

“ An animal experiment cannot be justifiable unless the experiment is so important that the use of a brain-damaged human would be justifiable. - Peter Singer ”



## Editor's Voice

### " The Human Omnivore: a myth "

Human mind is eternally boggled by the question: Which is the right diet for me?

Let us see what a few experts have to say. William C. Roberts MD has five decades of experience in the field of cardiology and has written over 1300 scientific publications, a dozen cardiology textbooks and has been editor in chief of the American Journal of Cardiology for a quarter of a century. He is arguably the most highly regarded cardiologist in the world today.

In his 2008 editorial "The Cause of Atherosclerosis", published in the peer reviewed journal Nutrition in Clinical Practice, Roberts's states that there is a single, sole cause to heart disease: cholesterol. If your total cholesterol is below 150 and LDL is below 70, you are essentially heart attack proof. What is the cause of high cholesterol? Saturated fat and animal products he says.

Anthropological research shows that early humans were not omnivores as they were believed to be. They were actually frugivores or fruit eaters. The great taxonomist Carolus Linnaeus, a Swedish naturalist and botanist who established the modern scientific

method of classifying plants and animals, classified humans not as carnivores, not as omnivores, nor even as herbivores, but as frugivores. Humans belong to the order of Primates and their closest animal relatives are the anthropoid apes (gorillas, baboons, chimps, monkeys) all of whom are frugivores. Dr. Alan Walker, an anthropologist of John Hopkins University in Maryland, has also done research showing that early humans were once exclusively fruit eaters. For most of history, men were not mighty hunters but sophisticated baboons.

Even though humans have adopted omnivorous and carnivores eating practices, their anatomy and physiology have not changed. They remain biologically a species of fruit eaters and nut eaters. The human digestive system has been adapted to a diet of fruits, nuts and vegetables for more than 60 million years of development. A few thousand years of aberrant eating will not change their dietary requirements for optimum health.

You see it is time to switch back to a healthy vegan diet. Try it- I bet you will not regret it!

*Alip Khatun*

## Helpline Activities



The dog was brought to **ARF** with fistula on its left face. On examination, we found nearly 25 maggots and removed them. Later treated with medicines and the turpentine gauze. Under anesthesia, we have removed the debris and corrected its fistula. It's under postoperative care now. Kindly donate.



The dog was brought to **ARF** with the complaint protrusion of eyeball. Cleaned the eye and applied antibiotic ointments. Then tried to push the eyeball back in position, but were not successful. Now continuing treatment with cleaning of eye and applying medicines. There is tremendous improvement in the condition. Please donate for its speedy recovery.

## Heart-felt Gratitude for your Donations

Sree Vasupujya Swamy Jain Swetamber Murthipujak Sangh, Bangalore; Sree Vasupujya Swamy Jain Swetamber Temple, Bangalore; Divya Srinidhi, Bangalore; Sree Parshwanath Swetamber Jain Murthipujak Trust, Bangalore; Mahendra C. Jain, Bangalore; Samvatsari Pratikaman Group, Bangalore; Manisha G., Bangalore; Umashankar, Bangalore;

## Summary of Work Done

Dogs (Inpatient) - 28 treated;  
Dogs (Outpatient) - 33 treated and released;  
Pigeons - 11 treated and released;

# Recipe of the Month

## Gulab Jamuns

**Ingredients:** 10-12 balls depending on size

Syrup: \*1.5 cups water; \*8-10 Tablespoon raw sugar (adjust to taste, raw sugar is sweeter than refined sugar); \*1/4 teaspoon cardamom powder (add saffron too if you like);

Balls: \*1/3 cup almonds; \*1/3 cup oats; \*1/2 cup self rising flour; \*1/4 teaspoon baking soda; \*1/4 teaspoon cardamom powder; \*raisins or raw pistachios to put inside balls(optional); \*1 teaspoon tasteless oil (used organic canola oil); \*Few Tablespoons water or almond milk; \*Oil for deep frying.

### Directions:

1. For the sugar syrup, mix all ingredients in a deep pan and bring to a boil. Keep simmering on low flame till the syrup thickens to a bit thicker than water (3-4 minutes). 2. Meanwhile, grind the almonds, and then grind the oats into as fine a powder as possible. 3. In a pan, add the rest of the ingredients for the balls and 1 teaspoon oil, except water and mix well. Add in a tablespoon of water at a time and make into a soft dough. 4. Let dough sit for 5 minutes, covered. 5. Make tiny smooth balls and cover them with damp towel if not immediately frying. Add a raisin or a pistachio in the middle of the ball (that reduces the probability of an uncooked center); cracks in balls are fine, they will not break up on frying! 6. Fry at medium hot heat in already hot oil. Keep moving them every 30 seconds till the balls are golden brown (5-7 minutes). The balls will get atleast 3 shades darker in the syrup, so dont let them become deep brown. 7. Remove balls and let sit for half a minute to cool slightly. 8. Add these balls to simmering sugar syrup. 9. Mix them well to coat for a minute and Switch off heat (let syrup be on stove to keep warm). Let sit for atleast half an hour. Stir them once or twice in between so all balls get good syrup coverage.



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## As dog ownership increases in China, many view the annual dog-eating festival as cruel and unusual

The local government in Jinhua City, China, has decided to end a 600-year-old tradition — butchering, cooking, and eating dogs at an annual festival. Here's what you should know:

### How did this tradition begin?

According to legend, a Ming dynasty military leader was trying to invade Jinhua in 1389. To avoid detection, his troops killed all the area's dogs so their barking wouldn't alert the local population. After the successful invasion, "the army held a celebratory feast and served the meat from the slaughtered dogs," says the International Business Times.

### And they kept killing dogs year after year?

Yes. As many as 10,000 dogs were eaten each year by attendees at the celebration. "Dogs would be stabbed, strangled and even beaten into comas and thrown into boiling water," says activist Wang Lingyi, as quoted in the Los Angeles Times. But after

overwhelming protests on Chinese internet sites, the government elected



to make the festival a thing of the past.

### Is dog-eating common in China?

Not like it used to be. It's still socially acceptable, and dogs in cages are a common sight at meat markets. Dog meat was even consumed by Chinese astronauts in space. But dog ownership

has increased in recent years (it was banned as a "bourgeois habit" during China's cultural revolution), and many middle-class and one-child families now keep dogs as pets.

### Is everyone happy about the festival cancellation?

No. "Some villagers argued that they had emotional attachments to the festival, as it had been passed from generation to generation," says China's Xinhua news agency. But many applauded the decision, and an online poll on the Chinese social networking site Weibo showed that some 90 percent of voters wanted the practice ended.

<http://theweek.com/article/index/219626/the-end-of-chinas-600-year-old-dog-eating-carnival>



## Army to save Kashmir stags

**Jammu, Sept 18 (IBNS):** There is good news for wildlife lovers in Kashmir. For the first time in past many decades, the population of Kashmir Stag (red deer), popularly known as 'Hangul' has increased in the strife torn state and now army is joining hands to protect them.

The Jammu and Kashmir Light Infantry (JAKLI), an infantry regiment of the Indian Army mostly consisting of volunteers from the state of Jammu & Kashmir, is collaborating with J&K state forest department in saving this magnificent animal and has started a "Save Hangul Campaign".



Their dwindling numbers have been attributed to poaching, loss of habitat due to dam projects and presence of military and paramilitary forces in the valley.

"Due to ragging conflict in valley the number of Hangul was on decline. Last year the number was 172 and this year it has reached 218," said Shant Manu, Commissioner Secretary, Forests, J&K government adding that the number of Hangul has started to increase. Thanks to the state's conservation programme, the population of this exquisite red deer

has increased to 218 from 172. The J&K wildlife protection department in collaboration with the Wildlife Institute of India (WII) has been regularly monitoring the Hangul population in Dachigam National Park and its adjoining areas since 2004.

The population of Hangul or the

would adopt the Hangul as a mascot".

"Preservation of Hangul is challenge for us and the challenge begins now," said Brigadier Somnath Jha of JAKLI adding they will hereafter actively engage with the wild life authorities to work out the modalities and take this endeavor forward.

Chief wildlife warden of J&K A K Singh said his department is making efforts too since the stag or the Hangul would once roamed around in tens of hundreds in large swathes of valley, but is now on the verge of extinction. Hunting, loss of habitat and several other factors have caused a decline in

their numbers sounding alarm bells, he added. The J&K government is planning to start a captive breeding of the Hangul to save the state animal from becoming extinct.

<http://www.indiablooms.com/EnvironmentDetailsPage/environmentDetails180911a.php>

### Monthly Vegan Potluck

You are requested to contact our Face Book for update about Vegan Potluck  
<http://www.facebook.com/groups/veganbengaluru/>

## Your Voice:

Namaskar,

I am very much moved by the service you are rendering to the forlorn animals and you deserve much more than sympathy, appreciation. Perhaps you are a role model, for you practice what you preach. I am too small. I hope to do what I propose to do in times to come. Dhanyawad.

- K. N. Bhagavan

My introduction to veganism started when I read a book by Maneka Gandhi about how milk is actually as cruel as eating non-veg. Cows are kept pregnant to feed millions (our population is a billion now) and are injected with hormones so they continue to milk the whole year round. The calf, if boy is left to starve and if girl then she is bred for a single purpose - to get pregnant with hormones for milk. I was horrified when I read about all of this and how unaware we are of the brutalities that really goes on. My personal commitment to Veganism started only after I met Dr. Rupa Shah. Giving up milk and dairy products didn't seem so difficult anymore. She gave me such simple alternatives to milk and it tasted good too! I felt lighter, thinner and calmer. I can vouch for this diet as the best thing you can do for your health and conscience. Try it.

- Monica Chopra





## Internship Programme at ARF - October 2011

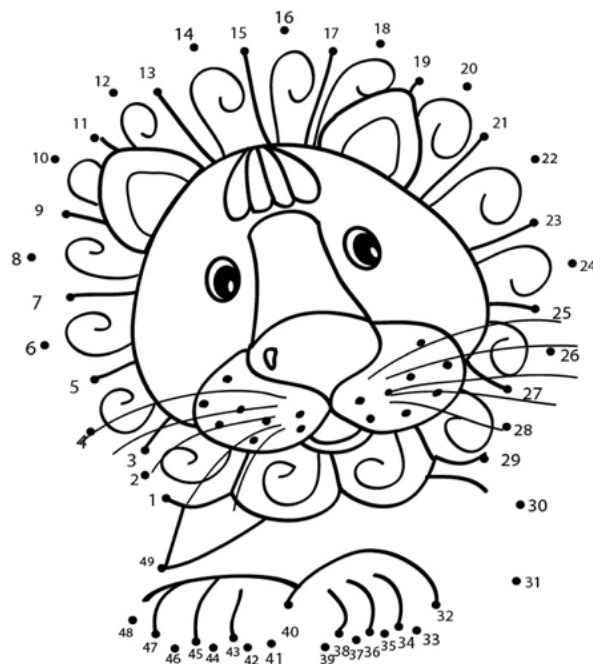


In a bid to build a sense of social awareness amongst its students, the Social Responsibility Project (SRP) initiative of the Symbiosis Institute of Media and Communication (SIMC), Pune, is something that is undertaken by students. The internship

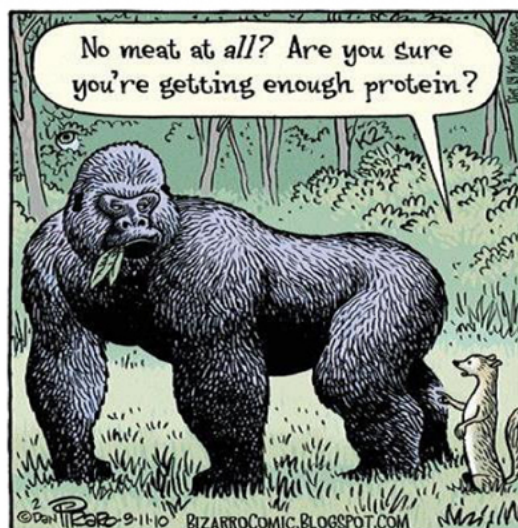
provided us with a sense of guidance, social accountability and developed a sense of empathy towards the sufferings of animals. Working with the **ARF** helped open our eyes to the cruelty meted out to the animals around us. It has opened our eyes to various different concepts like Veganism; Our love for animals has taken a leap. Being at **ARF** has molded my outlook on animal rights and has helped us realize that it is not just enough to talk, but to act as well. To see through the eyes of an animal to feel its pain and to understand that mankind is no greater than an animal was one of our lessons learnt at **ARF**.

- Leah George, Manju Mary Thomas, Keertana Iyer, Marianna Harris, Rosana Abrachan, Angela Kallor.

Join this and do colouring, you will be amazed



**ARF requires an Ambulance for saving animal life, please donate.**



We need your financial support in order to put a stop to cruelty to animals. Together, we can make the world a better place for all beings. Please donate today.

☐ 1,000

☐ 3,000

☐ 5,000

☐ Other

Cheque/DD (Please make payable to Animal Rights Fund at the below address)

Online Transfer to HDFC Bank, A/C No: 03671450000116, IFSC Code: HDFC0000367, Branch HDFC Bank LTD., Meera Sadan, No. 60, 1<sup>st</sup> Main Road, Seshadripuram, Bangalore - 560020, Karnataka.

All donations are eligible for tax exemption under Sec 80G of I.T Act. Foreign Contribution Reg. No. 094420994 dt. 12/11/02

### Animal Rights Fund

Comfort Manor, 1<sup>st</sup> 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:** Nutan Jain **Creative Writer:** Sunaina Mullick

**Graphics and design:** Pramod Upoor **Production Incharge:** Ushalakshi