



VEGAN FOR THE ANIMALS

How your diet can save animals from suffering

INSIDE

POOR COW

The brutality of the beef and dairy industries.....2

SHEAR TORTURE

How sheep suffer for meat and wool.....4

FLOCK IN HELL

The misery behind eggs and poultry meat.....6

BATTERED LIVES

Fish supper? Fish suffer.....8

A PIG OF A TIME

The life and death of your bacon sandwich.....10

A BUG'S LIFE

The tiny creatures behind honey, silk and shellac.....11

GO VEGAN

With The Vegan Society.....12

VEGAN FOR THE ANIMALS

Do you care about animals?

Do you want to help stop their suffering?

Then go vegan!

Cutting out animal products and being vegan means voting every single day of your life with your knife and fork and by your choice of clothing. Your vote says no to animal cruelty. There is now a fantastic range of vegan products on the market to make it easy for you to make the transition.

Some people go vegan in a day, others take a few months to adjust. The most important thing is to make a start and use each day to work towards the goal of a compassionate vegan diet.

The following pages explain exactly what happens before meat, eggs, dairy and other animal products end up on the supermarket shelves. Each person who rejects animal products and goes vegan makes a huge difference, and this booklet explains why.

You can give this story a happy ending, go vegan and experience for yourself a diet that is kinder to animals, people and the environment.

To get a copy of our free **Vegan Starter Pack** email info@vegansociety.com or ring 0845 458 8244



POOR COW

THE BRUTALITY OF THE BEEF AND DAIRY INDUSTRIES

MEAT

Cattle are gregarious animals who, in a more natural environment, would live in complex social groups. They would choose a leader and form close friendships,^{1,2} grooming and licking one other to show their affection.

Cattle-farming upsets this hierarchy in many ways, because new members and divisions of the herd occur frequently and this can be very disruptive.³



CONDITIONS

Cattle bred for beef may be kept in a variety of systems. Frequently they are kept in windowless fattening sheds until ready for slaughter. They have little room to move and no access to the outside, to feel fresh air and sunlight.

HOW THEY ARE KILLED

Cattle are stunned by a shot into their brain from a captive-bolt pistol. Frequently they struggle or move around because they are terrified by the situation, so sometimes the bolt misses the mark and the cattle are not stunned. Thus they are conscious while being killed by having their throat slit and bleeding to death.

LEATHER

Purchasing leather ensures the continuity of a massive industry based on animal suffering. The UK leather industry, for instance, makes a huge £600 million a year,⁴ mainly from cattle and calf skins.



ARTIFICIAL INSEMINATION

Most cows are now artificially inseminated. The cow is tied up and one hand of the inseminator manipulates the cervix through the rectum wall whilst the other discharges semen into the vagina and cervix using an inseminating gun. This is uncomfortable and stressful for the cow.



DAIRY

Both the mother and calf suffer greatly at the hands of the milk industry.

THE MOTHER

Dairy cows have been selectively bred to produce ten times more milk than they would naturally need to feed their calves. This can lead to mastitis, a painful udder infection, and lameness when they are forced to stand all day in the cow shed.

In order to produce milk the mother must be kept continually pregnant. So three months after she has given birth, and while she is still producing milk, she will be made pregnant. This puts a huge strain on her.

Moreover, the calf is taken away soon after birth so that any milk produced by the cow can be sold for humans to drink.

The mother and calf form a strong bond very quickly and the cow continuously calls after her calf has been taken away from her.^{5,6} The separation also causes a lot of confusion and distress for the calf.

The cow is put through this heart-breaking and exhausting procedure not once but an average of five times, until she is deemed to be no 'use' to the farmer and killed.

Organic milk production

On organic farms the dairy cow still has to deal with continual pregnancies, and the mother and calf are still separated very soon after birth.⁸ Castration and disbudding of calves may still be carried out,⁹ and, as on non-organic farms, slaughter is inevitable.

THE CALF

The calf is usually disbudded, whereby a heated iron is applied to the horn buds to stop the horns growing. This is painful and stressful.⁷ Male cattle are also castrated by methods that cause the animal acute pain.⁷

Female calves are often kept to produce milk. Male calves are usually sent abroad for veal or deemed 'useless' and killed.

SHEAR MISERY

HOW SHEEP SUFFER FOR MEAT AND WOOL



MEAT

Sheep are social herd animals who tend to be gentle and passive. They have been found to *“feel desolate when those close to them die or are sent for slaughter”*.¹⁰

When farmed for their flesh and wool sheep are exposed to a series of stresses and abuses throughout their lives.

CASTRATION

Lambs are castrated with a rubber ring around their testes or by having them cut off with a knife, usually without anaesthetic.¹¹

Even the government body Defra has said *“Account should be taken not only of the pain and distress caused by castration but also the stress imposed by gathering and handling, and the potential risk of infection. For very young lambs gathered in large groups, there is a real risk of mis-mothering, which may lead ultimately to starvation and death”*.¹²

TAIL-DOCKING

During this mutilation the lamb's tail is usually removed by means of a tight rubber ring, though a knife or hot iron may be used. Again anaesthetic is rarely used.¹¹

Sheep are also put through a barrage of other stressful procedures including artificial insemination, force-feeding, dipping and spraying.

KILLING FOR MEAT

Sheep are usually slaughtered by electrical stunning followed by having their throat slit. However stunning is not always effective and sheep may regain consciousness when their throats are slit or while blood is being drained from their body,¹³ a terrifying experience.





WOOL - THERE'S SUFFERING IN EVERY STITCH

The wool industry is a massive profit-making industry in itself. As well as all the cruelties involved in rearing for meat, the additional practices of mulesing and shearing cause even greater suffering to sheep used in wool production.

MULESING

This is a practice carried out across Australia, where much of the wool available in the UK comes from, and it was introduced to reduce the risk of fly-strike. Fully-conscious lambs have chunks of flesh sliced from their back end. The lamb may be in excruciating pain and left with a wound that takes weeks to heal.

SHEARING

This is also extremely stressful with the sheep being forcibly restrained as workers rush to shear them, and bloody injuries often occur. One worker reported, "*I have seen sheep with half their faces shorn off*".¹⁴ In Australia alone an estimated one million sheep die every year from exposure after shearing.¹⁵

Live export and transport

Current methods of transporting sheep are extremely crude and present a number of welfare concerns. During loading and unloading, frightened or tired sheep are not treated with sympathy. Instead they are pushed and hit by stockmen. This certainly causes unnecessary fear in the animals and may also cause them to slip or fall, resulting in cuts, bruises and even broken bones.

While being transported sheep are crammed in with not even enough space to turn around. On journeys that may last days or even weeks, conditions are often appalling. Sheep may suffer from starvation, dehydration, injury and disease and any that fall to the floor are usually crushed to death. Many die before reaching their destination.

FLOCK IN HELL

THE MISERY BEHIND EGGS AND POULTRY MEAT

Chickens can be very sociable. They enjoy sunbathing and, like turkeys, love to dust-bathe in order to keep clean. As with other birds, mother hens' desire to build a nest for their young is very strong. They have a strong bond with their chicks which begins even before they are hatched, with the chick and hen calling to each other.¹⁶

In the wild ducks and geese spend much of their time swimming and flying and may travel for hundreds of miles during migration. Geese choose one partner who they stay with for life through thick and thin whilst ducks live and sleep in groups.

THE LIFE OF A BROILER CHICKEN AND OTHER BIRDS 'GROWN' FOR MEAT

On factory farms these birds are taken from their mothers before birth, thus being denied most of their natural types of behaviour. No water is provided for ducks and geese to swim in and there is no chance for hens and turkeys to dust-bathe.



"It's hard to credit, when you watch her lying in the sun or ruffling herself in a dust bath, what life must have been like for her in a cage for a prison, locked up for a crime that she didn't commit."
Friend Farmed Animal Rescue talk about Sylvia, a rescue hen at their sanctuary.

They are crammed into sheds where the stench of ammonia from their droppings is intense and often leads to respiratory problems.

Selective breeding means that these young birds grow very fast. Their bones have no time to become strong enough to hold their weight, so many birds have broken bones and most have lost the ability to fly.

An investigation by *Compassion in World Farming* found crippled birds in chicken farms unable to reach food and drink, carcasses trampled by live chickens and piles of decomposing bodies left to rot.¹⁷

THE KILLING

Birds are commonly hung upside down in shackles by their feet and passed through a bath of electrified water, which should stun them before their throats are slit. The birds are killed at the rate of 8-10,000 per hour and left to bleed to death.¹⁸

EGG PRODUCTION

Most laying hens are kept in battery cages with several birds to one cage. The amount of room in which each bird spends her life is roughly the same size as an A4 sheet of paper or a microwave oven.



In these conditions hens often fight. To prevent this they are de-beaked by having the tip of their beak sliced off. This is an agonising procedure which leaves the hen in pain for days. It has been found that hens who have been de-beaked avoid using their beaks except for feeding.¹⁹



Privacy is very important to an egg-laying hen but is utterly denied to her. Her desire to make a nest is also very strong, but again this is simply not possible.

In 2012 it is expected that legislation will be passed banning the use of conventional (battery) cages for laying hens across Europe, although World Trade Organisation rules mean that it may not happen. 'Furnished' cages will be allowed, which have slightly more room but many if not all of the problems that conventional cages have.

Other alternatives are free-range and barn systems but each creates its own welfare concerns. For example in free-range and barn systems there is more aggression, leading to greater feather-pecking and cannibalism.

Just like hens in battery cages, free-range and barn hens are often de-beaked. As in the battery system, half of all chicks are gassed at a day old because they are males and hence no good for egg-laying.



BATTERED LIVES

FISH SUPPER? FISH SUFFER

FISH AND PAIN

Not only do fish feel pain, they are very sensitive to stimuli. Some of their senses are far more developed than ours. Fish are highly responsive to touch and have an incredible sense of smell. They have sensory hairs along their backs that allow them to detect gentle currents and vibrations and sense the motion of other animals.

Like other animals, fish use the sensation of pain to help them survive. It tells them when they have entered a dangerous situation from which they should withdraw immediately. It is pain that motivates a fish to fight vigorously when hooked, in a desperate attempt to get away.

NET LOSSES OF LIFE

Various types of nets are used in sea-fishing including drift nets and bottom trawls.

Drift nets may be over two miles long. Fish that swim into the net become trapped by their gills when they try to back out. Marine mammals, such as seals and porpoises, also become trapped and drown when unable to reach the surface to breathe.

Bottom trawls are dragged over the seabed and as well as fish catch every other species living on the seabed.

THE WAY THEY DIE

As the fish are dragged from the ocean, they experience decompression which often causes the eyes to pop and the swim bladder to rupture.

Many are crushed to death under the weight of other dying fish and those that survive are left to suffocate when removed from the water or may be gutted alive.



FISHING HAS DEVASTATED THE OCEANS

The United Nation's Food and Agriculture Organization estimates that all seventeen of the world's major fishing areas have either reached or exceeded their natural limits, and nine are in serious decline.

Overfishing has an impact on whole ecosystems since other fish, birds, marine mammals and smaller organisms that depend on fish to survive are affected.



FISH FARMING

The rearing of farmed fish can be compared to other types of factory farming. With very limited space the fish can barely exercise and injuries to the snout and fins are common. These are generally caused by rubbing against the net or by collision or aggression between fish.

Wild salmon migrate over hundreds of miles and this is completely frustrated by keeping them in the small static cages that fish-farming involves. The stocking density of salmon is equivalent to keeping a two-foot salmon in a bath, whilst trout have even less space to move.¹¹

The true cost

Few consumers realise that the true cost of cheap salmon includes the deaths of millions of other animals who are seen as predators. Birds, seals, mink, otters and many other animals are killed by the fish-farmers.²²

KILLING

Before slaughter fish are starved for up to three weeks. They may then be killed by electrocution, by a blow to the head with a club or by being frozen to death on ice. Alternatively the fish's gill arches are cut or torn and life is literally drained as they are left to bleed to death in the tank.

Fish-farms may be rife with disease so large quantities of chemicals are used in an attempt to control it. Defra has noted that, "*To date there are no easy treatments for any of these diseases*" (Carp disease SVC, Trout BKD and Salmon Disease).²¹

Ironically fish-farming also affects wild fish, who are fed to farmed fish such as salmon, trout and cod. It takes up to three tons of wild fish to produce one ton of farmed salmon and up to five tons to produce a ton of farmed cod or haddock.²³

A PIG OF A TIME

THE LIFE AND DEATH OF YOUR BACON SANDWICH

Pigs are sociable, tactile and inquisitive animals. They like to roll in mud to keep cool and protect their sensitive skin from the sun. They are very clean, and given the chance they will always keep their 'latrine' separate from their living quarters.

In a more natural environment the sow would build a nest up to three feet high for her babies. In the factory farm the sow is given a concrete floor with no straw and the nesting instinct is totally frustrated. As Matthew Scully put it, the pregnant sow will, *"nose at straw that isn't there to make a nest she'll never have for another litter she'll never raise."*²⁴

The sow can barely move and often ends up crushing some of her piglets.²⁵ In the wild the sow constructs the nest so that crushing cannot happen but in the factory farm the death of many piglets in this way is almost inevitable.

The sow's piglets are taken away after three weeks, causing great distress to mother and babies.

The piglets are still reliant upon their mother at this time and in a natural environment would still be suckling.



Most piglets have their teeth clipped and tails cut off to stop them fighting and tail-chewing.²⁶ They are put into small pens or metal cages and after about six weeks go to fattening pens where they have little room to move and never see fresh air. Their intelligent, enquiring minds are dulled down by boredom and total lack of stimulation.

SLAUGHTER



Pigs to be killed are stunned with electric tongs or gas, hoisted up by one leg and have their throats slit. They are then put into a tank of boiling water to remove their bristles.

It is estimated that in the UK approximately a million pigs a year regain consciousness before they die from loss of blood.²⁷ There are reports of pigs being boiled alive because they had not been stunned properly.²⁸

A BUG'S LIFE

THE TINY CREATURES BEHIND HONEY, SILK AND SHELLAC

Honey, silk and shellac are produced using bees, moths and lac insects respectively. Being such tiny creatures their needs are often overlooked. This is very unfortunate because thousands are required to yield a small amount of honey, silk or shellac.

HONEY

Bees are social insects who live in a well-organised colony. They work together to keep the colony running smoothly, protecting and feeding one other and undertaking many other tasks together.



In commercial honey production bees undergo treatments similar to those used in factory farming. Whole colonies of bees may be killed to save feeding them during the winter, and the queen bee has her wings clipped and is artificially inseminated with sperm from decapitated male bees.

Beekeepers take the bees' honey and to replace it often feed them artificial pollen substitutes and white sugar syrup. The honeybee flies about 500 miles in her working life and produces half a teaspoon of honey. Much of this is taken away.

SILK



This is produced by silkworms. A silk cocoon is spun by the silkworm caterpillar by manipulating a thin silk thread in a figure-of-eight movement some 300,000 times. Once the caterpillar is ready to turn into a moth, she must break down the cocoon in order to emerge. This process would destroy much of the silk, therefore the majority of the moths are killed by being immersed in boiling water or dried in an oven.²⁹ It takes literally hundreds of silkworms to make just one small silk scarf or tie.

SHELLAC

This is a secretion produced by Lac insects as a protective coating. The secretion is scraped off the trees on which they live and turned into shellac. Some of the insects are scraped off at the same time and die.

GO VEGAN

WITH THE VEGAN SOCIETY

HELP END ANIMAL CRUELTY - GO VEGAN!

As well as going vegan for the animals there is a whole host of other reasons.

Do you want to help to reduce deforestation, water pollution and global warming?

Do you want to avoid contributing to the hunger of the world's poorest people?

Do you want to look after your health? If so then the vegan diet is for you!

Vegans do not eat meat, fish, milk, eggs, honey nor any other animal product. They DO eat a great variety of delicious cruelty-free food.

- To find out more about going vegan e-mail us on info@vegansociety.com or ring us on 0845 458 8244 and ask for a free copy of our vegan starter pack.
- The Vegan Society website is packed with information that will help answer many of your questions. Go to www.vegansociety.com
- If you want to help us continue our vital work of promoting veganism then join us using the forms on the right and overleaf.

REFERENCES

- [1] Young, R. (2003) *The Secret Lives of Cows*, Farming Books and Videos Ltd
- [2] Humane Society of the United States (2006) *About Cattle*, <http://www.hsus.org/farm/resources/animals/cattle/cows.html> (accessed 28 November 2006)
- [3] Sowell, B. F., Mosley, J. C. and Bowman, J. G. P. (1991) *Social behavior of grazing beef cattle: Implications for management*, Proceedings of the American Society of Animal Science
- [4] Office for National Statistics (2004) *UK 2005 -The Official Yearbook of the United Kingdom of Great Britain and Northern Ireland*
- [5] Jeffrey Moussaieff Masson (2004) *The Pig Who Sang to the Moon*, p. 137-140
- [6] CIWF Trust (2006) *Stop-Look-Listen: Recognising the Sentience of Farm Animals*, Compassion in World Farming Trust, Petersfield, Hampshire, p. 36
- [7] FAWC (1997) *Report on the Welfare of Dairy Cattle*, Farm Animal Welfare Council, Surbiton, Surrey
- [8] Charlie Pye-Smith (2003) *Batteries not included - organic farming and animal welfare*, Soil Association, p. 47
- [9] University of Reading (2006) *Organic Cattle Production in the UK: Health Plans* <http://www.organicvet.reading.ac.uk/Cattleweb/health/healht1.htm> (accessed 16 Aug 2006)
- [10] Times online (2005) *How was it for ewe? Sheep love lives revealed*, <http://www.timesonline.co.uk/article/0,,2087-1522709,00.html> 13 March
- [11] FAWC (1994) *Report on the Welfare of Sheep*, Farm Animal Welfare Council, Surbiton, Surrey
- [12] Defra (2003) *Code of Recommendations for the Welfare of Livestock – Sheep*. Department for Environment, Food and Rural Affairs, London, p. 13
- [13] FAWC (2003) *Report on the Welfare of Farmed Animals at Slaughter or Killing, Part 1: Red Meat Animals*, Farm Animal Welfare Council, Surbiton, Surrey
- [14] PETA (2006) www.petakids.com/grrr1-2004/wear_wool.html (accessed 28 Nov 2006)
- [15] Animal Protection Institute (2006) *Animal Factories*, http://www.api4animals.org/a6_farming.php (accessed 28 Nov 2006)
- [16] Jeffrey Moussaieff Masson (2004) *The Pig Who Sang to the Moon*, Pg 65
- [17] CIWF Trust (2005) *The Welfare of Broiler Chickens in the European Union*, Compassion in World Farming Trust, Petersfield, Hampshire
- [18] CIWF(2002) *Chicken How come it's so cheap?* Compassion in World Farming Trust, Petersfield, Hampshire
- [19] J Webster (1995) *Animal Welfare: a cool eye towards Eden*, Blackwell Science, ch. 5

[20] Philip Lymbery (2002) *In too deep – the welfare of intensively farmed fish*, Compassion in World Farming Trust, Petersfield, Hampshire

[21] Defra (2002) *Science Directorate Report of the Workshop on Farmed Fish Welfare* held on Monday 28th October 2002, Department for Environment, Food and Rural Affairs, London

[22] Philip Lymbery (2002) *Suffering seas – the rise and rise of fish farming*, The Vegan, Autumn Issue

[23] Centre for Environment, Fisheries and Aquaculture Science (2002) *New*

breakthrough in sustainable fish farming, <http://www.cefas.co.uk/news/2002/news041102.htm> 4 November

[24] Matthew Scully (2002) *Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy*, St Martin's Press, New York.

[25] Defra (2004) *News Release: Defra and Seerad announce £550K collaborative research project with industry on genetics of pre-weaning pig mortality*, <http://www.defra.gov.uk/news/2004/040519c.htm> 19 May

[26] CIWF Trust (2006) *Supermarkets and Farm Animal Welfare - Raising the*

Standard, Compassion in World Farming Trust, Petersfield, Hampshire

[27] Viva! (2006) *Sentenced to Death: The slaughter of farmed animals in the UK*, <http://www.viva.org.uk/campaigns/slaughter/index.htm> (accessed 28 November 2006)

[28] Cambridge Evening News (2006) *Boiled Alive*, <http://www.cambridge-news.co.uk/news/city/2006/09/19/e89550f3-78cc-4171-aeba-8a09a761ae1f.lpf>

[29] (2005) *Microsoft Encarta Premium*, Microsoft Corporation

PAYMENT BY DIRECT DEBIT

Instruction to your Bank or Building Society to pay by Direct Debit



Please fill in the whole form and send to:

The Vegan Society Donald Watson House 21 Hylton Street Hockley Birmingham B18 6HJ

Name and full postal address of your Bank or Building Society

To: The Manager	Bank / Building Society
Address	
Postcode	

Name(s) of account holder(s)

Bank / Building Society account number

Branch sort code

Originator's Identification Number

Reference Number (office use only)

Please pay the Vegan Society Direct debits from the account detailed in this instruction subject to safeguards assured by the Direct debit guarantee. I understand that this instruction may remain with the Vegan Society and, if so, details may be passed electronically to my Bank / Building Society

Signature (s)

Date

The Direct Debit Guarantee



- This Guarantee should be detached and retained by the Payer.
- This Guarantee is offered by all Banks and Building Societies that take part in the Direct Debit Scheme. The efficiency and security of the scheme is monitored and protected by your own Bank or Building Society.
- If the amounts to be paid or the payment dates change, the Vegan Society will notify you 10 working days in advance of your account being debited or as otherwise agreed.
- If an error is made by the Vegan society or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid.
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Please also send a copy of this letter to us.

