

FOOD FOR THOUGHT

ADAM MOLEDINA



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By

ADAM MOLEDINA

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PUBLISHERS' NOTE

We have pleasure in bringing out this Indian edition of a book published earlier abroad. We are grateful to the author, Mr. Adam Moledina of Singapore, for graciously permitting this publication.

Few causes could be dearer to Theosophists than animal welfare. The case for vegetarianism rests on the unity and sacredness of all life, which is fundamental to the theosophical view. This view is supported by currently known facts about health, diet, ecology and economics.

This book will shock us and hopefully stimulate realization of the enormous suffering we inflict on the entire subhuman kingdom. If it contributes to bringing about a change of lifestyle, at least in some cases, our effort will not have been in vain.

We acknowledge our indebtedness to Mr P. Ramanan for his excellent wildlife photographs and to Miss Carin Citroen for photographs of domestic animals.

TPH,
Adyar

ACKNOWLEDGEMENT

I have known Marjorie Doggett for 15 years. She is both my very good friend and mentor. She has been the Advisory Director of the World Society for the Protection of Animals since 1982 and the Singapore representative of the International Primate Protection League since 1975 and as its Secretary since 1982. I am grateful and thank her for the invaluable help and assistance in the development of this booklet. She has displayed tireless energy and dedication in editing, advising on various aspects and crosschecking facts and figures. I, of course, take full responsibility for any errors.

I am also indebted to the literature and books provided by many organizations. To meet the objective to keep this book short, I have only appended a partial list at the end of this book. I recommend that the interested reader join one or two organizations to get a better feel of the issues at hand.

ADAM MOLEDINA

16 January 1996

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FOREWORD

The intensive farming of food animals has greatly increased since its conception over 50 years ago and we have reduced the lives of millions of animals to a mere existence. Farming has become no more than big business and large agricultural interests have driven out the traditional farmers replacing them with factory farming machinery. In addition, the advent of genetic engineering has severe implications for the well being of both animals and people.

Many species are used to provide food for human beings yet most people are either unaware or do not want to think of the cruelty that exists to provide this food which they eat. In present times, even minimal needs and comforts are denied to the majority of these abused animals.

The only way that changes can come about is through the voice of public opinion and this voice is now gaining strength throughout the world. Public attitudes and concerns have reached a point that demands action.

Those of us concerned about the abuse of animals do not ask for eating habits to be changed overnight. Vegetarianism is purely a personal choice and most often gradually acquired. What we do ask for is that every animal should have a contented life according to its needs, and a humane death. Modern farming fails to conform with either of these requirements.

There is a moral question involved in deliberately causing suffering to animals for human benefit. It is to supply facts and information in answer to this question that Adam Moledina has researched the treatment of farm animals for many years. He now presents the facts so that people can know the truth, unpleasant though it is and thus form their own opinions.

Adam Moledina has been a helpful and sympathetic friend for many years and I know of his great concern for all living creatures. This book speaks for the animals who, although they suffer and feel pain as we do, cannot speak for themselves.

MARJORIE DOGGETT

PREFACE

I have only dealt with facts about animals, which are raised for food with the focus on factory farming, natural populations, transportation and slaughter. It is, of course, impossible to deal comprehensively with all relevant aspects of animal life and all the smaller scale food animals. This does not mean that they suffer any less. Among those I have left out are deer, horses, rabbits, ostriches, pigeons, prawns, cockles, oysters, mussels, snails, octopi, eels, snakes, monkeys, camels and exotic birds. Many of these are intensively farmed.

I have visited slaughterhouses and witnessed the slaughter of cattle, sheep and camels. I have also witnessed the slaughter of chickens and turkeys and have talked to many people who are in the slaughtering business as well as those in animal welfare.

My involvement in animal welfare over the past 20 years has also brought me in touch with many professionals and laypeople in this field, who have shared their firsthand experience and observations. People who, through experimentation and measurement, have tried to quantify the pain, terror and time taken for animals to die after the throat is slit.

My actual interest in animal cruelty started as far back as the age of 10 (1930) when I witnessed an animal being slaughtered at close range in the market. I immediately decided to stop eating flesh. I was fortunate that I always had the fullest support of my family. Both my mother and, later, my wife looked after my food requirements personally, ensuring that the loss of protein and vitamins in meat was adequately offset by vegetables, lentils and grains.

I remained a vegetarian until 1948. At that time, I learned that animals in Australia are stunned prior to slaughter. At that time, this looked acceptable and so I started eating stunned meat.

Since the advent of the factory farming concept, an animal's life is now full of suffering right from birth to its last breath. The act of slaughter is now just a finale to the overall miserable life of the animal. This once again put me back on the vegetarian track, where I have been for over a decade. I am now evaluating a move to a full vegan diet.

I write this book because it is something I must do. I want the reader to read it with an open mind and verify the facts if in doubt.

ADAM MOLEDINA

INTRODUCTION

Primitive man has roamed the Earth for about 2 million years. Most of that time, he was in harmony with his environment. His main source of food was nuts, fruits and edible plants with an occasional supplement of meat if he managed to catch an animal. Although he was at the top of the food chain, he was intricately connected to his environment in the simplest of ways - when times were bad, he went hungry.

With the increase of population and the settlement of civilization on fertile land, farming became the predominant source of food, along with the breeding of domesticated animals to provide milk, eggs and occasional meat. Unfortunately, the relentless increase in population and the shifts in diet preference to meat heralded the current phase-intensive animal farming. The sole purpose of these animals is to provide their flesh at the lowest cost. There is no longer harmony between man and beast. Perhaps the appropriate relationship is now harMONEY.

The food animals have been converted to numbers. How much food and hormones should they be given? When is the optimum time to slaughter them? What is the minimum space they should get? In short, they are just another digit in the supply and demand of food. The winner is the person who can sell at the lowest cost.

Life has been on Earth for 2 billion years. This means that man has only occupied a mere 0.1% of this span. Widespread cultivation and farming started about 10,000 years ago (0.0005%) and intensive animal breeding less than 50 years, too small to even imagine in the context of life on Earth. Yet, within these 50 years, the status of food animals has degraded to a mere commodity. The quality of life of these animals has been reduced to the point that the best thing that happens to them is when they are finally slaughtered. In the following chapters I have compiled the plight of these animals.

ADAM MOLEDINA

We are Responsible

Suffering is inflicted in no small measure on the animal, which is slaughtered; pain, fear and anguish are inflicted for which we are responsible. What are the consequences of eating the products of such a system?



FOOD FOR THOUGHT

Although the reasons for vegetarianism and the list of its famous advocates from Pythagoras to Shelley to Emerson and Thoreau are impressive, the decision to abstain from meat is intensely personal. Just as every individual has unique talents and capabilities, each has different priorities and views. However, we have a relationship with all that lives and therefore a desire for harmlessness results based on sensitivity to the life in other kingdoms of nature. In the words of Arthur Schopenhauer: I know of no more beautiful prayer than that (of) the Hindus... 'May all that have Life be delivered from suffering!'

I

FACTORY FARMING

1. INTRODUCTION:

The bottom line is that the animal's environment is being modified for cost efficiency.

Food shortages during and after the Second World War led successive governments to grant aid to farmers to build factory farms. The aim was cheap meat and eggs. This was achieved - but at a dreadful cost for the animals.

Millions of farm animals are now reared behind the closed doors of the factory farm. They are crated, crammed and confined. Factory farming treats farm animals solely as production machines, and keeps these animals in systems, which subject them to environmental, social and physiological deprivation.

Increasingly, especially in the last few decades, animals raised for food have been subjected to ever more deplorable conditions and suffer throughout their whole existence.

2. CALVES

*Unseen they suffer.
Unheard they cry.*

The love and bond between mother cows and their calves is strong and deep, but today's calves are taken away from their mother as soon as they are born. They are forced to live their entire lives in miserable conditions. The calves are deprived of every instinct, which makes up their childhood, such as sucking for milk, following their mother around, and jumping in the open fields. The mother cow suffers mentally when calves are taken away from her. She makes her feeling plain by constant calling and bellowing for days.

Young calves are placed in narrow stalls - 1.8 ft (0.56m) by 4.5 ft (1.38m). The stall has a slatted wooden floor. It has no straw or other bedding. This is because it makes the stall easier to clean acid, more importantly, the calves might eat the straw thus spoiling the paleness of their flesh. When they grow they cannot groom or turn around or stretch their limbs freely. They are fed on skimmed milk and deprived of roughage and iron. This makes them anemic so that their meat remains white in colour and tender. This is the key to obtain 'top dollar' veal.

Calves raised for beef are put into intensive factory farms, where they are kept in a cramped up space. When they are ready for slaughter, they are sent to feedlots because cattle can fatten more quickly on grain (corn) than on grass. It takes about seven kilograms of grain to produce one kilogram of feedlot beef. This means that much more land and water and other resources are required to keep the industry going.



The Law of the Spirit of Life:

How does Nature deal with the breaking of the Laws of 'oneness' and unity of all life? By the reaction which means sorrow, disaster, pain. Every action of human beings thus brings its own reward. If it helps the united spirit of life, it brings opportunity and happiness; if against that will to fulfillment it causes pain, sorrow.



This veal calf will spend its whole life constrained to this pen so that its anemic muscles will remain tender when butchered. In order to lie down, such calves must hunch up to fit their legs into the 22-inch stall.

3. BEEF CATTLE

*While we ourselves are the living graves
of murdered beasts, how can we expect
any ideal conditions on Earth.*

George Bernard Shaw

Many beef producers brand their cattle with hot iron and dehorn them. Horned animals take up more space at the factory and can injure one another when routinely packed tightly together during transit.

Within the horns is a layer of highly sensitive soft tissue, resembling the 'quick' of the human nail. A hot knife cuts through this complex of horn and sensitive tissue causing severe pain.

Castration is practised because steers are thought to put on weight better than bulls. Castrated animals are also easier to handle. Most farmers admit that the operation causes shock and pain to the animal. Anesthetics are generally not used. The procedure is to pin the animal down, take a knife and slit the scrotum, exposing the testicles. They then grab each testicle in turn and pull on it, breaking the cord that attaches it. Castration itself is a beastly business, even to the hardened commercial cattle and pig man.

As an additional mutilation, cattle's ears are cut with sharp knives into special shapes so that they can be identified from a distance. And on top of this, they are injected with hormones and various antibiotics to prevent diseases due to overcrowding. They are kept in semi-darkness to reduce their restlessness.



Today's veal calves are taken away from their mothers as soon as they are born and forced to live their entire lives in unspeakably miserable conditions.

4. DAIRY COWS

*The greatness of a nation can
be judged by the way its
animals are treated.*

Mahatma Gandhi

All of us must have seen advertisements depicting happy, contented dairy milk cows serenely grazing on open pastures. Sad to say, this forms a very small minority.

In reality, the cows are made into 'milk machines'. They are reared indoors and are kept in individual pens with only enough room to stand up and lie down. Their environment, feeding, and temperature are completely controlled. An artificial day/night cycle of sixteen hours of light and only eight hours of darkness is maintained to maximize milk yield.

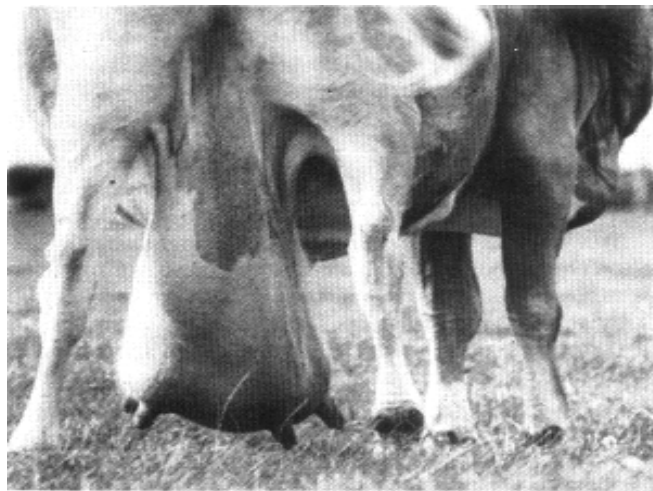
The animals are constantly kept pregnant by artificial insemination to make them produce still more milk. Bovine growth hormones are being touted as a way of dramatically increasing even more milk. BST is a genetically engineered form of bovine growth hormone which, when

injected into the cows, leads to increased milk yields of up to 20 per cent. Growth hormones make their udders so heavy and swollen that they drag along the ground. Teats get bruised, cut and infected. In addition to the soreness, which develops from daily injections, the cows suffer from mastitis, a painful inflammation of the mammary gland.

In order to obtain the highest output, producers feed cows high-energy concentrates such as soybeans, fish meal, brewing by-products, and poultry manure. The cow's peculiar digestive system cannot adequately process this food. The rumen is designed to digest slowly fermenting grass.

At the end of her productive life, the 'spent' cow is sent to slaughter to become hamburger or dog food.

A desire for harmlessness results, based on sensitivity to the life in other kingdoms of nature. Since animals value their lives and attempt to avoid pain, the question as philosopher Jeremy Bentham puts it, is 'not can they reason, nor can they talk, but can they suffer?'



MILKED FOR ALL SHE'S WORTH

Her udder muscles have given out.

It's a common occurrence in today's overworked dairy cows.

The cow provides the milk, the unweaned calf, often just a few days old, provides the rennet. Rennet is processed deep in the fourth stomach of the calf. Just a dash of rennet in the curdling of milk makes

fine cheese. It's a matter of taste, for the calf, of course, it's a *matter of life*.

5. PIGS

(I) consider them the most intelligent of beasts.

W. H. Hudron

Pigs are among the least understood and most persecuted of all animals. Their intelligence level is comparable to dogs, yet pigs spend their lives in bleak factory buildings, suffering abuses.

The breeding sow's sole function is to pump out babies like a sausage machine. Sows are fertilized by artificial insemination. Large doses of hormones ensure constant fertility. Once pregnant, the sow is chained and confined in a small, dark metal stall called an 'iron maiden' and fed once every 2 or 3 days.

The piglets are sold en masse to a finishing operation and the sow is ready to be reimpregnated. Feeders raise the piglets in confinement cages stacked three or four tiers high.

When kept in barren, overcrowded conditions, pigs are prone to hyperactivity, like hens. Instead of feather-pecking and cannibalism, pigs take to biting each other's tails. Then the attacking pigs continue to eat further into the back. If the situation is not attended to, the pig will be badly injured and might die. Tail docking has thus become a common practice to prevent this. Tails are cut with pliers or other blunt instruments as the crushing action stops bleeding. Neither painkillers nor anesthetics are used.

Pigs' feet and legs are designed to scratch for food, or to kick if needed for defense, as well as to stand and move on different kinds of natural terrain. But in today's pig factories, the floors are metal slats or made of concrete. By standing continuously on unsuitable flooring, pigs develop painful lesions on their feet, which can open and become infected. The animals are usually slaughtered before serious deformity sets in.

It is difficult for us to fathom the suffering of pigs. They are cramped for a lifetime into stalls in which they can hardly move. The male pigs are routinely mutilated through tail docking and castration.

Pigs in factory farms have nothing to do but eat, sleep, stand up, and lie down. They have no straw or other bedding material, because this complicates the task of cleaning. To make the task still easier, the floors are slanted which further add to the pig's discomfort.

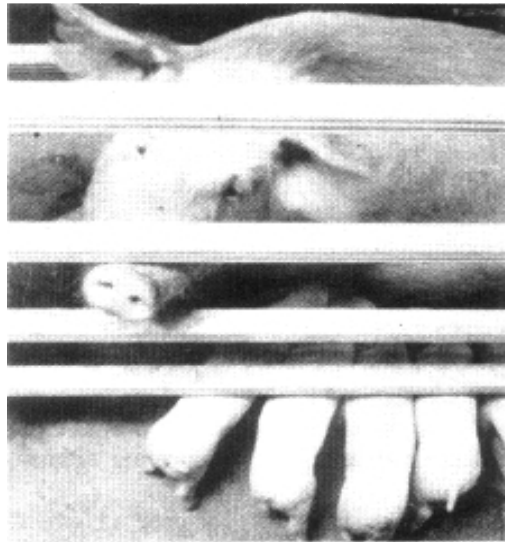
Pigs are slaughtered in many Asian and Middle Eastern countries without stunning. They are butchered with all sorts of sharp instruments. But pigs are real tough animals and do not die very easily. For efficiency, they are often thrown in boiling water and skinned before they are dead.



When we realize what friendly and intelligent animals pigs are by nature, it's terribly sad to see the desolate lives they are forced to live today treated like cars in a parking lot ...



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During their pregnancies, sows are confined in stalls that do not permit them to turn around or walk to and fro. After their confinement, sows are often immobilized from the time they give birth until the piglets are weaned.

6. POULTRY

Suffering, no matter how multiplied, is always individual.

Anne Morrow Lindberg

The first animal to be removed from the natural conditions of the traditional farm was the chicken. When the battery-cage system was developed, no consideration was given to the hens' behavioral needs. Much suffering has resulted from this.

Chickens, like many other animals, are highly social animals. They develop social order and every bird has a rank. They roost and groom, display nesting and parental instincts, and are territorial.

Chickens are now engineered and bred either for egg-laying or for meat. The suffering begins early in life.

How are the little fellows greeted when they come out of the shell? Expecting to be met by the warmth of the waiting mother hen, the fluffy hour old yellow babies chirp constantly in frail little voices for their mother's voice. But they will never know the sound of their mother's voice, nor the warmth of her body, nor the comfort of her protection.

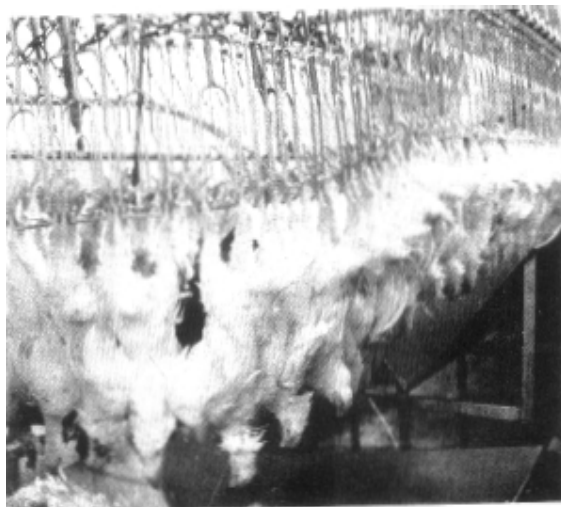
There will be no scratching in the dust for food, no crowing to announce the dawn.

The day old chicks, destined for egg laying, are sorted into male and female by a 'chick puller'. The males are not suitable for food as the egg laying chicken are from a special strain bred for high egg production. These chicks do not put on much weight and are lean and hence it is uneconomical to rear them.

About 50% of the day-old chicks are male and these are discarded into sacks or bins and killed. Gassing with carbon dioxide is considered the most humane method of disposal, but many chicks survive this method and suffocate under the weight of the other chicks on top of them. Some are even still alive when the full bin is ground up for feed for their sisters (battery hens), cattle and other captive animals. Ironically, these short lived male chicks are actually the lucky ones.

CHOICES

In food as well as in everything else, we want the best that is within our means. We should like to bring our lives and therefore our daily food, which is an important part of our daily lives, into harmony with our needs and aspirations. And, each of us is responsible for our choices, also for the consequences of our choices. The better informed we are, the more intelligently we are able to weigh the alternatives and make choices that satisfy our conscience.



A production line carries live chickens on their way to slaughter in the killing room of a processing plant.

7. BATTERY HENS

*I think that the battery hen is the most
miserable creature in the
feathered world today.*

Lord Houghton

*If a robin redbreast in a cage
Puts all heaven in a rage
How feels heaven when
Dies the billionth battery hen?*

Spike Milligan

Battery hens are reared in crowded sheds or cages. Some of these cages can be adapted later to egg-laying cages and are known as 'day-old to death cages'. When the chicks are around 4-5 months old and ready to lay, they are kept in a 12" by 20" wire cage, with a wire floor. They live with 5 hens in a space so jam-packed they can't even stretch their wings - a most natural urge. Excrement from cages, which are stacked above them splatters on the hens below. The air is full of ammonia, which they breathe and, in turn, affects their lungs and eyes. Battery cages are built in one big windowless shed which consist of tens of thousands of birds.

The absence of natural outlets for the birds' energies leads to outbreaks of fights. Birds peck at each other's feathers and sometimes, even kill and eat one another. Two things are done to reduce such behavior. Very dim lighting is introduced and this means the birds must live out their remaining life in near darkness. A more drastic method is called 'debeaking'. This is done when chicks are often a few days old to prevent physical damage when they peck each other later in life. This is done by a specially designed device with hot blades. The infant chick's beak is inserted into the instrument and the hot blade cuts off the end of it. At times, the cut may overlap into the nostril and nerve area. This causes considerable and prolonged suffering and sometimes death.

The battery system denies hens of all their natural instincts such as scratching in the earth for worms, dustbathing, perching or having

seclusion to lay their eggs. It allows them no room to even stretch their wings. The vast numbers involved makes attention to individuals impossible, except for the removal of corpses.

The impossibility of building a nest and laying an egg in seclusion is torture to a battery hen. It is heart-breaking to watch how a chicken tries again and again to exhibit her instincts by trying to crawl beneath her fellow cagemates to search in vain for cover. Their instinctive reluctance to lay eggs among the crowd of their cagemates is as great as that among civilized people to defecate in an analogous situation. Perhaps another reason why hens have evolved an instinct to lay eggs in privacy is that the vent area becomes red and moist when the egg is laid. This is visible to other birds, who may peck at it. If this pecking draws blood, further pecking will result.

Feet designed to walk on earth become deformed from the slanted wire floor. Legs become crippled as the claws of the hen are not well adapted to living on wire. Damage to the hen's feet is common. Without any solid ground to wear them down, the claws become very long and get permanently entangled in the wire mesh and do not come loose.

The birds lay eggs until their productivity declines. One may be inclined to think they are perhaps now slaughtered. But no! When egg production begins to drop off, it is possible to restore the hens' reproductive powers by a procedure known as 'force-moulting'. To induce a hen to moult requires considerable shock to her system. The hen finds her food and water suddenly cut off. After two days, water is restored and food after another day, and the lighting is returned to normal. Productivity is restored for another six months or so. At the end of this period, the hen is at the end of its useful life.

Laying hens, when past their egg-laying period, are referred to as 'spent' and are slaughtered. Many are processed into soups, baby foods, stock cubes, nuggets, mince meat, pet foods, fertilizers, restaurants trade, etc. They may also be sold to consumers.

Interestingly, even after slaughter, egg production is not over. Many dead bodies contain unlaidd eggs. These, known as 'pulled eggs', are removed and may be used in the manufacture of biscuits, pasta, etc. An illegal trade in pulled eggs exists when they are sold direct to the public

as shelled eggs. This represents a serious health hazard, since salmonella is rife at most processing plants.

The catching, handling, transport and slaughter method for the battery hens is similar to that of the broiler chicken on the next page.

Not to hurt our humble brethren is our first duty to them, but to stop there is not enough. We have a higher mission-to be of service to them whenever they require it.

St Francis of Assisi



The idea of a universal brotherhood can be extended to include life forms other than the human. With this attitude, the earth and its largesse are not seen as the property of humankind, ripe for exploitation, but rather to be cared for and used with prudence and compassion.

8. BROILERS

Whenever people say 'we mustn't be sentimental', you can take it they are about to do something cruel. And if they add, 'we must be realistic', they mean they are going to make money out of it.

Bridgit Brophy

Broilers are table chicken or food chicken. They are reared for their meat, not eggs. The producer gets a load of a few thousand day-old chicks from hatcheries. They are placed, for the rest of their lives, into a huge windowless shed. Each shed contains thousands of chicks. There is no place to move or even stretch their wings-in short they are deprived of all their natural behavior. This stress leads to outbreaks of fights. Hence they are made to undergo the same painful and cruel treatment as their battery hen sisters, namely, debeaking. As they grow, they have even less room to move around and many die due to overcrowded conditions where ammonia levels can be very high. Many get blind.

Various aspects of the young birds' environment are controlled to make them grow faster. There may be bright light twenty-four hours a day for the first week or two. Later, lights are made to go off and on every two hours, as it is observed that the chicks are more inclined to eat after a period of sleep. They are also fed growth-promotion drugs and, at seven weeks, become twice as heavy as normal chickens. Their legs, not designed to support such weight, often get crippled.

The floor, which is covered with wood-shavings becomes contaminated with faeces and urine. Dead birds add to the contamination, although they are generally removed daily. Being exposed to such an environment, chickens develop sores on their body and feet.

The only 'positive' aspect of this whole chicken story is that they only get to suffer for 6/7 weeks before they are slaughtered. The normal life expectancy is 7 years.

Thirty hours prior to slaughter, the birds get no food since it remains in the digestive tract and processors pay no more for food that remains in the digestive tract.

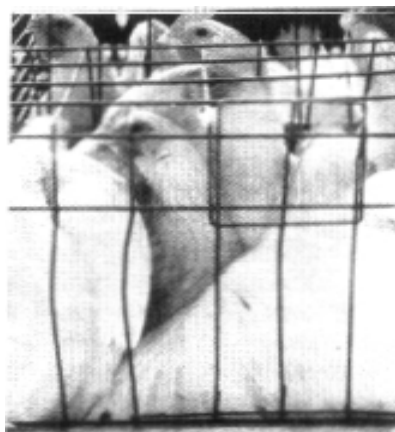
The lack of activity inside the cage results in chickens with bones so brittle that at killing time they snap when catchers wrench them from the cages. Birds are dragged from the cages by their legs. Four or five birds are carried in each hand. This is the first time they are handled this way and they are terrified and frightened with this new experience. Legs, wings and necks are snapped without concern. Many birds suffer multiple broken bones as they are carried out upside down, and stuffed into crates, which are piled high on the truck. Furthermore, they have never seen bright daylight. This is a frightening and blinding experience.

They are then taken to a 'processing' plant where they are stacked up to wait their turn. That may take several hours, during which time they are without food and water. Finally, they are hung upside down with their dislodged hip or leg joints waiting for the knife that will end their joyless existence. Can any one imagine the pain they must be enduring when hung by broken legs?

The remaining parts of injured and damaged birds whose bodies cannot be sold whole go into 'chicken parts'. Nothing is wasted; chicken feathers, which are protein-rich, are recycled into chicken feed. Innards are processed into feed for fish while damaged carcasses are fed to other animals such as crocodiles, which in turn are harvested for meat and skins.

The parents which supply the eggs for these chicken are also kept in crowded sheds. Broiler breeds have been especially selected to be 'greedy' birds so that they put on weight as fast as possible. But the parent birds' feed has to be restricted in order to prevent low fertility. They are thus kept permanently hungry.

Frequent matings cause great stress to the hens and result in injury to their backs and also to feather loss. The pronounced head shaking seen amongst female breeders is probably caused by the stress of constant hunger and frequent mating.



Close up of battery cage. There are seven hens in this cage, which measured about 18"x 18".

The fate of animals is of greater importance to me than the fear of appearing ridiculous; it is indissolubly connected with the fate of men...

Emile Zola

9. TURKEYS

Man has an infinite capacity to rationalize his capacity, especially when it comes to something he wants to eat.

Cleveland Amory

You may wonder whether you'd be better off eating turkey or duck? Unfortunately, the methods applicable to the factory production of broilers also cover these birds.

Wild turkeys can fly at fifty miles per hour and roost in the treetops. Many factory farmed turkeys (especially males) can barely walk due to genetic selection for meaty birds. They are crammed, in their thousands, into huge windowless sheds. Lights are, of course, dimmed to discourage stress-related aggression. In spite of this, eye pecking is common, causing acute pain and sometimes blindness. Turkeys reared in 'pole barns', with natural daylight, are debeaked with red-hot blades to minimize the damage they can inflict on each other.

The modern male turkey is too broad-breasted and heavy to mate naturally. All turkey breeding relies on artificial insemination, an obscene practice causing repeated stress and suffering to female and male alike. Many male birds develop painfully diseased hip joints as they can weigh as much as a nine-year-old child.

10. DUCKS AND GEESE

Each act of denial, conscious or unconscious, is an abdication of our power to respond.

Joanna Rogers Macy

Ducks are water fowls. Yet millions are now reared like broilers, several thousands to a shed. Shallow trough or 'nipple' drinkers (dispensing water in drops) supply enough water to keep them alive.

Commercially-bred ducks, which are experimentally released from intensive conditions, return to spend most of their time in water, fulfilling an age-old behavioral pattern. The vast majority of ducks, now sold for meat, have been deprived of their greatest need -water.

Foie gras and *pate de gras* are produced from the crammed, distended livers of force-fed geese and ducks. Torture would be the accurate word to describe the process by which this delicacy is obtained. In the case of the goose, it involves forcibly cramming 3 kgs of maize down the bird's coat each day. Millions of geese and ducks are being force-fed for sale in restaurants.

Traditional Method: The geese are kept in a box and are fed three or four times a day. You take the goose out of the box, and kneeling astride the goose, push a funnel down its throat. You then pour in the warm cooked mash and pack it down the funnel with a wooden pusher. The food is far in excess of what the goose would normally eat. It distends the body, and the overloaded liver starts to swell. During the force-feeding period, which lasts three to four weeks, the goose increases in weight by 60 per cent, but the liver increases in weight by 370 per cent! All exercise is forbidden, as this would allow some of the liver-fat to be burned off. As the liver swells, breathing and swallowing become difficult.

Mechanical Method: This involves the use of a machine fitted with an auger and foot-pedal. The goose is put into a restraining brace. This holds the wings tight to the body and stretches the neck. A funnel then enters the throat and a spring clip latches around behind the skull to prevent movement. The bird cannot close its throat and the cooked maize is pressed into its gullet. Both the operator's hands are free to massage the food down the throat. Each bird is given 600 g of food in the first week of force-feeding, 1 kg in the second week and thereafter the amount increases to 3 kgs until it is slaughtered. The goose cannot vomit, hence the discomfort and suffering is unimaginable.

The greatest happiness in life was to remember that one had never caused hurt or sorrow to any living thing.



All pain acts as a record against humanity and slackens and retards the whole of human growth; for you cannot separate yourself in that way from the world. You cannot isolate yourself and go on in evolution yourself while you are trampling others down. Those that you trample on, retard your own progress. The misery you cause is as it were mire which clings around your feet when you would ascend; for we have to rise together or fall together, and all the misery we inflict on sentient beings slackens our human evolution and makes the progress of humanity slower towards the ideal that it is seeking to realize.

DR. ANNIE BESANT

II

NATURAL POPULATION

1. INTRODUCTION:

*We can judge the heart of a man
by the treatment of animals.*

Immanuel Kant

Some animals are more economically harvested directly from the wild. These animals undergo severe pain and stress during and after capture.



2. CRABS

*To help life reach full
development, the good (person)
is a friend of all living things*

Albert Schweitzer

When crabs are caught they are tied up with string and thrown into wooden boxes or baskets. They are packed like vegetables and cannot move. Their eyes and limbs are badly damaged. They are transported to markets or to supermarkets and it could take another day or so by the time the consumer buys them. Crabs in supermarkets are usually piled up in glass tanks.

The end comes when the customer decides to make a meal of it. How does he do it? One way is to put it directly on the fire or drop it in boiling water. Sometimes the claws are broken off before killing it. Can you imagine the pain and terror inflicted on them?

I would say - play with animals or watch them - they set us an example with their sense of innocent fun and pure joy, when they are happy. And it is up to us to give them happiness, not abuse them.

MAHATMA GANDHI

3. CROCODILES

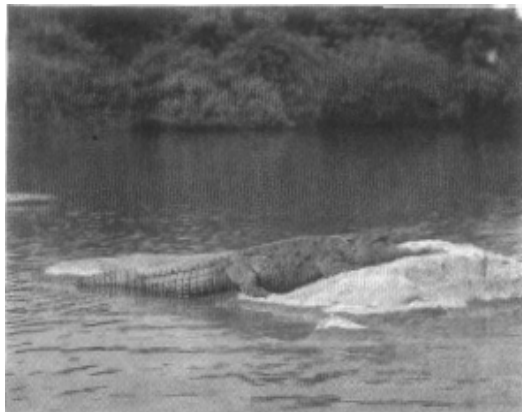
*The wild, cruel beast is not
behind the bars of the cage.
He is in front of it.*

Axel Munthe

Crocodiles do not have the emotional appeal of such animals as the furry harp seal. There is little sympathy or concern for their welfare, yet they are highly sensitive reptiles and deserve consideration.

Like all creatures, crocodiles play an important part in the balance of nature. Due to habitat destruction and massive hunting for the reptile's skin as well as meat, most of the 21 species are now endangered. The decline in numbers has resulted in the emergence of farms for captive breeding. The reptiles are kept in unnatural, overcrowded conditions and killed by inhumane methods. To increase profit, many farms designate themselves as tourist attractions and even attempt to cultivate an educational image!

These farms mainly purchase eggs and juveniles from the wild. Illegal poachers often export wild skins under the pretext of being farmed. In Asia, the usual method of killing is by a neck stab to sever the spinal cord. This immobilizes the animal, but it remains conscious. The crocodile is then skinned alive.



Not until we extend the circle of our compassion to include all living things, shall we ourselves know peace.

Albert Schweitzer

The buyer plays an important role in the lucrative skin trade for the fashion industry and for meat. It is his demand that sustains belts, wallets, handbags and shoes made from the skins of crocodiles, snakes and lizards - both legal and illegal. These items are neither necessities nor have any special quality attributes. They are bought strictly for their snob appeal.

4. DOGS

*I care not much for a man's religion
whose dog or cat are not the better for it.*

Abraham Lincoln

Dog eaters are found mostly in South East Asia. Dogs are very intelligent and faithful animals, as any pet owner can testify. Unfortunately, they undergo extremely inhumane and cruel methods of slaughter. When destined for the pot, dogs are dragged from overcrowded and tightly packed wire cages for butchering in full view of other dogs and animals.

Dogs are kept on the sidewalk or pavements for sale to the consumer. Their fore legs are tied up behind their backs, a most painful and cruel way to restrain them. Many times the bones in the legs get broken. When untied, they are unable to even stand or walk. There is no life left in the legs. To prevent the dog from making sounds, an old cigarette tin is put over its mouth.

There are two basic ways dogs are killed. One way is to hang them by their neck using a wire loop. This is to deliberately prolong death. They suffocate slowly and in agony because the adrenalin invoked by the suffering is believed to tenderize the meat. The second method is to put them into gunny bags and beat them with sticks until the bones are broken.



Man's Best Friend

Someone who eats dog meat is supposedly regarded as a gourmet and the economic affluence in these countries has increased dog consumption.

5. DOLPHINS - TUNA

They have big brains and bright minds.

Dr John Lilly

Dolphins have been portrayed in sculpture, painting and poetry since 2,000 BC. They were regarded as good omens and to kill any was considered to bring bad luck.

Many stories have been told over the years of dolphins guiding boats to safety and even saving drowning swimmers. In recent times, there is the account of the dolphin Opo who swam in the harbour near the town of Opononi in New Zealand. Opo was especially fond of playing with the children in the water.

Currently, the huge tuna fishing industry in the Eastern Pacific causes a cruel destruction of dolphins. In these waters, the yellowfin tuna often swim in large numbers below the surface while the dolphins swim above them. No one knows exactly the reason for this association, but fishermen take advantage of the situation.

Dolphins, being air-breathing mammals, need to surface frequently. When the leaping dolphins are sighted, the tuna boats throw their nets around them in the hope of catching the tuna, swimming underneath.

When the net is drawn tight, it catches both tuna and the unwanted dolphins. Some ships lower the back of the net so that the dolphins can escape. However, as this can also release some of the tuna, little effort is made to separate them and the nets are closed as quickly as possible. The dolphins die for helping the fishermen find the tuna. Documentary evidence reports that between 75,000 and 100,000 of these gentle creatures are massacred each year by the tuna fleets alone.

Dolphins are also killed on a massive scale on the other side of the Pacific, around the coast of Japan. However, here their slaughter is not accidental, but a premeditated commercial business. Some are killed for meat, while others are ground up for use as fertilizers. Dolphins are intelligent and peaceful animals who have shown nothing but friendship towards man.

All Nature is interrelated,
the Life Force is One.
Love is a
Law of Nature--
let us learn to
love all life.

6. FROGS

*The frog does not drink up
the pond in which he lives.*

Two hundred million frogs, from wild populations, are killed yearly to provide the so-called delicacy of their hind limbs. These are severed from the living body. The body with the fore legs is thrown into a bin or left to desperately crawl away until death stops the agony. Some frogs are cut at the site of capture. Others are transported to the factory in sacks. Many are found dead on arrival, crushed to death by the weight of their fellow sufferers.

Ironically, as frogs feed exclusively on insects they indirectly protect us from insect-borne diseases like malaria. The increase of insect requires agricultural crops to be sprayed with pesticides, which in turn pollute the environment and sometimes the very vegetables that you eat.

Frog farming has now become big business in many countries. These farms use modern technology for intensive farming and new techniques to make the frogs grow faster, thus mass producing thousands of frogs each month.

'Frog-filleters' in restaurants and supermarket, are employed to dissect the live animals with a pair of scissors. In spite of much research into increased production methods, no progress has been made as to the slaughter aspect and no humane method has yet been formulated.

It is but correct for right-thinking people to speak against cruelty and killing; the Dalai Lama is constantly reiterating the need for compassion. All life is one life and the 'heresy of separateness' that human life can be divided from the rest is a major conceptual error responsible for a plethora of miseries and problems.

RADHA
BURNIER

7. LOBSTERS

*That which to us is merely
an evening's meal, is to them
lift itself.*

They have been here for a hundred million years. If you happen to watch them, you will observe how jealously they guard their bodies.

Lobsters are fascinating. They have a long childhood. They use complicated signals to explore and establish social relationship with others. They flirt. Their pregnancies last 9 months. Some are right-handed, some left. They have even been seen walking hand-in-hand! Some can live to be more than 100 years though fewer than 1% survive due to capture.

Like us, lobsters have a nervous system and are able to feel pain. When they are tossed into scalding water, their claws scrape the sides of the pot as they struggle to get out. They are sensitive creatures who possess a will to live and who struggle as best as they can against death. Lobster traps, which are lost in the sea are keeping many lobsters trapped for months and sometimes even years. Lobsters may survive if enough food passes through to keep them alive for their lifetime imprisonment.

8. TURTLES

*Prejudice is one of the world's
greatest labour-saving devices,
it enables you to form an opinion
without having to dig up the facts.*

Laurence Peter

Turtle soup and meat are now quite common in Asia. Many species of turtles and tortoises are in danger of extinction because of over-hunting.

After they are caught, their flippers are pierced and sewed together with wire so that they cannot escape. Their eyes may also be burnt with hot iron rods. They are shipped in this condition and often hung on poles until a consumer or retailer buys them.

The slaughter that follows is exceedingly cruel. The living body is simply scooped from the shell with a large knife without any attempt to kill the animal first. Unable to make any sound to express its agony, the turtle lies in its own blood and dismembered flesh awaiting death to release it from its suffering.

In countries where the shell is more valuable than the meat, and where transportation is a problem, the shells are sliced and torn from the living body at the place of capture.

9. SPORT FISHING

*There are three prerequisites for angling.
A hook, a line and a stinker.*

John Bryant

*The first rule in sport used to be fairness.
But where is the fairness to the fish?*

Horst Brinkmann

Millions of people spend millions on equipment to aid them in their grisly capture of billions of fish all in the name of 'sport'. Hooking is extremely painful to the fish. The hook pierces the rich supply of nerves in their lips, tongue, and mouth. Fish are, of course, unable to show their pain in the same way that mammals do.

Angling is a cruel hobby-fun at the expense of pain for the fish. For large fish, some fishermen spear to kill them, others strike them with a heavy club.

III

TRANSPORT

1. INTRODUCTION:

*The question it not,
can they reason?*

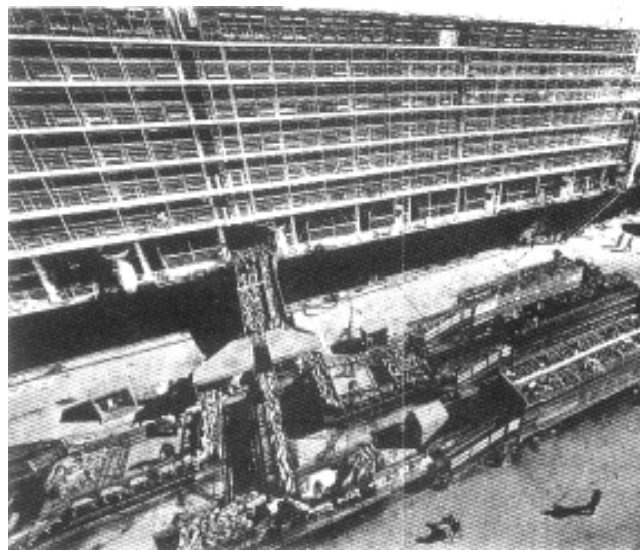
*nor, can they talk?
but can they suffer?*

Jeremy Bentham

Animals bred for the food industry should be reared in such a manner that they are ensured of a reasonably contented life, killed as close as possible to their place of origin and without the infliction of stress or suffering. These are basic requirements, yet few of them are ever applied today.

Consumer's demand for 'fresh' meat is the main reason why live animals often have to undergo long journeys under less than desirable conditions. Few consumers realize that the so-called 'fresh' meat they are buying has been sitting at room temperature for many hours and therefore undergone more decay and bacterial activity than frozen meat, where the carcass was frozen immediately after slaughter.

A frozen carcass trade rather than the movement of live animals would reduce the pain and suffering of countless numbers of animals.



2. LIVE EXPORT OF SHEEP

*I should be unwilling to take the life
of the lamb for the sake of the human
body. I hold that, the more helpless
a creature, the more entitled it is
to protection by man from
the cruelty of man.*

Mahatma Gandhi

Australia, New Zealand and many other countries export by sea more than 10 million live sheep per year for slaughter abroad. The sheep suffer from the point they leave their pastures to the time of their slaughter in the importing country. The sheep endure a long journey by rail or truck from their paddocks to holding yards near the wharves. Here their diet is changed to dry pellets. This will be their only food on the ship. Loading the ship can take two days or more and many frightened animals fall and sustain injuries on the slippery ramps.

Many sheep are transported on converted oil tankers, which have been withdrawn from service as unfit. The ship, which can be up to 14 stories high, is vastly overcrowded. Due to the huge number of closely confined animals and the semi-darkness of the pens, proper inspection of the sheep is impossible. Troughs of water become contaminated by urine and faeces from sheep in the pens above. The weaker animals are often unable to reach the food. Breakdown in the ventilation system, water failure, blockage of the waste disposal system and outbreaks of disease contribute to high mortality. Climatic conditions and rough seas add to the animals' suffering.

Many sheep arrive blinded by the build-up ammonia due to bad ventilation while others are sick or lame. Callous handling by the dock staff at the disembarkation point causes further suffering. The animals are then transported in unsuitable vehicles to inland areas. This may take another few days of suffering.

On animal welfare grounds alone, this trade should cease. Unfortunately, political, religious financial considerations, plus consumer preference ensures its continuation. Only a complete ban can bring this cruel and unnecessary trade to an end. Death alone is not a measure of cruelty. Throughout the long voyage, all sheep are susceptible to stress, pain, injury, fear and death.

3. TRANSPORT IN DEVELOPING COUNTRIES

*Custom will reconcile people
to any atrocity.*

George Bernard Shaw

In India, the most common mode of transporting animals is on foot. Every week, thousands of cattle are made to trudge hundreds of kilometers to the slaughterhouses in the cities. These animals have outlived their usefulness to their masters. They are tied up in twos and fours and divided into groups of 100 each. Each group is identified by a colour mark on their horns or their hides.

The nightmare for the animals now begins. The journey takes a few days with barely time for grazing. At the end, the animals are hungry, tired and often have bleeding hooves. The farmers consider it a poor investment to provide iron shoes, which are supposed to be nailed to hooves to avoid injury.

The weak animals have the worst deal. Since their legs buckle-in when they get exhausted, thorns are placed between their tail and anus. The incessant pricks from the thorns are supposed to egg them on. For the still adamant animals, the herdsman carry thorny sticks, which they poke into the nostrils of the collapsed animal. When this fails, fine stone dust is put into the animal's eyes.

How inhuman are the ways of the human being. Mercy, as a virtue, has long been forgotten. Even for the animals, which are transported by truck in these countries, their story is heart-rending and sickening.



Bull being hoisted from railway wagon.

4. TRANSPORT BY TRUCK

*If liberty mean anything at all,
it mean the right to tell people what
they do not want to hear.*

George Orwell

Animals placed in a truck for the first time in their lives are frightened, especially if they have been handled hastily and roughly by the men loading the truck. The motion of the truck is also a new experience, and one, which makes them ill. After one or two days in the truck without food or water, they are desperately thirsty and hungry. Normally cattle eat frequently throughout the day, their special stomachs require a constant intake of food if the rumen is to function properly.

If the journey is in winter, subzero winds can result in severe chill. In summer, the heat adds to the dehydration caused by the lack of water. It is very difficult for us to imagine this combination of fear, travel sickness, thirst, near-starvation and exhaustion. In the case of young calves, who have gone through the stress of weaning and castration only a few days earlier, the effect is still worse.

Animals who die in transit do not die easy deaths. They freeze to death in winter and collapse from thirst and exhaustion in summer.



A desire for harmlessness results, based on sensitivity to the life in other kingdoms of nature. Since animals value their lives and attempt to avoid pain, the question, as philosopher Jeremy Bentham puts it, is 'not, can they *reason*, nor can they *talk*, but can they *suffer*?'

IV

SLAUGHTER HOUSE

1. INTRODUCTION.

*Animals do not 'give' their life to us,
as the sugar-coated lie would have it.
No, we take their lives. They struggle
and fight to the last breath, just as we
would do if we were in their place.*

John Robbins

Most of us know very little about slaughterhouses, politely known as 'meat-packing plants'. If we think about them at all, we probably assume and

hope that the animals enjoy a quick and painless death. The authorities are supposed to look into everything, and we don't have to worry about it.

This, regrettably, is not the case. The reality of the slaughterhouse, unfortunately, is as different from the images we tend to have of it as the reality of the factory farm is from the barnyard images.

Every day millions of animals are killed for our benefit as food. Actually, suffering occurs throughout their lives-intensive factory farming, transport-and only the final phase is at the slaughterhouse.

For a civilization to endure,
it must be built in a new religion
of reverence for all life.

All life is sacred.

For there is but One Life in all.

This One Life sleeps in
the minerals and the stone;
this one life stirs in the
vegetables and the plant;
this one life dreams in
the animal and wakes up in man.

All life must be regarded as sacred.

2. PRE-SLAUGHTER

*The worst sin towards our fellow
creatures is not to hate them,
but to be indifferent to them. That's
the essence of inhumanity.*

George Bernard Shaw

Transportation to the slaughterhouse often involves long journeys with deprivation of food and water. Terrified calves (slaughtered for their anemic veal), pigs, chickens and cattle arrive at the slaughterhouse exhausted and starving. Most likely, they were given little food, water, or

any other care during the journey. They are often not fed upon arrival, because any food given to them would not have had time to turn into marketable flesh.

Temporary housing in a strange environment at the lairage pens and the subsequent rough handling prior to slaughter impose great stress on the animals. The space provided for them is inadequate in size. There are rarely shelters from the sun or bad weather. Where they exist, ventilation is often poor and there are insufficient drinking troughs or feeding racks.

Animals, especially hogs, are slow-moving and considered obstinate. These characteristics often provoke a handler to the point of undue violence. They are accused of 'provoking' violence by refusing to do what is asked of them. There is reason why animals resist moving along. The animals in the death queue watch the fate of their fellows. They are much perturbed by the sights and smells they encounter at the slaughterhouse. This is reinforced by sounds and distress groans of the, dying. In present-day abattoirs, there is little effort to isolate animals from one another.

They pass urine and faeces. Cows in a state of advance pregnancy have been known to even give birth in utter fright of their impending fate. They go kicking and screaming, bellowing their protest, struggling for their lives and calling, to the last, to be saved.

Who sees the separate lives
Of all creatures of the earth--
Of men and birds and beasts
And of the worms that creep,
And the fish that swim
in the watery deep--
Who sees them all united
In the Spirit,
The One Eternal God--
Sees them brought forth from Him.
His hidden depths--
He sees, indeed!

Bhagavad-Gita

3. SLAUGHTER

*How many of us would eat meat
if we had to personally slaughter
the animal before dinner?*

Death, though never pleasant, need not be too painful!

Technically, we now have the means to render animals unconscious before they are killed. This reduces the pain they undergo. The captive-bolt pistol (CBP) is operated by means of a blank cartridge or compressed air. The bolt, which is attached to the pistol, is propelled forward and penetrates the skull of the animal. This is especially effective on cattle, sheep, goats and pigs. The pistol is fired directly on the forehead and immediately renders the animal unconscious. The animal is then slaughtered.

Stunning can also be done by electric tongs. They look like headphones and are placed on each side of the head. This is widely used for the stunning of pigs, sheep and goats. Electrical stunning is preferred, but again, controls have to be in place to ensure that the voltage, application time and other factors in the process are adequate. A little care and kindness goes a long way. Surely our 'dumb' friends deserve this much.

Unfortunately, stunning also has its drawbacks. Sometimes the stunner misses the spot and hits the eye or other parts of the face. The animal is left in pain for a considerable time before it is re-stunned when the operating line is free. This occurs frequently because the animals are agitated and are always moving their heads. Sometimes, the CBP are not in top mechanical condition, which results in improperly-stunned animals. In all slaughter processes, the person who is doing the stunning or slaughtering the animal is the key to minimize the suffering. He has to be properly trained and compassionate. If something is not going right, he has to raise an alarm and get the process rectified.

For large animals such as horses and bulls, a free firing bullet pistol is used.

In many less developed countries, the hind legs of cattle and large animals are tied so that the animal loses its balance and falls on the slippery wet floor. It is then dragged, neck stretched, but pulling the head backwards to meet the butcher's knife. The knife slices the carotid arteries and jugular veins, leaving the spinal cord uncut. The animal eventually loses consciousness as blood no longer reaches the brain and it bleeds to death.

Carbon dioxide anesthesia is used on pigs only. The pigs are conveyed through a chamber containing carbon dioxide gas, which renders them unconscious. There is conflicting data on how humane this method is.

The Jhatka method consists of decapitation by a single stroke of a sword.-It is used on sheep, goats and cattle. This procedure of killing is on a relatively small scale.

The following method is used in western countries for the slaughter of chicken. They are pulled out from the crates and hung by the legs from metal shackles which are attached to a moving conveyor. This transports the birds over a water bath which carries an electric current. The birds' heads are drawn through it. This stuns the birds, and their necks are then cut. Compared to the numerous alternatives used in other parts of the world, this method of slaughter is both efficient and reasonably pain free. As always, the equipment has to be properly controlled and maintained to ensure the chicken's suffering time is kept low.

The requirement for speed often means that the animals are roughly handled. This is not to suggest that slaughterers are deliberately cruel, but the very process of handling thousands of animals each day inevitably brings about a degree of desensitization and often allows unintentional cruelty to occur.

4. RESTRAINING DEVICE

*The thinking (person) must oppose all cruel customs,
no matter how deeply rooted in tradition
and surrounded by a halo.*

Albert Schweitzer

For those who insist on killing animals without rendering them unconscious, more humane options are available during the pre-slaughter phase. The shackling and hoisting of large animals should be replaced by some kind of restraining device. This will hold the animal in the correct manner so that the animal will be spared undue stress and suffering.

There are many devices for restraining animals. One of these, the Cincinnati ASPCA restraining pen, seems to be the best device at the moment. This consists of a stall with an opening in the front for the animal's head. After the animal enters the stall, a bumper pushes the animal forward, forcing the head through the front opening. A yoke then descends, locking the head in position and a lift comes up to support the animal under its belly. A chin lift raises the animal's head and stretches the neck for the cut.

After the throat is cut the side door of the ASPA pen is opened. The shackle is then attached to the rear legs and the animal is pulled out of the stall. All of the moving parts of the pen are controlled by air cylinders.

5. KOSHER AND HALAL

...people may talk as much as they like

*about their religion, but if it does not
teach them to be good and kind to other
animals as well as human,
it is all a sham.*

Anna Sewell

According to both Jewish and Muslim religious laws, a food animal must be alive, healthy and have suffered no injuries at the time of slaughter. This is often interpreted as meaning that the animal is not to be pre-stunned

before undergoing religious slaughter. Together with other religious procedures, which are observed during slaughter, the meat is then declared Kosher or Halal and fit for human consumption.

Sanitary laws stipulate that a slaughtered animal must not fall in the blood of a previously slaughtered animal. Therefore, unless a restraining device is employed, this means that the animal has to be killed while being suspended from a conveyor belt, or held above the floor in some other way. This requirement does not affect the welfare of an unconscious animal, but it has horrible consequences if the animal is conscious. Live animals being slaughtered may be shackled around a rear leg, hoisted into the air, and then hung, fully conscious, upside down on the conveyor belt from between two to five minutes. If something goes wrong on the 'killing line', the time can easily extend beyond this.

A heavy iron chain is clamped around the leg of a heavy beef animal weighing between 1,000 and 2,000 pounds. The steer is then jerked off its feet. The skin will open and slip away from the bone. The cannon bone is often snapped or fractured.

The animal, upside down, with ruptured joints and often a broken leg, twists frantically in pain and terror. It must then be gripped by the neck or have a clamp inserted in its nostrils to enable the slaughterer to cut its throat to kill it. It is difficult to imagine the pain and terror inflicted on the animal.

By Mosaic law consumption of blood and certain tissues, such as veins, lymph nodes, and the sciatic nerve and its branches are forbidden. Cutting these parts out of the hindquarters of an animal is a labourious and costly business. The meat packers have resolved this difficulty by

removing the blood vessels and other forbidden parts only from those parts of the animal from which they can be cut out inexpensively. Thus even though the whole animal was killed kosher only specific parts are sold as kosher meat. The remainder usually ends up on supermarket shelves, and restaurants, not labeled as kosher.

Muslims are also forbidden blood, but they accept the whole animal if it is slaughtered according to Islamic laws.

The use of the conventional CBP is usually rejected by Muslims and Jews because the bolt penetrates the brain cavity and the animal has therefore obviously suffered an injury. However, non-penetrating CBP (concussion summers) have been developed. The knock out blow to the animal's head renders it unconscious and insensible to pain, but the brain is not visibly damaged. The acceptability of this method by religious bodies is still under debate.

Nevertheless even orthodox rabbis are not unanimous in prohibiting stunning prior to killing and some Muslims have also accepted stunning prior to slaughter.

Many slaughterhouses, especially in less developed countries, are unwilling to spend the extra money for stunning equipment and restraining devices for the sake of the animals.

Religious sacrifice of animals--

'Their flesh will never reach Allah, nor yet their blood -but your devotion and piety will reach him.'

The Qur'an, 22:37

V

CONCLUSION

*The world has enough for everyone's need,
but not for everyone's greed.*

Mahatma Gandhi

*Teaching a child not to step on
a caterpillar is as valuable to the child
as it is to the caterpillar.*

Bradley Miller

It takes only one person to change your life-you.

Ruth Casey

We often do not realize that the bodies and eggs of creatures we eat are injected with hormones, antibiotics and dyes so their meat looks appetizing and yolks appear a 'healthy-looking' yellow. Consumers often complain that chickens today do not have the taste and flavour like the old days' chickens. People in food industries are confident that they will discover some drugs or even eventually genetically engineer the animal to overcome this 'problem'.

What are the consequences of eating the products of such a system? Could it be that when we consume the flesh or eggs of these poor animals, something of the sickness, misery and terror of their lives enters us? Could it be that when we take their flesh or eggs into our bodies we take in something of the lives they have been forced to endure? Instinctively, I can't help but believe this is so.

More people are becoming aware of the deplorable conditions to which animals are subjected to live all their lives. The conscientious consumer is now demanding meat, poultry and eggs from animals raised on farms. These are known as 'free range' products.

Each of us is responsible for our choices, and for the consequences of our choices. The better informed we are, the more intelligently we are able, to weigh the alternatives and make choices that satisfy our conscience.

If real change comes about, as it can, it will have to be consumer-led. The bottom line weapon that counts is the shopping bag.

Can I see another's woe,
And not be in sorrow too?
Can I see mother's grief
And not seek for kind relief?

WILLIAM BLAKE

The suffering of animal slaughtered brutally is a horrible blot upon our civilization. The terror we create in this life form has to produce drastic imbalance in the harmony of our planet's energy field. *The forces of Nature recoil at the awful crimes perpetrated against any life form.* Let us use compassion and put an end to this reign of brutality and terror, which results in such a great deal of suffering in the animal kingdom.

You will say: 'What can we do to improve matters-- we who are only tiny units in this mighty seething mass of humanity?' It is only by units rising above the rest and becoming more civilized that we shall finally arrive at a higher civilization of the race as a whole.

VI

APPENDIX

Each of us is the last frontier.

Merle Shain

1. THE TIDE MUST TURN

So often, an unacceptable peak has to be reached before improvements can occur. Living creatures have gradually become no more than production units, animal husbandry is controlled by technology, and profitability legalizes cruelty.

Sweeping changes, however necessary, cannot happen overnight. Farmers face many financial problems concerning altering their methods and equipment and a transition period has to be granted. All this takes time, but there are signs, of improvements.

Since 1973, Sweden has operated a system whereby all new farm buildings and management methods have to be approved based on animal health and welfare. In 1987, due to the efforts of the animal welfare community and the popular author Astrid Lindgren, the Swedish Ministry of Agriculture passed a new animal protection law which proposed widespread changes to be introduced over the years to eradicate large scale farming.

Battery hen cages are to be phased out, pigs will have more space and be provided with straw bedding, cattle must be grazed outside during the summer, and hormones and genetic engineering are prohibited.

In Switzerland, an animal protection act came into force in 1981. This prescribed minimum requirements for the housing of livestock and prohibited the battery housing of laying hens. Poultry keepers were given a ten-year transition period. Through cooperation by all parties, the changeover was successfully completed on schedule in 1991. This has made Switzerland the first country in the world to have put an end to the battery cage. The European Community has now recommended that battery hen cages be phased out within the next few years.

In the UK, veal crates were banned in 1990. In the following year, regulations were passed prohibiting new installations of sow stalls and requiring that the existing system be phased out by 1998. The London RSPCA has launched a project called 'Freedom Food' to give help to those farmers who practice humane methods of rearing animals. Consumers are able to identify such products by a distinctive marking.

There are now laws governing the feeding and watering of animals during transport, but regulations are difficult to enforce and are continually broken. There are many campaigns by welfare groups to entirely end the live export of animals for slaughter, a practice that is unnecessary, as a frozen carcass trade is both easily available and cheaper.

Consumer demand led to the development of intensive systems. Public opinion many now well be responsible for its demise.

The tide is beginning to turn.

MARJORIE DOGGET

**May all be fed,
May all be healed
May all be loved**

JOHN ROBBINS

I am the voice of the voiceless;
Through me the dumb shall speak,
Till the deaf world's ear be made to hear.
The wrongs of the wordless weak.

And I am my brother's keeper,
And I will fight his fight
And speak the word for beast and bird,
Till the world shall set things right.

Ella Wheeler Wilcox

2. FURTHER INFORMATION

ORGANIZATIONS:

1. World Society for the Protection of Animals
2 Langley Lane, London SW8
2. Beauty Without Cruelty
11 Lime Hill Road, Tunbridge Wells,
Kent TN1 1LJ, England
3. Compassion in World Farming
5a Charles Street, Petersfield,
Hants GU32 3EH, England
4. Animal Aid
The old chapel, Bradford St.
IAW England
5. People for the Ethical Treatment of Animals (PETA)
P O Box 42515, Washington D.C. 20015, USA
6. International Society for Animal Rights, Inc.
421 South State Street, Clarks Summit,
PA 18411, USA
7. Animal Rights International
Box 214 Planetarium Station, New York
NY 10024, USA
8. Humane Farming Association,
1550 California, Suite 6, San Francisco,
CA 94109, USA
9. Beauty Without Cruelty (India Branch)
4 Prince of Wales' Drive
Wanowrie, Pune 411040, INDIA
10. RSPCA
Causeway, Horsham, West Sussex RH12 IHG, U K

BOOKS:

1. *Animal Liberation*, Peter Singer (Avon Books New York)
2. *Diet for a New America*, John Robbins (Stillpoint)
3. *Eating for Life*, Nathaniel Altman (Quest Book)
4. *Save The Animals*, Ingrid Newkirk (Warner Books)
5. *The Kind Food Guide*, Audrey Eyton (Penguin Books)
6. *Vegetarianism and Occultism*, C.W. Leadbeater (TPH, Adyar)
7. *Animal Welfare and Nature: Hindu Scriptural Perspectives*, G. Naganathan (TPH, Adyar)

Theosophy And The Theosophical Society

The Theosophical Society, founded in 1875, is a worldwide body whose primary object is Universal Brotherhood based on the realization that life, in all its diverse forms, human and non-human, is indivisibly One. The Society imposes no belief on its members, who are united by a common search for truth and the desire to learn the meaning and purpose of existence by engaging themselves in study, reflection, purity of life and loving service.

Theosophy is the wisdom underlying all religions when they are stripped of accretions and superstitions. It offers a philosophy, which renders life intelligible and demonstrates that justice and love guide the cosmos. Its teachings aid the unfoldment of the latent spiritual nature in the human being, without dependence or fear.

THE THEOSOPHICAL SOCIETY

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