

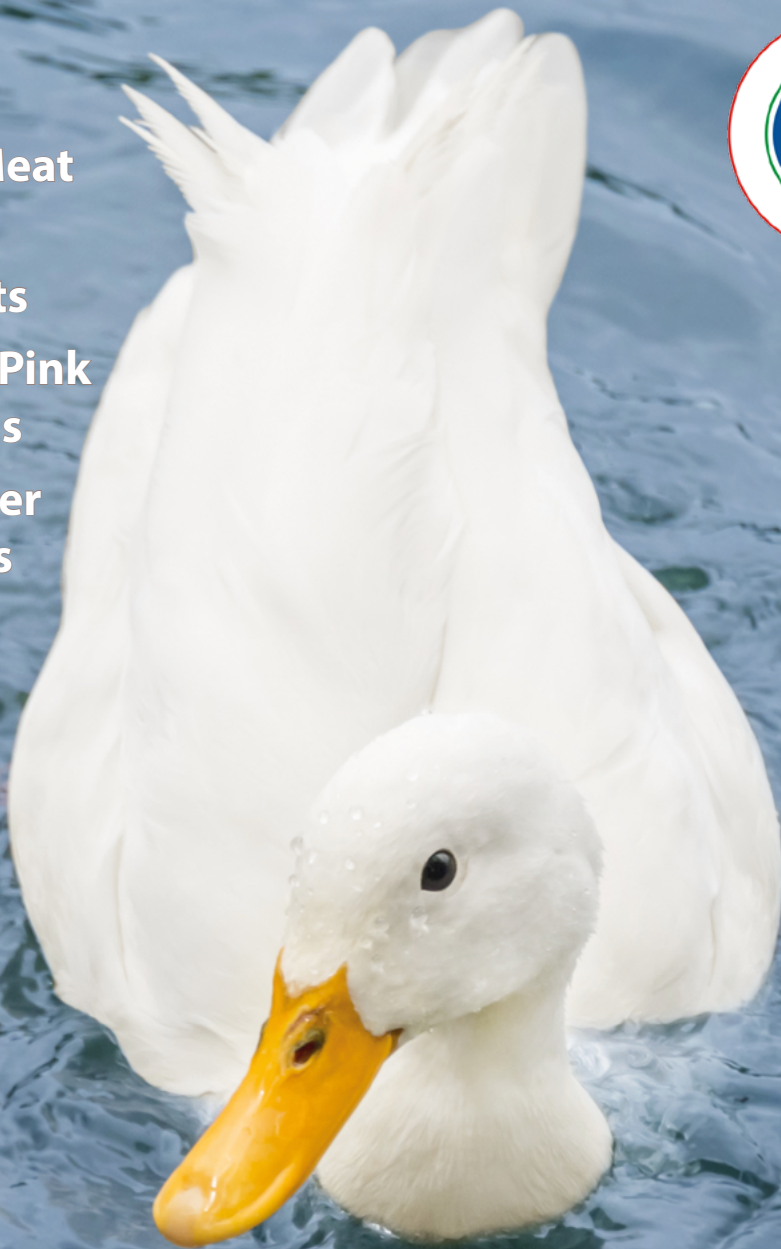
Vol XXXVII No 3 Monsoon 2014

COMPASSIONATE FRIEND

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



**Cultured Meat
Musical
Instruments
White and Pink
Revolutions
Special Offer
for Readers**



India bans *Foie Gras*



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Beauty Without Cruelty

is grateful to

Siddho Mal Charitable Trust

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

COMPASSIONATE FRIEND

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

Published and edited by

Diana Ratnagar

Chairperson, BWC-India

Designed by Dinesh Dabholkar

Printed at Mudra

383 Narayan Peth, Pune 411 030

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From my Desk...

Import ban on *Foie Gras*

In response to an appeal made by BWC to Prime Minister Shri Narendra Modi, his government immediately prohibited the import of *Foie Gras* – liver of ducks, geese or guinea fowls. *Pâté de Foie Gras* production is extremely cruel: ducks are force fed several times a day with a funnel pushed down their throats till such time as their livers get ten times their normal size. They are then slaughtered and their diseased livers turned into a paste called *Pâté de Foie Gras*, consumed by gourmets. Thanks to our Prime Minister, in July 2014 India joined over a dozen countries that have banned it.

Gadhimai

The dates for this year's Gadhimai festival (probably on 28 and 29 November 2014) have not been announced by the temple, but the moment they are, BWC will approach the Ministry of Home Affairs and Bihar state government to stop the movement of animals across the Indo-Nepal border.

At long last

The Supreme Court Bench of Justices K S Radhakrishnan and Pinaki Chandra Ghose stated “Jallikattu, Bullock-cart Race and such events *per se* violate Sections 3, 11(I)(a) and 11(I)(m)(ii) of the PCA Act and hence we uphold the notification dated 11.7.2011 issued by the Central Government, consequently, Bulls cannot be used as performing animals, either for the Jallikattu events or Bullock-cart Races in the State of Tamil Nadu, Maharashtra or elsewhere in the country”. One of the 12 declarations and directions that followed was “Parliament, it is expected, will elevate rights of animals to that of constitutional rights, as done by many countries around the world, so as to protect their dignity and honour”.



Jallikattu is barbaric, not brave. At Pongal, bulls with sharpened horns were goaded to fury and let loose on crowds for men to chase and grab their horns resulting in injuries and death to bulls and humans. Photo courtesy: AFP Photo/STR

Animal Rights and Sentience

The concept of animal rights is based on the fact that animals (all living creatures other than humans) are sentient beings. A sentient being is one who has the faculty of sensation and perception or the ability to feel physically and emotionally. It has been scientifically proved beyond doubt that animals are sentient beings although quite often they are perceived archaically and unjustly as things or movable property. Animals have intrinsic worth and their value can not be based on their usefulness to humans.

BWC believes the rights of all animals need to be acknowledged by every one, including government. As

against the current welfare attitude and measures, animals need specific legal status as sentient beings. They should be granted right to freedom from unnaturally induced pain, the right to shelter and nourishment, the right to express their natural instincts and movement, and most importantly the right to exist without being exploited by man.

Victory!

Kerala's diabolical Kootinoru Kunjadu scheme jointly with Meat Products of India to sell four-month old lambs and chickens to school children and buy them back for slaughter after eight months of companionship, was withdrawn by the government in June 2014 after DAYA and BWC took them to Court.

Birthday Gift to BWC

On its 40th Anniversary, BWC hopes to receive hundreds of pledges promising not to use, consume or witness particular animal exploitation. Although entirely voluntary, we urge readers to consider pledging their support by filling the enclosed form.

Diana Ratnagar
Chairperson

BWC - India turns Forty

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

The late Rt Hon Muriel, Lady Dowding founded Beauty Without Cruelty as an international charity for animal rights in England in 1959. The name Beauty Without Cruelty means that one can look beautiful and have beautiful things without being cruel to animals. The organisation began working for fur-bearing animals by promoting the use of simulated furs which were proudly worn sporting a button which declared “Make no Mistake, my Fur is Fake”. In fact, BWC was the first movement that created a worldwide awareness of the intense cruelties inflicted on animals for the luxury trades – not only for fur and skins, but also other products like perfumes, cosmetics and toilet preparations.

Beauty Without Cruelty – India was started on 12 September 1974. We are independent and accept no foreign aid or donations.

In India, BWC, an educational charitable trust for animal rights, began by focusing on commercial exploitation of animals for vanity. Over the years the organisation has within the framework of its aims and objects (BWC’s mandate does not include hands-on animal welfare work or running a shelter) expanded its scope of work to cover animals subjected to suffering, torture or death in the name of food, science, research, experimentation, dissection, testing, medicine, service, trade, entertainment, training, performance, exhibition, conservation, environment, confinement, genetic engineering, physical alteration, fashion, beauty preparations, toiletries, apparel, accessories, household goods, decorative items, religion, or for any other reason or purpose. This is in keeping with the BWC motto and logo.



The red circle around BWC stands for the fourth element, fire. The outer circle in green is for the environment as a whole.

The Blue-and-Green Ribbon for Animal Rights Activists was designed by BWC. Blue signifies animal rights. Green the veg idea.



Beauty Without Cruelty focuses on:

- Research, fact-finding and investigation through fieldwork, correspondence and study
- Documentation, photographs, films, reports of findings, preparation and publication
- Education and creating public awareness
- Campaigning and lobbying

Please visit www.bwcindia.org to gain knowledge and support our 40-year old movement that guides people to make lifestyle changes that benefit themselves and animals.

Lame Ducks

Like chickens, ducks are subjected to cruel intensive farming practices such as unwanted male ducklings being drowned **says Khurshid Bhathena**

Poultry covers domestic fowls such as chickens, turkeys, ducks and geese. Chickens are out-and-out the majority. Ducks are 10% of the poultry population in India, and 6-7% of the eggs produced are those of ducks.

According to National Bank for Agriculture & Rural Development (NABARD) that promotes a model scheme for duck rearing, there are over 10 million ducks in India thus ranking second highest in the world, the first being Indonesia. Around 600 million duck eggs valued at ₹180 crore are consumed in rural areas of Kerala, West Bengal, Orissa and Andhra Pradesh.

The Khaki Campbell is bred for egg production and the white Pekin duck as table birds, but in the end both get slaughtered. Like chickens, they are subjected to exploitation and cruel intensive farming practices such as unwanted, male ducklings being drowned; they are housed on wire floors; and their eggs are hatched unnaturally in incubators, the settings for which are trial and error temperatures.

Truckloads of ducks are transported interstate to meet the unfortunate increasing demand for their flesh. Duck meat (classified as red meat) is sold as “fresh frozen ducks” by “manufacturers and suppliers” – note the misleading words used to describe the carcasses and breeders-cum-butchers.

Although ducks are often eaten in Kerala, West Bengal, Assam and Kashmir they are not as popular as chicken. Typical Anglo-Indian and Kerala cuisines include duck roasts, and in Kerala duck eggs are common. Peking roast duck, traditionally carved on the table, is found on the menus of Chinese restaurants.



The Khaki Campbell is encouraged as an egg laying breed.
Photo courtesy: berigorafarm.com.au

Cruel Farming Practices

Promoted by the Central Poultry Development Organisation, duck farming is mainly practiced in the eastern and southern states. In 1981 the Central Duck Breeding Farm (CDBF) at Hessarghatta, Bengaluru, under the Union Ministry of Agriculture was established in collaboration with the Government of UK.

CDBF dispatch day-old female ducklings by air to places like Sikkim, whereas the unsold male ducklings (drakes) are killed by drowning. Adults (7 to 8 weeks) to be consumed as meat are dispatched by train to cities like Mumbai.

In the CDBF's management guide on ducks, one of the advantages cited is that ducks need lesser attention than chickens and thrive well scavenging because they eat fallen grain in paddy fields, insects, beetles, grasshoppers, snails, slugs, earthworms, small fish and other aquatic matter. Another so-called advantage for ducks is that commercially they have a longer profitable life than hens since they lay eggs well into the second year.

Space and Water

Restrictions

Each adult duck needs at least 10 square feet space. However this is not provided because confinement in duck-rearing results in better growth (read more meat) with less feed consumption (read less expense and trouble).

Rearing of ducklings can be intensive, semi-intensive or range systems. The housing provided is usually a shed half-heartedly made predator-proof (against rats, birds, etc.) and has wire or solid floors. The safety of ducklings and ducks is not important because even if a few of the flock get attacked

or eaten by predators such as dogs, owls, hawks and rats, it is worth not having spent on secure housing for their protection.

At first the ducklings are given no more than 100 square centimetres hover space under the brooder where temperatures are regulated. They are kept on a wire floor with no more than half a square foot space per bird till they are 3 weeks old. Water drinkers are just sufficient to drink, not dip themselves.

Till the ducks are 16 weeks old, under the intensive system only 3 square feet of space is allowed per bird; in semi-intensive, 2½ to 3 square feet per bird is allowed in the night and 10 to 15 square feet outside run; and under the range system a flock of 1,000 can be reared on 0.405 hectare. The water drinkers allow no more than immersion of their heads. And, the only reason the ducks are allowed to even immerse their heads in water when drinking is because if they do not, their eyes get scaly and crusty and they become blind.

At no stage of duck rearing is it considered essential to provide water for them to swim because swimming is a commercial disadvantage for egg laying strains. This in itself is a big cruelty.

Ducks are waterfowl and water to swim is essential for them from almost day-one, but they are provided with just about enough water to drink and to clean their bills. They are not allowed to swim or duck themselves in water. In fact, they don't even get to see enough water. At the most, they may get a footbath or a tiny pond in semi-intensive and range systems of duck farming.

Made Polygamous and Food Lessened

Ducks are monogamous and it is advisable to raise them in pairs, but it is never put into practice for captive duck breeding. Monetary considerations demand the mating ratio for laying breeds is 1 drake to 6-7 ducks, and in table breeds 1 drake to 4-5 ducks.

Ducks begin laying eggs at 16 to 18 weeks. One small nest box measuring 12x12x18 inches for three ducks is provided.

Their diet consists of wheat, yellow maize, soybean meal, shell grit, fishmeal and vitamins. Although they prefer wet mash, pellet feeding is favoured because of convenience,

less wastage, less labour needed and cleanliness. After 8 weeks their feed is lessened depending on the rate of production. In short, the feed is geared to match their output.

Mortality

Ducks that have been carelessly caught on the side of their body – instead of by the neck – have died suddenly.

Constant veterinary care is essential since ducks are prone to infections, but preventive or other treatment is not ideally given since it is ongoing and expensive. Ducks that are unwell are slaughtered earlier than planned.

They can get Plague, Viral Hepatitis, Cholera, Botulism, Parasites and Aflatoxicosis.

A lame duck is considered a loser and duck farming makes ducks losers because they are specially bred for their eggs and killed for their meat. Like chickens, these birds are considered commercial commodities, not living creatures.

Live Attractions, Feathers and Down

Like ducks, geese and swans are also waterfowl. Bombay duck/*sookha bomil* is not a duck, but a small edible lizard fish, salted and sun-dried.

It is common to find ducks and geese kept as landscape decorations in small, shallow water-bodies at restaurant and hotel gardens. No proper care is given to them, and if ill, simply replaced. Some artists carve designs on duck eggshells, and craftspersons utilise them to make Fabergé style decorative egg boxes.

Duck feathers are used in making utility, decorative and adornment items. The citation in every Nobel diploma is calligraphically done using a goose feather.



For sale. Photo courtesy: pimg.tradeindia.com

Feathers of ducks (and geese to a lesser extent) are used for making badminton shuttlecocks. As the main supply of duck feathers to the cluster of units that manufacture shuttlecocks at Uluberia in West Bengal is illegal (duck feathers are smuggled into India from Bangladesh) the government is encouraging duck farming in the area.

Down or eiderdown comprises of the fine feathers found under the tougher outside feathers of baby ducks. They are plucked for use as padding in jackets, quilts, pillows, etc. Some birds are known to be killed solely for their down, while others like geese are periodically live-plucked of their breast feathers – a painful and extremely cruel practice.

Cotton, simbal, kapok (silk cotton from the tree) and filling materials like Comforel (polyester fibre) are good replacements for feathers and down, and are readily available.



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

Indian Musical Instruments

Animal and reptile skins, bones, catgut, hide glue, shell, beeswax and shellac go into making most musical instruments says Komala Brunschwig

Indian music stresses melody and rhythm, harmony follows. It consists of *swara* (notes), *tala* (rhythm) and *pada* (rhythmic words). *Raga* (melody) is a combination of *swaras* inspired by the sounds of animals and birds:

<i>Shadja</i>	Peacock
<i>Rishaba</i>	Ox
<i>Gandhara</i>	Goat
<i>Madyama</i>	Krouncha bird
<i>Panchama</i>	Cuckoo
<i>Daivata</i>	Horse
<i>Nishada</i>	Elephant

The three main classes of instruments used are percussion, string and wind.

Percussion Instruments

Indian percussion instruments consist of many types of drums like hand drums, hand frame drums, stick and hand drums, stick drums, idiophones and melodic drums. They are broadly called *tabla* or *dhol*.

Even though Hindustani music, Rabindra-sangeet, Nazulgeeti, film music and *adhunik* (modern) songs are performed and recorded with the help of keyboards, guitars and octopads, the *tabla* has not been replaced.

Kolkata is the *tabla* capital of the world because the greatest *tabla* players hail from there.

And, parents continue to send their sons on Sunday mornings to attend *tabla* classes.

Small manufacturing workshops owned by drum makers usually pass on their trade from father to son, to grandson. Various types of drums are manufactured from scratch: *tabla*, *dagga*, *pakhwaj*, *dholki* and *dholak*, and sold with some accompanying instruments like *lezim* and *taal*.

The raw materials needed to make drums are procured from different parts of the country. For example, the drum makers of Pune obtain hide from Solapur, but the wood used to carve the base of the *tabla* or *dholki* comes from Delhi. Some Pune manufacturers have begun making large steel drums that are played during the annual Ganesh Chaturthi festival.

There is a traditional percussion instrument called *hari khol* made at Adharjhor village in Patamda block of Jharkhand. It is specially utilised to play music for Lord Vishnu during *naam kirtan*.

Here again, the craft has been passed down generations by the clan of cobbler-artisans who take their goods for sale to Jamshedpur every Sunday, but trade picks up before Maghi *pujrima* each year. Besides the *hari khol*, they also make the *khol*, *kartal*, *tabla*, *dhol*, *madol*, *nagara*, *juninagara*, *nal* and *trishat* – all used in temples and during festivals and *jatras*.

Instruments produced at the Adharjhor village are also sold to Vishnu temples in North India. The cheap hardwoods used are from the *shish*, *neem*, *sal* and jackfruit trees. Using coir rope, the dried wood moulds (drums) are usually 'dressed' (fitted) with goatskin, although ox or buffalo hide may also be used.

The *joh nagara* is a two-kettle drum: the bigger made of copper is covered with buffalo hide, and the smaller made of steel with camel skin.

The *dhol* of Rajasthan is famous. The state is full of drummers that take to the streets often. The *dhol* has goatskin on the sides and is slung over the neck with a strap made of woven cotton and played with two wooden, bamboo or cane sticks.

Carnatic music uses the *mridangam*, an ancient percussion instrument carved from a single piece of wood. One layer of skin is affixed on the left face and three layers on the right. The two faces are held together tightly with leather straps. The *chenda* of Kerala and the *pakhawaj* are similar.

The *tavil* is used to accompany Nagaswaram music. The instrument contains hide and leather.

Ghumot, an earthenware pot covered with the skin of the monitor lizard is used as a drum in Goa. The wildlife officials probably also overlook the use of *udumbu*, another large lizard whose skin forms part of the *kanjira*.

The hand-held *damroo* or the monkey drum is hour-glass shaped and made of wood and leather. The tambourine can also have animal-skin stretched over the drumhead frame in addition to metal jingles.

To the accompaniment of the *parai* (a frame drum also known as *thappu* or *dappu*), Tirupavai *puja* songs composed by the Tamil saint-poetess Andal, are sung to the deity Paavai extolling the greatness of Shri Krishna, compassion for cows and calves, and describing nature. Until the end of the Chola dynasty, the *parai* was considered holy and since it was distributed by the temple, it was made from the skin of naturally dead cows. Therefore, many songs requested for a *parai* as a gift.

Most modern foreign percussion instruments are made with non-animal 'skin'. So why can't India try this material in place of goat and other animal-skins?

In fact, the *ghatam* is one of the oldest and only percussion instrument that is made without animal-skin. The baked pot is a mixture of clay, brass, copper and iron filings. The mouth of the pot is held against the performer's stomach and played with hands, wrists, fingers and nails.

String

Instruments

Whenever there has been drought in Maharashtra it has adversely affected the makers of *sitars* and *tanpuras* (plucked string instruments used for classical Hindustani music) in Miraj of Sangli district. Gourds or pumpkins form the base of the resonating



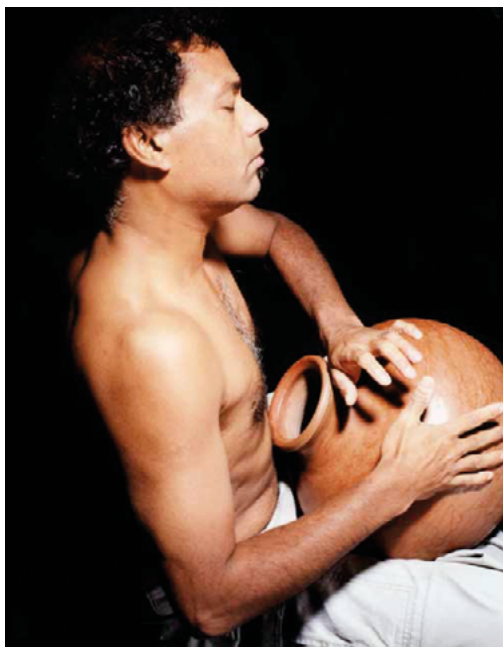
The drumhead of the Kanjira is made of lizard skin. Photo courtesy: indialucia.com

chambers of these instruments.

The gourds are cultivated in Pandharpur *taluka* of Solapur on river banks at Begumpet and other villages. The *sitars* from this area are distinguished as Miraj *sitars*. It is said that these gourds are sturdier than the ones grown in West Bengal and Bangladesh because the latter need to be specially treated before use.

The method of making the instruments involves scooping out the inside and drying the outside of the gourd which forms the sound-box.

The flat bridge called *jawari* is made of camel bone and its contour is responsible for the unique buzz forms. String tuning is done with wooden or plastic pegs. Overtime the grooves of the *jawari* get affected and filing is required. Plastic *jawari* guards that last longer are also available.



A musician playing the ghatam. Photo courtesy: nscottrobinson.com

The strings which can be 18, 19 or 20 in number (7 of these are played, the rest are sympathetic strings) are made from metal and are changed every three months.

The wood used for the neck and faceplate is usually Indian *toon* wood or seasoned teak wood with mother-of-pearl or celluloid in-lay work and is shellac varnished.

Extreme temperatures affect the instrument: if hot, the wood can crack, and if cold, the gourd can crack, resulting in the strings slackening and going off-key. The slightest hit can damage the gourd and although it can be repaired with hide glue, the sound will never be perfect. Repair is costly and it is cheaper to buy a new instrument.

Similar, but different from the sitar in the way it is played, the *veena* comes in variations. It is built in a single piece of wood. Beeswax is used to fix the 24 metal frets. The bridge has a brass plate glued with resin and horn/bone (previously ivory) in-lay work on the resonator. All 7 strings of the *veena* are usually of steel, but the base string can some times be catgut.

The *tanpura* looks like the *veena* without the second gourd. It is made of wood and the bridge contains bone or horn; 3 strings are steel and 1 brass.

Not as popular as the *sitar*, the *sarod* made of teak, has goatskin stretched across its resonator. The instrument is played with a shellac-laminated coconut shell called *javva*.

Although *anand lahari* consists of a drum (like a small *dholak*) it is a Bengali string instrument: one side of the wooden drum has animal-skin through which an animal gut is passed, subjected to high tension and plucked with a small stick to produce rhythmical sounds.

Wind Instruments

The blowing horn is that of a bovid (hollow-horned hoofed ruminants such as cattle, sheep, goats and buffaloes) through which a person blows from a hole made in the pointed end. During celebrations one often sees a buffalo horn being blown.

Horns made of wood and bronze are also available. Descendants of the horn are the bugle and trumpet, made of brass.



Bishnupur terracotta shankh.

The *shankh* is a conch shell in which a hole is carefully made at the base without its natural whorl being affected. When blown it produces a loud, sharp and piercing sound. The exquisite Bishnupur terracotta *shankh* (in brick and black colours) bearing designs found on temple walls, blow just like real conch shells considered essential in many parts of India on auspicious occasions and for religious ceremonies. By using a terracotta *shankh* the life of the sea creature living inside the real shell is saved.

Magudi is the flute used by snake charmers and jugglers. It consists of a bottle shaped gourd into which two pieces of cane reed are inserted and fixed with beeswax. The *pungi* and *been* are similar. Other flutes are *bansuri*, *venu*, *vamshi*, *murali* and *kuzhal*, whereas *ayarkuzhal* is a shepherd's flute made of a 4-foot long bamboo staff to which a palm leaf reed is fixed.

Research for Non-animal Replacements

It is unfortunate that animal and reptile skins, bones, catgut, hide glue, shell, beeswax and shellac go into making most musical instruments. Non-animal replacements need to be found soon and Beauty Without Cruelty will be happy to sponsor a research project.



Komala Brunschwig is a vocal musician who strongly advocates animal rights. She is also a BWC-India life member.

FYI

Lab-grown Meat



Cultured meat begins as flesh taken from a living or slaughtered animal and grown in a laboratory. Photo courtesy: parade.condenast.com

The discovery and development of imitation, artificial, faux or mock meat has been going on for long. Worldwide lab-grown meat is often promoted on grounds of health, environment and ethics, but we must beware of the “ethics” claim because not all meat substitutes are of non-animal origin.

In 2009 scientists of a laboratory in The Netherlands began working on developing meat in a test tube. They took cells from a living pig and cultured them in an animal foetus “broth”. The resultant lab-grown “soggy pork” was structure-less.

How the Meat was grown in the Lab

In 2013, the Dutch scientists again grew meat in the laboratory. It was pronounced to be “close to, but not that juicy” as real meat.

A living cow was subjected to a biopsy to extract some stem cells. The aim was to make them develop and multiply in the lab.

The cells were used to grow 20,000 muscle fibres in individual culture wells, each one a tiny hoop of greyish-white piece suspended in a gel-like growth medium that contained antibiotics and serum extracted from cow foetuses.

Some stem cells were transferred to smaller dishes where they first coalesced to small strips.

The resultant fibres and strips were pressed together, coloured with beetroot juice and mixed with saffron, caramel, breadcrumbs and some binding ingredients to form a beef-burger.

Cultured Meat

Cultured meat – also known as shmeat, *in vitro*, hydroponic, test tube, vat-grown, victimless, synthetic meat – begins as flesh taken as a biopsy from a living animal, or flesh from a slaughtered animal (or even human stem cells), and grown in a laboratory. The meat substitute strives to be similar to the flavour, texture and other characteristics of animal flesh.

The so-called small quantity taken once, and whether a stem cell bank is created and used to go on producing the cultured meat, or if it requires any more animal derived substances, are irrelevant.

The fact remains, the first meat cells are taken from animals and it would be unethical for vegans (and vegetarians) to eat, condone and promote it since it is positively of animal origin. Besides, India’s religious beliefs and culture would probably never accept it being consumed.

Milk to Meat

The White Revolution resulted in the Pink Revolution says Atul Doshi

Crores of animals are killed... Lakhs are illegally smuggled to neighbouring countries... They are exploited by the dairy industry to get more and more milk... Demand for animal skin is increasing by the day... Animal ingredients are found in almost everything we use.

Whoever we ask, “who is responsible for this?” the answer we receive is “the meat industry.”

But, is this the correct or complete answer?

Some Facts

1. In 1970 the White Revolution was launched, thus promoting the dairy industry in a big way.
2. Meat and leather production increased 1970 onwards.
3. Meat export began in 1973. We export ₹21,000 crore worth of beef.
4. The number of slaughterhouses increased after 1970 and today there are more than one lakh.
5. India is the second largest producer of leather and exports are valued at ₹27,000 crore.

6. The government, dairy and meat industries admit the dairy industry is an integral part of the meat industry:

- “In spite of large livestock population, the meat industry has not taken its due share on account of negative perceptions, India has acquired number one status in milk production in world, the meat production which jibes well with dairying is still lagging behind...” – Agricultural and Processed Food Products Export Development Authority, Ministry of Commerce & Industry (Government of India).
- “Much of India’s beef is from buffalo and increased demand for milk has led to a larger beef supply. Indian buffalo beef competes on a price basis because of low costs of production as an offshoot of the expanding dairy industry.” – A recent report by the Foreign Agricultural Service of U. S. Department of Agriculture.
- “White revolution in India is sustainable only through meat exports by culling process.” – A presentation made by the Allana Company, a leading meat exporter.
- Indians are proud of Amul Dairy. But, Amul’s Managing Director wrote in *The Economic Times* of 9 August 2013 that milk and meat were sources of income from animals. In his article he made it clear that meat is an important part of income for the dairy industry.



Cattle, milked dry. Photo courtesy: thedairysite.com

Milk is Liquid Meat

The White Revolution resulted in the Pink Revolution (meat) because milch cattle became machines and many such beings (living creatures) were turned in to things (commodities). The dairy industry's policy is "use animals for milk and then kill them for meat". Thus milk has turned in to liquid meat, and thanks to the dairy culture, we have lost our Indian culture.



Cattle, killed for meat. Photo courtesy: alibaba.com

Due to a ban on cow slaughter in many states, cattle (cows) are illegally smuggled. Buffaloes are not smuggled to Bangladesh because there is no ban on buffalo slaughter in India. In short the dairy industry forms the backbone of the meat industry.

What can we do?

First, milk is not a healthy drink. As per Government of India's affidavit in the Supreme Court, 66% of milk in India is adulterated. We can get our needed nutrition from many other good and healthy alternatives like coconut, almond and cashew nut milks, and eat tofu instead of *paneer*.

Since it is difficult to stop milk consumption completely, why not cut it down? The total Indian dairy industry is worth ₹4,00,000 crore. Liquid milk consumption is 45%, whereas 55% is used to make butter, *ghee*, *paneer*, cheese, ice cream, chocolates, etc. So we need to seriously think... Move from vegetarian to vegan in our lifestyle choices.

Veganism is the Purest Form of Vegetarianism

A good beginning would be to drink tea without milk as is done in many countries. Green tea is considered one of the world's healthiest drinks.

Consumption of dairy is decreasing worldwide because of health (milk causes allergies and other diseases) and environmental reasons (animal farming).

We could easily cut down the use of milk and *ghee* in religious rituals because of its current impurity (contains hormones, antibiotics and pus cells) making it unfit as an offering to God.

Demand and Supply

It has been established that meat and leather are as profitable. We therefore need to stop using leather.

In fact, we should pledge to stop using all products which contain animal substances.

With no demand for dairy, leather, meat and animal ingredients, slaughterhouses would find it difficult to exist. The setting up of dairies should be objected to as strongly as abattoirs.

We vegetarians need to do something... It is already late, but why not change before it is far too late?



Atul Doshi is a Chartered Accountant who is passionate about animal rights issues. He is also a BWC-India life member.

Vegan Recipe

Mushrooms

Mushrooms are not plants (fruit or vegetable) but fungi.

By eating mushrooms often, nutrition and immunity improve. They are high in Vitamin B and the only non-animal food that contains natural Vitamin D.

Unique compounds in mushrooms protect against breast and prostate cancer. Women who eat as little as 10 grams of mushrooms daily are said to lessen their risk of breast cancer by 64%.



Mushroom *Pulao* (serves 4)

Ingredients

- 2 cups long grained rice
- 1 onion
- 2 green chillies
- 2 potatoes
- 2 tomatoes
- 200 g button mushrooms
- 2 tbsp vegetable oil
- 2 cardamoms
- 3 cloves
- 5 black peppercorns
- 2 inch cinnamon
(broken in to 4 pieces)
- 1 tbsp ginger-garlic paste
- 4 cups water
- salt
- lime

Preparation

- Soak rice for 20 minutes.
- Chop onion and green chillies.
- Cut potatoes and tomatoes in to cubes.
- Cut mushrooms in half.
- Fry whole cardamoms, cloves, peppercorns and cinnamon in hot oil on a low flame till they pop.
- Add onion. Add ginger-garlic paste and fry for 2 minutes.
- Add tomatoes, potatoes and mushrooms and continue stirring.
- Add rice, green chillies, water and salt.
- Pressure-cook for 3 minutes.
- Serve with lime.

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 Summer 2014 issue of *Compassionate Friend*

1. What are gelatine capsules made from? *Connective tissues, skin and bone of slaughtered animals such as cattle, horses, pigs, poultry and even fish.*
2. What is buffalo meat called? *Carabeef. (Veal is calf meat.)*
3. Do importers want meat of young and healthy cattle? *Yes.*
4. Name the circus without animals that recently made a come back in India. *Great Oriental Circus.*
5. What happens to cattle mercilessly smuggled across the Indo-Bangladesh border? *They are slaughtered for meat, leather and bones.*
6. If inter-state movement of cattle is banned, will smuggling across the Indo-Bangladesh border lessen considerably? *Yes.*
7. Is the nutritional value of lotus seed/*makhana* superior to most veg and non-veg foods, or only to veg foods? *It is superior to most veg and non-veg foods.*
8. Name an animal that is killed for its body part, erroneously considered lucky. *Tiger / Owl / Rabbit / Shark / Butterfly / Bear / Bird / Emu / Goat.*
9. Year-on-year, are lesser animals sacrificed during the Ekvira Devi *jatra*? *Yes.*
10. Do more Nepalese or Indians sacrifice animals at Gadhimai? *Indians. (Mainly from Bihar.)*

Names of those who replied the questions and were sent a copy of the book *Milk: The Silent Killer*

K Nageshwar Rao Achary	Nipun P Kothari	Amit Shah
Binod Kumar Bagchar	Jitendra Modi	Bina Virendra Shah
Sunil Bhatia	Dr V Namasivayam	Kamal Shah
Air Cmde R S Bishnoi	Dr Swati Yagnesh Popat	Milan R Shah
Ganesh P Chaudhari	Byas Pramanik	Rima K Shah
B G Daryapurkar	Dr R V Prasad	Shashi Shekher Thakur
Mary Ann Dasgupta	G Rajendran	Saifee E Tinwala
Suresh Gemawat	Kamala Ramchandani	Sandesh S Urval
Ramesh Chand Jain	S Rathi	Siddharth Vaidya
Suresh Chandra Jain	Medha Vivek Sangai	Madhulika Varma
Nithya T K	Naresh S Sanghavi	Erna Vatchaghandy
Shirin Nash Karanjia	R Sayeekumar	Anand Virvadia

Special Offer

Answer these 10 questions correctly to
receive two extra BWC wall calendars for 2015.

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

1. Is lab-grown meat veg or non-veg? _____
2. Name the non-animal food that contains natural Vitamin D? _____
3. What is the name of the oldest and only percussion instrument that is made without animal-skin? _____
4. Does the Bishnupur terracotta *shankh* blow just like a real conch shell? _____
5. What is *foie gras* and when did the Government of India ban its import?

6. By guiding people to make lifestyle changes, does BWC help humans and animals, or only animals? _____
7. What do the colours of the ribbon used by animal rights activists signify?

8. Is it illegal to use bulls as performing animals for *jallikattu* events and bullock-cart races? _____
9. Is the dairy industry the backbone of the meat industry? _____
10. Visit our website and see "Say NO to Animal Jails".
Where does the mother offer to take her son? _____

Post your replies (on this page or a photocopy) to reach
BWC by **15 September 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 will be printed in the next issue of **Compassionate Friend**.



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