

Vol XLI No 2
Summer 2018

COMPASSIONATE FRIEND



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

Wind Energy



In this Issue:

Bats

Pearls

Ayurvedic Products

Consumer Protection Bill



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420

E-mail: admin@bwcindia.org Website: www.bwcindia.org

Contents

- 1 From my Desk...
- 2 The new Consumer Protection Bill
- 4 Bats are Sacred Mammals
- 6 The Flip Side of Wind Energy
- 10 Non-Vegetarian Ingredients in Ayurvedic Products
- 11 Pearls and Pain are synonyms
- 12 Vegan Recipe *Cucumber*

Beauty Without Cruelty

is grateful to

ARCAVO

KMG WIRES PVT LTD

for sponsoring this issue of

COMPASSIONATE FRIEND

by donating ₹ 1,00,000/-

Beauty Without Cruelty
is a way of life which causes
no creature of land, sea or air
terror, torture or death

Published and edited by

Diana Ratnagar
Chairperson, BWC - India

Designed by

Dinesh Dabholkar

Printed at

Mudra

383 Narayan Peth, Pune 411 030

Cover: Pelicans flying in formation
at Little Rann of Kutch.

Photo Courtesy: Peter W Hills

COMPASSIONATE FRIEND ©

is the copyright of

Beauty Without Cruelty - India.

Unauthorised reproduction
in any manner,
without written permission
from the publisher, is prohibited.

This magazine is printed on paper
free of animal substances
and published every
spring (February), summer (May),
monsoon (August)
and winter (November)

From my Desk...

Ekvira Mata Mandir

Ten years ago we began actively campaigning against animal sacrifice at the *Ekvira Mata Mandir*, Karla, near Lonavala in Maharashtra, where around *saptami* of Chaitra open slaughter of hundreds of animals took place. Due to an awareness created by Beauty Without Cruelty and Sarva Jeeva Mangal Pratishtan year-on-year lesser animals have been sacrificed during this *jatra*. In 2018, BWC representatives saw only a few chickens being taken inside the temple and brought down the hill alive. Unfortunately, we have not been able to stop the butcher shops from operating at the foot of the hill so killing has not been stopped.



Photo courtesy: Shashi Kumar

Veg @ Lent

This year BWC completed a decade of sending thousands of recipe leaflets to Catholic Bishops of Churches in India for free distribution in their dioceses before Ash Wednesday.

All 10 recipe leaflets can be downloaded from our website www.bwcindia.org/Web/Recipes/Veg@Lent/Veg@Lent.html



Foie gras removed from menu

A March 2018 food review of the Baoshuan restaurant at the Oberoi, New Delhi recommended Cantonese honey roast pork with grated foie gras as a must try dish.

BWC wrote the General Manager informing him that the import of foie gras was banned by the Government of India in 2014 (a BWC achievement) and since it was not allowed to be produced here, it was illegal.

We sent a flyer depicting how ducks were force fed several times a day with a funnel pushed down their throats till such time as their livers get 10 times their normal size. They were then slaughtered and their diseased livers turned into a paste called foie gras.

A week later the Oberoi e-mailed BWC that "we would like to state that foie gras is no longer served at our establishment."



Dog Races Cancelled

Between December 2017 and April 2018 Dog Races scheduled to be held at eight different places in Maharashtra were cancelled after BWC approached politicians, collectors, animal husbandry personnel and the police of the areas. (See *Com-compassionate Friend* Spring 2018, Hunting and Racing Dogs of Maharashtra.)



**Diana Ratnagar
Chairperson**

Help!

Since 1974 BWC India has been guiding people to make lifestyle changes that benefit themselves and animals.

If every BWC member gifts just one life membership costing ₹ 300/- our strength would double. Many more would be a part of our movement and share our success in promoting an ahinsak lifestyle and saving countless lives from terror, torture and death.



The New Consumer Protection Bill

Extracts from an article taken from the April 2018 issue of Consumer Voice

The Consumer Protection Bill, 2018, was introduced in Lok Sabha as soon as parliament was convened for the Budget session in January 2018. It is the first Bill to be introduced in 2018 after it passed the legislative deliberations test in the Parliamentary Standing Committee, which had recommended improvements and plugging of gaps to make it more effective. Before this, the law (first enacted in 1986) was amended thrice, in 1991, 1993 and 2002. The present amendment is a leap of faith as compared to the incremental changes made in the first three amendments. The VOICE Trust has identified six positive features in the 2018 Bill which seeks to repeal and replace the existing 1986 Act lock, stock and barrel.

The Six Positive Changes

The first is the setting up of a new executive regulatory authority called Central Consumer Protection Authority to promote, protect and

AS INTRODUCED BY LOK SABHA	
BIL No. 1 of 2018	
THE CONSUMER PROTECTION BILL, 2018	
ARRANGEMENT OF CLAUSES	
CLAUSES	
	CHAPTER I Preliminary
1.	Short title, extent, commencement and application.
2.	Definitions.
	CHAPTER II Consumer Protection Councils
3.	Central Consumer Protection Council.
4.	Procedure for meetings of Central Council.
5.	Objects of Central Council.
6.	State Consumer Protection Councils.
7.	Objects of State Council.
8.	District Consumer Protection Council.
9.	Objects of District Council.
	CHAPTER III Central Consumer Protection Authority
10.	Establishment of Central Consumer Protection Authority.
11.	Qualifications, method of recruitment Chief Commissioner and Commissioners.
12.	Vacancy, etc., not to invalidate proceedings of Central Authority.
13.	Appointment of officers, experts, professionals and other employees of Central Authority.
14.	Procedure of Central Authority.
15.	Investigation Wing.
16.	Power of District Collector.
17.	Complaints to authorities.
18.	Powers and functions of Central Authority.
19.	Power of Central Authority to refer matter for investigation or to other Regulator.
20.	Power of Central Authority to recall goods, etc.
21.	Power of Central Authority to issue directions and penalties against false or misleading advertisements.
22.	Search and Seizure.
23.	Designation of any statutory authority or body to function as Central Authority.
24.	Appeal.
25.	Grants by Central Government.

enforce the rights of consumers.

Second, it sets up a mediation cell in each consumer court to mediate on consumer disputes.

Third, it widens the geographical jurisdiction of the consumer court to include the home or workplace of the complainant and thereby

substantially enhances pecuniary jurisdiction of consumer courts at all three levels.

Fourth, it introduces the concept of 'unfair terms of contract', which can be nullified by a consumer court.

Fifth, it has provisions for penalty and jail terms in case of adulteration and misleading advertisements. Under Section 89, two years jail and a fine of ₹ 10 lakh are prescribed for misleading advertisements. The term of jail and fine are enhanced to five years jail and ₹ 50 lakh in case of repeat offence.

Sixth, it introduces the concept of product liability action, widening the jurisdiction of the consumer courts. A new chapter has been introduced in the Bill to enforce product liability against manufacturers and even make them recall the product from the entire market.

Form IV (See Rule 8)

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

Place of Publication: Beauty Without Cruelty (India)
4 Prince of Wales Drive, Wanowrie, Pune 411 040.

Periodicity of Publication: Quarterly.

Printer's Name: S. J. Patwardhan. Nationality: Indian.
Address: Mudra, 383 Narayan Peth, Pune 411 030.

Publisher's Name: Diana Ratnagar, Chairperson,
Beauty Without Cruelty (India) Nationality: Indian.
Address: 4 Prince of Wales Drive Wanowrie, Pune 411 040.

Editor's Name: Diana Ratnagar. Nationality: Indian.
Address: 4 Prince of Wales Drive Wanowrie, Pune 411 040.

Names & Addresses of individuals who own the newspaper and partners or shareholders holding more than 1% of the total capital:
Chairperson, Beauty Without Cruelty (India),
4 Prince of Wales Drive, Wanowrie, Pune 411 040.

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

Dated: 1st March 2018.

Sd/- Diana Ratnagar
Signature of Publisher

Some Deficiencies Remain

The new Bill has dropped the due process for appointments of consumer court judges which was based on a political consensus as contained in the Consumer Protection Act, 1986. It's like a dampener on an otherwise welcome Bill with six positive additions. The listing of qualifications, criteria for selections, selection committee composition and terms of office for consumer court judges – which are part of the existing law – have been dropped and demoted to rule making as delegated legislation. Rules are made by a ministry without any open consultation process – and are notified by government in the official gazette. The dropping opens the door for changes that have the potential to introduce arbitrariness, favouritism and selection of unqualified persons close to the ruling dispensation. The unpleasant topping on this cake is the dropping of the formal role of High Court Chief Justices in mandatory consultation for appointment of judicial officers as heads of State Commissions, and of Chief Justice of India in appointment of president of National Commission. The existing provisions of chief justices heading selection committee to pick consumer court judges have also been dropped. This is not welcome, particularly because the smallest consumer court will handle cases where the value may be up to Rupees one crore in a single case.

BWC's View

The new Consumer Protection Bill is good news for vegetarians with reference to product adulteration and misleading advertisements as covered in the fifth point above.

Under definitions, an advertisement includes any notice, circular, label and wrapper; whereas, manufacturers and sellers are

persons who make, package, label and sell products.

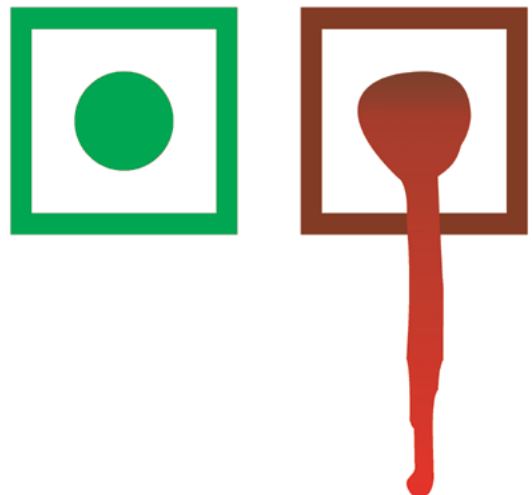
They are responsible for correctly listing ingredients and affixing the green (veg) or brown (non-veg) symbols on labels of packaged food and other articles. Giving false or misleading facts is an offence.

It is mandatory for non-veg packaged foods that contain “whole or part of any animal including birds, fresh water or marine animals or eggs or product of any animal origin, but not including milk or milk products, as an ingredient” be declared by affixing a non-veg symbol consisting of a brown colour filled circle inside a square with brown outline, on the package.

It is also mandatory for lacto-vegetarian packaged foods to be declared by affixing a veg symbol consisting of a green colour filled circle inside a square with green outline, on the package.

After all BWC feels it is the right of every consumer to know exactly what is offered for sale and be able to avoid purchasing products of animal origin.

The choice is yours...



Bats are Sacred Mammals

Since the bats are considered guests, they are not disturbed or troubled in any way, which would happen if fire-crackers were burst says Khurshid Bhathena

India has over 100 species of bats including the flying fox, considered the largest in the world. Old caves and tunnels are their most favoured locations, followed by dark niches and big crevices of heritage sites, tombs and forts. Bats are also found in hollows of old trees usually adjoining temples. They become active at sunset when they emerge from their roosts, drink water and then eat ripe fruits they can find such as figs, bananas and mangos, seeds and pollen from flowers. Sapota/*chikoo* and areca/*supari* trees attract them.

Fruit bats play an important ecological role as seed dispersal agents of fruits and medicinal plants, whereas the insectivorous bats consume crop pests. So, besides fruit, nectar and insects some eat small fish, frogs, lizards, birds, and even other mammals. Only the vampire bats found in South America feed on blood. However, bats are known to carry a number of zoonotic diseases, including rabies.

Bats themselves are predated upon by owls and hawks and cats. Humans are also a big threat to bats due to renovation of old structures and new constructions. Many colonies of insectivorous bats have been exterminated by pest control because insecticides have killed the insects they eat – they consume insects equalling their bodyweight.

Superstitions

Bats are usually feared because of their association with death, darkness and despair. But in traditional Chinese culture bats represent good fortune. In China 'wu fu' or



**Bats at Tabakad Honnalli village.
Photo courtesy: Deccan Chronicle**

'five blessings' (health, long life, prosperity, love of virtue, and a tranquil natural death) are created when five bats group together. The Chinese word 'fu' used for 'bat' sounds exactly like another word 'fu' used for 'luck'.

Bats and owls are clubbed together in Indian superstitions. A bat or owl flying over a house is said to be a harbinger of death. The sacrifice of nocturnal owls and bats on auspicious occasions are recommended by *tantriks*.

Bat's blood ink referred to for writing spells and pacts in blood, contains no blood.

Hunting by Tribe

In January 2009, thousands of men, women and children belonging to the Adi tribe gathered together to celebrate their 200th annual festival ritual of hunting-killing-eating bats. They stormed into a cave at Pongging in upper Siang of Arunachal, with bamboo poles and caught about 1,000 bats.

Flying foxes are hunted and eaten on special occasions on the Andaman and Nicobar Islands. These bats are therefore classified as vulnerable under the IUCN Red List.

All fruit bats are classified under Schedule V (vermin) of the Wildlife (Protection) Act,

1972. In some parts of India bats are killed for medicinal purposes. For example, the meat of flying fox is said to cure jaundice and asthma. However, eating fruit bats is linked to a neurological disease called lytico-bodig disease. The SARS virus that struck China in 2002 killing over 700 and sickening thousands was found in the horseshoe bats.

Collisions with Wind Turbines

Bats collide with tall anthropogenic structures such as TV towers, communication towers, large buildings, power lines, barbed wire fences and wind turbines.

Bird and bat mortality searches were undertaken around wind turbines in Gujarat. Both were found, thus confirming that they can be harmed by collision and disturbances in India too.

Killing by Zoologists

Almost everyone condemns animals being used in labs for testing products and so-called research, but what about the zoologists who collect animals from the wild, even threatened species, to study them? How can their killing be justified?

Over two decades, 222 studies mentioned the collection of 7,482 bats of 376 species from India, China and South East Asia and South America. The research mostly aimed to compile checklists or establish geographic ranges.

Bats are Guests

It is commendable that people living in villages around the Vettangudi Bird Sanctuary of Sivaganga district in Tamil Nadu, have for decades been celebrating Diwali without crackers – they don't even beat a traditional drum as it could scare the birds and bats in the area. It started over a century ago at two villages, Unathur near Thalavasal in Salem

district and Agraharam Nattamangalam in Namakkal district of Tamil Nadu, where Diwali is celebrated without firecrackers. Thousands of bats live in the area and their well being is much more important than any celebration, to the inhabitants. Since the bats are considered guests, they are not disturbed or troubled in any way, which would happen if fire-crackers were burst.

Also, in Tamil Nadu, the Indian flying fox is protected by the local community that worship them at the Madhukaatu Kali sacred grove in Pudukottai district. In Puliankulam village there is a huge banyan tree which is home to a huge colony consisting of hundreds of fruit bats that are considered sacred. They are believed to be protected by Muniyandi, a spirit who lives in the tree. Other places around Madurai where flying foxes are protected include Keelarajakularaman and Sri Vaikundam.

People of Tabakad Honnali village in Kalghatagi taluk, Hubballi in Karnataka perform a *puja* every month at a small temple below the tamarind trees on which bats roost. Decades back bats moved out of this village, after which it suffered severe drought which got attributed to their desertion. The villagers then performed a grand *puja*, offered sarees, beat drums, blew trumpets and other musical instruments and succeeded in inviting the bats back from Hindasageri village. Since then thousands of bats hang upside down on trees at Tabakad Honnali village throughout the day where they know they are revered. But at dusk they fly out, nearly 100 kms away in search of guavas, bananas and other fruits. They return at the crack of dawn and wake the villagers with their screeching and fluttering noises of their wings.



*Khurshid Bhathena is a Trustee and
Honorary Secretary of BWC-India*

The Flip Side of Wind Energy

Can we consider an energy source as 'green energy' if it kills hundreds of thousands of birds each year asks Geetha Jaikumar

With the very real threat of climate change looming large over the horizon, nations have been increasingly looking towards renewable energy, particularly solar and wind energy as a greener alternative to the fossil burning and highly polluting conventional energy. When it comes to wind energy, not only is it an easily available renewable and non-polluting source, but it also does not entail mining of non-renewable resources from the earth which causes degradation and destruction of the environment and wilderness areas. It also operates without the need for water resources as is required for the production of other forms of conventional energy.

Wind energy is obtained by harnessing the kinetic energy of the wind to rotate the blades of the wind turbines to mechanically generate electric power. Typically, wind turbines have a tall tubular tower, with an upward rotor with blades installed on the top. This in turn is connected to a power transmission network that may be located onshore or offshore. Since the energy output is wind dependent and varies with the weather, seasons and years, wind power is generally used in conjunction with other power sources.

Threat to Birds and Bats

However, the rapid expansion of wind energy generation in many parts of the world and



A Red Kite found dead after colliding with a wind turbine.
Photo courtesy: Speak up for the Voiceless

in India has revealed that it poses threats to birds and bats. Among birds, besides soaring birds, migratory species tend to have a higher risk of collision as they migrate in large flocks, especially if the wind farms are located in the midst of their migration routes. The increasing realization in recent years that wind turbines kill birds and bats on an enormous scale has tarnished the green image of this energy sector.

Many studies throughout the world have conclusively established the threat posed by wind farms to birds and bats that get killed or injured when they collide with the windmill blades. Though the wind turbine blades appear to move very slowly, this is deceptive as the distal tips of the blades can reach a speed of more than 280 kms per hour. Raptors which soar high in the thermals, are especially susceptible to collision, as they tend to look downwards for prey or sideways during flight, and often do not notice the

swift, swirling blades until it is too late. Evolution has not prepared birds to deal with the new threat of wind turbines. Moreover, the older models of wind towers offer perching sites for large raptors, and the structures also offer a favourable habitat for small prey animals like rodents which in turn lure these birds to their deaths.

Wind energy generation takes a heavy toll on migratory birds. These casualties especially occur along narrow passes on the migratory route of birds. According to the California Energy Commission, 1,300 raptors including more than a 100 Golden Eagles die every year from the wind turbines located in Altamont Pass, California, despite preventive measures that have been taken over the years. The farm, lying in the middle of an important route for birds, was notorious in the past for being one of the deadliest wind farms in the world. Another site known for the kills of migratory birds due to wind turbines is in the Strait of Gibraltar, a migration bottleneck site for birds migrating between Europe and Africa. Besides casualties of birds along migration routes and especially migration bottleneck sites, kills tend to be higher if the turbines are situated near wetlands.

A comprehensive study conducted by the Bombay Natural History Society (BNHS) and published in their journal *Hornbill* (April-June 2017) reveals that in general, bird collision probability depends on species, turbine height (taller, more hits), and the elevation above sea level (higher, more hits), implicating species-specific and topographic factors in collision mortality. Large birds with poor manoeuvrability, like pelicans and storks, are generally at a greater risk of colliding, as also species that habitually fly at dawn and dusk or at night as they are not likely to detect and avoid the turbines.

The BNHS study also found that other than direct kills from the rotors of turbines, wind farms also impact birds in other ways. They alter, fragment or destroy habitats, obstruct the movement of birds, while the humming noise of the rotating blades also cause disturbance, in addition to spoiling the aesthetics of landscapes in pristine areas. All these disturbances have the potential to impact bird behaviour, causing them to avoid or abandon an area, and negatively affect survival and breeding success. Additionally, since wind farms tend to be located in remote or wilderness areas, its 'footprint' extends to areas far beyond its confines, due to the network of power lines, towers, and other infrastructure that go hand in hand with its development. In fact, a number of studies in Europe have reported that bird densities near windmills have declined significantly while other studies suggest that wind farm development could lead to displacement of migrating and breeding waterfowl and shorebirds, probably due to the disturbance associated with wind farm construction and maintenance.

Wind Energy in India

Since wind farms have the tag of 'green' energy, the Indian government provides tax incentives and benefits for the setting up of wind farms with the broad aim of developing and deploying renewable energy to supplement the energy requirements of India. Today, wind power accounts for nearly 9% of India's total installed power generation capacity, and the country is placed fifth in the global scenario.

Cases of bird kills from windmills, involving resident and migratory species are getting reported more frequently in India with the increase in the number of birdwatchers. Birders have reported bird deaths in the Thar

Desert in Rajasthan and the Rann of Kutch in Gujarat. Data is also being obtained from a few Environmental Impact Assessment (EIA) studies, but these are of limited use as the rapid biodiversity inventories are undertaken to obtain sanction for the setting up of power plants. Though the Ministry of Environment, Forest & Climate Change is aware that migratory birds are especially prone to windmill hits, EIA reports try to get around this by using terms like ‘not even close proximity’ and ‘safe distance’ to claim that migratory birds would not be affected, ignoring the fact that birds may not stick to the exact same route each year – the distribution of rainfall in

the Indian subcontinent being an important factor in the routes chosen.

How Green is Wind Energy?

Mining iron ore causes forest encroachment and wildlife habitat destruction apart from requiring energy for mining. As per the US Geological Survey, one megawatt of wind capacity requires on average about 100 tonnes of steel, 400 tonnes of concrete, 6.8 tonnes of fibreglass, besides copper and cast iron. Wind turbines kill an estimated 1,40,000 to 3,28,000 birds each year in North America alone.

Glass: The Invisible Killer

Migratory birds face many threats to their survival, a serious one being the increasing amount of glass being used in buildings, especially skyscrapers. Researchers estimate that hundreds of millions of birds are killed each year all over the world due to collisions with glass on human-built structures, making bird collisions one of the most significant causes for avian mortality globally. The reflective and transparent characteristics of glass pose a danger to birds as they do not see it as a barrier. They fly to the sky and trees reflected on glass windows and walls with fatal results. To prevent these collisions, glass must somehow be made visible to birds.



What Birds See



What We See

ORNILUX Bird Protection Glass
Photo courtesy: www.ornilux.com

Based on studies that have shown that birds are able to see ultraviolet light, bird-friendly glass innovator, ARNOLD GLAS developed ORNILUX, a Bird Protection Glass which has a patterned UV reflective coating making it visible to birds while remaining virtually transparent to the human eye.

It would be good if glass manufacturers in India were to manufacture such type of glass and make its bird-friendliness their unique selling proposition (USP). Many environmentally conscious architects designing green buildings could incorporate bird friendly glass in their building designs and also help in spreading awareness about the issue.



A sequence of photographs showing a bird confronting its reflection. Photo courtesy: Ganesh Mani Pradhan & Son

As for India, very few in-depth long-term studies have been conducted to estimate the bird kills every year attributable to wind farms.

A study in Gujarat in 2012 by scientists from the Salim Ali Centre for Ornithology and Natural History, Coimbatore, (*Scientific Journal of Environmental Sciences, 2012*) has established a definite link between avian fatalities and wind farms. In India, several wind farms are already operational and many more are under construction. Very often, suitable areas tend to occur offshore or onshore in coastal areas, on ridges and mountains, in agricultural areas and open grasslands, many of which are sensitive habitats for different bird species. This highlights the importance of assessing the effects of wind energy projects before clearance is given by the government. It should be noted that even low levels of mortality may be disastrous for long lived species with low productivity and slow maturation rates, as in the case of critically endangered species like the Great Indian Bustard with a recorded population of less than 300 individuals. In September 2017 a young female crashed into a 33 KV transmission line connected to wind turbines in Naliya on the edge of the Lala Bustard Sanctuary.

Can we consider an energy source as 'green energy' if it kills hundreds of thousands of birds each year, and has the potential to contribute to making rare species extinct? This is a serious point which needs to be pondered over.


There are, however, some promising developments which could help lift the dark shadow cast on wind energy. One is a bladeless wind turbine under development by Vortex Bladeless, a Spanish company and another by Saphon Energy, a Tunisian company, whose turbine design is inspired



Evidence of wind turbine mortalities/injuries of birds in Gujarat. Photo courtesy: S Ramesh Kumar, Scientific Journal of Environmental Sciences.

by the ships of ancient Carthage, which they claim is quieter, safer and more efficient, and capable of capturing twice as much wind energy.

More attention to making the turbines 'bird safe' and care in the location of wind farms would help in avoiding or minimizing bird fatalities.

 **Geetha Jaikumar is a BWC life member and Executive. She is the Principal of a women's college in Chennai. An avid birdwatcher and naturalist, she obtained her doctorate in the field of Industrial Pollution Control in Tamil Nadu.**

Non-Vegetarian Ingredients in Ayurvedic Products

At first there was the Central Council for Research in Ayurveda & Siddha. Many years later in 1995 the Department of Indian System of Medicine and Homeopathy (ISM&H) was set up. In 2003 it was renamed the Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH). In November 2014 it became the Ministry of AYUSH.

The first system covered is Ayurveda meaning science of life. It is a common misconception that Ayurvedic products are always vegetarian. Today, they commonly contain about 50 different animal substances, 52 mineral products, and 600 medicinal plant and herbal ingredients.

There was a time when body parts of wild animals ranging from deer horn to fox or crocodile meat were extensively utilised in making Ayurvedic medicines and supplements. After the Government banned their use, they are clandestinely utilised to a lesser extent. They could even be imported.

The *Charaka Samhita* (the Sanskrit text on Ayurveda) advocates the use of between 150-200 animals. Some of these remedies are: smoke from burning owl feathers, nails and skin for insomnia; owl meat, meat of cat, mongoose and jackal (in the guise of rabbit), snake (disguised as eel), and crow (as partridge) for tuberculosis; and goat meat and blood for excessive blood loss. Lion, bear and tiger meat (disguised as venison) is also listed as being highly potent. In addition to freshly cut fish, fish oil, eggs, egg shells, deer horns, pigeon blood, partridge meat, goat blood and meat, the following are frequently utilised in Ayurvedic preparations:

<i>Amber</i>	Ambergris Sperm whale
<i>Gandhamarjar virya</i>	Semen of civet cat
<i>Godadhi (takra)</i>	Curd of cow's milk
<i>Godugdha</i>	Cow's milk
<i>Goghrtta (ghrta)</i>	Ghee made from cow's milk
<i>Gomutra</i>	Urine of the cow
<i>Gorochana (Rochana)</i>	Bile of the ox or cow
<i>Laksha</i>	Lac
<i>Madhu</i>	Honey
<i>Mayurpiccha (Pilikkamu)</i>	Peacock feathers
<i>Mrgamada (Kasturi)</i>	Deer musk
<i>Mukta</i>	Shell of the pearl oyster
<i>Navaratna</i>	9 gems including pearl and coral
<i>Pravala (paviza)</i>	Coral
<i>Samunderphana</i>	Cuttle fish bone
<i>Shankha</i>	Conch
<i>Siktha</i>	Beeswax
<i>Varatika</i>	Shell (cowrie)

Manufacturers of Ayurvedic products need to obtain a licence and get their formulations cleared from the State Drug Controlling Authority. Although they have to list the ingredients on labels, it is not mandatory for them to affix the green veg or brown non-veg symbol on their products. It is therefore advisable for vegetarians to read the long lists of ingredients carefully before consuming. For example, Patanjali Ayurved's *badam pak* which falls under the category of an Ayurvedic proprietary medicine and food supplement, has pearl oyster (*mytilus margretiferus*) listed as an ingredient, but the bottle displays a green veg symbol.

Pearls and Pain are Synonyms

What is common to pearls, fur and silk? All three species are killed for their body-parts to adorn humans. Why pretend not to know?

There is no difference at all in the torture oysters are subjected to and the torture that is inflicted upon animals in laboratories for so-called research and testing of products.

The oyster covers the grit pieces (like splinters under our skin) embedded naturally or artificially in its body with layer upon layer of nacre. It is made to suffer continuous irritation and pain for not days or months but a minimum of 1½ years up to 7 years. It is then split open and killed by twisting the adductor muscle that holds its shells together. The pearls, if formed are scooped out with a sharp knife. No more than 30% of the 80% oysters which survive, develop useable pearls.

Irrespective of the type, colour or name given to pearls, and whether they are termed natural, cultured, artificial, fake, imitation or simulated, ALL pearls have a hidden history of pain and killing because even the man-made ones use fish scales or luster and dust from cultured pearls in their making.



Freshwater Pearl Culture.

Photo courtesy: Pearl Farming Project (India)

Let it therefore be known that not a single pearl is ever produced without a background of years of intense suffering to many more than one oyster.

Those who wear pearls or sell them often say they are not “real”. Are they not vain?

Vanity is osteoporosis of the soul.

POPE FRANCIS

Vatican Radio, September 22, 2016

Mother-of-Pearl

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, buttons for clothing, cutlery handles, light shades and musical instruments, so one has to be super-alert to avoid them when shopping. Whether natural, bleached, or dyed, the shimmering pearly layers are always visible.

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.



Moonstones resemble pearls in looks: a compassionate alternative.

Vegan Recipe

Cucumber

The **cucumber** originated in India and has been cultivated for at least 3,000 years. It is considered a vegetable by most people, but scientifically speaking it is a fruit since it develops from flowers and contains seeds.

Cucumber/khira/kankri is from the gourd family and usually consumed raw as a salad therefore called slicing cucumber. It maintains the alkalinity of the blood and acts as a diuretic. With 96% water content it keeps us well hydrated. It makes a great base for vegetable juice.

Gherkins are small whole cucumbers that are pickled in brine, vinegar, sugar and spices. They are high in potassium, Vitamin K, Vitamin A and beta-carotene.

European cucumbers or **burpless** are seedless ones and do not need to be peeled before consuming.

Benefits of consuming cucumbers include preventing constipation, lowering blood pressure and reducing the risk of kidney stones. They can also help in diabetic management and improve complexion.

The saying "cool as a cucumber" is derived from its ability to cool the blood. Slices of cucumbers are placed over eyes during a facial to ease swelling. A slice of cucumber pressed to the roof of the mouth with the tongue for half a minute will get rid of bad breath.

Cold Cucumber Soup

(serves 2)

Ingredients

- 1 cup light fresh coconut milk
- 1 large seedless cucumber
- 1 medium avocado
- 1 tbsp olive oil
- ½ cup fresh parsley
- ¼ cup fresh dill/savaa
- 2 tsp lemon juice
- freshly ground pepper
and salt to taste



Preparation

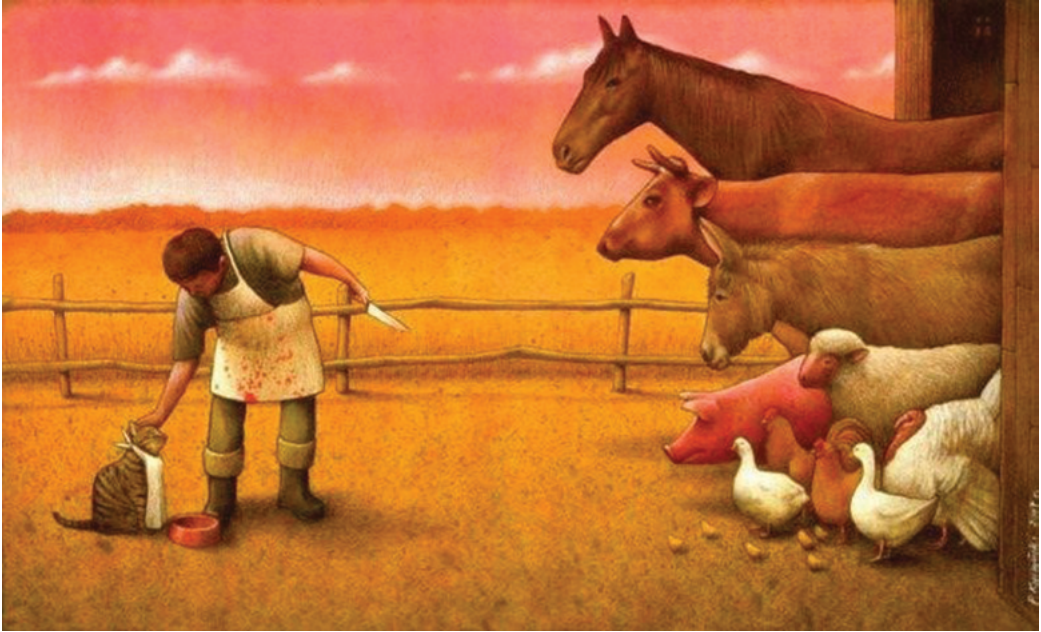
Using a mixer, blend all ingredients at high speed.

Cool in fridge.

Serve cold with nutritious multigrain bread which has been toasted.

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.

Food for Thought



Why Kill Animals to Feed Other Animals?



For Some, It's Easy to Hide the Fact From Themselves That Their Meal was a Living Being.

STOP EATING MEAT, DAIRY, FISH & EGGS?

“It’s Impossible” said **Pride**.

“Others do it” said **Jealousy**.

“It’s pointless” said **Ignorance**.

“I refuse to quit them!” said **Anger**.

“Who cares about animals?” said **Greed**.

“Give it a try” whispered the **Heart**.

— The Buddha, *The Vegan & You*



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

Tel: +91 20 2686 1166 Fax: +91 20 2686 1420 E-mail: admin@bwcindia.org Website: www.bwcindia.org