

“ One must not deliberately kill any living creature either by committing the act oneself, instructing others to kill, or approving of or participating in acts of killing. To completely abstain from the act of killing directly and indirectly, eat only pure vegetarian food - **Buddhism** ”

Editor's Voice - 'Is Life Fair?'

Why should life be fair? Is life in the jungle fair? Big animals eat small animals alive. Just imagine the agony of the one being eaten. Might is right. A fully grown up lion attacks a young gazelle. Is all this fair? Is there a level playing field? There was never meant to be one and there can never be one, especially when one animal's survival is dependent on another's non-survival. But we humans are not at the level of animals. We are evolved beings.

Yet, our minds also adopt double standards. When we are very much healthy, when we have good money, good talents and skills we think that life is fair. We think we deserve it. Does this mean that others of other species did not deserve to be fair?

There was a time when blacks were treated as slaves by the whites. It was appalling to see innocent beings persecuted and dictated by their 'owners'. The concept of slavery comes from the school of thought that justifies the enslaving or torturing of the so-called inferior group by the superior ones. In America, blacks being considered inferior did not have their deserved rights, till President Johnson passed the Civil Rights Act of 1964 in USA. It marked one beginning of embracing blacks as full citizens with equal rights.

Even women had to fight for their rights during the late 19th century and early 20th century in USA. It culminated in 1920 with the passage of the Nineteenth Amendment to the United States Constitution, which provided: "The right of citizens of the United States to vote

shall not be denied or abridged by the United States or by any State on account of sex."

Women's suffrage (The right to vote in political elections) has generally been recognized after political campaigns to obtain it were waged. In many countries it was granted before universal suffrage. Women's suffrage is explicitly stated as a right under the Convention on the Elimination of All Forms of Discrimination against Women, adopted by the United Nations in 1979.

Same is the case of Speciesism, i.e., the exploitation of non-human species by humans.

Most of us are aware of the mindless abuse of domesticated animals. The primary abuse still lies in breeding these innocent beings only to slaughter them mercilessly; tormenting the 'holy mothers' in order to make them pregnant and snatch their milk away from their babies, to enjoy our ice creams and sweets from that! All of this torture happens because we humans have acquired an artificial addiction to 'meat' and the 'milk'.

Unfortunately, animals cannot speak the language that we can understand. You must realise the pain the animal suffers by our tyranny. It just takes a mind set to turn vegan. It is not at all that difficult. You can see a number of people going vegan, and veganism is growing exponentially.



Dr. Dipak Bafna

Helpline Activities



The dog was taken to **ARF** for its Trans Veneral Tumor. As it was a open tumor it has spreaded over the ventral aspect of the body also. Surgically removed the tumor mass present on the ventral aspect. Dressing the area regularly. Still under treatment. Kindly donate for its speedy recovery.



This dog has a wound on the dorsal aspect of the ear lobe. Removed the debris tissue. Cleaned the wound and applied antiseptic powder and given antibiotics, anti-inflammatory drugs. Now wound is slowly curing. Please donate.

Helpline Details July 2012

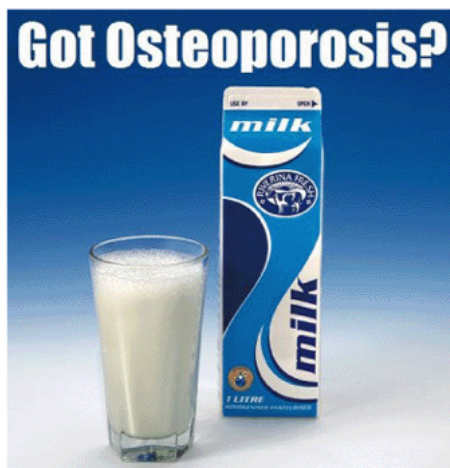
Sick & Injury: Small Animals - 46,
Wild Life: Birds - 03, Animals - 01;
Rescue: Large & Small Animals - 17,
Wild Life: Animals - 01;
Adoption - 01; **Counseling** - 89;
Rehabilitation - 23; **Aggressive** - 24;

Dairy milk is singled out as the biggest dietary cause of osteoporosis

Dairy milk is singled out as the biggest dietary cause of osteoporosis because more than any other food it depletes the finite reserve of bone-making cells in the body. So although milk makes bones stronger in the short term, in the long term it erodes bone-making cells, increasing the risk of osteoporosis. This explains a paradox: black people are known to be less tolerant to lactose in milk, and consequently they drink less milk, yet they get much less osteoporosis than white people. This new research resolves the paradox because by consuming less milk you are less likely to get osteoporosis.

Author Russell Eaton says: 'Dairy milk does increase bone density, but this comes at a terrible price. The latest research is showing that far from protecting bones, milk actually increases the risk of osteoporosis by eroding bone-making cells. Also, people

with osteoporosis have a much higher incidence of heart disease and cancer, and the evidence is pointing at milk as the common factor.'



It had been thought that prostate cancer was caused by harmful fats in the diet, but this may not be so. Calcium and phosphorus in milk serve to feed nanobacteria, causing calcification and cancer.

It seems that harmful calcification, caused by nanobacteria in the body, is

at the root of many diseases such as arthritis, kidney stones, heart disease and stroke. These microscopic organisms get fed calcium and phosphorus from the bloodstream and then secrete calcium phosphate to cause calcification. In the book *The Milk Imperative* the author shows how dairy milk feeds nanobacteria, thus causing many serious diseases.

Commenting on the book Dr. Amy Lanou (Physicians Committee for Responsible Medicine, USA) said: 'There is a compelling argument that today's pasteurized milk, in all its guises, has virtually no redeeming features at all, and serves only to cause disease and poor health. By simply switching from dairy to non-dairy milk we will make a dramatic and long-lasting improvement to our health'.

Recipe of the Month - 'Raw Vegan Chocolate'

Ingredients: 100g raw organic cacao butter; 35g raw organic cacao powder; 45mls maple syrup; 1 pinch celtic or himalayan sea salt; 1 pinch of ground vanilla bean or a few drops of organic vanilla extract; Chocolate moulds; Optional: fillings or additions such as orange zest, goji berries, nuts, coconut, peppermint essence – whatever your heart desires!

Method: 1) Chop the cacao butter into smaller pieces about the size of a strawberry so they melt more quickly. 2) Place some hot (not boiling) water into

a bowl and melt the cacao butter in a glass bowl atop the hot water. Once melted, add the sweetener to the liquid cacao butter. 3) Mix the cacao powder, vanilla and salt together in a separate bowl. 4) Gently whisk the liquid into the powder mix slowly. 5) Continue to whisk until thoroughly mixed with no lumps and the chocolate takes on a glossy appearance. Add any fillings you are using now. 6) Gently spoon into your chocolate moulds and place in the fridge to set. 7) If you would like a quicker set, place in the freezer for 10-15 minutes to



kick start the process. It won't take long at all! 8) Once set, pop chocolates out of the mould and keep in the fridge (they will melt at room temperature). Makes 12-15 chocolates. Use organic ingredients wherever possible. Enjoy!



Vegan Potluck - August 11, 2012 Saturday at 1:00 pm to 3:00 pm

This month we have decided to have a vegan lunch buffet at "In The Pink Restaurant" instead of the monthly potluck. Price per head:

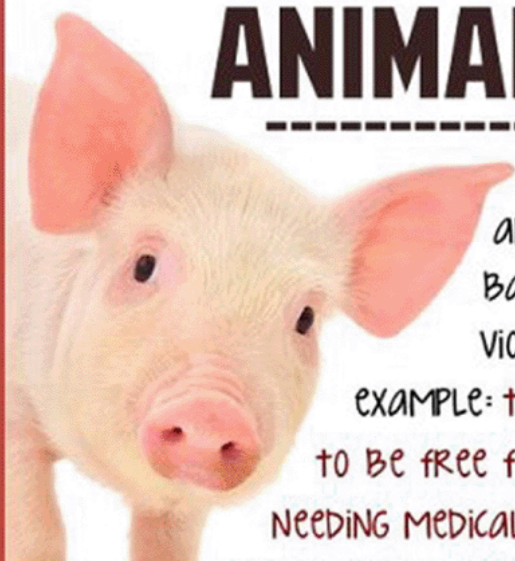
Rs.250/- You will need to call them in advance and register your place. Mobile: +91 80 26789998 or +91 9845168462.

We had a similar buffet last October and it was a huge success. This time too, we are working with Chef Joydeb and the owners of In The Pink, Aparna and Paneesh, to come up with a delicious, vegan menu. Many of the old favourites will be repeated, along with a few new dishes. It looks very mouth watering and we are all sure to enjoy it.

Visit: <http://www.facebook.com/groups/veganbengaluru>

Ethical question: Should the trivial human interest in eating meat and fish be satisfied at the expense of the animal interest in staying alive?

ANIMAL ETHICS: IT'S ABOUT USE, NOT TREATMENT



EVOLVE! CAMPAIGNS

EVEN THE MOST 'HUMANE' FORMS OF REARING AND KILLING ANIMALS FOR FOOD ALWAYS VIOLATES THE ANIMAL'S MOST BASIC INTEREST - TO CONTINUE LIVING. MODERN AGRICULTURE VIOLATES OTHER KEY ANIMAL INTERESTS AS WELL - FOR EXAMPLE: TO LIVE IN NATURAL CONDITIONS, TO MAKE FREE CHOICES, TO BE FREE FROM FEAR AND PAIN, TO LIVE HEALTHY LIVES WITHOUT NEEDING MEDICAL INTERVENTION, TO EAT A NATURAL DIET, AND TO ENJOY THE NORMAL SOCIAL/FAMILY/COMMUNITY LIFE OF ITS SPECIES.

HUMAN INTERESTS VERSUS ANIMAL INTERESTS



THE HUMAN INTEREST IS CLASSED AS TRIVIAL BECAUSE HUMAN BEINGS DON'T NEED TO EAT MEAT IN ORDER TO LIVE. THE ANIMAL INTEREST IN STAYING ALIVE IS CLASSED AS BASIC, BECAUSE IF THE ANIMAL IS KILLED THEN ITS OTHER INTERESTS ARE FRUSTRATED AS WELL.



Ethical question: Should the trivial human interest in eating meat and fish be satisfied at the expense of the animal interest in staying alive?

Eating animals poses two moral problems: 1. Is it wrong in principle to raise and kill animals so that human beings can eat meat and fish? 2. Does it stop being wrong if the processes involved are carried out humanely?

If you accept that animals have rights, raising and killing animals for food is morally wrong. But, This is using 'rights' in a philosophical sense. When people talk about animal rights colloquially, they are usually talking about animal interests. An animal raised for food is being used by others rather than being respected for itself. In philosopher's terms it is being treated as a means to human ends and not as an end in itself. This is a clear violation of the animal's rights. No matter how humanely an animal is treated in the process, raising

and killing it for food remains morally wrong.

Even the most humane forms of rearing and killing animals for food always violates the animal's most basic interest - to continue living. Modern agriculture often violates other key animal interests as well - for example: "to live in natural conditions, to make free choices, to be free from fear and pain, to live healthy lives without needing medical intervention, to eat a natural diet, to enjoy the normal social/family/community life of its species". Many human beings don't believe animals have rights, but do think that animals have important interests that should not be violated. But some of these people enjoy eating meat and fish, and so face a conflict between

animal and human interests: the trivial human interest in eating meat versus the basic animal interest in staying alive. The human interest is classed as trivial because human beings don't need to eat meat in order to live. The animal interest in staying alive is classed as basic, because if the animal is killed then all its other interests are frustrated as well.



Thanks to Kumara Park Jain Temple for giving us kind donation. We also wish to thank Smt. Usha Shah for helping us with an Ambulance.

The Easy Vegan

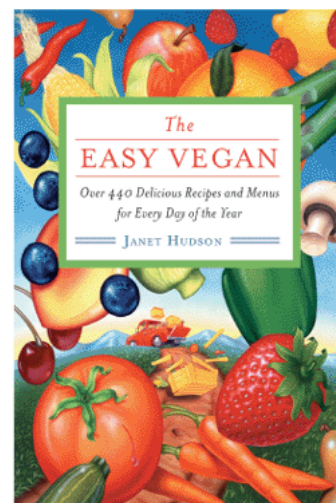
Whether you are a practicing vegan or a meat eater looking to improve your health, The Easy Vegan offers dozens of recipes to reinvigorate your everyday meals. With more than 440 recipes, from appealing appetizers to delicious desserts, The Easy Vegan takes a healthy approach to some of the most common recipes, and adds some delicious new surprises from Vegan Shepherd's pie to Mac and "Cheese" to savory pies, cakes, dressings, chutneys and more.

Vegan chef Janet Hudson shows how to use easy-to-find fresh ingredients, dairy and meat

substitutes, and common pantry staples for each recipe. The Easy Vegan looks at nutritional concerns for both children and adults and shows how vegan cooking is low in cholesterol and fat, and high in important antioxidants, vitamins, and minerals to improve health.

Janet Hudson is an experienced and successful vegan caterer who began cooking as a child. She is the owner of Vegan Feast Catering in Southern California.

- Janet Hudson



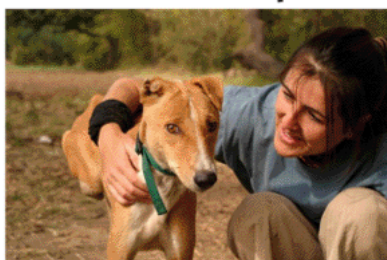
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Heart-felt gratitude for your donations :

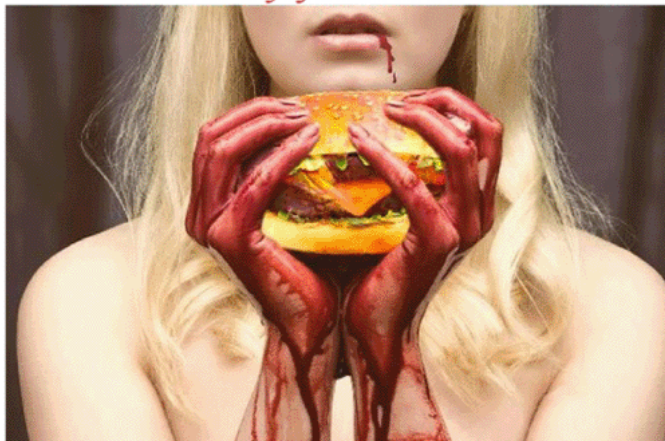
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Volunteers Required



Our helpline activity for street animals is doing very well. We want dedicated and committed volunteers to take this forward. Please contact info@arfindia.org

Meat is the dead body of someone who wanted to live!



Without you, getting this help for animals would be just a dream.

Do your bit! Donate Now ...

☐ ₹ 1,000

☐ ₹ 3,000

☐ ₹ 5,000

☐ Other ₹ _____

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Animal Rights Fund

Comfort Manor, 1st Floor, No. 10/4-2, Kumara Krupa Road, Bangalore-560 001

Email: arfindia@gmail.com, Web: www.arfindia.org

Mobile: +91-98451 74630 (Dilip Bafna), +91-98452 74880 (Pramod Upoor), Office: 080-22 34 28 20

Editor: Dilip Bafna Assistant Editor: Bhavana Bafna Creative Writer: Dilip Bafna

Graphics and design: Pramod Upoor Production Incharge: Ushalakshi