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# COMPASSIONATE FRIEND



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

## IN THIS ISSUE:

*Torture on Internet & TV*

*Bullock-cart racing*

*Gourmet Foods*

*Dolphins*

*Sugar*

*E Numbers*



## Contents

- 1 Editorial: Self-deluded by macho images
- 2 Hard-hearted non-veg snobbery
- 4 Carnage or captivity for national symbol
- 6 Fact, not fancy: Sugar
- 8 E Numbers with Animal Origins
- 10 End bullock-cart racing
- 11 Around the world
- 12 Readers write  
FYI: Turn-ons, or rip-offs?

## Editorial

### Self-deluded by macho images

Literature was once the only influence on people. Steeped in the literatures of their times, Madame Bovary and Don Quixote attempted to live out what they had read of romance and adventure, and lived to regret it.

Modern technology and times have ushered in new media influences to bear on human consciousness: radio, cinema, television, the Internet and You Tube evolved as Time continued flowing down history's one-way river.

The internet offers a range of social networking sites. Some of them feature users who display pictures and tell stories of how they have tortured and killed animals. Users of these sites form like-minded groups, giving suggestions and scheduling meetings.

Members suggest making dog biryani or kebabs, skinning dogs to make fur coats, caps or handbags, or describe how they tied a cow's legs and dipped its udder in a hot bucket of water.

Though sites like Facebook and Orkut offer methods whereby users may complain about inappropriate posts, groups or images, the complaints are reviewed through automated processes which render the process ineffective.

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BWC is grateful to Jain members who responded to its appeal during *Paryushan* and sent donations totalling over Rs. 50,000 and to the Siddho Mal Charitable Trust which donated Rs. 50,000.

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terror, torture or death

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*Iss jungle sé mujhe bachao* contestants remove stars from a glass box containing snakes.

Photo courtesy: images.taragana.com

Orkut's policies disallow violent texts and images promoting animal cruelty: "Orkut.com should not be used for unlawful purposes or for the promotion of dangerous or illegal activities. If found engaging in such activity, we may terminate your account, notify law enforcement authorities, or take other appropriate action."

BWC contacted Google Inc. and Google India, urging action against offending individuals and communities. We forwarded them a list of inappropriate communities and got a reply from their lawyers' firm saying a few communities have been eliminated by Google.

Objectionable programs are also on television. One of these,

*Iss jungle sé mujhe bachao*, is a copy of the U.S. "I am a celebrity, get me out of here." Snakes, rats, scorpions, bugs, frogs, lizards, and other species are used to challenge our hardy heroes and heroines. There are other shows like *Dadagiri* on the *Bindaas* channel, *Khatron ke khiladi* on the "Colours" channel (South African), "Roadies" on MTV (Australian), and others, all of which use animals to challenge participants.

BWC wrote the minister of information and broadcasting, pointing out that capturing, trapping, injuring, destroying and snaring animals are considered hunting, which is a cognizable offence under the Indian Wildlife (Protection) Act, 1972. There is also a ban on animal



Picture posted by an Orkut user showing off a deer shot by him.

Photo courtesy: www.orkut.com

exhibition under the Prevention of Cruelty to Animals Act, 1960, and the Performing Animals (Registration) Rules, 2001. These programs also violate the Program and Advertising Codes — Rule 6 (e). They are shot in countries like South Africa, Malaysia and Australia, where animal protection laws are lax, because their producers are only too well aware of these cruelties and the law. The final programs are, however, shown on Indian television, so all of them should abide by Indian laws, regardless of where they were shot.

Such programs not only violate Indian laws but also influence their viewers to try similar stunts at home, some of which may prove fatal.

## What you can do

### If you are:

- A client who subscribes to Google services
- An Orkut account holder
- An animal welfare/rights organization and/or
- An animal activist or animal lover

### You can:

Write to Google Inc. requesting them politely to delete and ban communities and users who display animal cruelty contents of any sort.

Eric Schmidt

Chairman of the Board & Chief Executive Officer, Google Inc.  
1600 Amphitheatre Parkway Mountain View, CA 94043, U.S.A.

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## Hard-hearted non-veg snobbery

By Amruta Ubale

**G**ourmet foods are relished all over the world due to their marketing-hype image of being superb luxuries. They include items such as caviar (eggs of killed sturgeon fish), oysters, *bêche de mer* (sea cucumber), salmon, tiger prawns, turbot (a fish), *fugu*, a Japanese puffer fish which is lethally poisonous if prepared incorrectly, Kobe beef from Japanese Wagyu cattle, *foie gras* (diseased liver of force-fed and slaughtered goose), bird's nests, honey and truffles.

Truffles are special tubers found at the root of chestnut and oak trees, mainly in Mediterranean regions. They are gathered with the help of dogs or pigs, are usually fried in goose fat, and used as a condiment for potatoes or eggs. They are even marketed as a pizza topping.

Foreign companies and trade missions have begun promoting their countries' products aggressively, so exotic non-vegetarian foods have been introduced to India. Five-star hotels and restaurants organise food festivals focusing on cuisines from various lands, serving up a smorgasbord of gourmet foods for "discerning" customers willing to pay whatever the price may be to be recognized as such. They use foreign chefs and import ingredients including meats

like veal (calf meat) and beef as well as seemingly innocuous non-vegetarian items like cheeses containing calf rennet.

Articles on caviar, honey and *foie gras* production have already appeared in recent issues of *Compassionate Friend*, but from where do other "delicacies" land up on dining tables in India and abroad?

### *Bêche de mer*

Marine creatures called sea cucumbers/sea-slugs/*trepang/gamat*, which were found in abundance in the Palk Bay and Gulf of Mannar till the 1990s, have almost become extinct due to international demand as a food and aphrodisiac. *Bêche de mer*, a high-value delicacy is prepared by boiling, drying or smoking sea cucumbers. Though these creatures have been listed by the Convention on International Trade in Endangered Species (CITES) the Central Marine Fisheries Research Institute (CMFRI), Kochi, is trying to introduce sea-ranching of sea-slugs' hatchery-produced offspring instead of banning trade in this specie.

### Oysters

This shell fish is an expensive food eaten on special occasions, and considered to have aphrodisiac effects. It dies as soon as its shell is pried open.

Oysters are usually consumed "fresh" or eaten raw by opening the shell with a shucking knife, adding a lime-juice or vinegar dressing, and scooping the flesh out. Not every one likes to kill

and eat raw oysters thus, so some are cooked. The heat opens the shells and kills the oysters.

### Frogs' legs

BWC spent over a decade convincing the Government of India to stop exporting frogs' legs, an exotic food (in French cuisine) popular among some Westerners. A ban finally came into force in 1987. Facts such as the barbaric manner in which the frogs' hind legs were chopped off and the frogs left to die slowly, and the ecological imbalance created, were stressed.

BWC has heard of frogs' legs being served year-round at certain restaurants in Goa which stockpile them in their freezers. They purchase live frogs from village youth at about Rs 75 each. Frogs' legs are a delicacy in Kerala as well, fried and served in innumerable toddy and *arrack* (country liquor) shops, particularly in the central parts of the state.

The situation may need to be reviewed by the government, since frogs are disappearing worldwide.

### Swiftbirds' nests

Forest Department officials confirmed that Swiftbirds' nests were being removed from remote caves in places like an island off Vengurla in Sindhudurg, Maharashtra, along the western Indian coast, and smuggled abroad from Chennai. Made with saliva, these nests are turned into bird's nest soup – a rare delicacy in Chinese cuisine – one of the most expensive animal products consumed by

humans. Male Swiftbirds have a gelatinous substance in their saliva which they use to build their nests, and the soup is perceived to be an aphrodisiac.

In 2008, BWC requested Indian Customs authorities to intercept the smugglers. Consequently we were shocked when the National Board of Wildlife de-listed the “edible nest swiftlet,” found in the Andaman & Nicobar Islands, from the Wildlife Protection Act for three years commencing last August. The justification for legalising this activity, thereby helping poachers, is ridiculous. How can the authorities ensure that the nests, which fetch around Rs 1 lakh per kilogram in international markets, will not be stolen, the eggs or chicks contained therein thrown out, before the birds vacate them voluntarily? De-listing is bound to encourage the sale and consumption of these nests while commercially benefiting poachers posing as protectors.

### Sharkfin

Sharks’ fins are obtained by “finning,” or cutting the fins off live sharks. Shark meat is worth much less than the fins, and the fin-less sharks are usually thrown back into the ocean because fishermen need the space in their boats to collect more fins. Back in the water, unable to move, the sharks sink to the ocean floor, or are consumed by other sea creatures.

Sharkfin soup is a Chinese culinary delicacy, popular in Hong Kong, Thailand, Singapore and Taiwan. India is one of the

major suppliers of sharks’ fins. The Central Marine Fisheries Research Institute (CMFRI) says India collects 70,000 tonnes of shark fins. One tonne represents 650 dead sharks. The Union Ministry of Environment and Forests imposed a ban in 2001 but it was partially lifted soon after, due to pressure from the industry. As things stand, the loophole for the flourishing trade in sharks’ fins is that harvesting some shark species is allowed, while harvesting others is banned. The fishermen who sell the fins to exporters for a pittance do not know the difference.

Each year, around 250 sharks used to be killed off the coast of Saurashtra by fishermen who modified their boats to carry harpoons weighing 8 to 10 kilograms. The Veraval and Bhidiya Harbours used to turn red with shark blood. Fins were not the only attraction for these fishermen; export firms would pay upto Rs. 1 lakh for a 40 foot whale shark weighing eight to 10 tonnes. Shark liver, from which oil is extracted, and meat were also bought.

The good news is that in 2006 Morari Bapu, a guru famous for his *Ram Kathas*, appealed to the Kharwa community to stop hunting sharks, and they heeded his request.

### Other creatures

A market is also being created for other exotic meats such as turkey, quail, partridge/*tittar*, migratory birds, bustard quail/*bater*/lava, pelican, grey-leg goose, peacock, flamingo, common pochard, egret, snail,

monitor lizard/*ghorpad*/*guishaap*, emu, ostrich (volaise), kangaroo, wallaby, pangolin, rabbit, hare, deer (venison), porcupine, wild boar, bison, dolphin — name them and they are made available as novelty foods to those who apparently appreciate “the finer things of life”!

One doesn’t need much imagination to visualise the conditions under which these poor creatures are specially bred, housed and slaughtered in India or abroad or, if they come under the purview of wildlife laws, illegally hunted and sold at exorbitant prices for the festive board. For example, the Forest Department has seized monitor lizards/*ghorpads* immobilised by having their tails wound round their necks, after a newspaper reported chunks of *ghorpad* meat being sold; they also frequently catch poachers of peacocks for their meat.

The higher the risk of getting caught, and the bigger the punishments of fines and imprisonment, the higher the price of the carcass which never comes down, but keeps ascending.

This article would be incomplete without mentioning dog and cat meat. It is not only consumed in the Far East, but also within India. Dog meat is a culinary item in Northeast India. Last year, there was an outcry when a Ph.D. student from Nagaland, at New Delhi’s Jawaharlal Nehru University, butchered a dog in his hostel room with the help of his friends.



# Carnage or captivity for national symbol?

By Ashoke Dasgupta

**D**olphins have been made our “national aquatic animal” by the National River Ganga Basin Authority, headed by Prime Minister Man Mohan Singh, at its first meeting says a *Hindustan Times* news item. Yet dolphin poaching is rampant on India’s coastline and rivers due to the increasing popularity of dolphin meat and oil. The former is sold in fish markets at Kumta, Ankola, Karwar and Canacona in Uttara Kannada.

Though classified under Schedule I of the Indian Wildlife Act, the number of endangered Bottlenose dolphins found in the Arabian Sea is falling. Dolphin-spotting on the beaches is being replaced by dolphin slaughter for meat; dolphin oil is used in locally-made medicines and tonics.

Atrocities against dolphins are increasing worldwide. A documentary called “The Cove” has blown the lid off a horrific

Japanese dolphin fishery at Taiji. Found in the world’s tropical waters, dolphins are marine mammals related to porpoises and whales. Of the three, dolphins are known to be human-friendly with highly developed hearing, communication and other abilities. They are intelligent — for example, they can distinguish between a real animal and its mirror reflection.

Because of mounting international and domestic pressure, the Australian shire, or county, of Broome decided to suspend its sister-city relationship with the Japanese dolphin-killing town of Taiji recently. (BWC had signed a petition urging the Shire of Broome Council to cut its ties with Taiji.)

This sends Japan the message that the international community opposes its slaughter of 23,000 dolphins annually.

While Broome’s decision adds to the international pressure on Japan to end the slaughter, it

does not mean Japan will cease killing dolphins immediately.

Closer to home, few Indians can appreciate, or perhaps afford, a sunset cruise on the Arabian Sea to spot dolphins instead of visiting a dolphinarium mindlessly.

## Decide not tolerated by some fishers

Dolphins swim with other fish like mackerel, sardine, seer and pomfret, often landing in fishing nets. Some get caught or killed accidentally. There are fishers who consider dolphins gods. They release them back into the sea.

Fish markets in our towns and cities stock just about every variety of fish, obtained in parcels from various parts of India. These parcels sometimes contain unwanted flesh, like that of dolphins’, which may be sent back or rubbished by traders. Day in and day out, across the country, in every city, town and village where fish are available, considerable quantities of unsold, rotten, stinking fish are discarded.

There is, however, a market for dolphin carcasses in Tamil Nadu and Kerala, where they are sold mainly for tourists’ consumption at Rs. 2,000 to Rs. 2,500 depending on size, and also to some Goan hotels for as much as Rs 500 a kilogram. There is a ban on the import of shrimps from India harvested by fishing vessels not fitted with Turtle Excluder Devices. As per international law, these consist of trap doors in shrimp nets, allowing air-breathing sea turtles to escape without



Taiji bay runs red with dolphin blood.

Photo courtesy: Sea Shepherd Conservation Society

drowning. Nevertheless, the continued killing of turtles and dolphins is attributed to illegal fishing by trawlers in prohibited areas along our coastline. Plastic bags can also spell death for fish and other aquatic life if they find their way into streams. Studies have indicated that marine life like dolphins and turtles have mistaken plastic bags for jellyfish, and died after consuming them.

The Ganges dolphin, worshiped as the river's *vaahan* or vehicle, is another endangered specie of the world's 32 dolphin types. River dolphins live in the Ganges, Brahmaputra and their tributaries. The *hihu* or *xihu* ("dolphin" in Assamese) has been declared Assam's aquatic animal. They are also protected at the Vikramshila Ganges River Dolphin Sanctuary in Bihar.

2,200 years ago, the Emperor Ashoka banned killing *puputaka*, as Ganges dolphins were then known. The passing ages have changed all that. Some years back it was estimated that a hundred of these grey, and as-good-as-blind, river dolphins were poached annually.

The oil extracted from these aquatic mammals is in higher demand than their meat. People used to burn this oil to light their homes during the Mughal period. Dolphin oil continues to be commonly used by fishermen, particularly in Assam, Bihar and West Bengal, as an ingredient in fishing bait. It is added to roasted goat intestines, poultry waste and charred bamboo. To better attract fish, pieces of

dolphin meat are suspended on fishing lines and hooks that have been soaked in dolphin oil.

### Prison performances

In countries such as Japan and the U.S.A. dolphins and sea lions are made to perform in aquariums — often in heavily-chlorinated water. If the dolphins put on weight, they are fed less. They are cruelly trained to play basketball, jump rope and slow-dance; to top it all, sea lions are trained to feed fish to dolphins. These callous "educational" exhibits are analogous to animals performing in circuses. Unimaginable torments lie behind making one creature feed another, far worse than say teaching a lion to ride a horse, as observed in some Chinese circuses.

### Death of a dolphin

Dolphin and American sea-lion performances used to occur daily at Dolphin City, Mahabalipuram, 46 kms. from Chennai.

BWC objected when dolphins were brought to this so-called amusement park and made to perform thrice a day in order to make quick money, in 1998. Within six months of their arrival from Bulgaria, all four died.

The management then introduced more sea-lions, training them by the "carrot and stick" method of withholding food until they learnt to perform a number of tricks to amuse people.

Many sea-lions also died, and the Central Zoo Authority of India refused the management

the mandatory recognition needed to continue these "amusing" activities. Neither dolphin nor sea-lion shows at Dolphin City have, consequently, existed for a decade.

Despite the precedent set by this failed venture, the Chandigarh Administration's Department of Forests and Wildlife plans to set up an Aquatic Park — "The City Beautiful" — on three acres of land with the "twin objectives of promoting eco-tourism and educating the citizens about the importance of conserving flora and fauna." Unfortunately, it will entail suffering for the aquatic creatures confined therein confinement in a walk-in aquarium or education-cum-fish presentation centre with a seating capacity of 50, a souvenir and aquarium outlet, and related entertainment facilities.

The move to build an underground aquarium at the Mahalaxmi Race Course, Mumbai, is just as misguided. Apparently inspired by the Singapore Underwater World, the mayor of Mumbai wants the 226-acre race course to be turned into a tourist attraction with a dolphin park and aquarium.

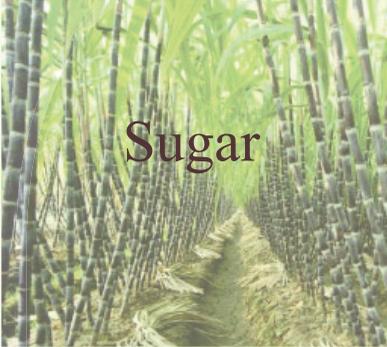
It is to be hoped that similar proposals to open dolphinariums and aquatic parks, at Ahmedabad, Lucknow, Visakhapatnam and Bangalore will meet with public disapproval, since many dolphins die during capture, transportation and training. Others fast unto death in captivity.



*Ashoke Dasgupta is  
the editor of*

Compassionate Friend.

## Fact, not fancy



By Nirmal Nishchit

**S**ucrose/saccharose is the chemical name for sugar ( $C_{12}H_{22}O_{11}$ ), mainly produced — worldwide — as a granulated, brown, liquid from sugarcane, sugar beet, sweet sorghum, palm/coconut, sago, maple, corn, barley, grapes, dates, agave, and from honey and milk as well.

All the sugar derived from sugarcane, in about 28 Indian refineries, is vegan. Raw sugar, pure sucrose, and natural brown sugar are manufactured by extracting the juice from shredded sugarcane heated with phosphate and lime sucrate or milk of lime (both of mineral origin) to remove impurities. This juice is then concentrated in evaporators and crystallised into raw sugar.

Refined plantation white sugar, cubed and icing sugars are produced from raw sugar by melting and clarifying it further by an ion exchange process (also called the double sulphitation process), in which the sugar is passed through sulphur gas.

Brown sugar (light and dark/free-flowing turbinado sugar/date sugar/Demerara sugar/muscavado/Barbados sugar)

is unrefined or partially-refined soft sugar consisting of sugar crystals with some residual molasses content, or produced by the addition of molasses to refined white sugar.

Jaggery/*Gur*/*Khandsari* is made from sugarcane. The whiter it is, the greater the amounts of caustic soda (or even cheap detergent) that has been used in its production.

Invert sugar is created by combining sugar syrup with a small amount of acid such as cream of tartar (vegan) or lemon juice, and heating. This “inverts,” or breaks down the sucrose into glucose and fructose.

### Takes all sorts

Palm/coconut sugar, also vegan, looks like light brown powdered sugar. It is made from *neera* (the sap of palm/coconut trees) or from palm jaggery/*gur*; and is not as sweet as regular sugar. It can also be extracted from sago. When *neera* is converted into a solid or semi-solid mass, it becomes jaggery. The process of making sugar is practically the same as that used in making jaggery, inasmuch as the juice is de-limed (clarified), filtered and boiled. Clarification is carried out with a phosphoric acid or super-phosphate solution. Palm sugar is available in India at *Khadi Bhandars* and dark, conical *mhada cha gur* is available in Goan vegetable markets alongside coconuts sold for cooking purposes.

Sweeteners are used in packed desserts, puddings, sauces, soft drinks, confectionery, tinned

fruit, and vegetables. Dextrose, glucose (sorbitol), sucrose (sucralose), sorbic acid, xylose (xylitol — plant origin), fructose, stevia (plant origin), mannitol/manna sugar/mannite (plant origin), agave syrup/nectar (plant origin), corn syrup, and invert sugar are vegan, whereas lactose (lactitol) is lacto-vegetarian. Saccharine (mineral origin) and sucralose are the most common artificial sweeteners. Others such as aspartame, neotame, and acesulfame potassium (all vegan) continue to be used despite a connection between artificial sweeteners and cancer. They may also have been tested on animals.

The sugar produced in India is called “refined plantation white sugar,” and is vegan. However, a pilot project for manufacturing beet sugar and ethanol is under way. Beet sugar processing is similar to sugar processing, but is done in one continuous process without the raw sugar stage. It can involve the use of bone char (calcinated animal bones) for decolourising. Beauty Without Cruelty has information that Shree Renuka Sugars Ltd. is considering the commissioning of a plant which will use bone char.

### Foreign non-veg sugar

Sugar imported into India may have been made with bone char. The refined sugar (brown, white or powdered) manufactured abroad usually involves the bone char filter process. (Bones from cows are the only bones used to make bone charcoal.) This means that foreign refined sugar may be non-vegetarian (and,

if made from beetroots which grow underground, unacceptable to those Jains who do not consume beetroots). However, in the U.S.A., beet sugar refineries generally use the ion exchange process, approved by vegetarians, instead of bone char filtering. This sugar is often labelled “granulated” or “fine granular” sugar.

Honey, molasses, treacle or golden, maple and corn syrups are also commonly used as sweeteners overseas. Honey is the food of bees, and molasses is vegetarian. The other syrups may have been processed with pork fat, milk products or glycerine of animal origin. *Kosher* refined sugar may be unsuitable for vegetarians because it could have been processed with bone charcoal. Highly-processed ingredients of animal origin such as sugar and gelatine (which could even be of fish-bone), are being certified as *Kosher/Parvé*.

### Speciality sugars

Demerara is raw/unrefined cane sugar having large crystals, but white sugar, coloured brown, is often passed off as Demerara sugar.

Dragées/*nonpareils*/sprinkles/jimmies/hundreds-and-thousands are round, edible sugar balls of different sizes, coated with silver/copper/bronze/gold *varkh*, or sprinkled with powders such as pearl dust, and used for decorative purposes on cakes and confectionery. Pearl dust/iridescent powder and nib/pearl sugar also known as satin, lustre, petal, sparkle dusts

and are all made from pearls. Pearl/nib/hail sugar is created by crushing blocks of refined white sugar to look like pearly rice grains.

Powdered/icing/confectioners' sugar is a finely-ground form used for icing cakes. Icing/frosting is a sweet glaze, generally made from icing sugar and butter, colour and essence. However, a few drops of glycerine or oil could have been added to give it an extra glaze. Royal icing contains egg white. Rolled butter-cream/fondant/sugar-paste is a sweet, pliable icing of powdered sugar, shortening, corn syrup, gelatine and glycerine, with added flavour and optional colour.

Cake glazes may be water icing (sugar and water) and molten chocolate with cream, butter and/or sugar syrup, or *fondant*. Caramel is used to glaze some cakes and pastries and sugar, cooked to the hard-crack stage, can give pastries a sheen. Tart glazes are made from jams, preserves or jellies, but pastry glazes brushed on dough before baking may be of sugar, egg, milk, cream and/or butter.

### Confectionery

Lactose/saccharum lactin/D-lactose (milk sugar), lecithin (egg/soy origin), capric acid/decanoic acid (animal/vegetable origin) may be used in certain sweets and candies.

Hard-boiled sugar confectionery like sweets, lollipops, drops and candies (intended to be sucked or licked) usually

consist of hardened, flavoured sucrose and corn syrup. Brittle rock sugar candy/*mishri* is also vegan. Barley sugar consists of hard candy sticks to which barley water and cream of tartar (vegan) has been added. Cotton candy/candy floss/fairy floss is a form of spun sugar, usually coloured pink.

Butterscotch is made from butter, brown sugar and flavouring. Toffee is made from molasses or sugar and butter in different textures and hardnesses. Taffy is a chewy, fruit-flavoured candy made of corn syrup, butter and glycerine — which may be of animal origin.

Marshmallows, jelly beans/candies, jujubes, gumdrops, gummy bears, and Turkish Delight, all soft and rubbery, usually contain gelatine.

Gems/buttons and certain chewing gums are surface-coated with shellac/lac, confectioner's glaze (insect parts and wings) or beeswax.

Nougats are a mixture of caramelised sugar, nuts, flavouring, and could contain honey as well. Divinity/Double Divinity is a nougat-like confectionery in an egg-white and chopped nut base. Praline is a crisp sweet made of nuts and sugar.

Fudge is a very sweet, rich confectionery whose basic ingredients are sugar, butter and milk. Marzipan is a paste made from ground almonds and sugar, moulded into decorative forms or used for icing cakes. It may contain eggs.

Glance at the ingredients list of pre-packaged and processed foods in a supermarket and the chances are you'll spot an E number or two listed. But what exactly are these mysterious numbers and why are so many of them in the food and drink on sale today? E numbers may appear to be a modern element of food, but that's not necessarily the case. For centuries, people have helped preserve food by adding additional ingredients to foods. As well as preserving food, additives play other roles too:

### We'd like E Numbers used in India

- They add colour and improve the look of foods or drinks.
- They add sweetness to foods and drinks.
- They help products gel together or become thicker, which helps improve the look and feel of foods.
- They act as flavour enhancers, to improve the taste of products.
- They're used to give foods a much longer shelf-life than they'd normally have without it.

As processed foods began to take off during the second half of the 20th century, and were kept on supermarket shelves for longer, the demand for more food additives became stronger.

In order to keep track of this multitude of additives, the E numbering system was developed and became a legal requirement on packaging in the 1980s. The E in "E Number" stands for "European" and it means these numbers have been tested for safety and been granted use in the European Union (EU).

## E Numbers with Animal Origins

From ExploreENumbers

[www.exploreenumbers.co.uk](http://www.exploreenumbers.co.uk)

E numbers come from a variety of sources, but there are many that have — or may have — animal origins. Here we look at which E numbers this applies to and offer a useful guide for those seeking to avoid consuming products with E numbers derived from animal sources.

In the case of some E numbers, it's easy to know if they are derived from animal origins, as there's only one main source where they can come from. Sadly this isn't always the case though and there are a host of additives which can be sourced from both animal and vegetable origins. This makes it trickier for consumers, as it's not always easy to know exactly which source has been used in certain products.

If you're really passionate about avoiding E numbers with animal origins, perhaps for health or dietary purposes, then one way is to avoid all additives that may or may not contain the suspect numbers. Alternatively, you could always write to the manufacturers of the products concerned and ask for confirmation of where the additives are derived from.

### E Numbers Purely Derived from Animal Origins

These are the numbers that are derived purely from animal origins:

- E120 Cochineal: This crimson red colour comes from the crushed shell of the cactus insect, *Dactylopius coccus*.
- E542 Edible bone phosphate: This originates from animal bones.
- E631 Sodium 5'-inosinate: This comes from meat extracts and sardines.
- E901 Beeswax: This comes from the honeycomb produced by bees. Many people may think of it as being naturally produced, but people who are strictly avoiding all animal-derived E numbers may prefer to avoid it completely.
- E904 Shellac: This substance is obtained from the resin produced by the Lac insect. It's a native of India and is related to mealy bugs and scale insects.

## E Numbers That May Have Animal Origins

The following E numbers can be derived from other animal or vegetable origins:

- E161g Canthaxanthin: A pigment found in mushrooms and flamingo feathers.
- E236 Formic acid: An acid that's found naturally in the bodies of ants; it's also produced synthetically.
- E237 Sodium formate: The sodium salt which is manufactured from formic acid, so may come from ants or a synthetic source.
- E238 Calcium formate: The calcium salt of formic acid, so may come from ants or a synthetic source.
- E252 – Potassium nitrate: This occurs naturally, or is manufactured from animal or vegetable waste.
- E422 – Glycerol/Glycerin: This may be produced from animal fats.
- E474 Sucroglycerides: This can come from several sources, including lard, tallow and palm oil.
- E570 Stearic acid: This comes from animal fats and vegetable oils.
- E572 Magnesium salts of fatty acids: This is produced from stearic acid, which can be from both an animal and vegetable source.
- E627 Guanosine 5-disodium phosphate: This can come from both sardines and yeast extract.
- E631 Sodium 5'-inosinate: This can come from dried sardines and extracts of meat.
- E635 Sodium 5'-ribonucleotides: This may have animal origins.
- E640 Glycine and its sodium salt: This can originate from gelatine.
- E910 – L-Cysteine: This can be extracted from the feathers from ducks and chickens.
- E920 L-cysteine and L-cysteine hydrochloride: The L-cysteine part of this can be extracted from the feathers from ducks and chickens.
- E921 L-cysteine Hydrochloride Monohydrate: The L-cysteine part of this can be extracted from the feathers from ducks and chickens.

## End bullock-cart racing

By Sachin Sable

The campaign against bullock-cart racing is decades old. Beauty Without Cruelty has tried to stop it by various means, but hasn't been successful yet.

BWC began collecting signatures from sympathetic rural folk in July 2009. The petition in Marathi reproduced overleaf, which will be presented to the chief minister of Maharashtra, states that it violates section 11(1) of the Prevention of Cruelty to Animals Act, 1960 and the Mumbai Police Act, 1951.

The races are often for

gambling, money-making or for publicity stunts in the name of those sacrosanct words, "culture" and "tradition."

Severe cruelty is inflicted on the bulls. They are locked into dark rooms with red ants, administered steroids, and made to drink alcohol. They are whipped and their private parts poked. Their tails are twisted, even bitten, by humans.

Not only do the bulls suffer — many die — but also human spectators have been killed.

BWC members Anil Kataria, Sunedhra Bhadre, Anil

Khot, Hasmukh Rathod and Sonal Sheth are helping to obtain support and, till date, the petition has been read, understood and signed by 4,100 Maharashtrian village dwellers.

Like-minded persons and societies have joined BWC and Anil Kataria, who is also associated with the Ahmednagar SPCA, in obtaining substantial support for the petition. They are Sharayu Daftary of *Jain Bodhak*, and Sudnya Patkar of In Defence of Animals.



Sachin Sable is BWC's field officer

## बैलगाडा शर्यतीस प्रतिबंध करण्यासाठी संमतीपत्र

१. 'बैलगाडा शर्यत' ही शेतकऱ्यांच्या जीवनातील मनोरंजनाचा एक अविभाज्य घटक आहे असे सांगितले जाते, परंतु प्रत्यक्षात या शर्यती मानवी इर्ष्योपोटी तसेच बक्षिसे, मानमरातब व प्रतिष्ठा मिळविण्यासाठी होतात.

२. बैलांवर मानसिक व शारीरिक अत्याचार केले जातात. जसे—काठीने व चाबकाने बेदम मारणे, स्टेरॉईडचे इंजेक्शन देणे, दारू पाजणे, आयीने टोचणे, बैलांना अंधार—कोठडी देणे, निर्दयीपणे वाहतूक करणे इत्यादी.

३. बैलगाडाशर्यत ही वर्षातून एकदा किंवा दोनदा नव्हे तर विविध देवदेवतांच्या यात्रा तसेच राजकीय नेत्यांच्या वाढदिवसाच्या दिवशी आयोजित केल्या जातात.

४. बैलांची तुलना घोडयांशी केली जाते परंतु, निसर्गत: 'बैल' हा स्थूल आणि संध गतीने चालणारा प्राणी असून 'घोडा' हा वेगवान प्राणी आहे म्हणून बैलगाडाशर्यतीची तुलना अश्वशर्यतीशी करणे योग्य नाही. बैलगाडा शर्यतीत देखील मोठमोठया पैजा लावल्या जातात.

५. या शर्यतीत एकावेळी एकच बैल पळतो, ही शर्यत फक्त १०० ते १५० मीटर्सची असते हे चुकीचे असून ही शर्यत भयानक व विदारक आहे.

६. बैलगाडा शर्यतीस २०० वर्षांची परंपरा आहे असे अभिमानाने सांगितले जाते. परंतु हिंदू धर्मात या शर्यतीस संमती दिल्याचा धर्मग्रंथातील एखादा दाखला किंवा श्लोकातील उतारा वाचून दाखवावा.

७. या शर्यतीत जीव जानो बैलांचा पण बक्षिसे मिळतात माणसांना! शर्यतीची एवढीच हौस असेल तर माणसांनी स्वतः पळून, जिंकून अभिमान बाळगावा.

८. बैलगाडा शर्यत हे राक्षसीपणाचे प्रतिक असून त्यामुळे माणुसकी कमी होते, प्रेक्षकांच्या भावना दुखावतात, व मुलांवर वाईट परिणाम होतात.

९. २१ व्या शतकात प्रगतीकडे वाटचाल करताना मनोरंजनाच्या पर्यायी साधनांचा वापर करावा. बालविवाह, सतीप्रथा मानवी समाजाला हानिकारक असल्यामुळे बंद पडल्या, तसेच ही प्रथा बैलांसाठी हानिकारक असून बंद करावी.

१०. प्राण्यांना त्रास देणे हे कलमान्वये ११(१) प्राणीछळ प्रतिबंध कायदा १९६० तसेच ७३ मुंबई पोलीस अधिनियम कायदा १९५१ नुसार गुन्हापात्र असून महाराष्ट्र पोलीस महासंचालकांनी बैलगाडा शर्यतीच्या बंदीचे आदेशही दिले आहेत.

आम्हाला या संमतीपत्रावरून 'बैलगाडाशर्यतीत' बैलांवर होत असलेल्या अन्याय व अत्याचाराचे भीषण स्वरूप लक्षात आले. ही शर्यत भारतीय अहिंसक संस्कृतीच्या विरोधात आहे. आम्ही खाली स्वाक्षरी करित असलेल्या व्यक्ती, माननीय मुख्यमंत्री, महाराष्ट्र राज्य यांना विनंती करित आहोत की, या अमानवी प्रथेस पूर्णपणे प्रतिबंध करावा.

ही आग्रहाची विनंती !!

शेतकऱ्या मी बैल आहे  
तुझा मित्रा,  
नांगराला जूप, पण शर्यतीत  
नको खतरा!!!



Spiked instruments used to goad the bull.

Man biting a bull's tail just before a race and the injured tail.



Bull being forced to drink alcohol.

Whip marks on a bull's back.



Men injured as bulls run helter-skelter.

Collision of two bullock-carts.

Spectators along the race track.

Inhumane transportation of a bull.

## Around the world

### USA's Iditarod Trail sled race exploits dogs

The Iditarod Trail in Alaska, U.S.A., now a National Historic Trail, had its beginnings as a mail and supply route from the coastal towns of Seward and Knik to the interior mining camps at Flat, Ophir, Ruby and beyond to Nome. Mail and supplies went in, and gold came out, via dog sled. Heroes were created out of these pedestrian commercial events, and legends born.

The annual "Iditarod Trail Sled Dog Race" sells itself as a commemoration of those days, a not-so-distant past that Alaskans "honor and are proud of," according to the race's website: "From Anchorage, in south central Alaska, to Nome on the western Bering Sea coast, each team of 12 to 16 dogs and their musher cover over 1150 miles in 10 to 17 days."

As part of their training, many mushers force their dogs to pull loads so heavy, they can cause hip and spine injuries. The Iditarod Trail Committee does not release information about dogs that die after each race.

Some dogs are tethered to exercise wheels as part of their pre-race training. Because the dogs run at varying speeds, the slower runners are pulled along

by the neck, which also causes injuries. Dogs that may be tired or ill are forced to run. The number of injuries from the exercise wheel goes unreported. At least one dog has died in almost every Iditarod race. Since



A dog chained to his exercise wheel may have trouble getting into his shelter.

Photo courtesy: [www.helpsleddogs.org](http://www.helpsleddogs.org)

1997, a total of 142 dogs have died. These counts are based on deaths reported. There are many which are not reported. When the dogs are not racing they are short-tethered in kennels housing as many as 200 dogs.

### Rodeos trigger divorcees' stampede

Circuses aren't the only entertainment exploiting animals. The Humane Society of Canada (HSC) had asked — in vain — the Canadian Radio-television Telecommunications Commission to phase out broadcasts of the "Calgary Stampede," the world's biggest outdoor rodeo, which may have had 1.2 million visitors this year. The HSC pointed out that

it glamorizes violence against animals. The controversial Canadian event has been linked to more than two dozen animals' deaths in the past decade.

Like the seal hunt, rodeos have been going on centuries, so most people don't think about the cruelty to animals entailed as they enjoy rodeos' carnival atmosphere. And like the seal hunt, proud rodeo participants speak of their "sport" as a celebration of (obsolete cowboy) "heritage" — and skills mastery, likening the livestock to well-cared-for athletes.

Other primeval instincts may also be released by the cruelty to animals. The 10-day annual event has been known to descend into debauchery for some, as plenty of booze, and a party atmosphere, cause inhibitions and common sense to vamoose out the window, making way for debauchery, divorce and venereal disease. As Calgaryans shed their business attire for hats, boots and jeans, some seem to find a gold wedding ring tighter than a necktie with a three-piece suit.

The number of people starting to file for divorce spikes after every annual Stampede. Within about six weeks of the festivities, lawyers' calls from people talking of divorce go up about 30 per cent. .



## Readers write

### Synthetic hair paint-brushes better

I graduated from St. Patrick's Junior College, Agra, this year, and have been reading your journal regularly. It has proved to contain knowledge. When I read the Monsoon issue, the article about paint-brushes grabbed my attention, motivating me to write you because of the cruelty involved. I want to bring to your notice that I have been purchasing these paint-brushes unawares. Generally we, consumers are not aware of the facts and, to get these callous practices banned, we need to bring them to light and sensitize children, since the bulk of consumers are school students. We need to advocate the use of synthetic hair brushes. We have an organization known as the "WE Group," and I am working on getting these facts printed in our newsletter, distributed in all Agra schools. I'll be glad to help in some way. Your organization is working for a noble cause, and I appreciate its efforts and concern for helpless living beings.

**Shuchita Jain**

### Important success

During my 36 vegetarian years in the West, I've been an Evangelist for a cruelty-free diet and lifestyle, raising my children to be vegetarians in a society that promotes hamburgers and steak. I spoke to my daughter about your organization today, saying I'd read of some of your important successes, such as the ban of rennet imports to India. Kudos!

**Garsett Larosse**  
Westmalle, Belgium

## Informative

Your Monsoon issue contained useful information, especially the first-hand report on the so-called *Ahinsak* Silk, which is obviously a scam — not *ahinsak* at all. Thank you for the information. *Om shanti.*

**Sivakatirswami**

Kauai's Hindu Monastery

I found the article on silk in the last issue of *Compassionate Friend* really interesting — I learnt loads.

**Angela Burke**

### Impressed by teamwork

Just read your Monsoon issue and am very impressed . . . well done.

**Philipp Wollen**

The Winsome Constance  
Kindness Trust

It seems that you have a really good team for BWC — the magazine is also doing very well. All good wishes,

**Nandita Shah**

I was greatly impressed by your very readable magazine and read virtually all of it although, as a meat-eater born in Alberta, I am not a target of opportunity for its central theme. Typography and presentation are superb. Wonderful use of colour.

Best wishes for the next issue,

**Don Sellar**

I went through the online version of the magazine. It is good. The editor is doing a good job. A GREAT JOB DONE BY ALL OF YOU.

**Rajeev Sethi**

## FYI

### Turn-ons, or rip-offs? Love drugs are a flimflam

Aphrodisiac qualities have been attributed to the blood, oils and organs of many creatures. The man on the pavement with a basket of lizards is a common sight. He breaks their backs and places them on a portable stove to extract oil from their corpses, which he sells to people as an aphrodisiac. Other aphrodisiac placebos include crushed pearls, elk antlers, rhino horns, *kasturi* in *paan*, live oysters, bird's nest soup, bear bile and gall bladders, bovine gallstones, geckoes, roosters, python bile, sea slugs, sea cucumbers, and the penises of serpents, otters, seals and tigers.

The consumption of *Kadaknath/Kali Masi* — wild black hens from Madhya Pradesh — has been advocated for sexual vigour. More recently, house sparrows have been added to the list, their decline in numbers being attributed by some to people eating them as aphrodisiacs after some *hakims* claimed to have prepared an erotic potion from the male bird's flesh.

Almonds, aniseed/fennel/*saunf*, annatto/sinduri, asafoetida/*hing*, asparagus, avocados, bananas, basil/*tulsi*, carrots, celery, chocolate, hot chilli peppers, coffee, coriander/*dhaniya*, fresh figs, garlic, ginger/*adrak*, horny goat weed, liquorice/*jethimadh*, mustard paste and mustard-greens/*sarson*, nutmeg/*jaiphal*, pineapples, pine nuts, raspberries, rocket-salad/*tara mira*, saffron, strawberries and vanilla are also believed to be vegetarian amatory boosters.

## BWC News &amp; Views

**Foie Gras**

Beauty Without Cruelty has made several representations to the Government requesting banning the import of *foie gras* – diseased livers of ducks and geese, obtained through force feeding. *Pâté de foie gras* was on Air India's first class passengers' menu until 2008, when BWC objected to it. On learning about the extreme torture involved in its production Pune's famous department store, Dorabjee & Co, agreed not to stock *pâté de foie gras* any more. More recently, BWC Delhi representative Dr. Sunil Srivastava gave a presentation explaining the brutishness involved in *foie gras* production to a couple of Delhi restaurateurs. This resulted in the Smoke House Grill not only promising to stop serving it immediately, but also saying they would try to convince others to follow suit. BWC wrote the Taj Hotels Resorts & Palaces, requesting them to take it off their menus. The managing director replied diplomatically that they would not do so, as India has not banned it.

**Nag Panchami**

About 500 persons were approached in Bhopal and requested not to encourage *saperas* during the *Nag Panchami* festival. Our BWC city representative, Vishwas Ghushe, got the police to restrict about 50 snake-charmers from making the rounds, and a dozen cobras were seized. They were returned to the wilds immediately. Also BWC's field officer visited Bhatish Shirala

where despite the Wildlife Department's order to catch only 5 snakes, the usual number which far exceeded the directive were caught and displayed.

**Cattle smuggled to Bangladesh**

Some estimates put the annual turnover from cattle leather and meat smuggled from India to Bangladesh at over Rs. 25 billion. Smuggling cattle via land and water, with arms and ammunition, has been a long-standing problem, but BWC does not believe it should be legalized, as proposed by the Government of Bangladesh. Last July, the Meghalaya government imposed section 144 Cr.P.C. on cattle movement along the Indo-Bangladeshi border. Gopalkrishna Gandhi, governor of West Bengal, wrote BWC that he had forwarded our letter to the appropriate authorities for them to examine the applicability of the Meghalaya example to the state of West Bengal.

**Monkey tricks**

When the Punjab government sought the Central Zoo Authority (CZA)'s clearance to set up a rescue-cum-rehabilitation centre to tame, train, rehabilitate and teach manners to monkeys at Patiala, BWC wrote the CZA pointing out that the monkeys would obviously suffer much the same fate as those in circuses, for performances that are banned, due to the sadism involved. Perhaps missing our point, the CZA responded that the creation of the rescue centre was only for monkeys which could not be released back to the wilds, and that training for performances would not be permitted.

**hinda vs. ahinda****for BWC anniversary**

To commemorate Beauty Without Cruelty's completion of 35 years in India on 12 September 2009, we launched **hinda vs. ahinda** in Hindi cum English, via e-mail. It will be sent periodically to all whose e-mail ids are on record at BWC – members and non-members alike. If you or your friends would like to receive it too, please inform [admin@bwcindia.org](mailto:admin@bwcindia.org)

**Paryushan**

As Beauty Without Cruelty promotes a way of life in line with the Jain principles of *ahimsa* and *jeev-daya*, we sent letters to our Jain members requesting them to support us actively in our animal rights work during their auspicious *Paryushan* week. Though vegetarian in their diet, we asked them to also consider pledging abstention from such items as leather, silk, *varkh*, bone china, animal bristle brushes, wool, honey, pearls, corals, cosmetics, soaps and other products which contain animal substances. We also asked them not to support animal exploitation for entertainment in the form of joy-rides on camels and ponies, and not to visit circuses, aquariums, zoos or bullfights, at home or abroad. BWC also requested them not to buy and free birds on *Samvatsari*. Hundreds of birds are specially caught from the wild and sold for this day, but they never survive in urban areas. BWC is grateful for the good response: our CDs were distributed, members were enrolled, and substantial donations received.



www.bwcindia.org

होइइ vs. बेहोइइ

Thanksgiving  
26 November 2009

थैंक्स-गिक्विंग  
२६ नवम्बर २००९



**Turkeys would be thankful if  
you did not kill them for your  
Thanksgiving and Christmas feast**

यदि आभार प्रकट करने व क्रिसमस भोजों के लिये  
आप उनका वध न करें तो टर्कीयां अत्यंत आभारी होंगी



**Celebrate life, not death**

मृत्यु विरहित, उत्साही जीवन

Beauty Without Cruelty is a way of life which causes  
no creature of land, sea or air terror, torture or death  
'ब्युटी विदाउट क्रुएल्टी': जल, भूमि, व वायु के किसी भी जीव को  
भय, पीडा, या मृत्यु न पहुँचाने की जीवन-पद्धति

होइइ vs. बेहोइइ is sent to you because your e-mail address is on our records.  
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**Beauty Without Cruelty**

(An international educational charitable trust for Animal Rights)

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