

Christian Vegetarian Association UK

Working towards a violence-free world

YOUR SAY

NO 2 WINTER 2010



A two day Conference



CVAUK and UNIVERSITY OF LEEDS

**Christianity and Vegetarianism
Nature, Creation and the Peaceable Kingdom**

14th & 15th August 2010

**Leeds Humanities Research Institute,
University of Leeds**

29-31 Clarendon Place, No. 25 on Leeds Campus Map

This two-day conference will unite Christian Vegetarians and academics working in the field of religion and diet to reflect on the relationship between Christianity and vegetarianism and consider how the call to a diet of meat-abstention might manifest in Christian life, belief and practice. The exploration of these issues will be facilitated by ample discussion time, with the added opportunity to engage in discussion groups to enable those not speaking to get 'hands-on' with what is often (regrettably) a controversial issue within the churches.

Contact Don Gwillim: don@caninestyle.co.uk or Tel: 01428 723747

Or visit www.christianvegetarian.co.uk (Operational from April)

Compassion

True compassion has no bounds
 Love from the sky through to the ground
 Caring for everything in between
 Fauna, Flora and Human being.

You can't have compassion if you find fun
 In taking life with a shot from a gun.
 Or, when seeing hounds bring a fox down
 Your sadistic pleasures do abound.

You can't love animals, yet not shed a tear
 When a child cries or lives in fear.
 Nor truly care for the old and weak
 Yet see the lamb as only meat.

There are no limits on how much love
 Or compassion we take from the Lord above
 It does not run out, an ever flowing pot
 For you either have compassion or you have not!

Author unknown

A BIG THANK YOU

To all those members who sent in letters over the past few months. They are excellent and should be a great encouragement to us all. Please use the enclosed arguments to write your own letter to either the Christian or secular press. Please send copies of letters (published or unpublished) to CVAUK, together with the letter or article that prompted your response, and any answers. Please send good black/white copies to assist accurate scanning into my computer. Don

Patrons:

Pastor James Thompson - Animal Padre - Christians Against All Animal Abuse
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Factory farms are notorious for the ill-treatment of animals. But Mr Shriver said breeding animals not to feel pain would make farm practices less cruel. In the *Journal Neuroethics*, he said: 'You could eat meat but avoid animal suffering.'

Advances in science mean that 'pain-free meat' could soon be a reality. Studies on mice have shown that if they lack certain genes, they feel less pain. But critics argue it is also cruel to deny animals the sensation of pain, because they could injure themselves.

Answer to the Daily Mail

Animal suffering is unacceptable

THE manipulation of animals by humans knows no bounds.

I have read about the possibility of breeding "pain-free" GM animals. An American philosopher has said: "You could eat meat but avoid animal suffering... making meat-eating more ethically acceptable."

Surely this statement is an admission that animals experience physical pain while being reared and slaughtered for meat and that eating meat is ethically unacceptable. If experiments being carried out result in the breeding of "pain-free" animals, an issue not addressed is their emotional lives. All animals bred for food, particularly those in factory farms where most of our meat is reared, are denied the chance to live and behave as Mother Nature intended. Their natural instincts are annihilated.

Cruel practices abound: tails are docked; teeth and beaks are clipped to avoid mutilations caused by sheer frustration. Offspring are taken from mothers. Intelligent, fastidious pigs have to stand in their own faeces and urine.

As long ago as 1969 Sir Julian Huxley and nine fellow scientists wrote: "It is obvious that behavioural distress to animals has been completely ignored. Yet it is the frustration of activities natural to the animal which may well be the worst form of cruelty"

Approximately two million animals are slaughtered every day in British abattoirs. So much physical and emotional suffering is unacceptable and unnecessary.

Elizabeth Allison

Please Note below, a very important argument in favour of Vegetarianism (Don)

Action Aid - Hunger Free

Who's Protecting the Harvests for Tomorrow?

One billion people worldwide go to bed hungry every night. But if we prioritise hunger and rethink the way we grow and distribute food, we can create a hunger free world. The seeds of the solution are already on the table - small farmers have sustainable solutions to the hunger crisis. Now we must support them and put their ideas into practice.

The first step is to make our government part of the solution. Take action as part of ActionAid's HungerFree campaign and help us persuade the Prime Minister that the issue is urgent.

There's lots of ways to get involved and **YOUR** role is crucial.

Why are we campaigning?

Hunger and malnutrition don't just mean a few skipped meals: they kill. Almost 10,000 children die of hunger related causes every day. That's one child every 10 seconds.

Governments should be on track to meet their global pledge to halve hunger by 2015, but instead things are actually getting worse.

Who's most affected by hunger?

Hunger is largely a rural issue - three quarters of the world's poor and 70% of hungry people live in rural areas. The poorest, landless and female-headed households are hardest hit. And they're also the ones with the least ability to change things.

Calorie count: the UN classifies someone as hungry if they eat less than 1,600 to 2,000 calories a day, depending on whether they're a child or adult. Most hungry people actually eat far fewer calories than this. However, it's estimated that there's enough food produced in the world for everyone - 2,803 calories per person each day.

Many hungry people only eat one meal a day and can rarely afford 'luxuries' like meat or fish. Women and girls often eat last, and least. Poor diets can mean breastfeeding mothers miss out on nutrients such as vitamin A, which can cause blindness in children.

"We have learnt to live without meat, oil and other necessary items,"

says Ban Van Tuan, 28, a farmer from Hoa Binh in Vietnam, who can't afford to grow or buy enough food. Ban collects herbs to sell for cash, but he fears his daughters will be forced to drop out of school because of high food prices.

Why's hunger at a record high?

Hunger is manmade - and the solutions are in our power. Yet the number of hungry people continues to increase. This is because:

- a worldwide food crisis in 2008 meant local food prices increased significantly, forcing families to choose between food and other costs like healthcare
- the global recession means there is less employment and money from relatives abroad, squeezing the amount of cash available for this higher-priced food
- despite record global harvests, a scandalous amount is going into producing biofuels, rather than feeding people

- floods and droughts caused by climate change are affecting production
- there has been a lack of investment in agriculture over the last 25 year by governments, especially support to small farmers to grow more food.

Are things going to get worse?

Yes, if governments don't recognise the gravity of the situation. They must act NOW to make the eradication of hunger a priority in order to prevent another food crisis.

Some commentators say the world faces a 'perfect storm' for global food production. The world's population is set to rise to nine billion by 2050, and production must double by then to meet rising demand for food and animal feed, and changes in diets towards more meat and dairy.

Climate change impacts - such as drought, floods and storms - are already affecting production and could have a devastating impact on food availability. Scientists say yields from rain-fed farming in some African countries could fall by up to 50% by 2020.

Hunger bites

- **32% of the total population in sub-Saharan Africa are hungry**
- **3.5 million children die of hunger-related causes each year**
- **2% of land is owned by women worldwide**

Sources: FAO, The Lancet

Elizabeth Allison 22 October 2009

To: ActionAid Supporter Services

Subject: Hunger Free Campaign

I have been an ActionAid supporter for a number of years and have helped to raise funds for the good work you do. I read with interest your Hunger Free campaign guide. In the centre page you state; "The world's population is set to rise production must double ... to meet rising demands for food and animal feed and changes in diets towards more meat and dairy".

I became a vegetarian 21/2 years ago and am now almost vegan. I have read a lot of literature surrounding the subject and an issue you don't address is how the consumption by rich countries of meat and dairy not only has an impact on world hunger but also on climate change and the environment.

There are many facts concerning this but I suggest you read "Diet of Disaster" which can be viewed at www.viva.org.uk/hot/dietofdisaster

Many people are willing to donate money or demonstrate to end world hunger, but few are willing to make lifestyle changes. The idea is most unpopular, even though it could help to make a difference. #

From: "Supporter Services" 28 October 2009

Subject: RE: hunger Free Campaign

Dear Elizabeth

Thank you very much for your e mail . I also became vegetarian a number of years ago for a range of reasons and I must admit that I am pleased that this is a sensible option relating to the planet as well as for my health. I have also noted over the years I've worked at ActionAid that many of our staff are vegetarian too. Thank you also for providing the link, I have copied this response into a member of our campaigns team for their information and consideration.

Kindest regards and again, many thanks we really do appreciate your support and interest. Dawn

Dawn Wyatt

UK Supporter Care Team (Development Manager)

Chataway House Chard, Somerset TA20 1FR 01460 238000 X8127

Meat obsession

Stern., a Government adviser on climate change, suggests that adopting a vegetarian diet would help to prevent global warming.

As the Climate Change Conference. in Copenhagen draws near, his comments have caused anger in some people.

It was suggested that the methane expelled by livestock is one of the most damaging contributions to the greenhouse effect. Other issues were also mentioned concerning the detrimental effect livestock has on the environment.

What I fail to understand is the horror people have at the suggestion to reduce consumption of or give up meat. It is as though meat is an addictive drug. There are many delicious meat substitutes and alternatives widely available as well as easily prepared tasty meals.

It seems we are born with "meat on the brain" and that it is part of our psyche. Since going veggie I eat a more varied diet than I ever did as a meat eater. I am not overweight nor do I suffer from high blood pressure or, cholesterol or any of the other ailments which afflict many people.

Elizabeth Allison

Faith and the planet

I am both surprised and saddened to read MEP Roger Helmer's view of the Church of England as having abandoned faith in favour of what he calls "the new religion of climate alarmism" ("Get back to the Gospel", Mailbox, November 16).

Why, if that is his view, did he recently accept an invitation to debate climate change in Leicester Cathedral, when he completely failed to rehearse his extraordinary view that the earth is cooling or to assert his view that his hosts had lost their faith? Was this merely courtesy or was it because the opportunity for a platform meant more to him than exposing his views to scrutiny or challenge from a live audience?

In fact, the world's religions are united on this issue because they have a strong sense of the earth as God's creation: a fragile planet created as a gift for humans to care for rather than to exploit. That is why climate change so clearly reveals the gap between a religious world-view and secular capitalism.

That is why without faith in God the risk of human beings destroying their own habitat is very high. And that is why all people of faith will be praying earnestly for the forthcoming Copenhagen Summit on global warming.

Rt Rev Tim Stevens, Bishop of Leicester:

Time to change our eating habits

I AGREE with the points made by the Bishop of Leicester in his letter, "Faith and the planet", (Mailbox, November 19) but I would like to add the following comments.

The Bishop said "there is a risk of human beings destroying their own habitat" and that the Earth is a gift "to care for rather than exploit".

Human beings have been exploiting animals who share this planet with us and destroying the habitats of creatures for years. It seems it is only now, when our own habitat is threatened that there is an urgency to speak out against destruction and exploitation.

Last month, the World Watch Institute, an environmental think-tank said up to 51 per cent of global warming gases could come from livestock production. Global warming, environmental destruction, world hunger and poverty, ill health and animal suffering are all related to a diet heavily dependent on meat and dairy products.

Although such a diet is not the only cause of these issues, it appears to play a significant part and should not be dismissed. As well as "praying earnestly for the forthcoming Copenhagen Summit", people could take direct action now by changing or modifying their eating habits.

Elizabeth Allison

Courage is one very lucky bird

WELL done to President Obama's daughters for persuading their father to spare Courage the turkey from the dinner table ("President's pardon for Courage the turkey", Mercury, November 26).

Courage is a very lucky bird, unlike the 10,000,000 which are slaughtered for our dinner tables. The majority of these birds have short, miserable lives. Reared in large, windowless barren sheds each containing up to 25,000 turkeys, they are bred to grow as fast as possible.

They frequently suffer crippling lameness and heart and lung failure as their organs are unable to cope with such rapid weight gain. They suffer burns and ulcers on their feet and breasts from the excreta on putrid floors.

About 2.7 million turkeys die mainly from heart attacks before they even reach slaughter weight. However, at least Courage has escaped the slaughter man. Let's hope he has a happy Christmas and a long life, unlike the rest of his kind!

Elizabeth Allison

Its free speech

MRS Julie Weetman (Mailbox, November 10) complains that every time she turns to the letters page I am on it. I have written to Mailbox six to eight times in three months. Are you sure you are not mixing me up with Elizabeth Allison?

I do not mind who writes to Mailbox. I enjoy reading all letters, and I never mind criticism. Cheer up Julie, the season of goodwill is approaching. Enjoy my letters, with the spirit intended.

I have been writing to Mailbox for 20-plus years and as long as my letters are printed, I shall continue to do so. It is called free speech.

Elizabeth Lambert

28-11-2009

I WROTE last week in defence of Elizabeth Lambert who was unfairly criticised for her regular contributions. Like most regulars her letters are about various topics. However, at the risk of being labeled a hypocrite I am now going to refer to another Elizabeth - Allison.

She is so obsessed with her views on the "evil meat" that she really bores me to tears. She was in Mailbox again on November 18. Imagine sitting next to her at a dinner party. I can just imagine her trying to convert me from my nice juicy steak to her nut cutlet - enough to give you indigestion.

Please, Elizabeth Allison, no more. Do you have any other interests in life ?

Robin Johnson

02-12-2009

Veggie debate

I AM sorry to disappoint you, Robin Johnson (Mailbox, November 28), but Elizabeth has every right to express her views (and more importantly share facts and figures) on the meat industry, and I applaud the Mercury for giving her and others a voice where many do not. Her views may well "bore" you, but that is because one's mind is often closed to that which it does not wish to hear.

And your comments about indigestion did nothing but make me chuckle at the irony-you are aware that it is, in fact, your "nice "juicy steak" that would most likely be the cause of that.

I am sure that Elizabeth has many other "interests in life", but at a end of the day, when the agricultural industry is the single largest contributor to our CO2 emissions, and when meat related diseases kill more people per year than tobacco, I'd say it is a pretty worthy "interest" to discuss. But you just keep on enjoying your chemical laden steak, now won't you!

Mrs L Tanner; Kibworth.

03-12-2009

Food for thought

HAVE obviously upset Robin Johnson again. Last January I was "making his blood boil". In March he said that. I "try to pin all the world's ills on meat-eaters", a gross over-statement. He now accuses me of being obsessed with the "evil meat" (Mailbox, November 28). These words and phrases are rather extreme.

The majority of my published letters have been concerned with animal cruelty and welfare issues. They did not mention vegetarianism. Perhaps Mr Johnson is obsessed with anti-vegetarianism. To answer Mr Johnson's question, I have many other interests in life and my healthy diet gives me the energy to pursue them all! Calm down and lighten up, Mr Johnson. As I intend to continue to write to Mailbox, I suggest that if you see my name you refrain from reading the accompanying letter.

Elizabeth Allison

28-12-2009

Bringing home the bacon, still

SO, Elizabeth Allison thinks my hostility "is really towards women" ("Old fashioned", Mailbox, December 22).

Well, Elizabeth, you are wide of the mark. I just happen to think that men should bring home the bacon and women should cook it. Apologies if using "bacon" in my example upsets you.

Please feel free to substitute courgette or soya if you wish. As for me being a 21st century Neanderthal, thank you for the compliment.

Regarding the earlier point in your letter, the reason I might appear to be critical of both women and vegetarianism is that I would imagine the vast majority of vegetarians are women - no doubt you will be right back with the exact percentage.

Robin Johnson

28 -12-2009 (Publish date unknown) **Reply to Robin Johnson**

Robin Johnson seems to enjoy being controversial and is determined to prolong our Mailbox confrontations. No doubt his male ego needs to have the last word. ("Bring home the bacon, still", December 28).

Mr Johnson, your brain is obviously addled from an over indulgence of nitrates, nitrites, growth hormones and other chemicals consumed in a plethora of animal flesh over Christmas. You made declarations of alarming stupidity. I consider the male chauvinist attitude of which you are apparently proud rather amusing. No doubt you intended to arouse anger.

Sorry to disappoint you, Mr Johnson but I don't know the male/female percentage of vegetarians, although I dare say could find out. However your presumption that "the vast majority of vegetarians are women" has no basis apart from your biased attitude. It is also irrelevant.

I consider that you are envious of people who have high ideals. Strict vegetarianism is a defence of life and displays compassion for all beings that populate this Earth. No doubt, Mr Johnson, "you will be right back" with some more puerile comments.

Elizabeth Allison

29-12-2009**Helping to save planet**

After all the hype and high expectations the Copenhagen summit was damp squib. What a waste of money and, more to the point, carbon emissions in delivering all those VIPs to their destination. They were supposed to "save the world" like super heroes. Perhaps Batman would have done better. At least he wouldn't have needed transport!

We obviously can't rely on world leaders to heal the world and as lesser mortals we may feel powerless. However, here are a few startling statistics from a much longer list which show the difference people could make.

If everyone in the US went vegetarian for just one day the following could be saved:

- 100 billion gallons of water, which is sufficient to supply all the homes in New England for nearly four months.
- 1.5 billion pounds of crops fed to livestock, which is enough to feed the state of New Mexico for more than a year.
- 70 million gallons of gas, which would fuel all the cars in Canada and Mexico.
- Three million acres of land.

The following would be prevented:

- Greenhouse gas emissions equivalent to 1.2 million tons of CO₂.
- 4.5 million tons of animal excrement and almost 7 tons of ammonia emissions, a major air pollutant.

In a recent TV series, Man on Earth, it was shown that civilisations which changed long-standing habits when climatic changes occurred survived. Those that continued their lifestyles perished. There are no super heroes to make the Earth adapt to our ever-increasing demands, but we could make a difference by adopting a vegetarian diet even for just one day a week. Perhaps people should consider this when making their New Year's resolutions!

Elizabeth Allison

What nature delivers to us is never stale. Because what nature creates has eternity in it.

Isaac Bashevis Singer

Great spirits have always encountered violent opposition from mediocre minds.

Albert Einstein

**Eileen Girling
Correspondence in the Hull Newspapers**

Following on from correspondence in 'Your Say' No 1

Humans harm the world

IN REPLY to the letter from MP Taylor (May 1), just who do you think you are? If Eileen Girling wants to fight for a better treatment of animals that is her business and certainly not a wasted life!

As for her being actually dangerous, I might remind you, Mr or Mrs Taylor, when you talk about the dreadful deaths suffered by humans in war, just who started the Wars - humans, certainly not animals!

Animals, for the most part do not kill for the fun of it, but for survival. As to whether insects feel pain, I should imagine all living creatures feel pain. Your attitude leaves a lot to be desired and your attack on Eileen Girling was personal and unwarranted. Humans cause everything that is wrong with this world.

I am not an animal rights activist, but I do love animals, and anyone who strives to stop cruelty gets my vote any day

H. Stannard

More people should follow Christ's example

MP TAYLOR'S criticism concerning Eileen Girling's "sensitivity towards all life that suffers" is surely harsh and cruel. His concluding remarks in his letter of May 1st surely speak for himself: "Madam, you have wasted your life."

Well, I only know this - I would much rather put any form of vulnerable and defenceless life under the domain of an all-compassionate Eileen Girling than a commodity for "humanity" ethic of MP Taylor.

Let us never forget that Christendom's top analogy of divine love and salvation is expressed through a good human being willing to lay down his life in order to rescue a wayward animal.

Very sadly - though the top hymn of Christendom is The Lord's My Shepherd - it is only a minority in Christendom who are seen emulating this analogy which Christ applied to Himself.

Yes, it is that of a member of the most dominant species being happy to sacrifice life in the rescue and care of an "assumed" lesser one.

If the strong would start to serve and nurture the -- relatively weak, rather than arrogantly exploit them, the Kingdom of God Christians pray for daily would have arrived. Indeed, with due respects, you are very wrong Mr Taylor. Mrs Girling has not wasted her life at all. She has most wonderfully found it - just as Jesus promised.

Rev James Thompson

Meat is one of major causes of 'our` misery

TOLSTOY said while there are slaughterhouses, there will be battlefields.

This is in reply to an offensive letter to the Mail recently regarding the growing band of vegetarians (five million plus) from someone who doesn't understand why meat is not only murder, but causes murder and wars.

Robert Louis Stevenson, Gandhi, Einstein, Van Gogh, Mark Twain and many more all made the point about vegetarianism being linked to spirituality, compassion and clarity of thought.

In a national paper a survey said all Britain will be vegetarian by 2076. I don't believe that, but the World Health Organisation, American Cancer Society and the foremost living epidemiological researcher Dr Colin Campbell state animal protein is the prime carcinogenic.

It's disputable that eating meat is killing the earth. Facts about meat production, global warming, famine and therefore wars over land mass are evident and I found out about the healthy benefits while attending Prof Chee Soo's Kung Fu classes in Hull 30 years ago. The Chinese had devised a system of checking human health over 3,000 years and worked out the devastating effects of meat.

I know, like the British, some Chinese people will eat anything on legs, but the way forward is to grow meat, not kill it. I understand Peta offered \$1m to anyone developing an in-vitro chicken meat product.

This would stop animals suffering and all the petty attacks on vegetarians. A relative hero of mine, 20 years in the Paras, having seen action in Korea, Ireland and other hotspots with the SAS and Foreign Legion was a vegetarian for health reasons. Hull's answer to Rambo proved to me being macho doesn't, involve animal cruelty in any form.

Steve Broom

Vegetarians are not all compassionate people.

IN HIS list of vegetarian luminaries (Ghandi, Einstein, etc) Steve Broom (People's Voice, June 20) forgot to include a certain Adolf Hitter. It is difficult there to find Steve's "spirituality, compassion and clarity of thought", although, as German schoolchildren are apparently taught, he did authorise building the auto-bahns.

Wesley Paxton

Adolf Hitler was not a vegetarian

IN HIS quest to promote meat-eating, Wesley Paxton (Mail, June 30) once again gets fact and fiction mixed up. Having a keen interest in the history of the Second World War, it is a fact Hitler was not a vegetarian.

Apart from having a sweet tooth, his favourite meat was ham. Particularly in a stew. On the advice of his doctor, he abstained from red meat and red wine.

Although any health benefits were ruined, again by his doctor's advice, who prescribed 28 different medications a day, which presumably caused something like Parkinson's.

Certified eye witnesses such as his cook and man servant verify Hitler's partiality to meat. And before people mention his aversion to hunting, this was because of his opposition to the class system.

I have read this in five separate books and there is plenty of "evidence" on the Internet. So, Mr Paxton, to use a famous quote, the realisation of ignorance is the beginning of learning.

S Broom

Difficult knowing what to believe

OOPS Steve Broom (Mail, July10), sorry pardon, One of the problems of learning is knowing what to believe. I would have expected someone speaking on BBC Radio 4 to have done their homework, claiming Hitler was a vegetarian.

Obviously your sources are more impeccable than theirs. As for "promoting meat eating", which I was not, sadly, every single example of the several vegetarian meals I have eaten in restaurants in this county have been an incentive to be a carnivore.

Wesley Paxton

Hitler was a selfish veggie

PEOPLE are vegetarian for different reasons. Some people become veggie because of compassion for animals; some because of compassion for the millions of children who die for want of food in developing countries, in which the West's meat-eating habits plays a large part; some for environmental reasons and some for health reasons. Some are vegetarian for all these reasons

Regarding Wesley Paxton's reference to Hitler (Mail, June 30), there is lots of confusion as to whether he was part-veggie at times or not.

I have it on good authority he had a fear of cancer (his mum died of it) and that made him cut his meat down and his doctors put him on a veggie diet to cure his flatulence and his chronic stomach disorders but he still partook of a little meat.

Clearly, he was not the veggie some people think. Most clearly, he was the opposite of compassionate. His diet was for selfish reasons.

Eileen Glrling

Hitler wasn't a veggie

IN ANSWER to Mr Paxton's letter of July 17, he may find the following helpful. I happen to be related to a college history lecturer who has stated it is a myth Adolf Hitler was a vegetarian. He most certainly was not.

Helen Brown

Emails from Eileen Girling, Beverley, Hull

To: letters@mailnewsmedia.co.uk **Friday, October 16, 2009 3:08 PM**
Subject: Follow up on pig farming

Alex Minns writes (Mail Oct12) that it is up to the public to force changes in pig welfare. Unfortunately Joe public is generally unconcerned and take at face value the vested interests of the pig industry who repeatedly push a frontage of idyllic scenes of pigs rooting around in vast areas with leafy trees and sunshine and fresh air and images of straw filled pens. I belong animal aid ,who visited 10 English pig farms spanning 5 counties, Cornwall, Somerset, Lincolnshire, North Yorks and the East Riding .last year. Behind these idyllic images purposely promoting (false) welfare standards ,Animal Aid found squalor, filth, disease, dead and dying piglets in barren overcrowded pens. This was the appalling reality in which most of these inquisitive, lively, intelligent, clean animals were placed.

As everyone single one of us is responsible for the welfare of all things great and small, may I, like Alex, ask the public to learn the truth of modern pig farming by visiting the sites of VIVA, Animal Aid, Hillside Animal Sanctuary and many more, who have all got evidence of the intolerable suffering of English pigs.

In closing, ever wondered why people get more viral infections like the common cold in winter? It is because we tend to be more crowded together in warm rooms. It is the same with the intensively crowded farm animals! Infections spread like wildfire. Apart from the appalling suffering of the animals. It is very bad news for human health too. **Eileen Girling**

To: lara.king@bbc.co.uk **Friday, October 16, 2009 10:28 AM**
Subject: contaminated fish.

Dear Lara, How can people say, as Phillipa Lamb did, that fish fingers are delicious. All fish is contaminated by chemicals,such as mercury. Delicious? Also it is a piece of dead decaying flesh of a caught tormented sea creature, who was simply enjoying its sea life until it was cruelly scooped up in nets along with lots of other sea creatures , who suffer too. We can live without the flesh of other creatures and indeed the earth is suffering because of the over plundering of flesh foods by man. **Eileen Girling**

To: peter.levy@bbc.co.uk **Friday, October 16, 2009 12:45 PM**
Subject: Humans cause mess too

Peter, It is only a minority of dog owners who are irresponsible. The reason that dogs are being banished from open places is because they are an animal. By that I mean there is not usually blanket bans on humans visiting places, even though a minority of humans also mess up with lots of trash. including defecating in shop doorways and bus shelters. This has gone on for years. Most of the trash on land or sea is from humans,. So blanket ban them!!!! **Eileen Girling**

Sent this morning lara.king@bbc.co.uk

Friday, October 16, 2009

Subject: Stealing from dairy calves

Dear Lara, You will be fed up of me this morning but regarding food why do people continue to believe, into adulthood, that cows milk is a natural food for us ? A well known doctor actually stated this in a newspaper. Which is unbelievable. The truth is cows milk is a natural food --for its baby calf only. All mammals make milk when they are pregnant, which is why the poor dairy cow is continually made pregnant (and then her baby cruelly taken from her after birth) to make milk. ALL mammals milk is composed differently, ideal only for its own kind . That's why it has to be modified for human babies. But it is a totally unnatural food AFTER weaning, and it is certainly TOTALLY UNNATURAL taken by humans into adulthood, especially from ANOTHER SPECIES too. You would not continue to drink your own mothers milk would you? Did you know that to be lactose intolerant is actually normal as after weaning we normally cannot digest it. Apart from the unnaturalness of taking another species baby food, milk is contaminated with anti biotics, hormones etc etc and (one of the dairy industries biggest secrets) contains pus cells. Legally 400 million pus cells are legally allowed in one litre of cows milk. That is millions per teaspoonful. We have organic soya. No suffering and healthier and planet saving, Cows milk is also a leading cause of lots of diseases such as asthma. **Eileen Girling** (See Milk article page 28)

To: peter.levy@bbc.co.uk**Thursday, October 15, 2009 4:09 PM****Subject: spiders and killing**

Today you said that "I know of people that can't even kill a spider, I'd better not say that I'll get into trouble". Why does the word killing come to mind when spiders are mentioned? Why does the word 'kill' and 'spider' join up in your thinking Peter?

Seriously I would love to know. What kind of a world have we created by being the "kill everything that moves" dogma. Nowadays, if you look around, you will see the answer, complete breakdown with cruelty and disrespect for all that moves upon the earth, including our own kind. No compassion or concern.

Peter you are in a privileged position to influence changes, to point out that the killing of spiders is totally unnecessary. You are a good man Peter and could use this for the betterment of the spiders and other creatures. Because Peter, that is what a spider is, another creature who shares our planet. We shouldn't be thinking of "kill". The world needs more compassion in it, to turn from the state it is in.

So you are not in trouble BUT I do ask you to remember this email and have a better outlook towards spiders from now on because you, like the rest of the media, hold a lot of clout. **Eileen Girling**

This makes me smile: from Joyce Maynard

I had great satisfaction at the hospital recently, in stating 'Religion' as 'Christian Veggie' - 'Never heard of it', they said, giving me a funny look.

To: jonathan evans

Saturday, October 17, 2009

Subject: Vegetarianism and the church etc etc.

Dear Jonathan, I know you have a lot coming from me at the moment and that you are a busy man. But I have come across the email that you sent to me after your family holiday re vegetarianism, in response to mine. I would like to say a few things about this please. You say you are not sure we were veggie in the Garden of Eden but the bible says we were, that every creature was. That is to me just how God would create it, loving and kind and peaceful. Because eating meat or fish is the opposite of peaceful and involves terrible unremitting violence.

The slaughter houses are evil places. The animals are not "humanely" killed, there really is no such thing. Also all the rules are, as with most things, not adhered to and when the subjects are the animals, who have little respect anyway, and indifference from the vast majority of the public, even church goers, I am sorry to say. The "rules " are then even less respected. The abattoir animals are truly traumatised. People have said to me "we are meat eaters you know", this is very debatable but basically we have required a taste for meat, here in the West and hold onto the big protein myth.

Humans are omnivores, meat eaters are carnivores, both these having different dentistry, gut etc. Man cannot hunt without tools. Why does man not eat meat raw as true carnivorous species do? I have had it said to me that "we need meat for protein" Ha, that big myth again put out by the meat industry and its vested interests. Where on earth do these people think the veggie animals get their protein from then? ALL FROM the ground and our wasteful meat eating diet causes people to die of starvation in developing countries. Shameful!!.

The strong race horse, the cow, sheep, rabbit etc etc, ALL get their protein from plants, The strongest animal on earth the silver backed gorilla is a vegetarian animal. I think that people make many excuses for their flesh eating habits and usually do not respond to the cruelty to animals side BUT when told of the human cost to their meat eating habits, having previously professed to care for humans, then they turn aside from their human "argument", dismiss it and STILL carry on meat eating because they enjoy it they say!! So it is difficult trying to teach people.

I have heard the lot! A farmer on Radio Humberside. "If we are not supposed to eat meat then why are they made of it, they wouldn't be if we were not meant to eat them would they?" I could sometimes scream at these paltry totally unintelligent reasoning's. We are made of meat, but we do not eat each other. Cooking human Liver or heart would smell and taste similar to other mammals organs. Stupid excuses.!! Sorry Jonathan, I know Christians are not supposed to get angry with other people but it is so hard not to do so at times.

Food animals are also bred and raised up to be enormously distorted. They are not natural anymore. We can live in harmony with ALL the other species. What a lovely world this could have been. Now? Well I believe it is too late to EVER undo lots of the damage we have done. So many things weigh heavily in my heart. Yet veggies are treated as oddities. **Eileen Girling**

Rita Oliver of Barnes close, God bless her, who died June 11th 2006 was at a restaurant with four of Brians relations and Rita asked what have you got veggie. The other four rounded on her saying "why cant you be normal like everybody else! To which Rita had replied" Normal, you call that bl**dy normal, letting your stomach be a graveyard for pieces of murdered animal body parts?" That shut them up. Poor Rita, God bless her. Rita and I used to play together as young children around St Nic church, sitting on the wall.

There used to be a horse, named ROYAL around the back of the church belonging to a Braithwaite man, and her and I used to go and talk to him as we thought he was lonely and perhaps he was. I actually felt Ritas presence in church at the pet service. I absolutely hate ANY suffering Jonathan but much of the world turns a blind eye to it especially if it is animal suffering and I believe this to be so wrong.

The world is groaning and humans are, in the main, so selfish and materialistic. The care and consideration of the natural world is surely much more important than the latest flash car or three piece suites. I will close, do delete this if you get fed up but you mentioned Wilberforce, well he was instrumental in animal welfare issues too. Thank you for your time.

Eileen Girling

To: peter.levy@bbc.co.uk

October 28, 2009

Subject: People starve because other people grab all

The public, in general, seem to believe that one can only get protein from meat, a myth much pushed along by the meat industry. ALL protein comes from the ground in the first place. We either eat the plant or eat the animal that has eaten the plant or eat the animal that has eaten the animal that has eaten the plant. But the higher up the food chain that humans eat like those on a carnivorous diet, the more share they are taking from the limited resources on the earth. This is because growing meat is incredibly wasteful as 90 per cent of resources are wasted on keeping the cow or whatever alive for a preferred food choice. Meanwhile people starve to death. There is actually enough food on earth to feed everyone - ON A VEGGIE DIET ONLY. **Eileen Girling**

Some support for Eileen from Helen, Hull

To: peter.levy@bbc.co.uk

Wednesday, 28 October, 2009

Subject: Meat eaters go on and on, much more than veggies do.

Hi Peter, Your carnivore texter saying "here we go again, telling us all what to eat" wants to keep a record of all the 99 per cent of times that the media pushes meat meals. Considering that being veggie means saving human and animal lives and the earth, it is sad that such people are so anti vegetarian. They think of themselves only All you hear now is turkey re xmas

Helen Hall

To: letters@mailnewsmedia.co.uk

Sunday, November 01, 2009

Subject: moneyon research what re should we spend it on

S.Broom brought up a very important point in his letter to the mail (Oct 28), when he said that virtually nothing was spent on cancer prevention and this has prompted me to ask what exactly happens to the millions of pounds raised each year by well meaning people for cancer research. Because with all the billions of pounds received and continually being raised and with all the promises of " breakthroughs just around the corner", which do not materialise and indeed with the rates of cancer continually raising then clearly there are big questions to ask, are there not. Shouldn't we all be asking these questions?

I feel that science now goes up the wrong path and that we should be looking more to the causes of cancer, rather than ignoring the causes and looking at so called cures all the time.

We have a very good example of how fixated scientists are nowadays on their modern "research" methods. For thousands of years farmers and breeders have genetically modified plants and animals through artificial selection, thereby making them smaller, larger, fatter, thinner, meatier, without any knowledge of DNA but with observation of what happens when man chooses what mates with what. The best example is in the huge differences in pedigree dog breeds all genetically modified by man through the process of selective breeding. All from the one sized grey wolf. shape.

But this manmade modification of species, with all its inherent problems, is not the same as the genetic engineering now being performed in laboratories. This genetic interference is totally different from traditional breeding methods as it is deliberately altering the structure and characteristics of the new organism putting in genes taken from totally unrelated organisms on the pretext, hope or promise (once again) of helping mankind. Once again by not looking at the whys and wherefores, by not concentrating and spending research money on the causes and nipping it in the bud so to speak, we are allowing diseases to flourish unheeded and we are not questioning the vast waste of research money that is being used for the scientists further whims.

In the case of transferring genes from one species into another, we are in unknown territory. The sensible saying that "prevention is better than cure" comes to mind. I believe everything around us would benefit if we changed the whole scientific establishment because disease is more common than ever, which teaches me things are deeply amiss and will only get worse if we seemingly allow more problems to flourish and then allow scientists free reign to effectively enter more unknown territories. **Eileen Girling**

We live in a world full of misery and ignorance, and the plain duty of each of us is to try to make the little corner he/she can influence somewhat less miserable and somewhat less ignorant than it was before we entered. *Thomas Huxley (1825 - 1895)*

To: david.reeves@bbc.co.uk Wednesday, November 11, 2009
Subject: Veggies are kind and caring

Dear David, You asked the lady veggie if she Preached her vegetarianism to others and when she said no you made the comment "You're a good veggie then", meaning if we veggies 'Preach' to use your word, that we are baddies. Because ALL meat eaters preach ALL the time about what joint to have for dinner etc,etc then using your logic all meat eaters must be baddies then!! Radio Humberside talks all day of meat meals. So why do veggies get put down for their compassion. As for Morrissey having a lot to answer for, it is the meat eaters of this world who have a lot to answer for. **Eileen Girling**

To: phil.white@bbc.co.uk Monday, November 23, 2009
Subject: The jungle animals are being tortured.

Dear Phil, It is not just the eating of these bugs, which are small animals but such cruel things as pouring buckets of 60,000 cockroaches over the celeb etc etc. What I want people to look at Phil is to imagine some species much larger than us gathering 60,000 humans in a very large container and pouring us all over other creatures or whatever. We would be gasping for breath , be twisted into each other, arms, legs etc all torn pulled off, heads damaged etc. THEY are living creatures who are being tortured for human entertainment and it is sick, along with the people who watch such trash. Animals should not be part of it. We have no right to torture any living creature. **Eileen Girling**

To: caroline.davies@bbc.co.uk Monday, November 23, 2009
Subject: Jordan ///animal torture.

Hi Caroline, I do not watch reality shows and I am not a big celeb or Jordan fan BUT I think people have really hounded her in the jungle. However, she can offer to go in and to walk out. Not so ALL the creatures that these celebs are taking part in torturing. They cannot escape cruel humans. None of the celebs can be kind hearted as if they were, they could not torture animals like they do. Jordan should teach her kids respect for these creatures not let them see her willingly abuse them. **Eileen Girling**

To: carole.malone@notw.co.uk Tuesday, November 24, 2009
Subject: calling human thugs animals is wrong

Dear Carole, Re your column, News of the World, Nov.1st. I absolutely agree with you that footie thug Marlon King should never be allowed to play footie again BUT I am mailing to complain that you Carol wrote " He's an animal who should be caged for a very long time" .

Calling evil/bad humans an animal is wrong. It is out of order and annoys me. Animals are not evil like some humans are. Animals also should not be caged.

Thug Marlon King is actually well below ANY animal in behaviour. It really annoys me that people like you can "down " on other creatures by likening them to a human thug. Please, next time you want to comment on a bad/evil human do not call them an animal because it is an insult to ALL animals and an insult to God who made and loves ALL creatures. Mankind has freewill. Please remember that!! . Otherwise I like your column. **Eileen Girling**

To: letters@mailnewsmedia.co.uk

Tuesday, November 24, 2009

Subject: I'm a celeb jungle cruelty - Jordan

I do not watch 'I'm a celeb', nor am I a fan of Katie Price, however I absolutely agree with Jordans mum, Amy, who likened the public hate and revenge towards her daughter as being stoned to death in ancient Rome and I am glad Katie has quit but she has the choice to do so and also the choice to take part. However this is not so for all the thousands of animals being tortured in the jungle for entertainment, who have no such choice.

To some people 60,000 cockroaches being poured over Jordan is highly entertaining but I ask them to imagine a species much larger than us ,forcing 60,000 people into a large container and pouring us all over whatever. It would be hellish conditions, all 60,000 of us squashed, torn and broken limbs, damaged spines,damaged heads all hurling into each other ,totally traumatised. Well it is no different for the cockroaches who are highly sensitive creatures . Whatever you may think of cockroaches or other insects, they are a living feeling creature and should not be abused like this.

Celebs forcing down live insects, this is odious entertainment. Human mouth saliva and mouth heat will be painful for them. They are still alive!! In the several years that this programme has been running I know not of one celeb who has complained about the issue of cruelty to many different creatures of the jungle which shows a hardness of heart. We live in strange times when obvious distress and bullying of these innocent creatures and of Katie Price causes huge entertainment value. Viewers watching such as celebs eating an animals private and anus seem gruesome but as most people are unfazed at all that is included in their meat eating then I suppose this is not surprising .

Im a celeb brings out the nastier side of human nature . Whoever thought up the inclusion of forced cruelty upon other creatures, has a lot to answer for.

Eileen Girling

To: letters@mailnewsmedia.co.uk

Tuesday, December 01, 2009

Subject: David Treacher and his call for church attendance

I agree with David Treacher (Dec. 1st) that most people do not enter into the spiritual meaning of Christmas. However, David seems to think that attending Church services makes a person a Christian. It does not.

Christians are called to have love for God and His creation and love for our neighbour but in David's case if his neighbour is an addicted smoker and falls ill through a smoke related disease then that person should not be treated on the NHS because they have self induced their illnesses. So David has oft said, singling out the smoker even though they have propped up the NHS through taxes paid and also through their wages being taxed. too. Where is the Christian thought in such comments?

Also, where is the Christian thought/spirituality in partaking of a grossly deformed selectively bred turkey, raised in a windowless, airless shed crammed with thousands more with their little legs unable to support such weight, for a Christmas lunch after Church, after singing of the love for God and his creation? No going to Church does not make one a Christian! If it does not make one compassionate.

Of course the birthday of Jesus the prince of Peace should be celebrated spiritually and his message of peace listened to but surely not by incarcerating millions of turkeys in hellish conditions and then slaughtering them for the celebratory feast of Christmas day, following the loving fellowship supposedly offered in Gods house.

Submitted by Debbie Sparkes

Those who claim that the lives of animals are of little or no importance reflect deep-seated speciesism, which is a form of fascism towards non-human animals. They defend the status quo of human supremacy as strongly as the supporters of slavery and white supremacy used to claim that the lives of slaves were of little value. Europeans called native Americans 'beasts' and Africans sold into slavery were treated like domesticated animals. During the Second World War, Americans described the Japanese as vermin to be exterminated.

Victims of the Nazis were killed in assembly-line fashion as animals are killed in slaughterhouses. The vilification of people as animals made it much easier to kill them because most humans have been brainwashed to have little or no regard for the lives of most animals.

The grim truth is our 'civilisation' is built on the exploitation of animals and it is from this cancer that all other atrocities flow. Those who advocate for animals are attacking the roots of human oppression. We must become aware of dualistic, divisive thinking as it becomes the basis for the discrimination that causes oppression and suffering. Instead, we must see the relationships between all beings, instead of a separation into higher or lower or good or evil.

Beth Gourley's correspondence with United Christian Broadcasters**03 - 11 - 2009****Beth's letter to CVAUK**

I replied to UCB's letter politely but firmly enclosing CVAUK booklet and some other information on Health and Economics and the Planet I asked him and colleagues to pray ponder and study and reply to me. I only asked for one little blue book to be returned ie Animals and All Churches by Victoria Lidiard a lovely little old lady, now deceased

I would think. I have only a few of her little books left and guard them as they are out of print. Have you seen it? I received my copies years ago from Mrs Marjorie Seelig 16 Kent Close Farnborough Kent BR6 7HF tel 0689 850312 it would be nice to know she is still helping. Book cost £1 years ago and I have shared with many through the years but received no response.

UCB returned all my, sharing of literature so they could not have had long to really consider pondering and praying on it. In my letter I shared that , I did not expect him John to answer for team etc at UCB pointing out of course everyone has their free agency. But God expects us to listen and show brother and sister love to one another. I said in reply to his first letter that did he not think he could have Said that he would think about all I had written and study the things sent and reply to me but he didn't, he just perhaps sat on fence etc. In his first letter he did admit that he was BRIEFLY acknowledging my compassion for the creatures and all life but he seemed more interested and concerned about the environment and the planet and that it was too big a matter to go into BRIEFLY. I took all this up with him in my reply to his first letter.

I only asked for blue book returned but Alastair McRoberts a different person answered my letter Head of HUMAN Resources and sent all enclosures back to me which was disappointing, out of sight out of mind and not even put on file for later!!!

He said "I do not wish to go into LENGTHY DEBATE as he puts it nor would John and the Team have the FREE capacity to engage in biblical principles relating to meat".

It would not take a lengthy debate to just say how he and John and the team feel RIGHT NOW about being meat eaters or vegetarians if there are any amongst them. And analyse their own spiritual dictates of why this was. I think sorry to say he was just evading involvement on the whole subject even though the state of the planet does seem to concern him but does he not see the connection with flesh eating and the plight of the creatures.

He only appreciates my strong views but he respects others differing viewpoints, I don't know which is the strong word *appreciates* or *respects*. Personally though I dislike the word respect. He goes on to say THAT HE WOULD NOT EXPECT AN EMPLOYEE AND REPRESENTATIVE OF UCB TO ENDORSE ONE TO THE DETRIMENT OF ANOTHER. Surely each one of us has to analyse

and examine our spiritual dictates and have a wide vision of how Gods laws apply to this world and how they are being followed by us as individuals and not speak for others but discuss the WHOLE laws with one another and REASON TOGETHER and each one's spirit sincerely be moved by the Love God has for all his creation all life.

He goes on to speak about Grace and How God takes THE MESS WE HAVE MADE.....and he goes on about MERCY LOVE AND FORGIVENESS. He seems to think that eating meat is ok so why would he want to even discuss it with his team or anyone else. He refers to LOVE ONE ANOTHER, but that seems to be only HUMANS not other species in creation but he must be trying to love the Planet as he is moved by the so called MESS he speaks about. He does admit that the way in which WE LIVE OUR LIVES MAY HAVE AN INFLUENCE ON THOSE AROUND US. Does he then include the animals and other species when he uses THOSE AROUND US.

I asked him if there were representatives of UCB IN N.Ireland with whom a discussion could be arranged. He ignored this request.

It was at least a reply at last after many years of being passed by ignored by this and other groups. I feel their promotion as he says of the Gospel of Jesus Christ to the Nation is lacking in complete compassion ie. The animals and all other species and the Planet and Real Health for all wherever we live and John and Alastair seem to comfortable and at ease in their missions for UCB and do not wish to think about the creatures, their individual continued flesh eating etc.,etc.

It doesn't say we should stop trying to share with love, information to the folk who run these and other Christian groups. Should they not be polite and care and say I think you make very good points and I am giving ACTIVE consideration to whether I should become a Vegetarian. Now that would have been encouraging both for his spiritual dictates towards the perfection required by God and shown love to my concerns as a vegetarian Christian.

I explained Gods instruction to Noah and family on their exit the Ark as being PERMISSIVE and given in view of changed earth conditions. Difficult circumstances might also arise today at certain times and in certain place which might excuse the invocation of this permission but John Hudson and his team should bear in mind that at that time GOD RELAXED THE STANDARD there were only EIGHT persons in the World, Noah's family his wife 3 sons and their wives. NOW THERE ARE NEARER TO 7,000,000,000. There were no huge cruel factory farms and abattoirs. Eating meat NOW has huge implications for animal welfare and the health of humanity and the planet which it did not have then.

He ignored my comments on the scripture quoted. He kept my letter didn't return it so maybe he and others will refer to it rather than look at pamphlets etc., He also quoted from New American Standard Bible for Gen 1.29 but not for Genesis 9./3 maybe because he likes the old fashioned word MEAT in the KJV

which just means food. He did not go on to verse 4 not eating FLESH with the life thereof that is, its blood, But he wanted to avoid that verse as many Christians do.

The letter Beth received from
**United Christian Broadcasters Ltd, Operations Centre,
 Westport Road, Stoke-on-Trent, ST6 4JF**

Changing Lives for Good

Dear Beth,

30th October 2009

It was lovely to receive your comprehensive response to John's acknowledgement of your kind donation. On behalf of UCB I should like to apologise for not responding to your previous donations; we certainly don't want any of our supporters to feel as though they are being ignored, please be assured that this is never our intent.

I have pleasure in returning your books and literature as requested. As I am sure you will appreciate neither John nor the team within which he works has the free capacity to engage in lengthy debate regarding the Biblical principles relating to eating meat. While I appreciate your strong views on the subject I must also respect others differing view points and I would not expect an employee and representative of UCB to endorse one to the detriment of and other. I certainly recognise the validity of your arguments but I must also respect and treat with dignity the entitlement of others to differ on the subject. This then represents a balanced line of reasoning.

It never ceases to amaze me how gracious our Lord is to us and how on a daily basis he takes the mess we make and transforms it into evidence of his mercy, love and forgiveness. I feel that this message of God's grace is something that is very much in keeping with the way in which we treat and respect each other and also His gifts to us. I especially like 1 Thessalonians 4 vv 9 - 12 which makes it abundantly clear that we are to love one another and indicates that the way in which we live our lives may have an influence on those around us.

Thank you for your continued support of UCB, please continue to pray for us as we promote the gospel of Jesus Christ to our nation.

Blessings, Yours in Christ, **Alastair McRoberts, Head of Human Resources**

The above letter demonstrates how denial to the suffering we cause to God's other creatures is rife within the Christian church. The debate about Vegetarianism is only made lengthy by their refusal to discuss the truth. Their letter confirms how ignorance and/or indifference to animal suffering has desensitised Christians. Surely as followers of a loving God, Christians should have a respect for all life. Non-human animals are just like us, they have emotions, feel pain, have a will to live and were created to glorify God. We all rely on each other in the web of life. However our lust for meat already does, and increasingly will, lead to untold human suffering in the future, as we fight to maintain a wasteful, unnecessary diet in a finite, unsustainable world. Don

28-07-2009**CRUELTY HAS A HUMAN HEART**

Yes, John Wood, I too am tired of people having to keep on about the meat eating habits of some people.

It is incomprehensible to me how you and others like you think it is acceptable to condone the appalling suffering we put animals through for our un-natural habit of eating meat, and other animal products. You sound quite well informed so I am sure you must be aware of the fact that we are not natural carnivores by nature, our whole make up confirms we are natural herbivores.

I do not belong to a group, nor do many of my vegan friends, but I can understand why some do. Why shouldn't they? And I find your flippant comments offensive.

How you, or any like you who must be fully aware of the suffering caused to animals can be proud of your distasteful meat eating habits shows that you are devoid of pity or conscience.

Yes, I am sure you will continue with your sickening habit because if other people's letters in CVAUK do not make you realise how wrong you are, nothing will.

Joyce Shiner**28-07-2009****To R.C. Kidd,**

With reference to your letter printed in the Summer Edition of CVAUK, 2009, regarding cats and dogs being carnivores is partially incorrect. Dogs are omnivores and thrive on a balanced vegan diet. Cats however are carnivorous and require several nutrients that they are unable to synthesize from plants.

However, all is not lost and anyone who would like to change their cats meat eating habits can find all they want to know from the Vegan Society, phone 0121 5231730 to help your cat go vegan. They can also tell anyone interested where to obtain vegetarian/vegan food for your dog.

One thing I do agree with you to some extent is "Lets get rid of them". I think it is outrageous that some people breed dogs just to make money. Animal Sanctuaries are overflowing with unwanted pets. The idea of a pet rabbit instead is, however, not a good idea. Most rabbits are kept in tiny cages with, perhaps a little run, if they are lucky.

Joyce Shiner**Animal Aid magazine - Cull Watch**

Kew kills Animals - Foxes, Rats, Grey Squirrels etc.

Kew Gardens Address: Kew, Richmond, Surrey, TW9 3AB

Submitted by Val Hubert

I have also been told that **Richmond Park** cull their Deer.

Vegetarian Society - www.vegsoc.org

Extract from a letter sent to Mrs Dorothy Carmadella

Facts about Turkeys

It's a sad fact though that 15 million turkeys are bred for meat each year in the UK, 10 million of which are reared and killed to be eaten at Christmas alone.

Obviously we'd like to stop this from happening altogether but realistically what we can do is try to greatly reduce this number of turkeys killed. One way in which we are trying to do this is by educating people about the impact of the meat industry in a public report called 'The True Cost of Christmas'. This highlights the suffering inflicted on turkeys by exposing such facts as:

- Turkeys would naturally live around 10 years but are normally slaughtered between 9 and 21 weeks of age.
- Male turkeys are selectively bred so that they are larger, with broad breasts, which leads to degenerative hip disorders resulting in recurring pain.
- Turkeys are subjected to 'beak trimming', which involves slicing off about 1/3 of their beak, at around 5 days old, as well as toe cutting.
- Most turkeys reared for meat are kept in windowless houses, containing up to 25,000 birds. Their ventilation, heating and lighting is automatically controlled, allowing them 8 hours of artificial light each day.
- Excess chicks (otherwise known as 'hatchery waste') reared for meat are killed by a number of permitted methods.

All quotes submitted by Debbie Sparkes

There are only two ways of spreading light - to be the candle or the mirror that reflects it.

Edith Walton

Those who make peaceful change impossible, make violent change inevitable.

J.F.Kennedy

The World is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.

Author unknown

Submitted by Christine Scott**Facts about Milk****BABIES AND INFANTS**

"Babies who are fed whole cow's milk during the second six months of life may experience a 30% increase in intestinal blood loss and a significant loss of iron in their stools." Paediatrics 1992; 89 (6):1105 -1109

"We should strive to use foods . . . that meet the nutrient needs of the older infant ... yet avoid toxicity. Cow milk simply does not meet this standard of quality." Journal of Paediatric Gastroenterology and Nutrition 1993;16 (1):2

"Drinking cow's milk may weaken immune function in children and lead to problems with recurring infections." Nature 1978; 272 (5654): 632

"About 20% of babies suffer from colic, or abdominal cramping and gas. Milk proteins may be one of the leading causes of this digestive disorder." Lancet 1978; 2 (8087): 437-439, Paediatrics 1991; 87 (4): 439-444

DIABETES

"A young age at introduction of dairy products and high milk consumption during childhood may increase the child's risk of developing juvenile diabetes." Diabetologia 1994; 37 (4): 381 -387

"Early cow milk exposure may increase juvenile diabetes risk by about 1 1/2 times." Diabetes Care 1994; 17 (1): 13

"Epidemiologic and serologic 'data in humans also suggest a relation between cow's milk and diabetes." New England Journal of Medicine 1992; 327 (5): 302-307

("Cow's milk Protein) may play a fundamental role in the development of . . .IDDM."

Diabetes 1996; 45 (2): 178 -182. [IDDM.Insulin Dependent Diabetes Mellitus]

DIGESTIVE PROBLEMS

"An-estimated 50 million Americans experience intestinal discomfort after consuming dairy products. Symptoms include. Bloating, stomach-pain, cramps, gas or diarrhoea.- Post Graduate Medicine 1994-; 95 (1) 113 -120

CATARACTS

"Adults who consume large quantities of milk, who have high lactase activity, . . suffer repeated small galactose challenges, accumulation of galacticol in the lens, and a greater likelihood of developing senile cataracts."

Digestive Diseases and Sciences 1982; '27 (3) 257 -264 .

HEART DISEASE

"Milk fat has been identified as a (cholesterol-elevating) fat because it contains cholesterol and is primarily saturated."

Journal of Dairy Science 1991; 74(11): 4002 -4012

"Milk and many components of milk (butterfat, milk protein, calcium from milk, and riboflavin) . . . were positively related to coronary heart disease mortality for all 40 countries studied." Circulation 1993; 88 (6) 2771 -2779

"Two glasses of whole milk contain about the same amount of cholesterol as one 3-ounce beef steak." Lifestyle Capsules p.309

Substituting just 20 grams of soy protein for animal protein daily can "significantly lower serum concentrations of total cholesterol, LDL cholesterol, and triglycerides." James Anderson MD, New England Journal of Medicine 1995; 333 (5): 276 -282 [the volunteers in this study all consumed the same amounts of fat and cholesterol; the reduction in blood cholesterol levels was due to the protective effect of soya.]

OSTEOPOROSIS

"Cultures with the highest milk consumption have the highest osteoporosis rates, a disease rarely found in non-milk-drinking cultures."

Dr. Hans Diehl, Dynamic Living p.108.

"Osteoporosis is caused by a number of things, one of the most important things being *too much* dietary protein!"

American Journal of Clinical Nutrition 1974; (9): 916 -925

"Dietary protein increases production of acid (in the blood) which can be neutralized by calcium mobilized from the skeleton."

American Journal of Clinical Nutrition 1995; 61(4): 909

"Fruits, vegetables, nuts, and legumes are good sources of boron, which helps stop calcium loss in the body. Because milk is low in boron and high in phosphorous and protein it is not a good osteoporosis fighting food."

Dr. Forest H. Nielsen, U.S. Department of Agriculture, in Nutrition Today Jan/Feb 1988; 4 -7

"Excessive protein intake could account for the 1.0% to 1.5% loss in bone mass each year typically seen in postmenopausal women."

Journal of Laboratory and Clinical Medicine 1982; 99(1): 46 -55

"Sulphur amino acids in animal products seem to be primarily responsible for the increased calcium loss."

Calcified Tissue International 1989; 44 (5): 335-338

"Meat based diets are more acid producing than lacto-ovo vegetarian (LOV) diets; and LOV diets are more, acid producing than vegan diets."

Journal of the American Dietetic Association 1985; 85 (7): 841-845

"In Western countries eating more than 75g a day of protein is likely to cause excessive calcium loss."

Journal of Bone and Joint Surgery (Am) 1967; 49 (5): 915 -924

"Soybean milk is an excellent source for increasing bone mineral density and mechanical bone strength . . . the peptides (proteins) in the soybean milk are effective for the acceleration of intestinal calcium absorption."

American Institute of Nutrition 1993; Journal of Nutrition, Science and Vitaminology 1994; 40; 201 -211

CANCER

"Nations with the highest dietary fat consumption also have the highest rates of prostate and breast cancer."

Advances in Cancer Research 1980; 32:117 -345

"Dietary factors (mainly high fat and animal protein intake) appear to be the most important risk determinants for colon cancer."

Regulatory Toxicology and Pharmacology 1986; 6 (1): 24 -54

In a study involving 3,334 cancer patients, frequent whole milk consumption led to "significant risk increases for cancers of the oral cavity, stomach, rectum, lung, and breast."

Nutrition and Cancer 1990; 13 (1-2): 89-99

There is much evidence suggesting that compounds present in soy beans can prevent cancer in many different organ systems".

Journal of Nutrition 1995, 125 (3.Suppl): 733S - 743S)

INFECTIONS

"US government regulations permit pasteurised milk to have up to 750,000 lymphocytes [pus cells], 20,000 bacteria, and 10 coliform organisms per 1/5th. teaspoon - about 8 drops! But at 40 F, the temperature of a good refrigerator, the population of those 'bugs' can double every 35-40 hours!" Mooove over Milk.

No wonder milk is a major source of human infection. For example as recently as Thursday 29 June 2000 over 5,000 people in Japan became seriously ill after drinking milk contaminated with the Staphylococcus germ, typically found in the pus of boils and abscesses.

"Any time a patient of mine is found to have streptococcal pharyngitis or pyoderma, we can establish by history that he has ingested milk protein within five days . . .

" Dr. Frank Oski, MD (paediatrician): Don't Drink Your Milk p.24.

ALTERNATIVES

We have not touched on CJD, TB, Listeriosis, Salmonella, E Coli, Crohn's Disease, Lactose Intolerance, and Allergies etc. Fortunately there are many good alternatives to animal milk. Soya milk for example, especially that fortified with vitamin B 12 and additional calcium. Plant-based milk is CLEAN and CRUELTY-FREE! It is admittedly more expensive in the UK than cow's milk, but how much do you value your health? If the massive subsidies were removed from livestock farming the price would be much more competitive. Turning soya into milk via a machine wastes nothing. Feeding the soya to dairy cows to produce cow's milk wastes 90% of it. Which should be realistically cheaper?

Why do Governments continue to subsidise with taxpayers' money the production of food which is cruel to animals and harmful to human health? Is it not time that we began to make our voices heard in opposition to this misguided policy?

The above quotations are culled from the book 'M0000ve over milk' (132 pp. published 1997 by 'Let's Eat' at, Hot Springs, USA.) obtainable in paperback price £7 plus £1 postage & packing from HIPPO, Churchfield House, Weston under Penyard, Ross-on-Wye, HR9 7PA

Living Graves

We are the living graves of murdered beasts,
Slaughtered to satisfy our appetites.

We never pause to wonder at our feasts.

If animals, like men, can possibly have rights.

We pray on Sundays that we may have light,

To guide our footsteps on the path we tread.

We're sick of war, we do not want to fight -

The thought of it now fills our hearts with dread,

And yet - we gorge ourselves upon the dead.

Like carrion crows we live and feed on meat,

Regardless of the suffering and the pain

we cause by doing so, if thus we treat

defenceless animals for sport or gain,

how can we hope in this world to attain

the PEACE we say we are so anxious for.

We pray for it o'er hecatombs of slain,

to God, while outraging the moral law,

thus cruelty begets its offspring - WAR.

attributed to George Bernard Shaw

Submitted by Debbie Sparkes

CANDLES IN THE DARKNESS

Submitted by Debbie Sparkes

"He prayeth best, who loveth best
All things both great and small;
For the dear God who loveth us
He made and loveth all"

*Samuel Taylor Coleridge,
from 'The Rime of the Ancient Mariner'*

"He who takes pity even on a sparrow
and spares its life, Allah will be merciful
on him on the day of Judgement"

The Prophet Mohammed

Respect for life

"Love the animals, God has given them
the rudiments of thought and joy untrou-
bled, do not trouble it, do not harass
them: do not work against God's intent"

Feodor Dostoyevsky

Nothing more strongly arouses our
disgust than cannibalism, yet we make
the same impression on Buddhists and
vegetarians, for we feed on babies,
though not our own"

Robert Louis Stevenson

Animal Rights

I am in favour of animal
rights as I am in favour of
human rights. That is the
way of a whole human being.

Abraham Lincoln

The bells of Heaven

"T'would ring the bells of heaven.
The wildest peal for years,
If Parson lost his senses
And people came to theirs

And he and they together
Knelt down with angry prayers

For tamed and shabby tigers,
And dancing dogs and bears,
And wretched, blind pit ponies,
And little hunted hares

Ralph Hodgson

For the sake of some little mouthful
of flesh, we deprive a soul of the sun
and light and that proportion of life
and time it had been born into the
world to enjoy.

Plutarch

The Fruits of Paradise

God said, see I have given you every plant yielding
seed that is upon the face of the earth, and every tree
with seed in it's fruit; you shall have them for food.

Genesis 1,29

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