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COMPASSIONATE FRIEND

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



Pasta and Noodles

Civet Coffee

Oxytocin

Cruel Side of Magic



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From my Desk...

Captive Elephants

After 10 years and 46 published reports by Bengaluru based Compassion Unlimited Plus Action (CUPA) and Wildlife Rescue and Rehabilitation Centre (WRRC) on the unfortunate fate and suffering of captive elephants in India, in desperation the WRRC approached the Supreme Court. Impressed with their efforts to help captive elephants and the resultant interim order, readers will be happy to know that BWC extended financial support. The order came soon after printing our last magazine which focused on elephants.

The SC directed that cruelties meted against captive elephants in Kerala should be curbed and District Committees, with nominees of the Animal Welfare Board of India, be reconstituted. A circular was immediately issued by the Chief Wildlife Warden, Kerala, to count the captive elephants in the state.

There was obviously an attempt to sabotage the head count because the Department of Forests failed to adhere to the September 2015 deadline. It seems the majority of owners were reluctant to register their elephants and imposing a penalty was being considered, as was obtaining an extension from the apex court.

Retired Army Animals

The Ministry of Defence wrote BWC that necessary instructions had been given for “immediate cessation of further destruction of old and worn out animals”. They have begun creating facilities to house them. This was in response to BWC’s letters to the government saying that it was morally, ethically and culturally wrong to kill the Army’s dogs, horses and mules when old and unable to work.



Well-earned retirement. Photo courtesy: Sainik Samachar

Kurbani and Bali

As informed in the last issue of *Compassionate Friend*, BWC had supported a PIL against illegal trafficking and slaughter of camels filed by People for Cattle in India (PFCI) in the High Court at Chennai. On 23 September 2015 the High Court cautioned the Chennai Corporation to follow its earlier directives banning camel slaughter and warned the authorities of consequences if existing rules on the issue were disregarded. During that week PFCI rescued several camels and saved them from being sacrificed on Bakri Idd.

Meanwhile, the Supreme Court admitted a plea to ban animal sacrifice in India, but a few days later refused to interfere with religious practices and said the judiciary could not stop centuries-old traditions of sacrificing animals by different communities. So the answer lies in convincing people against *kurbani* and *bali* of goats, camels, chickens, cattle, and others.

Mahseer

Once again, BWC approached the Government of India against foreign tourists being lured for angling holidays. As part of recreational fishing the beautiful golden mahseer is caught and released for so-called conservation. The fish are subjected to a long ordeal of stress, pain, fear, struggle and torture. Irreversible damage occurs even though the fish are unhooked and quickly measured and weighed, before being thrown back into the water. The hook injures and traumatises them and they die of shock, inability to eat, or of microbial and fungal infections.



Golden Mahseer. Photo courtesy: fishinghimalayas.com

Cattle Security Force

It is heartening to know that the Border Security Force (BSF) personnel is happily calling themselves the Cattle Security Force (CSF) in view of the hard work they are putting in to stop live cattle from infiltrating into Bangladesh. A tremendous drop in smuggling has occurred, detailed information on which is given in this time’s *Karuna-Mitra* by Kamlesh Shah of the Shri Vardhman Parivar, Mumbai.

A Way of Life

Last but not least, BWC thanks everybody who filled our pledge forms. It is great to know that people are continuously giving up the use of more and more animal derived products.

Our biggest achievement is when our BWC’s objectives are adopted as a way of life.

Diana Ratnagar
Chairperson

Diabolical Doodh ki Dawa

Injecting milch cattle with oxytocin is the norm in dairies says Khurshid Bhatena

The origin of the word oxytocin is *oxutokia* in Greek which means quick birth.

Oxytocin is a neuro-hormone naturally released in large amounts by the posterior pituitary gland in mammals to induce contractions of the uterus during labour and stimulate the ejection of milk. It is a facilitator for childbirth and breastfeeding that promotes maternal nurturing behaviour.

Obtained from oxen or prepared synthetically, 1953 onwards, oxytocin began to be widely administered in obstetric practice for induction of labour, the control of bleeding following delivery, and the stimulation of milk letdown reflex.

Along the way people got the bright idea of indiscriminately using oxytocin (OT) injections on milch animals – not only during delivery of a calf, but daily. Five minutes before milking 5 ml of OT is injected twice a day so that milk flows fast out of the udder.

Ever since Beauty Without Cruelty got to know that cows and she-buffaloes were being regularly subjected to painful contractions of their uteruses every day, we have been speaking against its use, and wrote to the government too.

Misuse

In 2014, with the aim of curbing misuse of oxytocin to boost milk production (and surprisingly also misused to plump up the size of vegetables and fruits) the Ministry of Health prohibited its retail sale. Formulations meant for veterinary use can be sold to veterinary hospitals only. Both the Food & Drug Adulteration and the Prevention of Cruelty to Animals Acts forbid its rampant use. Although the government has labelled it as a schedule H-drug requiring a prescription, it is somehow sold to and used by dairies to increase the flow of milk. They say it does not actually increase the milk output, but merely makes it flow out faster.

The side effects on the poor animals being given this injection day in and day out are tremendous. The reproductive systems of the cows and she-buffaloes get irreversibly damaged and the animals are abandoned in a couple of years.

Oxytocin severely harms the animals as well as the humans who regularly consume milk obtained from such hormone injected cattle.

There is no doubt that children and adults who consume milk are adversely affected.

Evidence Disregarded

In June 2013 the *Mid-Day* came out with their remarkable evidence-clinching investigation carried out over a period of two months, detailing how in Mumbai's *tabelas*, female buffaloes were illegally being administered oxytocin injections in their necks twice a day. Oxytocin is the generic name, whereas Pitocin and Syntocinon are brand names of the hormone drug that causes the uterus to contract.

होरोडा vs. ओरोडा

World Vegan Day

1 November

विश्व विगन दिवस

१ नवम्बर



Oxytocin injections are only meant for inducing labour.

But twice a day, before milking, cows and buffaloes are given these injections to make their milk flow out faster.

It is unbearably painful for them.

ओक्सिटोसिन इंजेक्शन प्रसूति सरल करने के लिए होते हैं। परन्तु, दिन में दो बार गायों और बैसों को दूध निकालने के पूर्व दूध तेज़ गति से बाहर लाने के लिए ये दिये जाते हैं। उनके लिए ये असहनीय रूप से पीड़ादायी होते हैं।

The rampant, illegal use of oxytocin hormone on dairy cows that is poisoning milk is a good enough reason to give up the consumption of milk and milk products.



दुधारु गायों पर ऑक्सिटोक्सिन हॉर्मोन का बेतहाशा, अवैध है।

यही एक पर्याप्त कारण है कि

हमें दूध एवं दूध के उत्पाद का प्रयोग छोड़ देना चाहिए।

The ban on the sale of this drug without a prescription is unfortunately not implemented. Oxytocin is sold in plastic bottles without labels and called *doodh ki dawa*. A bottle of 20 doses of 5 ml each is as cheap as ₹ 30/-.

Samples of milk collected from dairies that used the *doodh ki dawa* injections, tested positive by showing up in the milk. Meanwhile, many doctors of Mumbai say there is an increase in hormone imbalance complaints among children and that they have been treating girls for premature puberty and boys with breast enlargement problems. This, no doubt, is due to them consuming hormone-laden milk.

A week later, when the Food and Drugs Administration (FDA) team raided the *tabelas* where *Mid-Day* had exposed the use of Oxytocin, they found no evidence of it. The FDA says they've never found Oxytocin in milk but if found guilty, the owners will be punished under the Food Safety and Standards Act; and that they will search for the supplier as part of their investigation into the matter!

Give it up!

The President of the Indian Medical Association's Pune Chapter has stated that "Oxytocin hormone used for the purpose of increasing milk yield in cattle can have side-effects on cattle as well as on humans. It can cause ovarian diseases in women and could damage seminal vesicles in men, which may lead to impotency".

Good reasons to immediately give up milk and milk products. Maybe women need to stop and think about how they would feel if twice a day their bodies were injected to go into labour-mode and have contractions, and secrete milk. Unless and until we imagine ourselves in the position of the animal victim, we will not be able to appreciate what it feels like to have one's body be considered a commodity for the beneficial use of another species.

Incidentally, the National Guidelines on Human Milk Banking (under the Ministry of Health and Family Welfare) do not state that animal milk is the second best option when a newborn is unable to receive his or her mother's milk, but donated human milk is the second best option.

Solution

Oxytocin is produced in large quantities by about 70 companies in India. They sell a small percentage legally. The rest is clandestinely sold for which there is no record. Off and on huge seizures consisting of thousands of ampoules occur. But, injecting milch cattle with oxytocin is the norm in dairies. Since the government is unable to stop its misuse, maybe they should take up manufacture and distribution themselves and strictly monitor its administration.

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

Milk and Eggs

What irony: "pure vegetarians" do not consume eggs but have milk and milk products in abundance!

There is an ethical similarity between milk and egg consumption that has not been noticed by most lacto-vegetarians. It is high time we put milk and eggs on par with each other.

First and foremost, milk and eggs are both designed to be the sole source of nutrients for the new life that the mother (milch animal or hen) produces. Humans are a different species and our offspring are ideally nourished with our own human milk.

Often unknowingly indirect suffering to chickens and milch cattle is supported by those who consume eggs and milk. It is not economically viable to raise male calves so they are starved to death and male chickens (broilers) are overfed, fattened and killed for their flesh. When the females produce less milk or eggs, they are also slaughtered for meat.

Slaughter is a vital part of both dairy and poultry farming. This puts eggs and milk on the same level as meat. The only difference is that meat comes from animals already killed, but eggs and milk are derived from animals that will be killed – chickens and buffaloes are eventually killed for meat.

It is also unfortunate that the global dairy and poultry industries have always got away with advertising to their advantage. The fact is that neither milk nor egg is healthy as compared to produce from plants. For example milk is about ten times lower in calcium than other plant sources, and eggs contain harmful cholesterol. So health-wise too we are better off without consuming them.

Cruel Side of Magic

Everyone loves a bit of magic in their lives. But what's more magical – birds soaring high and free in their natural habitat or the sudden appearance of dazed doves hitherto cramped in a pan or taped to a magician's coat at a show, asks Nupur Chaudhuri

And, lo! and behold, with a swish of the magic wand, he/she creates beautiful, white doves out of thin air. The auditorium resounds with awestruck sighs, shouts for an encore and thunderous applause.

Who doesn't love this kind of magic? Perhaps if the birds used in the show could voice their opinion, they'd chirp, "Me." Or maybe, if you would know how unnatural it is for animals and birds to be the other 'performer' in a magic trick for mere entertainment, you wouldn't applaud either.

In September, Mumbai-based teen magician Zenia Bhumgara was awarded the prestigious Merlin Award, which is to magic what the Oscar is to films. While Zenia has spread smiles and cheer among varied audiences, including tsunami-affected children in Tokyo and her idol David Copperfield, with her well-studied magic, it is also her trick of producing doves out of nothing that has (literally) added a feather to her cap. To the conjurers who have aced 'magic' with animals like doves, pigeons, canaries, rabbits, dogs and even elephants, our question is: For Magic's sake, can we enjoy your skill of illusion knowing that no life form was injured, harmed, or discomforted before, during and post the show?

Tragic Trade Secrets

While as per the law, bears, monkeys, tigers, panthers, lions and bulls cannot be exhibited or trained as performing animals, magicians turn to a much easier-to-work-with option: doves. In fact, unluckily for the doves, they are preferred over canaries (which are known to be crushed in a grinder to make them disappear), rabbits (which are made to sit for long periods in unseen compartments), and gold fish (which are allegedly disintegrated with colourless acid to make them disappear).



This deception involves the magician literally pulling out a live rabbit which has been forcefully hidden for long in an unseen compartment of a table on which a trick top-hat was placed. Photo: guim.co.uk

Doves, in their marvellous white glory, almost instantly turn a magic show into a grand one to be remembered. Magus Cagliostro, an Israeli magician, explained in an article about the cruelty suffered by animals in magic shows, that doves are picked by magicians over other birds and animals because they are "helpless, squeeze easily, are quiet, never bite or scream..." Another website, mallusionist.com, under its 'Trade Secrets'



A living dove was concealed in the lid of the dove pan.

Photo courtesy: magiciansiraj.com

category, reveals that doves are the most commonly used because their whiteness brings out a beautiful contrast to the magicians' black coats. But the main reason has more to do with how silently the birds suffer the treatment and training meted out to them. To quote the website: "Doves are the only bird that can be completely dehydrated, stored in a small space (such as a sleeve), and then rehydrated and instantly returned to life." Magicians use dove pans, in which doves are hidden in an additional pan concealed by the lid, or they are stuffed in bags under their coats or then stuck with double-sided tape to their coat sleeves. Either a nudge or a spring loader shoots them out of the coat for the trick.

Tricks using dove pans involve the magician setting alight a liquid in the pan and then slamming the lid tight to

extinguish the fire. On doing so, out flies the dove. Apart from the fact that the dove is stuffed in the pan, it is a dangerous trick because if not performed correctly, the bird can catch fire and die a torturous death after writhing in pain for several moments. In fact, in 2014, children at a birthday party in Trujillo in Peru were shocked and horrified when a dove caught fire and died during the dove pan magic trick.

Even if the trick does go right, the flames disorientate the bird, and can singe its feathers. Add to this, the bright stage lights, the cheering sound from spectators and loud on-cue music – and the result is a very frightened bird that doesn't know where to fly, even 'if' it can. More often than not, magicians trim or clip the wings so that the birds can't fly away. Overall, it comes across as a loss-loss situation for the doves.

AWBI certificate for shows

It is imperative to get an NOC from the Animal Welfare Board of India (AWBI) for a show using animals. As per the Performing Animals Registration Rules, 2001, under Prevention of Cruelty to Animals Act, 1960, any person desirous of training, exhibiting or performing animals, should apply for registration to the prescribed authority (AWBI), and shall not exhibit or train any animal as a performing animal



Invisible 6-pocket waistcoat used to hide live doves during magic shows.
Photo courtesy: nikhilmagicshop.com

without being registered under these rules. The Board, after an inspection, issues the registration certificate. In 2014, Jadugar Karan's show was halted because he did not have the required permission for his show which included an elephant vanishing act.

Magician Speak

Mhelly Bhumgara, noted magician and father of Zenia, vouches for the safety of birds used in their shows. Calling them 'family', he says, "The birds have been born in our home and they are family to us. They

are not merely props." The doves used by Bhumgara and his daughter have their feathers and wings intact. "There are magicians who may cut the wings of their birds, but we do not. Sometimes, they fly away during shows," he claims.

The birds however do not have registration certificates. Bhumgara justifies, "It's a grey area and not always practical to get certificates before each and every show or have a vet present during every show. We are not cruel to the birds. I start my day feeding them and looking into their well-being. Even during shows, they are treated well and not dehydrated. We are vegetarians and animal lovers and we use our birds and magic to impart the love for animals among children, especially at orphanages and hospitals. We allow them to gently pet our birds and get rid of their fear. It's not merely entertainment but also about creating awareness."

Why can't their magic go on without the use of birds? "It's easy to do other normal tricks but with animals, there's a level of skill involved. It's difficult because it's like two performers who have to train together and work in sync."



Fishy item: backstage, pins are inserted into the bodies of fish; on stage, they swim in the direction they are told because the magician controls them with a concealed magnet under the edge of his coat sleeve. *Photo courtesy: boingboing.net*

But, the fact of the matter remains that there is no way to confirm that the bird 'enjoys' being on stage, that the bird 'wants' to fly out to an applauding audience, that the bird even 'likes' its job of entertainer. If given a choice between being in the magic profession or flying free among tall trees and blue skies where there are no cages, pans or stuffy coat sleeves, pray what do you think it would choose?

 *Nupur Chaudhuri is a freelance journalist & designer of cruelty-free shoes. She is also a BWC life member.*

Fact, not Fancy

Pasta and Noodles

Many varieties contain eggs. Likewise, many of them are cooked with flesh, says Nirmal Nischit

Differently named, pasta and noodles are consumed all over the world. They are basically made from unleavened dough of wheat, or buckwheat flour and water and are available in many different lengths and shapes.

Many varieties contain eggs. Likewise, many of them are cooked with flesh.

Pasta



Pasta

Pasta need to be boiled with lots of water and kept al dente (just under-done or firm when bitten).

Made from durum wheat flour or semolina in Italy, spaghetti (thin long strings) and maccheroni/macaroni (short tubes) followed by fusilli (swirls) and lasagne (sheets) are the most common of the hundreds of varieties consumed. Freshly made traditional Italian pasta such as fettuccine, tagliatelle and lasagne contain eggs.

Gnocchi (dumplings of semolina, wheat, potato or bread) and spätzle (noodles containing eggs) are also considered as pasta. And, hilopittes is the name for dried egg pasta of Greece.

Pasta is dried or fresh. Usually the dried varieties contain no eggs, but the fresh ones do, and may not even be labelled as egg pasta. Moreover, the same machinery that manufactures pasta containing eggs could be used for making pasta without eggs.

A BWC member pointed out that Barilla pasta (macaroni, spaghetti, etc.) boxes which carry the vegetarian symbol printed by the importer, also had “IT MAY CONTAIN EGG TRACES” written on them. Strong complaints were filed by BWC with the Food Safety and Standards Authority of India, Ministry of Health and Family Welfare (Government of India), and the Food and Drug Administration (Maharashtra State). This was not the first time, and it will probably not be the last, that non-veg packaged foods have been passed off as veg – and no action taken. We therefore advise that labels be read carefully, especially on imported foodstuffs.

Noodles

Chinese egg noodles are made from a mix of eggs and wheat and are light yellow.

Spätzle is a Swabian (German) type of noodle also made of wheat and eggs. Spätzle, is the same as spätzli, chnöpfl, knöpfle and nokedli and they all contain eggs.

Ramen noodles are traditionally hand-made Japanese noodles containing wheat, water and eggs, although instant versions are available.

Instant noodles are curly and long, dried into bricks, made from wheat flour, salt, water, kansui (a type of alkaline mineral water containing sodium carbonate and usually potassium carbonate as well as sometimes a small amount of phosphoric acid); MSG is an ingredient in the flavour packets that accompany these instant noodles.

Hakka noodles are steamed and air dried whereas instant noodles are cooked and flash fried during the manufacturing process. It is not true that they are coated with wax although they are unhealthy for other reasons.



Noodles

Japanese noodles are of three main varieties:

- Soba made of buckwheat that have a distinctive brown colour and come in different thicknesses.
- Somen made of wheat flour and oil, are very thin and delicate, sold dry and bundled together with a band.
- Udon noodles are also made of wheat but tend to be thick and chewy in texture.

Konnyaku made from a type of yam is another variety but is rarely found outside Japan. However Shirataki which is an offshoot of Konnyaku is available.

Cellophane noodles/bean threads/glass noodles, are made from sprouted mung-bean starch, are very thin and string-like that become almost transparent when cooked. Cellophane noodles can also be made from potato or canna lily starch.

Corn noodles and acorn oak nut noodles are made by Koreans.

Egg is an ingredient of the dough from which wonton noodles are prepared for wonton noodle soup. And lo mein is a Cantonese dish containing these noodles which are usually tossed in a non-veg sauce. Both lo mein and chow mein are made with Chinese egg noodles.

Rice noodles/sticks/vermicelli, white and rice textured, sold dry but pre-cooked, come in different thicknesses, and are usually used in Thai and Vietnamese dishes.

Idiyappam is the rice noodle of Tamil Nadu, Kerala and parts of coastal Karnataka. Made from rice flour, ghee or gingelly/til oil, salt and water, in Sri Lanka rice flour is usually substituted by wheat flour and ghee is not used.



Idiyappam

Harmful

According to the Codex system (FAO/WHO international food standards) acid regulators, flavour enhancers, thickeners, humectants, colours, stabilizers, anti-oxidants, emulsifiers, flour agents, preservatives and anti-caking agents are allowed to be used in the making of instant noodles.

High sodium (MSG) and lead content in instant noodle packets has recently resulted in them being declared unsafe in India.

Noodles, pasta, as well as cereals, are all carbohydrates having starch and fibre, vitamins and minerals – but we must not forget

that they are nevertheless all packaged foods that also contain preservatives and additives used to halt or mask staleness and extend shelf life.

Packaged food articles, not only instant noodles (even without high MSG and lead), can never ever be as wholesome or nutritious as chapattis, rotis, rice and dal. In addition, one can be certain that foods freshly prepared at home contain no animal derived ingredients.

Other packaged food articles such as soups, dehydrated vegetables, muesli and even biscuits, are possibly as harmful as instant noodles. On seeing the green veg symbol, one may not be inclined to read the ingredients, but if one does, one would know how toxic these products are. Eating instant foods once in a way may not harm much, but having processed food articles regularly has great disadvantages ranging from weight gain to insulin resistance caused by harmful preservatives and additives.

Some months ago, a *Times of India* article revealed “packaged foods help in time-management, but experts say they are killing you slowly”. Very true, they are far from healthy – and worse still, addictive. Manufacturers’ claims and assurances are nothing short of marketing gimmicks.

Food for Thought

The exploitation and abuse of women and the exploitation and abuse of domestic animals are similar, says Lisa Kemmerer

As activists, we must seek root causes and change our own lives in order to bring about a more compassionate, peaceful world. For example, those working to protect animals need to understand that the phenomenon that brings people to oppress cows and chickens also causes the oppression of disempowered human beings.

In male dominated cultures such as those that dominate in Europe, Africa, Asia, and the Americas, women are exploited for labour such as tending homes, cooking, and providing childcare in exchange for a home to live in and food to eat. If they fail to perform these duties, they might be abused by those who expect them to provide these services. Similarly, women are exploited for their reproductive abilities — for intercourse-on-demand and offspring. Most men desire sons and women who fail to produce sons — or who fail to produce any children — are at risk of being traded-in for a woman

able to perform these services. Those who are in power feel entitled to exploit “their” women and dispose of them if they so please. In relation to husbands with whom they share homes, wives are powerless — they are devalued, at risk of abuse, and at risk of being cast out of the home or even killed.

Like wives, donkeys, ponies, water buffalo, and bullocks are expected to provide labour and offspring in exchange for upkeep. Those who do not fulfil this expectation are likely to be abused and/or killed. Those who are in power feel entitled to exploit “their” domestic animals and dispose of them as they please.

Among farmed animals, cows, hens, and sows suffer the longest and most severely because they are females — because they are exploited for their reproductive powers. Female farmed animals are tormented in “rape racks” (industry term), and they are imprisoned in battery cages (hens), gestation crates and farrowing pens (hogs) because they are females exploited for their reproductive abilities. Cows are repeatedly and forcibly impregnated so they will produce calves and then milk. Sows are perpetually pregnant and nursing — producing bacon for those who control their lives. Hens are kept in relentless confinement, and like cows, are never allowed the pleasures of motherhood.

Like women, domestic animals suffer because those who hold power exploit them for labour and reproduction. Female farmed animals suffer for longer periods of time, and they suffer physically from forced impregnation and confinement, and psychologically because they are denied the motherhood that ought to accompany their perpetual impregnation. Farmed animals, like women, suffer because they are comparatively powerless, and because those in power are able to exploit them for whatever they might gain — their labour and reproductive powers.

As activists, we must seek to uproot deep causes and change our lives in order to bring about a more compassionate, peaceful world. It is important to protect animals — it is important to protect all who are oppressed. The exploitation and abuse of women and the exploitation and abuse of domestic animals are similar. Fundamentally, both are injustices of the powerful over the disempowered. We can only usher in a compassionate, peaceful world if we are willing to work against all forms of oppression: those who fight on behalf of nonhuman animals must also fight on behalf of women, and those who hope to free women must also work to free nonhuman animals.

 *Lisa Kemmerer, professor of philosophy and religions at Montana State University Billings, is a philosopher-activist working on behalf of nonhuman animals, the environment, and disempowered human beings. Graduate of Reed, Harvard, and Glasgow (in Scotland), Kemmerer has written/edited nine books. To learn more about her work, please visit lisakemmerer.com.*

FYI

Civet Coffee

Civet coffee or *Kopi Luwak* is a sales gimmick aimed to lure humans with more money than brains.

Indonesia is famous for it. *Kopi* is coffee and *Luwak* Asian palm civet



or toddy cat. It is brewed from the beans that civets excrete after eating pulpy, ripe coffee berries which the cats love to consume.

Civet coffee is very costly because collecting and salvaging the excreted beans from wild civets is so laborious. But, cruel battery-cage civet farming in coffee-growing areas has, due to mass-production, made the coffee cost a little less. Each civet is jailed in a 2x1½ metre dark wooden cage with cement flooring. As little as 2 ounces (56.6 grams) of authentic *Kopi Luwak* is sold for \$50, but there is no way of knowing if it is from farmed or wild civets.

Sumatra, Jawa, Bali, Sulawesi, Philippines and Vietnam also produce *Kopi Luwak*. In the Philippines the palm civet is not known as *Luwak* but *Alamid* so the product is *Kape Alamid*. In Vietnam, weasels eat the coffee berries but the difference is that they regurgitate the beans in the forest from where they are collected, then processed and marketed as Weasel Coffee or *cà phê Chồn*.

Kari Beck or *Beckoo* in Kanada, is the Indian version and is sold mainly to hotels at ₹ 15,000/- to 20,000/- a kilogram. Estates on Biligiri Rangan Hills of Chamarajanagar district in Karnataka have begun gathering civet cat droppings, washing and processing them during the end of the harvest season when the wild civets visit coffee plantations.

When small commercial ventures selling a few kilos start doing well, demand tends to increase. That's when the animals are bound to be bred and fed in captivity – let's face it, no businessman is going to patiently wait for wild animals to visit his plantation, eat the coffee beans and shit!

Vegan Recipe

Tomato

Eating just one fully ripe tomato provides 40% of a person's daily requirement of Vitamin C.

In addition, tomatoes also contain other nutrients and antioxidants that help fight diseases and maintain good health. They are good for digestion, preventing both constipation and diarrhoea, and among several other benefits effectively remove toxins from the body. High in Vitamin A, they improve vision.

Since they contain lycopene (even those that are not deep red) they effectively lower the risk of lung, stomach and prostate cancers and protect against cardiovascular diseases. Two raw tomatoes or one-third cup of juice contains 7 mg lycopene, the suggested quantity that could be taken daily by heart patients so that over a period of time the functioning of the tissue lining the heart's blood vessels becomes as good as in healthy persons.



Khatu Mithu Tomatu (serves 4)

Ingredients

- 2 kg red ripe tomatoes
- 1 tbsp oil
- 1 pod garlic, minced (optional)
- 1½ tsp turmeric powder
- 2 tsp red chilli powder
- salt
- 1 cup jaggery, crumbled
- 1 bunch coriander, chopped

Preparation

Stand tomatoes in boiling water, skin and chop.
Heat oil and add garlic, turmeric and chilli powders making sure they do not burn. Immediately add tomatoes and simmer for long till the volume reduces by half.
Add jaggery and continue simmering till it melts.
Add salt.
Mix in the coriander. Stir.
Serve hot with *khichri* or as an accompaniment to *moong dal* and rice. It also tastes good as a spread on bread, or could be eaten with *chapattis* as a *subzi*.

Do visit

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

SPECIAL OFFER

Fill in all the blanks correctly to receive 2 extra BWC wall calendars for 2016:

Birds should be free, not _____.

Fire-crackers harm the elderly, babies, animals, birds and the _____.

A catapult _____ birds and small animals and can even kill them.

Rabbits are specially bred to be killed for their _____ and meat.

The pig is held down and its hair yanked out for _____ used in wall painting brushes.

It is _____ to train and force animals and birds to compete with, or fight, each other.

Moonstones can be used in place of pearls which are a product of years of painful suffering and death of _____.

Red jasper is a good replacement for _____ in jewellery since millions of tiny marine creatures live in coral reefs.

Killing an animal or _____ can never be a "sacrifice".

The brown symbol indicates the presence of non-veg ingredients, but if no green _____ is affixed, the product is almost certainly non-veg.

Agarbatti without a _____ veg symbol may be unsuitable for religious use.

Poultry is _____ before birth and flesh after death.

Bone china contains _____ of slaughtered cattle.

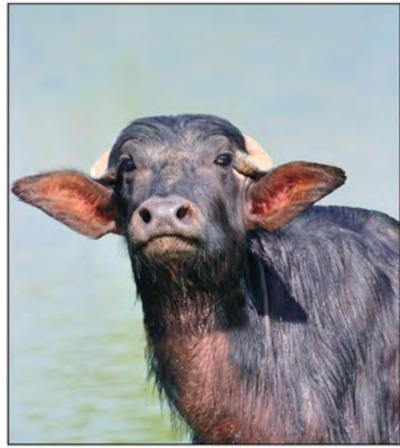
Choona is made from crushed shells for which tiny _____ lives are killed.

Flying kites with _____ kills birds.

Silk represents the death of 1500 silk moths for every _____ grams of fabric.

Joy rides are _____ and illegal, not joyous for camels, ponies and elephants.

Post your replies (on this page or a photocopy) to reach BWC by 15 January 2016. State your name, postal address, email id, mobile and BWC membership number.



**WHAT you eat is your personal choice.
WHOM you eat can not be your personal choice.
STOP EATING ANIMALS**



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