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COMPASSIONATE FRIEND

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

**Help Animals
and Yourself!
Animal Testing
Gadhimai
Special Offer
for Readers**

Smelly Perfume



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From my Desk...

A Super Accomplishment –

Unfortunately Halted!

One of Beauty Without Cruelty's most significant achievements occurred just before its fortieth birthday. In response to our long standing plea, the Government of India extended the veg and non-veg symbols (as affixed on packaged foods and beverages) to cover soaps, shampoos, toothpastes, cosmetics and toiletries.

While BWC was mighty pleased and hoped it wouldn't be long before manufacturers of dietary supplements, medicines, drugs, pharmaceuticals, and all other consumer products, would need to also affix the green or brown symbol on their packages, news came that cosmetic manufacturers were furious – so much so that they challenged the Government of India Notification!

Cruelty for Prosperity

The Indian Beauty and Hygiene Association (IBHA) consisting of 32 members (which include big companies such as Hindustan Unilever, Procter & Gamble, Colgate Palmolive, L'Oreal India, Nivea, Johnson & Johnson, ITC, Dabur, Godrej Consumer, and Marico) cheekily petitioned the Bombay

High Court, contending that the rule was against the principles of natural justice and the Supreme Court had dealt with the matter previously!

True, in March 2013, the Supreme Court overturned a 12-year-old High Court verdict directing cosmetic and drug manufacturers to affix the veg or non-veg symbol on their products, saying the Court had no jurisdiction to issue such directions. It was therefore left to the Government to decide if in addition to packaged food articles and beverages, the symbols should also be affixed on other consumer products. The Government eventually decided by issuing this Notification. By challenging it, manufacturers are again trying to stall its implementation.

There is no doubt that most of the ingredients utilised by the fast-growing, competitive market of toiletries and cosmetic products are derived from animals. Admitting that veg ingredients in products involved costlier inputs and narrower margins, manufacturers were concerned consumers would be put off by the brown symbol and their sales would drop.

Anyway, in September 2014 the Division Bench of the Bombay High Court stayed the implementation of the Notification and asked the Consumer Affairs Ministry not to take any coercive action against the companies. Unfortunately, the Centre did not file their response as required in a fortnight, and sought more time. Beauty Without Cruelty therefore sent the Government of India adequate information that should help them in the matter.

Our Right to Know and Choose

BWC salutes manufacturers whose soaps, shampoos, toothpastes, cosmetics and toiletries do not contain animal ingredients. Long ago, they thought it prudent to proudly display the green symbol on their products.

Why should the other manufacturers, mainly multi-nationals, escape disclosing vital information on product ingredients? The public demand transparency, factual awareness and honesty, and realise that secrecy indicates some thing is amiss. After all, these days significantly fewer people support cruelty for vanity. Even non-vegetarians consciously avoid using items that are derived as a result of cruelty to animals.

Religious minded Indians feel there is no difference between consuming non-veg food and applying non-veg products on their bodies. When they have unknowingly used products containing substances derived from cows or pigs, upon knowing the ingredients, they have been very upset and felt cheated because they realised the company had lied by omission. Every

one (except the IBHA) feels it is high time manufacturers stop passing off hidden animal substances.

As consumers, it is our inherent right to know if the products we purchase are veg or non-veg. And, manufacturers should know the choice is ours – whether or not to use products containing animal ingredients. In all fairness, if to maintain and increase sales, they are forced to eliminate non-veg ingredients, just as well!

Join the Boycott



Once again we request our readers to pledge not to purchase or use cosmetics, perfumes, soaps, toothpastes, cleaners, detergents, air fresheners, disinfectants, *agarbattis*, candles, adhesives, brushes, crockery and all other consumer products that do not carry the green veg symbol.

Think... if a product is veg, why should the manufacturer not mark it so, especially when by doing so, sales are bound to increase?

Remember... if there is no demand for unmarked (and non-veg marked) items, manufacturers will quickly change their formulas so they can display the veg symbol on their products.

Diana Ratnagar
Chairperson

Help Animals and Yourself!

Satisfaction can be derived by implementing even one or two of these suggestions
says Khurshid Bhatena

People can easily help animals and themselves. It involves hardly any inconvenience and can easily be implemented, so why not? Please try a few of the following suggestions:

Birds and Fish

Do not cage birds or keep fish in tanks.

Why? It's cruelty to birds and fish; and, results in insensitive humans.

Circuses

Visit circuses without animals.

Why? Hunger, torture and fear make animals and birds perform in the circus ring.

Zoos and Aquariums

Do not visit animal jails or underwater prisons.

Why? Freedom, not captivity, is their birth right.

Veg and Non-veg Symbols

Before buying or consuming any packaged food or consumer item, check it has the veg symbol affixed on it.

Why? The brown symbol indicates the presence of non-veg ingredients. If no symbol is affixed, the product is almost certainly non-veg.

Agarbatti and Incenses

Do not light agarbatti or incense-based products unless the veg symbol is affixed on the packets.

Why? Agarbatti and dhoop can contain animal substances which make them unsuitable for religious use.

Bone China

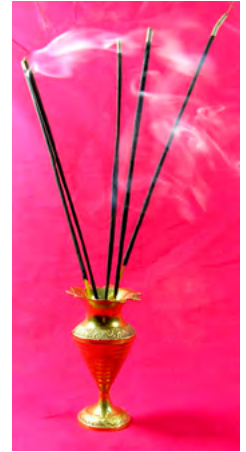
Refuse to drink tea in a bone china cup.

Why? Bone china contains bones derived by slaughtering cattle.

Plastics

Bags made of plastic, cling films, milk pouches, sachets, cello-tape, sweet wrappers, stickers, and even bottle caps, metal pins and staples, should be segregated and appropriately disposed.

Why? Animals like cows, dogs, cats, birds and even wildlife have died due to having inadvertently eaten plastic.



Are the agarbattis you use veg?



Cow foraging garbage with plastic bags.

Animal Sacrifice

Killing an animal or bird can never be a 'sacrifice'.

Why? Reverence for life is a spiritual virtue.

Silk

Never use silk.

Why? No silk, not even so-called 'ahimsa' silk which is widely promoted, is free of killing.

Meat and Leather

Eat no meat, use no leather.

Why? There is no difference between meat and leather. Both are a direct outcome of slaughter.

Brushes

To paint walls use non-animal hair brushes that are labelled 'man-made'.

Why? The pig is held underfoot and its hair yanked out for bristles, used in wall painting brushes.

Pearls and Corals

Wear moonstones in place of pearls, and replace corals with red jasper.

Why? Pearls are a product of years of painful suffering and oysters' deaths. Corals sustain colonies populated by millions of tiny marine creatures.

Stray Animals and Birds

Do not discard unwanted food in the garbage. Place water bowls in appropriate places.

Why? Leftovers can be fed to hungry stray animals without them having to rummage through the garbage. Water is life and birds need it, particularly during summer.

Kite-flying

Fly kites without manja.

Why? However carefully a kite is flown, the *manja* can unwittingly severely wound, maim and kill birds – and humans.



Beheading is murder.



Hog bristles are obtained through torture.

Catapults

Never gift or let a child use a catapult.

Why? A kid with a catapult randomly aims at any and every creature that he sees... killing, maiming, injuring birds and small animals.

Fire-crackers

Never burst fire-crackers.

Why? Fire-crackers harm the elderly, babies, animals, birds and the environment.

Joy-rides

Do not ride on camels, ponies or elephants.

Why? It is cruel, and in most places, illegal.

Making a few such decisions go a long way. Satisfaction can be derived by implementing even one or two of these suggestions. All it takes is a little consideration.



Khurshid Bhatena is a
Trustee & Honorary Secretary
of BWC-India.

Testing and Teaching without Animals

More than 1,500 companies worldwide refuse to test their products on animals, says Dr Chaitanya Koduri

India has turned the tide in favour of non-animal methods of testing and teaching. The country is finally changing the way it perceives and treats animals used for experimentation.

Following a year-long effort by PETA and PFA founder and animal activist Maneka Gandhi, the Ministry of Health & Family Welfare passed a permanent ban on testing cosmetics on animals, showing the world that beauty never needs to include cruelty.

No More

Cosmetics Testing

Forcing substances down animals' throats, dripping chemicals into their eyes and smearing ingredients onto their abraded skin in order to test beauty products is an ugly business, and India has stopped this cruelty.



It's eye or your eye-shadow?
Photo courtesy: PETA

In addition to the ban on testing cosmetics on animals that went into effect on 21 May 2014, the government has decided to ban the importation and sale of cosmetics that have been tested on animals in other countries.

More than 1,500 companies worldwide refuse to test their products on animals. They use only modern and reliable non-animal tests.

Testing on animals often produces inaccurate or misleading results. Even if a product has blinded an animal, it can still be marketed to consumers. In the US and many other countries including India, tests on animals aren't required by law. The European Union and Israel have banned tests on animals for cosmetics and the marketing and sale of animal-tested cosmetics. Israel's ban also extends to household products. It's high time that India followed suit.

Dropping Dissection

Each year, millions of animals are killed, soaked in chemicals and mutilated by students in classroom dissections – even though studies have repeatedly shown that cutting up animals is an inferior learning method.

Also, the breeding facilities that supply animals to schools for dissection and experimentation take animals from their homes, and some have been known to use stolen or abandoned companion animals. But lately there has been a trend away from the use of animals in education in India.

As a result of the intense campaign by PETA and PFA, the University Grants Commission (UGC) recently banned animal dissection and experimentation for training purposes in university and college zoology and life sciences courses at the undergraduate and postgraduate levels.

The UGC's latest action is in line with the 2012 Ministry of Environment & Forests' directive to the UGC and other educational bodies to end dissection and experimentation on animals for training both undergraduate and postgraduate students and to use non-animal, humane methods of teaching instead.


In May 2014, the Medical Council of India also amended its education regulations, calling for the use of modern non-

animal teaching methods for undergraduate students.

Another victory for animals and students was the Pharmacy Council's recent decision to ban animal experimentation in various pharmacy courses in which electrocuting animals, burning their feet, inducing convulsions in them and killing them, were commonplace.

Modern and superior computer-aided teaching methods, such as virtual-dissection software, teach students anatomy and complex biological processes as well as – and even better than – the crude use of live or dead animals. They also increase student confidence and learning efficiency: studies show that exposing students to animal dissection causes trauma and can even dissuade some students from pursuing careers in science. Non-animal learning devices also save teachers' time and institutions money.

So, it's not just testing of cosmetics on animals has been banned. India's education system has taken steps to end its archaic use of animals for dissection and experimentation.

 *Dr Chaitanya Koduri is Science Policy Advisor, People for the Ethical Treatment of Animals (PETA) India.*

The Leaping Bunny logo

From the very beginning BWC-India has campaigned against cosmetics and toilet preparations being tested by means of experiments on animals. We are therefore very pleased about the bans that have materialised.



In 1997 in response to a petition supported by BWC, a Delhi High Court judgement ruled that school students had a right of choice whether or not to dissect living creatures. The following year the Blue Cross and Beauty Without Cruelty jointly donated 187 Compu-Program sets to schools in Tamil Nadu.

Beauty Without Cruelty was one of the international animal protection groups that founded the Coalition for Consumer Information on Cosmetics (CCIC) reflecting the corporate standard for compassion for animals. The CCIC leaping bunny logo, considered a highly meaningful label, made its international debut on personal care and cleaning products in 1998. The label is licensed to companies who pledge that their finished products are not tested on animals and their ingredient suppliers do not conduct or commission animal testing of their cosmetic, personal hygiene or household products after the date of the agreement.

Note: The leaping bunny logo does not indicate the absence of animal ingredients in products.

Caution: Products not tested on animals are often marketed as 'Cruelty-Free'. This wording is absolutely misleading unless the product carries the green symbol as well – animal ingredients are a result of killing so how can the products be free of cruelty?

Beware: Policy statements such as 'Against Animal Testing' do not confirm the product has not been tested on animals.

Fact, not Fancy

Perfume

Attars or fragrant oil concentrates are traditionally made from pure natural extracts that could be of animal origin, such as musk says **Nirmal Nischit**

Perfume is a substance that emits and diffuses an aroma. Commonly used synonyms are fragrance and scent. Whereas, incense is aromatic material like *agarbattis* which release fragrant smoke when lit.

Essential oils, absolutes, tinctures and *attars*, in varying strengths, are a part and parcel of the perfume industry.

Oils

Perfumery oils are extracted by steam distillation, solvent extraction, *enfleurage*, maceration, expression or phytonic process.

Essential oils are fragrant materials that have been directly extracted through distillation in the form of an oily liquid. Steam is passed through plant material whereby essential oil forms and turns into gas which is passed through tubes, cooled and liquefied.

Essential oils can also be extracted by boiling plant substances like flower petals in water. There are about 2,000 flowering plants and other materials from which essential oils are derived.

Absolutes are similar to essential oils, but are more concentrated and highly-aromatic mixtures which are obtained via solvent extraction techniques.

For solvent extraction, flowers are put into large rotating tanks/drums and benzene or petroleum ether is poured over them to extract the oil. The waxy material is then placed in ethyl alcohol and heated to evaporate the alcohol resulting in concentrated perfume oil.

Enfleurage involves spreading and frequently turning over flowers on glass sheets coated with cold grease (usually odourless animal fat) till the grease absorbs the fragrance. Maceration is similar to *enfleurage* except that warmed fats are used to soak up the scent of the flowers. Then, as for solvent extraction, the fats are dissolved in alcohol to obtain essential oil.

Expression is the oldest method of extraction in which the rinds of citrus fruit are pressed and oil squeezed out. The process does not involve solvents or heat.

Phytonic or florazol extraction is one of the newest processes of extracting essential oils but it uses fluoro-hydrocarbons considered potentially harmful for the environment.

Tinctures

Tinctures are the easiest to produce but the perfumer needs great patience because tinctures take months to create.

Dry, fragrant materials (like vanilla, strawberry, even seaweed) are soaked and infused in ethanol or 190-200 proof alcohol and some times glycerine (could be of animal origin) in a jar with a tight fitting lid.

Perfumery tinctures are used as alcohol bases for many botanical perfumes. But tinctures are not replacements for essential oils or absolutes as they only help in creating a subtle base 'note' for the perfume. Perfumes have top, middle and base 'notes' that are balanced by experts who smell them.

Tinctures in perfumes can act as fixatives because many are made from botanical matter and contain natural sugars and starches which help perfumes last longer. (Several fixatives are derived from animals.)

Blending and Aging

Alcohol, petrochemicals, coal and coal tars are also used in the manufacture of perfumes. However, *attars* never contain alcohol or chemicals.

Essential oils are blended into a scent for which as many as 800 different ingredients of plant, animal or mineral origin could be used.

The scent is then mixed with alcohol. The lesser the alcohol and water used, the stronger the perfume. Colognes and toilet waters contain very little oil.

Like wine, perfume is aged. Sharp human noses test to ensure that it smells as it should, and if not right, the 'notes' are corrected by blending again.

Some plants, such as lily of the valley, do not produce natural oil, so synthetic chemicals are utilised to re-create such scents. Similarly, new original scents are created.

Attars

Attars or fragrant oil concentrates are traditionally made from pure natural extracts that could be of animal origin, such as musk.

Flower petals such as those of jasmine/*chameli*, screw pine/*kewra* and rose/*gulab* are collected at sunrise when they are dewy and fragrant, and transported to a distillery where they

are crushed into a paste that is either burnt or boiled. The condensed vapours are what form the essence of any *attar*, and subsequent distillations and mixtures produce compounds of various scents. The first distillation is prized and the most expensive.

Attars are manufactured by the *deg/still* and *bhapka/receiver* system which is a hydro distillation process. When the desired concentration of the *attar* is attained, it is poured into a *kuppi* or leather bottle for sedimentation and removal of moisture. It is considered absolutely essential to store the *attar* in a *kuppi* because moisture from the *attar* must be removed and this is effectively achieved due to the semi-permeability of the leather.

One cannot think of *attars* without thinking of the Moghul period and the city of Kannauj. To this day, 75-80% of *attars* produced, especially *gulab*, *kewra*, *mehndi*, *hina*, *shamama*,

mitti and marigold, are mainly used as ingredients in *paan masalas*, *gutka*, and to a lesser extent in tobacco. Scented chewing tobacco and betel nut/*supari* contain scents/*bahar* which could contain animal substances. *Gulab* and *kewra* are also used in traditional *mithai* to impart fragrance and flavour.

Mohammed Ali Road in Mumbai is also lined with *attarwallas*. Their businesses began and flourished during the reign of the Mughals, but they continue to do business in Lucknow, Delhi, Hyderabad and parts of Rajasthan.

Attar is used mainly by Muslims for ritual purposes during festivals. For example, a scent called *majma* or *majmua* is sold for Idd. Bohras burn *bakhr*. Sudani Muslims use heavy *attar* called *mahalad* and Arabs use *nakhla*, manufactured from crushed sea-shells, in their ceremonies.

In winter *shamaama attar* made of wood from Kanauj is sold for combating colds. *Hina attar*, containing musk/*kasturi* is illegal (the musk deer is protected under the Wild Life Protection Act) nevertheless, is sold as an aphrodisiac too. However these days, *oodh attar* made from the bark of an Assamese tree is recommended as an aphrodisiac. It is one of the most expensive and sells for ₹ 20,000/- a tola.



Leather *kuppi*.

Photo courtesy: © Prashant ZI - Fotolia.com

Ingredients/Sources used in Perfumery

Plant/Veg Origin

Barks	Cinnamon, cascarilla and sassafras root bark.
Flowers, blossoms	Rose, jasmine, osmanthus, plumeria, mimosa, tuberose, narcissus, geranium, cassie, ambrette, citrus, ylang-ylang and vanilla.
Fruits	Citrus (oranges, lemons and limes), juniper, vanilla. But apples, strawberries and cherries are synthetically produced.
Leaves, grass, twigs	Lavender, patchouli, sage, violets, rosemary, citrus, tomato and hay.
Lichens	Oak-moss and tree-moss.
Resins	Labdanum, frankincense, myrrh, balsam and benzoin, amber and copal from conifer fossils. <i>Loban</i> is a chunk of particular resin or gum from a tree. It is traditionally used for its fragrant smoke during religious ceremonies by burning the powder directly on hot ash/coal in an incense censer/container.
Roots, rhizomes, bulbs	Iris, vetiver and ginger.
Seaweeds	Commonly used seaweed is bladderwrack.
Seeds, spices	Tonka bean, carrot, coriander, caraway, cocoa, nutmeg, mace, cardamom and anise.
Woods	Sandalwood, rosewood, agarwood, birch, cedar, juniper and pine. <i>Camphor/kapoor</i> is from the camphor tree and is incense.

Animal/Non-veg Origin

Alleuritic acid	Yellow solid obtained from shellac.
Ambergris/amber	Solid waxy substance produced in the intestines of sperm whales and thrown up by them. It could be black, grey, different shades of brown, or yellow. Squid beaks (smooth and shiny) are always found in ambergris because it is formed to protect the whale from sharp objects which need to be expelled.
Castoreum/castor	Yellowish, unctuous substance with a strong, penetrating odour, obtained from beaver's genitals or castor sacs/scent-glands (located in skin cavities between the pelvis and base of the tail) and termed a by-product of the fur industry. Male beavers spray it together with urine to mark their territory.
Civet/ <i>gandhamarjara</i>	Civet cats are bred in captivity, imprisoned lifelong in narrow cages, frequently teased and made to undergo hundreds of painful scrapings of their glands to produce the extract.
Deer musk/ <i>kasturi</i>	Musk obtained from the male has led to the wholesale slaughter and near extinction of the Himalayan Musk deer. Musk deer farming is unsuccessful.
Honeycombs	Obtained from the beehive, both beeswax and honey are utilised.
Hyraceum/Africa Stone	Excrement of the Rock or Cape Hyrax (a mammal resembling a guinea pig).
Muskkrat musk	The trapping and slaughter of 1,000 muskrats results in 1,000 pelts of fur, but a mere 3 ounces of musk oil.
Operculum/ <i>nakhla</i>	Mussel of marine origin or the gill of fish, or horny shell of mullusk.
Squalene/squalane	Shark liver oil.

Common materials used for making *attar* at Kannauj are:

The base materials of *attars* consist of sandalwood oil (obtained from South India), Di-Octyl Phthalate (DOP) and maybe liquid paraffin. *Mitti attar* is produced by distillation of baked earth over the base material.

Flowers such as *gulab* (from Aligarh, UP and Palampur, HP), *kewra* (from Ganjam, Orissa), *bela*, *mehndi*, *kadamb*, *chameli*, *maulshri*, marigold (all these flowers are locally grown at Kannauj, UP) and saffron (from J & K).

Spices and herbs such as oakmoss, *sugandh mantri*, laurel berry, juniper berry, cypriol, Indian valerian, *jatamansi*, *hedychium spicatum*, *daru haldi*, *sugandha bala*, *sugandha kokila*, *kulanjan*, *javitri/jaiphal*, cardamom and clove.

Despite being banned, musk and ambergris are common ingredients of animal origin, used in *attars*.

Certain *attars* contain a combination of materials. For example, *hina*, musk-*hina*, *shamama*, *shamam-tul-amber* and musk-amber.

Farming Folly

In the 1970s every week as many as 108 civet cats/*gandhamarjara* were trapped in Kedappa and killed for the civet to be used in the Tirumala Venkateswara temple *poogas* at Tirupati.

When in 2011 the temple proposed to breed civet cats in the Sri Venkateswara Zoological Park for extraction of their secretions, BWC wrote to the Central Zoo Authority (CZA) not to grant permission but undertake a drive to stop the prevalent use of *gandhamarjara* in temples because it was illegal. However, no assurance was received from the CZA who said they'd written to the curator of the zoo who did not reply!

Earlier two unsuccessful animal farms had been set up by the Central Council for Research in Ayurveda & Siddha (CCRAS). One of them, run by The Indian Institute of Panchakarma in Trichur District of Kerala, which experimented breeding civet cats in captivity so that civet could be collected from the animals for use in Ayurvedic medicines. The civets were kept in small cages having rough wooden sticks in the centre on which the animals were made to rub their pouches. Leave alone breeding, the pairs died, and they were on the look out for replacements.

The second animal farm under CCRAS, is the musk deer one at Kufri in Himachal Pradesh where again the animals have not bred successfully in captivity.



A civet captured in a research organisation compound in Kerala. Photo courtesy: © Arunkumar P R

The night before the musk is to be extracted the male deer is deprived of food. The next day it is drugged to explore the genital organs and find the musk pod. When located, a cannula is pushed into the area so that the hardened musk granules stick to it when removed.

The other method utilised is to extract of liquid musk for which the deer is caught, forcibly held down, genitals explored and palpated for the musk which is then painfully scraped out with a sharp knife. The animals are traumatised, panic and try to flee. They remain very confused and excited, often jumping

high into the air hitting and injuring their heads against the enclosure tops.

Despite this, in 2002 the Union Minister of Health & Family Welfare proposed musk deer farming in Jammu, Himachal Pradesh and Uttaranchal. BWC immediately sent a detailed protest letter to the Minister, pointing out drawbacks and failings and appealed that they not proceed with such plans.

In May 2014 the Chief Secretary of Odisha wrote to the Government of India informing them of the shortage of *kasturi* at the Jagannath temple at Puri and seeking their assistance in procuring it for the *Navakalebara* festival which will be held next in 2015. On knowing this, BWC requested the Secretary of the Ministry of Environment & Forests to investigate the matter on priority and intervene to stop its import and use. Simultaneously, the temple authorities were made aware that *kasturi* was obtained by killing deer and therefore they should reconsider its use.

Ironically, many Jain temples also utilise *kasturi* illegally.

Demand from China also results in musk deer being killed by Tibetan hunters along India's North Eastern border. It is difficult to catch such poachers since it takes ten days of trekking to reach such places.

STOP PRESS

Gadhimai Carnage will be Curtailed

Soon after the new Government of India was formed, Beauty Without Cruelty requested a few politicians to bring up the forthcoming Gadhimai mass animal sacrifice with the Nepal Government. We also asked for plans to be made to stop the movement of animals across the porous border.



Killing unlimited in 2009. Photo courtesy: travelyourassoff.com

Meanwhile, PFA filed a writ petition in the Supreme Court stating that under India's Import Export Policy and the Foreign Trade (Development and Regulation) Act, 1992, live cattle and buffaloes were not allowed to be exported, but for the Gadhimai festival in November 2014, lakhs of animals would be illegally transported into Nepal since 70% of the animals sacrificed came from India.

The Court immediately issued a notice to the Union of India and the four border states of Bihar, UP, Uttarakhand and West Bengal. At the next hearing the respondents were directed "to ensure that no live cattle and buffaloes are exported out of India into Nepal, but under licence."

In the next issue of *Compassionate Friend* we hope to report considerable success in stopping the carnage.

Freedom NOT Captivity

The following A4 posters are available to BWC members on request.

Freedom NOT Captivity



പുജയല്ല, വേണ്ടത് സ്വാതന്ത്ര്യം



Beauty Without Cruelty
Freedom NOT Captivity



Beauty Without Cruelty
आजादी, न कि बंधन



Freedom NOT Captivity



आजादी, न कि बंधन



BWC VEG FOR LIFE T-Shirts

Help spread the message by wearing our cotton T-Shirts.

Available to members in the following colours:



Grey (round neck) ₹ 300/- in S, M, L and XL.

Black (polo shirt) ₹ 350/- in M, L and XL.

Postage extra.

Readers Write

In Appreciation

I am a regular reader of *Compassionate Friend* and the last edition that carried a feature on instruments was very informative.

Amrita Dutta, Bengaluru

I am very thankful to BWC for the book *MILK: A Silent Killer*. I appreciate it a lot and find it very logical and informative. For a long time I am trying to be a vegan and this book has given me all the more reason to be one. My only draw back in becoming one is ghee. If you know a substitute to ghee I will be most happy for I am not in favour of having any milk products at all. I do not like giving milk products to any one who comes to our home, not even to my grand children, because they do more harm than good.

I just can't believe BWC gave such an important book free of cost. I strongly feel every family should have copy.

Thank you once again and God will surely bless you all.

Bina Shah, Bengaluru

Why not use olive oil in place of ghee? – Editor

Vegan Recipe

Papaya

Christopher Columbus said the papaya was the fruit of the angels! No doubt, it is one of the healthiest and tastiest fruits. It can be consumed ripe or unripe, raw or cooked, resulting in excellent digestive benefits and preventing constipation. It is best eaten ripe as a fruit with a few drops of lime squeezed on it, but an unripe cooked papaya tastes delicious too.

The juice of the leaves (2 tablespoons every 6 hours) is said to raise the platelet count of dengue patients. Papaya leaf extract is used as a prophylactic to prevent malaria as well. And, these leaves have proved to dramatically fight, without any toxic side-effects, tumours like cervix, breast, liver, lung and pancreatic cancers.



Papita aur Moongfali ki Sabzi (serves 4)

Ingredients

- 1 ½ tbsp oil
- 1 tsp cumin
- 1 tsp mustard seeds
- 5 curry leaves
- 1 pinch asafoetida
- ½ tsp turmeric powder
- 1 tsp red chilli powder
- 1 cup onions, finely chopped
- 2 cups unripe papaya, cut into ½ inch pieces
- ¾ cup peanuts, coarsely ground
- Salt

Preparation

Heat oil in pan and add cumin, mustard seeds, curry leaves and asafoetida till they splutter. Add turmeric and chilli powders. Add onions till translucent.

Add papaya, mix well, cover and cook till tender but stir and sprinkle a little water off and on.

Remove lid and continue cooking for 3 more minutes.

Add peanuts and cook for another 3 minutes. Then add salt to taste.

Serve hot with *chapatti* or *paratha*.

Do visit www.bwcindia.org/Web/Recipes/Recipesindex.html for an assortment of Beauty Without Cruelty's tested and tasted, healthy and delicious vegan recipes.

Correct answers to the 10 questions asked in the Monsoon 2014 issue of *Compassionate Friend*

1. Is lab-grown meat veg or non-veg? *Non-veg.*
2. Name the non-animal food that contains natural Vitamin D? *Mushroom.*
3. What is the name of the oldest and only percussion instrument that is made without animal-skin? *Ghattam.*
4. Does the Bishnupur terracotta *shankh* blow just like a real conch shell? *Yes.*
5. What is *foie gras* and when did the Government of India ban its import? *Foie gras is the liver of ducks, geese or guinea fowls, the import of which was banned in July 2014.*
6. By guiding people to make lifestyle changes, does BWC help humans and animals, or only animals? *BWC helps humans and animals.*
7. What do the colours of the ribbon used by animal rights activists signify? *Blue signifies animal rights and green the veg idea.*
8. Is it illegal to use bulls as performing animals for *jallikattu* events and bullock-cart races? *Yes.*
9. Is the dairy industry the backbone of the meat industry? *Yes.*
10. Visit our website and see "Say NO to Animal Jails". Where does the mother offer to take her son? *Wildlife Sanctuary.*

Names of those who replied ALL the questions and will be sent two extra BWC wall calendars for 2015

K Nageshwar Rao Achary
 Air Cmde R S Bishnoi
 Mafatlal Mohanlal Chopra
 Mary Ann Dasgupta
 Bipinchandra G Domadia
 Vasant K Gada
 Mukesh Kumar Jain
 N K Jain
 Prasanna Kumar Jain
 Roshan Lal Jain
 Shailendra Jain
 Suvarna Ashok Jain
 Shirin Nash Karanjia
 M R Kodhandram
 G Rajendran
 Medha Vivek Sangai
 Shashi Shekher Thakur
 Munish Suresh Vakharia

Names of those who replied most questions and will be sent one extra BWC wall calendar for 2015

K N Narendra Babu
 Binodkumar Bagchar
 Sunil I Bhatia
 Swaraj Rajan Bhattacharyya
 Bhanukumar G Daryapurkar
 Navaz R Dhalla
 Fiorella
 Ajit Kumat Jain
 J Kantilal Jain
 Mangalchand Jain
 Suresh Chandra Jain
 Tanu Jain
 Jitendra Modi
 Dr R V Prasad
 Priya Subramaniam

Special Offer

Answer these 10 questions correctly to receive a non-leather *Ahinsa*® wallet.

(This is BWC's way of saying thank you for reading our publications.)



1. Why will the number of buffaloes sacrificed at Gadhimai in November 2014 lessen?

2. Is papaya one of the healthiest and tastiest of fruits and how is it best eaten? _____
3. When did India ban testing of cosmetics on animals? _____
4. How many cochineal insects are killed to produce 500 grams of crimson dye? _____
5. Which wild animal is killed for *kasturi* and is its use illegal? _____
6. Name three animal ingredients used in perfumes? _____
7. Why should kites be flown without *manja*?

8. Consumer products without the veg/non-veg symbol are almost certainly veg or non-veg? _____
9. Does so-called '*ahimsa*' silk production also result in killing? _____
10. Why is the 'Cruelty-Free' label on cosmetics not tested on animals misleading?

Post your replies (on this page or a photocopy) to reach BWC by **31 December 2014**.

State your name, postal address, email id, mobile and BWC membership number.

The correct answers and the names of those who answered all the questions correctly and were sent a wallet will be printed in the next issue of ***Compassionate Friend***.



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