Don’t let the glitter fool you
Take a closer look at ‘varakh’
Beauty Without Cruelty

An International Educational Charitable Trust for Animal Rights

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The topic of varakh is one that we at Beauty Without Cruelty have addressed in the past, with a leaflet titled Is your mithai vegetarian? and once in the pages of this magazine. In this issue we start covering our latest work on the matter, conducted over the last three months, in Mumbai. Do go through the cover article on page 4.

Varakh is a word that is peculiar to India. Our readers abroad will not understand what it refers to but we hope the article makes it clear. Our browsing through the internet revealed, however, that the use of varakh is prevalent abroad also, even if not for the same purpose as in India which remains the only country that consumes metals in their pure form! Read about the gold-leaf industry worldwide through the links pointed out inside.

Our special insert on varakh is designed to raise questions in you regarding the propriety of consuming a product that has seen ignoble materials used in its manufacture. Therein lies its questionable ediability—how unethical do we consider a product that may not itself contain an ethically unacceptable product, but whose manufacture relies totally on such a product. The reader is implored to introspect on this. BWC's stand is clear. Any product of slaughter is a non-acceptable item for consumption or usage in any way.

Our Schools Program is the other activity whose progress it is our pleasure to report in another article of these pages. Winning reputable recognition in the form of sponsorship by the philanthropic arm of a major corporate house is something that we are very happy about. It is a pat on the back as well as a carrot to perform even better. It is our hope that more of our activities become funded in the same manner. Contact us to find which activities you could sponsor and the details of the amount required.

We were happy to see that the poster inserts sent to you with the last issue were well received by people, many of whom ordered more or took the trouble of sending us their feedback on it. Let us know how you like the insert on varakh that goes with this. Happy reading.

Ranjit Konkar, Ph.D.
Editor

Hi BWC,

I work in Pentaware*, an MNC with a lot of customers from America, Australia. Many of the team workers are non-vegetarian. What becomes a dilemma for me is that the meals served at the parties/team-dinners/outing are by choice mixed (vegetarian and non-vegetarian menu). I can't bear to see and enjoy and chat and eat along with others when dead bodies of some living being, who suffered its death, are arranged in front of me and someone asks me why I am vegan—I really get pi**ed off by this. I really don't mind eating in a non-vegetarian hotel/restaurant but only when ALL who sit with me eat only vegetarian food. But I am not in a position to enforce such stuff. If anyone goes against this I get very defensive in my gestures and stop further conversation with others in the group. I do not speak for many days with them. But they expect me to laugh and enjoy with them. Though my team leader is a vegetarian himself, he has no choice but to woo his team members and take them to the places of their choice.

Because of this I really have a lot of enemies within my team. But you know these ash*#es say that "Let us be us and you be you, come to party and stay with us. Even if you don't eat it is OK. At least

*: name changed

Beauty Without Cruelty—India
you can join us.” I have attended only 2–3 such dinners, after that I stopped going with them to any dinners. Because of this I am always kept on the ‘ignorable side’ of the team. I want to ask you if my behaviour is normal, meaning, have you met guys like me in India or outside? Is it very abnormal behaviour? Should I change? Is it OK to go and attend? Be what I want? Please answer. No one I have asked earlier has answered in a convincing manner. I also wanted to ask you if any one exists like me who is higher in management yet does not attend parties and support this “Delicacy Cruelty”. Does anyone exist who has the capacity to do what their heart says and still be higher in ladder?

Please answer. Hoping to get an opinion and a solution or a path from you. Thans.

Vidyadharan *

**Editor:** We thank Vidyadharan for sharing his problem with us because this is a dilemma that many of us must go through. While we have sent Vidyadharan a personal reply, we request that all readers who share his predicament write to us what they have to say, specifically how they handle such situations. We could put up an edited compilation of replies on our website and in our forthcoming issue.

Respected Sir/Madam,
I have a few questions, please send me your comments on them —

1. Nowadays, instead of directly investing in shares, people invest through diversified Equity Mutual Funds. These Funds regularly change their portfolio. It’s difficult to have control over cruelty issues in such cases, isn’t it?
2. Recently, in GAIL’s advertisement (Gas and Beyond) I saw that they are making fishing nets. If that is true, then it should come in orange/red colour, not green. BWC can try to convince companies like GAIL which originally do not cause cruelty to animals, but recently diversified into making fishing nets.
3. Godrej kills chicken also, but the very same company also makes shaving cream/gel which is cruelty-free.

* name changed

**Editor:** 1. The answer to this would be the so-called ‘Sectoral Mutual Funds,’ which declare upfront that their investments would be made in specified classes of business, e.g., information technology, pharmaceuticals. However, it is to be pointed out that sectors such as Financial Institutions could be indirect supporters of cruelty through giving loans to meat or leather businesses, for example. 2. BWC will certainly try to do so, thank you for pointing it out. Companies like these that have one main, acceptable, line of business and another, objectionable, line of side-business into which they have diversified do present investment dilemmas. Our investigations indicate, however, that GAIL does NOT manufacture fishing nets.

The Amravati Municipal Corporation had taken a decision to establish a mechanised slaughterhouse in the city of Amravati with the help of the central government. This decision was instantly opposed by the workers of Pashudhan Bachao Samiti as well as the general citizens of Amravati city. Together they submitted a petition signed by 1 lakh citizens of Amravati to the Municipality along with a request to reconsider its decision and refrain from committing the sinful act of establishing a mechanised slaughterhouse. The movement got the support of almost all political parties and ultimately the Amravati Municipal Corporation had to make a declaration as per Section 329 of the B.P.M.C. Act 1949 to cancel the earlier decision.

The committee appeals to all municipalities and corporations not only in Maharashtra but all over India to be vigilant in the future and see that no corporation thinks of establishing such slaughterhouses in their area.

Yours Faithfully,

Sandeep Vaidya for Pashudhan Bachao Samiti

**Editor:** BWC is proud to tell everyone that Sandeep Vaidya and many others in the Samiti were all members of BWC. It is BWC’s pleasure to lend the weight of its name and contribute its resources to a cause like this.

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**Compassionate Friend**

Beauty Without Cruelty—India
BWC is proud to report to our readers that our Schools Program described in the last issue has achieved a milestone that is a measure of its quality and its perceived suitability. In response to a proposal submitted to various industrial houses for sponsoring the program, none less than the reputable Dorabji Tata Trust found it a project worthy of consideration, evaluation, and in the end, award of a grant for three years.

2005 has seen our Schools Program in 'all systems go' mode except for the occasional pause owing to school examinations or holidays. Recently, however, we realised that our finances could not keep up with the pace of our presentations. With almost two presentations being conducted per week, and expenses amounting to typically Rs. 2,000 per program (for projector, conveyance, stationery, reprography) we decided to approach funding agencies for annual aid to maintain our program frequency. Various agencies were approached only for us to find that none were really interested in funding educational work of the nature that we were conducting. The exception was The Dorabji Tata Trust. Within just a few days of our approaching them, Ms. Archana Nambari, the secretary of the Trust, contacted us to enquire about the goals and other details of our program. As part of their evaluation process, they wished to make a site visit to see for themselves the program in action. We were hoping for just this opportunity, because in every single one of the programs that we have done, the visible response of the children has without exception been so touching and rewarding that we were confident that no further convincing would be required nor could be provided better than a live demonstration of our programs. Excited at this expression of interest and eager to show them what we were doing, we invited Ms. Nambari to attend our next scheduled presentation which was to be at Holy Family High School, Chembur. Our confidence proved justified beyond our wildest expectations: the presentation was one of our most successful up to now, with children inquisitively asking about all they had heard from us, teachers going up on stage to compliment our program, and great appreciation being expressed for the presentation we had made. The high point of our session was an inspired student approaching us to read out a spontaneously written poem (featuring on the back cover) on the theme of our talk! It not only completely overwhelmed us but had quite an impact on Ms. Nambari as well, who got to see the merit of our work and the constructive and positive effect it was having upon school children. We are proud to have met the standards of The Dorabji Tata Trust and of being found worthy of their award. It will be our special effort to exceed their expectations in the three years for which they have extended their financial support.

Some of the things we have promised in the proposal are:

1. Coverage of 52 schools at a minimum in the year
2. Coverage of every kind of school: private/municipal, English/vernacular, rich/poor, boys/girls/co-ed

The yardsticks by which we have agreed to be measured are (a) number of schools that sign up for the Life Reverent program (mentioned in the previous issue: our program of having schools commit to us that they would not use animals products like leather shoes or animal-hair brushes in their school curricula), (b) number of schools where children express their interest in forming BWC Kids Clubs, (c) number of schools that would become our institutional members, (d) number of students that become our student members.

What you can do

Our appeal goes out to all our readers once again: please introduce us to at least one school in your locality (maybe your children's school!) for holding our program and be our contact person for that school. We still need to go school to school to get their invitations for the programs. You may contact us at 2272775/6 and speak to our Education Officer for the purpose. If you need to watch one of our programs, you are most welcome.
So, exactly how well do you know your mithai?

The thought of reaching out for a piece of mouth-watering mithai and savoring it is a tempting one, no doubt, but if it is covered with a layer of glittering silver, you just might want to take a closer look.

Unfortunately, there is widespread ignorance about this silver foil, better known as ‘varakh’, which (the ignorance) we at BWC have undertaken to drive away with the help of a well-researched campaign. For this very purpose, our Education Officer, Mr. Suresh Agarwala, set out into the streets of Mumbai on a mission aimed at uncovering hidden facts about varakh-making. The mission took him into the narrow 6" lane off Falkland Street (now Pathe Bapaurao Marg) at Grant Road.

It took us not a little time to identify the exact location of the varakh-beating activity, even though we knew the general location. The lanes and bylanes of Grant Road are tortuous and forbiddingly daunting. It was ultimately the sounds of hammering in the near distance that drew our attention as we passed by the lane, and enabled us to zero in on the precise location.

On following the direction of these sounds, we found ourselves on a street lined on both sides with small, dingy, badly-lit, and poorly ventilated shops. Each shop was occupied by lungi-clad labourers who were beating away relentlessly at what seemed like bound booklets. Posing to be helping hands in a college project on varakh, we struck up conversation with one of the labourers and obtained answers to many questions that were nagging our minds. We share with you below some excerpts from the conversation.

The conversation is reported in its original Hindi to retain its flavour, but an English translation can be provided on request.

Mr. Agarwala (for BWC) (to a labourer inserting silver foils into a booklet): “Bhaiyya, ye kya hai? Kapda hai ya paper?” (referring to the material of the pages of the booklet.)

Labourer/Varakh-saaz: “Nahi ji, yeh to bakre ke chamde se banta hai”

BWC: “Lekin yeh to rangaa hua kaagaz lagta hai.”

L: “Yeh bakre ke chamde se banta hai aur ise jadi booti se rang jaata hai”

BWC: “Kya ye Bambai mein banta hai?”

L: “Nahi, ye bana banaaya aata hai Dilli, Lucknow, Jaipur, Ratlam se...hum sirf yahaan pitaa karte hain. Ise kitab kahate hain, 350-360 panne hone hain. Do pannon ke beech mein chandi ka patra rakhte hain, aur agla panna khaali chhodte hain...”

Look beyond the glitter the next time you buy mithai
The uses of varakh

Although the leaflet title refers to only mithai, varakh is also used in foods other than sweets and items other than foods. It is used in paan, on fruits (especially apple), mouth fresheners (mukhwas) and yes, even in some brands of ayurvedic medicine!

Why do people use varakh? As with most consumer articles, it is a demand-supply thing. The seller (of a varakh-layered item) uses it for adornment, to attract buyers’ attention. The buyer in turn might be buying it to enhance the article’s original looks because (to him/her) it might be too plain for an occasion. When the use of an article is purely ornamental, it can most easily be done without. Most doctors and health professionals anyway express concern on the edibility of silver and on the body’s ability to digest pure metal in its inorganic, mineral form. There are some, however, who make positive claims for the nutritional value of pure metals. The world of ayurveda is full of references to metals in the diet, but more in the powdered form (bhasma). The layered, sheet form finds less mention. More on this in a future issue.

The use of varakh for worship is more than ornamental. It is tied with tradition and with practices related to worship of God. The practice of pasting silver foil on idols of their tirthankaras is an old tradition among Jains. It is our appeal to the entire Jain community to desist from creating this huge demand for a slaughterhouse-derived product: it results in nothing except fingers to be pointed at the community for such a large...

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In April 2005, BWC’s Mumbai office received a very pleasant invitation on the phone to attend and judge a rangoli (coloured powder designs) contest at M. N. Gamadia Parsi Girls High School on 29th April. The theme: Beauty without cruelty! 😊 Needless to say, the invitation was gladly accepted by us.

The school wound up its academic year on a colourful yet thoughtful note with the Rangoli Competition. This contest was conceived by Ms. Roshini Irani, Principal of Gamadia High as a student activity to showcase on its Open Day. The BWC Kids Club we had formed there was selected as the obvious choice of students to participate in this contest. Thus on the 29th of April 2005, the foyer of Gamadia High School saw eleven girls industriously working away at bringing various animal issues to life with colourful rangolis. The issues ranged from slaughter to animal brushes to testing of shampoo. We wish to commend all the girls who participated for their dedication to their tasks and for the thinking that went into their designs. The event obviously inspired students to express all that they had learnt in the BWC presentation. The rangolis were judged on the basis of theme, neatness, execution, and presentation. The first three prizes (see pictures for winning entries)—non-leather ladies purses produced by BWC—were sponsored by BWC and were given away by Mr. Suresh Agarwala, our Education Officer, at a prize-distribution ceremony held on May 1.

BWC appreciates the thoughtfulness, the initiative, and the efforts of the Principal, Ms. Roshini Irani in organising this event and in keeping the BWC Kids Club at her school active and running. As we promised them, we are there to guide and steer as long as the ignition is provided by the school, the children’s immediate mentor.

The only change that BWC would seek to make in any repeat of a rangoli contest is to encourage the children to use eco-friendly organic colours instead of the strongly chemical ones available in the market. BWC believes strongly in the environmental and health causes and wishes to do all it can to support the right materials pointed to us by our colleagues in those causes.
BWC was invited by Rotaract Club of Mandvi and Masjid bundar to make a presentation of its cause to a group of 250 children from various slums of Mumbai on 29 Jan 2005 at S.N.D.T. College. The program was conducted in Hindi to suit the audience.

The parts of the program that held the interest of these children were different from our usual audience's interests. For example, the sections on Silk and Fur were irrelevant and consequently uninteresting to them as these materials are out of their reach. On the other hand, it was significant that a shy young girl courageously came to the dais to ask about animal sacrifice in temples and on Bakri-Id.

The revulsion that we have noticed in children of urban schools to sights of slaughter and cruelty shown in the presentation was clearly less visible in this audience, probably because they are exposed to more graphic scenes of cruelty—to animal and man—in their day-to-day life than their urban-educated cousins. The questions were more about street-level survival issues like employment, health, and strength than upon ethics. Our message of using alternatives to animal substances was not very palatable to the majority. They felt we should be taking to task the people who were responsible, producers of these articles, than the consumers. Non-vegetarianism seemed to be part of their life and for that reason they seemed resistant to the suggestion of not eating meat. Patient, detailed, and convincing explanation of the benefits of vegetarianism would be required.

It felt nice to face an audience who is our real 'target'—any converts to vegetarianism from them would be a great victory for us. But support was also there in good measure. A group leader offered us support on any matter (e.g. signature on petition), others came and expressed their appreciation.

Sahara TV covered the program and telecast the coverage on 30th January 2005. None of us got to see the coverage, unfortunately.

...Continued from Pg. 5

contradiction between principle and action. This practice does not appear to have its roots in the teachings of Lord Mahavira but has developed, over time, from mere human whim.

Your choice

Was the animal killed for the varakh? No, definitely not. But the skin of the animal is bought from the butcher by the varakh businessmen just like leather businessmen buy it for their articles. So what should be one's reaction to the ethical question of consuming varakh?

The grounds of objection to eating varakh can be the following: i) Contribution to killing. The skin is bought from the butcher. ii) Requirement of killing. Natural death and the subsequent old, hardened skin will not do. Only the soft, supple skin of a 'freshly' killed animal is said to work well. iii) The possible presence of material from the skin tissue on the silver foil. This would result in actual ingestion of the fatty material. The notion, more than the amount (which would be miniscule if at all), is what is actually repelling. iv) For reasons of health.

It is each one's choice how far to go in avoiding the use of this material. BWC rejects it completely for its association with and contribution to killing of innocent creatures.
For the love of Animals...

Lalingliana, an ordinary farmer of Kawlkulh village has been making headlines for his concern and love for wildlife. In 2003, Lalingliana received the Phawngpui Wildlife Award and on the 8th of April this year he has made a will wishing that his mortal remains be fed to wild animals after his death. – Pioneer Delhi, 12th April 2005

BWC's opinion: A practice reminiscent of Parsis offering their bodies to vultures to feed of or people's bodies being released into the Ganga, ultimately to be devoured by carnivorous aquatic animals.

Railway authorities caught off track

On March 6th 2005, Nirmal Nagar police raided a railway goods warehouse and discovered that it was being used to slaughter cows and buffaloes. Animal activists are of the opinion that such systemised killing could not happen without help from the railway authorities. It is time the Railway authorities woke up to this gross misuse of public property. – Mumbai Newsline, 8th March 2005

BWC's opinion: Readers will remember that BWC had been part of a rescue mission a year ago in which illegal slaughter activity was found happening before our eyes inside an auto garage in Jogeshwari, Mumbai. BWC seconds the activists' opinions about the connivance of the authorities with the butchers.

Stop feeding the birds

Residents of Marine Drive have reported chest pains and allergies, which doctors have now linked to pigeon droppings. Eager citizens who are constantly feeding pigeons need to realise that pigeons don't need to be fed at all. Finding their own food comes naturally to them. The need of the hour is to educate people to stop the excessive feeding of pigeons. – TOI, 7th April 2005

BWC's opinion: We couldn't agree more wholeheartedly. Feeding birds in such quantities and at such an organised level is, in our opinion, not only misplaced kindness but also an actual invitation to further problems.

Naga village does an about-turn

Khonoma, a small hamlet tucked in the mountains of Nagaland, is a good example of how tourism can be a catalyst for preserving natural areas and wildlife. A few years ago, the village was faced with a crisis where excessive hunting claimed almost all birds, leaving the villagers in a state of panic. Ever since, the villagers have been working towards restoring bird population in the area. Their efforts drew the Central and State Government's attention, which led to the declaration of Khonoma as 'green village' in 2003. This development in turn attracted tourism and also helped the village acquire a grant of Rs. 2 crore to achieve requisite standards for biodiversity. – Pioneer Delhi, 1st April 2005

BWC's opinion: Not exactly a vegetarian lifestyle, but awareness about the importance of conservation, even if for selfish reasons, is better than indiscriminate destruction and uncontrolled consumption.

Coming soon...

BWC's Educational Materials Catalog
**Wanted! Research person.**

**Beauty Without Cruelty**’s Mumbai and Pune offices are looking for a Research Officer for leading the research efforts of the organisation and to maintain and take forward BWC’s compiled list (*Vegetarian Shoppers’ Guide*) of vegetarian consumer products.

**Duties** — The research would relate to products and processes used in the consumer goods industries like food products, clothing, cosmetics, household chemicals, stationery. A combination of theoretical knowledge, knowledge of industrial practices, direct correspondence with companies, field visits to companies, laboratory testing, etc. is typically used in this research. The field visits could be outside Mumbai also. All expenses are paid by the organisation. Alongside information acquisition with field visits, compilation on computer of the gathered information would be her/his responsibility also.

**Profile desired** — **Background in the FMCG sector, especially the food and cosmetics industries, would be the most valued asset in the candidate.** Otherwise, Science graduate, possessing good communication skills oral and written, basic computer knowledge (MS Word, Excel, email, and web browser). The computer proficiency requirement can be waived if the person carries experience of value. Vegetarian preferred.

**Remuneration** — on par with other domestic NGOs. If you meet the requirements (or know anybody else who does) and would like to work with us please do call us at our Mumbai contact numbers 2272 2775-6, or at our Pune Head Office on 0(20) 2867 1166/3420.

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**Kite-flying and birds - Sankranti 2005, A Report**

Subsequent to our Sankranti campaign, we have now prepared an in-depth report of the campaign events. The 9-page report, titled ‘Kite-flying and birds - Sankranti 2005’ contains our experiences at various stages of the campaign as we approached schools, cinema slides makers, Jain temples, and the electronic and print media. The report features photographic images acquired at the Pigeon Treatment Camp in Madhavbaug on the 14th of January 2005. We have also included in the report our observations and analysis of the causes of the problem and an acknowledgement of the difficulties and challenges in attempting a working solution where people get to fly their kites but without hurting any bird life at the same time. This report has also been posted to the organisers of the Mumbai Festival who include kite-flying as one of the entertainment items in their festival. We hope it gives something to think about to see photographic evidence of the harm it causes and makes them exclude the event from their festival next year. Copies have also been mailed to Mr. Nana Chudasama, Mr. Anand Mahindra (M.D., Mahindra and Mahindra, and Patron of the festival), and the President of the Kite-flying Association. An electronic version of the report is also available on request. Shoot your request to admin@bwcindia.org.
BWC is urgently looking for office premises in Mumbai either on ownership or rental basis, measuring about 500 sq ft. The preferred locations are those south of Sion (CR) or Mahim (WR). If you know of such property, please contact Nimesh Sumatilal immediately at (022) 2272 1865 or 98201-45587.

Beauty Without Cruelty

How selfish is man, who kills for his need
And causes great pain, to satisfy his greed

What pain an animal feels, when it is being slaughtered
Would you keep quiet, if it happened to your son or daughter?

Awake, my friends, put an end to this cruelty
And create a happy world, full of beauty

'Cause God created us, to live peacefully with animals
And not for us to kill, and behave like cannibals

- Shruti Ramchandran
Std. IX A - Holy Family High School
Chembur, Mumbai, INDIA.