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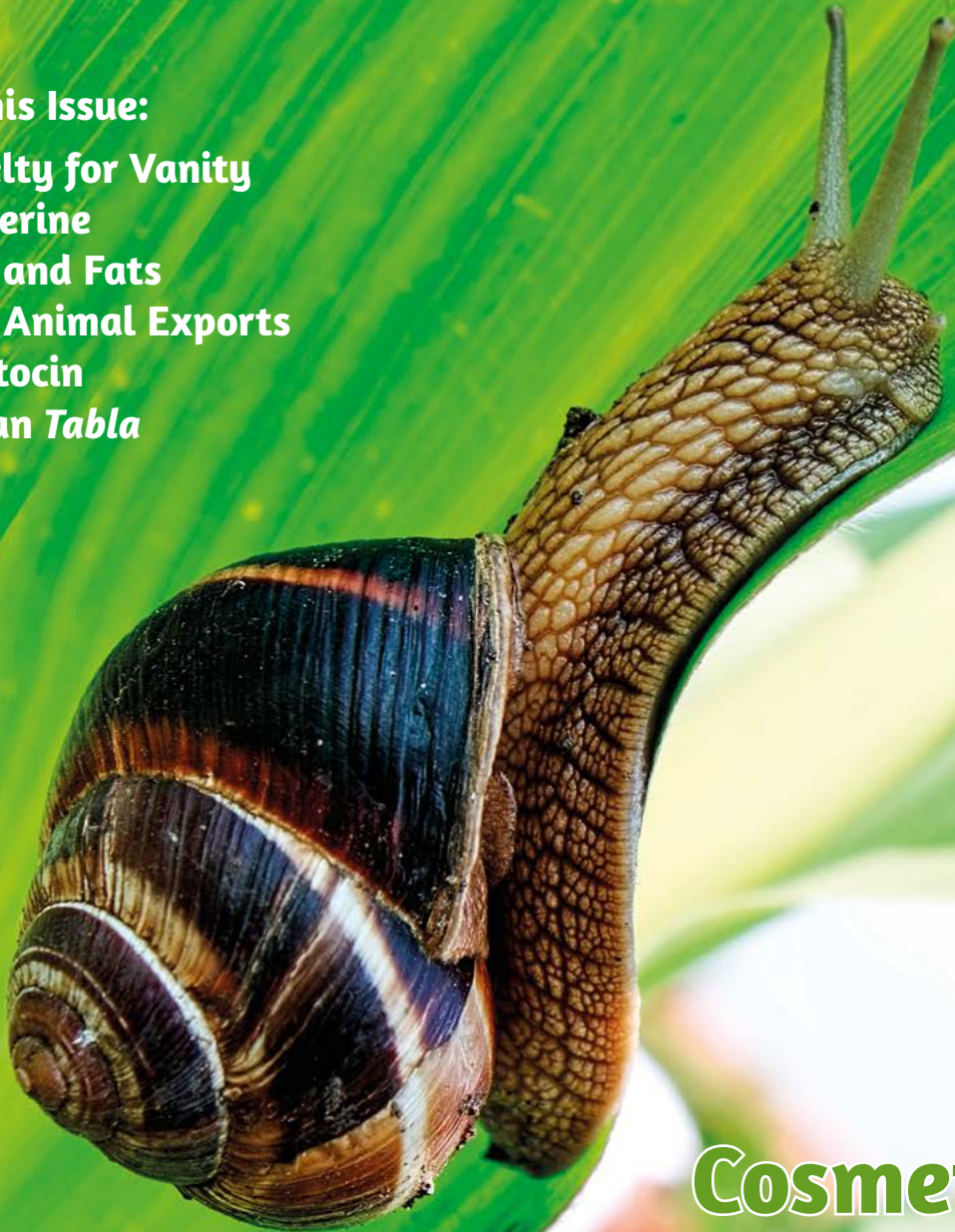


COMPASSIONATE FRIEND

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

In this Issue:

Cruelty for Vanity
Glycerine
Oils and Fats
Live Animal Exports
Oxytocin
Vegan Tabla



Cosmetics



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Beauty Without Cruelty

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COMPASSIONATE FRIEND

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From my Desk...

Our right to know whether Veg or Non-Veg



In May 2018 the Drugs Technical Advisory Board made it mandatory for cosmetics and toiletries to be marked with a green or brown symbol.

BWC immediately requested the Ministry of Health to issue the Notification soon so that there was no scope for it being stalled by the industry yet again. We trust soaps, facewashes, toothpastes, cosmetics, perfumes, *agar-battis*, *dhoop*, candles, air fresheners, cleaners, detergents, disinfectants, and even adhesives, brushes and crockery will all be covered.

We also requested that it should be made mandatory for medicines, dietary supplements, drugs and other pharmaceuticals to be affixed with the veg/non-veg symbol as well because they too can contain hidden animal ingredients.

By doing so, the Government will be acting in public interest, and consumers will be grateful that they can make informed choices. So let's hope it happens.

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

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Learning from Other's Mistakes

Awoman wrote to Beauty Without Cruelty demanding that our NGO should stop a certain online store from sending her a beauty product containing horse oil, give her a refund, and stop the manufacturer from using horse oil as an ingredient!

She was unwilling to accept that she had made a mistake in buying a non-refundable annual subscription to receive "surprise" beauty and other products every month. She presumed they would be veg because she was under the impression they were not tested on animals and organic.

Meat can also be termed organic. And, although cruelty-free may mean not tested on animals, such products could very well contain animal ingredients. Before subscribing, she failed to ask the obvious: if the products would have the green veg symbol affixed on them.

Since the horse is not wildlife, there is no law under which its oil can be stopped from being used as an ingredient, and definitely not if the product is imported. Anyhow BWC sees no difference between horse oil and oil extracted from any other animal.

The moral of the unfortunate episode: Check (not presume) what you buy is veg. Do not expect to be bailed out by BWC even after having mistakenly paid for items containing animal substances. In such situations our inability to help should be understood, not construed as rudeness.

Delete, Don't Share

Trivia interests and entertains people on social media like WhatsApp and Facebook.

Animals often feature in the videos we watch, like, and unwittingly share with friends immediately! For example, there is a video

titled "I want a dog like this one – useful dog tricks" that shows a small dog doing house chores. It is but obvious to the discerning mind that the poor dog must have been put through vigorous training.

There is a distinct difference in a film that shows an animal doing something cute spontaneously, and something that it has been taught to do and for which the animal has been subjected to cruelty behind the scenes.

Some may argue such videos are computer generated. But, how can we be sure? And, how can we be sure that no one will cruelly train an animal to do the very same tricks?

Others may say the animal is willingly and happily doing what it is. But initially it must have definitely been forced to perform so it is far from funny or fun for the animals.

Many videos depict animals like dogs and cats doing some thing extraordinary. No different to circus animals trained through torture, fear and hunger. Pets are taught by intimidation too although tempered with kindness.

People thought it was fun to view horses kicking a football. BWC thought otherwise and complained to the Government of Maharashtra and the Digvijay Pratishthan, Pune for making their horses play football to promote the FIFA (Fédération Internationale de Football Association) U-17 World Cup India at Kolkata in October 2017.

So next time we watch a video, however cute and clever the animal may look, we should think solely from its point of view and decide whether to share it or not. We must keep in mind that they dislike performing and do it only because of the reward they so desperately desire.

Diana Ratnagar
Chairperson

Cruelty for Vanity

Fast-rising sales of products made from snail slime indicate women do not mind applying this obnoxious animal substance on their faces thinking it will improve their skin says Khurshid Bhatena

People shop online for their make-up and toiletries. They are influenced by digital advertising and bloggers who write about brands and trends. Social media and online tutorials provide beauty tips.

Most teenagers and women focus only on beautifying themselves and to them it doesn't matter in the least (they do not even care to know) if the products they buy contain any animal substances. Few, to salve their consciences, may go in for products that are labelled as not having been tested on animals or marked "organic" or "herbal" which are of course nothing short of marketing gimmicks because there is no guarantee whatsoever that they are free of animal substances.

The fast-growing skincare market of products and procedures includes biologically active ingredients derived from animals. They could be marked "natural" indicating free from harmful substances such as aluminium compounds. American researchers have recently found that petroleum-based chemicals used in perfumes, paints and other consumer products can, taken together, emit as much air pollution in the form of volatile organic compounds as motor vehicles do. But, can we be certain that these "natural" items are free of animal ingredients?

Remember it is economically advantageous for manufacturers to utilise substances of animal origin in their cosmetics and toilet preparations. Hardly any carry the green veg symbol, and even if they do, certain hidden animal ingredients could exist.

Many consumers are attracted by false promises and claims. The use of so-called



Snail. Photo: © Tutye2001 | Dreamstime.com

exotic (read bizarre) ingredients and their benefits are extolled. They could be just about any thing like powdered ivory or deer antlers and ash of coral (all three illegal), shellac, snails, albumen (egg white), lanolin (grease from hair of sheep), guanine (fish scales), hyaluronic acid (from rooster combs), bull semen, heparin salts (from beef lung or porcine intestinal mucosa), deoxyribonucleic and ribonucleic acids (from animal cells), cod liver oil, orange roughy oil (fat under the skin of deep sea fishes), squalene (shark liver oil), ostrich fat/oil, sperm oil, squid liver oil, turtle oil, amniotic fluid (placenta) and stem cells. Believe it or not, years ago a leading Indian cosmetic manufacturer proudly claimed using human placenta!

In addition, beauticians come up with treatments guaranteed to help women look younger. No one bats an eye – not the manufacturer, not the beautician or the customer – for the slaughtered animals.

How many of us are aware that sodium chloride (table salt), oleoresin capsicum (pepper spray), diatomaceous earth

(component in dynamite), simethicone (gas relief drops), urea (formerly extracted from urine), propylene glycol (similar to antifreeze), plastics, and hydrogenated vegetable oil are cosmetic ingredients?

Powdered nightingale droppings are utilised in the exorbitantly priced Geisha facial supposed to soften, brighten and nourish the complexion. Bird-poop treatment originated centuries ago when Japanese entertainers damaged their skin from the high lead level in their white makeup. As a cure, they used a mask containing nightingale droppings said to contain enzymes that would break down dead skin cells. Today the excrement is sanitized under ultraviolet light and mixed with rice bran.

A bee venom mask from Korea is said to freeze muscles, creating a Botox-like effect. It triggers collagen production too, whereas pig collagen boosts elasticity. Other weird Korean cosmetic ingredients include camel and donkey milks and starfish extract for moisturising and regenerating skin.

Snail Slime

In the 1980s some Chileans who sold snails to the French discovered the so-called benefits of snail slime, but Korea was responsible for introducing beauty products containing it. Snails are specially bred for the purpose in Korean farms. Fast-rising sales of products made from snail slime indicate women do not mind applying this obnoxious animal substance on their faces thinking it will improve their skin. Yuck!

Heliculture or land snail breeding has for centuries been producing edible snails or escargot (pronounced es-ka-go) and escargot-pearls (snail eggs, a type of caviar) popularly eaten in France. But, the last 20 years has witnessed a high demand for snail slime resulting in a 325% rise in production

of snails in Italy alone where 44,000 tons of snails are bred annually.

Snail slime, an unpleasant, slippery and thick semi-solid substance processed and packaged as creams, gels and serums by some foreign cosmetic companies is very much in demand. Snail mucin as it is called, claims to help recovery and regeneration of skin. Then there's snail-based eye cream, toner and moisturiser, even a premium snail gel face mask.

The production of slime or mucus trails in snails facilitates locomotion and trail-following is important for mate-searching. If snails move over previously laid trails, they can save their own energy.

The traditional way to force snails to secrete their slime is by immersing them in water containing salt, vinegar and chemicals. The modern method is to immerse them in a special steam bath called Muller One which extracts the slime with water that contains ozone which kills bacteria.

Normal slime is viscous and sticky, but if the snails are forced to secrete a discharge it is clear and foamy making it ineffective by self-certified manufacturing standards! Companies that market snail slime products are therefore said to be conning thousands of ladies. Meanwhile, dermatologists do not agree that creams made from snail slime (however derived) iron out wrinkles.

Nothing can beat applying pure sweet almond oil for glowing skin, and by drinking nutritious homemade almond milk the benefit doubles. Vegan and guilt-free!



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

Labels on Cosmetics

Cosmetics and toiletries are labelled to entice people to use them. Very often the wording used is ambiguous. We therefore need to think carefully before concluding that the products are veg.

Some phrases and their connotations are listed below:

Animal-Friendly: How can a product be a 'friend' to animals?

Biodegradable: Refers to packaging (disintegrating naturally) not to contents.

Care for Nature: How can this relate to a product?

Chemical-Free: no lab produced substances utilised, but ingredients utilised can be of animal origin – similar to Organic below.

Cruelty-Free: may be oblivious to the fact that killing animals is cruel. (Beware of 'Cruelty-Free' pledges.)

Earth & Plant Based: earth can cover animal derived substances.

Natural: indicates not synthetic or lab-produced, but can be of animal origin.

No Animal Fat: can contain other animal derived substances.

Organic: can contain plant and animal substances – similar to Chemical-Free above. Organic, like Eco-Friendly is not always plant-derived. For example: organic meat.

Organically Pure /Certified Organic: can contain organic plant and animal substances.

Pure/Genuine: unadulterated ingredients which can be of animal, mineral or plant origin.

Eco-Friendly and Environmentally-Friendly: users of slaughterhouse "by-products" present themselves as such for the waste prevented.

Green: can contain plant and animal substances. Could have been manufactured using a process that saves energy and lessens carbon emission.

Herbal: indicates the presence of herbs, but not the absence of animal-origin or chemical ingredients. It is a misconception that herbal

products are always free of animal ingredients and therefore harmless.

Recycled/Recyclable: refers to packaging, not contents that may or may not have been recycled; and can contain plant and animal substances.

Vegan: containing no animal derived substances.

Vegetarian: containing no flesh, fat, etc but could contain derivatives of milk, honey, shellac and maybe egg.

Against Animal Testing/No Animal Testing: policy statements that do not confirm the product has not been tested on animals, and can contain animal substances if ingredients not clearly listed.

Dermatologist Tested /Allergy Tested/ Clinically Proven: Could have been tested on animals and can contain animal substances.

Safe: Likely to have been tested on animals, and can contain animal substances.

Marks such as Agmark (indicates agricultural produce), FPO (Fruit Products Order), GI (Geographical Indication), Ecomark (conforms to a set of standards aimed at the least impact on the ecosystem) and other certifications by BIS (Bureau of Indian Standards), ISI (Indian Standards Institution), and ISO (International Standards Organisation) have very specialised, esoteric meanings dealing in semantics. Whereas, declarations such as Grade 1, % of TFM, FDA approved, Permitted Colours used, Preservative Free and Premium product, indicate quality. None of them concern themselves with animals or animal ingredients, so could very well have been utilised.

Glycerine

Glycerine is also known as glycerol and is labelled as E422. It can be of animal or non-animal origin, or a mixture of the two. In its chemical form, it cannot be tested to know its origin.

The dictionary definition of glycerine is a colourless, odourless, syrupy, sweet liquid $C_3H_8O_3$ usually obtained by the saponification of natural fats and oils.

The two main raw materials to make soap are animal fat/tallow or vegetable oil (usually coconut or palm oil), and alkali or caustic soda/potash. In saponification, the tallow/oil which is chemically neutral splits into fatty acids which react with the alkali to form soap and glycerine. If tallow has been utilised, both the soap and the glycerine will be of animal origin, but not so if no animal ingredients have been used.

Tallow is prohibited in toilet soap in India so the glycerine marketed by soap manufacturers who use vegetable oils is presumably veg unless some other animal ingredients have been used, e.g. fragrance. However, if fatty acids are used in place of tallow or oil, then no glycerine will be produced during soap manufacture.

Stearic and oleic acids are usually fatty acids derived from tallow. Sodium tallowate is caustic soda plus tallow, and sodium palmate is caustic soda plus palm oil.

Glycerine is also a by-product of bio-diesel production and this method of producing crude glycerine is increasing. (Bio-diesel is produced from vegetable oil, animal fat/tallow, fish oil/wastes, or used cooking oil.) Crude glycerine is refined for use as an ingredient by the pharmaceutical, cosmetic and food companies as lubricants or humectants.

Glycerine can also be synthesized from propylene (fossil fuels – petroleum and natural gas) or produced by the bacterial fermentation of sugars.

India imports refined glycerine almost all of which is probably derived from palm kernel oil

since it comes from Indonesia, Malaysia and the Philippines. India also exports refined glycerine to Nepal, Australia, Japan, Iran, France, UAE, Congo and Oman.

Uses

Glycerine is mainly used for sweetening and preserving food, in the manufacture of cosmetics, perfumes, inks, certain glues and cements, in solvents and automobile antifreeze, and in medicine like suppositories and skin emollients.

Innumerable pharmaceutical preparations such as tinctures, elixirs, cough medicines and anaesthetics contain it. It also is a basic medium for most tooth pastes.

In foods, it is an important moistening agent for baked goods and is added to candies and icings to prevent crystallisation. It is used as a solvent for food colours.

It is sprayed on tobacco before it is processed to prevent crumbling and is added to adhesives and glues to keep them from drying too fast.

Many specialised lubrication problems have been solved by using glycerine or glycerine mixtures.

As much as 15% is added to cellophane to render it pliable.

Sheets and gaskets made from ground cork are plasticized with glycerine.

Substitutes

Glycerine can be effectively substituted with the following substances of plant origin:

Shea butter extracted from the nut of the shea tree.

Jobba oil produced from the seed of the jobba plant. (Jobba is pronounced ho-ho-ba.) This oil also replaces oil derived from the sperm whale. Cocoa butter/theobroma oil obtained upon heating cocoa beans.

Avocado oil derived by pressing avocado fruit.

Information and Action

Livestock Export from Nagpur Airport Halted

On 27 June 2018 BWC got to know that three days later, beginning 30 June 2018, one lakh goats and sheep were due to be exported from Nagpur airport to Sharjah – for slaughter.

Since the Government of India guidelines for export state that live animals can only be sent for breeding purposes, we immediately approached the Prime Minister, Union Minister of Commerce & Industry, Union Minister of Shipping, Road Transport & Highways, and the Chief Minister of Maharashtra to stop it.

We spread the diabolical news far and wide which motivated animal activists and Jain organisations to strongly protest.

And, guess what? It worked! Less than 24 hours before the scheduled inauguration of the proposed first flight out of Nagpur, an e-mail was received by BWC from the office of the Minister of Commerce and Industry saying that the “Hon’ble Minister has ordered to stop the proposed export immediately keeping the sensitivities in mind.”

But BWC could not afford to remain complacent because we discovered that live goats & sheep had been exported from India for the past couple of years. Without us knowing, and was unfortunately continuing.

No doubt these goats & sheep are being bred to be killed for their meat and leather and will be slaughtered within India any way, but if they are exported the demand will rise resulting in lakhs of more sheep & goats being specifically raised for slaughter.

While thanking Shri Suresh Prabhu who is our BWC life member, we requested him to urgently issue a notification to stop live



Air cargo of live goats and sheep flown out of India for slaughter.

export of animals. Simultaneously, we have written to our Hon'ble Prime Minister Shri Narendra Modi requesting him to view this request sympathetically. The Akhil Bharat Krishi Go Seva Sangh has in fact sent him a dossier drawing his attention to the illegal export of livestock.

India does not need blood money to prosper.

HC: Animal Rights same as Human Rights

In July 2018 the Uttarakhand High Court Bench comprising Justice Rajiv Sharma and Justice Lok Pal Singh stated, "The Corporations, Hindu idols, holy scriptures, rivers have been declared legal entities and thus, in order to protect and promote greater welfare of animals including avian and aquatic, animals are required to be conferred with the status of legal entity/legal person. The animals should be healthy, comfortable, well-nourished, safe, able to express innate behaviour without pain, fear and distress. They are entitled to justice."

The Court also directed that "All the citizens throughout the state of Uttarakhand are hereby declared persons in loco parentis as the human face for welfare/protection of animals."

Restrictions on Oxytocin

The Union Ministry of Health & Family Welfare has eventually taken strict measures to stop the misuse of Oxytocin: July, extended to September 2018 onwards only Karnataka Antibiotics & Pharmaceuticals Ltd (a public sector company) can manufacture and supply it directly to registered veterinary hospitals and clinics within India; and, no retail sale or import of Oxytocin is permitted.

Ever since BWC got to know that cows and she-buffaloes were being regularly subjected

to Oxytocin injections causing painful contractions of their uteruses every day (often twice a day) prior to milking, we campaigned against it. (Read *Diabolical Doodh ki Dawa* in the *Compassionate Friend*, Winter 2015.)

Although the government banned its retail sale in 2014, the rampant misuse of Oxytocin on milch cattle hardly abated, so now we are hopeful that the injections will not be privately manufactured and illegally sold to dairies and milkmen who have for decades been illegally administering it to extract more milk and gain more money.

Oxytocin is a drug used to induce labour and stimulate milk letdown, so not only does it cause needless pain in the form of contractions of the uterus to the milch cattle, but the hormone injected is harmful to humans who consume the milk.

That's not all, Oxytocin has been illegally utilised to enhance the growth and appearance of vegetables and fruits such as pumpkins, watermelons, brinjals, gourds and cucumbers.

Stop Press: The Drug Technical Advisory Board recommended that the clause banning retail sale of Oxytocin through chemists to "ensure the availability for human use" should be deleted in the Notification. And, since one of the two private producers has challenged the Notification before the Delhi High Court, the misuse which is harmful to animals and humans may not end.



Doodh ki Dawa. Photo Courtesy: Mid Day.

Beauty Recipes

Making one's own toiletries and beauty aids is worthwhile. One need not use animal ingredients and they do not need to be tested on animals. They are environment-friendly and work out much cheaper and better than commercially produced ones.

Aftershave

After shaving, rub a piece of wet alum/potassium alum on the skin.

Age Spots

Use fresh lemon juice to lighten age spots.

Astringent and Toner

- Mix together 1 teaspoon each of cucumber, tomato, lime and watermelon juice and dab it on the face with cotton wool.
- Mix fresh aloe vera juice with rose water and apply on face.

Beauty Mask for Dry Skin

Mash together ripe avocado and very ripe strawberries in the ratio of 2:1. Rub on clean face. Let dry for 30 minutes. Rinse off well with lukewarm water.

Beauty Mask for Natural Skin

Mash ripe papaya. Add nothing. Apply to face. Let it dry for 20 minutes. Rinse off well with lukewarm water.

Beauty Mask for Oily Skin

Mash 1 banana with ½ teaspoon lime juice to a creamy paste. Rub on clean face. Let dry for 20 minutes. Rinse off well with lukewarm water.

Blackheads Remedy

Tomato pulp tightens skins and is a great remedy for blackheads.

Cuticle and Elbow Oil

Olive or almond oil absorb nicely into skin.

Dandruff Cure

- Boil 4 heaped tablespoons dried thyme/*ajwain* in 2 cups water for 10 minutes. Strain and cool. Pour into damp shampooed hair and massage into scalp gently. Do not rinse with water.
- Boil 2-3 pods of *shikakai* in 2 cups of water. Apply to wet hair after shampooing. Leave on for 2-3 minutes. Rinse off.

- Make 3-4 teaspoons smooth paste of powdered almonds (without skins) and olive oil. Massage into scalp and let it remain for some time before washing off.
- Soak fenugreek/*methi* in water overnight. Grind and massage this paste into scalp. Leave for 15-20 minutes. Wash hair using a mild shampoo.

Deodorant

- Mix ½ teaspoon powdered alum in 300 ml of warm water and use as a deodorant.
- Dust underarms with a little baking soda. For smoothness corn flour or tapioca flour could be added to the baking soda. For persistent body-odour apply pure tomato juice underarms.
- Mix 30 drops calendula extract with 10 drops lavender essential oil. Add 30 drops cypress or sage essential oil for excessive sweating.

Dry and Cracked Skin

Use oils such as that of olives, apricots and almonds. Almond oil is great for skin throughout the year, more so during winter.

Dry Hair Conditioner

Mash an over-ripe banana together with a mushy avocado and apply on hair for 15 minutes. Wash off.

Dry Scalp

Both tea tree and jojoba oils used separately are good for a dry scalp.

Dry Shampoo

Sprinkle ½ cup corn flour in hair. Let it absorb for a few minutes and brush out. It is great for oily hair and a good substitute for wet shampooing.

Face Cleanser and Toner

- Grape juice makes an excellent cleanser.
- Crushed fennel seeds/*moti saunf* clean oily skin well.

- Apricot kernel oil is a good cleanser for dry skin.
- Add 1 cup of boiling water to crushed *pipali* (long pepper), cloves, *tulsi* leaves, and rock salt. Cool and strain. It not only cleanses but tones the face.

Face Pack

- Mix 1 teaspoon gram flour/*channa atta* with water and apply to face. Leave for 10-15 minutes and then wash off.
- For oily skin use a face pack of fuller's earth/*multani mitti* twice a week. A paste made from it also helps cure prickly heat.
- Grind oatmeal down to a fine dust before making a paste with water and use as a face mask.

Facial Scrub

- Use olive oil and dark brown sugar as an exfoliating face scrub.
- Rice bran powder gently exfoliates and leaves the skin soft and smooth. Prevents wrinkles, heals blemishes and absorbs dirt and oil from pores.

Face Wash (one time)

Mix 1 tablespoon castor oil, 1 tablespoon olive oil and 1 drop essential oil. Apply in circular motion for 2 minutes. Rinse and wipe off with warm face cloth. Leaves skin super soft.

Falling Hair

Change shampoo. Apply pure, unscented coconut oil (see hair oil recipe below) onto the scalp for ten days regularly. Keep on overnight or longer before shampooing. Continue applying at least once a week till hair stops falling.

Greying Hair

Wash regularly with a mixture of tea water and kitchen salt to delay greying of hair.

Hair Conditioner

- Heat 1 peeled and mashed avocado along with 1 cup coconut milk. Massage while warm into hair. Wrap hair in a hot towel for 15 minutes before shampooing and rinsing out.
- Jojoba oil is good for a dry scalp.

Hair Frizz Tamer

Spray or damp hair with coconut milk and let dry. Do not rinse.

Hair Oil and Conditioner

Boil 1 kilogram of finely ground dried and spoilt coconut in about 2-3 litres of water till the oil separates and floats on top. Strain, cool and bottle. This pure unscented, coconut oil is the best hair conditioner, especially for damaged or permed hair.

Hair Spray

Cut two-three limes and oranges and cook in some water till tender. Blend, strain and cool. Fill in spray bottle and use.

Lavender Floral Water

Mix together 10 drops lavender oil, 1 tablespoon rose water and 3 tablespoons vodka or alcohol.

Make-up Remover

- Olive oil. Leaves skin soft and smooth.
- Witch hazel cleans make-up from skin without drying it. It also acts as an astringent.

Moisturising Lotions

- Boil leaves of one lettuce in 2 cups distilled water for 10 minutes. Leave to cool, then strain and bottle.
- Finely ground oatmeal mixed with almond oil is a good moisturiser.

Oily Hair

- Mix 1 teaspoon of vinegar in 4 cups water and pour over hair after shampooing.
- Mix juice of 2 limes in 4 cups of distilled water and use as final rinse on hair after shampooing.

Perfume

Oil extracts from jasmine, lavender, *mogra*, rose, sandalwood, etc. can be used in small quantities in place of perfume.

Pimples/Acne

- Apply a paste of basil/*tulsi* leaves crushed in lime juice on pimples and let dry.
- Powder *nagkesar*, neem leaves, *lodhra* and *multani mitti* after drying in sun. Mix with cold water and apply to area.

Scrubs for Hands and Feet

- Mix ¼ cup oatmeal with 3 tablespoons olive oil. Massage for 5 minutes. Rinse well.
- Combine ½ cup brown sugar, 2 tablespoons lime juice and 2 tablespoons apricot oil. Massage well into nail beds as lime juice helps remove nail stains. Rinse well.
- Sugar, corn meal, and salt make great skin exfoliates.
- Vigorously rub feet with warm mustard/*sarson* oil for 5 minutes.

Shampoo/Hair Cleansers

- Soak overnight in 1 litre of water, 1 cup dry *reetha*, *shikakai* and *amla*. Simmer till it reduces to half the quantity. Cool, strain and refrigerate. (Sufficient for 3 to 4 shampoos.)
- Steep for 1 hour, 1 cup marigold flowers in 3 cups hot water. Strain, cool and use to rinse hair.
- Make 5 or 6 cups of black tea. Strain and cool. Add the juice of 1 lemon. Use the entire liquid to rinse hair.

Split-ends – Hair

Cutting off is the best solution. Otherwise, apply a mashed over-ripe avocado or papaya. Let sit in hair for 10 minutes and rinse out. Plus, regular use of coconut or olive oils stop split ends from re-occurring.

Under-eye Circle Reducer

- Blend 1 cucumber with 4 tablespoons carrot juice. Apply to area beneath eyes. Rinse with cool water after 20 minutes.
- Potato or cucumber slices placed on eyelids help.

Wrinkles Prevention and Removal

- Rice bran powder prevents wrinkles, heals blemishes and absorbs dirt and oil from pores.
- Cucumber juice patted on face and left to dry diminishes the appearance of wrinkles.
- Mash a ¼ banana and apply on face. Rinse after 20 minutes with warm water followed by cold water and pat dry.

Fact, not Fancy

Oils and Fats – the good, the bad

Components of all oils and fats are fatty acids says Nirmal Nishchit

Animal fats and oils are slaughter derived from pigs (lard), chickens & ducks (poultry fat), cattle, goats & sheep (tallow), fish (fish oil), and other creatures. Dairy products such as butter and *ghee* are also animal fats used for cooking.

Cooking oil is obtained from different sources ranging from coconut, safflower/*kardai*, sesame/*til*, groundnut, mustard, etc. As long as the plants are not genetically engineered (like rapeseed from which canola oil is produced) the oils extracted, if consumed in moderation, are basically not harmful.

Cold pressed oil is how oil was first extracted. No impurities were removed, it was not heated and no preservatives were added. It was pure oil with nutrients intact.

Refined oil came about with industrial extraction and marketing of oil. They began subjecting the oil to different procedures and added chemicals to increase shelf life, remove typical odors and change colour. Naturally then, refined oil is not a healthy choice.

For example, people think olive oil is the ultimate oil. Little do they realize that there are various types of olive oil, the main categories are: extra virgin (first press of olives, 100% natural, high in antioxidants), pure (refined oil with a small addition of virgin olive oil), light (refined oil with higher smoke point), pomace (oil extracted from left-over pulp with the help of solvents and considered unhealthy).

Fatty Acids

Components of all oils and fats are fatty acids. Oils are labeled depending on the type of fatty acid prominent in it.

Saturated fatty acids (SFA) remain solid at room temperature. They are mostly derived from animal sources like *ghee* and butter. Plant derived saturated fats are palm and coconut oil. In fact, coconut oil is frequently used as a good substitute for *ghee* and butter.

Monounsaturated and polyunsaturated fatty acids are plant derived. They are called MUFA and PUFA. An American study found that one needs to combine MUFA and PUFA oils for a healthy heart.

Trans-fats are man-made and toxic because they are produced during processing of oils/fats or during repeated heating at high temperature for frying. Trans-fats increase LDL and reduce HDL (the "good" cholesterol) in our blood.

A review of studies on trans-fats published in the New England Journal of Medicine established a strong link between trans-fat consumption and coronary heart disease. Therefore all high-heat refined oils, olive included, should be avoided.

Polyunsaturated fatty acids (commonly known as PUFAs as stated above) are critical for good health. Linoleic acid or Omega 6, and alpha-linoleic acid or Omega 3, are two PUFAs that are essential fats. They are not produced in our bodies and need to be absorbed from the food we consume, or should be taken as supplements. The richest source of Omega 6 oil is safflower/*kardai* oil, followed by grape seed oil; whereas, the richest source of Omega 3 is flax seed.

Certain studies conducted in 2017 that analyzed the effects of specific nutrients showed that when 5% of calories from saturated fats were replaced by an equal number of calories from polyunsaturated fats, monounsaturated fats or whole-grain carbohydrates, the risk of coronary heart disease reduced respectively by 25%, 15% and 9%.

India Imports

Wanting to help our farmers lift oilseed prices and encourage domestic supply and marketing, in March 2018 the Government of India raised import duties on crude oil from 30 to 44 percent, and on refined palm oil from 40 to 54 percent.

India imports palm oil from Indonesia and Malaysia, soy from Argentina and Brazil, sunflower from Ukraine and canola from Canada.

Do you know that world demand for palm oil is destroying families, indigenous peoples, forests and their inhabitants, particularly, but not only orangutans? To know exactly how it impacts the environment, animals and people visit www.saynotopalmoil.com

Do you know Argentina and Brazil mainly grow GM soy? The biodiversity in and around agricultural fields consists of all the different plants, weeds, animals, micro-organisms and other species that live there. Growing GM soy impacts this biodiversity.

All the sunflower oil from Ukraine may not be GM but it could very well be so.

Do you know Canadian scientists turned industrial rapeseed oil into edible oil and named it Canola (coined from the words Canada and Oil)? Canola oil is extracted from GM rapeseeds. Its manufacture involves high heat during which process harmful trans-fats are formed.

Good Oils

When choosing oils to replace animal derived fats, we should not decide only on the variety oil seed used, but check how the oil has been extracted: cold-pressed, high-heat or refined.

It is best to use different oils for different dishes. Oils produced in India, more so, if manufactured using organically grown natural oil seeds are good. Two oils, like sesame or rice bran mixed with mustard oil, used in combination is also beneficial.

Birth of a Vegan *Tabla*

Dr K Varadarangan's second percussion instrument sans leather and wood

After developing the vegan *mridangam* (see article in *Compassionate Friend* Monsoon 2017 issue) Dr K Varadarangan has gone a step further by researching and developing a *tabla* that contains no leather.

It is the second synthetic percussion instrument that has been launched by Karunya Musicals, Bengaluru, founded by the vegan scientist and musician Dr Varadarangan.

The SRI (Synthetic Rhythm Indian) *Tabla*'s drum-heads are made of polyester films



The *dayan* (right) produces perfect harmonic overtones, while the *bayan* (left) produces low pitched bass sounds, both making up a *tabla* that uses replaceable drum heads that are maintenance free and highly durable.



Dr Varadarangan created the vegan *mridangam* because for him music is on par with spirituality and he did not like to use an instrument made from skins of animals as an accompaniment to his vocal music.

and synthetic rubber. The shells are made of fibreglass. The drum-heads are constructed by bonding synthetic rubber to the polyester film without the use of adhesives, using a chemical process. The result is that the *syahi*, which in this case is made of rubber, is permanently bonded to the main vibrating membrane and hence does not erode, fall off or wither away. Not only is the synthetic *tabla* as good as the traditional one, but its maintenance is easy because it comes with a nut and bolt system for tuning. The fibreglass shell is lighter and the pitch remains constant with variations in temperature and humidity, unlike wood which is very sensitive to humidity and temperature.

To test the *tabla*'s pitch stability and durability it was subjected to 35 lakh beats. In addition temperature and humidity effects were tested extensively.

BWC congratulates Dr Varadarangan, a highly acclaimed Carnatic vocalist, for researching, developing and producing two percussion instruments without animal skin and wood.

BWC is proud that Dr Varadarangan is our member.

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Inside Stories

Courtesy: www.moralstories.org

Baby Camel and Mother

A mother and a baby camel were lying around, and suddenly the baby camel asked, "mother, may I ask you some questions? The mother said, "Sure! Why son, is there something bothering you? Baby said, "Why do camels have humps?" The mother said, "Well son, we are desert animals, we need the humps to store water and we are known to survive without water".



Baby said, "Okay, then why are our legs long and our feet rounded?" The mother said, "Son, obviously they are meant for walking in the desert. You know with these legs I can move around the desert better than anyone does!" Baby said, "Okay, then why are our eyelashes long? Sometimes it bothers my sight". Mother with pride said, "My son, those long thick eyelashes are your protective cover. They help to protect your eyes from the desert sand and wind".

Baby after thinking said, "I see. So the hump is to store water when we are in the desert, the legs are for walking through the desert and these eyelashes protect my eyes from the desert than what in god's name are we doing here in the zoo!"

Who is Happy? The Peacock and The Crow

A crow lived in the forest and was absolutely satisfied in life. But one day he saw a swan. "This swan is so white," he thought, "and I am so black. This swan must be the happiest bird in the world."

He expressed his thoughts to the swan. "Actually," the swan replied, "I was feeling that I was the happiest bird around until I saw a parrot, which has two colors. I now think the parrot is the happiest bird in creation." The crow then approached the parrot. The parrot explained, "I lived a very happy life until I saw a peacock. I have only two colors, but the peacock has multiple colors."

The crow then visited a peacock in the zoo and saw that hundreds of people had gathered to see him. After the people had left, the crow approached the peacock. "Dear peacock," the crow said, "you are so beautiful. Every day thousands of people come to see you. When people see me, they immediately shoo me away. I think you are the happiest bird on the planet."

The peacock replied, "I always thought that I was the most beautiful and happy bird on the



planet. But because of my beauty, I am entrapped in this zoo. I have examined the zoo very carefully, and I have realized that the crow is the only bird not kept in a cage. So for past few days, I have been thinking that if I were a crow, I could happily roam everywhere."

**Born to be killed,
killed to be eaten...**



**You can choose
to look the other way.
But you can never again
say that you did not know.**



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