



ARF Newsletter

“ Hitler and Gandhi were both able-minded, but the latter was also noble-hearted. That's the difference. Our world needs passionate minds with compassionate hearts.

-ALMA MATER ”



Editor's Voice - The Power of Beliefs

Our life is largely governed by our beliefs. They dominate our thinking and action. They also have a great impact on our emotions. They furnish one of the finest examples of a paradox: on the one hand, beliefs would appear to be self-sustaining in nature. On the other hand, however, they have no permanence, and can be exploded, sooner or later.

Beliefs find their way into our mind through various means, viz. through a few repeated personal experiences (to wit, we go to the same doctor; we patronise the same hair dresser), some handed down to us by our elders such as tenets, axioms and myths; some fostered by community, by society, by religion and some being unwittingly thrust on us by mass media, e.g. Fair & Lovely cream to get a shining bright complexion! Beliefs have a tendency to perpetuate among masses, particularly among illiterate and in the countryside. Any attempt to persuade these people to consider things in the light of new experiences of others would indeed be a tough task and would call for utmost perseverance. Sati, for instance,

was not given up in the light of new experiences, was not given up in one day: a great deal of reformist propaganda and the intervention of the government of India, through legislation, banning such a cruel custom was required. At one time, it was believed as a fact that the earth was the centre, around which all planets revolve. Still more staggering was the pronouncement of the great Chinese philosopher Confucius that women have no souls and that they were to be considered no more than animals or inanimate objects. Based on this astonishing proposition, under the then Chinese law, a man killing his wife was not considered a crime and hence no punishment was meted out to him. There is therefore every chance that some beliefs are considered rational. The real arbiter of truth may perhaps be truth may perhaps be time, greater awareness and continued research findings.

A classic example of this kind is Rahu Kaal - a period of 1 1/2 hours of each day is considered very inauspicious by a large majority of Tamilians, but completely ignored in Andhra Pradesh. Close-knit and orthodox communities deem as sacrosanct their traditional beliefs and brook no

opposition. Belief in horoscope, numerology, astrogemology and deliberation on vastu for designing or redesigning one's dwelling are prevalent in the present scenario. There is another popular belief of changing one's name with one or more word would serve to remove bad luck that way for better times ahead.

Beliefs, by their nature, are changeable and their hold on masses has a limited duration, depending upon how soon new sets of beliefs take over. When they are deeply ingrained in the minds experiences, they take the form of convictions. Convictions are the bedrock on which humanity marches forward.

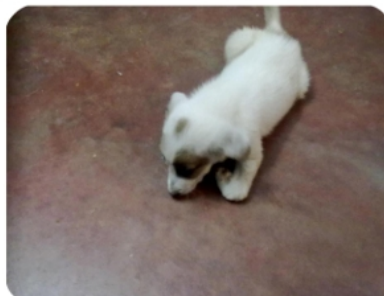
Because 'rape' is wrong, I would not campaign for "humane rape". No animal can be "humanely raised" when the final outcome is slaughter and the whole intention behind raising it is for human use. With my pen let me write as much as I can.

Veganism is the most ethical stance one can take to protest the state of world.

Anjali Sharma



The dog met an accident fracturing its lower jaw. His complete lower jaw was fractured and also the right canine tooth was hanging. The dog was in intense pain and was shivering. The dog was anaesthetised and the tooth was taken off with the forceps and the bleeding part was ligated. We took this dog to Veterinary College, Hebbal for X-ray of jaw and further treatment.



The pup was brought to ARF shelter. Dr. Nagaraj found that it was knukling with both forelimbs. This condition could be congenital or due to trauma. The pup was dewormed initially and the knukling limbs were applied with bamboo splints. We are waiting for 2 months such that the pup's limbs become ok and will move around.

Thanks to the Chairman, AWBI



It is very nice of the Chairman, AWBI to shoot a letter to the Chairman, KCI objecting to his remark that pets in apartment blocks should be 'de-barked' ! This had come in our previous issue in the month of December 2010. We are very proud about him and Anjali Sharma, advocate who is tirelessly working for animals.

Did you know?

Vegan is a person who won't eat anything that can have children. - David Brenner

Trans-Fatty Acids are Good For You?

First, THEY claimed that it cured osteoporosis, after science showed that the nations with the highest dairy intakes had the highest rates of bone disease.

Second, THEY claimed that it cured heart disease, after science showed that the nations with the highest dairy intakes had the highest rates of atherosclerosis.

Third, THEY claimed that it cured cancer, after science showed that the nations with the highest dairy intakes had the highest rates of carcinomas.

Fourth, THEY claimed that it cured congestion, after science showed that the nations with the highest dairy intakes had the highest rates of asthma.

Fifth, THEY claimed that it cured obesity, after science showed that the nations with the highest dairy intakes had the highest rates of chubbiosity.

Today, THEY are claiming that it cures diabetes, after science showed that the nations with the highest dairy intakes had the highest rates of diabetes.

The dairy industry's latest claim is that the consumption of a trans-fatty acid called trans-palmitoleic acid can cure type-2 diabetes. And how are they so sure? Because studies on rats have shown this to be true, despite the fact that rats do not normally get type-2 diabetes, and because rats lack gall bladders, invalidating every nutritional study ever performed on a rat and applied to a human. Other than that, rat research works real well...for rats, Consider: Half the diseases rats get, mice do not get, so that extrapolation

of data from a rat study to a human is absurd. Moving on...

The journal of the Archives of Internal Medicine (165(9):1011-5) includes a study which details the risk of liver and gallstone disease in men who consume trans-fatty acids.

Walter Willett, Tsai, Leitzmann, et. al. (Harvard University School of Medicine) previously determined: "The



consumption of trans-fatty acids adversely affects blood lipid levels."

In a 14 year study of 45,912, men, scientists (excuse the expression) concluded that men who consumed the highest amounts of trans-fatty acids suffered the greatest incidences of gallstone disease and other adverse health effects. I could have told you that, but what do I know? I am just a simple anti-milk marketing guy...

Today, the dairy industry will have you eat trans-fatty acids in the name of good health. If it's science they can't diffuse, their game plan is to confuse.

Health experts and nutritional scientists advise that you eliminate trans-fatty acids from your diet because consumption of same will lead to

coronary heart disease.

Today, the dairy industry's new claim is that type-2 diabetes can be cured by consuming wedges of cheese and cartons of ice cream and gallons of milk. Sounds pretty healthy, right? Wrong! Skip the dairy, skip their advice, and you'll find a genuine cure to type-2 diabetes and be healthier as a result.

Last but not least...I hate to milk a dead issue, but...

In October of 1992, Scientific (there is that silly word again) American magazine wrote: "The National Dairy Board's Slogan, 'Milk. It does a body good,' sounds a little hollow these days." Why would Scientific American write such blasphemy? Perhaps it was because the New England Journal of Medicine (not related to the National Enquirer) reported in their July 30, 1992 issue: "Studies have suggested that bovine serum albumin is the milk protein responsible for the onset of

diabetes..

Patients with insulin-dependent diabetes mellitus produce antibodies to cow milk proteins that participate in the development of islet dysfunction...Taken as a whole, our findings suggest that an active response in patients with IDDM (to the bovine protein) is a feature of the autoimmune response." Coming soon? Milk cures unemployment, racial discrimination, inflation, homelessness, the economy, wars, famine, and silliness. With all of the other not-so logical claims, all of the above makes perfect sense to me...

<http://www.notmilk.com>

VEGAN: THE TRUTH WHOSE TIME HAS COME

Is it Vegetarian?

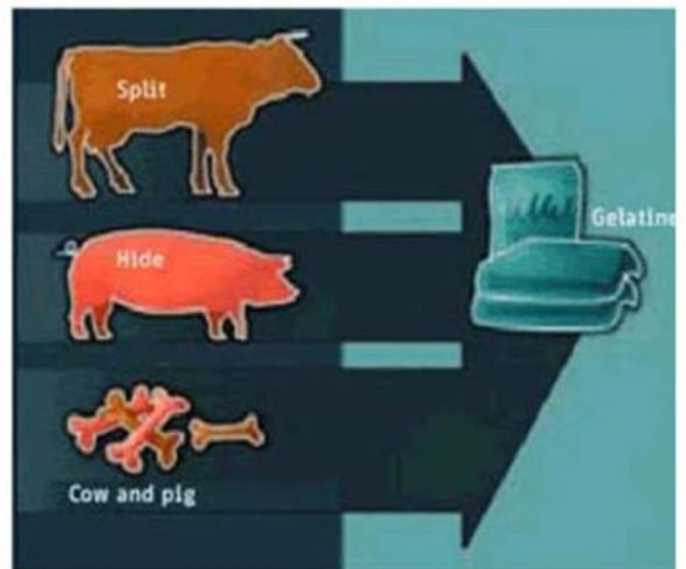
I'll never forget the day I first learned the truth about gelatin. I was 16, and was in a café with a new friend when I offered him one of the marshmallows destined to be stirred into the hot chocolate I was about to drink.

He shook his head no, and then explained, "I'm a vegetarian." I thought I was a vegetarian too, so I was pretty shocked to find out that my consumption of marshmallows and other candies indicated either an innocent ignorance (not anymore!) or a profound inconsistency that I was going to have to address, as I was soon to find out that gelatin(e) is derived from the collagen inside animals' skin, bones, and connective tissues.

From the website of Gelatin Manufacturers of America:
"Gelatin is... obtained from partial hydrolysis of collagen derived from natural sources such as skin, connective tissue, and bones of animals. The raw materials used in the production of gelatin... include cattle bone, cattle hides and fresh, frozen pigskins."

On a commercial scale, gelatin is made from by-products of the meat and leather industry. Contrary to popular belief, horns and hooves are not commonly used. Worldwide production amounts to 250,000 tons per year.

A translucent, colorless, nearly tasteless substance, gelatin is identified on coded labels by number E441. Like 'natural flavors', gelatin can be found in marshmallows, desserts like "Jell-O," frosted cereals, some low-fat yogurt, desserts, trifles, aspic, and many confectionaries such as gummy bears and jelly babies. It may also be used as a stabilizer, thickener, or texturizer in foods such as jams, yogurt, cream cheese, and margarine.



Gelatin can be used for the clarification of juices, such as apple juice and sometimes in the clarifying of wine. (Casein, egg white and isinglass are other wine fining agents that are not vegan.) When used in this way, it does not have to be listed in the ingredients.

Alternatives are carrageenan, Irish Moss, agar-agar (seaweeds), pectin from fruit, dextrins, locust bean gum, and silica gel.

Capsules for pharmaceuticals and supplements are typically made from gelatin, in order to make them easier to swallow. Hypromellose is a vegan alternative, and due to growing concern about the use of animal products, some nutritional supplements now use this ingredient, even though it is more expensive to produce.

<http://gentleworld.org>



Norway becomes first country to ban fur for 'Fashion Week' event

The city that hosts the Nobel Peace Prize every year is taking a step toward making it a more peaceful world for animals. There will be no fur on the catwalk at Oslo's Fashion Week next February, making Norway the first country to enact such a ban for the event. "It has been a very natural choice for us," says Paul Vasbotten, general manager of the Oslo Fashion Week. "We are doing this in order to increase ethical values in fashion."

Monthly Vegan Potluck

8th January, Saturday
at 4 pm, at Jaaga, 16/1, Rhenius
Street, Opp Hockey Stadium,
Shanthinagar, B-25, R.S.V.P.

Contact Karol at 9945977055 or
Manuj at 9880223323

Do not forget to bring a vegan dish.
If you cannot cook, bring fruits or
juices.

We will be watching "Meat the
Truth" documentary.

Recipe of the Month

Indian Spinach and Potatoes

Ingredients:

2 large potatoes (peeled and cubed into 1/2" pieces), 1 head fresh spinach (chopped), 2 pieces solid spicy curry, 3 tablespoons olive oil, salt and pepper, to taste.

Directions:

1. Boil potatoes. When done, set aside. In a large sauce pan, place olive oil and when hot, add spinach, and curry.
 2. Cook for 10 minutes, and add salt, pepper and oregano to taste.
 3. When spinach is soft, add potatoes. If it looks to dry, add a bit more oil. It should have a thick, yet moist consistency.
- Enjoy with rice and other Indian dishes.

Serves: 4, Preparation time: 30 Mins



Summary of Work Done

Dogs (Inpatient) – 12 treated; Dogs (Outpatient) – 11 treated and released; Pigeons – 03 treated and released.



Please donate to ARF for our Kengeri shelter for erecting the fence

Heart-felt Gratitude for your Donations

Prime Stainless Steels (Sanjay Surana), Bangalore; Naveen Kumar, Bangalore; Usha, Bangalore; N. Ramachandra, Bangalore; R. Dinesh Balar, Bangalore; Sree Jain Sangh, Bangalore; Shree Vasupujya Jain Swetamber Murthi Pujak Sangh, Bangalore; Srinivasa B.K, Bangalore; Reetesh Trading Corporation, Bangalore; Jain Centre of America, USA.

Heart-felt Gratitude for your Donations in kind

Anand Shinde - 1 Computer

People are more violently opposed to fur than to leather because it's safer to harass rich women than motorcycle gangs. - Alexei Sayle

A vision without resources is a hallucination. Without you, we can't rescue defenseless animals from pain and suffering. Be a hero for animals. Please donate today.

₹ 1,000

₹ 2,000

₹ 5,000

Other ₹ _____

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

Online Transfer to ICICI Bank, A/C No: 625101049908, IFSC Code: ICIC0006251, Branch ICICI Bank Limited, 1091, OTC Road, Nagarthapet, Bangalore - 560002

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

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