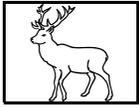


Every year in the UK alone millions of animals - monkeys, dogs, cats, rabbits, rats, mice, guinea pigs, etc. - suffer unimaginable pain and distress before they are killed in scientific and medical research establishments and in product testing laboratories. This is despite the fact that the different physiology of animals can produce results unreliable for human application, that non-animal alternatives are becoming increasingly available, and that the cruel and inhumane treatment laboratory animals suffer is completely unjustifiable.



The story of the abuse of animals goes on and on into the fields of sport and entertainment: countless animals and birds are killed every year in the bloodsports of hunting, shooting and angling - many of the victims are not even intended to be eaten, they are simply thrown away after being killed. Horse and dog racing, bullfighting, fiestas, circuses, zoos and even the film industry are all responsible for further exploitation, suffering and death of animals.



The Movement for Compassionate Living is opposed to all forms of animal abuse and maintains that the taking of life is unnecessary, undesirable and unsustainable. All of the food we need for a healthy and nutritious diet can be obtained in a more viable and economical way from the plant world, which can also provide us with cruelty-free alternatives for the many other products and materials currently derived from animals.

We do not need to live in a way that is dependent on the destruction of other lives or that is harmful to the environment and our planet. MCL endeavours to show that there is a way forward that is truly compassionate, sustainable, healthy and economical.

Please consider the issues raised in this and our other leaflets and booklets and on our website. Adopt a vegan diet and cruelty-free lifestyle - use the MCL Food Target on our *Food & Agriculture* leaflet and website to review what you eat and see how you can challenge your own dietary habits.

Join MCL and receive our quarterly journal *New Leaves* to keep in touch with other members and share ideas for a more compassionate way of life.

For further information please contact:

www.mclveganway.org.uk

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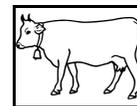
Animal Exploitation

Hopefully, the tide of violence is beginning to turn as people become more concerned about the suffering of animals in this human-dominated world. In recent years, through the media of newspapers, television and the internet, people have more frequently been confronted with visual images of the relentless horror that is the ongoing worldwide exploitation and slaughter of all kinds of creatures. Consequently, some people have been moved to take action and make profound changes in their lives.

A truly humane vegan world will have no animal slaves and prisoners, no slaughterhouses and no unspeakable crimes committed against fellow sentient creatures behind closed doors. Vegan systems of horticulture, agriculture and silviculture can easily produce enough food and other crops to meet all global needs whilst also leaving ample land for wildlife and wilderness to nurture the spirit.

Recent annual figures for the number of animals slaughtered for food in the UK alone are horrific: about 45 million animals and 700 million birds. The number of farmed animals on earth has risen five-fold since the late 1950s and humans are now outnumbered by them three to one. This huge increase in the number of farmed animals has been termed the *Second Population Explosion*.

One of the reasons why MCL promotes a vegan diet is because of the cruelty inherent in meat, dairy and egg production. 'Food' animals are deliberately bred and malformed for maximum exploitation. We need to remember that meat production only accounts for part of the cruelty of the animal farming industry.



Just stop to consider the horrific life of the modern dairy **cow**. Naturally, a cow's udder would hold about 2 litres of milk: the modern dairy cow has been bred to yield 10 or more litres at a time. Cows have to be kept

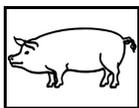
in calf once a year to produce a continual milk supply. Most calves are taken away from their mothers within 12 to 24 hours of birth. Cows are very maternal creatures - the distress of the mothers separated from their calves is very obvious: they can cry and search for their babies for days. Most of these calves, especially males, will go into the meat industry for veal or beef, whilst those that are not required will be killed within a few days of birth. Some female calves will be raised as replacements in the dairy herds.

The huge udders of modern dairy cows also distort their walking

THE MOVEMENT for COMPASSIONATE LIVING

patterns, causing diseases such as laminitis. John Webster, who is a Professor of Animal Husbandry at Bristol University, has described the pain of laminitis thus: *"imagine crushing all your fingernails in the door then standing on your fingertips"*.

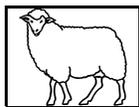
A dairy cow is kept for 5 to 7 years then, as soon as her yield drops or she becomes too ill or lame, she will be sent for slaughter. A cow's natural lifespan would be nearer 20 years.



Pigs are intelligent animals with refined senses - they delight in grubbing for food, wallowing, playing together and exploring their natural environment. The majority never know this pleasure however, being kept in intensive close confinement for their shortened, miserable lives.

Subject to various abuses and mutilations, pigs are converted to gross meat machines as quickly as possible, then, in a final, terrifying journey they are trucked off to the slaughterhouse to be where their senses are greeted by the ever-nearing smell of blood and the fearful sounds of killing and dying.

It has become common knowledge that pigs are even more intelligent than dogs, yet if dogs were treated in the same way as pigs there would be public outcry!



The world's population of more than 1 billion **sheep** suffer a deplorable range of abuses in their exploitation by humans for wool and meat.

The many ill-treatments sheep endure include castration, tail-docking and mulesing (in which flesh around the anus is cut away - an illegal practice in the UK). These brutal procedures are often carried out without the use of anaesthetics. Neglect and poor attention to welfare may cause various problems and diseases that result in discomfort, pain or death, including foot rot, sheep scab, mastitis, flystrike, shearing injuries, starvation and exposure. Many sheep also suffer badly or die in transportation. Those that are too sick or injured to be moved are killed on the farms.

Whilst over 15 million sheep are slaughtered in the UK every year, as many as 4 million lambs die on the farms through miscarriage, birth complications, exposure, starvation and disease.



Worldwide, there are nearly 5,000 million **hens** kept for egg production with on average three-quarters of them kept in battery cages. Hens in battery cages are unable to follow their natural behaviour patterns - they cannot nest, perch, scratch around or dust-bathe - they cannot even stretch their wings!

Many develop brittle bones, tumours and various types of injury.

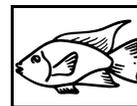
Hens kept in 'barn' and commercial 'free-range' systems, though uncaged, are still forced to live in sheds in vast flocks - the unnaturally close confinement means that fighting, disease and stress are commonplace. The birds are often debeaked to reduce injuries. 'Free range' hens must have outside access, but often many of the flock will not go outside of the sheds. Those that do not perish sooner will be taken for slaughter after about a year.

Because of their poor condition and rough handling when removed from the cages, many birds suffer broken bones as they are taken from the farm to the slaughterhouse. Maltreatment at the slaughterhouse often results in further injuries before the birds are finally killed.

In order to obtain these huge flocks of egg-laying female birds, stock suppliers remove all the male chicks just after hatching and kill them. As 50% of the chicks will be male, one male is killed for every laying female that is kept - in the UK almost 30 million male chicks are gassed, crushed or conveyed alive into huge mincing machines every year.

All this to obtain eggs, high in harmful cholesterol, that humans do not need to eat and would be far better off not eating! For every kilogram of eggs produced, the hens have eaten 3 kilograms of grain - it would be far more efficient and compassionate for humans to phase out hen keeping and to consumed the grain directly!

Billions of **fish** are dragged gasping from the sea to die - suffocated, crushed, cut or frozen - in the holds of ships or in fishmarkets and factories worldwide. The numbers are so vast that they are only recorded in tonnes, yet each of those individual fish will have suffered distress, injury and pain. Many scientific investigations have confirmed that fish feel pain: commercial fishing is cruelty on a huge scale.



Commercial fishing has decimated fish numbers and wrecked the ocean environment. It is estimated that nearly 1,000 large marine animals - such as dolphins, whales, porpoises, seals and turtles - are killed every day in fishing nets. Additionally, countless numbers of 'unwanted' fish species, seabirds, crustaceans and other marine life are killed by the fishing methods used.

The flesh of fish, too often promoted as a 'healthy food', can store up many toxic contaminants, including PCBs, dioxins, heavy metals and radioactive materials that are all harmful to the consumer.

Healthier, compassionate, more environmentally-friendly alternatives to the beneficial substances found in fish can be derived from plant sources.

It is not only in food production that humans have a long history of animal abuse and exploitation.