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# COMPASSIONATE FRIEND

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

## Inside:

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# Eating insects

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## In this issue



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**Cover:** ***Praying mantis. Photo courtesy:*** **Neeraj Mishra**

# Editorial

## Creative eating

More people may be growing their own vegetables by 2035. The world population of seven billion is expected to become more than nine billion by 2050; with climate change, limited resources like land and water, and growing wealth in developing countries — where more people are clamouring for better diets — food prices are bound to go through the roof. Food and technology shouldn't mix but many feel that, if we're going to feed the planet, solutions may come from laboratories as well as farms, so scientists are trying to engineer food that's tastier, more nutritious and sustainable.

Packaged foods may be engineered to provide more of the nutrients we need. Supratim Ghosh is developing several applications for food nanoparticles, including some that could serve as fat substitutes, at the University of Saskatchewan: made of a naturally indigestible material, they'll pass through the body without being absorbed. Scientists think food will be used to prevent disease.

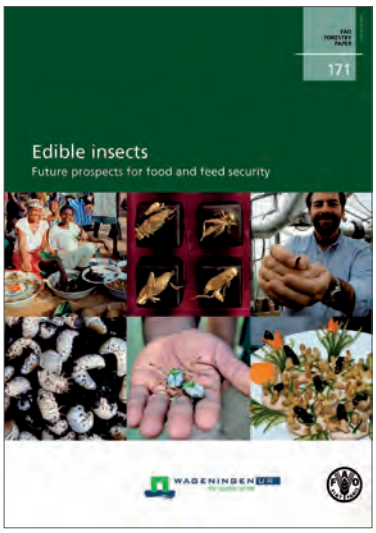
Humans won't eat as much meat in the future, because the way they get their meat isn't sustainable. Livestock production took up 30

percent of the planet's land surface, according to a 2006 United Nations (UN) report, and produced more greenhouse gas emissions than all the cars and trucks on the roads. Eating a four-ounce hamburger is equivalent to leaving your bathroom tap running 24 hours a day for a week. Only a small percentage of the world's population may be vegetarian but, as meat prices climb, more people will have no choice but to cut back.

Either that, or switch to new proteins that are bound to flood the market. Smaller animals, which are less resource-intensive, could start popping up on the menu, like rabbit, or even edible insects (including crickets, June beetles and caterpillars), which are already consumed in some parts of the world, and at adventurous North American restaurants.

Nearly one billion of Earth's seven billion humans are already chronically hungry, and there will likely be an additional two billion mouths to feed by 2050. But rather than doubling traditional efforts to fight hunger, a new UN report suggests a more avant-garde approach to feeding the world, apart from biotechnology: less beef, more beetles.

The UN's Food and Agriculture Organization (FAO) has released a report hailing the potential of insects as food and feed and gathering information and research on edible insects. "Insects as food and feed emerge as an especially relevant issue in the twenty-first century due to the rising cost of animal protein, food and feed insecurity, environmental pressures, population growth and increasing demand for protein among the middle




UN FAO Report cover. The report foresees more varied non-veg fare. *Photo courtesy:* UN FAO.

classes. Thus, alternative solutions to conventional livestock and feed sources urgently need to be found. The consumption of insects, or entomophagy, therefore contributes positively to the environment and to health and livelihoods," says the report.

Globally, the most commonly-consumed insects are beetles (31 percent), caterpillars (18 percent) and bees, wasps and ants (14 percent). Following these are grasshoppers, locusts and crickets (13 percent), cicadas, leafhoppers, planthoppers, scale insects and true bugs (10 percent), termites (3 percent), dragonflies (3 percent), flies (2 percent) and other orders (5 percent).

Meanwhile, food is wasted on a colossal scale. Wheat rots in Indian warehouses while diners throw under-done steaks in western garbage cans. "Dumpster divers" salvage edible food from Winnipeg garbage. These include zucchini, tomatoes, leeks, carrots, lemons, lettuce and spinach, packages of cream cheese, frozen hamburger patties, plastic tubs of margarine and sour cream — the latter but a day past their expiry dates. One diver, who graduated with a degree in international development recently, has been "diving" — the practice is also known as "urban foraging" — for the past four years. He usually goes out once a week to get groceries for himself and his three roommates. His monthly food bill has been as low as $4.

Lab and unusual foods may be unnecessary if waste can be controlled and more people become vegans.

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# Pass the fried insects

*by Khurshid Bhathena*

The Greek for "insect" is *éntomon* and for "to eat" is *phagein* which is how the word "entomophagy" originated. The consumption of insects by humans is known by this word, though animals that eat insects are known as insectivores. Certain carnivorous plants also trap and consume insects.

How many of us have observed insects carefully? Their bodies consist of head, thorax, abdomen, legs, eyes and antennae. No doubt, perfection personified. Tiny and delicate, the slightest touch can harm their limbs or wings, bringing their lives to an end.

## Dying for dyes

In India cochineal, the red colour derived from a parasitical Mexican cactus insect, is banned in foods, but permitted as an ingredient in medicines, cosmetics and hair oils! Only the female insects are used: they are killed by immersion in hot water, then dried and crushed to produce a fine, red powder.

Up to 70,000 cochineal insects are killed to produce half a kilogram of crimson dye used to colour fabrics such as traditional woollen Jamawar shawls.

As many as 300,000 lac insects are killed to produce just one kilogram of shellac. That's why the insects and 100,000 are both called "lac"! Shellac resin consists of lac larvae, insect parts, and wings. Shellac is a permitted ingredient (E904) in foods. In fact, it is used in an unimaginable number of products ranging from glazing on confectionery to sealing wax and furniture polish.

## Commerce overrides compassion

No different from shellac production, India is also foremost in silk output and bee-keeping is fast expanding, both insect-derived.

Bees have always been exploited by man in the production of honey and other products. Some people have given up eating honey on coming to know that a bee has to make about 10,000 trips to a flower for a mere teaspoonful of honey.

Then there is silk: to produce 100 grams of pure silk, approximately 1,500 chrysalises are killed. The worms within the cocoons are boiled alive and become part of the silk produced in the case of conventional silk whereas, in the case of so-called "Ahimsa silk," although the cocoons used contain no worms, the moths that emerged from them are always destroyed.

## Silkworms and different grubs

Fried or boiled silk worms are consumed as a winter snack in Meghalaya. The eri are a particular variety of edible worms. They are sold by worm-vendors in Lewduh (Bara Bazaar), one of the biggest markets in the North-East.

*Eri Polu* or silk worm pupa is an Assamese delicacy. *Photo courtesy:* www.instablogs.com.

*Beondegi*, or boiled silkworm chrysalis/pupae, are commonly sold on the streets of Korea. Witchetty grubs are larvae which feed on the wood and roots of the Witchetty bush in Australia. They are eaten by Aboriginals and are also used as fish bait. Palm grubs are edible weevil larvae. Mealworm is a worm, and Mopainie Worms are caterpillars.

*Chaprah* or chutney made from red ants eaten by a tribe in Chhattisgarh. *Photo courtesy:* www.tripsideways.com.

Closer home, ants and their eggs are eaten. Leaf bundles of ants' eggs are sold at Bihari tribal fairs. A tribe in Chhattisgarh consumes red ants: they ambush, hand-pick and grind them to death, along with their eggs, to make chutneys. In Brazil, *icas* or queen ants are hunted and consumed as a rare delicacy. Mexicans call the larvae of ants they eat *escamoles*.

All these creatures, and grasshoppers, crickets, locusts, cicadas, beetles, bugs, bees, wasps, termites, dragonflies, flies, beetles, cockroaches and other insects, butterflies and moths included, are eaten somewhere or the other, around the world. Indians who have tasted such street food in Thailand say the insects taste just like fried *bhindi* or ladies-fingers.

In 2012, a 32-year old American died, but won a python valued at $850, at a Florida reptile house contest requiring people to eat the most bugs in four minutes. After consuming several dozen cockroaches and worms he vomited and, though picked up by an ambulance, was pronounced dead.

## Food for thought

The Edible Insect Program, launched to fight world hunger, global warming and pollution, based on the May 2013 report by the United Nations Food and Agriculture Organisation (UNFAO), came as a shock to many.

Why? Are insects not creatures like others? Or is it that only large size matters? Many who eat goats wouldn't like to eat red ants, despite claims that they are highly nutritious.

According to the UNFAO report, two billion people from Asia, Africa and Latin America, are already eating insects such as grasshoppers, crickets, beetles, caterpillars, bees, wasps, locusts, termites, flies, ants and their eggs. (The list doesn't seem to be complete because humans are known to eat other creepy-crawlies and snakes, lizards and rats, too.)

The UN sees potential for farming these tiny lives, and others like arachnids, spiders, and scorpions for food. To begin with, a South African fly factory that rears flies to transform blood, guts, manure and discarded food into animal feed has been awarded a $100,000 UN-backed innovation prize.

## No meat, no heat

We are looking at a new type of factory farming: that of insects which can, it is claimed, convert two kilograms of feed into one kilogram of edible meat, as against eight kilograms of cattle-feed required for the production of a kilogram of beef.

Zero meat production would translate into a drastic reduction in livestock pollution, because animals would stop being bred for slaughter. It is therefore puzzling that, instead of discouraging the raising of animals for their flesh and encouraging people to live off the produce of the land, the UN thinks it fit to farm over 1,900 edible insect species for food, so that entomophagy may be introduced throughout the world, though it is taboo in most cultures and countries.

Such a warped attitude is scary. Each and every insect species plays an essential ecological role in our world's fragile environment. Upsetting this balance can cause irreversible harm.

If we want to help the world and ourselves we should stop eating animals and birds, not start eating insects as well.

*Khurshid Bhathena is a* BWC *trustee, and its honorary secretary.*

# Fact, not fancy

## From fibre to fabric

*by Nirmal Nishchit*

All fabrics are made from fibres in three major steps: fibre is spun into yarn; the yarn is woven, knitted or felted into fabric; the fabric is finished.

Fibres are thin threads, including animal hair and other body parts. It is important to know which fibre is used in the making of a fabric in terms of animal ingredients, i.e. whether the fibre is animal-derived like silk, or non-animal-derived like cotton or nylon.

We also need to know if the manufacturing process involves ingredients like animal fat, added for sizing, or pancreatic enzyme, used for de-sizing.

"Sizing" is a starchy or gelatinous coating applied to the warp and allowed to dry. Sometimes, a small amount of animal fat (mutton tallow) is added to soften an otherwise non-animal "size."

Natural fibres could be of vegetable, plant or animal origin. More than 50 percent

*Photo courtesy*: Mindsets.

of fibres produced worldwide fall into the "natural fibres" category, and two-thirds of the 30 million tonnes of natural fibres produced are cotton. Wool and jute constitute 2 and 3 million tonnes.

There are over a hundred plants from which suitably long and strong fibres may be obtained. They are derived from stems of plants, leaves, soft inner bark (bast fibre), and seeds.

Animal hair, fur and secretions are classified as natural protein fibres. Some creatures killed for their body-parts, including fibres, are rabbits (Angora wool), camels, goats (like Cashmere and Mohair wools), sheep (wools like Merino and Cotswold), lambs, and silkworms.

Regenerated fibres are also made from biodegradable materials. The fibres are artificial, but not truly natural or synthetic. Called cellulosics – since derived from regenerated proteins like cellulose, cotton, flax, zein (maize/corn), seaweeds, wood-pulp, peanut, soy bean and casein (milk) – rayon or viscose is commonest.

Synthetic fibres, made from petro-chemicals (oil and coal), are stronger than natural and regenerated ones. The common ones are acrylic, nylon, polyester and polyethylene.

Blending fibres reduces cost and improves appearance, performance, and comfort, making for better fabric care. Polyester-cotton, cotton-lycra, acrylic-wool and silk-cotton are commonly-blended fibres.

### Sizing

Yarn is derived by twisting fibres and spinning them to the required thickness and length. The two yarns used for weaving are called the warp and weft. The length of the fabric is determined by the length of the warp yarn on the loom, whereas the weft yarn forms the width. The warp yarn that forms the basic structure, through which the weft yarn is woven, is strengthened with "sizing" prior to weaving.

Sizing/size is essential for all yarns (*Khadi*, handloom and textile mill weaving) but is optional for double yarns, i.e. when two yarns are taken together and twisted.

Various substances are used as sizing, such as acrylates (textile chemical), bone/hide glue (animal-origin), carboxymethyl cellulose

(textile chemical) flour, gelatine (animal), maize, polyvinyl alcohol (textile chemical), and potato, sago and wheat starches.

After weaving, the cloth is de-sized or washed. Pancreatic enzymes, derived from the pancreata of slaughtered animals, are sometimes used in sizing removal.

Thus, sizing and de-sizing may both contain substances of animal origin.

## Dyeing, printing and finishing

Dyeing may be carried out when in fibre, yarn or fabric forms. Textile dyes may be natural (extracted from animals and plants) or synthetic.

The majority of natural dyes or colorants are from plants (roots, berries, bark, leaves and wood) and called vegetable dyes. Other sources are fungi, lichens, and invertebrates. Mineral-derived colours also fall into this category.

Dyes derived from animals are cochineal insect (red), cow urine (Indian yellow), kermes (red), lac insect (red, violet), murex snail (purple), octopus/cuttlefish (sepia brown). In addition, some pigments utilised are gamboge (plant), indigo (plant), rose madder (plant) and Tyrian purple (animal-origin).

Synthetic dyes have replaced natural ones to a great extent, and are industrially produced from different chemicals. Derived from (vegan) coal tar, they are more popular than natural colours.

Single or multi-coloured design printing on fabric is done by various methods, e.g. *batik*, block, digital, screen (silk-screen printing is giving way to polyester-mesh-screen printing).

Different finishes, are undertaken as required: anti-bacterial, anti-static, flame-retardant, wrinkle-free, soil-repellent or water-repellent.

Fabrics that are sold as environment-friendly may contain animal ingredients, not only by way of fibres (silk and wool are the most common) but colours and processing aids too.

## Silk, wool and cotton

In the case of silk fabric, the fibre used is also called "silk" and, if it's pure silk, a silk mark may be affixed. The absence of the silk mark does not indicate an absence of silk. To produce a hundred grams of pure silk, approximately 1,500 chrysalises have to die.

In wool too the raw material is called "wool," and the fabric "worsted," and it may carry one of the many wool marks. We shouldn't, as the idiom goes, have the wool pulled over our eyes; wool is a product of sheep husbandry, representing cruelty to, and the deaths of, sheep.

India has over 20 varieties of cotton and 4 million handlooms producing cotton cloth. Traditional cotton-weaving revolves around *khadi*, for which hand-spun yarn is used. Wool and silk yarns are also used to make *khadi*. Thus the word *khadi* does not indicate, in itself, the presence or absence of animal derivatives, just as a handloom mark would not.

## Caution

The textiles sold in shops for making various items are referred to as fabrics but, broadly speaking, fabrics, textiles and cloth are synonyms. "Material" is the substance or ingredient of fibre that is used to make the fabric, e.g. cotton is a material, and denim a fabric.

Fabrics' names do not always indicate the fibres utilised. When purchasing fabrics by the metre, or saris, ask to see the stamped details which state the percentages of fibres utilised. There is no way to ascertain, in a shop, whether animal substances in sizing/de-sizing, or colours, were used or not during manufacture.

# Retail reptiles

*by Ashoke Dasgupta*

Darting around with beady eyes and scaly skins, lizards — like other reptiles — rarely seem warm or cuddly to us. Yet, to their family members, lizard species might be just that. An Australian study found they form close-knit families, featuring relatively monogamous parents and sprawling tunnel homes built and maintained with their youngsters' help.

However monitor lizard, snake, python, crocodile and alligator skins, and the feathers and furs of endangered species and other creatures, are routinely imported into India.

You may be excused for not knowing this or being surprised, but not the Customs authorities. They haven't been spotting those who bring in or import such items, probably because the skins do not enter India as raw material, but as designer handbags, shoes and other items – they are simply marked as leather (even cow, calf and ostrich), like "leather shoes" or "leather handbag" even though they cost as much as cars!

They may be purchased abroad and brought in by smugglers who sell them to celebrities, or they may even arrive in the celebrities' suitcases. Celebrities are known to afford and covet such cruel "luxurious" branded accessories. Since such items cost lakhs of Rupees, the celebrity gets publicity when photographed for Page Three — and the product gets promoted.

Fashionable handbags, footwear and headgear, made from the body-parts of murdered wildlife, are sported by the rich and famous at high-society events and race courses where, incidentally, horses also suffer intense cruelty behind the scenes.

Some internationally-coveted wrist-watch brands have calf leather or genuine reptile-skin straps, easily imported by their franchisees as single units or complete items, not separately as watch-straps or watch-accessories. And then, there are high-end laptop sleeves and mobile cases of genuine reptile skin that come in, unnoticed, as wildlife products.

Advertisements and brand promotions target Indians needing such ill-conceived status symbols via foreign designer items. They are brazenly advertised in high-society magazines such as *Vogue*, *Hello*, and sometimes in unexpected ones like *Business World*. An office bag made of alligator skin from a fashion house collection sells for over ₹ 7,00,000 but usually the "price is available on request" and the prospective purchaser needs to place an order with the international company's store or representative in India. The item is then imported as part of a consignment containing

*Treated skin at a snake skin factory. Photo courtesy: Tommy Pettersson.*

Snakes hung alive by their heads.

An employee washes snakes before further processing.

*Slitting a snake carcass. Photos courtesy:* Tommy Pettersson.

products that are not all wildlife-derived; and it isn't even specifically listed or described in full, in the declaration for the authorities.

Some stores, noting how they got away with bringing in items without difficulty, have begun stocking "Limited edition for India" goods like alligator and ostrich clutch bags, whereas other brands continue with their customised "Made to Order" exclusive and expensive offers of crocodile and other exotic-skin "masterpieces." A few get around the law by importing reptile-skins like anaconda (similar to python) which get discreetly advertised in articles on luxury goods.

Crocodiles, giant snakes and monitor lizards are the three largest groups of reptiles poached for their skins worldwide. The surreptitious imports of such wildlife items need to be clamped down on, because they trigger more poaching here.

It should not be forgotten that many leather goods made in India are exported to designers abroad and should they ask for, say, snakeskin, the Indian manufacturers may oblige, declaring the items as calf leather embossed to look

like reptile skin. On reaching their destinations, the items are re-labelled as genuine snake skin.

Wildlife poachers have already begun to use India Post, illegally, to smuggle products out of the country. Deer antlers, reptile skins, elephant-ivory and tiger-nails have been intercepted but, unfortunately, many parcels have left the country undetected. The culprits have not been located because the senders' addresses on the parcels are fictitious.

BWC has written to the Minister of Finance requesting appropriate action via the Central Board of Excise and Customs. It has also alerted the Department of Posts.

BWC has been pointing out to the Ministry of Environment & Forests, for many years, that they should not feel that, unless wildlife products are of Indian origin, it does not concern them. If the trade in Indian and African ivory, which falls under CITES, can be checked, why not the trade in other wildlife skins? The wildlife authorities need to warn retail outlets against promotion and importation.

*Ashoke Dasgupta is the editor of* Compassionate Friend.

Killing snakes and lizards. *Photos courtesy:* Tommy Pettersson.

## A part of the whole

**Five sound reasons why NOT to use a reptile-skin watch-strap:**

A reptile skin watch strap.

1. A small piece of skin can not be obtained. The whole skin is removed and then cut, so the reptile is first caught and killed.
2. A small piece looks small on a wristwatch placed on a human hand, but it is a big portion of the living reptile's skin.
3. Slowly but surely, watchstraps are driving reptiles such as monitor lizards to extinction.
4. They will not be killed anyway. There is a growing demand from the luxury goods market so, by purchasing watches with reptile-skin straps, consumers are indirectly supporting their killing for illegal trades.
5. Being the skin of a killed creature, it may emit negative vibrations harmful to the wearer.

# Around the world

## Social conditioning

Whether it's learning a new song, figuring out how to use tools to forage for food, or picking up the local customs, learning from others is an important part of life for many animals, including people.

The idea of a culture or traditions — behavior shared by an identifiable group and acquired through social learning — in cetaceans, a group including whales and dolphins, has been controversial.

But a new study finds strong evidence that a group of humpback whales (*Megaptera novaeangliae*) in the Gulf of Maine, USA, is sharing a newly-observed feeding behavior via their social networks.

That behavior, called lobtail feeding, was first recorded in one whale in the Gulf of Maine in 1980. Since then, 278 humpback whales — out of about 700 observed individuals that frequent the Stellwagen Bank area — have employed the strategy, according to the study, published in the journal *Science*.

"I've been arguing for over a decade now that cultural transmission is important in cetacean societies," said study co-author Luke Rendell, a marine biologist at the University of St. Andrews in Scotland.

## "How to raid a fur farm"

Anonymous animal rights activists have published a "guide to destroying the fur industry," which lists numerous Utah fur farms as US targets.

The publication, titled "The Final Nail #4," is associated with the Animal Liberation Front, a group known for extreme animal rights actions against fur farmers including vandalism, arson, harassment and raids during which thousands of fur-bearing animals are set free.

The FBI has branded the group a domestic terrorist organization.

The guide contains a state-by-state directory of fur farms across the USA, including a list of more than 60 Utah farms with addresses and owner contact information.

Hundreds of copies of the publication were posted online and mailed nationwide to animal rights group members in May 2013, and each time an edition of "The Final Nail" is released, a "wave of fur farm raids" follows suit, the Animal Liberation Front claimed in a press release.

After "Final Nail #3" was published in 2008, about 6000 animals were released from a Kaysville mink farm. The group claimed responsibility for the raid, saying three of its "soldiers" were responsible.

Since threats from the group have been a constant concern, the newest publication may not prompt additional worries.

In addition to the list of addresses and contact information, the group's publication provides detailed descriptions and photographs of fur farm locations, a "most wanted" list, as well as a guide on "How to Raid a Fur Farm." It describes what equipment to bring, where to park, and how to avoid getting caught.

The authors of the publication claim that more than 130,000 fur farm animals have been released since 1986.

# BWC news & views

## Puppy mills

Till 15 April 2013, anyone could bring two pets into India as personal baggage. This misused rule has been amended: pets may be brought in only if shifting residence.

Those who have lived abroad for at least two years are now allowed to bring their pets into the country as part of their personal baggage.

Pedigreed dog and cat traders, breeders and prospective owners have been affected. They are, by and large, the same cruel people who see nothing wrong in docking tails, cropping ears, de-barking, filing teeth and removing dogs' dewclaws.

Those who desired pedigreed dogs searched the net for breeds they fancied, called up pet shops and ordered pups, which appeared on their doorsteps within a month. Imported from Thailand, Malaysia, Russia or Uzbekistan, the high price paid for the animal became a talking point and status symbol. What they did not see, or bother to know, did not affect them in the least –

This is how the international pet trade flourishes. *Photo courtesy:* She Knows Pets & Animals.

the squalid conditions under which the pup had been bred abroad for commercial gain.

More often than not, the pup was loved and taken care of initially but, if the kids got tired, the animal was discarded like their other stuffed toys. Some of these foreign breeds could not bear the heat of India and, sadly, succumbed to it.

Let's hope that dogs are not smuggled in, and more puppy mills don't rear their ugly heads in India. Puppy mills are unlicensed, unmonitored businesses which breed pedigreed dogs with the sole aim of producing and selling the maximum number of pups at optimum prices. The dogs are not part of a family environment, and the conditions under which they are housed are incredibly unhygienic and terrible. One would never imagine their origins when displayed at dog shows, or sold with long, impressive pedigrees.

## Greyhound racing

Thanks to the new baggage rules, greyhounds and *bully kuttas* are no longer allowed into the country by flying in and flying out for racing, or being brought in from across the border to participate in dog-fights.

Hunting wildlife is an integral part of training greyhounds to race. *Photo courtesy:* T. Narayan, Outlook.

Consequently we were getting complacent when we were suddenly informed that the Punjab government had given its nod to a draft bill seeking to legalise betting on horse racing; to build a race course for horses; and another track for dog-racing. The news item claimed that nearly 1,000 unofficial greyhound races are held in Punjab every year.

BWC-India and CAPE-India are continuing their efforts to prevent greyhound racing being legalised so that the present illegal hunting of wildlife, used as greyhounds' training, will stop, the cruelty and suffering inflicted on greyhounds' and other small lives will not occur, and serious problems for greyhounds, animal welfare NGOs, wildlife authorities, and even for the Punjab government itself, will not arise.

## Ponzi schemes

In May 2013, on reading in the newspapers that an Inter-Ministerial Group, led by an Additional Secretary from the Department of Financial Services, had been set up to recommend giving adequate powers to control Chit Fund and Ponzi scheme frauds in India, Beauty Without Cruelty requested the Finance Minister to safeguard the interests of animals as well.

This was in the context of the Emu Farming Ponzi schemes. Tamil Nadu witnessed a total collapse of this livestock farming industry in August 2012. Emus had been circular-traded, birds only being sold to new farmers. Chicks were peddled in lots of 20 for Rs. 2 lakhs, under the scheme's promise of tripling investment in five years. As soon as the investment fraud came to light, most emu promoters abandoned thousands of birds to go underground.

Thousands of emus were left to starve after farms collapsed. *Photo courtesy*: K. Dharma Rajan, Tehelka.

The same hype is being projected in other states, since then, despite barely-existent, insignificant, markets for emu eggs, meat or oil. In June 2013, it was reported that 80 percent of Maharashtrian emu farmers had abandoned their emus to revert to growing crops.

Internationally, ratite farming never resulted in expected returns; the industry has always been rife with scams. But the lure of easy money is irresistible, so scant thought is given the fact that birds are bred and raised to be killed. Both birds and humans end up suffering severely.

BWC also wrote to the Minister of Corporate Affairs about the "Cattle and ghee" Ponzi scheme, which attracted the attention of the SEBI (Securities and Exchange Board of India) in 2011. The company was raising money from the public for the purchase of cattle with a promise to at least double (depending on cattle and ghee prices) the investment at maturity, with the option to withdraw in a month!

## BWC **bookmarks for free distribution**

We request readers to help distribute our "Phonetic Alphabet for Animal Activists" bookmarks to as many students as possible. Please let us know how many you may be able to distribute, even if just a few for yourself and friends.

**Phonetic Alphabet for Animal Activists**

Developed by
Beauty Without Cruelty

| | |
|---|---|
| A | Animal |
| B | Bird |
| C | Cow |
| D | Dog |
| E | Elephant |
| F | Fox |
| G | Goat |
| H | Horse |
| I | Insect |
| J | Jaguar |
| K | Kangaroo |
| L | Lion |
| M | Monkey |
| N | Nightingale |
| O | Ox |
| P | Parrot |
| Q | Queen bee |
| R | Rabbit |
| S | Sheep |
| T | Tiger |
| U | Unicorn |
| V | Vulture |
| W | Whale |
| X | X-Rayfish |
| Y | Yak |
| Z | Zebra |

# FYI

## *Rakhis*

*Shravan* month's full moon is celebrated all over India as *Raksha Bandhan, Narali Purnima, Grahama Purnima, Kajari Purnima, Pavitropana, Janyo Punyo* and *Balram Jayanti*. Of these *Raksha Bandhan,* also called *Rakhi Purnima,* is the most commonly observed Hindu festival when *rakhis,* colourfully-embellished sacred wrist cords, re-affirm sibling relationships.

The ceremony involves a sister tying a *rakhi* on her brother's wrist followed by their feeding each other a piece of *mithai*. Cousins and *muh-bola-bhais* are often elevated to the status of *rakhi*-brothers.

The *rakhi* symbolizes the sister's affection and goodwill for her brother. In return he gifts her cash and, maybe, a sari, promising to help and protect her.

With commercialisation taking over, different types and styles of *rakhis* have become available. Most of them contain animal-origin items such as *resham*/silk thread, silk *zari*, seed pearls, tiny sea-shells, shellac-coated beads, peacock feathers, leather cords, and may be

scented too. Unfortunately, even pure vegetarians rarely notice these things when purchasing *rakhis*.

*Resham*/silk thread and silk *zari* are commonly used in place of the traditional cotton thread. The use of silk thread is *hinsak* enough, but some have succumbed to using leather cords. Seed pearls, tiny sea shells and shellac-coated beads are used to decorate the *rakhis* in floral designs. A peacock feather may be stuck on as an added embellishment. If it smells sweet, the scent may contain an animal fixative.

*Rakhis* made without any animal-origin items can be easily picked out. Beauty Without Cruelty requests you to be discerning and ensure the *rakhis* you buy and gift, or even accept, are *ahinsak*. We also request that the return gifts be discerningly chosen – for example, no silk saris.

# Vegan recipes

## Carrot

Carrot/*gajar* is one of the highest sources of beta-carotene, a precursor to vitamin A, as well as other carotenoids such as alpha-carotenoid, beta-cryptoxanthin and lutein. A single big carrot, or half a cup of carrots, a day halves the risk of lung cancer, and can lower blood cholesterol.

In a Harvard study of 87,245 female nurses, consumption of carrots significantly reduced stroke risk. Women who ate five servings of carrots a week suffered 68 percent fewer strokes than those who ate carrots less than twice a month.

Cooked carrots supply more antioxidants to the body than raw ones. A 2008 report in the *Journal of Agriculture and Food Chemistry* said boiling and steaming preserves antioxidants better, particularly carotenoid in carrots, than frying, though boiling was deemed best.

## Recipes

### Carrot–walnut cake *(12 pieces)*

#### Ingredients

1¼ cups sugar
2 cups flour
2 teaspoons cinnamon
1 cup chopped walnuts
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
3 cups shredded carrots
¾ cup olive oil
½ cup orange juice
1 cup raisins

#### Preparation

Pre-heat the oven to 350°F/180°C.

Mix by hand (not mixer): sugar, flour, cinnamon, walnuts, baking powder, baking soda and salt.

Add carrots, oil, orange juice and raisins, mixing well between additions.

Grease cake pan with oil. Put batter in and bake for 45 minutes.

### Carrot soup *(serves 4)*

#### Ingredients

4 big red carrots, grated
2 teaspoons oil
1 onion, sliced fine
2 teaspoons curry powder
2 tablespoons cornflour mixed in
½ cup water
¼ cup fresh coconut milk
Salt and pepper to taste

#### Preparation

Heat the oil, then sauté onion with curry powder for 3 minutes.

Add carrots and sauté for 6 minutes.

Add 9 cups water. Let simmer for 30 minutes.

Cool, strain, and reheat (optional).

While simmering, add cornflour.

Cool slightly, then add coconut milk, and salt and pepper to taste.

Serve immediately with soup sticks.

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

# 一寸の虫にも五文の魂

**Even a one-inch insect has a five-tenths-of-an-inch of soul.**

*— Japanese proverb*

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