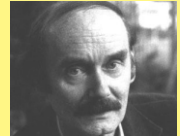




# ARFNewsletter



Moral misgivings toward roast veal? Not from the side of the educator. Not from the side of jurisprudence. Not from the side of moral theology. Not from thousands of other sides. Perhaps from the side of the calf? - Karlheinz Deschner, Dr. of Philosophy, historian, literary specialist, philosopher and repeated award-winning author.



## Editor's Voice

**S**tudy the lives of all great people and you will find they had disciplined ways to live their lives. Life has to be organized, we need disciplined routines. Only daily practices can give us that disciplined organized life. A time for everything and in its time that's discipline.

No organization was ever built without principles and values. Come what may if the principles and values are strong and if you are disciplined there is nothing that can stop you to reach the pinnacle. No hurdles, no disabilities can become the setbacks in achieving goals. Being short did not affect either Don Bradman or Sachin Tendulkar from imprinting their names in cricket history, Ludwig Von Beethoven one of the greatest symphony composer was deaf. Helen Keller, in spite of being blind, deaf and mute went on to write nearly a dozen books. Mahatma Gandhi did not retreat fearing the British power, but held on to his principles of Ahimsa and won the freedom for India.

The message from life of all this world mover is disciplined life with strong principles will definitely lead you to your goal.

I have faced an acid test and many more tests in my life but these tests have not deterred me from my goal. Today I have disciplined myself a strict routine and set up principles of Veganism to achieve my struggle to stop gory violence on animals. Despite all the hurdles and setbacks ARF is leading ahead. By following Veganism I am confident in propagating vegan lifestyle to many people. There will be a day when a vegan society will be a majority in the world. There will be a day with full peace between co-creation.

*Dr. Arun Kumar*

## Mails from Our Newsletter Readers

Thank you for your newsletter, and particularly the editorial about the very important shared responsibility we have as 'leaders of social and cultural change'. As vegans we need to present and maintain an unambiguous philosophy and consistent approach in our daily life. Your editorial reminded me of a discussion I had nearly 20 years ago with the past president, Trevor Horton, of the Vegan Society of Australia (VSA) one of a number of Vegan Societies in Australia. Trevor explained to me how in the mid 1980's, he had a similar conversation with Animal Rights activists in Australia. Although VSA is not active presently, Trevor suggested one of the most positive influences that he and the Society had during their long support of the early vegan and animal rights movement, was just this issue. The board of members of the animal rights organisation immediately recognised the connection, and I am told the members promptly changed to a vegan diet.

I wish you success in your venture, and support the courage you show by asking people to turn the other cheek, in the face of the overwhelming cultural momentum that comes with the dominant paradigms in all of our societies, both East and West.

-Regards Zalan Glen, Australia.

## Please contact us if you wish to adopt these dogs or sponsor their treatment



- This dog came from Banashankari and was presented to ARF as an emergency case at 8 PM on 30th Aug. This dog was looked after by Vasudevan. It was hit by a sharp sickle on his head that slit his skin and muscle open. There was profuse bleeding and the dog was frightened. The dog was anesthetized and the bleeding points were ligated and the wound were taken care.

### Did you know?

On an average, it takes 204 litres of water to produce just 1 cup of cow's milk. Source: Water Footprint Network



- This is a stray dog around 6 years old who was attended and brought to the shelter for his treatment from Jayanagar on 30th Aug.
- History of dog: The dog had met with an accident 25 days ago and his leg was dragging that he ultimately lost.
- Examination showed that the left fore limb from middle shaft of Radius and ulna was missing, the dog was anemic but other parameters were okay.
- Treatment plan: Stabilize the general condition of the dog, Improve the blood status and then amputate at Humero-tibio-fibular joint.

## *Is there no morality?*

Some people hold a view that the universe is a very complex phenomenon with a nature of constant change. Nothing lasts forever, including the earth. Homo Sapiens are a product of nature and the onus of saving anything does not lie on them, let alone on any one particular species. The earth will come to an end one day, so we as humans should do whatever we want, with absolutely no regard to the survival of any future or present generation of species, including ours.

### **Scale of truths - Right View**

Before the splitting of the atom, physicists were convinced that everything that is there to be known about the nature of material reality is known and understood. The atom was considered an indestructible unit. After the atom was split, some unusual phenomenon were observed that couldn't be explained using Newtonian physics. To understand these phenomenon, a new physics had to be invented called Quantum physics. The dual nature of energy as matter and wave still baffles the most brilliant of all minds and we build huge scientific instruments such as particle smashers to understand them. What we have learned from this humbling experience is that different laws apply at different scale, or the same laws apply differently at different scale with different intensities. As long as a particle has a certain mass, Newtonian physics acts upon it. If the mass is smaller than this threshold, Quantum physics acts upon it. In the spirit of KISS, let's take a few simple, stupid and obvious analogies to drive the ball home. If you throw an ant and a man from a 4 storied building, chances are the ant would sustain minimum injuries and the man would probably die. If you give aspirin to a cat, it could prove to

be fatal. Same with chocolates and dogs. But Man can digest both. Also, humans need vitamin C, but dogs do not since their bodies automatically produces it.

People often come up with arguments such as:

- there is no good and evil in the universe
  - there is no right and wrong in the universe
  - there is nothing responsible or irresponsible in the universe
- there is nothing called universal morality etc.

These statements are not only arrogant but may be completely false. I will enumerate upon their fallacy in the next section. The people who make such claims often pretend to understand the inner workings of the universe from inside out. They behave like they are professional particle physicists who know the universe like the back of their hand. How can they be so sure that there is no universal moral compass? Maybe there is. But let's just assume here that there is none just for the sake of the argument.

The laws that apply on the universe and barren planets and gas clouds and the laws that govern a society and our planet are either different or same but applies at different intensities. Taking the law that applies on an asteroid and using it to justify complex biological phenomenon such as morality is irrational to say the least.

There are a lot of things that are not there in the universe such as money, hunger, compassion, love, pain, sleep, commerce, economics, clothes, etc. That does not mean we should abolish them, just because they are universally absent.

There may be no universal right or wrong, good and evil, moral or immoral, but at the scale of our worldly society there is something called right and wrong, good

and evil and moral and immoral. The biggest proof are the pantheons of books and high structures that we have erected to serve them. We cannot say that there is no law in Pluto, so we don't need any law on earth too. And no, the law of the jungle does not apply in the cities.

When certain topics are discussed, ignorant people often site arguments like "the dogs and lions also do it". Well, the dogs and lions do a lot of things - do you do them all? What they do makes sense at their level of existence. And they often site certain traits, ignoring others. For example, dogs are loyal - but they will never copy that.

Knowledge is to understand the laws applicable to individual entities. Wisdom is to realize that these laws are intricately and infinitely interlaced.

### **The Nature of Ultimate Truth**

I would just like to add a few sentences on statements such as, "There is no universal \_\_\_\_\_ and \_\_\_\_\_."

To claim that there "is" something or there "is not" something in the universe is to make a huge error in judgment. Let us first understand the universe completely, then we can make absolute statements about the nature of its reality. People are still trying to figure gravity out, let alone the universe.

Do you know the law of Australia inside out? If not, that does not mean that there are no laws in Australia. The universe does not revolve around our ignorance. The earth is not flat and is not at the center of the universe. Get over it. Just because we don't understand the law of nature that does not mean it does not exist. It may exist or it may not exist, but only someone who conducts research on the matter can say anything on it.

## **Position of the American Dietetic Association: Vegan Diets**

### **Abstract**

It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthy, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes. This article reviews the current data related to key nutrients for vegetarians including protein, n-3 fatty acids, iron, zinc, iodine, calcium, and vitamins D and B-12. A vegetarian diet can meet current recommendations for all of these nutrients. In some cases, supplements or fortified foods can provide useful amounts of important nutrients. An evidence-based review showed that vegetarian diets can be nutritionally adequate in pregnancy and result in positive maternal and infant health outcomes. The results of an evidence-based review showed that a vegetarian diet is associated with a lower risk of death from ischemic heart disease. Vegetarians also appear to have lower low-density lipoprotein cholesterol levels, lower blood pressure, and lower rates of hypertension and type 2 diabetes than nonvegetarians. Furthermore, vegetarians tend to have a lower body mass index and lower overall cancer rates. Features of a vegetarian diet that may reduce risk of chronic disease include lower intakes of saturated fat and cholesterol and higher intakes of fruits, vegetables, whole grains, nuts, soy products, fiber, and phytochemicals.

Source: <http://bit.ly/94B17m>

## Not Milk... Nut Milks:

**D**o you ever look at your spices and extracts and lament that some of them surely must date back to your childhood? I did recently and fortunately, I leafed through a copy of last winter's edition of \*Vegetarian Gourmet\* magazine. It's a good thing too, because inside was a very intriguing feature on nut milks, something you can make.

Nut milks has also given me the opportunity to use up that pound of carob powder I enthusiastically bought at the co-op society and flaxseed and lecithin too! My intentions were very good when I made those purchases, as I have again been reminded by the Vegetarian Gourmet article.

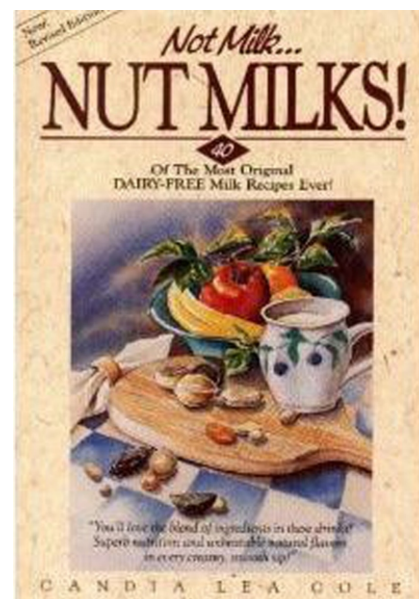
Flaxseed, for instance, contains linolenic acid, which is a nutrient missing from many modern (processed food) diets. Author Candia Lea Cole, who wrote the Vegetarian Gourmet article, tells us, linolenic deficiency include dull skin, constipation, hypoglycemia, [high] cholesterol, cellulite and even heart disease."

Flaxseed has been used by herbalists, beauticians, weavers and painters throughout history and it is also very useful in the kitchen. It is an excellent binder for anyone who wants to avoid eggs and still bake. It also makes nut milks thick and creamy.

Lecithin, a moist, yellow substance made from soybeans, works with and in much the same way as flaxseed by functioning as an emulsifier. It is a healthy additive too, promoting the assimilation of fats and lowering cholesterol levels. (note: use the granule form rather than liquid form for drinks such as nut milk.)

Carob powder is known to be a satisfactory substitute for chocolate without the caffeine. It provides some protein, phosphorus and calcium too.

Besides taste and nutrition, the best thing about nut milks is that they can be used in place of cow's milks. When we avoid cow's milk we help our health, save the environment, as well stop cruelty towards the cows.



## Strawberry Smoothie

### Ingredients:

Vanilla Soy Milk--1cup

Frozen, Strawberries--10-12 berries

Fresh Banana--1medium, peeled.

### Directions:

In a blender, add soy milk, strawberries, and banana, and blend until smooth. If you want a colder drink, add six ice cubes and blend. This makes about 3 cup servings.

## Monthly Vegan Potluck

25th September, 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.

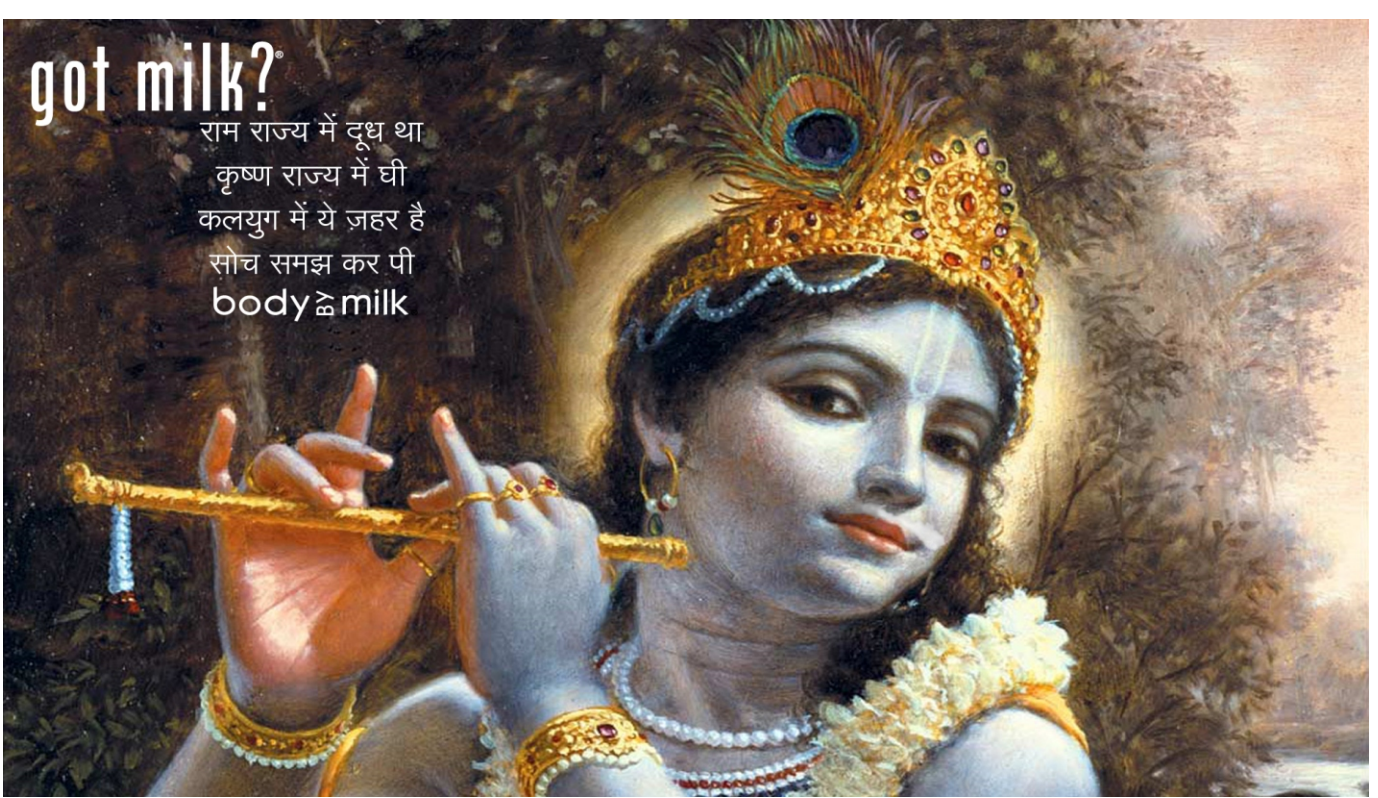
A Vegan meal is a celebration of  
life, not a cause of suffering, enjoy!



Please donate your used computers or equipments for the benifit of non-humans.

got milk?

राम राज्य में दूध था  
कृष्ण राज्य में घी  
कलयुग में ये ज़हर है  
सोच समझ कर पी  
body milk



## Summary of Work Done

CNVR (Catch, Neuter, Vaccinate, Release) of Dogs : 2337 Complaints Received : 412 Dogs  
(Treated and Released) : 9 Dogs (Treated) : 29 Pigeons (Treated and Released) : 2

### Cocktail Party - We were invited by an Animal N.G.O.

Harmful is to serve liquor for human body. Forget about how much it will damage the brain but the animals will suffer. Don't they know about gelatin, isinglass, chitosan, casein, egg albumen, Bull's blood, etc., are used in preparing the liquor. The very ethic and the moral about the organisation is a \*big\* question mark?



## Book Post

### Heart-felt gratitude for your Donations

Rakesh Jain Bangalore  
Jain Temple of Cox Town, Bangalore  
Mehul Parekh, Bangalore

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 ☐ Others ₹....

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-560 002.

All donations are eligible for tax exemption under Sec 80G of I.T.Act. Foreign Contribution Reg No. 09442 0994 dt. 12/11/02

### Animal Rights Fund

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VEGAN: THE TRUTH WHOSE TIME HAS COME