# COMPASSIONATE FRIEND

JOURNAL OF BEAUTY WITHOUT CRUELTY INDIA

# PLAYING GOD!

VOL 20 NO 4 WINTER 1996

# Beauty Without Cruelty

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An International Educational Charitable Trust for Animal Rights
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**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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# 2nd World Congress on Alternatives and Animal Uses in the Life Sciences

October 20-24, 1996 Utrecht, The Netherlands

*Jenny Sawyer*

I was fortunate enough to represent **BWC** India at this important World Congress, which provided a useful forum for dialogue, exchange of information, problem resolution and debate between animal protectionists, scientists, industry, regulators, educationalists and others. **BWC** India was one of the active participants and provided an abstract and poster presentation for the occassion.

The basic premise of the Congress was the policy of 'Refinement, Reduction and Replacement" of animal experiments. Known as the policy of the 3 R's it was originally promoted by scientists Russell and Burch in a lecture in 1959. They saw this approach as a dynamic process by which one could achieve the ultimate goal of an end to animal experiments, working within the scientific community. Some poster displays by participants highlighted the positive achievements of such a policy and home companies committed to the cause could achieve remarkable results. For instance, Immuno AG, an Austrian biomedical research company, spent 2 years developing an 'alternative' *in-vitro* vaccine quality control test, saving 26,000 mice a year!

However, some participants showed a clear lack of understanding and commitment to the 3 R's concept promoted by the Congress. For instance, the Laboratory of Genetic Toxicology and Wildlife Genetics, at the Department of Zoology, Utkal University, Orissa, described new research methods using chicks. The abstract paper cites the 'chick' as an 'alternative' to other mammals for testing the genotoxicity of environmental toxicants. The reasons given include: 'easy to manage, less expensive, permits large scale tests and a wide selection of strains and genotypes; moreover results are obtained rapidly.' Ironically this poster was positioned opposite our own poster with its quote by Mahatma Gandhi that 'vivisection is the blackest crime of humanity'.

Lectures also reflected this diversity. For instance, one scientist highlighted his million dollar work developing virtual reality programs to train doctors in surgery techniques, instead of using animals; while another promoted genetic engineering of animals, admitting it will increase animal experiments and yet another asked why he should talk to animal protectionists when they were trying to end his job. Dr Michael Balls of ECVAM (The European Centre for the Validation of Alternatives to Animal Experiments) used the forum as an opportunity to directly challenge representatives from OECD about their lack of support for European validation initiatives. He claimed that certain individuals within OECD felt comfortable with traditional animal experiments as against new,

scientifically validated, *in-vitro* experiments which, he felt, was not an acceptable excuse.

The next World Congress will be held in 1999 by ECVAM, and will undoubtedly continue to provide a valuable forum for the exchange of information, debate and problem resolution, which made this World Congress a success. However, problems such as those highlighted by the Utkal University poster and the lack of representation by countries outside the Industrial West will need firm resolve by the organisers.

## Presentation

*"It is the fate of every truth to be an object of ridicule when it is first acclaimed."*
*Albert Schweitzer*

*History can close our minds or open them. We can use it to entrench our ideas and re-enforce conservatism, or it can teach us lessons and point the way forward. Events throughout* **BWC's** *lifetime have shown us that despite political conservatism and economic vested interests, the animal rights movement can hope to create a moral and more productive future for science.*

***1959*** **Beauty Without Cruelty** (**BWC**) founded as a charity by Lady Dowding, with the support of her husband Lord Dowding.

Russell & Burch recommend that efforts should be made to 'replace' animals with non-sentient models, 'reduce' numbers of experiments and numbers of animals used, and 'refine' procedures to cause less suffering.

***1961*** Lawson Tait Trust, the first humane research organisation, founded.

***1963*** **BWC** Ltd formed as a company to manufacture and sell cosmetics using well established ingredients of non-animal origin and without testing on animals.

***1964*** *"It has not been possible for us to use the results of rabbit (eye) studies to predict accurately the actual irritation that might occur in humans after accidental exposure."* Buehler & Newmann

*".... animal skin is entirely different from human skin..... there may be no correlation between the mildness of a raw material on a rabbit's back and its safety during use on a human face."* M M Rieger & G W Battista

***1971*** *"... the tests which have been used for over 20 years to decide the degree of skin irritation produce quite variable results among the various laboratories as within certain labs. To use these tests, or minor variations of them, to obtain consistency in classifying a material as an eye or skin irritant or non-irritant, therefore, is not deemed practical."*

Weil & Scala

***1972*** **BWC** USA formed, and soon publishes 'cruelty-free' cosmetic company guide.

***1973*** The Lord Dowding Fund, for alternatives to animal research, is established.

***1974*** **BWC** India formed.

*1975* **BWC** produces ***More than Skin Deep,*** a booklet which includes an article by Lord Dowding: ***Humane alternatives to animal experiments,*** and a cruelty-free cosmetic companies guide.

*1976* Europe introduces new legislation which effectively makes animal testing for cosmetic purposes compulsory. **BWC** Ltd refuses to use any new ingredients developed after this date.

**BWC** India produces ***List of Honour***, detailing companies which do not test on animals.

*1977* Lady Dowding and **BWC** USA help found the American Fund for Alternatives to Animal Research (AFAAR), to finance the development of non-animal tests.

*1979* **BWC** India wins *Readers Digest Pegasus Award* for an advertising campaign it undertook in 1978.

*1980* 407 organisations coalesce in order to campaign against the Draize Eye Irritancy Tests conducted on rabbits by cosmetic companies. Co-ordinated by Henry Spira in the USA, the campaign focused firstly on industry leader Revlon, and then Avon.

Full-page advertisements appear in the New York Times and other national newspapers featuring a picture of a white rabbit with sticking plaster over its eyes, captioned :

***How many rabbits does Revlon blind for beauty's sake?***

*"There is a basis for an* in-vitro *system for the screening of severe eye irritants as an alternative to the Draize Eye Test."* P J Simons

*"The suggestion by the authors of the viewpoint that cell cultures have any utility in assessing the safety of chemicals in the human eye is without any redeeming merit, it clearly indicated the naiveté of these students about matters biological"* Dr T M Brody, Chairman of the Michigan State University Department of Pharmacology and Toxicology, responding to a student article criticising the Draize Test.

The Cosmetic, Toiletry and Fragrance Association (CTFA) announces a fund for the creation of a national centre for the study of alternatives to animal testing. Avon donates $250,000 to this, £200,000 to the John Hopkins University research into alternatives to animal tests, and £60,000 to the Fund for the Replacement of Animals in Medical Experiments, UK. Revlon donates $250,000 a year for 3 years to the Centre for Alternatives to Animal Tests at Rockefeller University, USA.

*"The results of ophthalmic tests on rabbits may bear little relation to human responses"* A N Rowan

Ethical organisations around the world focus campaigning against the LD50 test.

*"For the recognition of the symptomatology of acute poisoning in man, and for the determination of the human lethal dose, the LD50 in animals is of very little value."* Professor G Zbinden

*1982* **BWC** Ltd becomes a member of the Council of the Cosmetic, Toiletry and Perfumery Association.

*1983* *"... the lifetime feeding study in mice and rats appears to have less than a 50% probability of finding known human carcinogens. On the basis of the probability theory, we would have been better off to toss a coin."* D Salsburg

*1984* Number of experiments on living animals :

Cosmetics/Toiletries 17,512 Household Items 12,804.

**BWC** Ltd expands into high street chemists and lists 9 exporting countries.

*1989* Number of experiments on living animals :

Cosmetics/Toiletries 12,090 Household Items 4,017.

60 *in-vitro* tests to replace the Draize Eye Irritancy Test are either in use or under development.

*1990* Cosmetic, Toiletry and Perfumery Association successfully resists proposals to test well established ingredients on animals for classification purposes in Europe.

*1991* **BWC** India represented on Ministry of Environment and Forests re-activated Committee for Purpose of Controlling & Supervising Experiments on Animals.

The EC Commission founds Centre for the Validation of Alternatives, based in Italy.

The Co-operative Bank, a major UK high street bank, publicises its refusal to have business accounts from customers involved in cosmetic testing on animals.

Number of UK experiments on living animals :

Cosmetics/Toiletries 3,520 Household Items 1,352.

*1996* *"We are going to miss out on animals altogether... If you have information on human genes, what's the point of going back to animals?"* Gordon Baxter, Joint Founder of Pharmagene, on establishing the first pharmaceutical company to test drugs exclusively on human tissue.

Results of the MEIC validation trial, initiated in 1989, are gradually being published and show the promising role of *in-vitro* toxicity tests.

The campaign against testing on animals for cosmetic purposes was to catch the public imagination. The concept that such experiments were unnecessary, combined with the dichotomy of an industry devoted to beauty being so deeply involved with the suffering and torture of animals produced an effective stimulus for change.

Economic vested interests unwilling to give up new ingredients, which created the need for animal testing set about solving the problem by funding research into 'alternative' testing methods; a solution already initiated by pro-animal groups. Within a decade, the release of resources helped create 60 *in-vitro* tests for eye irritancy alone, affecting not only tests for cosmetic purposes, but also pesticides, weedkillers, ophthalmic solutions, household detergents and even riot control gases.

With such achievements in the field of cosmetic testing, the potential is considerable for achievements in other fields, if given the impetus and funding. Certainly the formation this year (1996) of a new pharmaceutical company relying solely on human tissue, provides a link between past success and future capabilities. And this at a time when we see the development of major technological processes with techniques such as computer mathematical modelling, which allow the simulation of biological systems without the use of animals.

As we approach the next millenium, it is important to remember that the scientific community cannot divorce itself from questions of morality. And with a little innovation and allocated resources it can create and implement the ethical changes that organisations like **BWC** aspire, with the direct consequence of refining science and increasing its value to humans.

*"The greatness of a nation and its moral progress can be measured by the way its animals are treated. Vivisection is the blackest of all the black crimes that man is at present committing against God and his fair creation"* Mahatma Gandhi.

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**BWC** *India is grateful for the assistance of Animal Aid, notably Dr Robert Sharpe, Scientific Advisor and Gillian Egan, and to Andy for designing the poster.*

# Testing of Cosmetics on Animals

*Dr Iqbal Malik*

As Members of the Committee for the Purpose of Controlling & Supervising Experiments on Animals, Diana Ratnagar (Chairperson, BWC) and I visited several laboratories. Although this was a couple of years back, the Government had not acted on our findings and recommendations.

The reconstituted Committee under its new Chairperson, Maneka Gandhi, invited BWC to make a presentation on 2nd August 1996, on the prevailing use of animals for testing cosmetics and toiletries. As a life member of BWC, I represented the society and recommended that the Government make it mandatory that the Committee check all labs and that testing of cosmetics on animals be totally banned.

Simultaneously, I sent off letters to the Hon'ble Ministers of Health and Environment & Forests (Government of India) with copies to the Secretaries of these Ministries, on the letterhead of my voluntary organisation called Vatavaran.

Manufacturers of cosmetics and toilet preparations as per the law are required to funtion under The Drugs & Cosmetics Rules, 1945.

For obtaining the ISI mark, Schedule 'S' lays down certain standards for cosmetics in finished form which need to conform to the Bureau of Indian Standards (BIS) specifications which are revised from time to time by the Cosmetics Sectional Committee (CSC). The CSC functions under the chairmanship of the Drugs

## TESTS TO BE CARRIED OUT ON PARTICULAR TYPES OF COSMETICS

| No | Test | Type of Products |
|---|---|---|
| 1 | Primary skin irritation test | Skin and hair products |
| 2 | Skin sensitization test | Skin, hair products, dentifrice, mouth wash |
| 3 | Oral toxicity limit test | Dentifrice, mouth wash |
| 4 | Mucous membrane irritancy test | |
| | a) Eye irritancy test | Shampoos and eye area cosmetics |
| | b) Oral mucous irritancy test | Dentifrice, lipstick and mouth wash |
| 5 | Systemic dermal toxicity test | Skin cream |

Additional test for novel speciality chemicals:

A. Phototoxicity (Photo-irritancy, photo-allergy) tests

B. Mutagenicity tests

C. Teratogenecity tests

Tests B & C (carcininogenicity test) may not be necessary.

Human carcinogens identified by IARC monograph 1992 must be strictly kept out of all cosmetic formulations.

Controller of India and has among others representatives of manufacturers and testing laboratories.

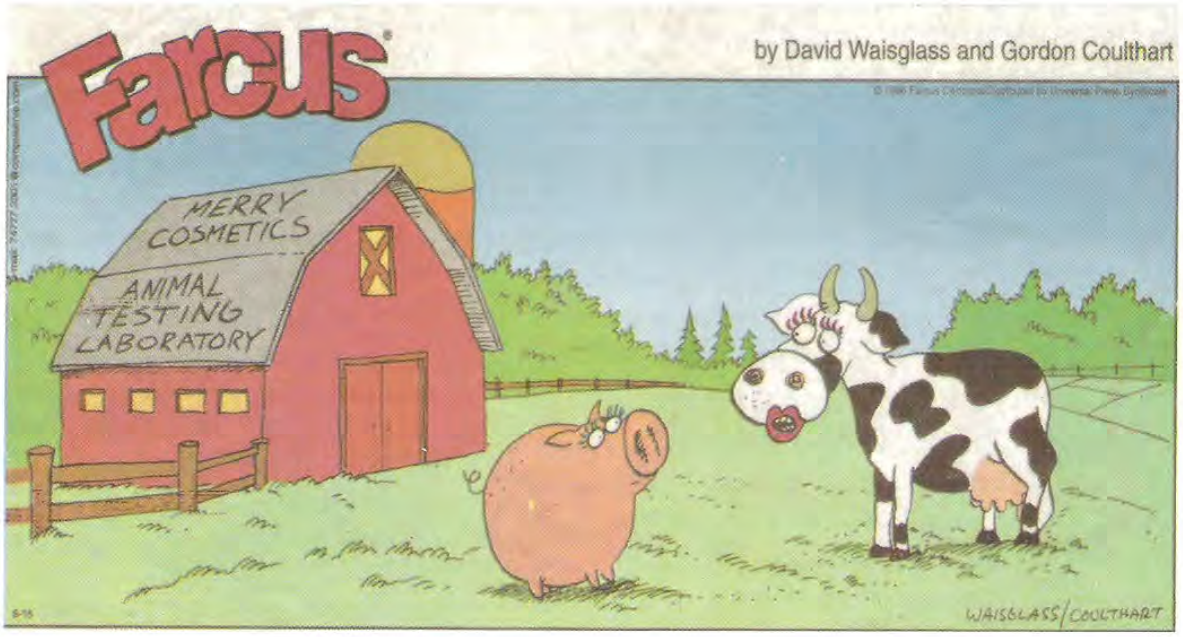
The table reproduced opposite states the tests on animals which were mandatory prior to the BIS announcement in October 1996 that testing on animals for cosmetics is not optional.

We as consumers and animal rights persons can as well say it is all very confusing. How come companies stated in writing to BWC that they were not testing? Some could have lied to BWC or they actually did not test and so broke the law through some loophole. There are hundreds of big and small companies making cosmetics without observing any rules and the authorities do not know of their existence.

Only manufacturers who use ingredients which come under the drugs category (mostly chemicals) attract the BIS provisions. Others, usually under the garb of making herbal or ayurvedic preparations seem to escape having to answer the Drugs Controller's offices.

The *Cosmetics, Toiletries & Fragrance Research Association* has a list of ingredients which can only be used for the manufacture of BIS approved cosmetics. Yet, they say, products using any *NEW* ingredients in formulations are to be tested on animals!

The ISI mark (BIS approval) on cosmetics does not mean that the product has not been tested on animals. It could have been tested. Unless of course it is clearly stated that it has not been tested. Some manufacturers dubiously print *'Against Animal Testing'* which does not indicate whether the particular product has actually been tested on animals or not - in all probability it has and the phrase used is a ploy to give a good impression.




*Sure it's demeaning, but no worse than being milked twice a day*

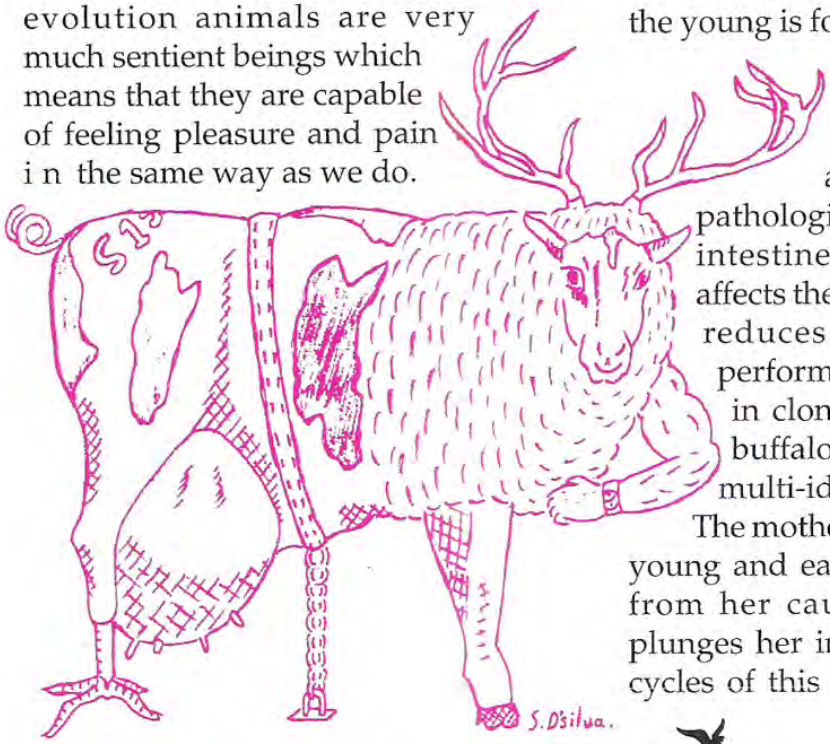
# How far is it ethical?

**P H Butani**

Genetic engineering on animals is highly undesirable, unnatural and therefore unethical. Some rationalists believe that it is tantamount to tinkering with nature's pre-planned programme. Once modified, the individual genetic 'personality' of the animal stands irreversibly altered. It is used AGAINST the well-being of animals rather than FOR their welfare.

Genetic engineering is highly immoral because of four robust reasons:

Although lower in the order of evolution animals are very much sentient beings which means that they are capable of feeling pleasure and pain i n the same way as we do.




In the case of humans, their permission is taken for genetic engineering. Further, for certain experiments, they are paid 'inducement money' and in the case of failure, they are given generous compensation. In contrast, in the case of animals, genetic engineering is done without their permission or any compensation which is patently mean and unfair.

Animals being dumb and defenseless, cannot run away (all escape routes are blocked), resist (they are held down), protest (they are muzzled), or lodge a police complaint nor can they move the court for redressal of their grievances.

There are psychological perspectives also. Like human mammals, animal mammals also develop great attachment towards their young. And when any of the young is forcibly separated from the mother, she feels sad and expresses her sorrow. Early weaning leads to abnormal behaviour and pathological changes in the small intestine. Even rough handling affects their psyche. Fear of humans reduces the reproductive performance of animals. Further, in cloning of animals (say cow, buffalo, pig, rabbit, mouse etc.) multi-identical offspring are born. The mother becomes attached to her young and each offspring's separation from her causes mental shock and plunges her into depression. Repeated cycles of this trauma leaves her heart-

broken. This is mental cruelty.

Thus, the prime motive for using genetic engineering on animals is not for any real concern for or welfare of them but solely and ultimately for the benefit of man. In other words, all gains go to man and nil to animal - it stands to lose its health, limb or life for man.

To test the validity of my views, I put the same question to Hindu Swamis, Jain Munis, Buddhist Monks and Sikh Sants. At first they frankly said that they had absolutely no idea as to what genetic engineering was. On my briefly explaining the application of genetic engineering to animals, all of them gave more or less the same answer:

The Swamiji said "According to our *Vedas*, all living beings have a soul. It is an infinitesimally small part of the Universal Soul (Parmatma) seated in the heart of every being (Jiv atma). Our religion forbids killing of any animal and exhorts to be kind to them. Now if genetic engineering causes any pain or suffering to animals, then it is definitely not right and it would be very cruel to forcibly subject them to it because as you say, it doesn't benefit them. It only harms them. Narayana! Narayana!"

The Jain Muniji said: "We hold that all life is precious - be it human or animal. But unfortunately the sanctity of animal life is not recognised and if, during the course of genetic engineering it loses its life, no remorse is felt. The dead body is just carted away. Bhagwan Mahavir has summed up this philosophy very succinctly thus: 'What we cannot give, we have no right to take. We cannot give life, so we have no right to take life.'"

The Buddhist Monk nodded his head in agreement and added: "Buddhism is essentially a religion of kindness, humanity and equality. It is against animal sacrifices. So those who do these kind of things (genetic engineering) are deviating from the right path. They seem to have only passion for experiments (paryog) but no compassion for animals".

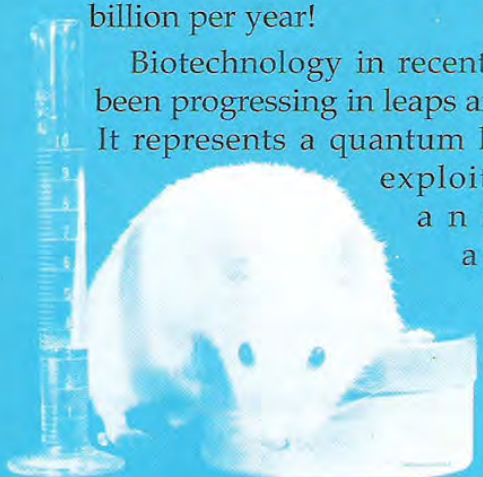
The Sikh mystic in his typical Punjabi-accented Hindi opined: "We accept the cyclic Hindu theory of 'Samsara'- birth, death and rebirth - and karma. Humans are, therefore, equal to all other creatures - big or small. Conversely, all animals are sentient beings and therefore no pain should be inflicted on them. Because who knows that in our next birth, we may be born as an animal. That is why genetic engineering should not be performed on them." To make his point clear, he added: "There may be grounds for valuing the life of a person more highly than that of an animal. But these, however, are not grounds for ignoring or devaluing the life of an animal for the simple reason that the basic characteristics (of divine life) are present to some degree in all animals."

Considering that "to err is human" the probabilities of a mis-judgement or mis-step or mis-reaction resulting in a catastrophe are very high. And in such an eventuality, it will be next to impossible to trick the genie (or 'gene') back into the bottle (test-tube).

# PLAYING GOD?

*Keya Kamat*

Biotechnology can now cross animals with plants, leaving the vegetarian confused. The scientific world today has the power to alter the very fabric of nature, by transferring characteristics not only between plants, but cross-altering animals, plants and human beings. Genetic engineering which is without ethical limitation has a serious impact on the environment of animals and plants. It violates our relationship with the natural world. Most people believe animals have a right to live their lives free from human interference with their original genetic structure. Also, that animals can never serve as models of human disease - just because they're much too different. But scientists still keep trying - after all, the human transplant market is worth well over $ 6 billion per year!



Biotechnology in recent years has been progressing in leaps and bounds. It represents a quantum leap in the exploitation of animals, allowing humans to move genes from one species of animal into another totally different species.

Scientists and biotech companies in some major countries of the world want to create new animals that produce more and 'better' meat, give up their valuable products such as wool more easily, and have organs that can be used in human transplants. It doesn't stop there...many of the genetically modified crops now being field-tested in the US (and around the world) could not only have a devastating Jurassic-Park type impact on the global eco-system, but also hit agriculture-based third-world economies dependent on cash crops. Genetic engineering is a one-dimensional 'redutionist science' that ignores the wider dynamics of life systems.

Genetic engineering primarily involves the introduction of genes containing DNA (deoxyribonucleic acid) procurred from humans or animals into cells of bacteria, yeast or other animals. One of the outcomes is termed 'Transgenic Animal'. These transgenic animals cannot be bred by natural/ traditional selection or artificial insemination.

Donor females are given hormone injections and hormone impregnated sponges are also inserted directly into their reproductive tracts, so as to make them produce lots of egg-cells. This process has been termed 'super-ovulation'. These eggs are then artificially inseminated either manually or surgically. Next the embryos are collected by further surgery or slaughter.

These embryos are then injected with foreign DNA containing the genes of preferable traits, and then transferred into foster mothers, by surgery again.

It takes 80 donor and recipient animals to produce only one transgenic cow - if everything works perfectly - which is VERY rare.

Once the transgenic animal is produced, its suffering just about starts...for example, non-porcine genes have been added to pigs, producing animals with gastric ulcers, liver and kidney disorders, lameness, damaged eye-sight, loss of co-ordination, sensitivity to pneumonia and diabetic conditions.

Genetic engineering research is most often carried out on animals such as pigs, mice, sheep, farm animals, fish and sometimes, even on some plants such as the tomato, tobacco and corn.

Vegetarians around the world are seriously wondering whether the food they are eating is actually vegetarian. In the case of *Flavr Savr* as they are usually called, tomatoes are genetically altered by introducing into them genes from a fish, the Arctic Flounder, so as to reduce freezer damage, to enable them to have a longer shelf-life, to ripen longer on the tree while remaining firm at the time of picking and transporting and to make them bigger and tastier as well. No layman can make out the difference between *Flavr Savr* and a normal tomato which is primarily why staunch vegetarians want the altered tomatoes labelled.

Other such experiments with vegetables include chicken genes introduced into potatoes for resistance to disease and for increasing shelf-life and size, tobacco altered with mouse genes to reduce impurities or with a gene from fire-flies that makes the leaves glow at night. Some biotechnologists go to the extent where it becomes a game for them - playing around with genes of animals. This might result in some ghastly creature produced just to satisfy someone's whims and fancies.

Scientists in the US have bred a mouse called the 'Oncomouse' which has been genetically engineered to develop cancer and in due course die a slow, painful death. The first oncomouse was bred in 1981, yet, in the past 15 years, a cure for cancer still seems to elude scientists. Genetic engineering on mice does not stop there. A mouse specially created to lack an immune system has been used to grow human organs, like ears, externally, even internally. The absence of an immune system ensures that the mouse will not reject human tissue. Scientists make a look-alike mould of a human organ, say, an ear, with biodegradable polyester fabric or other polymers. They then transfer the bone/ muscle cells into the form and transplant it on the mouse. When ready, the organ is 'grafted' from the mouse. The mouse some how manages to remain alive after the ear is removed.

Similarly, scientists have managed to grow liver, skin, cartilage, bone, ureters, heart valves, tendons, intestines, blood-vessels and breast-tissue with such

polymers. But, if the idea of reversing the experiment (substitute the mice with humans) came about, people would call it blasphemous! No thought for the animals is involved. The extent to which these experiments will go is uncertain. A change will only come about when scientists realise the animals' right to live a normal, healthy life, without man tampering with their genes.

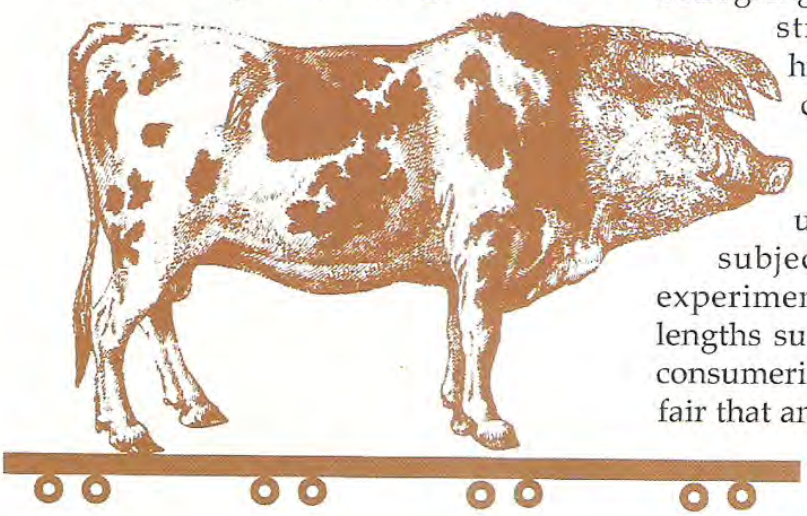
Pigs are also grown transgenetically, so that their organs can be transplanted into humans. Transgenic pigs were first produced in 1985. Scientists have succeeded in making the required organs in pigs capable of producing human cells. These proteins they hope will trick the human immune system while transplanting the organ(s) so that the recipient does not react to the foreign tissue.

Another example is that of sheep that have been injected with hormones, bioengineered to cause wool-shedding to produce the so-called 'self-shearing' sheep. This is done in Australia, where, unfortunately for the sheep, the climate is mostly hot and sunny. As a result, some sheep experience an increased rate of abortion. *WHERE ON EARTH WILL IT ALL END?*

Talking about sheep, meanwhile, Welsh Mountain clone sheep are living proof that life can be created without sperm! A scientist at Rosalin Institute created them by fusing a cell grown in the laboratory with an empty sheep-egg through a spark of electricity. Imagine growing a sheep in a lab-dish! Ironically, when pondering about doing the same with human beings, scientists find it 'unethical'!

In another bizarre experiment, Indian scientists at the Nimbalkar Research Institute, Phaltan, Maharashtra, have, by artificial insemination, created an animal with a goat-head and the body of a cow. This animal grows fatter faster and the volume of meat has therefore increased.

Scientists claim that they can, and will make genetically-altered animals that will help cure human diseases and illnesses; well, transgenetic research has been going on for nearly 20 years, and it still has not cured a single human illness. But illnesses like diabetes, blindness, lameness and cancer (among others) have all been produced unexpectedly in animals subjected to these ridiculous experiments. Genetic engineering at lengths such as these, are a symbol of consumerism gone berserk. Is it really fair that animals and their environment face the brunt of our insatiable curiosity?



## BWC STICKERS

**Stop-Look-Go** car stickers are now available against a donation of Rs 10/- only. We urge BWC members to put them up on their cars, so that the message is widely spread. We also have the **Parrot in Cage** stickers and a set of two is available against a donation of Rs 10/-. Please indicate front or back gumming when ordering these.

## THE 1997 BWC CALENDAR

*Once again BWC members will have received a calendar courtesy our most generous well-wisher. The calendars have been posted. If any member has not received his/her copy we are sorry that it has been lost in the post. We would be glad to send another (till our limited stocks last) subject to receiving the postal registration fees of Rs 12/-. Please quote your membership number as printed on the address label.*

## Ahinsa Greeting Cards

BWC has some old greeting cards in stock. Members interested in

## THE 32ND WORLD VEGETARIAN CONGRESS

was organised by the North American Vegetarian Society at the University of Pittsburg at Johnstown, USA, between July 29 and August 4, 1996. More than 800 delegates from all over the world participated.

The seven-day congress consisted of lectures, classes, entertainment and workshops on the many aspects of vegetarianism and other related topics which covered animal rights, cruelty-free investing and animal abuse. Hiren Kara, Director, BWC (Mumbai Centre) was given an opportunity to make a short presentation on the activities of Beauty Without Cruelty (India).

We are pleased to announce that Mr Hiren Kara is now the new Hon Dy Secretary of the International Vegetarian Union.

The next World Vegetarian Congress will be held at Bangkok and Chiang Mai, Thailand from the 4th to the 10th of January 1999.

## BWC's Vegetarian Lifestyle Book

The long awaited Shopper's Guide is now being prepared as a book promoting a vegetarian lifestyle. We request members to have a little more patience. Meanwhile, we once again advise that the *List of Honour* booklet is obsolete.

## BWC Investment Guide

*The May 1995 edition of our*

For private circulation only

R No 35650/77

Much research falls into this category - 'frivolous or dispensable'
Courtesy : The Scottish Society for the Prevention of Vivisection.

Edited and published by Ms Diana Ratnagar, Chairperson, Beauty Without Cruelty (India),
4, Prince of Wales' Drive, Wanowrie, Pune 411 040.
Printed by Mr Kant Dabholkar at M/s Kant Dabholkar Printers,
2432 East Street, Pune 411 001.