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Winter 2023

COMPASSIONATE FRIEND



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

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Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

☎ +91(20) 2686 1166 📞 +91 74101 26541

✉ admin@bwcindia.org 🌐 bwcindia.org

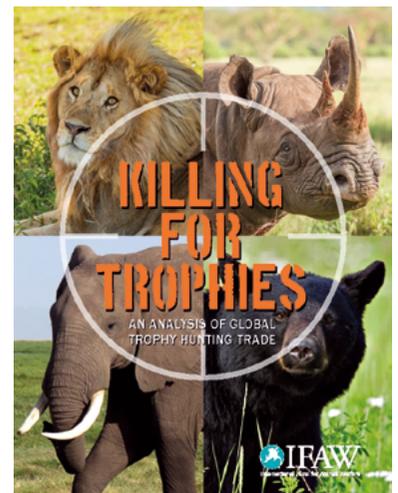
Winter 2023

From my Desk...

Trophies are actually Carcasses

Britain is changing: The Hunting Trophies (Import Prohibition) Bill 2022-23, a private member's ballot bill was introduced in the UK Parliament. It aims to stop the import of wildlife trophies into the country as there were a number of persons who went abroad, not believing that hunting was a blood sport and brought back wildlife carcasses that they called trophies for display. However, there was a strong move to dilute it by ridiculously claiming that hunting helped conservation.

In August 2023 BWC India wrote to the UK Prime Minister introducing BWC as having been started in England in 1959 by Lady Dowding, and stated how happy we were that the Tory Party's 2019 manifesto had



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Important Request

Many BWC Life Members joined decades ago. If you are one of them, would you please spare some time to inform us your latest e-mail id and mobile number – either by e-mail: admin@bwcindia.org or SMS/WhatsApp on our BWC mobile: +91 74101 26541

BWC also requests all Members to please take the trouble to let us know their change of address if shifting residence. Many envelopes are returned to us undelivered with the post office comment “left” thus making the Member “untraceable” on our membership roll.

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

Published and edited by
Diana Ratnagar
Chairperson, BWC - India

Designed by
Dinesh Dabholkar

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Cover: Orange Oakleaf Butterfly – National Butterfly of India. With its wings closed it resembles a dry leaf.

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declared that the import of hunting trophies would be banned. We added that hunting of animals was without exception cruel and unethical. We hoped therefore that the Bill would be passed accordingly and without further delay irrespective of where, when, how, or which species' trophies were sought to be brought into the country.

The Minister for Biosecurity, Marine and Rural Affairs replied "The Government has been fully committed to delivering the Hunting Trophies Bill during its passage through Parliament. Whilst I recognise that there is considerable debate about trophy hunting of endangered animals, I am disappointed that the Bill did not pass Committee stage in the House of Lords.

"We will continue working to deliver this important manifesto commitment which has overwhelming support from MPs and the public."

The Bill having sailed through the House of Commons was all set to win approval of the House of Lords, but was unfortunately blocked by a group of peers. It is at present in the House of Lords at the Committee Stage following which there is the Report Stage and 3rd Reading. Then the Final Stages consisting of Consideration of Amendments and the Royal Assent.

Ghoda Library

A library on four legs has been established in the Kumaon. Horses are made to trudge from village to village carrying books which are lent out. Let's hope BWC is successful in convincing them to use mechanical carts in place of animals just like thirty years back we created awareness about the "unique" Pet Libraries which had sprouted up in a few cities and were enthusiastically but unthinkingly supported by animal lovers. They took pride in loaning live creatures like dogs, rabbits, guinea pigs, tortoise, fish, snakes and birds (parrots and mynas), all given swanky names. It was dealt



Burdened by knowledge, as it were.

Photo courtesy: newindianexpress.com

with no differently to borrowing books from a library. BWC pointed out that the "pets" go through enormous psychological strain being shifted from one home to another and handled by umpteen humans. Within a short period of time the libraries were successfully convinced to close down.

Milk tops the list of Adulterated Foods

In August 2023, the Food and Drug Administration announced that milk and milk products were adulterated the most.

Major adulterants in milk are urea, formalin, detergents, ammonium sulphate, boric acid and caustic soda which lead to catastrophic effects on health like food poisoning, gastrointestinal complications, impairments and heart problems.

Chinese dry milk powder mixed with vegetable oil is used to make sweet milk cake; and skimmed milk powder is used to make paneer which the FDA says can harm the digestive system and lead to an upset stomach. Whereas adulterated ghee contains hydrogenated oils – or even lard.

If not for the sake of the poor cows and she-buffaloes, for our own sake we need to stay away from milk and milk products.



Diana Ratnagar
Chairperson

Eutierria

A deep connection with the Earth and its Life Forces

The significance of embracing veganism goes beyond the immediate benefits of sparing over 2 trillion sentient beings from suffering and death each year says Rohit Dadlani

In 2010, Australian philosopher Glenn A. Albrecht coined the term “Eutierria” to describe a profound feeling of oneness with the Earth and its life forces. It’s a state of consciousness where the boundaries between the self and the natural world dissolve, replaced by an overwhelming sense of peace and interconnectedness. While this word might be relatively new, the feeling it encapsulates is ancient and universal, experienced by countless life forms throughout the history of our planet. The concept of Eutierria isn’t limited to any particular belief system or culture. Philosophers, prophets, and religious teachings from various traditions have long celebrated the sacred bond between humans and the Earth. They all share a common message: humans should respect, preserve, and nurture the elements of nature and its creations. Whether it’s the reverence for the natural world in pagan faiths, the mandates to be stewards of the Earth in monotheistic religions, or the ancient beliefs that emphasize the interconnectedness of all life, these teachings underscore the importance of our relationship with the environment.

Interestingly, in an age where new words are often added to our lexicon based on scientific discoveries or borrowed from other languages, the emergence of “Eutierria” couldn’t have come at a more crucial time. It encompasses an emotion, an aspiration, and a pursuit which can drive the future course of actions of the humankind at large.

Despite reaching the pinnacle of technological advancement, enjoying unparalleled material comforts, and access to vast knowledge, our world is grappling with unprecedented levels of personal depression, societal tensions, and global conflicts. These challenges are exacerbated by widening economic inequality and the looming threat of ecological collapse, which, if left unchecked, could lead to an existential crisis for our entire planet.

We can attribute these issues to various factors, including consumerism, political strife, collective ignorance, and vested commercial interests – societal phenomena that often seem beyond individual control. However, it’s imperative that we recognize that we all bear individual responsibilities towards our future generations, our fellow human beings, and the Earth itself. We have the power to make choices that not only allow us to experience Eutierria but also create an environment conducive to spreading its impact far and wide.

One such choice is Veganism – a lifestyle rooted in the principles of peace, fairness, empathy, and safety for all. It’s often said that “we are what we eat,” and when applied to our relationship with the environment and all living beings, the message is clear. A vegan diet aligns with the core values of a civil society, built on the foundation of compassion and respect for all life forms. It’s a lifestyle choice that extends kindness not only to fellow humans but also to non-human creatures, ultimately

leading to a ripple effect of fairness and empathy in broader society. This, in turn, can manifest as peace and love, mitigating many of the social ills that plague our world, including violence, abuse, disparity, and the exploitation of both living beings and natural resources.

The significance of embracing veganism goes beyond the immediate benefits of sparing over 2 trillion sentient beings from suffering and death each year. It has the potential to catalyze healing for Mother Earth herself, who has witnessed the countless lives of her children being extinguished by the actions of her other children. Veganism can breathe new life into nearly extinct species of flora and fauna, regenerate forests and rivers, and rejuvenate our seas and skies. Moreover, it offers us the opportunity to live longer, healthier, happier, and guilt-free lives.

As Leo Tolstoy said “As long as there are slaughter houses, there will always be battlefields” and it’s probably the reason, why we as a species and despite our intelligence, still undertake the proverbial ‘lose-lose’ conflicts. By embracing veganism, we learn the true concepts of love, kindness, and inclusivity. It compels us to make choices that prioritize the permanence of joy, consciousness, and life over ignorance and pain. It embodies the philosophy of “beauty without cruelty,” creating a world where harmony with nature and all living beings is not just a dream but a tangible reality.

While the idea of achieving Eutierria and its associated benefits may sound utopian, it represents our best - or perhaps only - chance of reclaiming our only known home: planet Earth. Earth, like humans, is composed of matter, but more importantly, it is made up of what matters. Similarly,

humans are composed of physical bodies and abstract connections that link us to the world beyond ourselves. To truly forge a deep connection with nature, we must respect, preserve, and embrace all living creatures.

This perspective calls upon our rational minds to pursue Eutierria as a rational state of being. It encourages us to embrace the aspirational path of joy as opposed to being motivated solely by the fear of negative outcomes. When we align our actions with the principles of peace, fairness, empathy, and safety for all life forms, we not only experience the profound sense of Eutierria for ourselves but also contribute to a positive transformation in our world.

In summary, Eutierria underscores the vital need for us to reconnect with the Earth and promote empathy, fairness, and peace. Veganism emerges as a powerful and practical means to align with these principles, fostering a more sustainable and harmonious coexistence with nature and all living beings. While the challenges before us are immense, embracing Eutierria offers hope and the potential for a brighter, more compassionate, and environmentally conscious world. It calls us to recognize our interconnectedness with the Earth and each other, reminding us that by choosing love, kindness, and inclusivity, we can create a future that is both beautiful and cruelty-free.



Rohit Dadlani is a Life Member of BWC-India and so is his family.

He is a vegan on compassionate grounds; and while currently a banker, he's soon embarking on an entrepreneurial journey with a focus on sustainable eating and animal welfare.

Thrissur Pooram

Photos and Facts presented by V K Venkitachalam

In Kerala there are three official bodies formed to ensure the prevention of cruelty to elephants. They consist of officials and representatives of festival organisers and contractors of elephants and so they do nothing to prevent cruelty to elephants. They are:

1. District level Elephant Task Force to ensure illegal inter-state transfer of elephants.
2. State Elephant Task Force to ensure proper working of all the 14 district elephant task forces.
3. District Elephant Monitoring Committee to ensure that the elephants used for festival parades are not tortured.

All these 3 bodies extend tacit support to festival organisers to conduct illegal elephant parades on a daily basis.

Doctors of Animal Husbandry Department supply fake fitness certificates to enable the elephant contractors to parade even wounded elephants.





The Forest officials do not verify the basic record of elephants paraded illegally. As a result the wounded elephants are constantly paraded. The officials of the Departments of Police, Forest and Revenue also extend tacit support.

Petitions filed in the Kerala High Court remain in cold storage as the Court is yet to declare judgements.

Although on 30 August 2022 the Project Elephant Director directed all Chief Wildlife Wardens to ensure that the post mortem of every deceased elephant must be conducted by a team of 3 veterinarians, in the presence of 3 wildlife enthusiasts having good work records, the only state which has failed to implement it is Kerala. Meanwhile, during the first 9 months of 2023 the total number of captive elephants increased by 22.

All pictures are taken during Thrissur Pooram.

The ankush—it has a sharp spike fitted to a wooden handle—is a banned iron goad. But it is used extensively in all festival parades in Kerala with the tacit support of the state government. All photos courtesy: Heritage Animal Taskforce



V K Venkitachalam is Secretary,
Heritage Animal Task Force, Thrissur, Kerala

Freedom Failure

Sudarshan Kumar who had written an article on this subject in Karuna-Mitra Summer 2019 says that just like releasing birds, it is also a bad idea to release butterflies, balloons and bubbles at events.

A butterfly or moth develops through metamorphosis: egg – larva or caterpillar – pupa or chrysalis – butterfly or moth. It begins as a caterpillar hatching from an egg and voraciously eating leaves till it gets bigger and bigger while molting its skin. Roughly after a few weeks it stops eating and hangs upside down from a twig or leaf and spins itself a cocoon and turns into a shiny chrysalis. Within this casing the caterpillar undergoes radical transformation and emerges as a beautiful butterfly or silk moth.

Butterflies are beautiful insects that fly. They have huge, colourful wings attached to their bodies consisting of a head, thorax and abdomen, as well as antennae and compound eyes.

Like bees, butterflies are important to the ecosystem because they are pollinators. Why then do people commercially exploit them?

Butterfly collections are no longer passé. But, the cruel trade in butterflies continues. There are businesses that kill and turn butterflies and bugs into items. Colourful and beautiful butterflies are converted into jewellery and knick knacks, some encased or embedded in plastic or resin, some framed behind glass. For example, “one-of-a-kind” pair of earrings and necklaces is made with actual whole butterfly wings sandwiched between two thin pieces of glass with metal shaped around.

Butterfly ornaments, paper weights, pen stands and key chains may look pretty, but not upon knowing that they represent capture, torture and death. Another method is 24kt



Pretty and delicate butterflies released suffer and die.
Photo courtesy: Neeraj Mishra – indianwildlifephotos.com

gold or silver dipped jewellery and display items made by electroforming, a process that uses a matrix/mandrel which could be a real butterfly, insect, flower, leaf or seashell. It is an extremely cruel process because the delicate live creatures' beauty is frozen with a thin metal 'skin' on its entire surface. Insects such as dragonflies, beetles and scorpions aren't spared either – they too are killed and converted into jewellery and other items.

Butterfly Releases

Interestingly, researchers of the Annasaheb Garware College, Pune, revealed that most butterfly pollination occurs between 9 am and noon even though it continues till about 6 pm. They do not always pick the brightest coloured flowers but certain plants like the *Ixora coccinea* attract them.

A butterfly house is a place that keeps captive and breeds butterflies, moths and other insects.

Butterfly houses could be conservatories or farms. Both are bad. Conservatories, lepidopterariums, sanctuaries, parks, gardens, zoos, all pose risks to biodiversity; what's more butterfly farming is unethical.

That the global turnover of the butterfly house industry is USD 100 million proves that butterflies are grossly exploited by breeding, exhibiting and trading.

Unfortunately butterfly houses are growing in number in tropical countries. Some of the big centres in India where they are bred are exploring ways of using butterflies as a resource to enhance rural livelihood. So let's hope no butterfly house will supply butterflies here. Like bees, butterflies are important to the ecosystem because they are pollinators.

Meanwhile, Beauty Without Cruelty has drawn the attention of the Government of India to foreign butterfly breeding kits being sold under the category of "toys and games" by Amazon. They contain a mail-in coupon for 5 caterpillars/larvae of which 3 are expected to survive.

Shockingly, butterflies can be ordered online abroad. The spectacular Monarch is largely used by companies for butterfly releases, as well as the Painted Lady. They are delivered



Colourful plastic balloons look beautiful but are deadly for innocent creatures. Photo courtesy: express.co.uk

frozen in ice packs and need to be stored thus before they are released for an event such as a wedding or funeral.

Preserved (read dead) butterflies are used as decorations too. Farming, hibernating, shipping and finally releasing them is cruel. The captured creatures fly up into the sky and eventually die due to some reason or another.

Butterfly releases are no different to bird releases. In 2015 Pope Francis discontinued a Vatican tradition symbolising purity, peace and hope that involved two doves to be released out of the window overlooking St Peter's Square on the last Sunday of January because a seagull and crow had attacked the doves that had been released a year earlier.

Closer home, some years ago after BWC approached the Election Commission about politicians releasing pigeons and doves making them fly off without caring about the cruel fate awaiting them, the use of live birds (and animals) in political campaigns was banned.

Balloons and Bubbles can Kill

Balloon releases to mark an event may seem a "harmless" substitute to bird and butterfly releases. But, balloon releases pose an unintended death threat to countless marine lives and birds that eat the balloon pieces, or get entangled with the string or ribbon attached to them. Releasing sky lanterns is beautiful too, but as bad if not worse, because they can cause a fire.

The helium used in balloons is a waste of a finite resource. Balloons are not safe or environment friendly to release because they can rise to a height of 5 miles before they burst into minuscule pieces. The fact is that each and every balloon behaves differently and eventually falls on land or in water and is always "enticing food" and is a potential hazard for unsuspecting creatures. Some

marine life have mistaken plastic for jelly fish, consumed it and died.

Bubbles are often thought of as an alternative since they rise and float away and don't seem to have the potential of harming any creatures or causing them harm. But, blowing bubbles is not recommended because to begin with they are not environmentally friendly and result in air pollution. In addition to which they usually contain glycerine or honey which apart from being of animal origin, attract bees and wasps. The soapy solution can prove to be toxic too.

Compassionate and Pretty

Since it is a bad idea to release birds, butterflies, balloons and bubbles at events, some people opt for compassionate ways like



Fresh flowers and butterflies made from rice paper cause no harm to the environment. *Photos courtesy: homemakeover.in and bakencaketools.com*



Bubbles look good but contribute to air pollution.

Photo courtesy: Motiur Rahman Oni - wikimedia.org

using faux butterflies made from rice paper. Guests open folded napkins containing these paper butterflies and they "flutter" out! Butterfly motifs are usually a part of Bengali weddings.

Another alternative for a compassionate and environmentally friendly event like a wedding is to shower rose petals or toss confetti. One could even opt for alternatives such as floating fresh flowers in a water-body as this does not cause harm to any living creature. If rice is tossed it needs to be cleared soon after else it attracts birds and others.

A word of caution regarding candles that are frequently utilised on such occasions: not all candles are totally free of animal substances. Standard commercial candles contain about 60% paraffin wax, 10% beeswax and 30% stearic acid which can be of animal or plant origin. Beeswax or scale wax is utilised for drip-less candles. And, eco-friendly or aromatherapy candles could very well contain scents having animal fixatives.

After all, it would do us well to remember BWC's motto which advocates a way of life which causes no creature of land, sea, or air; terror, torture or death.



*Sudarshan Kumar is a BWC-India
Life Member for over 40 years*

Interesting News

Pigeon Racing does not symbolise Peace



Photo courtesy: Jaqian – wikimedia.org

In March 2023 following public outrage over pigeon droppings resulting in having an adverse effect on human health, several municipalities starting with Thane (Maharashtra) decided to stop people from keeping or feeding pigeons.

Theft, fights, extortion, attacks, and even murder is the dark side of pigeon keeping and racing. If not for the sake of the pigeons, for the sake of human life, rearing, trading and flying pigeons should be banned.

Who is buying smuggled Ambergris?

At BWC we think ambergris may be routed via India to different countries. Once again in September 2023 the Pune Police found 5.24 kgs valued over ₹ 5 crore in the backpack of a carrier. Earlier this year in February 2023, 5.7 kgs of ambergris worth ₹ 5 crore was seized (along with vehicles) and 2 persons were arrested by the Sangli police of Maharashtra. This was followed by 18.10 kgs worth ₹ 31.67 crore seized at Tamil Nadu's Tuticorin coast in May 2023 by the Directorate of Revenue Intelligence (DRI). During the past 2 years the DRI had alone seized 40.52 kgs of ambergris intended to be smuggled out of India from the Tuticorin coast.

A month later in June 2023, the Central Crime Branch (Karnataka) sleuths arrested 2 men from TN and recovered 6.50 kgs ambergris from them. They said they had purchased it from Kerala.

BWC feels the Wildlife Crime Control Bureau (WCCB) could easily find out who is buying ambergris from the online UK based business called Ambergris Connect which provides a global service to first determine the genuineness of the ambergris and then facilitate introductions between sellers and buyers.

Chicken is the most popular meat in the world

According to a report published in July 2023 by the Organisation for Economic Co-operation and Development (OECD) and the United Nation's Food and Agriculture Organisation (UN's FAO), chicken is the most popular meat in the world with 74 billion slaughtered in 2021 alone and has overtaken beef and pork.

The trend is expected to rapidly accelerate in the decade ahead and it's one that will have enormous implications for climate change, animal welfare and economic development. A 15% jump to around 85 billion annually is expected by 2032. In comparison the number of beef cattle and pigs raised for meat will rise to around 365 million and 1.5 billion respectively by 2032.



Photo courtesy: rurallivingtoday.com

Rhesus Monkeys not Wild Life?

After the amended Wild Life Protection Act 2022 came into force on 1 April 2023, the Forest Department refused to do anything about the Rhesus macaque since it was no longer a scheduled animal resulting in the Municipal Corporation of Delhi being solely responsible for them. Rhesus monkeys, considered a menace in the national capital, are seen running across roads and sometimes entering buildings. Over the years langurs have been employed to chase them away, later men were hired to mimic langurs, and now life-size cut-outs of langurs are being displayed to frighten the smaller rhesus monkeys away!

When carcasses of 74 rhesus monkeys – 50 were electrocuted and 20 were poisoned – were found by Munigadapa villagers in Siddipet district (Telangana) in October 2023 the Police had to take action under the Prevention of Cruelty to Animals Act only.

Want to live to be 100?

American researcher Dan Buettner has extensively investigated for over 15 years the diets of the 5 longest lived centenarian communities: Sardinia – Italy, Nicoya Peninsula – Costa Rica, Ikaria – Greece, Okinawa – Japan, and the Seventh Day Adventists of Loma Linda – California, USA.

He says that beans reign supreme and are the cornerstone of every longevity diet in the world. In his book *The Blue Zones Kitchen* containing only plant-based recipes, he writes “Beans are packed with more nutrients per gram than any other food on Earth. On average, they are made up of 21% protein, 77% complex carbohydrates, and only a few percent of fat. Because they are fibre-rich and satisfying, they’ll likely help to push less-healthy foods out of your diet.” Moreover, the common denominator is that these centenarian communities don’t eat processed foods, avoid sugar, don’t use chemicals, pesticides, preservatives and additives, and importantly eat only till they are 80% full.

Research on Monkeys lessening in America – at long last!

These were the same Rhesus monkeys that India had banned the export of in 1977. Although many other organisations had objected citing intense cruelty the monkeys were subjected to in foreign (mainly American) research laboratories, eventually it was only because of BWC’s appeal that the then Prime Minister imposed the ban.

Following a 7-year grassroots and lobbying effort in America by the White Coat Waste Project to defund the US Food and Drug Administration’s National Center for Toxicological Research, the FDA closed its biggest primate lab in December 2022 and cut down testing on monkeys by 63%. WCW is the only organisation in the United States to have successfully shut down government primate labs or any monkey tests in nearly a decade.

A Solution to Man-Elephant Conflict

There are people who realising that crop-raiding has led to people devising cruel and violent electric fencing, firecrackers and even gunshots, have come up with alternate compassionate solutions like the Gawahati based NGO Hati Bondhu that grows paddy in demarcated areas on community land specifically for the elephants to feed on so that they keep the herds contained in and away from crop intended for harvest.



Hati Bondhu plants about 70 acres of paddy for the elephants and for 21 days, over 250 elephants forage the paddy allowing the nearby communities to harvest their crops.

Photo courtesy: hatibondhu.org

Defining Donation

A synopsis of the Discourse by Pranamyia Sagarji Maharaj on 26 September 2023 on Uttam Tyag in the Das Lakchan Dharm, transcribed in English by BWC life member Vaibhav Dewal

Jain Tirthankaras praise those “donations” that are favourable to one-self as well as the recipient. Anything and everything does not fall into the definition of an appropriate donation. If a carnivorous animal approaches you saying it is hungry, what will you give? What would your religion say?

There was a King who had saved the bird sitting on his lap from a vulture. The vulture asked him “Why did you save my prey? I am hungry, give it to me.” Instead of handing over the bird the King cut off a bit of flesh from his thigh and gave it to the vulture.

Such stories about protecting lives are not told by the Tirthankaras because they can never teach such things. Giving flesh or eating flesh, feeding or donating meat is not Jain philosophy.

There are only 4 types of donations or *daan*: *Aahaar*/food, *Auyshadi*/medicine, *Shastra*/education and *Abhay*/protection.

In the name of science people believe that they can and should donate their organs, which unfortunately has become a trade. Accident victims are declared “brain dead” meaning they are assumed to be dead. However, Acharya says that even though the person is labelled “brain dead” he is alive as his soul is still in his body. His *Tejas* body (the subtle body that is responsible for generating warmth within the physical *Audarik* body) is linked to his *Karmic* body. Hence his body is warm, pulse is beating, and the nourishment fed is being normally digested.

Doctor declares patient as “brain dead” only in order to facilitate organ donations before the pulse stops. But people after being declared “brain dead” are known to have woken-up just before their organs were removed. In one case a “brain dead” pregnant lady was put on a ventilator and after 6 weeks delivered a

healthy child even though she was unable to respond since she was unconscious. Had she been actually dead, the baby would not have developed normally in her womb. When the brain is in a coma, the body does not have strength to respond outwardly, but can hear and understand what is happening.

Only organs removed from a person whose heart is beating can function in another body. If taken after the person is actually dead, the organ transplant does not work (except for eyes, heart-valves, bones, skin, cartilage & arteries).

Ironically, when next of kin grant permission to remove organs from a “brain dead” person, in reality the organs are removed from their living relative, who then due to lack of these organs will positively die. In short, the removal of organs “scientifically” kills the donor.

People applaud the person as having donated so many organs. Such publicity misguides people since organ donations can never be called donations by the Tirthankaras because any donation that results in death, is not a donation.

We need to know the outcome of giving our organs to others. What if the recipient does not have the same ethical standards as the donor? What if unlike the donor he eats meat and drinks alcohol?

Giving an organ or blood to a family member cannot be equated to a donation since it is simply “help” as the organ such as bone marrow, kidney, or part of liver, lung, or pancreas, is taken from a healthy living person.

It is stressed that organ donation is not a donation. All gift decisions must be based on accurate knowledge, relate to our philosophy and the ideals of our own souls, not just the flesh of our thigh as mentioned in the story of the King.

Vegan Recipe *Carrot*

Carrots were first grown as medicine not food and just 3 carrots were supposed to impart enough energy to walk 3 miles!

They have been selectively bred over centuries to enhance their desirable traits such as taste, colour and size. They were originally purple, red, yellow, white and black. Dutch farmers turned them orange because that's the national colour of Holland, and everyone else followed suit. Baby carrots are young carrots or those that are cut and shaped.

Despite containing about 88% water carrots are one of the highest sources of beta-carotene, a precursor to Vitamin A, as well as other carotenoids such as alpha-carotenoid, beta-cryptoxanthin and lutein. A single big carrot or half cup of carrots a day cuts the risk of lung cancer by half and can also lower blood cholesterol.

Cooked carrots supply more anti-oxidants to the body than when eaten raw: a 2008 report in the Journal of Agriculture and Food Chemistry said that boiling and steaming better preserves anti-oxidants, particularly carotenoid, in carrots, than frying, though boiling was deemed the best.

The Harvard Nurses Study revealed that those who ate five carrots a week lowered their risk of stroke by 68% compared to those who ate one carrot a month or none at all.

China, Uzbekistan, Russia and USA are the top 4 countries that produce carrots. The International Carrot Day was created on 4 April to encourage people to eat carrots although they already are the second most popular root vegetable in the world, after potatoes.

Carrot Pâté

Ingredients

2 or 3 big carrots (preferably red)
 12 cashew nuts or 3 whole walnuts
 1 teaspoon garlic paste
 ½ teaspoon chilli powder
 2 teaspoons tahini (ground sesame/til seeds with a little oil)
 2 teaspoons lime juice
 Salt to taste
 Coriander for garnishing

Preparation

Grate carrots and grind nuts.
 Mix together and heat in a pan along with garlic, chilli powder and salt.
 Add tahini and lime juice and mix well.
 Garnish with coriander.
 Serve as a sandwich/wrap filler.



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.

How many animals get slaughtered for meat every day?

The numbers are based on the global totals for 2021. To express them for the average day the totals were divided by 365.



900,000 cows



1.4 million goats



1.7 million sheep



3.8 million pigs



11.8 million ducks



202 million chickens

This means that every average minute
140,000 chickens get slaughtered



Hundreds of millions of fish*

Data: Food and Agriculture Organization. The icons are from the Noun Project.



*Estimates of the number of fish killed are unfortunately, very uncertain. But while the uncertainty is high, it is clear that the number of fish killed is extremely large. Hundreds of millions of fish are certainly killed every day.

This is discussed in the accompanying article: ourworldindata.org/how-many-animals-get-slaughtered-every-day
Research is needed to close the existing gaps in our statistical understanding of how many animals are killed by humans.

Merry Christmas



**Jingle Bells, Jingle Bells,
Jingle all the way,
Oh what fun it is to Save
a Turkey on Christmas Day!**



Beauty Without Cruelty - India

4 Prince of Wales Drive, Wanowrie, Pune 411 040

☎ +91(20) 2686 1166 📞 +91 74101 26541

✉ admin@bwcindia.org 🌐 bwcindia.org



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