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COMPASSIONATE FRIEND

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



Bloody milk

Inside:

Pigs

Circuses

Cow dung

Dog races



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

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

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

Editorial Should the show go on?

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Indian circuses, a 130-year-old tradition, may have to perform without animals, since the Central government is deliberating a new law to that effect. The idea is to prevent cruelty in animals' training, though the government has also considered the dismal conditions in which circus animals are kept.

The Beauty Without Cruelty report on "Circuses of India," prepared for the Ministry of Environment & Forests in 1991, recommended the removal of all species of animals and birds from circuses. The Ministry began by banning tigers, lions, panthers, bears and monkeys. Since then, BWC has periodically approached the Ministry requesting that the use of all creatures like exotic birds and cats, and others like hippos, elephants, dogs, camels, horses and fish, be prohibited in performances and as exhibits. In May 2013, we pointed out that circuses without animals were becoming popular in India and elsewhere.

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About 300 circuses operated in the country during the 1990s. Their numbers have dwindled to about 30, many struggling against rising field rents, falling revenues, and Supreme Court rulings which deprived them of the industry's main attractions — child performers and wild animals.

The thinking in the big top is that there may not be any circuses at all in 10-15 years: clowns, wild animal acts, and death-defying feats may be history.



The untold story: how the elephant was trained to do this. Photo courtesy: AP Photo.

The lot of circus children, many of them from Nepal, was worse than Cosette's in Victor Hugo's French historical novel, *Les Misérables*, first published in 1862, so Hugo seems right when he said, "All the forces in the world are not so powerful as an idea whose time has come."

There were instances of daily child sex abuse, physical and emotional. Children were even deprived of basic needs like food and water before the ban, so what could animals expect?

Our website points out the continuous fall in circus attendances since the 1980s. International opinion against the systematic cruelty in taming and training animals for entertainment has caused many to oppose animals in circuses, on moral grounds.

The Performing Animals' Defence League's offer of £1,000 to anyone proving he can train a performing animal without cruelty still stands after years. No serious response has been received to this challenge, because animals can only be trained by fear — and varying degrees of cruelty.

Medical treatment is essential for circus animals, subjected to merciless beatings and other forms of torture. Not only is this not forthcoming, since few circuses have vets on their staff, but there are vets who assist the top management by medicating and sedating animals so they may perform better. A sick, weak, injured animal is, after all, more tractable than a healthy one.

In *Twilight of the Idols*, Nietzsche wrote, "To call the taming of an animal its 'improvement' is in our ears almost a joke. Whoever knows what goes on in menageries is doubtful whether the beasts in them are 'improved.' They are weakened, they are made less harmful, they become sickly beasts through the depressive emotion of fear, through pain, through injuries, through hunger."

We hope the Central government will ban the use of animals in circuses altogether. Till then, we request readers to encourage children in visiting circuses without animals.

E-Mail: editorCF@bwcindia.org

Dairies: Why I am vegan

by Julie O'Neill

There is a holy city called Rishikesh in north India. Respect for cows fills the air in this paradise for yoga-loving vegetarians. Visitors and residents stroke cows' foreheads, offering them treats of fruits and vegetables as they roam freely. Traffic waits patiently for the noble beasts to pass.

Here especially, the cow is considered sacred and meat consumption is not allowed in the city! But plenty of milk is consumed. I decided to pop in to a small family-run dairy in Rishikesh, figuring that, if anywhere in the world mother cows would be treated well, it would be here. If there was anywhere that I could have a guilt-free cheese sandwich, it should be here.

These photos are from that small family-run dairy.



40-50 dairy cows spend their days inside a barn.



This handsome bull keeps all the females impregnated. The family is proud of him. They keep him safely in this spot, never letting him move freely.



Young females are kept in this pen till they are old enough to reproduce.



This baby boy was just a few days old. He was standing in the middle of the barn, clearly weak and underweight, not allowed to approach his mother.



A stricken mother watches as her baby starves to death. He is of no commercial use, since he is male. The milk his mother produces will be more profitably consumed by humans.



The panic in this mother's eyes is clear but she is tethered, so unable to get near her dying son.

Photos courtesy: Julie O'Neill.



The workers at the dairy keep a close watch on the baby bulls as they perform their other duties, making sure the bulls and mothers stay separated.



Nothing could be done for this little boy. He had no value and is but a by-product of the dairy industry.

Veganism is gaining popularity. Celebrities, business people, and rebellious teenagers alike are choosing to abstain from animal products.

Many are turning to veganism for health reasons, but I am vegan for the animals.

 *Julie O'Neill cares deeply about the rights and freedoms of all beings no matter their race, gender or species. Her photography, at www.julieoneill.com, inspires change and awakens compassion.*

Calcium

There is a misconception that milk and calcium intake are synonymous. The fact is that milk is not the best source of calcium:

Item	Calcium content in mg
Sesame seeds/ <i>til</i>	1470
Curry leaves/ <i>patta</i>	830
Fenugreek/ <i>methi bhaji</i>	395
Finger millet/ <i>ragi</i>	344
Horsegram/ <i>kulathi</i>	287
Kidney beans/ <i>rajma</i>	260
Almonds/ <i>badam</i>	230
Chickpeas/ <i>channa</i>	202
Coriander/ <i>kuthmir</i>	184
Cow's milk	120 ONLY!

It is clear that by choosing to get one's nutrients from plant sources, one is not a party to the exploitation of milch cattle and can stay away from the disadvantages of milk. Like all animal derived products, dairy products contain harmful saturated fat as well.

The China Study was undertaken by the governments of China and America with the help of the Oxford and Cornell Universities. It covered 35-40 years of human nutrition and showed that cow's milk and animal protein were the main cause of today's lifestyle diseases.

Incidentally, the tribals of Bagmara village (south of Agartala) in Tripura, hold on to their age-old custom that forbids consumption of cow milk, though nearly each household has at least one milch cow. They consider the cow a god, so no milking. They also feel that depriving the calf of its mother's milk is a sin, and the gods will not exonerate the sinner.

Fact, not fancy

Male infanticide

by Nirmal Nishchit

Indian families prefer sons to daughters. Finding out the sex of an unborn baby is therefore illegal. Abortion is also illegal. Yet we hear of female fetuses being aborted, and baby girls being abandoned. Similarly, it is illegal to kill a calf in India. Yet male calves are starved to death or abandoned. There is no doubt that milk production-cum-consumption and male infanticide of calves go hand-in-hand.

The milk of human unkindness

Thorough investigations led Beauty Without Cruelty to the conclusion that times have changed. Our milk no longer comes from cows reared on agricultural fields, or from the breed of cattle that plough the land, but from dairies where imported cows are bred for their high milk yields.

In short, dairies (and research institutions) in India treat cows, shockingly, as inanimate milk-producers. They are kept constantly pregnant through artificial insemination, and

spend their lives battling diseases on concrete floors.

More cows and bullocks will not be slaughtered if we stop consuming milk. But a fall in the demand for milk will mean less milch cows will be bred, calves will not suffer, and people will not consume antibiotic-laden milk products.

Motherhood denied

Soon after birth, calves are separated from cows because it is unprofitable to let them feed on their mothers' milk – they may be allowed to suckle for only a short duration, primarily to stimulate milk secretion from the cow, otherwise they may be fed a little colostrum in a bucket. As soon as a cow's milk flow starts, its calf is taken away and tethered separately, since it cannot pay for the milk, which may be sold to humans instead.

Milk continues to be produced this way, as human consumers enjoy milk and milk products instead of calves. An average of 10 litres of milk is taken from a cow or buffalo daily.

Female calves are raised to repeat the dairy process as long as they can produce milk: a maximum of 12 to 14 years.

Sexism

Unwanted male calves are uncared for and, generally, 80 percent die due to

deliberate malnutrition and hunger. Some are got rid of by immediate abandonment; they too die of starvation, or are illegally slaughtered, usually for their leather. Believe it or not, some butchers steal the newly-born male calves by night.

These male calves cannot plough land or pull carts when older, like tough *desi* bulls. They are foreign, such as the Jersey and Holstein-Friesian breeds, and only suitable for producing large quantities of milk.

Veal

Religious reverence for calves in India does not allow males to be fattened for veal – calf meat is illegal. Abroad, unwanted, discarded male calves, called “bobby calves,” are raised and killed for veal. Bred annually so their mothers generate milk, they are destined for sale or slaughter when less than 30 days old and under 80 kgs in weight.

The growing demand for milk, and expanding dairy industries, are responsible for veal. We need to face the fact that it is due to our love for milk and milk products that calves are killed and veal eaten in India – available illegally or imported legally.

Pigs to the slaughter

by Khurshid Bhathena

Many non-vegetarians who saw the film “Babe”, especially children, stopped eating pigs, and there was a drastic drop in pork consumption.

Few know how clever and endearing pigs can be. (Our Chairperson has a rescued pig named Snowball.) Pigs are the fourth-most intelligent creatures on earth.

Despite this, man heartlessly breeds, raises, and kills pigs for meat, bristle, bone, hides and more, euphemistically calling it pig breeding or genetics development.

A pig is usually sold for slaughter when it reaches maturity at seven months of age, when it may weigh around 100 kgs. A pig’s carcass is analysed as being approximately 52.1 percent meat, 15 percent bones, 13.6 percent internal organs, 5.3 percent blood, fat also 5.3 percent, 2.9 percent skin and 5.8 percent miscellaneous left-over parts.

Some pig-derived products are discussed below, though all are not exclusively derived from them. For example, gelatine and stearic acid may be derived from the body parts of many other



Pig in Nagaland. Photo Courtesy: ILRI News.

animals as well, though lard is exclusively pig fat.

Bacon, pancetta, brisket, chop, fitch, ham, hand of pork, gammon, gristle, knuckle, lard, pig’s fry, pig’s trotters, pork, rasher, rinds, salami/pepperoni, sausage, scrag end, shoulder, skirt, tongue and trotters, fall into the pig-meat category.

Piglets roasted

A two- to six-week old piglet, cooked/roasted whole with an apple stuffed in its mouth to keep it pried open so gases may escape from its body as it roasts, is called a suckling pig because it had not been weaned.

Pig or porcine skin is not only eaten, but also converted into leathers such as carpincho, chamois, flesher, peccary and suede.

Tambourines are made from pigs’ bladders.

Pig bone and hide glues have industrial uses such as for leather and woodwork. Burnt pigs’ bones’ ashes are used

in the production of train brakes. In countries like the UK, where soap is made from pig (or any other animal) fat, glycerine is usually of porcine, or pig, origin. This glycerine is a common ingredient in toothpaste and other items.

Fatty acids derived from animal fat, including pig fat, have many uses. They end up as ingredients in items such as washing powders, fabric softeners, paints, candles, shampoos, conditioners, moisturisers, body lotions, crayons and floor waxes.

Gelatine and collagen may contain pig parts produced by boiling pig skin, connective tissues and bones, and may be called suilline gelatine. (Suilline is “hog” in Latin.) Gelatine is an animal ingredient in many foods – as the reader may confirm from product labels. It is also a stiffening agent for paper, a bonding agent for photographic film, and a binder in cork manufacture.

Medicines

Gelatine's primary use is in capsules. It forms the casing of many medicines ranging from multivitamins to pain-killers.

Stearic acid can be a derivative of pig fat.

Pepsin is an enzyme sometimes derived from pigs' stomachs. Insulin, obtained from pigs' pancreases, is close to human insulin, so used to treat diabetics.

Duodenum substances found in vitamin tablets are from pigs' digestive tracts. Chondroitin, used as an ingredient in medicine alleviating osteoarthritis, is from the cartilage of pigs.

Heparin, used to stop the formation of blood clots, is taken from the mucus found in pigs' intestines.

Pig haemoglobin is used in a drug that treats retina decay. It is also used as a red colouring agent.

Collagen from pigs serves as protein for body-building. It is also processed into face masks and foundations, said to reduce wrinkles.

Pork and bristles

A "stray pig menace" crops up in many cities with the authorities sometimes giving shoot-at-sight orders as at Hubli-Dharwad; and the corporation at Trichy imposing a ban on pigs – and horses. However, it is common to find pigs roaming around in most municipal limits, in slum areas, eating out of

garbage dumps. "Fresh pork" (pork denotes fresh pig meat anyway) is easily available from such sources and also supplied by small piggeries from which heart-rending squeals are heard regularly.

Perhaps the cruellest method of obtaining any animal product is the method by which bristles are obtained from pigs to make paint brushes. Hog/pig bristles, extracted in a barbaric manner, are supplied to brush manufacturers by slum dwellers: the pig is forcibly held immobile underfoot by one person while its hair is painfully yanked out by another, the pig, fully conscious all the while, screaming in pain. The price of plucked pig hair/bristles is double that of those which have been cut.

All kinds of brushes are made of bristles obtained from pigs/hogs, but the most common are brushes for painting walls. Other brushes are for shaving, hair grooming, polishing shoes, cleaning cooking vessels, and art-work.

The Bristle Hair and Brush Manufacturers Association, Kanpur, informed Beauty Without Cruelty that *desi* pigs/hogs are domestically reared for meat and bristles throughout India, for which the Government gives loans. The maximum number of pigs are in Uttar Pradesh. The annual yield of bristles per pig is about 250 grams.

Bristles are collected by small village *bayaparies* who, when they have a sizeable quantity, sell them to manufacturers at markets/fairs known as *haats/bazaars/melas*.

White and black coloured pig/hog bristle wall painting brushes are available in the market. Some say that the white ones are made from pig/hog bristles obtained from China. However, Beauty Without Cruelty found that Indian pigs/hogs produce white hair as well, which is sometimes dyed black.

The good news is that due to the awareness created by BWC more people are demanding non-animal bristle brushes and rollers be used for painting their properties. But unfortunately the trade in hog hair bristles has not closed down.

Unimaginable complexity

We have not come a long way since the Indian Mutiny of 1857 when the then-new gunpowder cartridges were greased with pig or cow fat, offending the religious sentiments of Muslims and Hindus. Pigs and cows continue to be killed in India and their derivatives used in unimaginable ways.

Can you hear their heartrending squeals?

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

The uses of *gobar*

by Purnima L. Toolsidass

India has the world's largest cattle population, and a burgeoning population of the poverty-stricken, but *gobar* (cow dung) is taken for granted and under-used in our country. Meanwhile, developing nations are producing crops and vegetables with organic fertilizers, avoiding the use of pesticides.

Chemical fertilizers ruin the soil, whereas organic manure is earth food. Chemical fertilizers use more pesticides and water. Organic manure requires a minimum of pesticides and much less water than chemical fertilizers.

Chemical fertilizers and pesticides reduce nutritional values and increase our bodies' toxic contents, leading to an increase in the incidence of disease. Organic manure is believed to enhance the nutritional value and flavor of food and, comparatively free of toxic residues, improves public health.

The increasing shortage of sweetwater is a global problem, which can be mitigated by reducing the agricultural consumption

of water, through the use of organic manure. The shortages of electricity and cooking gas may be reduced by using cow dung slurry as bio-fertilizer, and by using the methane gas for cooking and lighting. This is especially important in remote rural regions where, there being no electricity, precious trees are cut down for firewood. We will be saving trees by providing villagers cooking gas. Since the roots of live trees hold on to the earth, it is important to keep trees alive to avoid earth from flowing into the rivers during monsoons. The siltation of rivers causes floods and tremendous losses every year. A precious layer of soil needed for the growth of plants is washed away when trees are cut down. Landslides in hilly regions are a result of chopping trees down. Hence, the organized exploitation of *gobar* will bring many side benefits.

Organic manure

More advanced countries demand organically-grown tea and other products, and are willing to pay high prices for them. The tea industry is unable to meet the demand because of the high cost of organic manure, so an organized network of the production and supply of organic manure will bring export benefits.

Astronomical export benefits may be realized by the export of organic manure, since there is an enormous demand for organic manure in developed countries. The government would, moreover, save on the subsidies currently given to chemical fertilizers which only result in eroding soil values.

This scheme would improve the economic conditions of the rural poor, by a "*gobar* cooperative" with villagers getting paid for sackfuls of *gobar* on a daily or weekly basis. Employment opportunities may be created for people who may take bank loans to buy trucks to supply the centralized *gobar* gas/bio-fertilizer plants in every district.

The use of indigenous alternative energy would result in saving foreign exchange by a reduced oil requirement. Old cattle and male calves may not be slaughtered, because of the value of their dung till their dying days. The use of oxen would also reduce the demand for diesel in tractors. The reduced use of diesel and oil may be conducive to better health by reducing pollution. Better health may lead to increased work output per head, and money saved in medical expenses, leading to greater spending power and a better economy, education and progress.

 Purnima L. Toolsidass
is a BWC member

FYI

Sea Cucumbers

Sea cucumbers are not vegetables, but ancient marine creatures that live on ocean floors. Traditionally fished by small watercraft in Indonesia, they are usually dried, so need to be soaked and boiled before use in soups and stews. Described as tasteless and bland, yet considered a delicacy in Chinese cuisine, sea cucumbers are believed to have aphrodisiac and medicinal properties.

Indian fishermen dive 12 metres down into the sea to pick up sea cucumbers. They are found in the Andaman and Nicobar Islands, Lakshwadeep Islands, Gulf of Mannar and Palk Bay. Following their over-exploitation for export to Singapore, collection was banned in 2002. The illegal catching and smuggling which commenced continues to this day. Consignments have been seized at Devipattinam, Rameswaram and Bengaluru, but large quantities have been smuggled to Indonesia, Japan and Sri Lanka.

In response to the Ministry of Environment & Forests' desire to de-list the sea cucumber the Zoological Survey of India strongly recommended, in February 2013, that it be retained in Schedule I of the Wild Life Protection Act, 1972. They



are found in sea grass and coral reefs, and play an important ecological role.

Although listed in the Convention on International Trade in Endangered Species, the Central Marine Fisheries Research Institute and the Food and Agriculture Organisation, instead of imposing a total ban, have produced independent documents for the innovation of captive breeding and farming of sea cucumbers.

It is surprising that under India's Import Policy 2012, aquatic invertebrates (like sea cucumbers, sea urchins and jellyfish) are allowed, i.e. marked "free" to be imported for human consumption. Beauty Without Cruelty has requested the Director-General of Foreign Trade to place them under the "prohibited" policy. Their legal importation could be used as a cover for poaching, as in the case of the supplying company owner and the restaurant manager of Hotel Taj Mansingh, New Delhi, who were arrested for serving sea cucumbers in March 2010.

Readers write

Camel bone furniture

I have been searching for articles on the treatment of camels in Rajasthan because I was looking into importing bone inlay furniture from Rajasthan into Australia.



Thank you for your article at <http://www.bwcindia.org/Web/Awareness/LearnAbout/Camels.html>. After reading it, I have asked the supplier of the furniture if a different material, not derived from bone, can be used.

I am unable, after reading your article, to import the camel bone furniture into Australia, though it is beautiful, knowing the animals have not been treated properly.

I also found an article written in *Mathrubhumi* by Maneka Gandhi that supported your article, written 26 March 2013.

Lisa Trinne

Bones, horns, ivory, mother-of-pearl and shells are used for inlay work on wood and marble. However, bidriware is of metal, and contains no animal products. – Ed.

BWC

news & views

Campaign against India's meat policy

The Government of India's Pink Revolution (killing animals to produce carcasses) has made us the world's top beef exporter. India's meat exports have risen 44 percent in four years, and earnings from bovine meat are expected to touch ₹ 18,000 crores soon.

Under India's 2012 Export Policy, "beef of cows, oxen and calf" is prohibited but "meat of buffalo (both male and female)" allowed.

Although no document titled "Meat Export Policy" exists, the Ministry of Food Processing Industries gives subsidies of ₹ 15 crores to modernize abattoirs, while the Agricultural and Processed Food Products Export Development Authority inspects India's 38 integrated abattoirs, from which meat is exported.

The government entered the butchery business when Meat Products of India Ltd, a public sector undertaking, was established in 1973. It now holds a category No. 1 license from the Ministry of Food Processing Industries for the "manufacture and marketing of meat and meat products".

Beauty Without Cruelty endorsed a petition praying for a review of India's Meat Export Policy, submitted by Jainacharya Vijay Ranasundarsurji to the Rajya Sabha Committee on Petitions, in response to a June 2013 newspaper advertisement inviting comments and suggestions. The petition may be read at www.bwcindia.org/Web/Awareness/Campaigns/Rajya_Sabha_Petition_to_review_Meat_Export_Policy.pdf



Raw material for meat production and exports. Photo courtesy: Yann, wikimedia commons.

BWC wrote:

"The production and export of meat by India is wrong on all grounds: moral, cultural, economical, and environmental, and at all levels – personal, judicial, and constitutional.

"Morally and culturally, it is wrong to butcher living animals when plant-based alternatives for all dietary needs are so readily available

as in our country. This is something that all our country's spiritual leaders like Buddha, Mahaveer, Krishna, Guru Nanak, Kabir have taught us over the millennia and which the industrialised world is learning from us now and turning vegetarian. Can it be a matter of pride that we opportunistically ignore our cultural heritage for greed of money and indulge in the very thing that we taught the world is wrong to do?

"Economics and employment-generation are given as reasons for this. Is butchery the only employment that we can generate? Is this an occupation our government can claim it is proud to be able to provide its citizens? Is there nothing else more respectable left for us to sell? We are leading the world in software, can we not earn money through that, and similar, more dignifying occupations rather than as butchers?"

"Environmentally, if we would like to encourage organic methods of agriculture over chemical/pesticide-based methods, the availability of organic substances produced by living animals (like animal dung for organic manure and animal urine for organic pesticide) must be assured. By slaughtering animals, we are choking this supply off. Living animals produce these substances till the day of their natural death even after their

“productive” age. In other words, living animals are productive far longer than if they are prematurely killed in a slaughterhouse.

“Judicially, the views of the various departments/ministries that the Supreme Court had sought seem to NOT provide any basis for continuation of the Meat Export Policy (refer point 6 of petitioner’s letter). On what basis then is the policy sought to be continued?”

“Constitutionally, every slaughterhouse we have built and that we continue building is a violation of the Constitution’s directive to preserve our animal wealth and to engender compassion for animals in every Indian’s heart.”

BWC therefore demanded that the Government of India seriously reconsider the Meat Export Policy, which violates not only our personal but also our national conscience.

We thank everyone who, on receiving our request, promptly wrote to the Rajya Sabha Secretariat. The outcome is awaited.

Showing how to kill

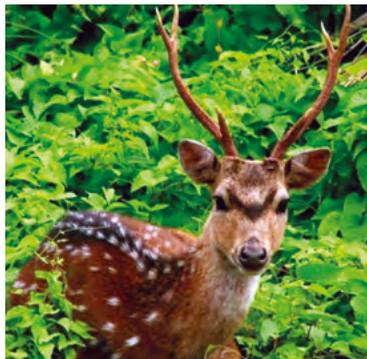
The Information & Broadcasting Ministry and the Indian Broadcasting Foundation were informed by BWC that TV channels were increasingly broadcasting gruesome cookery demonstrations depicting the raw, bloody flesh of animals, birds and fish; and



This crayfish was boiled alive on a Masterchef show. Photo courtesy: Masterchef-NZ.

that sometimes live creatures were torn apart, beaten or scalded in boiling water. Such scenes were repulsive to viewers, particularly if vegetarian or religious. The Ministry promptly assured BWC that the channels would be advised suitably. We hope the advisory is linked to a fine.

Hunting



To be hunted? Photo courtesy: Subhash Ranjan.

While BWC is happy that the Wildlife (Protection) Act is being amended — mainly by increasing fines — it is disturbing to know that hunting may be permitted in the Andaman and Nicobar Islands.

BWC objected to allowing hunting spotted deer (*chital*) in August 2013. The

argument seems to have been that the deer, introduced in the islands as game in the 1930s, were causing a loss of 1 percent of vegetation every year; moreover, hunting could generate revenue for the administration! Could part of the revenue, and the motivation behind such a demand, have been from antlers?

BWC feels hunting rights should not be granted to tribals, or anyone else, anywhere in India.

Aquariums

Gathering information on aquariums in India, Beauty Without Cruelty requested the Minister for Environment & Forests to direct the Central Zoo Authority (CZA) not to permit zoos to set up aquariums, and to close existing aquariums. They are a drain on our country’s fish, since specimens are being collected from the wilds because fish are not breeding in captivity.

CZA said it had “no power/authority to prohibit construction/maintenance of aquariums by zoos or to give them any direction in this regard,” so BWC pointed out that aquariums were listed in the Recognition of Zoo Rules, 1992, under “Number of Zoos and Captive Wildlife Facilities in States and Union Territories of India.” Since

Vegan recipe

Nuts

Research conducted at the School of Public Health at Loma Linda University, California, USA, reveals that the daily consumption of nuts improves cholesterol levels in non-overweight people with high LDL or “bad” cholesterol. According to this research, nuts are rich in unsaturated fats, and contain fibre and phytosterols which lower cholesterol; moreover, they are the richest source of protein in the plant kingdom.

The Harvard School of Public Health advises that nuts like pistachios have a favourable effect on blood lipids and may protect against coronary artery disease through vasodilatation, which inhibits platelet aggregation and adhesion, thus affording protection from atherosclerosis and angina.

It is a good idea to eat almonds, cashew nuts, peanuts, pistachios and walnuts regularly. Below is a traditional, festive Maharashtrian dish containing peanuts and cashew nuts.



Panchamrut

Ingredients

- 100 g peanuts, roasted
- 4 tbsp sesame/*til* oil
- 1 tbsp raisins
- 2 tbsp dry coconut, grated
- 1 tsp mustard seeds/*rai*
 - A few curry leaves
- 2 green chillies, chopped
 - A pinch of asafoetida/*hing*
 - A pinch of *garam masala*
- 1 tbsp turmeric powder
- 1 tbsp red chilli powder
- 1 cup coconut, desiccated
- 50 g cashew nuts
 - 6 seedless dates, chopped
- 30 ml coconut milk
- 3 tbsp jaggery
- 3 tbsp tamarind paste
- Salt

Preparation

Pound the peanuts coarsely and keep aside.

Heat oil, fry raisins and grated coconut – remove with slotted spoon and keep aside for garnish.

In the same oil, crackle mustard. Add curry leaves, green chillies, asafoetida, *garam masala*, turmeric, and chilli powders, followed by desiccated coconut, cashew nuts and peanuts. Then add dates, coconut milk, jaggery and tamarind paste.

Lower heat and cook till mixture thickens.

Add salt to taste.

Garnish with the raisins and coconut kept aside.

Serve as an accompaniment to the main course, or on its own, with *phulkas*.

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



**Under the big top
sensation, showmanship,
illusion and hype
mask
the torture, hunger, fear
and intimidation used to
tame and train animals.**



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

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

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