

# CONTACTS

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### General Animal Rights

ANIMAL AID  
7 Castle St., Tonbridge, Kent,  
TN9 1BH. Tel: 0732 364546  
Publishes "Outrage"

### Vivisection

BUAV  
16a Crane Grove, Islington,  
London N7 8LB 01-700 48888  
Publishes "Liberator"

NAVS  
51 Harley St., London W1N 1DD  
01-580 4034  
Publishes "The Campaigner"

COMPASSION IN WORLD FARMING  
20 Lavant St., Petersfield,  
Hampshire GU32 3EW. 0730 64208  
Publishes "Ag"

CAMPAIGN AGAINST FARM ANIMAL  
ABUSE  
P.O. Box 45, Birmingham 5 5TW  
021 440 2445

### Bloodsports

LEAGUE AGAINST CRUEL SPORTS  
83-87 Union St., London SE1 1SG  
01 407 0979 Publishes "Cruel  
Sports"

HSA  
P.O. Box 87, Exeter, EX4 3TX.  
Publishes "Howl"

### Fur

LYNX  
P.O. Box 509, Great Dunmow,  
Essex, CM6 1UH. Publishes "Links"

### Circuses and Zoos

ZOO CHECK  
Cherry Tree Cottage, Coldharbour,  
Dorking, Surrey RH5 5ha  
0366 712091

### Direct Action

ALF  
BCM Box 1160 London NC1N 3XX  
Also ALF SUPPORTERS GROUP

### Diet

VEGAN SOCIETY  
33-35 George St Oxford OX1 2AY  
Publishes "The Vegan"

THE VEGETARIAN SOCIETY  
Parkdale Durnham Rd Altrincham  
Cheshire. Publishes "The Vegeta-  
rian"

### Miscellaneous

ANIMUS  
34 Marshall St London W1v 1LL

SCAR  
P.O. BOX B20 Huddersfield  
HD1 1X5

### LOCAL CONTACTS

MIDLANDS ANIMAL RIGHTS CAMPAIGN  
Tel 021 440 2445

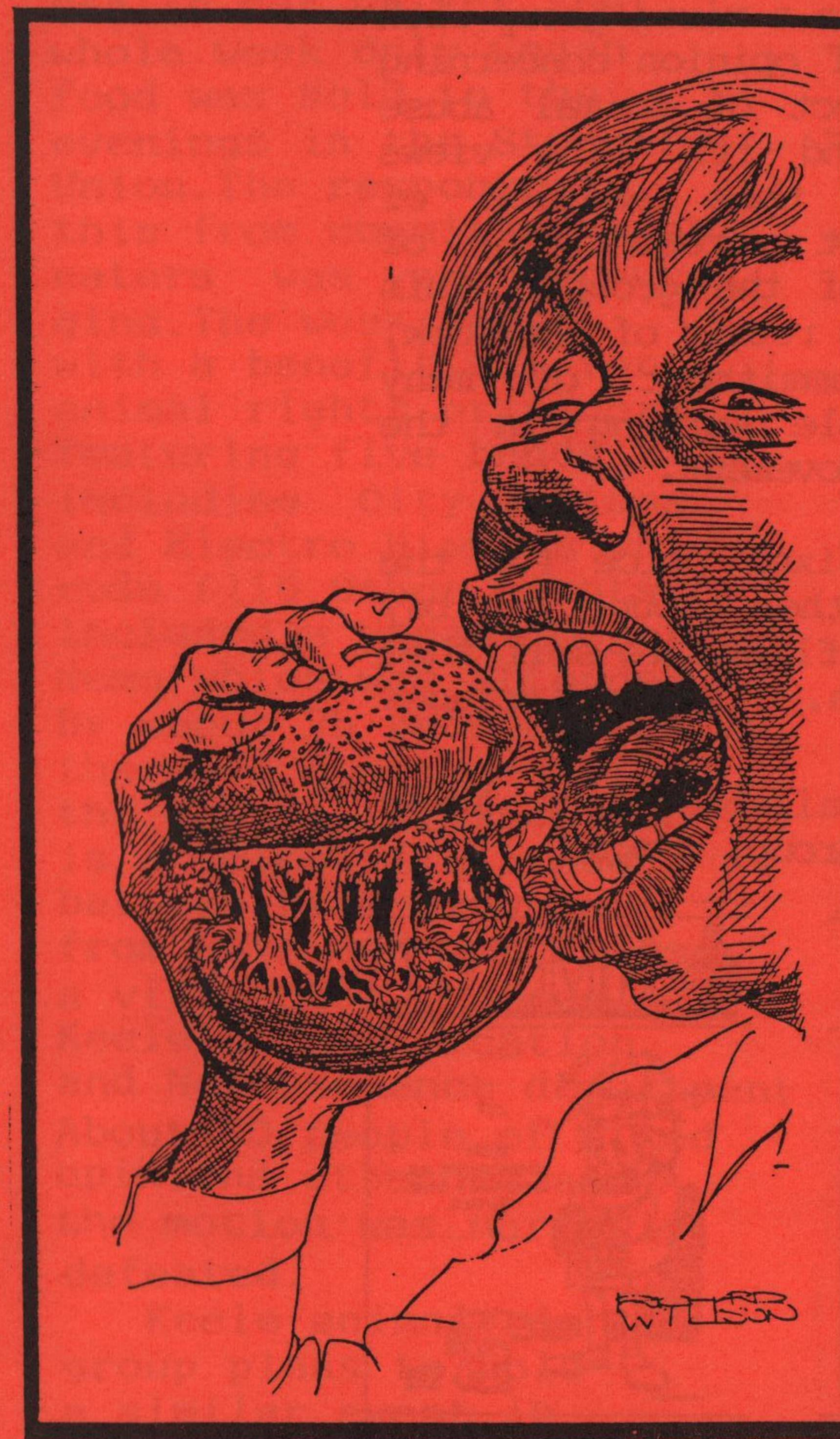
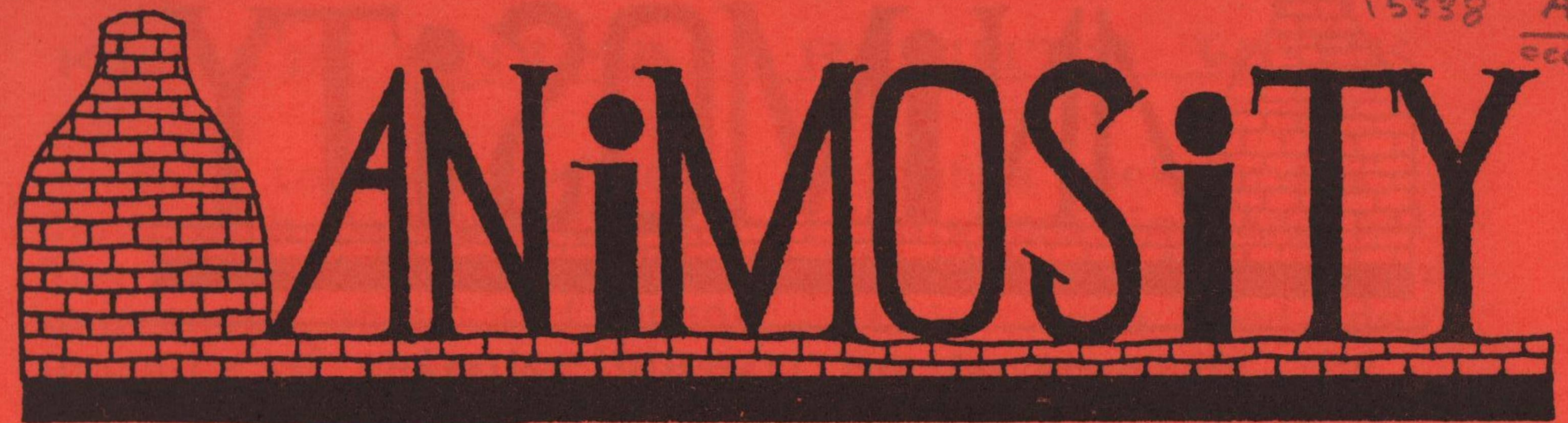
BEAUTY WITHOUT CRUELTY  
Stella Meaton, 17 Springfield Dr.  
Crewe CW2 6RA 0270 69238

KEELE HSA  
C/O Student Union Keele Staffs

KEELE VEGETARIAN AND VEGAN SOCIETY  
C/O Student Union Keele Staffs

STOKE ANIMAL AID  
Pete Robinson  
26 Eaton Rd  
Alsager  
Stoke ST7 2BQ

STOKE POLYTECHNIC ANIMAL RIGHTS  
C/O Chris Cooke  
Stoke Polytechnic  
Stoke.



ARTICLES ON  
McDONALDS  
HONEY  
VIVISECTION  
ANGLING  
AND  
LOADS  
MORE

NO.7

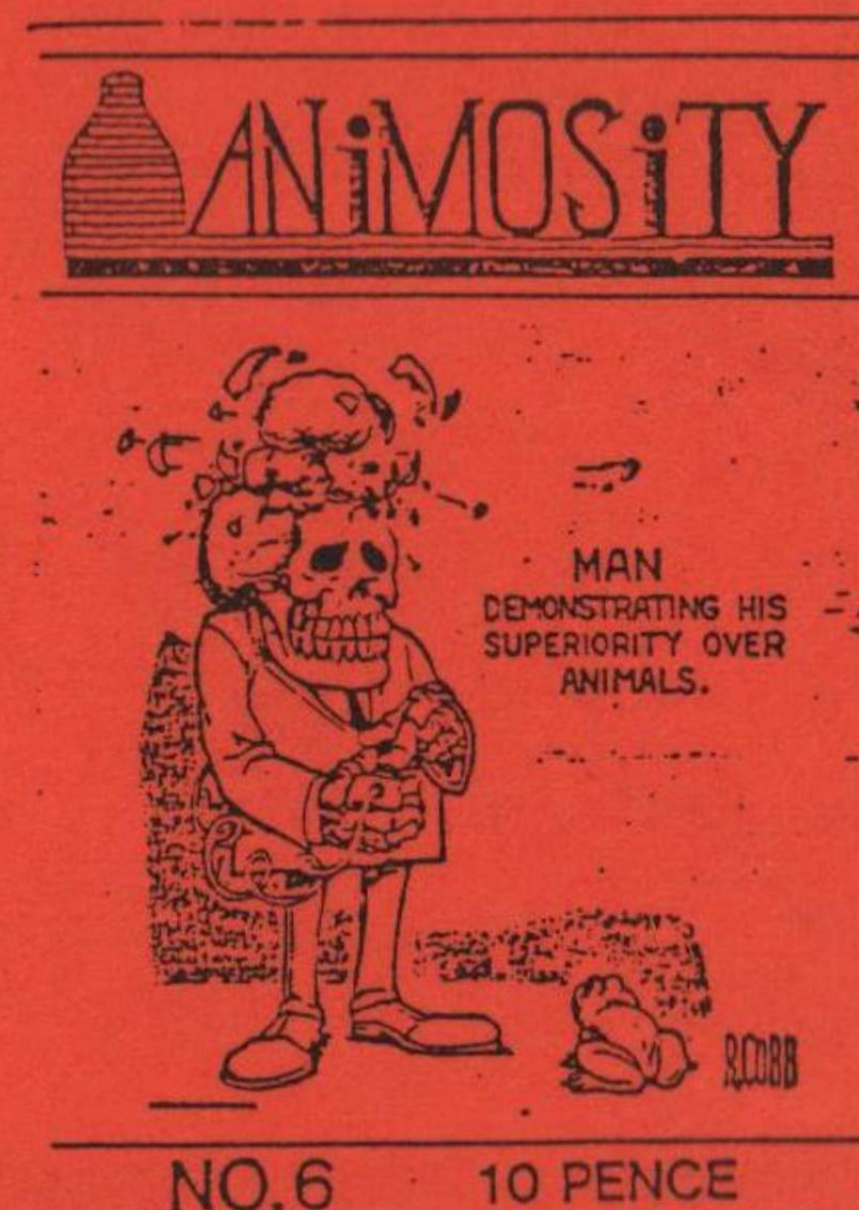
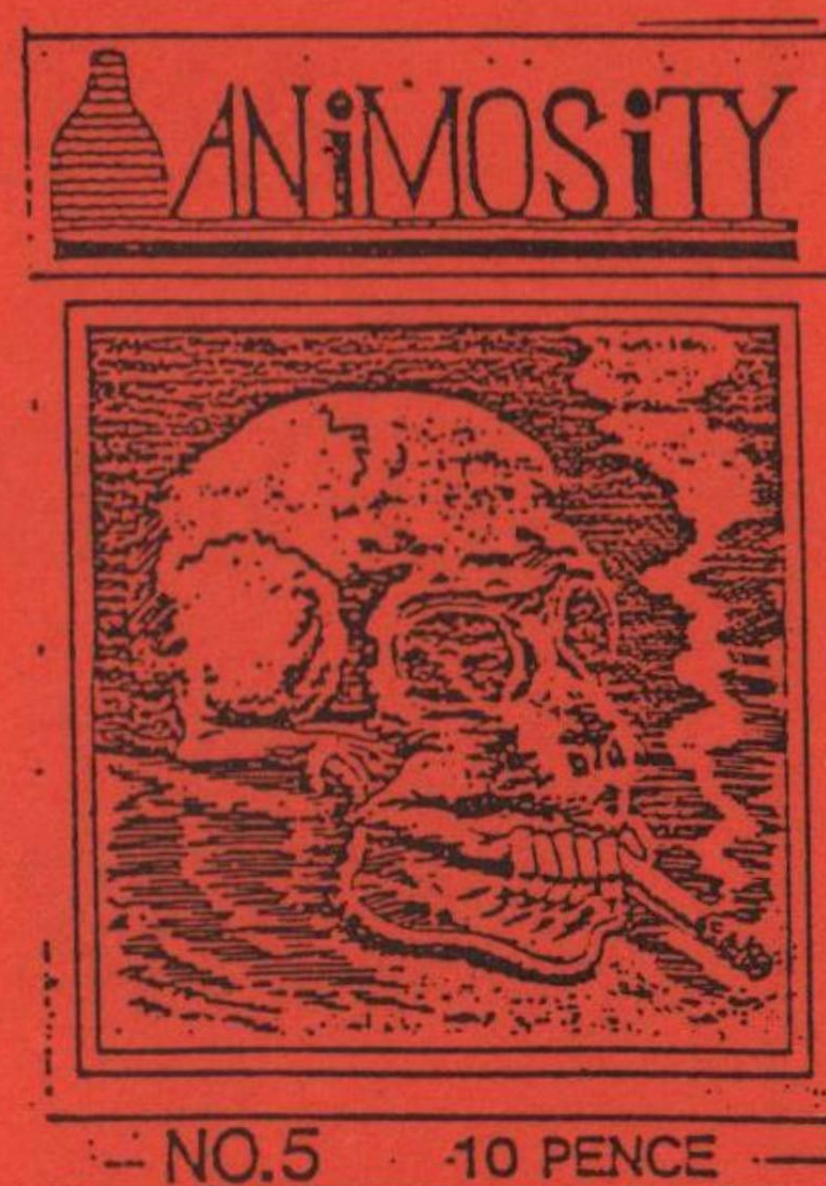


# ANiMOSiTY

is produced and (largely) written by members of Keele University Animal Rights Group. The contributors are a mixed group with a wide range of opinion concerning the wide subject of animal abuse and how to end it. The views expressed in this edition of ANiMOSiTY do not represent those of every member of the group. This magazine is the result of the work, ideas and commitment of many different people working in the Animal Rights movement.

There is no fixed price for the magazine and other groups can buy 12 copies per £1 and re-sell them to raise funds. Price includes postage.

Old copies available from Keele Animal Rights Group, c/o SU



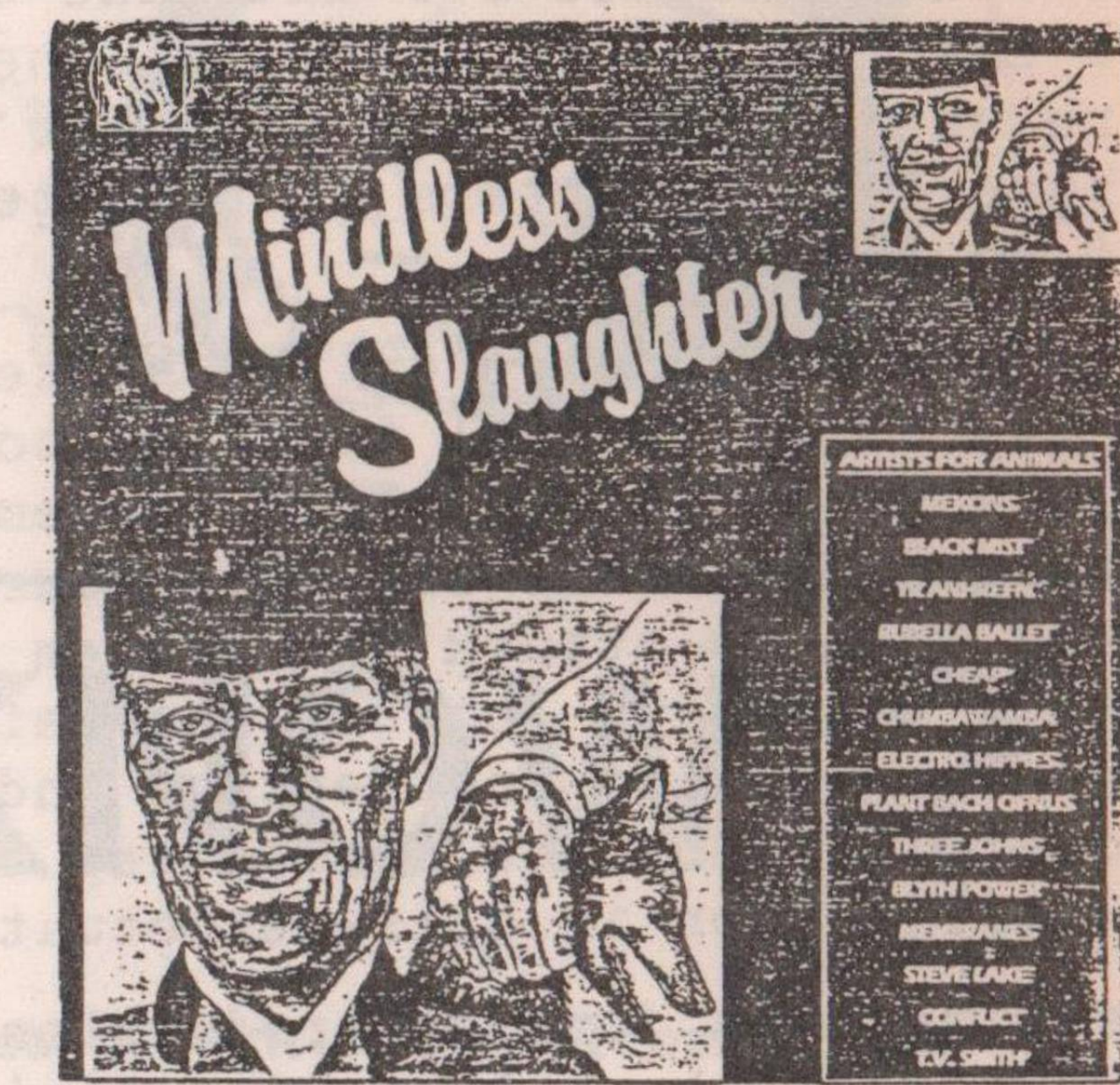
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## KEELE ANIMAL RIGHTS WEEK

This took place from June 16th to June 22nd. The aim was to increase awareness about different aspects of animal rights. Extensive leafletting was used and regular stalls set up. For the whole week only vegan food was sold in the evenings in the Students Union. The response to this from committed meat-eaters was very encouraging. The week began with a benefit gig for animal rights prisoners featuring five bands including City Indians and Electro Hippies which rose £110. Other events included a vegan cookery demo which was attended by about 25 people. Finally, the week concluded with the debate 'Vivisection is a scientific fraud' between Bill Bingham from NAVS and Ted Evans a vivisector from Keele's Communication and Neuroscience department. About 30 people of mixed opinions attended and the motion was narrowly defeated.

Keele animal rights group plans to hold a similar event in the future involving other local groups. Another idea is to have an annual animal

rights week in all universities and polytechnics. If you think this is a good idea write to us at the address given or to the Student Campaign for Animal Rights (add. on back page).



REVIEW: Mindless Slaughter, an Artists for Animals Compilation.

This record is produced to raise funds for the HSA and to increase public awareness about bloodsports. At a cost of £3.50 for groups to re-sell it is a wise investment. All of the songs are directly or indirectly linked to Animal Rights and it is a powerful selection.

CONT INSIDE BACK COVER



# IT'S A MAN'S GAME

Women in the Animal Rights movement are fighting back against their traditional representation as emotional and administrative by proving they can take part in every aspect of the movement. The struggle is not an easy one: the Hunt Saboteurs Association has a Woman's Officer and has held a women-only meeting, but the HSA Committee does not accept the need for women-only meetings and sabs. The Committee has also created a Men's Officer. The HSA is already dominated by men. The undermining of women (their ideas, opinions, and values) takes pride of place in a society where domination is the norm.

Animal Right's campaigns have been targeted at women and their "trivial" use of fur and make-up (implying, therefore that men's use of leather and toiletries is necessary?) What particular products are used by which sex does not matter in the fight against animal abuse - what matters is that better alternatives are available to all of us.

The attack must be on the system that encourages the use of animal products and animal testing (both these things are not only unnecessary, but also dangerous) This system exploits and dominates everything it can get its hands on, it encourages the strong to exploit the weak. Only when we attack the system as a whole does the attack become non-discriminatory, logical, and effective. The new attacks on vivisection focusing on its ineffective and dangerously misleading nature are hopefully only the first step to disclosing a system whose only justification is self-perpetuation.

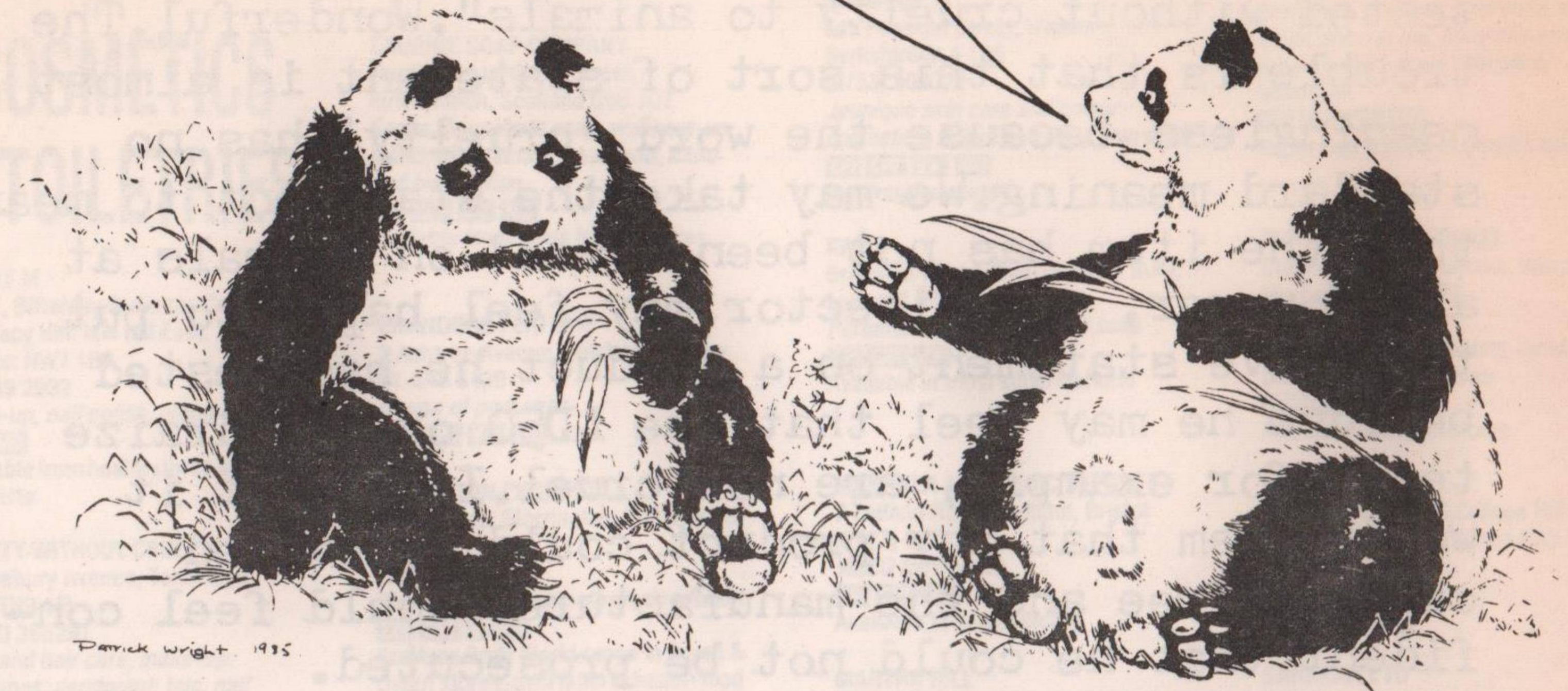
Farming is a form of production which exploits animals on sexist grounds: to be a lacto-vegetarian is not only to condemn the surplus males of a species to death, but to condemn the females to a life sentence of abuse of their natural functions. At least, in this case, those who eat meat cannot be accused of being sexist but only of supporting the system based on domination and power. Just as those who eat meat lack respect, not only for the animals they consume, but for those of us they choose not to, those who consume eggs and dairy products lack respect for all females, as well as supporting that same system.

Women must play an assertive role in the fight against animal abuse: to cure it of its sexism, to devote their skill and knowledge to it, and to liberate all females from the prisons we inhabit, be they spiritual or temporal.

Manchester Hunt Saboteurs  
(women-only sabs)  
c/o Raven Press  
75, Piccadilly  
Manchester  
M1 2BU

Men Against Sexist Shit (MASS)  
Box 25  
52 Call Lane  
Leeds  
LS1 6DT

LOOK, MALCOLM, I KNOW YOU'RE THE ONLY OTHER GIANT PANDA FOR MILES, BUT I SIMPLY DON'T FANCY YOU, O.K!



## DID YOU KNOW ?

Animal ingredients have been used in the perfume industry for centuries and many are still obtained in the same barbaric ways originally used.

MUSK comes from the male musk deer which is illegally trapped and killed in the Himalayas. Females and young deer are often killed in the traps, but as they have no musk pod and are therefore of no commercial value, they are discarded.

Musk farming has started in the USSR and China where they plan to extract the musk without killing the deer, though this is sure to be frightening and painful for the animals.

Over 80 synthetic alternatives are available for use instead of real musk, but the industry continues to make wide use of the animal product in perfumes.

CIVET is a musk-like substance taken from a gland of the genital organ of the African civet cat. These animals are caught in the wild and kept for the rest of their lives in small cages; their gland is scraped out every 7 to 10 days.

CASTOREUM is derived from the sex glands of the Canadian and Siberian beaver - these are killed both for their fur and for castoreum.



# COSMETICS CON

In recent years many products have begun to carry such messages as "This product was produced and tested without cruelty to animals". Wonderful. The trouble is that this sort of statement is almost meaningless because the word 'cruelty' has no standard meaning. We may take the statement to mean that the item has not been tested on animals at all. However, a vivisector may feel happy to put the above statement on a product he has tested because he may feel that the LD50 or the draize test, for example, are not cruel. In effect it would seem that any product could be called cruelty-free and the manufacturer could feel confident that he could not be prosecuted.

The only way to be sure that a product is legitimate is to investigate in great detail its ingredients and the processes by which both they and the finished product have been tested. (Many of Boots own cosmetics are not themselves tested but Boots use ingredients which have been tested.) Many manufacturers argue that they have to test what they make by law. This is simply not true. Indeed no country in the world requires by law that the ingredients used in cosmetics must be tested on animals.

What follows is a list of manufacturers who produce cosmetics, toiletries, and household products which have been produced and tested without cruelty to animals and who have been fully checked out by one of the major anti-vivisection organisations.

Considerable time has been spent researching the following list of companies who do not test their finished products or ingredients on living animals.

We have also selected firms according to a set of criteria which assures us that they are ethical, produce quality goods and provide excellent service to you as consumers. The list of products for each manufacturer is to give an idea of the range and is not intended to be comprehensive.

The list of companies will be subject to continuing consideration and will be regularly updated.

## COSMETICS & TOILETRIES

**BARRY M**  
Unit 1, Bitteracy Business Centre,  
Bitteracy Hill, Mill Hill East,  
London NW7 1BA  
01-349 2992  
*Make-up, nail polish, glitter dust*  
**CPT MO**  
Available from health stores and some chemists

**BEAUTY WITHOUT CRUELTY**  
37 Avebury Avenue, Tonbridge,  
Kent TN9 1TL  
(0732) 365291  
*Skin and hair care, make-up,  
perfumes, deodorant, talc, nail  
varnish*  
**CPT CPT V MO**  
Available from health stores and some chemists

**THE BODY SHOP INTERNATIONAL**  
Hawthorn Road, Wick, Littlehampton,  
West Sussex BN17 7LR  
(0903) 717107  
*Skin and hair care, henna dyes, make-  
up, hair gel, soap, perfumes, talc, bath  
oil, men's range*  
**CPT CPT V** (except bath beads and fruit  
soap) **MO**  
Almost 90 own retail outlets  
nationwide

**BODY CARE**  
50 High Street, Ide, Exeter,  
Devon EX2 9RW  
(0392) 217628  
*Mellow Soap and Coconut Grove  
ranges. Skin care, liquid soap,  
deodorant, body oil*  
**CPT CPT V MO**  
Available from health stores and some chemists

**BODYLINE COSMETICS LTD**  
Alders Way,  
Yalberton Industrial Estate, Paignton,  
Devon TQ4 7QL  
(0803) 555582  
*Hand cream, skin care, shampoos*  
**CPT CPT V MO**

**CAMILLA HEPPER LTD**  
Newton Road, Bovey Tracey,  
Devon, TQ13 9DX  
(0626) 833910  
*Skin care, hand cream, lip salve, hair  
care*  
**CPT CPT V+ MO**  
Available from own retail  
outlets and some health stores

**CAURNIE SOAP COMPANY**  
The Soaperie, Canal Street,  
Kirkintilloch, Scotland G66 1QZ  
*Soaps, household soap, washing-up  
liquid, disinfectant, shampoo, hand  
and body lotion*  
**CPT CPT V+ MO**  
Available from some health stores

**CHANDORÉ PERFUME**  
2 Ashtree Avenue, Mitcham, Surrey  
01-648 5129  
*Range of perfumes*  
**CPT CPT V+ MO**

**CREIGHTON PRODUCTS**  
Water Lane, Storrington, Pulborough,  
Sussex  
(09066) 5611  
*Hair and skin care, bath oil, deodorant*  
**CPT CPT V MO**  
Produce Body World range in Owen &  
Owen stores, own label in health food  
stores

**CRIMPERS PURE PRODUCTS**  
63-67 Heath Street, London NW3 6UG  
*Hairspray, conditioner, shampoo*  
**CPT CPT V+ MO**  
Available from health stores

**CULPEPER LTD**  
Hadstock Road, Linton,  
Cambridge CB1 6NJ  
*Soaps, shampoo, creams, range of  
herbal products*  
**CPT MO**  
18 retail outlets nationwide

**FAITH PRODUCTS**  
52-56 Albion Road, Edinburgh  
(031) 661 0900  
*Faith in Nature hair care, soap, skin  
care, Clear Spring washing detergent*  
**CPT CPT V MO**  
Available in most health stores

**HONESTY COSMETICS**  
33 Markham Road, Chesterfield,  
Derbyshire S40 1TA  
(0246) 211269  
*Skin and hair care, bath products,  
creme perfumes and aftershave*  
**CPT CPT V MO**  
Available in most health stores

**HYMOSA OF LONDON**  
Admail 23, London W3 8XG  
*Skin care, shampoo, hand & body  
lotion*  
**CPT CPT V+ MO**  
Available in most health stores

**INNOXA (ENGLAND) LTD**  
(also Leichner)  
Beauty House, Hawthorne Road,  
Eastbourne, East Sussex BN23 6QX  
*Extensive range of skin care,  
make-up*  
**CPT CPT V** (except hand cream)  
Available in Boots, and other  
chemists

**JEUNIQUE**  
64a Peascod Street, Windsor,  
Berkshire SL4 1DE  
(0753) 869022  
*Jeunique skin care and colour  
cosmetics, Body Farm Shop skin care*  
**CPT CPT V+ MO**  
Own retail outlets

**KAY'S**  
Britannia Works, Ramsbottom, Bury,  
Lancs BLO 0AE  
*Perfumed and unperfumed soap*  
**CPT CPT V+**  
Available in most supermarkets

**MANDALA AYURVEDIC IMPORTS**  
7 Zetland Road, Redland, Bristol  
(0727) 427124  
*VICCO toothpaste*  
**CPT CPT V+**  
Available in health stores

**MARTHA HILL**  
The Old Vicarage, Laxton, Nr Corby,  
Northants  
(078085) 259  
*Skin and hair care, make-up,  
deodorant and men's range*  
**CPT CPT V MO**  
Available in selected health  
stores

**NATURAL BEAUTY PRODUCTS LTD**  
Unit 5, Kingsway Buildings, Bridgend  
Industrial Estate, Mid-Glamorgan  
(0656) 56541  
*Body Reform products.  
Make-up, nail polish, body, skin and  
hair care, perfume, aftershave, sun  
care products.*  
**CPT CPT V MO**  
Available in own chain of shops  
nationwide, also some branches of  
Dorothy Perkins and home sales

**ORIGINS**  
57/58 High Street, Taunton,  
Somerset TA1 3PT  
*Skin care, shampoo, soaps*  
**CPT CPT V MO**  
Available in own outlets

**PACIFIC ISLE**  
London House, Queens Road,  
Freshwater, Isle of Wight PO40 9EP  
(0983) 754419  
*Soaps*  
**CPT CPT**  
Available in health stores

**PECKSNIFFS**  
45/46 Meeting House Lane, Brighton,  
Sussex  
(0273) 28904  
*Perfumes, cologne, bath salts, oil and  
foam, shower gel, body oils and  
creams, talc, soap, skin care,  
shampoo*  
**CPT CPT V+ MO**  
Own retail outlets in South East

**PURE PLANT PRODUCTS**  
Grosvenor Road, Hoylake, Wirral,  
Merseyside L47 3BS  
051-632 5998  
*Skin care, shampoo, talc, deodorant,  
bath products, perfume*  
**CPT CPT V MO**  
Available in health stores

**RITA SHAW**  
3 Juniper Court, 26 College Hill Road,  
Harrow Weald, Middlesex HA3 7HE  
01-954 7834  
*Skin care*  
**CPT CPT V MO**

**SARAKAN LTD**  
106 High Street, Beckenham,  
Kent BR3 1EB  
01-650 3476  
*Toothpaste*  
**CPT CPT V**  
Available from health stores

**SIMPLY HERBAL**  
Kingsway, Wilton, Salisbury SP2 0AW  
(0722) 743012  
*Hand and body lotion, eye cream*  
**CPT CPT V MO**

**WELEDA**  
Heanor Road, Ilkeston, Derbyshire  
(0602) 303151  
*Skin and hair care, toothpaste, bath  
and body care*  
**CPT CPT V MO**  
Available from health stores and some  
chemists

**YIN YANG BEAUTY CARE**  
Abbey Chase, Bridge Road, Chertsey,  
Surrey  
(09328) 60672  
*Skin care*  
**CPT CPT V+ MO**  
Available in all Holland & Barrett and  
other health stores

### KEY

- CPT** Company Policy to use no animal ingredients (except lanolin, beeswax or honey)
- CPT** Company Policy to use no animal testing
- V** The manufacturer's entire range is vegetarian
- V+** The manufacturer's entire range is vegan
- MO** Mail Order available



# HOUSEHOLD PRODUCTS

ACDO  
Astley Dyo & Chemical Co Ltd  
Mallison Street, Bolton BL1 8PP  
(0204) 52577  
Washing powder, curtain whitener  
CPI V+  
Available from supermarkets

ATAKA  
Lab Facilities Ltd, 24 Britwell Road,  
Burnham, Slough SL1 8AG  
Bath stain remover, kettle descaler  
V+  
Available from Boots

CAURNE SOAP COMPANY  
Household soap, washing-up liquid,  
disinfectant  
CPI CPT V+ MO  
See COSMETICS & TOILETRIES

ECOVER  
Full Moon, Charlton Court Farm,  
Mouse Lane, Steyning,  
West Sussex BN4 3DF  
Fabric conditioner, toilet cleaner,  
cream cleanser, floor soap, washing  
powder, washing-up liquid.  
All products biodegradable  
CPI CPT V MO  
Available from health food stores.

FAITH PRODUCTS  
Clear Spring washing detergent  
CPI CPT V MO  
See COSMETICS & TOILETRIES

HEMOCARE TECHNOLOGY LTD  
London Production Centre,  
Broomhill Road, London SW18 4JQ  
01-871 5027  
Shiny Top, Hob Brite household  
cleaners  
CPI CPT V+  
Available from most supermarkets

JANCO SALES  
11 Seymour Road, Hampton Hill,  
Middlesex, TW12 1DD  
01-979 7357  
Liquid concentrate for most  
household cleaning purposes  
CPI CPT V+ MO



October 16th saw a nationwide demonstration against McDonalds. In the space of 5 hours groups from Keele and Stoke distributed 5000 leaflets outside McDonalds in Newcastle and Hanley. Both groups encountered hostility from employees and encouragement from the public. Whilst being warned to leave by the McDonalds bouncer in Newcastle one protester was urged to "keep it up, you're obviously

getting to them" by a passer-by. Another member of the public had to be assured by one of the protesters that we were anti-McDonalds after she mistakenly believed we were advertising for them and insisted that "I wouldn't set foot in that place". However, pressure must be kept up on McDonalds and groups must continue to make the public aware of the mass abuse of

humans, animals and the earth carried out by them. Below are 6 of the many reasons to boycott McDonalds

1-Starving the poor by using staple crops to feed cattle.

2-Owners of vast tracks of land in starving 3rd world countries such as Costa Rica.

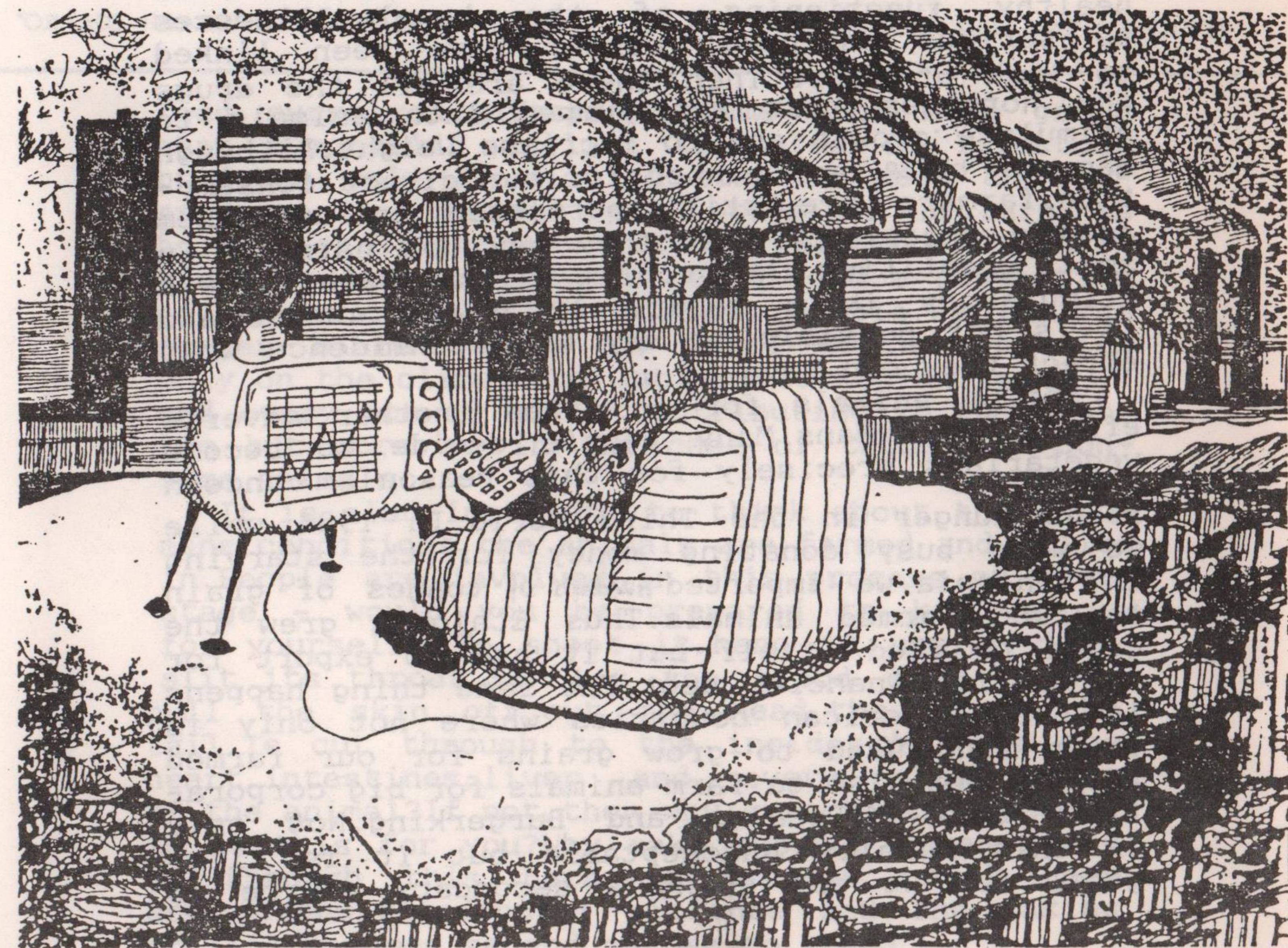
3-Destroying rain-forests to make room for cattle ranches.

4-Inhumane slaughter of millions of animals every year.

5-Ruining your health by supplying food low in fibre and high in animal fat, sugar and salt.

6-Mistreating employees by paying them low wages making them work long hours and denying them the right to free trade unions.

If you would like more details write asking for our leaflet. Also we will be glad to provide leaflets for other groups at a cost of £6 per thousand and could change the contact address to one required by your group.



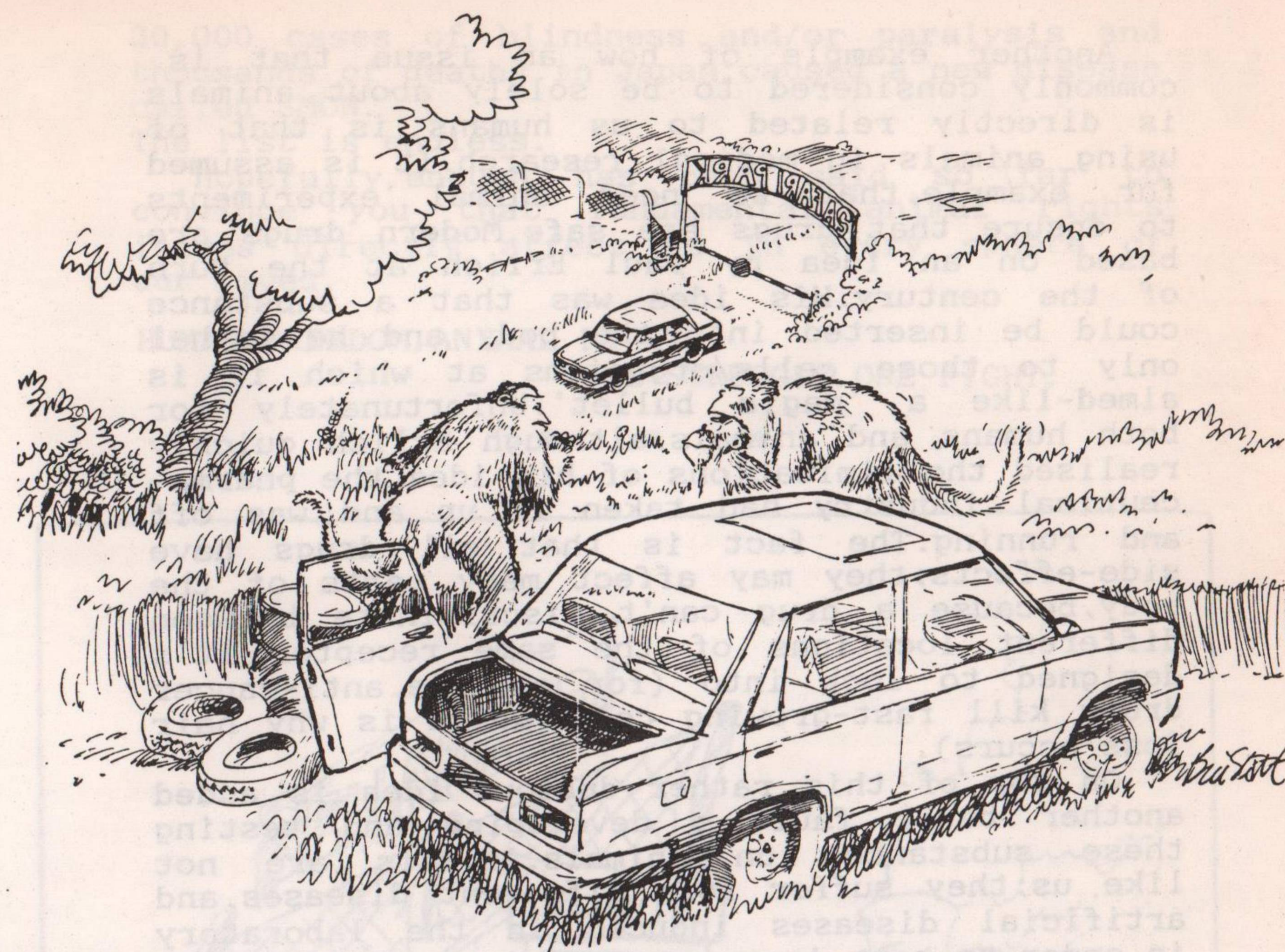


# THE HUMAN FACTOR

This article is written for those people who accuse animal rights activists with being more concerned with animals than humans; with putting animals first. The aim here is to refute this often-heard 'criticism' by demonstrating how animal rights issues directly affect us, humans.

To begin with the most widespread form of animal abuse - killing animals for food. It is now well accepted by doctors and the general public that the vegetarian diet (and more specifically the vegan diet) is the healthiest we can adopt. For example, by reducing the intake of foods like fish, eggs, meat and dairy produce and replacing these with fruits, nuts, cereals and vegetables we are reducing the risks of constipation, hernia, piles, diverticular disease, obesity and many other diseases. One reason for this is that animal produce is very high in saturated fats which in time can lead to a blocking of the arteries (the biggest killer in Britain is heart disease). Another reason is that vegetables, fruits etc. provide us with adequate amounts of fibre necessary for the healthy functioning of the bowels. Illnesses as serious as bowel cancer have been linked to lack of fibre. Then there are all the drugs and hormones that are pumped into animals to stimulate growth and to increase weight. Although many of these are banned for our direct consumption, farmers are still permitted to use them as the theory is that they may not harm us in small quantities. The problem is that using growth stimulators is a relatively new practice and it is not possible to say with confidence what effect they can have on us.

Eating animals for food has another adverse effect on humans. Many people decide to become vegetarians precisely for this reason - concern about hunger in the Third World. In 1984 while we were busy donating money for the starving in Ethiopia, we imported hundreds of tonnes of grain to feed farmed animals. Thus Ethiopia grew the grain to feed itself but it had to export for it was in financial debt. The same thing happens in Latin American countries where not only is their land used to grow grains for our farmed animals but also to farm animals for big corporations like McDonalds and Burgerking. Not only is this morally unacceptable but it is illogical for we are using a secondary source to



"O.K. LADS - IT'S A MARK TWO. REMEMBER, WE'RE STILL SHORT OF A BOOT LID, TWO HUB CAPS AND A REAR LAMP CLUSTER."

feed ourselves. Animals consume much more grain than humans: 145 million tons fed to livestock produces only 21 million tons of meat and by-products. The present population of Britain is 56 million. If every one ate a balanced and nutritious vegetarian diet we could feed a population of approximately 250 million people. We can no longer blame famine in Third World countries only on the climate or lack of education. Each and every one of us is contributing to the problem but more so in the case of those who consume animals.

It is also important to think about the inhumane conditions the animals are farmed and killed in. People are involved in this process at every stage - would you be prepared to kill a cow for yourself? To shoot it, hang it upside down, slit its throat to let the blood drain out? To pull the skin off, cut the head, the hooves, the tail. To cut through to the insides, cut out the heart, intestines, liver and every other part of the animal? If not, then why expect other people to do this for you? Why make another human being go through this barbaric process until they are desensitised; until violence and the taking of life becomes second nature to them?



Another example of how an issue that is commonly considered to be solely about animals is directly related to us humans is that of using animals in medical research. It is assumed for example, that we need animal experiments to ensure that drugs are safe. Modern drugs are based on an idea by Paul Erlich at the turn of the century. His idea was that a substance could be inserted into the body and be lethal only to those cells/organisms at which it is aimed-like a 'magic bullet'. Unfortunately for both humans and animals, although Erlich quickly realised the limitations of his idea, the pharmaceutical industry had taken it up and was off and running. The fact is that all drugs have side-effects; they may affect many parts of the body, because a drug can't discriminate between different locations of the same receptor it's designed to lock into (for example, anti-cancer drugs kill fast-growing cells, which is why hair loss occurs).

On top of this rather dubious idea is added another basic fault : developing and testing these substances on animals. Animals are not like us; they suffer from different diseases, and artificial diseases induced in the laboratory in order to test drugs are not the same as diseases suffered by people in real life. This fundamental flaw in animal testing is termed "species difference". For example, penicillin is a useful antibiotic for people, but kills guinea pigs; chloroform is an anaesthetic for people, but is poisonous to dogs; aspirin causes birth defects in rats, mice, monkeys, guinea pigs, cats and dogs - but not in women. These are just a few examples but they adequately demonstrate that different animals react differently and that animals are different to humans. A common sense idea, maybe, but it seems to have been forgotten.

Animal tests, then, fail to predict the effects of drugs - sometimes with tragic consequences.

- Eraldin. Heart drug. Given to patients for 4 years before the horrific effects were identified, these include blindness, stomach problems, joint pains and growths.

- Opren. Non-steroidal anti-inflammatory drug Anti-arthritis. Withdrawn 1982. After more than 70 deaths and 3500 others with serious side effects, including damage to skin, eyes, circulation, liver, kidneys.

- Thalidomide. Sedative used for morning sickness. About 10,000 birth defects world wide, and effects do not appear in most laboratory animals so the human tragedy would probably still occur.

- Clinquinol. Marketed as entero-vioform. Caused

30,000 cases of blindness and/or paralysis and thousands of deaths in Japan; caused a new disease called SMON.

The list is endless.

Hopefully, enough has been said so far to convince you that fundamental animal rights issues directly affect us in every sphere of our lives.

HUMAN FREEDOM, ANIMAL RIGHTS  
ONE STRUGGLE, ONE FIGHT.

\* \* \*





# VICTIMS OF CONSCIENCE

In August of this year a group known as the 'Victims of Conscience' was formed. The purpose of this group is to raise money through donations to assist in the expenses of those who have been charged by the police for 'crimes of compassion'. The compassion relates to the way in which concerned people attempt to bring an end to the abuse of animals in human society. A forthcoming court case prompted the formation of the group. Four voluntary workers in the Animal Liberation Front Supporters Group have been charged with conspiracy by the Cardiff police. Three have been charged with conspiracy to incite others to commit criminal damage and one with conspiracy to commit damage. As a result of an article which appeared in the Observer newspaper and a similar article which appeared in a newspaper in the West Midlands concerning the case and naming the defendants, two have lost their jobs and one has been threatened with the sack. The fourth person is already unemployed. Both articles mentioned contained information supplied by the police in Cardiff and the Observer article in particular amounts to a contempt of court. Currently, the defendants' solicitors are attempting to bring about a charge of contempt against the newspaper.

Due to the fact that the court/police station is so far away from the defendants' homes, 200 miles for all concerned, the travelling expenses are colossal. One has had to return to Cardiff on two occasions and another was kept on remand in Bristol for two weeks before being told that she had to find her own way home.

Support Animal Rights Prisoners (SARP) do an excellent job providing radios, stamps, vegan food and other necessities to Animal Rights prisoners and the ALF. Supporters groups are both unable to use their funds for the expenses, therefore the formation of the group is one of great importance. The group will not only deal with the forthcoming trial in Cardiff (possibly early 1988) but with all future trials which involve people who have been charged whilst campaigning for an end to the exploitation of animals in a non-violent way. The group will also provide up to date information on what is happening during future court cases.

The success of this group depends entirely upon the donations which concerned people contribute.

'Victims of Conscience'  
BCM 6566, London WC1N 3XX

# VEGAN RECIPES

## CHESTNUT SAVOURY CRUNCH

¼ lb (340g) chestnuts  
½ lb (225g) onion rings cut into rings  
Vegetable oil for frying  
A good pinch of sage  
½ lb (225g) tomatoes, cut into thick slices  
1 oz (30g) vegan margarine  
3 oz (85g) fresh wholemeal breadcrumbs

1. Cook skinned chestnuts in a very little water for about 15 minutes. They should not be soft.
2. Fry onion rings in the oil until golden.
3. Place a layer of onions in a greased oven-proof dish and sprinkle on the sage. Cover with chestnuts, then add the tomatoes.
4. Heat the margarine in a pan (use any oil left from the onions for this) and toss the crumbs in this for a few seconds. Sprinkle the crumbs on top and bake in a moderate oven 350°F/180°C (Gas Mark 4) for 20 minutes. If necessary, crisp the top under the grill for a couple of minutes.

## CHRISTMAS CAKE

2 lbs (900g) washed, dried fruit (raisins, currants, sultanas)  
1 pint (570ml) water  
7 fl oz (200ml) vegetable oil  
1 lb (455g) self-raising wholemeal flour  
2 oz (55g) almonds, blanched and chopped  
1 tablespoon molasses  
Rind of 1 lemon, grated  
Pinch of spice

1. Mix all ingredients in order given.
2. Beat well and pour into well-lined, greased 9-inch (23cm) cake tin and bake for 2 hours at 300°F/150°C (Gas Mark 2).
3. Reduce heat to 250°F/130°C (Gas Mark ½) cover with greaseproof paper and continue to cook for another 1½-2 hours.

## MINCE PIES

For pastry:  
2 oz (30g) Nutter  
2 oz (30g) vegan margarine  
½ lb (225g) wholemeal flour  
2 oz (30g) Dietade fruit sugar  
Cold water

1. Rub the fats into the flour, add sugar, mix with just enough cold water to make a soft dough.
2. Roll out thinly and line patty tins.
3. Add mincemeat, cover with pastry and snip the top. Bake at 400°F/200°C (Gas Mark 6) for 25 minutes.



Eva Batt's  
**VEGAN  
COOKERY**



# SPARE THE ROD

## -THE CASE AGAINST ANGLING.

### SPARE THE ROD - THE CASE AGAINST ANGLING

Angling is under pressure. For the first time in its history the 'sport' is having to defend itself against a vigorous attack by progressive anti-bloodsports campaigners.

Fundamental to the campaign to abolish this hitherto neglected bloodsport is the fact that all available evidence suggests that fish are capable of experiencing pain in much the same way as other vertebrate animals. Furthermore, the infliction of pain and suffering cannot be divorced from the 'sport'.

### Vertebrates

The only way we could be certain that animals other than the human species are capable of feeling pain and suffering would be by their verbal confirmation of the fact. Unable to 'talk to the animals', we must rely upon our knowledge of animal biology and behaviour in order to make reasoned assumptions.

We know there are close similarities between the 'higher' and 'lower' vertebrates in their biological make-up and the way their nervous systems function. Fish are actually not that much different from ourselves in that they also possess a heart, stomach, brain, spinal cord and intestines. Indeed, the basic internal organisation of organs is similar for all vertebrate species.

The nervous system is an essential sense for survival. Fish, like other animals, must be aware of their surrounding environment and consequently are well-equipped with monitoring devices such as eyes, ears, nasal sacs, a lateral line and sensitive nerve endings. These 'sensory organs' are connected to a central nervous system comprising the brain and spinal cord.

### Medway Report

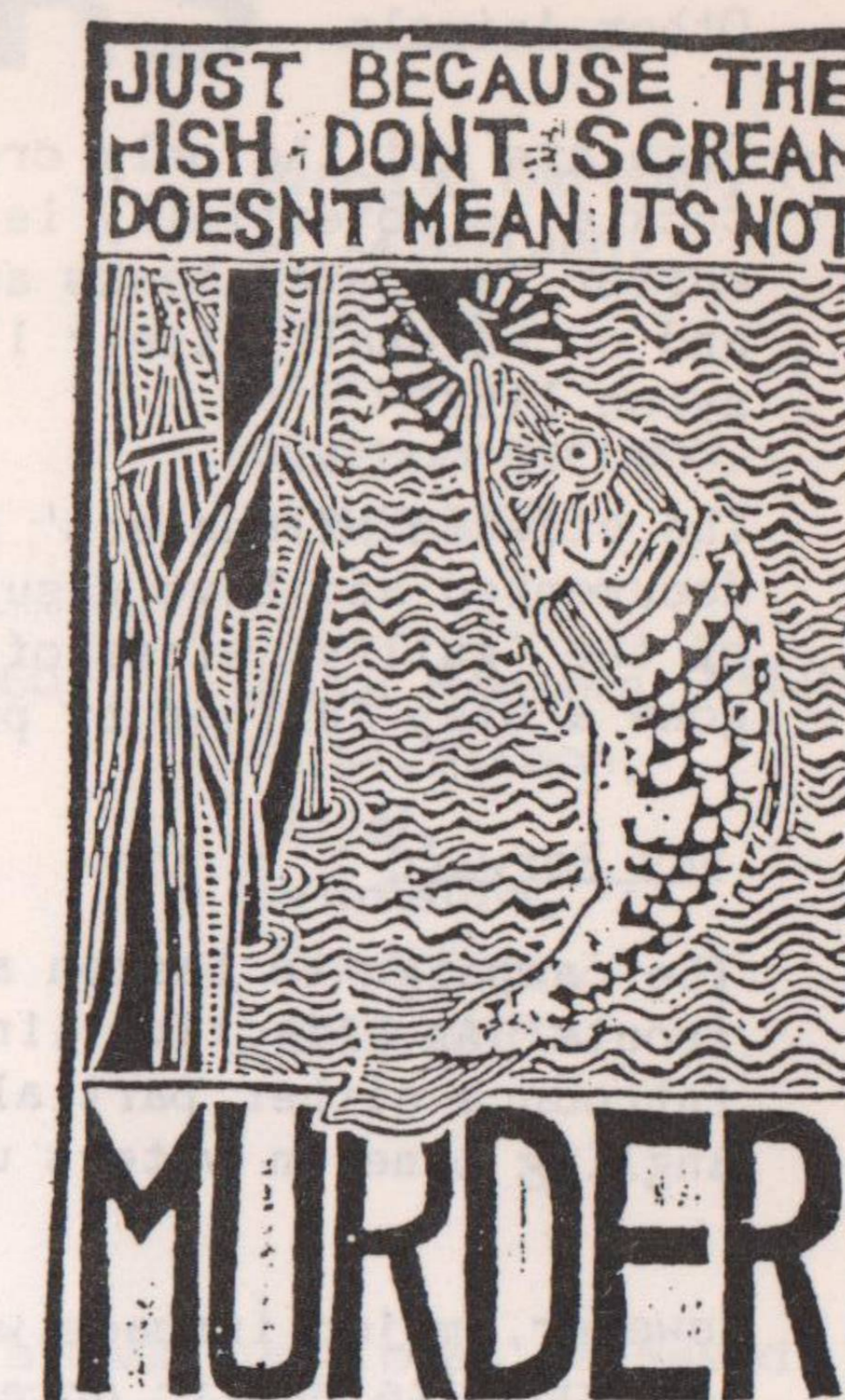
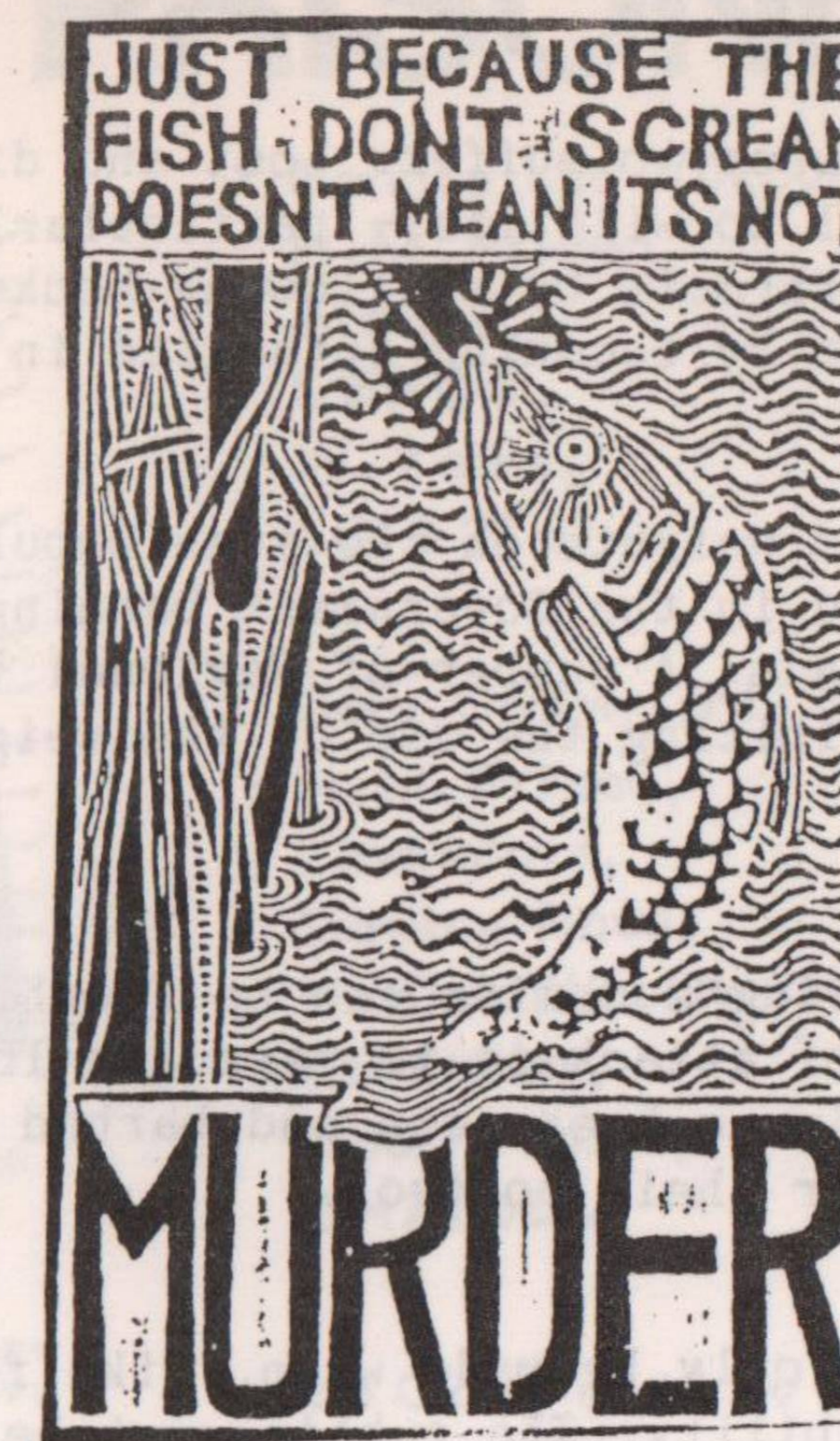
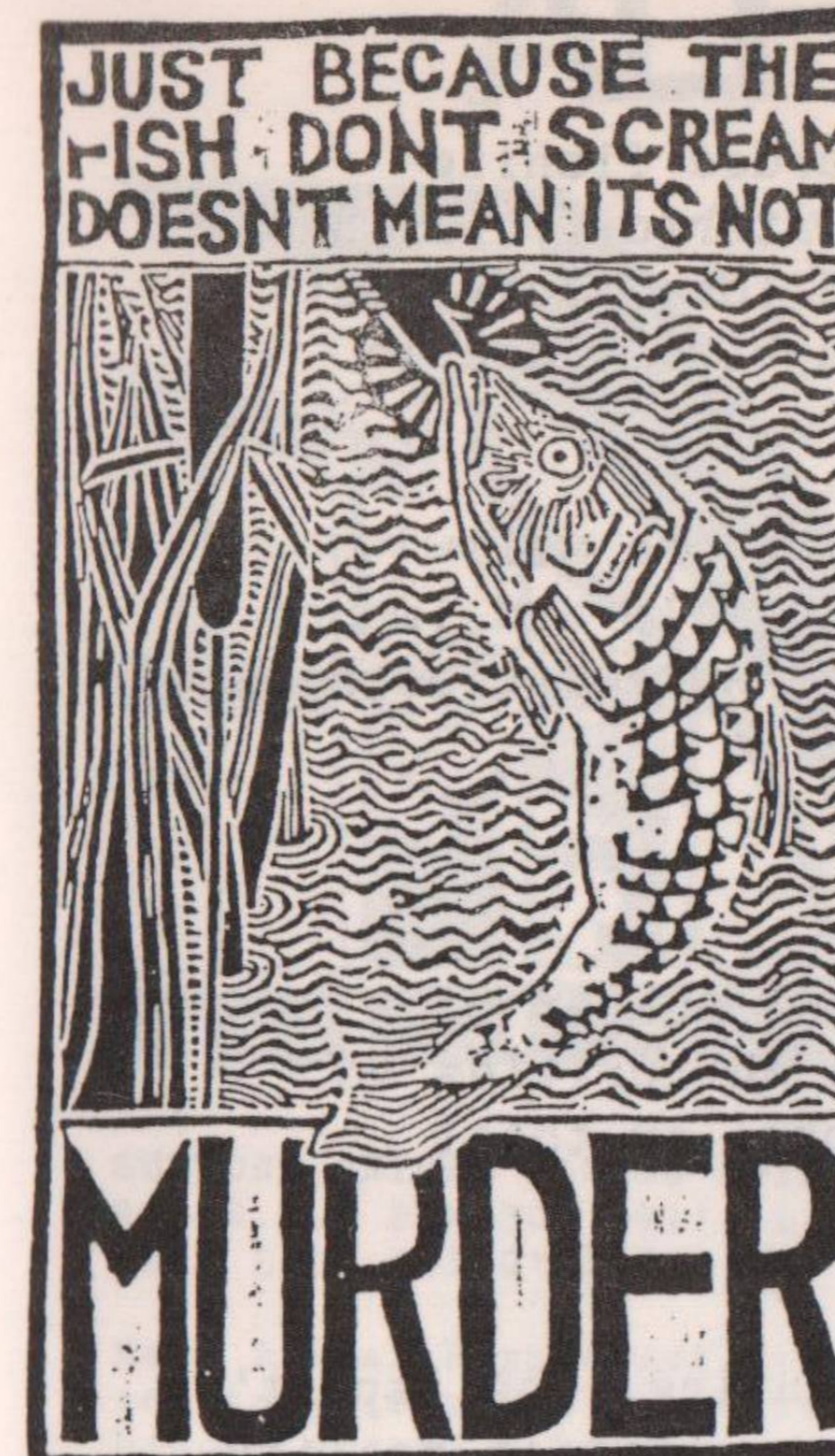
In 1976, the RSPCA set up a Panel of Enquiry into Shooting and Angling. Chaired by Lord Medway, it comprised leading scientists and representatives from shooting and angling organisations.

The main finding of its Report (published in 1980) as regards fish is that there is sufficient evidence to suggest that they are capable of suffering to some degree or another.

The Report notes that there exist patterns of behaviour in animals similar to the non-verbal responses of human subjects known to be suffering pain. In other words, vertebrates react similarly when a strong stimulus such as sharp pressure is applied - they will recoil, shudder, sometimes squeal and try to escape.

Medway also emphasises that a distinction should not be made between warm-blooded and cold-blooded animals:

'..... all vertebrate animals (ie mammals, birds, reptiles, amphibians and fish) should be regarded as equally capable of suffering.....'



### Coarse Fishing

All types of angling (the taking of fish with rod, line and hook) necessarily involve the abuse of fish, but coarse fishing (the terms angling and fishing are synonymous) is undoubtedly the cruellest. Whereas sea and game anglers usually 'despatch' their prey soon after capture, the coarse (freshwater) angler's (largely inedible) victim suffers a mauling and possible imprisonment before release.

A fish is deceived into impaling itself on a (usually) barbed hook, resulting in tissue damage - in medical terms, the infliction of an injury. The wound is aggravated by the prolonged tension of the fishing line as the angler 'plays' the fish in order to tire it and allow it to be landed.

When a fish leaves the water it enters an alien environment. Because removed from the water its tissues are subject to differing pressures in air, the fish's gills collapse and breathing is virtually impossible. For a while some oxygen will be circulating in the bloodstream but this is soon exhausted. Bleeding may occur from the gills.

Hook retrieval may take some time - especially if the fish has "swallowed the hook". Damage is likely to result to an internal organ and then death.

During the handling process, a protective mucus covering, which provides the creature's waterproofing and protects it from fungal and bacterial infections is damaged.

If the fish survives the ordeal of being caught it is then either returned to the water, where it must devote its efforts towards recovery, or is put into a keep-net - which is suspended in water. Such nets are stress-inducing and within them physical damage may occur to the captive fish. De-oxygenation and the build-up of metabolic waste products can rapidly make conditions within the net adverse to the well-being of fish and foster disease.

Other angling practices may add to the trauma. Fish may be examined, weighed and perhaps photographed before being liberated. All such procedures increase the likelihood of injury.



## Other Animals

Fish are not the only creatures to suffer. Lost and discarded fishing tackle is potentially lethal to wildlife - particularly waterfowl, which suffer lacerated beaks and throats by swallowing hooks of lose their feet and occasionally their lives by becoming entangled in non-biodegradable nylon line.

The effects of anglers' lead weights on the swan population are well-documented and have resulted in the Government banning the sale and import of the 'guilty' sizes of leads. A number of Regional Water Authorities have gone a step further by prohibiting the use of the weights.

## Way Forward

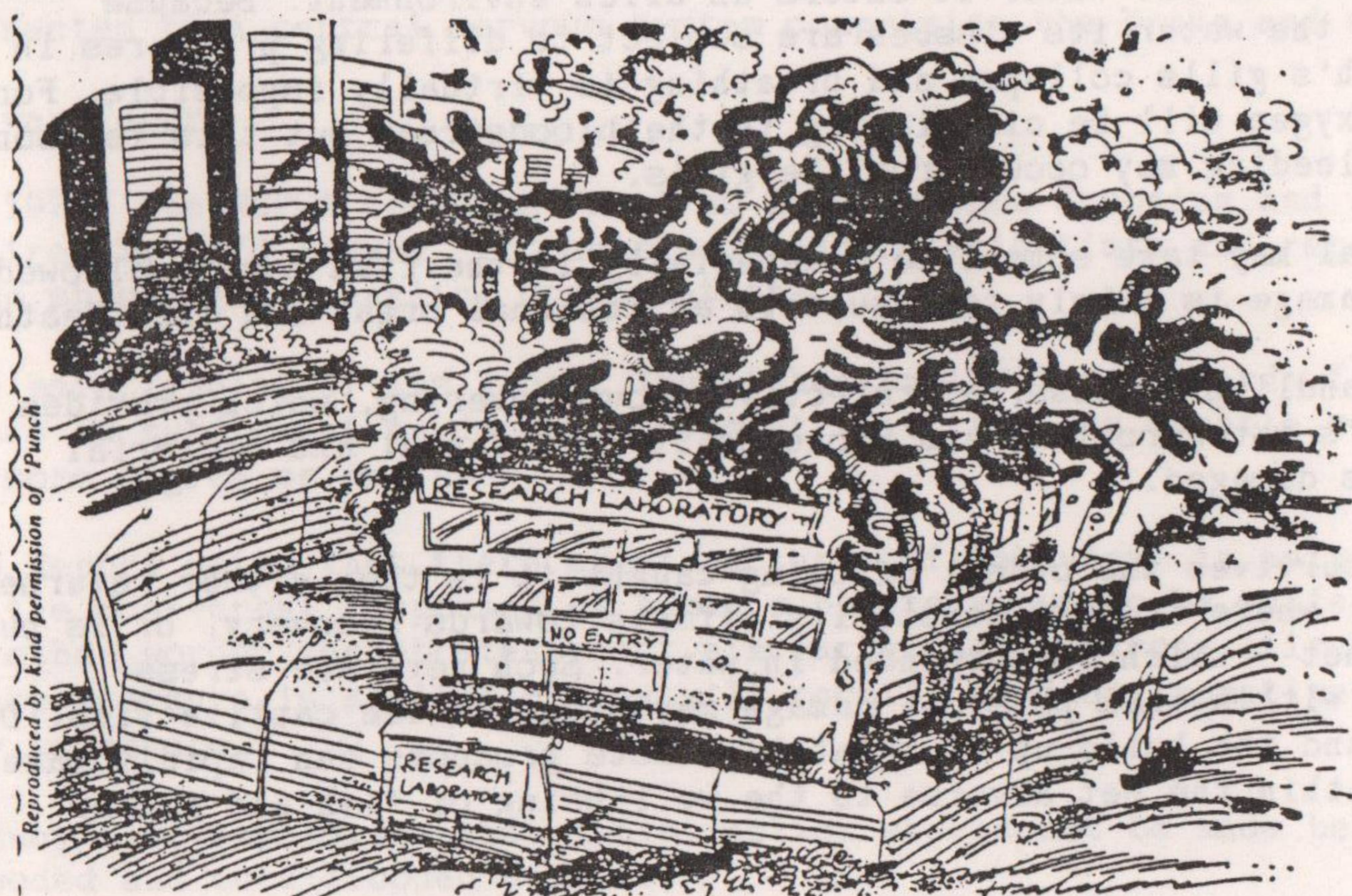
The campaign to hasten angling's demise can be fought on a number of fronts. An effective line of attack is to persuade local authorities to introduce either partial (ie no keep-nets and barbed hooks) or total angling bans on waters under their control.

However, major inroads will only be made when, like foxhunting, the 'sport' has lost its public acceptability. The public must be shown that in reality there is no difference between angling and the traditional hound sports. Both involve the infliction of pain and suffering upon animals purely for pleasure.

Organisations such as the RSPCA and League Against Cruel Sports which chose not to oppose angling, are effectively reinforcing the 'sport's' respectability and harmless image. Additionally, the existence of the fish-eating vegetarian maintains the myth that fish are more akin to plants than animals!

If the animal rights movement is to make significant progress against angling, then it must get its own house in order first.

For further information contact: CAA, PO Box 14, Romsey SO51 9NN.



'And if one green bottle should accidentally fall . . .'

# ALF PRISONERS



SUPPORT ANIMAL RIGHTS PRISONERS  
S.A.R.P., BCM BOX 5911, LONDON  
WC1N 3XX Tel 01 888 2482.

Many Animal Rights Activists are now in prison and sentences have become absurdly harsh in an attempt to halt action against animal abusers. Please write to some of the people, let them have news of the outside world. Don't necessarily expect a reply as Prisoners are only allowed to send a limited number of letters each week. If you can afford, please send donations to the above address. All the monies are used to make the stay of the prisoners more comfortable or to pay for visitors who are on a low income. Remember, ALL letters are opened and censored so be careful what you write. Unfortunately we only have space for a few names. Please write to above address for further names.

Andrew Clarke, V50557,  
Geoff Sheppard V50730,  
H.M. Prison,  
Wormwood Scrubs,  
Du Cane Road,  
LONDON,  
W12 0AE.

John Hughes, M52415,  
Unit 2,  
H.M. Detention Centre,  
Whatton,  
Notts,  
NG13 9FQ.

Neil Johnson R66645,  
Michael Dunbar R66646  
H.M. Prison,  
Rudgate,  
Wetherby,  
W. Yorks,  
LS23 7AZ

Ronnie Lee V02682.  
H.M. Prison,  
Armley,  
LEEDS,  
W. Yorks,  
LS12 2TJ.

Gary Cartwright T02960  
H.M. Prison,  
Lindholme,  
Bawtry Road,  
Hatfield Woodhouse,  
Doncaster,  
South Yorks,  
DN7 6DG.

Brendan McNally T03014,  
H.M. Prison,  
Acklington,  
Morpeth,  
Northumberland,  
NE65 9XF.

Julie Rodgers P34407.  
H.M. Prison,  
Styal,  
Wilmslow,  
Cheshire,  
SK9 4HR.

Ian Oxley and Kevin Baldwin have been released. These prisoners were sentenced in Feb 87 at Sheffield Crown Court. The charges were:- 1. Conspiracy to commit arson 2. Conspiracy to cause damage. 3. Conspiracy to incite others to cause damage. 4. Conspiracy to 'steal' the Ecclesfield Beagles. (The arson/damaged caused/alleged going to be caused was to a variety of animal abusing establishments..Ronnie was sentenced to 10 years for charges 1, 2 & 3. Vivien and Brendan were sentenced to 4 years each for ch. 2. Gary was sentenced to 4 years for 1, 2 & 4. Julie was sentenced to 30 months for 1 & 2.

On remand since early Sept charged with Conspiracy to manufacture incendiary devices with intent to damage or destroy property, and possessing items with intent to cause damage to property.

Sentenced to 3 months imprisonment on 30/9/87 after being found guilty of A.B.H. (Actual Bodily Harm) to a furrer.

Sentenced to 12 months on 12th July for conspiracy to cause damage to Binns department store in Sunderland (which has a fur dept). Due for release 6th Dec 87.

Iain McCann has been released.



In an attempt to study the effects of isolation Dr. Harry Harlow of the University of Wisconsin Primate Centre took 56 newborn chimpanzees away from their mothers and kept each one in complete isolation for periods of up to 8 years, some in total darkness, for a study on "love". Dr. Harlow's great contribution to scientific knowledge was that "the animal may chew and tear at its body until it bleeds".

An ingenious variation of Professor Harlow's "love" experiment was devised by Dr. Suomi. Here newborn rhesus monkeys were presented with surrogate "monster mothers" of cloth whose temperature would change from near-freezing to near-burning, sometimes causing the death of those infants known for their high sensitivity. As the survivors would just cling to their "mother" even when it rejected high pressure compressed air that almost blew the infants' skin off their body, they were presented with "porcupine monster mothers" that eject sharp brass spikes. Finally, the babies would withdraw to a corner and remain motionless until they died of what the laboratory vet. diagnosed as "a broken heart".

One favourite lab. "exercise" is parabiosis the artificial creation of Siamese twins or triplets, who can never be expected to survive longer than a few days, owing to the familiar immune reaction of every living organism. Prof. Pfeiffer of Graz Austria provides instructions: "As the animals that have been surgically united may become aggressive, attacking one another and inflicting mortal injuries, this can be prevented by sewing the cheek of each animal to the corresponding front paw, so tightly that the mouths of the animals cannot reach and bite one another".

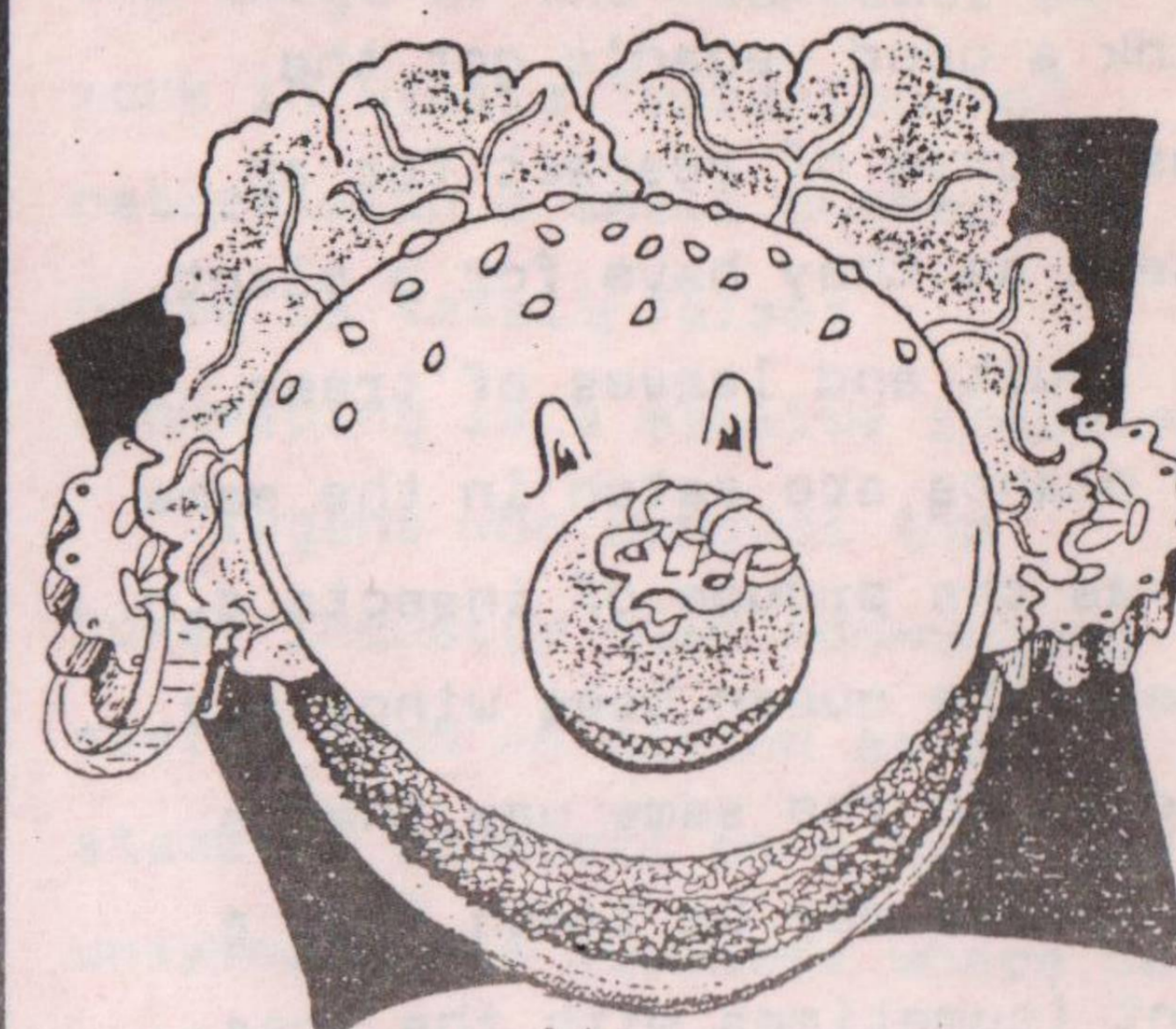
# BOOK REVIEW

Janet Hunt's 'The Caring Cook' claims to be a vegan cookbook 'aimed at the complete beginner' and, as a recent convert to veganism (although I've been vegetarian for some years) with very limited culinary skills, I decided that if it helped me produce edible meals, then it must be good!

One of the first things to strike me about the book was its cheap price (£1.99) compared to most vegan cookery books I'd seen, so any potential vegan who is dubious about spending vast amounts on recipes they may not stick to can be reassured by this cost.

In its introduction, 'The Caring Cook' talks about the usual reasons for converting to veganism, as well as advising on necessary kitchen equipment - it appealed to me from the moment it listed a grinder as 'useful' rather than 'vital', since many previous books have seemed to assume I am working from an Ideal Home fitted kitchen, not a living room in a student flat! Recommended items for the store cupboard are listed, with various tips on their use and storage. My only complaint about this fairly comprehensive introductory section was the lack of any section on sources of essential nutrients, to counter the comments of various well-meaning friends and relatives that becoming vegan involves becoming anaemic, or worse, although this information can be obtained in a free leaflet from the Vegan Society.

# VEGGIES



*Tasty Wholesome Snacks*

0602-585666 or 703040

180 Mansfield Road, Nottingham. NG1 3HU

The recipes themselves are divided into seven categories, including Breakfasts, Soups and Oven Baked meals. Each section has an introduction on general suggestions, ways of varying simple recipes, etc - it sounds obvious but it's often simple ideas that revolutionise a meal and, until you gain confidence in your abilities, this sort of help is wonderful.

Another useful thing I found in 'The Caring Cook' is that it has small hints in amongst the recipes to add the finishing touch (how to make good croutons, how to stop your fridge smelling(?) or how to store tofu). Yet again, it is simple things that many cookery writers assume you know but just in case you don't, it's reassuring to be told!

Since the only meal we all sat together in the flat is evening dinner, I took most of my 'attempts' from the main meals sections which, for a small book, held quite a variety. The instructions are all clear, followed by suggestions of different variations.



# HONEY - A VEGAN ISSUE

The debate about honey rests purely on whether or not you think a good vegan's got the same degree of respect for an insect as they have for a plant. The fruit and leaves of trees and plants are eaten in the same way as the produce of insects e.g. honey; the queen bees wings are removed in the same way that a few leaves may be taken from a plant (sometimes with the loss of one or two legs).

When I became a vegan I gave no second thought to not eating honey, I couldn't think of any other insect which was being used to create a product for a human's table, therefore my decision not to eat honey was more than just recoil at exploitation, as I think that it would be a pointless and unnecessary addition to my diet.

I don't drink milk - the production of which involves exploitation and suffering - and I wouldn't drink it if cows were "free". Just as a farmer forces miscarriages onto cows to produce milk, eggs are taken away from chickens so more are laid (a chicken lays six eggs a year in the natural environment). Bees are manipulated in the same way as

all farm animals are, they are obviously regarded as part of the plant "world" rather than the animal "kingdom".

Apiarists constantly talk about the progress to be made in the 'improvement' of the honey bee. They constantly make reference to the genetic development and the complete alteration of a creature to that of a good breeding and reproduction centre: a factory of animals redesigned purely for the benefit (?) of mankind. Efficiency is the goal of all beekeepers, they exist solely (or soullessly) through capitalism, even at the expense of the bee species. The production and consumption of honey is based on species-ist principles.

In his book Beekeeping Techniques, Alexander Deans says: "Honeybees, unlike pigs and cows, belong to the general category of lower animals and, it would appear, are not so 'pliable' in the hands of geneticists as other farm stock!" Honey-loving vegans can only look forward to the progress to be made in this field. And what of the Vegan Society - those people who have copywrited the word 'vegan'?

In their own leaflet "The Honey Question" they state "Veganism is defined as 'a way of living on the products of the plant kingdom'. As honey is produced by the labour of insects and then modified by substances from their bodies it is obvious that the conscientious vegan cannot eat honey, just as we don't drink milk. The society readily admits that "commercial honey production can undoubtedly involve cruel practices and the taking of wild honey must involve the destruction of bees and their homes". The Vegan Society implies that this is counterbalanced by the nature of the "good beekeeper" who in the course of his daily 'commercial' duties renders them many services. But vegans according to the Society, will not be bound by verbal definitions.

On the dairy issue, the Society states that in giving up dairy products vegans are motivated by the cruelty, the wastage and the health factors. All too true, but surely honey is not essential for good health, and milk is merely another product of the plant kingdom - digested and modified grass.

In its 1979 A. G. M. the Vegan Society Council's suggestion that "the taking of honey be left to the individual conscience" was "almost" unanimously accepted.

It is important not to totally condemn the leaflet as it does raise many issues, and should be read by all vegans.

The image of the beekeeper as monk in Utopia "worshipping" nature with a small number of hives is totally false: beekeeping is a massive industry.

Vegans who support the honey industry risk non-vegans seeing such an action as a stamp of approval on a hard and unsympathetic business where bee welfare is of no account. We will never live in a society where honey is produced humanely: when the honey industry is based on profit.

VEGANS CAN NEVER APPROVE OF HONEY!

The album starts off with an excellent live track by the Mekons and finishes with an equally good one by T.V. Smith, two of the most 'famous' names to appear. Chumbawamba contribute 'Knit Your Own Balaclava' which includes a mind blowing attack on Animal Rights protestors by a Leeds disc jockey. The inimitable Electro Hippies hit us with their wonderful Thrash Vivisection song (snot the lyrics!) There are also excellent tracks by Rubala Ballet, the Three Johns and the Membranes as well as two Welsh tracks by Yr Anhrefn and Plant Bach Bfrus. Having mentioned nearly all the groups it is only fair to mention the rest, who are Black Mist, Cheap, Blyth Power, Conflict and Steve Lake and Comedy Years, all of whom produce interesting sounds. BUY IT

Available from ARTISTS FOR ANIMALS P.O. BOX 18 SOUTH POO MANCHESTER M14 5NB