch up. Therefore it is important that everybody keeps a check. It is not prudent to go 'natural' and fall prey to the naturalistic fallacy and therefore avoid taking supplements.

## **Symptoms of Vitamin B12 deficiency**

Symptoms can range widely and may not manifest themselves at all, because vitamin B12 is required by all cells of the body. Some of the common symptoms of vitamin B12 deficiency are weakness, apathy, memory loss, acidity, loss of weight, nausea and vomiting, anaemia, mental confusion, delusions, paranoia, respiratory symptoms, hives and other symptoms of allergy. A long-term deficiency can lead to heart attacks or stroke – the very problems that a healthy vegan diet can prevent. Long-term vitamin B12 deficiency can cause irreversible damage to the brain and nervous system.

## **B12 can be stored for up to 3 years**

When you first switch to a plant-based diet, you may or may not have vitamin B12 deficiency. This can be determined by a simple test. Even if B12 deficiency is not present, it is likely to occur in the future. It's always better to keep checking or take a B12 supplement as insurance.

## **How to take Vitamin B12**

Levels of Vitamin B12 are tested by testing blood for Serum B12. There are other more precise tests but they may not be universally available therefore this test is a common indicator. The normal range is 200 to 900 pg/ml. (Please note that your B12 may have been measured by another system – pmol/l so you should see the normal range described in your report.) If your B12 is less than 150 it is very low. A good level is around 400.

### **1. Vitamin B12 can be taken orally.**

If deficiency is low and the absorption of vitamin B12 is not yet affected, one can opt for this. There are many preparations available in India. Methycobal 500Mcg by Wockhardt is recommended. Other options are Nurokind by Mankind, and Folinext by Otsira genetics. Folinext contains both Folic acid and methylcobalamin. Take one tablet daily initially when the deficiency is detected. After 3 months, get your blood levels checked again and see if levels are

normal. Once your blood levels reach normal take one tablet every alternate day for life. A vegan diet is deficient in B12 but even if you are not vegan, B12 deficiencies are not rare. In case you are not vegan and your B12 levels are low, it means you are not absorbing B12. In this case the only option is injections.

## **2. Injectable vitamin B 12:**

If the deficiency is very severe, or you are not vegan, but deficient, you should take injections. In case you are a vegan you may be able to absorb, so after the initial injections you could switch to tablets and continue for life or you may chose to take regular injections (about once in two months).

## **Are Vitamin B12 supplements toxic?**

Vitamin B12 supplements have no known toxicity for all intent and purposes. Too much will not kill, too little can. Therefore it is better to be safe than sorry.

## **The natural Vegan sources of Vitamin B12 are:**

- Bacteria in our mouth
- Bacteria in our lower gut
- Water
- Organic Fruits and Vegetables
- Poor hygiene

It is important to note here, that none of the above sources are reliable into themselves. It was the combined doses from all sources plus a “natural-to-humans” lifestyle that allowed more vitamin absorption in general. The natural non-Vegan sources of Vitamin B12 are:

- Meat
- Dairy

Unfortunately, most of these sources of Vitamin B12 are now lost to humans due to the following factors:

- Bacteria in our mouth is destroyed by anti-bacterial substances in modern toothpastes and dental care products.
- Vitamin B12 produced by the bacteria is not properly absorbed by the lower gut due to a lifestyle that impedes vitamin absorption in general.
- Water is chlorinated or contaminated with industrial wastes, herbicides and pesticides. So there are no bacteria left in the water to produce Vitamin B12.
- The skins of organic fruits and vegetables contain Vitamin B12 deposited by the bacteria. Due to herbicides, pesticides, irradiation, washing, peeling and cooking of the skin, the Vitamin B12 becomes inaccessible to humans.
- Since we maintain good hygiene and wash our hands with soap on a frequent basis, we lose dirt that contains traces of Vitamin B12.
- Non-human animals raised for meat are no longer fed grass but genetically modified, mono-cultured corn, soy and flesh and blood of their own kind thus forcing herbivore animals to become cannibals. This reduces Vitamin B12 present in their flesh and bodily secretions such as milk. Vitamin B12 is often artificially introduced into animal products by means of fortification.

As can be seen from above, even though the aforementioned may be sources of Vitamin B12, they are not “reliable sources”. For this very reason, people from all walks of life, irrespective of dietary choices are getting deficient in Vitamin B12. For this reason, the U.S. government recommends Vitamin B12 supplementation for everyone over age 50 irrespective of dietary choices.

## **Conclusion**

A Vegan diet is the most compassionate, healthy and environment friendly diet known to humans. There is no reason why a Vegan should unnecessarily get sick. It is advisable not to fall victim to the



naturalist fallacy and supplement Vitamin B12 as part of a healthy whole food plant based diet.

### **Disclaimer**

All attempts have been made to make this information as accurate and contemporary as possible. Yet, this document is not a replacement for the advice of a Vegan Nutritionist or a Vegan Medical Doctor. Please do not exceed the prescribed dose and under no circumstances self-medicate yourself.

(Special thanks to Dr. Nandita Shah (SHARAN) and Dr. Michael Greger (HSUS) for the medical information. Thanks to Amrita for helping with the article.)

## CHAPTER-7

### WHY I AVOID FOOD DECORATED WITH SILVER FOILS



#### Procedure of making silver foil

## **SILVER FOILS ARE NOT VEGETARIAN**

(This is not referring to Silver baking foil that is used to preserve food but to Indian Silver Foil that is used on Sweets)

At the end of a meal, do you like to eat a pan, sweet, or perfumed sopari? And then if these things are decorated with silver foils, what more can we want? Many sweets also are decorated with silver foils.

The silver foils are not very expensive. They are sold by weight. Ordinarily, you can buy a packet of 160 foils for a price between Rs. 100 to 200. That is, approximately one rupee per foil. Not only the sweets, now a days it is also applied on fruits. Some Ayurvedic medicines also are wrapped in silver foils.

What do you think? - how are these silver foils made? Hold your breath.

They are made by hammering thin sheets of silver in middle of booklets made of a bull's intestines. In other words, after slaughtering a bull, quickly his intestines are removed, and sold to the manufacturers of foils. The skins made of old intestines are of no use. Even one-day-old intestines can not be used, because within a few hours they stiffen.

The foil manufacturer removes blood and stools from the intestines, and cuts them into pieces. Then he puts one piece over another, making a booklet out of it. At his home, or in the factory, he puts one silver (or gold) sheet in-between each page. Then he hammers it hard until those metal sheets turn into thin wafers.

The intestines of cows/bulls are so strong, that even repeated hammering do not destroy them, or they do not let the foils move

around inside. Because of the hammering, some tissues of the intestine mix with the foils. After that the foil manufacturer sells the bundle of foils to the sweets manufacturers. Some small foil manufacturers sell the foils to the temples.

This foil is not only dirty, it also is non-vegetarian. Even the meat-eaters do not eat intestines. Use of these foils turn even sweets into non-veg food. A few years ago Indian Airlines learned about this, and since then stopped using them on the sweets served in their planes.

## CHAPTER-8

### WHY I DO NOT USE LEATHER?



PETA volunteers appealing people to use leather alternatives while protesting outside a leather fair at Agra, Uttar Pradesh.

Animals whose skins are turned into leather are killed either directly for their hides, flesh and other parts.

While taking a sentient animal's life is in itself wrong, the abuses and cruelties the animals suffer offer more reason to shun leather. After pigs and cows have suffered from the crowding, confinement, mutilations, stressful transport, and frightening slaughter at the hands of the meat and dairy industries, their skins are made into shoes, boots, belts, gloves, and furniture covers. Skin accounts for more than 55 percent of the total byproduct value of cattle. Horses, sheep, lambs, and goats are also slaughtered for their meat, as well as for their hides. Many people believe that leather is just a byproduct of the meat industry and that animals are not killed solely for their skin, but this is not always the case. Due to the demand of the leather, animals used in dairy industry are not used sustainably as the owner knows that demand from leather industry will fetch him money. Some of the leather in athletic shoes, for example, comes from kangaroos who are killed for nothing more than their skin.

Animals in other countries also suffer for leather sold in the U.S., Canada, Australia, and Europe. India is a major leather supplier to the world market.

Because cow slaughter is only legal in certain parts of India, the animals must be marched to those areas for slaughter, often a journey of hundreds of miles. Hot chili peppers and tobacco are often rubbed into their eyes, and their tail bones are painfully twisted and broken in order to make these exhausted animals stand up and keep moving. Many of the Indian cows used for leather are so sick and injured by the time they arrive at the slaughterhouse that they must be dragged inside.

Leather production is hazardous to the environment. Toxins that are emitted from leather tanneries endanger human and ecological health by polluting regional waterways with mineral salts, formaldehyde, coal-tar derivatives, oils, dyes, salt, lime sludge, sulfides, and acids. Residents of tannery towns have a greater-than-

average chance of developing leukemia, and more than half of all tannery workers develop testicular cancer.

The leather industry uses an enormous amount of energy. Huge amounts of fossil fuels are consumed in raising, transporting, and killing the animals who are skinned for leather. Synthetics such as fleece and vinyl actually require fewer petroleum products to produce.

## The Leather Industry

Leather can be made from cows, pigs, goats, and sheep; exotic animals such as alligators, ostriches, and kangaroos; and even dogs and cats, who are slaughtered for their meat and skin in China, which exports their skins around the world. Because leather is normally not labeled, you never really know where (or whom) it came from.

Most leather comes from developing countries such as [India](#) and China, where animal welfare laws are either non-existent or not enforced. In India, a PETA investigation found that workers break cows' tails and rub chili peppers and tobacco into their eyes in order to force them to get up and walk after they collapse from exhaustion on the way to the slaughterhouse.

In the U.S., many of the millions of cows and other animals who are killed for their skin endure the horrors of factory farming—extreme crowding and deprivation as well as castration, branding, tail-docking, and dehorning—all without any painkillers. Where factory farming is non-existent, the traditional farming methods which used to be humane have become cruel due to commercialization. At slaughterhouses, animals routinely have their throats cut and are skinned and dismembered while they are still conscious.



Rakesh Mishra and Rohit Goel demonstrating outside Pragati Maidan, Delhi to oppose Leather Fair

Buying leather directly contributes to factory farms cruel confinement and slaughter houses because skin is the most economically important byproduct of the meat industry. Leather is also no friend of the environment, as it shares responsibility for all



the environmental destruction caused by the meat industry as well as the pollution caused by the toxins used in tanning.

With every pair of leather shoes that you buy, you sentence an animal to a lifetime of suffering. Instead, you can choose from hundreds of styles of non leather shoes, clothing, belts, bags, and wallets.

## Leather and Factory Farming

Most leather comes from cows raised for both [beef](#) and [milk](#). In Bharat, cows, buffaloes, camels etc. used in dairy industry feeds to the demand of animals for leather industry. Cows raised for beef spend most of their lives on extremely crowded feedlots.

The animals are subjected to painful procedures such as castration, branding (which causes third-degree burns), tail-docking, and dehorning—all without painkillers. They are deprived of veterinary care and exposed to the elements without any shelter. These breathing, thinking, feeling beings, who feel pain just as humans do, suffer immensely. They are also fed a steady diet of hormones to fatten them and antibiotics to keep them alive in extremely poor living conditions.

At the end of their short, dismal lives, cows are jam-packed into metal trucks, where, confused and terrified, they suffer from injury, weather extremes, crowded conditions, hunger, and thirst. In the winter, cows routinely arrive for slaughter frozen to the sides of transport trucks, frozen to truck bottoms in their own feces and urine, and injured or dead from the journey.

Frequently collapsing during their hellish ride, many cows arrive at the slaughterhouse unable to walk out of the back of the transport truck, so they are dragged off the truck with chains—often breaking bones when they hit the ground.

Every year, tens of millions of cows are stunned, hung upside-down, bled to death, and skinned in slaughterhouses. Regulations like- Slaughter house rules, 2010 in Bharat and The federal Humane Slaughter Act in US stipulates provisions like cows should be stunned by a mechanical blow to the head and rendered unconscious before they are strung up, but the high speed of the assembly lines—which often process up to 400 cows per hour—often results in improper stunning. Each year, millions of cows are skinned and dismembered while they are still kicking and crying out in terror.

Buying leather directly contributes to factory farms and slaughterhouses because skin is the most economically important byproduct of the meat industry.

## The Global Leather Trade

Every year, the global leather industry slaughters more than a billion animals. Most of the leather in the U.S. and Europe comes from India, China, and other countries that either have no animal welfare laws or have laws that go largely or completely unenforced.

Years after a PETA investigation into the Indian leather industry prompted the Indian government to promise to make improvements in the transport and slaughter conditions endured by cows and other animals killed for their skin, PETA investigators have found virtually no improvements. The animals are still grotesquely abused in ways that violate Indian law and shock the consciences of all kind people.

## Indian Leather Trade

As India's own animal protection laws are blatantly ignored, unsanitary slaughterhouses continue to pollute the environment; unlicensed, illegal slaughterhouses remain in operation; and the widespread abuse of animals persists.

In direct violation of the Constitution of India, cows (whom many Indians consider sacred) are marched and driven to slaughter for days without food or water. Those who collapse from exhaustion while walking have their eyes smeared with chili peppers and tobacco and their tails broken in an effort to keep them moving.

Commercial vehicles crossing Indian state lines are required to pay taxes, so animals are often transported by truck within the state and walked across the border, where they are loaded back into severely crowded trucks. Indian law requires that not more than six cattle be transported in a truck at one time, but this law is routinely ignored. However, to avoid any problems at state borders, some cows are dragged off the trucks, marched over the border, and then loaded back into the trucks. Many cows are trampled or gored in these extremely crowded, illegal transport trucks during the long journey to slaughter.

Because India's animal transport and slaughter laws are not enforced, many of the animals used for leather are so sick and injured by the time they arrive at the slaughterhouse that they must be dragged inside. Once inside, their throats are cut—often with dirty, blunt knives and in full view of one another—on floors that are covered with feces, blood, guts, and urine. Some animals are even skinned and dismembered while they are still conscious.

## **Chinese Torture**

If you're wearing leather, it most likely came from China, one of the world's leading leather exporter. In addition to the cattle, sheep, and other animals who are killed for leather in China, an estimated 2 million cats and dogs in China are killed for their skins each year.

Confined to wire cages in which they can barely move, these animals are routinely skinned alive and hacked apart, piece by piece, until they bleed to death. Many products made from the skins of

dogs and cats are bought unknowingly by consumers because the products are often intentionally mislabeled and do not accurately indicate their origins. The safe option is not to use leather at all!

If you're wearing leather, you're wearing the skin of a horribly abused animal. Even if your shoes were manufactured in Italy, the U.S., or another country, the raw materials (skins) are probably from India, China, or another country with similarly nonexistent animal welfare protections.

## Environmental Hazards of Leather

Raising animals for food and leather requires huge amounts of feed, pastureland, water, and fossil fuels. The U.S. Environmental Protection Agency (EPA) has even acknowledged that livestock pollution is the greatest threat to our waterways.

Although some leathersmiths deceptively tout their products as "eco-friendly," turning skin into leather also requires massive amounts of energy and dangerous chemicals, including mineral salts, formaldehyde, coal-tar derivatives, and various oils, dyes, and finishes, some of them cyanide-based. Most leather produced in the U.S. is chrome-tanned; all wastes containing chromium are considered hazardous by the EPA.

Tannery effluent contains large amounts of pollutants, such as salt, lime sludge, sulfides, and acids. The process of tanning stabilizes the collagen or protein fibers in skins so that they actually stop biodegrading—otherwise the leather would rot right off your feet.

People who work in and live near tanneries suffer too. Many die from cancer possibly caused by exposure to toxic chemicals used to process and dye the leather. The Centers for Disease Control and Prevention found that the incidence of leukemia among residents in an area near one tannery in Kentucky was five times the U.S. average.

Arsenic, a common tannery chemical, has long been associated with lung cancer in workers who are exposed to it on a regular basis. Studies of leather-tannery workers in Sweden and Italy found cancer risks "between 20% and 50% above [those] expected."

Additionally, raising the animals whose skin eventually becomes leather requires vast quantities of water and wide tracts of pastureland, which must be cleared of trees. Runoff from feedlots and dairy farms also creates a major source of water pollution. Huge amounts of fossil fuels are consumed in livestock production as well; by contrast, plastic wearables account for only a fraction of the petroleum used in the U.S.

The production of leather hurts animals, the environment, and the workers who manufacture it. The only ones who benefit are people who profit from the misery and suffering of others.

## Animals Used for Leather

### Cows

According to recent research, cows have distinct personalities and are generally very intelligent animals who can remember things for a long time. Animal behaviorists have found that cows interact in socially complex ways. They develop friendships over time, sometimes hold grudges against other cows who treat them badly,



form social hierarchies within their herds, and choose leaders based upon intelligence. They are emotionally complex, and they even have the capacity to worry about the future.

Researchers have found that cows can not only figure out problems but also, like humans, enjoy intellectual challenges and get excited when they find solutions. Cows have been known to perform impressive feats, such as leaping over a 6-foot fence to escape from a slaughterhouse,

walking 7 miles to reunite with a calf after being sold at auction, and swimming across a river to freedom.

Cows who are killed for their skins are subjected to painful procedures such as castration, branding (which causes third-degree burns), tail-docking, and dehorning- all without painkillers. At slaughterhouses, they are often hacked apart and skinned while still alive.

## **Pigs**

Pigs are curious and insightful animals who are thought by animal behaviorists to have intelligence beyond that of an average 3-year-old human child. They are smarter than dogs and every bit as friendly, loyal, and affectionate. When in their natural surroundings—not confined to factory farms—they are social, playful, protective animals who bond with each other, make nests, relax in the sun, and cool off in the mud.



Pigs dream, recognize their own names, play video games better than some primates, and lead social lives of a complexity previously observed only in primates. People who run animal sanctuaries often describe pigs in terms of human characteristics because they've learned that, like humans, pigs enjoy listening to music, playing with soccer balls, and getting massages.

Pigs who are killed for their skins spend their lives in extremely crowded, filthy warehouses where many of them never get to see daylight. Their testicles are cut out of their scrotums, their tails are cut off, many of their teeth are clipped in half, and their ears are mutilated, all without any pain relief. Many pigs end up scalded alive in hot-water tanks meant to soften their skin and remove their hair after they've been slaughtered.

## **Kangaroos**

Millions of kangaroos are shot for their skins every year in Australia. According to Australian government code, orphaned joeys and wounded adults should be killed by decapitation or a sharp blow to the head "to destroy the brain." When hunters kill a mother kangaroo with a baby in her pouch, the baby is often yanked from the mother's lifeless body and stomped to death or left to writhe in agony.



### **You Can Help**

Buy cruelty-free clothing only and follow compassionate fashion. Fashion should be fun, not fatal. With so many stylish synthetics now available, there is no excuse for supporting animal abuse. The best thing that you can do to help animals killed for their skin is to boycott all leather products and urge everyone you know to do so as well.

## **Alternatives to Leather...**

Most leather items have obvious and readily available alternatives. Most cars are available without leather interiors, though BMW and Mercedes are the only luxury cars to offer non-leather interiors on all of their models. Pleather (fake leather) jackets are available, or go with cotton hoodies, or Gore-Tex or fleece jackets. Nylon, canvas, vinyl, or pleather can replace leather in bags and briefcases. Most running shoes and many cross-trainers are all-synthetic.

Look for "all man-made materials" on the tag. Most shoes come with either a stitched-in tag or a sticker on the insole with symbols denoting what the shoe is made from. Diamonds and checkerboard shapes mean plastic and cloth, respectively. If you see a drawing that looks like a stretched animal hide, the shoes contain leather. Many stores remove the sticker from display shoes, so ask them to find one in the back room that still contains the tag.



Brands such as Merrell, Vasque, and New Balance, to name a few, make non-leather athletic and hiking shoes – available at stores such as REI and other outdoor clothing stores. Circa, ES, Etnies, Vans, Osiris, Fallen, and Ipath all make non-leather skate shoes, though they are not always available. Check Journeys, Zumiez, and other skate shops. Macbeth makes a line of all vegan shoes; they even say vegan on the insole. Look for the green “V” shape on the Macbeth tag. Non-leather dress shoes can often be found at PayLess Shoes and Baker’s, or on the web. Birkenstock, Teva, and others make non-leather sandals. Most flip flops are vegan and provide inexpensive summer footwear. Converse, Vans, and others make non-leather canvas shoes as well.





**Use of Leather in musical instruments and handicrafts items.**

## Leather Cricket Ball



## Switch to Synthetic-Leather Balls

Although fans around the globe are enjoying watching cricket, the sport is anything but fun for the animals whose skins are used to

make balls. PETA has written to the International Cricket Council (ICC) and the Board for Cricket Control in India (BCCI) asking it to make the recently held Cricket World Cup the last one in which real leather cricket balls are used and to switch to synthetic-leather balls instead.

In India, the source of much of the world's leather, cows are often marched to slaughter for days without food or water. When the cows collapse from exhaustion, workers often smear chilli peppers and tobacco in the animals' eyes and twist their tails until they break in an effort to keep the animals moving. At the slaughterhouse, animals are hacked at with dull knives, often in full view of one another.

Leather production also wreaks havoc on the environment. Toxic chemicals are used to process leather, and they pollute waterways and can sicken people who work at tanneries. You can make a difference by letting others know and demanding for non-leather balls.

## CHAPTER-9

# **WHY I AVOID USING SILK AND DOWN CLOTHS?**



Silk



Silkworms make their cocoons from a shiny fiber that they produce. To obtain silk, the worms are boiled or steamed alive by the thousands. Alternatives include rayon and nylon

## **DOWN**

Down is the soft feathers of ducks and geese. Most birds used for down live on factory farms and must endure rough handling throughout their lives, especially when they have their feathers ripped from their chests during pluckings. A goose may live through four or five pluckings before he or she is slaughtered. When it becomes more expensive to keep the animals than their feathers are worth, the animals are killed.

Synthetic alternatives to down are cheaper and perform better at blocking the cold than feathers.

When wet, down becomes waterlogged and fails to insulate and remain comfortable. Make sure to avoid down when buying jackets, comforters, sleeping bags, and pillows. Alternatives are readily available.

## CHAPTER-10

# WHY I AVOID WEARING WOOLEN CLOTHS?





## The Wool Industry

Sheep are gentle individuals who, like all animals, feel pain, fear, and loneliness. But because there is a market for their fleece and skins, they are treated as nothing more than wool-producing machines.

If they were left alone and not genetically manipulated, sheep would grow just enough wool to protect themselves from temperature extremes. The fleece provides effective insulation against both cold and heat.

Shearers are usually paid by volume, not by the hour, which encourages fast work without regard for the welfare of the sheep. Says one eyewitness, "[T]he shearing shed must be one of the worst places in the world for cruelty to animals ... I have seen shearers punch sheep with their shears or their fists until the sheep's nose bled. I have seen sheep with half their faces shorn off ..."

In Australia, where more than 50 percent of the world's merino wool—which is used in products ranging from clothing to carpets—originates, lambs are forced to endure a gruesome procedure called "mulesing," in which huge chunks of skin and flesh are cut from the animals' backsides, often without any painkillers.

Within weeks of birth, lambs' ears are hole-punched, their tails are chopped off, and the males are castrated without anesthetics. Male lambs are castrated when they are between 2 and 8 weeks old, either by making an incision and cutting their testicles out or with a rubber ring used to cut off blood supply—one of the most painful methods of castration possible. Every year, hundreds of lambs die before the age of 8 weeks from exposure or starvation, and mature sheep die every year from disease, lack of shelter, and neglect.



Millions of these sheep who survive on the farms are then shipped to the Middle East on crowded multilevel ships. These [live exports](#), which can last for weeks, go to countries where animal welfare standards are non-existent. The suffering sheep are dragged off the ships, loaded onto trucks, and dragged by their ears and legs to often unregulated slaughterhouses, where their throats are slit while they are still conscious.

No amount of fluff can hide the fact that anyone who buys wool supports a cruel and bloody industry. There are plenty of durable, stylish, and warm fabrics available that aren't made from wool or animal skins. Please join the millions of people all over the world who know that compassion is the fashion. Save a sheep—don't buy wool.



U.S. textile mills use nearly four times more imported than domestically-produced wool. Much of it comes from Australia. With 118 million sheep, Australia is the world's top wool producer and exporter.

Within weeks of birth, lambs' ears are hole-punched, and the males are castrated without anesthetics. Extremely high rates of mortality are considered normal on Australian wool farms. 20 to 40 percent

of lambs die before the age of 8 weeks, and 8 million mature sheep die every year from disease, exposure, or neglect.

Australian ranchers mainly raise Merino sheep, who are not native to Australia and therefore do not fare well in the harsh conditions. Merinos are bred to have extremely wrinkly skin (which allows for more wool). This unnatural overload of wool causes animals to die of heat exhaustion during summers. The wrinkles collect moisture, which attracts flies and results in maggot infestation known as flystrike. Maggots can literally eat sheep alive, so in order to reduce flystrike, ranchers perform a crude operation known as mulesing. Mulesing involves carving wide strips of skin from around the lambs' tails to produce smooth scars that won't harbor fly larvae. Tail docking (cutting off the sheep's tails) is often done in conjunction with mulesing to reduce feces and urine stains on the wool.

Ironically, because of the large bloody wounds caused by mulesing and tail docking, sheep often get fly strike before they heal.

According to Australian Law Reform chairperson M.D. Kirby, each year Australian sheep endure more than 50 million operations, such as mulesing and tooth-grinding, that would constitute animal cruelty if performed on dogs or cats.

Many people believe that shearing brings relief to animals that would otherwise be too hot. This is true if done in the summer, but in order to avoid losing any wool, ranchers shear sheep before they would naturally shed their winter coats, resulting in many sheep dying from exposure to the cold.

When sheep are no longer profitable for wool production, they are slaughtered. They are exported in 14-tiered ships from Australia to the Middle East, a three- to six-week trip during which up to 18 percent of the animals die from the cramped and filthy conditions. Millions of sheep endure this transport every year, after which they are ritually slaughtered while fully conscious.

Sheep exploited for wool in the U.S. also suffer from inhumane handling and transportation, and they too often face cruel ritual slaughter when they are no longer profitable to the wool industry. Sheep raised in the U.S. do not suffer the agony of live export to the Middle East, but they do suffer the same cruelties of wool production, including painful mutilations that are often done with little or no anesthesia.

Most U.S.-raised sheep and lambs are either raised on factory farms, where they spend their entire lives in filthy manure filled warehouses, or they are raised "on the range" without any shelter from extreme weather conditions. Thousands of lambs and sheep die every year from harsh conditions. Thousands more die in transport, during which sheep are severely overcrowded onto trucks. The non-profit organization Farm Sanctuary has documented dozens of cases of "downed" sheep at auctions and stockyards. Sheep and lambs too weak to even stand are often abandoned on dead piles and left to die slowly from neglect. After a lifetime of producing wool, sheep are sent to slaughter. The U.S. slaughters 3 million sheep every year.

## **Alternatives to Wool...**

There are many great alternatives to wool. Warm and fashionable sweaters made from cotton, fleece, acrylic, and ramie are readily available. For hiking or cold weather, try Patagonia Capaline or other similar synthetic long underwear, gloves, socks, blankets, etc. Knit polyester, acrylic, or fleece can easily replace wool in hats and beanies. Gore-Tex or other water-resistant synthetics work well in place of wool pants. Polyester, rayon, linen, microfiber, and other synthetics can replace wool suits, sport coats, and blazers.

**"To my mind, the life of a lamb is no less precious  
than that of a human being."**

**- Mahatma Gandhi**

## CHAPTER-11

### WHY I DO NOT FLY KITES?



**Photo by: Abhinav Srihan from Fauna Police (NGO), Bird Helpline in Delhi.**

## **Kites vs. kite-birds & other species in the skies of Bharat & Pakistan**

As many as a million kites soared aloft over Indian cities on **January 14** as Hindus celebrated Makar Sankranti, the Day of the Sun.

Festivals throughout India featured kite-fighting contests, in which flyers tried to saw through each other's strings.

Other occasions when kites capture the whole of the sky in India are **15th Aug the day of Independence but cetrainly it become the day of death for many birds each year**. Another day is Raksha Bandhan and Dashara. Different states through out India and Pakistan hold festivals on kite flying across the country on various festival the whole year round.

**The poor birds dont have any calender though otherwise they would choose to sit at home and rest in their nest atleast for few days.**

The mother birds cant see their babies hungry so they come to search for food and water, many times they never return. **Do you know why ??**

When they fly, the fate of the innocent birds pays. They die painfully by the glass coated maanja and other types of ropes used for flying kites. Their feathers and legs are cut, throats are slit.

I dont want any bird to die painfully for my FUN.

The injured birds fell on the street from several feet, many die instantly. Other become the food of Dogs, Cats and other animals. Few other lie down on trees or roads for many days unattended. The hunger and pain kill them.

The after effects of kites flying are even more dangerous. The kites along with the Maanja lie on electric wires, poles and trees throughout the cities and villages for many days or months. Whenever a poor bird sit on them cant free herself from the net of maanja. In the fight with the maanja she died helplessly after several hours. Some time this fight for freedom last for few days.

On rare occasions some times Animal Welfare NGO's or some good humans take notice of them and come to their rescue.

Kind of such NGO is **Fauna Police** which runs its helpline number in Delhi NCR for many years. The founder Abhinav Srihan told me he receives as many as 500 calls in a day on peak festive occasions of kite flying. The calls keep coming for several days after the festival. It is not always possible to save each and every bird, he said. But he tries his best through his volunteer network across the capital.

There are also few Jain birds hospital across Delhi and other places in India, which take care of injured birds. They also said most of the times birds get injuries due to kite flying. Sometime the maanja in their feathers or legs are deeply penetrated that it took hours for their doctors to remove them.

**Celebrity kite-fighters included Sonia Gandhi**, president of the ruling Cong-ress Party. Recently **Sheila Dixit** Chief Minister of Delhi also announced to host Kite flying festival each year.

**January 14** is always a hectic day for staff at the **Animal Help Foundation** (AHF) in Ahmadabad, Gujarat province, India. From 7

a.m. until 8 p.m., the clinic received **one bird every five minutes**, most of them seriously injured and some already dead.

Each year, thousands of birds are severely injured or killed during *Uttarayan*, the annual kite-flying festival held in several provinces in India. Also known as ***Makarsakranti***, this festival marks the end of the winter season. But the festival is no celebration for India's birds, especially the Indian white-rumped vulture, a disappearing species.

Birds and other animals are at risk from the *maanja*, or kite string, in addition to the obvious hazards of thousands of kites in the air. These strings are coated with crushed glass so that competitors can try to slash one another's kites from the air. These exposed shards are so sharp that they often must be applied to the kite strings with gloves.

Birds are not the only ones injured in this festival. Each year, hundreds of people are cut by the *maanja*, or fall from a balcony or rooftop in an attempt to dominate the skies with their paper creations. The litter of downed kites, which get tangled in nests and power lines, places both people and animals at risk.

Larger birds such as flamingos, herons, eagles and cranes are most at risk because they have a broader wingspan; but pigeons, doves, crows and other smaller birds are also in danger.

Everywhere kites rose through the air space occupied by sidewalk and garden bird species such as sparrows and bulbuls, up past ringnecked parakeets and house crows patrolling at treetop height, on to baffle the kite-birds and vultures whose congregations, circling on thermal currents, are often the first sign that Indian airline pilots see of their destination cities, while the cities themselves are still beyond the horizon.

Tens of thousands of temple-goers meanwhile sought to “make merit” by purchasing wild-caught caged birds for ceremonial release, or by throwing out seeds and crumbs for birds in temple squares.

Capturing wild birds for sale and release has been illegal in India since the 1972 passage of the Wildlife Protection Act, but local police rarely make enforcement a priority. The federal and state forest departments do what they can, helped by activist groups with limited powers to make citizens’ arrests.

A hint of the size of the bird release problem came on December 22, 2005 when forest officers raided the Nakhas bird market in Lucknow, rescuing 739 birds of 15 species, including endangered black-necked cranes, hill mynas, and Lord Derby’s parakeets.

Bird release was practiced at sun festivals by the ancient Egyptians, from whom some Brahmin Hindus believe they are descended. The custom has also been followed by Jains from the beginning of Indian written history, by Buddhists since the time of the Buddha himself some 2,300 years ago, and by Muslims who obey Mohammed’s injunction against keeping caged birds.

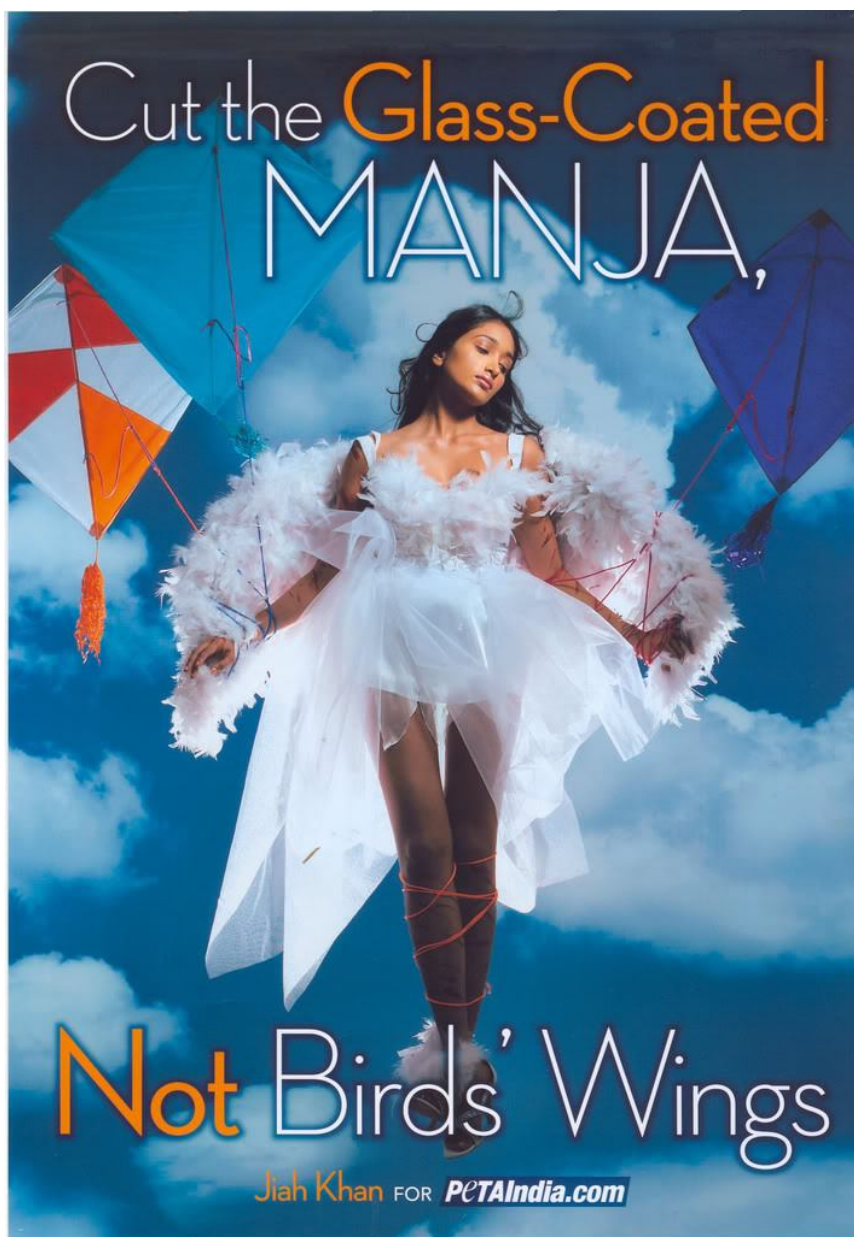
When a million kites fly just as hundreds of thousands of dazed, dehydrated, frightened birds are let go, the result is a bird rehabilitator’s worst nightmare.

But the timing is not the worst of it.

Fighter-kites are traditionally flown with cotton threads that have been coated with a paste of glue and powdered glass. Modern-ists may use nylon monofilament, equally dangerous to birds, but only the traditional recipes are accepted in formal competition.

Historically, Indian and Pakistani kite-flyers made their equipment. In recent years, however, as Indians and Pakistanis have become more affluent and busier, sales of ready-made kites have reportedly risen at the rate of 20% per year. Mass-produced glass-coated threads are available.





More kites are flying, handled by less experienced people, with surprisingly frequent deadly consequences to humans as well as birds. **In November 2005, for instance, in Lahore, Pakistan, a 10-year-old girl named Noor died from a slashed throat after a glass-coated kite string dipped into the path of the motorbike she was riding with her uncle.**

## **Kites Could Cause Vulture Extinction**

No animal is more threatened by *Uttarayan* than the Indian white-rumped vulture. It is estimated that their population has declined 90 percent due to secondary poisoning in the last 10 years. Already on Schedule 1 (most endangered) of India's Wildlife Protection Act, this bird is in critical danger of extinction, and the kite festival isn't helping. Out of a total population of 80-90 vultures in Ahmadabad, 16 were found injured following the festival in 2006, signifying a serious threat to a species on the threshold of disappearing forever.

Most people are simply unaware that underneath a sky of colorful kites lies a cruelty that could very well bring the last of a species to extinction. So welfare organizations have taken it upon itself to educate the public.

## **How you can help ?**

Take oath of not fly kites from now on and tell your children and colleagues to do the same.

Please ask the Ministry of Environment and Forests to immediately ban the use of glass-coated manja across India.

## **ASK FOR A COUNTRYWIDE BAN ON GLASS-COATED MANJA**

## CHAPTER-12

### WHY I AVOID WEARING FUR CLOTHS?



## The Fur Industry



Whether it came from an animal on a fur farm or one who was trapped in the wild, every fur coat, trinket, and bit of trim caused an animal tremendous suffering—and took away a life.

Animals on [fur farms](#) spend their entire lives confined to cramped, filthy wire cages. Fur farmers use the cheapest and cruelest killing methods available, including suffocation, electrocution, gas, and poison.

More than half the fur in the U.S. comes from China, where millions of dogs and cats are bludgeoned, hanged, bled to death, and often skinned alive for their fur. Chinese fur is often deliberately mislabeled, so if you wear any fur, there's no way of knowing for sure whose skin you're in.

Animals who are trapped in the wild can suffer for days from blood loss, shock, dehydration, frostbite, gangrene, and attacks by predators. They may be caught in steel-jaw traps that slam down on their legs, often cutting to the bone; Conibear traps, which crush their necks with 90 pounds of pressure per square inch; or water-set traps, which leave beavers, muskrats, and other animals struggling for more than nine agonizing minutes before drowning.

During the annual Canadian seal slaughter, tens of thousands of baby harp seals are shot or repeatedly bludgeoned with clubs tipped with metal hooks. Also in Canada, hundreds of black bears are shot at point-blank range or caught in traps and left to suffer for days so that their skins can be used to make the ceremonial hats worn by Queen Elizabeth II's Five Guards' Regiments.

Luckily, there is no need to be cruel to stay warm and look cool. Cruelty-free fabrics and faux furs are available in stores everywhere, and many animal rights organisations are working with designers and clothing retailers to encourage them to use and sell only animal-friendly fabrics.

## **The Chinese Fur Industry**

There are no penalties for abusing animals on fur farms in China, which is the world's largest fur exporter, supplying more than half of the finished fur garments imported for sale in the United States. Foxes, minks, rabbits, dogs, cats, and other animals pace and shiver in outdoor wire cages, with no shelter from driving rain, freezing nights, or the scorching sun.

Mother animals, who are driven crazy from rough handling and intense confinement and have nowhere to hide while giving birth, often kill their babies after delivering litters. Disease and injuries are widespread, and animals suffering from anxiety-induced psychosis chew on their own limbs and throw themselves repeatedly against the cage bars.

Before they are skinned, animals are yanked from their cages, thrown to the ground, and bludgeoned. Undercover investigators from Swiss Animal Protection/EAST International found that many animals are still alive and struggling desperately when workers flip them onto their backs or hang them up by their legs or tails to skin them.

When they begin to cut the skin and fur from an animal's leg, the free limbs kick and writhe. Workers stomp on the necks and heads of animals who struggle too hard to allow a clean cut.

When the fur is finally peeled off over the animals' heads, their hairless, bloody bodies are thrown onto a pile of those who have gone before them. Some are still alive, breathing in ragged gasps

and blinking slowly. Some of the animals' hearts are still beating five to 10 minutes after they are skinned. One investigator recorded a skinned raccoon dog on the heap of carcasses who had enough strength to lift his bloodied head and stare into the camera.

When investigators went into another animal market in southern China, they were horrified to find dogs and cats being bludgeoned, hanged, bled to death, and strangled with wire nooses so that their fur could be turned into trim and trinkets.

They found cats and dogs languishing in tiny cages, visibly exhausted. Some had been on the road for days, transported in flimsy wire-mesh cages with no food or water.

Twenty cats were forced into a single cage. Because of the cross-country transport in such deplorable conditions, the investigators were able to see dogs and cats with open wounds, dying cats and dogs inside the cages, and dead cats on top of the cages. Some animals were lethargic or frightened, and others were fighting with each other, driven insane from confinement and exposure.

Up to 800 animals are loaded onto each truck, with cages stacked on top of each other. Cages containing live animals are commonly tossed from the tops of the trucks onto the ground 10 feet below, shattering the legs of the animals inside them. Many of the animals still had collars on, a sign that they were once someone's beloved companion, stolen to be made into a fur coat.

This fur from China is often deliberately mislabeled as fur from other species and is exported to countries throughout the world to be sold to unsuspecting customers in retail stores. Since China supplies more than half of the finished fur garments imported for sale in the United States and since dog and cat fur is often mislabeled, if you're buying fur, there's no way to tell whose skin you're wearing, including that of a dog or cat.



## Fur Farms

Eighty-five percent of the fur industry's skins come from animals on [fur](#) factory farms—dismal, often filthy places where thousands of animals are usually kept in wire cages for their entire lives. As on factory farms where animals are raised for food, the methods used on fur factory farms are designed to maximize profits, always at the expense of the animals.

To cut costs, fur farmers pack animals into unbearably small cages, preventing them from taking more than a few steps in any direction or doing anything that is natural and important to them, such as running, swimming, making nests, and finding mates. Many animals go insane under these conditions. The anguish and frustration of life in a cage leads many animals to self-mutilate, biting at their skin, tail, and feet; frantically pace and circle endlessly; and even cannibalize their cagemates.

Rows of cages are often housed in giant, dark, filthy sheds or barns where the ammonia from the animals' accumulated urine and feces burns their eyes and lungs, or they may simply be lined up

outdoors, where animals have no protection from bone-chilling cold, driving rain, or sweltering heat. Parasites and disease run rampant on fur farms, making these animals' already miserable lives even more unbearable.

Animals on fur factory farms are fed meat byproducts considered unfit for human consumption. Water is provided by a nipple system, which often freezes in the winter and can also fail because of human error.

Unfortunately, no federal humane slaughter law protects animals on fur factory farms, and killing methods are gruesome. Because fur farmers care only about preserving the quality of the fur, they use slaughter methods that keep the pelts intact but that can result in extreme suffering for the animals. Some animals even wake up while they are being skinned. Animals have clamps attached to or rods forced into their mouths and anuses, and they are painfully electrocuted. Genital electrocution—deemed "unacceptable" by the American Veterinary Medical Association in its "2000 Report of the AVMA Panel on Euthanasia"—causes animals to suffer from cardiac arrest while they are still conscious.

Other animals are poisoned with strychnine, which suffocates them by paralyzing their muscles with painful, rigid cramps. Neck-breaking is another common slaughter method on fur factory farms. The fur industry refuses to condemn even blatantly cruel killing methods.

**As a consumer, you can help put an end to this cruel practice by refusing to buy any products made with fur, including fur trim.**

## Fur Trapping

Although most animals who are slaughtered for their fur are raised on notoriously cruel [fur farms](#), millions of raccoons, coyotes,



wolves, bobcats, opossums, nutria, beavers, otters, and other fur-bearing animals are killed every year for the clothing industry by trappers.

There are various types of traps, including snares, underwater traps, and Conibear traps, but the steel-jaw trap is the most widely used. The American Veterinary Medical Association calls these traps "inhumane." This simple but barbaric device has been banned by the European Union and a growing number of U.S. states, including Colorado, California, Florida, Rhode Island, New Jersey, Massachusetts, and Washington state. Arizona does not allow the use of steel-jaw traps on public lands.

When an animal steps on the spring of a steel-jaw trap, the trap's jaws slam shut on the animal's limb. The animal frantically struggles in excruciating pain as the trap cuts into his or her flesh, often down to the bone, mutilating the animal's foot or leg. Some animals, especially mothers who are desperate to get back to their young, attempt to chew or twist off their trapped limbs. This struggle may last for hours. Eventually, the animal succumbs to exhaustion and often exposure, frostbite, shock, or death.

Another cruel trap, the Conibear trap, crushes animals' necks, applying 90 pounds of pressure per square inch. It takes animals three to eight minutes to suffocate in these traps. Victims of water-set traps, including beavers and muskrats, can take more than nine agonizing minutes to drown.

Because predators mutilate many trapped animals before the trappers return, pole traps are often used. A pole trap is a form of steel-jaw trap that is set in a tree or on a pole. Animals caught in these traps are hoisted into the air and left to hang by the caught appendage until they die or the trapper arrives to kill them.

If trapped animals do not die from blood loss, infection, or gangrene, they will often be killed by predators or hunters. To kill

the animals without damaging their fur, trappers strangle, beat, or stomp them to death.

Every year, dogs, cats, birds, and other animals, including endangered species, are crippled or killed by traps. Trappers call these animals "trash kills" because they have no economic value. Some states have regulations on how often trappers must check their traps, and the frequency with which trappers are required to check can vary from 24 hours to one week. Other states, however, have no regulations at all, and animals can suffer for days before they die.

**Trapping is an integral part of the fur industry. The only way to ensure that you are not supporting this cruel practice is to refuse to buy any fur or fur-trimmed clothing.**

## Fur: Mean, Not 'Green'

In a desperate attempt to boost lagging fur sales, some furriers are now trying to convince consumers that pelts are "eco-friendly." But nothing could be further from the truth!

Eighty-five percent of the fur industry's skins come from animals on fur factory farms. These facilities can house thousands of animals, and, as with other factory farms, they are designed to maximize profits—with little regard for the environment or animals' well-being. Much of the world's fur is processed in China, where environmental regulations are often ignored.

Each mink skinned by fur farmers produces about 44 pounds of feces in his or her lifetime. That adds up to 1 million pounds of feces produced annually by U.S. mink farms alone.

Waste from fur farms is poisoning our waterways. In December 1999, for example, the Washington State Department of Ecology

fined one mink farmer \$24,000 for polluting ditches that drain into a local creek. The Environmental Protection Agency has also filed complaints against companies involved in fur production and transportation for illegally generating and disposing of hazardous waste from the processing of pelts.

Raising animals for their fur also pollutes the air. In Denmark, where more than 2 million minks are killed for their fur annually, more than 8,000 pounds of ammonia is released into the atmosphere each year.

Furs are loaded with chemicals to keep them from decomposing in the buyer's closet, and fur production pollutes the environment and gobbles up precious resources. Producing a fur coat from ranch-raised animals takes more than 15 times as much energy as does producing a faux-fur coat.

Fur is only "natural" when it's on the animal who was born with it. Once an animal has been slaughtered and skinned, his or her fur is treated with a soup of toxic chemicals to "convert the putrefactive raw skin into a durable material" (i.e., to keep it from rotting). Various salts—along with ammonia, formaldehyde, hydrogen peroxide, and other chromates and bleaching agents—are used to preserve and dye fur.

Furriers claim that the carcasses from animals skinned for their pelts are used for animal feed, but often they are simply dumped into landfills. (At any rate, many animals on fur farms are killed with injections of poison, which makes their flesh inedible.)

Don't believe the fur industry's lies: Fur hurts—both animals and the environment. Take a stand against cruelty

# Animals Used for Fur

## Beavers



Beavers are extremely gentle, family-oriented animals who mate for life and remain lifelong friends with their offspring. The second-largest rodent in the world, the beaver can live 19 years, reach 60 pounds, and grow up to 4 feet long. Baby beavers, or "kits," are usually born to hard-working, loving parents who have been together for many years. Female beavers are

especially busy as they care for their young while looking after their rambunctious "teenagers."

Beavers are master architects—their complicated, well-built lodges can stand for years. These "busy beavers" take pride in their work and are constantly concerned with repairs to their homes. Beavers' activity helps keep stream beds healthy and in good repair, and beavers are a keystone species in an ecosystem because they create wetlands that are used by many other species.

When startled or frightened, a swimming beaver will rapidly dive while forcefully slapping the water with his or her broad tail. This creates a loud sound, audible over large distances above and below water, which serves as a warning to other beavers in the area. Once a beaver has made this danger signal, all nearby beavers will dive and may not reemerge for some time. At one point in time, these industrious, clever animals were hunted and trapped nearly to extinction. Beavers today are still in constant danger of being caught in traps.

The body-gripping traps used to capture and kill beavers cause these sensitive animals immeasurable suffering. In many cases, Conibear (body-gripping) traps fail to catch the animals quickly or on target. If the traps do not kill the beavers immediately, they can slowly drown, suffering for up to 20 minutes. Death by drowning is extremely cruel—the American Veterinary Medical Association (AVMA) condemns it in its 2000 Report of the AVMA Panel on Euthanasia.

## Chinchillas



Chinchillas are shy, intelligent animals who eat vegetables and fruits and can live up to 15 years in the wild. Social "chatterboxes," these sensitive nocturnal animals can spend all night long "talking" to one another. Fastidiously clean, they require frequent dust baths to care for their extremely dense fur. These "fluff fests" also provide invaluable moments of

comfort and entertainment—moments that are denied caged chinchillas who are cruelly "farmed" for their fur.

Originally found only in South America in communities of up to 100 members, chinchillas are now bred by fur farmers or pet store distributors who then sell them as "pets" to often ill-informed people. Captive chinchillas live for around 15 years, but some have been known to live up to 20 years or more. Chinchillas are naturally skittish. They also have delicate bones and generally dislike being held.

Chinchillas express themselves with a variety of vocalizations, including barks, chirps, and squeaks. They can make calm, loving chirps for potential mates as well as loud, aggressive barks when spooked. Active and inquisitive by nature, chinchillas need to

exercise and satisfy their curiosity—two activities that are denied them on fur farms.

The demand for chinchilla fur has resulted in their near extinction. On a fur farm in Midland, Michigan, PETA investigators observed that chinchillas were suffering from painful seizures after being electrocuted or having their necks broken while they were still conscious.

## Dogs and Cats



"Man's best friend" killed for fur? It's not just a bad dream. PETA's recent undercover investigation into the Chinese dog and cat fur trade revealed what the industry is so desperate to hide. Even our veteran investigators were horrified at what they found: Millions of dogs and cats in China are bludgeoned, hanged, bled to death, and strangled with wire nooses so that their fur can

be turned into trim and trinkets.

Dog and cat fur is often deliberately mislabeled as fur from other species and is exported to countries throughout the world to be sold to unsuspecting consumers.

## Foxes



Foxes are intelligent nocturnal animals who rely on their big bushy tails to spread scent in order to communicate. Foxes usually survive by eating fruit, berries, roots, carrion, rats, and slugs. Foxes play an important ecological role, as they "clean" the environment, and their survival often depends upon the amount of available food in their territories. They bury food and

have a very good sense of hearing, picking up sounds of small animals in the grass, underground, or under the snow. They have a keen sense of smell and will hunt from dusk to dawn.

Although they usually live only one to two years, foxes have been known to survive nine years if left alone by humans, their sole predator. Foxes can run at speeds of up to 26 miles per hour and will run along logs, double back, or wade in water so that hunters' dogs cannot follow their scent; they will also warn others with a sharp bark. Female foxes work together to care for their families' babies, and young foxes ultimately learn how to take care of themselves through play.

Unfortunately, many young foxes are not given this opportunity to learn from their mothers' and aunts' gentle nudging. Instead, they are raised on factory farms in tiny, filthy wire cages. Many of these foxes live for years in hideous conditions before farmers kill them and sell their fur to make coats, cuffs, collars, and trim. Others are caught in steel-jaw traps, which crush their legs until trappers arrive to beat them to death hours or days later. In many parts of the country, frantic foxes are pursued by starved hunting dogs for "sport." Once the dogs catch up to them, they tear the terrified foxes limb from limb.

## Minks



Sometimes called "marsh otters," minks love to swim (aided by their slightly webbed hind feet) and are often found near water. They can swim to depths of 50 feet underwater on just one breath. In the wild, minks are generally territorial and solitary

and often travel long distances, sometimes using the dens of other animals as "hotel pit stops." Minks prefer habitats that provide good cover—such as grass, brush, trees, and aquatic vegetation—and they make their dens in cavities in brush or rock piles, logjams, and exposed roots of trees.

Minks raised and killed on fur factory farms are forced to live in small, dirty, barren cages and are denied any opportunity to swim; this causes them untold stress by suppressing their natural urges. Cramped wire cages prevent minks from indulging their innate desire to roam, and factory-farmed minks are often seen bobbing their heads and pacing—neurotic, repetitive behavior that is a sign of severe psychological distress.

## Rabbits



Rabbits are extremely social animals who live with their families in underground burrows called "warrens." They can hop faster than a cat, human, or white-tailed deer can run. Rabbits love nibbling on alfalfa, timothy hay, apples, carrots, and crisp, green veggies, and they chew vigorously to trim their front teeth, which never stop growing. They communicate through body



language, marking their territories like cats by rubbing their chins on twigs, rocks, or other landmarks.

People who have adopted domestic rabbits from animal shelters know that they can be extremely affectionate, snuggling with their human companions and gently nuzzling their necks. Rabbits are sensitive, smart animals with individual personalities, just like dogs and cats. They make lifelong bonds with other rabbits and humans, play with toys, and can even learn to use litter boxes.

About a billion rabbits are killed yearly for their skins, as many as 70 million in France alone. Like other animals who are farmed for their fur, rabbits—who are extremely clean by nature—are kept in tiny, filthy cages, surrounded by their own waste. They spend their entire miserable lives standing on the thin cage wires that constantly cut into their sensitive footpads, never having a chance to dig, jump, or play. Fur farmers kill rabbits using cruel methods—breaking their necks or beating in their skulls—before stringing them up by the legs and cutting off their heads.

## Raccoons



Raccoons can be recognized by their beautiful eyes, which are outlined by a black mask of fur. They have thick, fuzzy brown-gray fur, and highly sensitive ears tufted with white fur. Those who live in humid, dense forests have darker fur than those in arid climates, where raccoon fur is a lighter, reddish color. Their bushy tails keep them balanced and stores fat during winter months,

while their front limbs provide them with great manual dexterity.

Raccoons are omnivores and eat frogs, fish, eggs, fruits, nuts, insects, and grain, among other things. Although they are primarily

nocturnal, raccoons are often seen frolicking during the day when they haven't detected a human's presence. They are intelligent animals (often figuring out the most complicated locks) who, sadly, have had to adapt to the loss of their habitat because of human development. They will make their nests almost anywhere—in tree cavities, brush piles, abandoned burrows, chimneys, attics, and barn lofts—and usually have more than one den. They have routines for finding food and shelter, and they can plot out and remember different hiding places for each. In the wild, raccoons can live seven years or longer.

Raccoons' lives are often cut short by cruel humans who covet their fur. Like foxes, raccoons are hunted by starved dogs and often suffer in steel-jaw traps, where they endure hours of agony before they are killed—or chew an arm or leg off in an effort to escape.

## Seals



For thousands of years, harp seals have migrated from Greenland down the coast of Canada, stopping each spring to give birth on the ice floes.

Female harp seals give birth to one pup each year. Seal pups are born with silky white fur, which they molt around two weeks of age. Mothers and pups form a very strong bond and recognize each other by sound and smell. Female seals nurse their pups for a few days before going out to sea to feed, leaving the pup in a nursery group or a protected area for three to five days. When the mothers return, they call their pup with a distinctive bark that the pup will answer.

Thousands of the mothers return from feeding to find that their pup has been murdered during the Canadian seal slaughter. During

this slaughter, tens of thousands of seals are bludgeoned and skinned so that their fur can be turned into fur coats.

Each year, the Canadian government gives hunters the green light to bludgeon to death hundreds of thousands of baby harp seals. During the slaughter, baby seals are shot or repeatedly clubbed. Sealers bludgeon the animals with clubs and "hakupiks" (metal-hook-tipped clubs) and drag the seals—who are often still conscious—across the ice floes with boat hooks.

Hunters toss dead and dying seals into heaps and leave their carcasses to rot on the ice floes because there is no market for seal meat. Veterinarians who have investigated the slaughter have found that hunters routinely fail to comply with Canada's animal welfare standards.

Baby seals are helpless and have no way to escape from the sealers' clubs. A *Washington Post* article on the seal slaughter described it this way: " seal appearing to gasp for air, blood running from its nose as it lies on an ice floe. Not far away, a sealer sharpens his knife blade. The seal seems to be thrashing as its fur is sliced from its torso."

The *Christian Science Monitor* wrote: "The few terrified survivors, left to crawl through the carnage. The shouted obscenities and threats from the sealers, gunfire cracking ominously in the distance. The pitiful cries of the pups; the repellent thuds of clubs raining down on soft skulls. Sealers' laughter echoing across the ice floes."

Many seals who are killed are 3 months old or younger. Many have not yet learned how to swim or eaten their first solid meals.

The sealing industry claims that it is killing more seals because of an increased demand for [fur](#). Although the U.S. banned the sale of seal fur in 1972, anyone wearing the fur of minks, rabbits, foxes, or any other kind of animal is responsible for creating a demand for fur, which pushes Canadian hunters to club more seals each year. Then

in 2009, the European Union voted to end the sale of seal products, and the U.S. Senate unanimously passed U.S. Senate Resolution 84, calling for an immediate end to the annual seal slaughter.

Please tell everyone you know about Canada's cruel slaughter of baby seals and urge them to contact the Canadian government to ask for an immediate end to this cruel slaughter.

## Bears



For nearly two centuries, Britain's Ministry of Defence (MoD) has waged a war on black bears, subsidizing the slaughter of hundreds of these animals in Canada and using their pelts to make headpieces for The Queen's Guards.

Bears are cruelly killed for their hides; they are either shot during hunts or ensnared, sometimes for days, in painful traps. The Ontario Ministry of Natural Resources reports that during hunts, as many as one bear in seven is not killed immediately after being shot, and some escape wounded, often dying later from blood loss, gangrene, or starvation.

Mother bears who are killed leave behind orphaned cubs who are completely dependent on them for food during their first 17 months. When left alone in the wilderness, the cubs often cannot survive. In many areas, there are few restrictions against shooting mother bears with nursing cubs, leading to the destruction of entire families.

It is common for bears to be hunted at bait sites. Food is left regularly for hungry bears so that they will become accustomed to

going to the same spot to find food. Hunters then hide in tree stands and shoot at the bears who come looking for their regular meal.

Although the MoD has acknowledged that it is time for a change, it has delayed taking any action. It is inexcusable that the same army which is capable of building some of the most sophisticated equipment and machinery in the world claims it is unable to find a synthetic replacement for bearskins after almost three decades of "searching" and despite the wide availability of luxurious synthetic materials. Meanwhile, it is money from buyers such as the British Army that keeps hunters making profits from killing these animals. Bears aren't crops to be "harvested"; they are individuals who live in families and feel pain and terror when shot.

## CHAPTER-13

### WHY I AVOID USING ANIMAL TESTED COSMETICS OR HOUSEHOLD PRODUCTS?



Team of PETA volunteers protesting against killing of innocent animals for cosmetics testing in India at Jantar Mantar, New Delhi





**Animal testing**, also known as **animal experimentation**, **animal research**, and **in vivo testing**, is the use of non-human animals in experiments. Worldwide it is estimated that the number of vertebrate animals—from zebrafish to non-human **primates**—

ranges from the tens of millions to more than 100 million used annually. Invertebrates, mice, rats, birds, fish, frogs, and animals not yet weaned are not included in the figures; one estimate of mice and rats used in the United States alone in 2001 was 80 million. Most animals are euthanized after being used in an experiment. Sources of laboratory animals vary between countries and species; most animals are purpose-bred, while others are caught in the wild or supplied by dealers who obtain them from auctions and pounds.

The research is conducted inside universities, medical schools, pharmaceutical companies, farms, defense establishments, and commercial facilities that provide animal-testing services to industry. It includes pure research such as genetics, developmental biology, behavioral studies, as well as applied research such as biomedical research, xenotransplantation, drug testing and toxicology tests, including cosmetics testing. Animals are also used for education, breeding, and defense research. The practice is regulated to various degrees in different countries.

Supporters of the use of animals in experiments, such as the British Royal Society, argue that virtually every medical achievement in the 20th century relied on the use of animals in some way, with the Institute for Laboratory Animal Research of the U.S. National Academy of Sciences arguing that even sophisticated computers are unable to model interactions between molecules, cells, tissues, organs, organisms, and the environment, making animal research necessary in many areas. Animal rights, and some animal welfare,



organizations—such as PETA and BUAV—question the legitimacy of it, arguing that it is cruel, poor scientific practice, poorly regulated, that medical progress is being held back by misleading animal models, that some of the tests are outdated, that it cannot reliably predict effects in humans, that the costs outweigh the benefits, or that animals have an intrinsic right not to be used for experimentation.

Around 50–100 million vertebrate animals are used in experiments annually.



**Some Photos showing various testing procedures on Animals.**





The following is a list of companies that do not test on animals; these companies' products are available throughout India.

Amar Toothpaste  
Anuraah Soap  
Aroma Therapy  
Avon  
Bath & Body Works  
Biotique International  
Bobbi Brown  
The Body Shop  
Bonne Bell  
Chambor Cosmetics  
Chandrika Soap  
Clinique  
Fa Cosmetics  
Henkel India Ltd  
Himalaya  
Jain Cosmetics and Toiletries  
Jainson Pharmaceuticals Pvt Ltd  
Lush Cosmetics  
MAC Cosmetics  
Nature's Co  
Neem Toothpaste  
Nike Deodorants  
Oriflame India Pvt Ltd  
Revlon Cosmetics  
Schwarzkopf  
Shahnaz Husain  
Snowwhite Soaps & Allied Products Pvt Ltd  
Surya Brasil  
Vico Toothpaste  
Forever Living Products



## Be a Bunny's Best Friend:

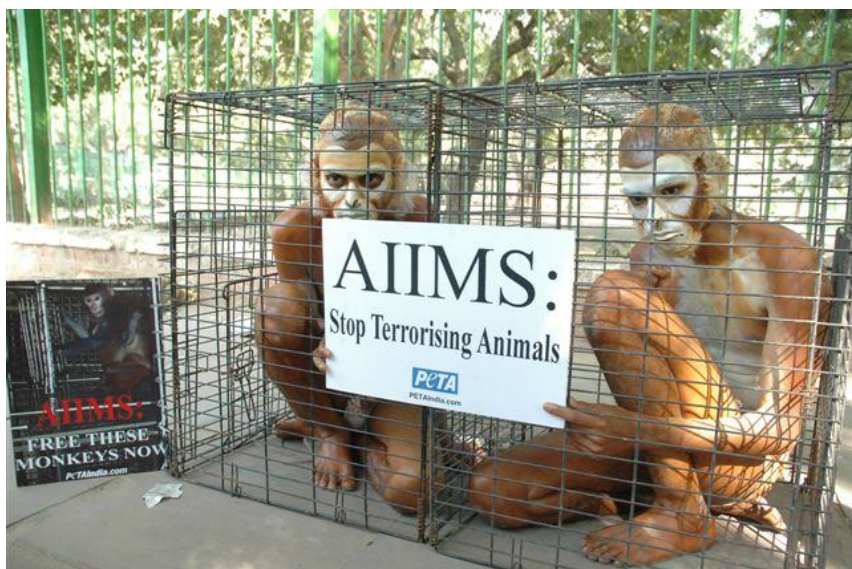
Buy Cruelty-Free

### Are you a caring consumer?

Is your favourite lip balm cruelty-free? What about your shampoo and toothpaste or that nail polish of your sister's that you just cannot keep your hands off of? Or that laundry detergent that your mom uses to get your whites white and your colours bright? Do you scan labels to look for the "not tested on animals" seal of approval before buying anything? It is easy and only takes a few minutes, but it can make a big difference for animals.



©Shah Bani Jain



Couple of PETA activists protesting to free Monkeys from cages of AIIMS (ALL INDIA INSTITUTE of MEDICAL RESEARCH), New Delhi, where these animals were kept under captivity for years for brutal laboratories testing & experimentation.

## CHAPTER-14

# WHY I DO NOT GO TO ZOOS OR DOLPHINARIUM?



Group of Activists outside Zoo Authority of India office at New Delhi urging to close down all Zoos.



Zoos often claim they are modern day arks, saving species from the brink of extinction, educating the world about wildlife and providing vital research into the lives of animals. But are zoos really the champions of animals they purport to be?

### THE CONSERVATION CLAIM

Of the 5,926 species classified as threatened or endangered by the International Union for the Conservation of Nature, only around 120 are involved in international zoo breeding programs.

Many species, including endangered species such as pandas and elephants are notoriously difficult to breed in captivity. For example, to date no elephant has ever been bred successfully in an Australian zoo and even captive populations numbering in the hundreds in Europe and the United States are not self sustaining.

There is also the problem of genetic diversity. In small populations there can be problems associated with inbreeding, which can result in genetically weaker offspring. These offspring are more vulnerable and less likely to survive in the wild.

The concept of re-introduction is plagued with serious difficulties. Species threatened by poaching will never be safe in the wild until attitudes change and the culture of poaching is eradicated.

Species threatened by habitat destruction will have no home to be re-introduced to unless suitable areas for these species have been protected.



Even if the above problems can be overcome, there are still difficulties with the process of re-introduction. Captive bred animals have often missed out on valuable lessons their wild parents would have taught them and therefore often do not have the instincts or knowledge to survive in the wild.

## EDUCATION

Zoos claim they provide the opportunity for people to see and learn about wild animals and that this will inspire people to contribute to their preservation. But what are they really showing us?

Keeping animals in zoos sends the message that animals are commodities and that humans are justified in locking them up.

The conditions under which animals are kept in zoos typically distort their behavior significantly. Animals in zoos are merely shadows of their wild counterparts. Nature documentaries and books allow people to gain a true and complete knowledge of wild animals, by depicting them in their natural habitats.



## **RESEARCH**

Research conducted in the artificial environment of the zoo teaches us very little about the complex lives of wild, free-ranging animals

Most research done in zoos serves merely to teach us more about wild animals in zoos and if zoos did not exist then such research would not be necessary in the first place.

## **LIFE IN A ZOO**

Zoo enclosures are typically inadequate for the animals needs. For example, the average enclosure size for mammals in UK zoos is one hundred times smaller than their minimum home range in the wild.

Confining animals in artificial and often small enclosures inside zoos is stressful and causes them harm. Animals in zoos are bored and lonely creatures who spend their days shuffling, swaying and pacing back and forth, their eyes sad and empty.

Other stereotypic behaviours displayed as a result of intense boredom and suffering include rocking, over-grooming, mutilation, neck twisting, chewing and bar biting, hyper-aggression, abnormal maternal behaviour and feeding disorders.

## **THERE IS A BETTER WAY!**

Instead of funnelling money into zoos, money should be redirected to wild animal conservation. For example the money could be better spent:

- Establishing protected reserves

-Funding anti-poaching patrols

-Educating people about wildlife and the need for conservation

-Lobbying for legislation to protect wildlife (from poachers and habitat destruction)

If you visit zoos you are contributing to this suffering. Today's wildlife programmes can give viewers a much greater understanding and appreciation of these animals than zoos ever could. If you truly care about animals and conservation turn on the T.V and make a donation to one of the many wildlife charities working to save animals in the wild.

If the possibility of re-introduction of the species into the wild is a farce, then zoos only exist to preserve those species in captivity. Keeping animals in zoos harms them, by denying them freedom to carry out their lives naturally. While humans may feel that there is some justifying benefit to their captivity, there is no compensating benefit to the individual animals. Should a handful of individual animals be forced to live out life sentences just so humans can simply satisfy their curiosity?

## **THINK ABOUT THIS...**

The zoo is a prison for animals who have been sentenced without trial and I feel guilty because I do nothing about it. I wanted to see an oyster-catcher, so I was no better than the people who caged the oyster-catcher for me to see. - Russell Hoban (1925- )

An individual animal doesn't care if its species is facing extinction – it cares if it is feeling pain. - Ronnie Lee (1951- )

We cannot glimpse the essential life of a caged animal, only the shadow of its former beauty. - Julia Allen Field (1937- )

The saddest thing about zoos is the way they drive animals mad. Much of the behaviour we take for granted in zoo animals – repetitive padding up and down, head banging, obsessive paw swinging, or just plain moping – is actually psychotic, the sort of thing humans get driven to when they are kept in solitary confinement. - Bill Travers (Star of “Born Free” and co-founder of Zoo Check)

## **Zoos are the Wrong Place to Save Animals**

Zoos continue to capture animals from the wild to put them on public display. In 2003, the San Diego Wild Animal Park and Lowry Park Zoo in Tampa, Florida, captured 11 African elephants, a species designated as threatened, from their natural habitats in Swaziland. Experts, scientists, and researchers who study elephants in the wild strongly opposed the capture, stating, “Taking elephants from the wild is not only traumatic for them, it is also detrimental to their health. ... We believe the time has come to consider them as sentient beings and not as so much money on the hoof to be captured and sold and displayed for our own use.”

Several zoos have already recognized that they cannot adequately provide for the complex needs of elephants, and have made the decision to close their elephant exhibits. The Detroit Zoo sent two elephants to a sanctuary because, in the words of the zoo’s director, “Just as polar bears don’t thrive in hot climates, Asian elephants should not live in small groups without many acres to roam. They clearly shouldn’t have to suffer winters of the North.” Save Wild Elephants.com has more information on zoos that have closed their elephant exhibits.



## DOLPHINARIUM



The Report entitled, *Dolphinaria – A review of the keeping of whales and dolphins in captivity in the European Union and EC Directive 1999/22, relating to the keeping of wild animals in zoos*, highlights the fact that the 14 (out of 27) States that do keep these animals in captivity contravene the EU Zoos Directive by failing to conform to criteria relating to conservation, education and animal welfare.

These 14 States alone are home to 34 captive dolphin facilities (or dolphinaria) displaying a reported 286 small whales, dolphins and porpoises and, as WDCA anti captivity lead, Cathy Williamson states, these commercially driven, circus-style shows may seem like fun but the truth is much sadder.

## **Conservation or cruelty? Education or entertainment?**

The Report's analysis found that dolphinariums in the EU are making little to no contribution to conservation and that in fact they may be detrimental to the conservation of wild whales and dolphins.

### **Conservation?**

- Studies show dolphins to have a lower survival rate in captivity than in the wild

- The captive population is unsustainable. Captures of wild dolphins for captivity still goes on in some parts of the world. The danger remains that if the number of dolphinariums in the EU remains the same or increases that attempts may be made by dolphinariums to import further wild-caught dolphins into the EU which contradicts EU law, too

- Dolphinariums are commercial enterprises that charge entrance fees to visitors who are entertained by elaborate dolphin shows

- The investigation also revealed that no dolphinarium in the EU is involved in a programme of release of whales or dolphins into the wild and that only seven facilities out of the 34 in the EU actually make any reference to being involved in conservation of wild dolphins just on their websites

- Hardly any serious research is undertaken on captive dolphins that would contribute to conservation initiatives

## **Education?**

-Analysis of footage taken at 18 dolphins shows in the EU clearly demonstrates that they are geared to entertainment

-Dolphinaria fail to provide audiences with even the most basic details on the species who perform tricks and stunts for the amusement of visitors

-An average of only 12.3% of the commentaries at the shows analysed included any information about the animals on display that could be considered to be educational (what dolphins eat, the parts of their bodies, even that they are mammals)

-Despite the death and injury of experienced trainers, some facilities still put animals and visitors at risk by allowing people to swim with them, leading the public to think that this is healthy and normal behaviour

## **Welfare?**

-The Report states, a dolphin in captivity does not have the freedom he or she would have in the wild

-Small, sterile tanks can't support the plant or food life or social stimulus that the animals need, causing severe detriment to the health and welfare of captive dolphins.

## CHAPTER 15

### **WHY I DO NOT BUY FISH AQUARIUMS OR KEEP BIRDS IN CAGES?**



## **TRUTH BEHIND AQUARIUMS**

Fragile tropical fish, who were born to dwell in the majestic seas and forage among brilliantly colored coral reefs, suffer miserably when they are forced to spend their lives in glass tanks. The same is true of river fish. Robbed of their natural habitats and denied the ability to travel freely, they must swim around endlessly in the same few cubic inches of water.

### **Where Fish Really Come From**

The popularity of keeping tropical fish has created a virtually unregulated industry that catches and breeds as many fish as possible with little regard for the animals themselves. While many species of coral are protected under the Convention on International Trade in Endangered Species of Wild Fauna and Flora, most of the fish who end up in aquariums are not.

An estimated 95 percent of saltwater fish sold in pet shops come from the wild, mostly from the waters around Indonesia, the Philippines, Fiji, and other Pacific islands. More than 20 million fish, 12 million corals, and 10 million other types of marine life—such as anemones, shrimp, and mollusks—are captured every year to support a \$300 million worldwide “hobby.” Some species, such as the Banggai cardinalfish, have become endangered because of overfishing, a practice commonly employed to satisfy the aquarium industry.

Collectors douse the coral reefs with cyanide, which is ingested by the fish who live there, and as reported in *Scientific American*, “The resulting asphyxiation stuns some fish and sends others into spasms, making them easy to grab by hand or net.” Half the affected fish die on the reef, and 40 percent of those who survive the initial poisoning die before they reach an aquarium. Cyanide also kills the coral reefs themselves, and marine biologists rank it as one of the biggest dangers in Southeast Asian waters.

Approximately 90 percent of freshwater fish are raised on farms. Goldfish, for instance, are usually bred in giant tubs in facilities that produce as many as 250 million fish per year. These animals are sold to zoos, pet stores, and bait shops, and many are doomed to live in plastic bags or bowls, neither of which provides the space or oxygen that goldfish need. The city of Monza, Italy, banned keeping goldfish in bowls because the containers do not meet the needs of the animals and because, as one sponsor of the law pointed out, bowls give fish “a distorted view of reality.”

Some fish farms are seeking new market niches by creating fish breeds that would never occur in nature, treating fish as ornaments instead of living animals. Some breeders even “paint” fish by injecting fluorescent dyes into the animals’ bodies or altering their genetic makeup to make them more attractive to buyers.

### **Fish Can Speak, Make Tools, and Think**

Fish have cognitive abilities that equal and sometimes surpass those of nonhuman primates. They can recognize individuals, use tools, and maintain complex social relationships. Biologists wrote in *Fish and Fisheries* that fish are “steeped in social intelligence, pursuing Machiavellian strategies of manipulation, punishment and reconciliation, exhibiting stable cultural traditions, and co-operating to inspect predators and catch food.”

Fish communicate with one another through a range of low-frequency sounds—from buzzes and clicks to yelps and sobs. These sounds, which are audible to humans only with the use of special instruments, communicate emotional states such as alarm or delight and help with courtship. The pumps and filters necessary in many home aquariums can interfere with this communication. “At the least, we’re disrupting their communication; at worst, we’re driving them bonkers,” says ichthyologist Phillip Lobel.

### **What You Can Do**

Please don’t support the tropical fish trade by purchasing fish. If you enjoy watching fish, consider downloading one of the many

colorful and realistic fish-themed computer screensavers available on the Web. Don't support businesses or fairs that give fish away in contests or promotions. In the United Kingdom, it is illegal to give fish as prizes or sell animals to children under the age of 16, and guardians must provide a "suitable environment" for all animals. A similar law is in effect in Reggio Emilia, Italy.

Siamese fighting fish, who are often sold as "decorations" or party favors, are fighting for their lives as their popularity grows. Pet shops, discount superstores, florists, and even online catalogs sell Siamese fighting fish (*Betta splendens*) in tiny cups or flower vases to consumers who are often uneducated about proper betta care. These tiny containers are not suitable for any fish.

Biologists say that there is no safe way to return captive fish to their natural environments—which are often located in a completely different region of the world—because of the difficulty in locating such a habitat and the possibility of introducing disease to the other fish there. Researchers have found many species of non-native fish, including predatory species, living off the coast of Florida, and they attribute these populations to careless aquarium owners. These fish pose a real threat to native species. Never flush fish down the toilet in the hope of "freeing" them, as seen in the popular movie *Finding Nemo*. Even if a fish survived the shock of being put into the swirling fresh water, he or she would die a painful death in the plumbing system or at the water treatment plant.

If you already have fish, you can make their lives easier by providing them with an environment that is as much like their natural habitat as possible. While captive fish can never live natural lives, the following tips will help ensure that they are as happy as possible:

- The more space that fish have, the happier and healthier they will be. Their needs vary, so check with an expert or consult a good fish book to determine their requirements. One general guideline is that you should provide 3 gallons of water for every 1 inch of fish.
- Treat tap water properly before putting it into the aquarium, as

most municipal water contains chlorine, which can kill fish. The type of chemicals that you should use depends on your area's water. Consult with a local tropical fish supply store to determine the proper treatment.

- Different types of fish require different pH levels. Check the pH level daily for the first month and weekly thereafter.

- A filter to remove waste particles and noxious chemicals from the water is essential. Live plants help with this task and provide oxygen, shelter, hiding places, and the occasional snack.

- A properly working air pump is necessary to provide oxygen.

- Fish need a constant temperature, generally between 68°F and 76°F, but you should check with a fish supply store for information that is specific to the type of fish that you are keeping. Automatic aquarium heaters monitor the water temperature and turn the heater on and off as needed. Attaching a small thermometer to the tank will help you ensure that the heater is functioning properly.

- The natural waste of fish emits ammonia, which can accumulate to toxic levels, so clean the tank regularly, but never empty the tank completely. Be sure to clean the glass well with a pad or a brush to prevent algae growth.

- Create places for the fish to hide and explore. Ceramic objects, natural rocks, and plants work well. Make sure that all objects are thoroughly cleaned and disinfected before they are put into the tank. Do not use metal objects, as they will rust.

- Be aware of the environment outside the aquarium. Suddenly



switching on a bright light in a dark room can startle fish, and vibrations from a television or a stereo can alarm and stress them.

- Keep all harmful chemicals away from the aquarium. Cigarette smoke, paint fumes, and aerosol sprays can be toxic if they are absorbed into the water.

- The aquarium should be in a spot where temperature and light are constant and controllable. Tropical fish supply stores may be able to advise you on the best amount of light for the fish you are keeping. Remember that direct sunlight and drafts from nearby doors or windows can change the water temperature, and fumes from a nearby kitchen or workshop can injure the fish.

- Don't overfeed! Uneaten food and waste material are broken down into ammonia and nitrites, which are toxic. One expert recommends providing only as much food as your fish can eat in 30 seconds.

- If a fish seems sick or lethargic, take him or her to a vet. Fish can be medicated, anesthetized, given shots, and operated on, just like other animals. Take along a separate sample of the tank water.

- Most fish enjoy companionship. If you have a single fish, check with friends and neighbors to find another loner to adopt—but don't support the fish trade by going to a dealer.

- Supply stores and catalogs have clear plastic dividers available that can be used to create a safe section in a large tank for a betta fish who is living in a "community" aquarium. Make sure that the divider fits securely in the tank and provides necessary access to the surface.



**BIRDS  
DON'T BELONG  
IN CAGES.**

**Let Them Fly Free!**

**PETA**

## **CAGED BIRDS**

All caged birds are either captured or captive-bred. In the wild, these beautiful beings are never alone, and if separated even for just a moment, they call wildly to their flockmates. Flock-oriented, they preen each other, fly together, play, and share egg-incubation duties. Many species of birds mate for life and share parenting tasks. Most birds will not take a second mate in the wild if their first is lost.

Life in captivity is often a death sentence for birds, who may suffer from malnutrition, an improper environment, loneliness, and the stress of confinement. Birds are meant to fly and be with others of their own kind in a natural environment. Confinement causes birds to have temper tantrums and mood swings. *The New York Times* has reported that many birds “go off the deep end when they are ... placed in captivity. ... The resulting frustration, [Cambridge University zoologist Dr. James Serpell] said, leads to abnormalities like repetitive behavior, in which the bird’s head weaves back and forth, or in which it shifts constantly from one foot to the other; abnormal grooming in which the bird picks out all of its feathers, and aggressive behavior.”

Birds are smuggled into the United States more than any other animal. Before being shipped, birds are often force-fed, their wings are clipped, their beaks are taped shut, and they are crammed into everything from spare tires to luggage. It’s not unusual for most of the birds in one shipment to die.

Taking animals from their natural habitats endangers individual animals and jeopardizes entire populations and ecosystems. The population of the South American hyacinth macaw has dropped significantly over the last 10 years as a result of smugglers’ capturing the birds for U.S. and European collectors.

Birds bred in captivity don’t fare much better. Birds older than 8 to 10 weeks of age don’t sell well at pet shops so many are kept for breeding and condemned to small cages for the rest of their lives.

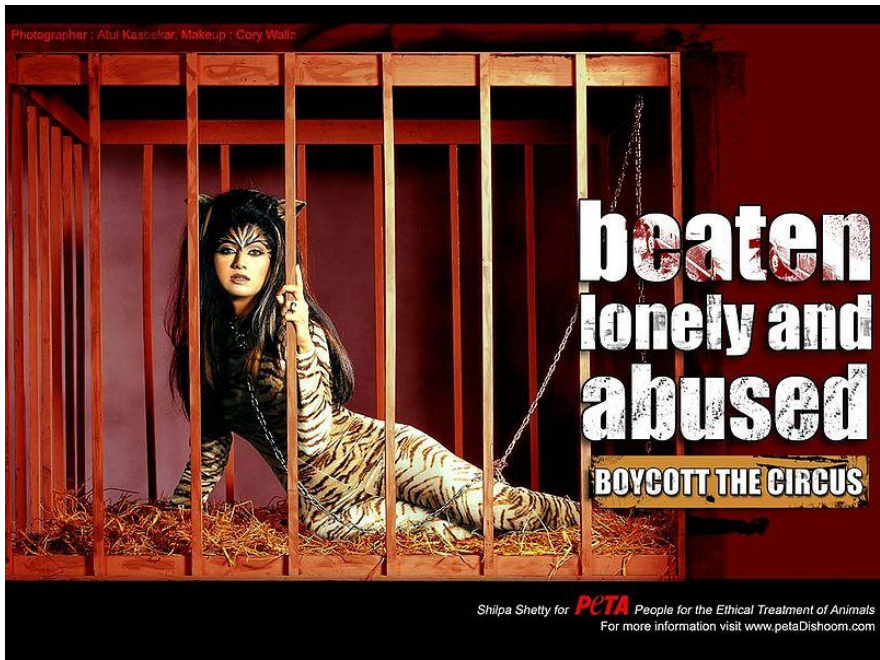
If you love birds, contact a bird rescue group in your area to learn how you can foster or adopt an abused or neglected bird

## CHAPTER-16

### WHY I DO NOT GO TO ANIMAL CIRCUSES?



Training to an elephant in a circus is normal like above.



## THE TRUTH

Bears, elephants, tigers, and other animals do not voluntarily ride bicycles, stand on their heads, balance on balls, or jump through rings of fire. They don't perform these and other difficult tricks because they want to; they perform them because they're afraid of what will happen if they don't.

For animals in circuses, there is no such thing as "positive reinforcement"—only varying degrees of punishment and deprivation. To force them to perform these meaningless and physically uncomfortable tricks, trainers use whips, tight collars, muzzles, electric prods, bull hooks, and other painful tools of the trade.

In the Ringling Bros. circus, elephants are beaten, hit, poked, prodded, and jabbed with sharp hooks, sometimes until bloody. Ringling breaks the spirit of elephants when they're vulnerable babies who should still be with their mothers. Unsuspecting parents

planning a family trip to the circus don't know about the violent training sessions with ropes, bullhooks, and electric shock prods that elephants endure. Heartbreaking photos reveal how Ringling Bros. circus trainers cruelly force baby elephants to learn tricks, and it's not through a reward system, as they claim.

## **CRUEL TRAINING**

Circuses easily get away with routine abuse because no government agency monitors training sessions. Undercover video footage of animal training sessions has shown that elephants are beaten with bullhooks and shocked with electric prods, big cats are dragged by heavy chains around their necks and hit with sticks, bears are whacked and prodded with long poles, and chimpanzees are kicked and hit with riding crops. [Carson & Barnes](#) trainers have even been documented using blowtorches on elephants.

## **CONSTANT CONFINEMENT**

Constant travel means that animals are confined to boxcars, trailers, or trucks for days at a time in extremely hot and cold weather, often without access to basic necessities such as food, water, and veterinary care. Elephants, big cats, bears, and primates are confined to cramped and filthy cages in which they eat, drink, sleep, defecate, and urinate—all in the same place.

Ringling Bros. and Barnum & Bailey Circus boasts that its three units travel more than 25,000 miles as the circus tours the country for 11 months each year. Ringling's own documents reveal that on average, elephants are chained for more than 26 hours straight and are sometimes continually chained for as many as 60 to 100 hours. Tigers and lions usually live and travel in cages that provide barely enough room for the animals to turn around, often with two big cats crammed into a single cage. In July 2004, Clyde, a young lion traveling with Ringling, died in a poorly ventilated boxcar while the circus was crossing the Mojave Desert, where temperatures reached at least 100 degrees Fahrenheit. Clyde likely died a miserable death

from heatstroke and dehydration. Previously, two tigers with Ringling injured themselves while attempting to escape from their cages in an overheated boxcar.

## **PUBLIC DANGER**

Frustrated by years of beatings, bull hooks, and shackles, some elephants snap. And when an elephant rebels against a trainer's physical dominance, trainers cannot protect themselves—let alone the public.

In 1994, an elephant named Tyke killed her trainer and injured 12 spectators before being gunned down while running terrified through downtown Honolulu (she was shot almost 100 times). In 1992, Officer Blayne Doyle was forced to shoot and kill Janet, an elephant who charged out of the Great American Circus arena with five children on her back.

In more than 35 dangerous incidents since 2000, elephants have bolted from circuses, run amok through streets, crashed into buildings, attacked members of the public, and killed and injured handlers.

In speaking before members of Congress about the dangers of elephant rampages, Doyle lamented, "I have discovered, much to my alarm, that once an elephant goes out of control, nothing can be done. It is not a predictable or preventable accident. The only thing that can be done—and even this is a danger to the public—is to get a battery of police officers in with heavy weapons and gun the elephant down."

## **CIRCUS BANS**

Because of concerns about animal mistreatment and public safety, a growing number of communities are banning or restricting the use of animals in circuses.

## ANIMAL-FREE CIRCUSES

We applaud trapeze artists, jugglers, clowns, tightrope walkers, and acrobats, but let's leave animals in peace. The *Latest Shows on Earth*—Cirque du Soleil, the New Pickle Family Circus, Cirque Éloize, and others—are exciting and innovative circuses that dazzle audiences without animal acts.

### WHAT YOU CAN DO

- When the circus comes to town, organize a demonstration to inform the public that demeaning stunts performed by animals in the ring are the result of behind-the-scenes bull hook beatings and other abusive training methods. Let your local news outlet know about the suffering of animals used in circuses.
- Start a campaign to amend the cruelty-to-animals ordinance in your community so that it includes language forbidding the use of bull hooks and other manual, mechanical, and chemical devices intended to cause pain and suffering.
- Most importantly, boycott all circuses that use animals and choose animal-friendly entertainment options instead.

### Steps to Take When the Circus Comes to Town

#### **BEFORE the Circus Arrives**

Try to get it canceled. Contact the sponsors of the circus and ask that they book an animal-free circus instead. If you are dealing with a civic group, mention that Lions Clubs International and Kiwanis International have advised clubs to beware of sponsoring circuses that use animal acts.



Circus promoters use our schools as marketing tools, enticing them to organize field trips to the circus. Contact your local school boards to discourage school promotions of circuses with animal acts.

Check with your city manager and state wildlife agency to ensure that the circus obtained the proper permits. Since circuses are only in one location for a short time, sometimes they will skirt local and state permit requirements in hopes that they will be long gone before anyone finds out. Urge local authorities to closely monitor the animals and to vigorously enforce local and state laws if violations are found. Contact PETA for copies of the booklet "Basic Tips for Circus Elephant Inspections," and the video, "Circus Elephants: Training & Tragedy," and provide this information to your local animal control agency and humane society. In Bharat, Animal Welfare Board of India can be contacted for further information.

You can use violations of the Animal Welfare Act to support your position.

Put up posters and stickers.

Sponsor an ad in your local newspaper.

### **While the circus is in town**

Find out where the animals are being unloaded and be there with a camcorder and/or camera. Look for abuse and violations of state anti-cruelty statutes (copies of these statutes are available at public libraries on internet). Call your local animal control department or humane society immediately if you see violations. Also, use PETA's guide to help identify violations of the federal Animal Welfare Act and to file a complaint with the U.S. Department of Agriculture if warranted.



Organize a demonstration on opening night. Consider peacefully leafleting at every show. If you need help organizing, call PETA's International Grassroots Campaign Department at 757-622-PETA. Write a news release. If you are having a demonstration, let the media know. PETA's videos are available in 3/4" tape used by the TV media. If any TV stations cover your demonstration, they may run compelling footage from the video on the news that night if you provide them with a copy.

Write a letter to the editor of your local paper. Read our quick facts about the circus for points to make. This is a great opportunity to let people in your area know about the plight of performing animals and to encourage them to boycott circuses with animal acts.

## **AFTER the Circus Has Left Town**

Try to find out where the circus is going and call activists in that area.

Start a legislative campaign to ban circuses and other traveling exhibits in your town or county. This has already happened in a number of towns, and it can happen in yours!

## CHAPTER-17

### **WHY I DO NOT RIDE ON HORSE, CAMEL, ELEPHANT, BULL OR OTHER ANIMAL DRAWN CARRIAGE?**



A horse drawn carriage



## **Can Horse-Drawn Carriage Rides Be Romantic and Cruel At the Same Time?**

Horses are shackled between the shafts of their carriage, their vision restricted by blinders--often working in extreme weather conditions with inadequate access to water or rest, day after day. Complaints to the City and ASPCA about these conditions go unheeded, despite the ASPCA's police powers.

Eventually, horses are either too ill, injured, or worn out from such a punishing existence that they can no longer turn a profit for their owners--and are promptly shipped to "killer buyer" auctions in Pennsylvania, whereby due to a loophole in the current existing NYC law, they can legally be sold to slaughterhouses in Canada and Mexico with no record or fanfare.

In Bharat, such horses are abandoned as they get diseased or infirm due to carrying heavy weights and monotonous schedule.



Every year, the list of accidents involving horse-drawn carriages grows, and horses continue to endure pain and suffering because of this outdated practice. The only way to end this cruelty is to ban it permanently and give these horses the freedom that they deserve.

Forcing horses to pull oversized loads isn't romantic—it's cruel. Horses are forced to toil in all weather extremes, dodge traffic, and pound the pavement all day long. These gentle animals suffer from respiratory ailments because they breathe in exhaust fumes, and they develop debilitating leg problems from walking on hard surfaces. In some cases, horses have even dropped dead from heatstroke after working in scorching summer heat and humidity.

## ACCIDENTS WAITING TO HAPPEN

Horses are extremely sensitive to loud noises and unexpected sounds—and busy city streets have plenty of both. Horses and people have been seriously hurt—with some injuries resulting in fatalities—when horses have become spooked and run amok.

There have also been countless incidents in which carriages have been hit by impatient or careless drivers. Accidents have occurred in nearly every city where carriage rides are allowed.

*There is no way that cities, with their exhaust fumes, hard road surfaces, and busy traffic patterns can provide a humane ... environment for a carriage horse.*

## **ABUSED 'TIL THEIR DYING DAY**

Horses are afforded no federal protection under the Animal Welfare Act, so the responsibility of looking out for horses' welfare falls to local animal control officials. But anti-cruelty laws provide few safeguards to horses, and many humane authorities just don't have the resources or the time to monitor horse-drawn carriages in order to ensure that horses are not being overworked and that operators are following regulations.

When horses grow too old, tired, or ill to continue pulling heavy loads, they aren't retired to green pastures and loving homes, as many people are led to believe. It's cost-prohibitive to maintain a permanent sanctuary for the countless numbers of horses who break down in this industry. Instead, many worn-out horses are slaughtered and turned into food for dogs or for carnivores in zoos, or else they're shipped overseas for human consumption.





## **Environment friendly electronic Rickshaw instead animal drawn carriages**

### **WHAT YOU CAN DO**

If you live in a city where carriage rides are still allowed, contact your local legislators to ask if they will sponsor a ban. Many cities—including Biloxi, Mississippi; Palm Beach, Key West, and Treasure Island, Florida; Paris, France; and London, England—have already banned horse-drawn carriages.

## CHAPTER-18

### WHY I DO NOT EAT FISH





Billions of fish die every year in nets and on hooks. Some are destined for human consumption, many are tortured just for "sport," and others are unintended victims who are maimed or killed simply because they were in the wrong place at the wrong time.

## **FISH FEEL PAIN**

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When fish are yanked from the water, they begin to suffocate. Their gills often collapse, and their swim bladders can rupture because of the sudden change in pressure. Numerous scientific reports from around the world confirm that fish feel pain. Researchers from the University of Edinburgh and University of Glasgow studied the pain receptors in fish and found that they were strikingly similar to those of mammals; the researchers concluded that "fish do have the capacity for pain perception and suffering."

## **'SPORT' FISHING**

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While the numbers continue to decline compared to decades ago, more than 29 million people still went fishing in 2006, spending billions of dollars on their "hobby." According to a Florida State University study, sport fishers are responsible for killing almost 25 percent of overfished saltwater species. Many trout streams are so intensively fished that they require that all fish caught be released; the fish in these streams may spend their entire lives being repeatedly traumatized and injured.

## WHAT'S WRONG WITH CATCH-AND-RELEASE FISHING?

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Fish who are released after being caught can suffer from loss of their protective scale coating that makes them vulnerable to disease, a dangerous build-up of lactic acid in their muscles, oxygen depletion, and damage to their delicate fins and mouths. According to one fishery expert, catch-and-release victims "could be vulnerable to predators, unable to swim away, or if nesting, not capable of fending off nest raiders. Some guarding males could in fact abandon the nest." Researchers at the Oklahoma Department of Wildlife Conservation found that as many as 43 percent of fish released after being caught died within six days.

## OTHER VICTIMS

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According to the National Oceanic and Atmospheric Administration, "More than one million birds and 100,000 marine mammals die each year due to ingestion of, and entanglement in marine debris." The Florida Fish and Wildlife Conservation Commission reports that discarded monofilament fishing line is the number one killer of adult brown pelicans, although one Audubon biologist says that "pretty much every type of water or shore bird can get caught up in fishing line .... We find dead cormorants, anhingas, herons, egrets, roseate spoonbills ... you name it."



Please try to  
**relate**  
to who is on your  
**plate.**

Fish are Friends Not Food!

**PETA**

[www.PETAIndia.com](http://www.PETAIndia.com)

## **EATING FISH CAN BE HAZARDOUS TO YOUR HEALTH**

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Like other animals' flesh, the flesh of sea animals contains high amounts of fat and cholesterol. "Seafood" is one of the most common causes of food poisoning in the U.S., and almost 7 million Americans are believed to be allergic to it.

Fish flesh (including shellfish) can accumulate extremely high levels of carcinogenic chemical residues, such as polychlorinated biphenyls (PCBs). The flesh of farmed salmon has seven times more PCBs than the flesh of wild-caught salmon.

According to *The New England Journal of Medicine*, fish "are the main if not the only source of methyl mercury," a substance that has been linked to cardiovascular disease, fetal brain damage, blindness, deafness, and problems with motor skills, language, and attention span. The Environmental Protection Agency and the FDA warn women of child-bearing age and children to refrain from eating fish such as shark, swordfish, and king mackerel and to consume fewer than 12 ounces a week of other fish flesh because of mercury levels. Of course, the best way to avoid the dangers of mercury is to not eat fish at all.

## **WHAT YOU CAN DO**

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To combat fishing in your area, post "No Fishing" signs on your land if you have a pond or a lake, join or form an anti-fishing organization, and protest fishing tournaments. Encourage your legislators to enact or enforce wildlife-protection laws. Inform people about hazards of fishing on fish population, environment and human health.

## CHAPTER - 19

### WHY I AVOID EATING IN BONE CHINA CROCKERY





Many of us have been using 'bone china' crockery for as long as we can remember. However, most of us may not have given even a passing thought to the word "bone". It is disturbing to

know that bone china crockery is not as harmless as it appears to be. Rather, it is a **deadly cocktail** of slaughterhouse byproducts made available through a **cruel industrial process**. Yes, 'bone china' crockery indeed contains the bones of animals. Thomas Frye who is known to have begun the industrial production of bone china crockery, set up his factory near the slaughterhouses and cattle markets in Essex, England.

Bone china crockery is made from clay containing varying degrees of **bone ash** (25% to 50%). Wondering how the bone ash is produced? Animal bones obtained from slaughterhouses are first processed to remove the flesh and glue from them. The bones are then heated at very **high temperatures** (1100c to 1250c) until they burn to ash or to a fine powder. This ash or powder is then combined with water and clay to produce **aslurry**. Finally, the slurry is fashioned into cups, saucers, plates, teapots, bowls of various shapes and sizes... familiar objects in your kitchen and dining table, aren't they?

As compared to pure porcelain, crockery made from 'bone china' is easily identifiable from their greater **translucence** and **lightness**. And, finer the bone china, higher is the content of dead animal bones.

## What are the alternatives?

Here are some cruelty-free ideas for the times you go crockery shopping.

Hopefully the suggestions will help you be mindful of the purchases you make.

1) **Glass/crystal/opal glass** crockery from any crockery store across the country. The glass and crystal range from



the **LaOpala** brand is a popular choice. LaOpala crockery has the '**green**' **vegetarian symbol** stamped on its boxes and the declaration that the product is "100% bone ash free." Some years ago, LaOpala had launched an ad campaign with the slogan, "**Vegetarians love their**

**meal more on LaOpala. 100% bone ash free.**

2) **Ceramic/clay/earthenware** crockery with aesthetic looks and designs from standard crockery stores, craft bazzars, tribal art shops, **Fabindia**, **Mother Earth**, and **Lifestyle** stores across the country.

3) **Stainless steel** utensils available in any stainless steel outlet across the country.



### 4) Melamine

Unbreakable and cruelty free option.



## CHAPTER-20

### WHY I AVOID PEARL, MONGA JEWELLERY AND COUNCH SHELLS (SHANKHS)





There are shells, shells, and shells, but here we are focusing on marine and freshwater shells, and such as those of land snails and tortoises.

A shell is the rigid, outermost body-part of a marine creature, although a few species have internal body shells. Sea shells, freshwater shells, snail shells, mollusc shells, gastropod shells and turtle shells are a few of the many species. Shells are developed by living molluscs, crustaceans, turtles, tortoises, armadillos and many other living organisms. They are essential for survival and serve in movement, feeding, protection and defence.

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### **Not “Empty”**

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A living marine creature's protective hard and often colourfully attractive, covering or shell is very much part of its body. How then do beachcombers find “empty” sea shells? First of all, few of these are actually “empty” because most have tiny lives in them – discovered by BWC before a bagful gathered on a beach were rinsed or cleaned (by boiling in a pot of water to kill the creatures inside). Other lives take refuge in the “empty” shells (skeletons) after the original creatures die.

Marine creatures often use the shells of those that have died. For example, octopuses use clamshells as shelter, and hermit crabs use empty marine gastropod shells as protection.

So-called “empty” shells are cruelly emptied for sale because it is easy to gather living marine creatures, kill them and clean their shells for commercial gain. One finds heaps for sale at tourist spots along India's long coastline, e.g. Kanyakumari.

Wouldn't this revelation be a good enough reason not to collect so-called “empty” sea shells as a memento of a trip to the beach?

It is a pity that India's Export Policy 2012 permits sea shells and handicrafts made from them, to go out “free” (allowed) but subject to the Wild Life (Protection) Act, 1972 and CITES (Convention on International Trade in Endangered Species) regulations.

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## Oysters

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The most common sea shells are bivalves (mussels, clams, scallops, oysters and such shellfish that is eaten) found in both marine and fresh waters. As soon as their shells are pried open, they die.

Oysters are usually consumed “fresh” or eaten raw by opening the shell with a shucking knife, adding a lime juice or vinegar dressing and scooping out the flesh. Few like to kill and eat raw oysters thus, so they are cooked: the heat opens the shells and kills them.

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## Mother-of-Pearl

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Mother-of-pearl is nacre, and like pearl, it is produced by living molluscs (oysters and abalone) and is actually their inner shell and the outcome of killing.

Mother-of-pearl is no longer used as extensively as it was, however, it is utilised in lots of wrist watch dials, jewellery, inlay work (in wood, marble), buttons for clothing, accessories, cutlery handles, light shades, tiles and musical instruments, so one has to be super-alert to avoid them when shopping. Whether natural, bleached, or dyed (like dark brown) the shimmering pearly layers are always visible. Unfortunately, India permits the import and export of worked mother-of-pearl and articles although restricted in many other nations. River shells are also utilised from within India.

Shell pearls, as the name indicates, are made from shells. Pieces of mother-of-pearl, oyster-shell, coral or conch-shell are spherically shaped, then coated with several layers of pearl dust, baked and polished. They could even be coated with essence d’Orient (a solution containing bleak fish scales) like glass beads which are the base of imitation pearls

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## Snails

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Shells are also found as a protective layer on soft and delicate creatures that live in fresh water like mussels and snails – even land snails.

*Escargot* (pronounced es-ka-go) is French for snails and is one of the highlights of French gastronomy imported into India. The snails are “hygienically grown” being fed on a special diet of ground cereal, then “cleaned and gutted and made ready for cooking” in garlic butter with parsley and wine or cognac.

Nagas consume river snails which are cooked with *daal* and sucked. They are purchased by the kilogram from the Dimapur bazaar.

Manipuri cuisine also includes river (freshwater) snails. Their faces are individually scooped out and discarded. This is followed by cutting off their tapering ends on the third band/ridge so their meat can be sucked out easily. They are then placed in a pot and a large quantity of salt is dumped upon them. This is followed by lots of water so they get completely submerged and die if not already dead. After some time they are rinsed, and considered clean enough for cooking.

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## Choona

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Calcium hydroxide derived from shells is called organic edible calcium. For its production living shells or marine animals are collected in large numbers from sea shores and in particular from the backwaters of Kerala. The flesh of the live creatures inside the shells is scooped out and sold in local meat markets, whereas the shells are sold to the *choona* factories of the region.

The demand for shells is very high because they are converted to edible lime, the main ingredient of chewing *paan*. Whitewashing walls is another common use. And, calcium of shell origin is extensively found in Allopathy, Ayurveda, Siddha, Unani and Homeopathy products despite the use of sea shells attracting a

minimum of three years imprisonment under the Wildlife (Protection) Act.



### Pearl Oysters / Pearl

Although valued as “gemstones” pearls/*moti* are neither gems nor stones. They are animal in origin, and can only be produced in pearl oysters – living shelled molluscs that look like a pair of cymbals.

The pearl is not a part of any oyster’s body by birth. It is a growth that forms inside its body because of its reaction to an external irritant particle like a grain of sand which might have entered it through the gap between the pair of shells.

Such a particle causes the same irritation and stress to the oyster that dirt in our eyes causes us. It’s reaction is identical to ours: like our eyes go into a frenzy of blinking and furious batting of eyelids and try to wash away the particle by tears, similarly the oyster reacts to the particle by secreting layer upon layer of a substance called nacre upon the particle to shield itself from it, but to no avail.

In our case the irritation is temporary, for oysters endless. Day in and day out, year in and year out, the irritation progresses to trauma, pain and suffering while layers of nacre continue covering the particle and building up into a pearl.

Natural pearls are those that have occurred in wild oysters, whereas cultured pearls are those that have been engineered by humans to occur in farmed oysters. Both are the outcome of killing. In nature when grit gets embedded into an oyster's soft body, as protection it begins covering it with nacre. A pearl is thus formed – a result of three to seven years of suffering. There is literally a one in a million chance of finding a natural pearl. From three tons of oysters, only three, or may be four produce a perfect pearl, and as many as a hundred thousand oysters could be split open and killed to produce a pearl necklace. The pearl industry massacres and discards.

99.99% of pearls sold are cultured. To obtain cultured pearls, pearl oysters are specially bred in farms. Using a pair of surgical tongs to carefully hold an oyster's valves open, a few incisions are made in the soft body of the oyster into which a bit of shell from a freshly sacrificed oyster is grafted.

The pain on getting a splinter under our skin is very a mild form of what the pearl oyster is made to suffer. An oyster is liable to die while being incised or falling a prey to fouling and boring organisms while secreting the nacre to cover the grit.

Even if the oyster survives these two steps, it has no chance of getting through unscathed during removal of the pearls (up to 32 per creature) which can be after as long as seven years of pain and agony — only to produce a couple of cultured pearls. And, only 40% of the pearls obtained are marketable, out of which 5% turn out perfectly spherical and fetch a good price.

Removal of the pearl inside involves splitting open the pearl oyster by inserting a knife between the two valves and twisting it to cut the adductor muscle that holds the shell closed, thus effectively killing the creature... and “just too bad” if no pearl is found or has been properly formed which is more likely.

Thus each and every pearl, whether cultured or natural, represents hundreds and thousands of oyster shells being opened up and discarded, resulting in their death.

Pearl oysters that are discarded are not channelled as food because oysters are eaten alive or cooked alive. If the shell is open, the oyster is dead and is poisonous to consume.

Irrespective of the type, colour or name given to the pearls, whether natural, cultured, Hyderabad, Mandapam, or Mikimoto of Japan, ALL pearls have a hidden history of pain and killing. Even Majorica pearls of Spain termed 'man-made pearls' and some others called 'artificial/fake/simulated pearls' use fish scales and/or lustre from cultured pearls in their making.

Since 70% of pearls produced are worn as jewellery, mainly necklaces and chokers, We hopes that by creating an awareness that pearls and pain are synonyms, shops will give up selling pearl jewellery. Pearls can be substituted with white moonstones (*chandramani*) which resemble them.

Like pearls, moonstones are lustrous, glowing rather than sparkling, associated with purity and innocence. Moonstones are translucent and posses an inner lustre, whereas pearls have an opaque glow. Ancients believed moonstones to be solidified rays of the moon and that's how the gemstone acquired its name. The moonstone plays the same role as the pearl in Indian astrological gem therapy, providing a cooling effect upon the wearer, bringing peace of mind and helping concentration. Moonstones are mined in Sri Lanka and South India and the finest ones are reminiscent of the moon.

## CHAPTER - 21

### WHY I AVOID GELATIN AND ITS PRODUCTS?



I heard a rumor - that gelatin is really made up of ground up hooves and bones - Is this true?

Don't shoot the messenger - but it's the truth. Gelatin is a translucent, colorless, odorless, and nearly tasteless substance that is made by prolonged boiling of skin, cartilage and bones from animals. It's made primarily from the stuff meat industries have left over - we're talking about pork skins and cattle bones.

If this is news to you, it may shed new light on your Great Aunt's Jell-O mold. And if you love eating chewy candy, you may think twice before chewing down on those gummy worms - yup - they're made with gelatin too. Who knew?

"GELATIN" is a substance made of animal bones and other parts of the animal's body. So if there is a product with 'Gelatin', it can't be vegan.

But there exists a big variety of substances which are vegan and which have the same properties as Gelatin: Cellulose (Amid), Agar-Agar, Biobin, Guar, Xanthan, Carob Fruit and others. Vegetarian Gelatin derived from plant sources also available in market.

So if you read on the ingredient list of any product that gelatin is used, then that product is NOT vegan.

Imagine the extent in 20<sup>th</sup> century! Today, 400 million packages of Jello-O are produced each year. Over a million packages are purchased or eaten each day.

Gelatin is a protein substance derived from collagen, a natural protein present in the tendons, ligaments, and tissues of mammals. It is produced by boiling the connective tissues, bones and skins of animals, usually cows and pigs. Gelatin's ability to form strong, transparent gels and flexible films that are easily digested, soluble in hot water, and capable of forming a positive binding action have made it a valuable commodity in food processing, pharmaceuticals, photography, and paper production.



As a foodstuff, gelatin is the basis for jellied desserts; used in the preservation of fruit and meat, and to make powdered milk, meringue, taffy, marshmallow, and fondant. It is also used to clarify beer and wine. Gelatin's industrial applications include medicine capsules, photographic plate coatings, and dying and tanning supplies.

## Uses Of Gelatin



### Toothpaste

Gelatin or glycerin used in toothpaste is often derived from beef or

pork sources. Glycerin can also come from plant sources or be made synthetically, and many toothpaste manufacturers are switching to these sources in order to have their products fully classified as vegan toothpaste.

Although glycerin is listed in the ingredients for these products, it is often not specified as plant or animal glycerin.

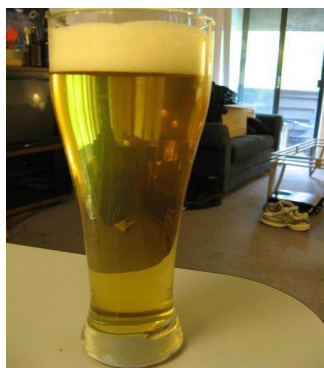
### **Bakery, dairy products and deserts**



It is particularly useful in marshmallow, icing, glazes and cream fillings. It stabilizes the aqueous phase of such systems and helps to maintain a fine sugar crystal structure. Gelatin is also used in mousses, chiffons, cream fillings and whipped toppings because of its whipping and stabilizing properties.

Few desserts are as well liked as gelatin desserts. Gelatin forms a sparkling clear jelly that does not synergize and has a crisp, clean refreshing mouth-feel.

Gelatin is comparable to milk proteins and makes an excellent stabilizer for dairy products because of its gelling, water binding and protective colloid actions. Gelatin is often added to buttermilk in small amounts to prevent separation and give a smooth body.



### **Wines, Juices, cold drinks**

Gelatin has a tendency to form coacervates with other proteins and hydrocolloids. This property makes gelatin useful for precipitating materials that cause haze or cloudiness. Gelatin is used to clarify wines, beer, apple juice and vinegar. Many cold drink brands

including coca cola and pepsi had clarified that many of their drinks contains gelatin as a stabilizer.

## **Industrial Applications**

Gelatin useful in the processing of synthetic polymers and latexes. In the manufacture of these materials the reaction could continue until the whole mass has polymerized. Some other applications of gelatin include hair care products, cosmetics, electroplating, and paper and textile sizing.

## **Photography**

The photography industry uses large quantities of gelatin in several applications. The gelatin used is primarily derived from crushed beef bone because of the inherent photographic properties of the raw material. Photographic grade gelatin is used in all of the layers of a photographic product including the silver halide crystal-containing emulsion layer, coating layer, sub-coating layer, anti-halogen layers and non-curl layer.

## **Cosmeceuticals**

Gelatin has been used for many years in the cosmetics industry as "hydrolyzed animal protein" in shampoos, conditioners, lipsticks and fingernail formulas. Recently, additional uses for gelatin have been found as a collagen source in topical creams and other value added cosmetic products.

## **Nutraceuticals**

Gelatin not only serves as an excipient, but also is an excellent and economical source of multiple amino acids. Gelatin is the foundation of many nutritional and arthritis/joint care formulas. It is also widely used for nutritional bars and protein drinks.

## **Ordinance Gelatin**

Gelatin is used extensively for the testing of ammunition to determine its effectiveness for hunting, as well as for military and crime stopping application. Gelatin is also used to make paintballs for the growing paintball warriors.

## Pharmaceutical



The pharmaceutical industry uses very large quantities of gelatin primarily for making hard and soft gel capsules. Soft capsules are made from a solution of gelatin, plasticizer (such as glycerin) and water. Other pharmaceutical application for gelatin include its use in tablets, emulsions, surgical

sponges, ointments, salves, jellies, suppositories, plasma substitute for medicines, dietary/health supplements, syrups, etc.

## CHAPTER-22

### WHY I DO NOT EAT WHITE SUGAR



**Sugar is manufactured either with sugarcane or beet roots.** Sugarcane, which contains 12 to 14 percent sucrose, is a tropical grass. Both cane sugar and beet sugar are considered to be among the "purest" foods available because they are

99.9 percent sucrose.

The primary distinction between cane sugar and beet sugar, other than being derived from different plants, is the processing method. Unlike beet sugar, cane sugar processing typically takes place at two locations, the sugar mill and the refinery. During the final purification process, cane sugar is filtered through activated carbon (charcoal-**Charcoal** is a light, black residue, consisting of carbon and any remaining ash, obtained by removing water and other volatile constituents from animal and vegetation substances.) which may be of animal, vegetable, or mineral origin.



**Over half of the cane refineries use bone char (charcoal made from animal bones) as their activated carbon source.**

Bone char, which is used to process sugar, is made from the bones of cattle. Bone char—often referred to as natural carbon—is widely used by the sugar industry as a decolorizing filter, which allows the sugar cane to

achieve its desirable white color. Bone char is also used in other types of sugar. Eg :- Brown Sugar, Confectioner Sugar, etc.

Consumers cannot discern any differences between beet sugar and cane sugar in taste, appearance, and use. Beet sugar is frequently not labeled as such -- the packaging may just list "sugar." Cane sugar is more often labeled specifically, but not always. For consumers wishing to differentiate, the issue has become convoluted.

Beyond the bone char concerns and health-related issues, there are many factors to consider when purchasing sugar and products that contain it. The vast majority of sugarcane is not organically grown, and most sugar plantations employ environmentally unsound agricultural methods, such as heavy insecticide and pesticide use and crop burning, which negatively impact soil, air, water, and the health of the workers. Sugarcane production is labor and energy intensive and utilizes large amounts of fossil fuels in processing, filtration, packaging, and transport. Plantation owners typically pay meager wages and provide no benefits while workers are forced to endure brutal, substandard conditions.

White sugar is mostly not vegan. A layman cannot identify easily as to which sugar is cleansed with Bone char or Char coal. Char coal is a substance derived mainly from chemicals like petroleum. Whether sugar is made white from any of these ultimately it is impure and unhealthy too.

Use of white sugar makes people diabetic and they have to live with intake of lot of medicines including insulin. Using sugar free tablets is not a very good option for a healthy vegan diet.

## The Substitutes of White Sugar:-



**SUGARCANE**



**SUGARCANE JUICE**



**JAGGERY**



**SHAKKAR**



**MUNAKKA**



**STEVIA LEAVES/ SUGAR**



**RAISIN**



**DATES**



**COCONUT/PALM SUGAR**



**COCONUT/ PALM TREE**



## CHAPTER- 23

### HOW DO I KNOW WHICH PRODUCT IS VEGAN?



**Read the ingredients, use your knowledge and experience. Be alert. Preferably look at some kind of Vegan mark before buying any product. Keep E code chart or software in your mobile. Please note Green Dot in Indian context only suggest the product is vegetarian and that does not necessary mean that it is also VEGAN.**

## NON-VEGAN E-NUMBERS

E Numbers are simply artificial food additives, like colourants, flavourants, antioxidants, preservatives, stabilisers, thickeners etc. Each of these additives is given a corresponding “E Number” that adheres to an international numbering system, so that their use in food can be regulated.

There are literally thousands of them, and unfortunately they are not all free of animal products. As we know, it is not often that we are afforded clear, non-ambiguous labelling, indicating whether a product is suitable for consumption by Vegetarians and Vegans, which is fine, it's not too difficult to scan the ingredients on the packaging of the products one buys.

But it is slightly more difficult to judge whether or not the additives contain animal products when they are listed by their E Numbers.

Below is a list of E Numbers derived from animal products. In some instances, they may have been synthesised in labs, and may not be derived from actual animal products, but finding out where and how the additives in a particular product were manufactured is often difficult to do. Any E Numbers not listed, are generally considered safe for Vegetarian and/or Vegan consumption.

### **E Numbers definitely containing animal products/derivatives:**

- E120 - Cochineal (crushed scale of *Dactylopius Coccus*, a type of cactus beetle)
- E441 - Gelatine (animal hoof/skin)
- E542 - Bone Phosphate
- E631 - Disodium inosinate (fish derivative)
- E635 - Disodium ribonucleotides

E901 - Beeswax  
E904 - Shellac (insect origin)  
E966 - Lactitol (milk derivative)  
E1105 - Lysozyme (found in egg whites)

## **E Numbers possibly containing animal products/derivatives:**

Unfortunately it is not generally stated as to whether these additives are synthesised or derived from animal products, but it is fair to assume that in some cases they contain animal products.

E104 - Quinoline Yellow  
E160 - Alpha-, beta-, gamma carotene  
E161 - Canthaxanthin  
E252 - Potassium Nitrate  
E270 - Lactic Acid  
E304 - Ascorbyl Palmitate  
E304 - Ascorbyl Stearate  
E322 - Lecithin (may be made from eggs)  
E325 - Sodium Lactate  
E326 - Potassium Lactate  
E327 - Calcium Lactate  
E422 - Glycerol/Glycerin  
E(430 – 436) - Polyoxyethylenes  
E442 - Ammonium Phosphotides  
E445 - Glycerol esters of wood resin  
E470(a) - Sodium, potassium and calcium salts of fatty acids  
E470(b) - Magnesium salts of fatty acids  
E471 - Mono- and di-glycerides of fatty acids  
E472(a) - Acetic acid esters of mono- and di-glycerides of fatty acids  
E472(b) - Lactic acid esters of mono- and di-glycerides of fatty acids  
E472(c) - Citric acid esters of mono- and di-glycerides of fatty acids  
E472(d) - Tartaric acid esters of mono- and di-glycerides of fatty acids  
E472(e) - Mono- and di-acetyl tartaric acid esters of mono- and di-

glycerides of fatty acids

E472(f) - Mixed acetic and tartaric acid esters of mono- and di-glycerides of fatty acids

E473 - contains fatty acids

E474 - Sucroglycerides

E475 - Polyglycerol esters of fatty acids

E476 - Polyglycerol esters of polycondensed fatty acids of castor oil

E477 - contains fatty acids

E479(b) - contains fatty acids

E481 - Sodium stearyl-2-lactylate

E482 - Calcium stearyl-2-lactylate

E483 - Stearyl tartrate

E(491 – 495) - Sorbitan

E570 - Stearic acid

E585 - Ferrous Lactate

E640 - Glycine and its sodium salt

E920 - L-cysteine and L-cysteine hydrochloride

E1518 - Glycerol

*If you are unsure as to whether an additive is of animal origin, get hold of the manufacturer, who will most likely be able to tell you.*



## **CHAPTER- 24**

### **References, websites and useful links:**

1. Various literatures, videos and information available on the website of People for Ethical Treatment of Animals namely [www.peta.org](http://www.peta.org)
2. Newsletters, seminars by Sanctuary for Health and Reconnection to Animals and nature and information available on their website [sharan-india.org](http://sharan-india.org)
3. [www.indianvegan.com](http://www.indianvegan.com)
4. [indianvegansociety.com](http://indianvegansociety.com)
5. [www.vegsoc.org](http://www.vegsoc.org)
6. [www.peopleforanimalsindia.org](http://www.peopleforanimalsindia.org)
7. Beauty Without Cruelty [www.bwcindia.org](http://www.bwcindia.org)
8. Various Photographs taken by author or his friends during various protests or demonstrations.



## ABOUT THE AUTHOR

Born in Agra in Bharat. Passed Chartered Accountancy (CA) exams in the year 2005 and internship from Grant Thornton Delhi.

Fellow Chartered Accountant, practicing at New Delhi and Ghaziabad.

While volunteering as an animal rights activist with Ngo's like PETA, PFA, FIAPQ, HSI etc, learned Veganism since 2006.

Demonstrated for animals rights and given numerous of presentation, speeches on veganism to different group of people in schools, colleges and to various groups of people.

Invited as a Vegan Activist in Vienna (Austria) in 2013 on "Image of the other": Interreligious and Intercultural Education organised by KAICIID Dialogue Centre along with other 500 Global personalities working for world peace.

Participated in Asia for Animals Conference 2014 in Singapore as a Vegan Activist.

Presented "Veganism for Health" to over a thousand Practicing Doctors in Delhi in a conference "Vegi Con 2014". Talk was a live telecast on TV channel.

Awarded with "Honorary Animal Welfare Officer" from Animal Welfare Board of India in 2012.

Awarded with "Wild life crime control bureau officer" by Ministry of Environments and Forests of India in 2013.

Awarded presidency of Lions Club New Delhi Green Park in 2009.

Contested twice Chartered Accountants Elections from Northern India Chapter in 2006 and 2009

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