



## **Compassionate living requires making connections:**

**BETWEEN THE WAY WE LIVE AND THE WAY OTHERS SUFFER, and working for change in ourselves, our life styles and the world.**

**BETWEEN OUR OVERFLOWING WASTE BINS AND THE EMPTY FEEDING BOWLS OF THE WORLD'S POOR.** In many parts of the world, land traditionally worked by peasants to meet their own needs now grows crops for export. The peasants labour in the fields for sometimes less than subsistence wages, or migrate to the appalling conditions of the big towns. The landowners, motivated by profiteering, use artificial chemicals that require vast amounts of irreplaceable, polluting, global warming fossil fuels for their manufacture. The fertilisers damage soil life and structure, thus speeding soil erosion. They use more water to produce less nutritious food. The pesticides kill wild life, upset the balance of nature and often make the labourers seriously ill. Compassionate living requires using, as far as possible, crops grown locally by vegan-organic methods that exploit neither humans nor other animals and benefit the environment.

**BETWEEN CONSUMERISM, INDUSTRIAL DEVELOPMENT AND THE MAKING OF A WORLD UNFIT FOR OUR CHILDREN.** Money worship, debilitating self-indulgence and economic growth based on unnecessary industrialism are corrupting human nature and destroying the life support systems of the planet. Forest destruction, soil erosion, pollution of air, soil and water, climate disruption, ozone layer depletion, genetic interference and the ever present danger of nuclear explosions are threatening all life on the planet.

**BETWEEN HUMAN CONSUMPTION OF ANIMAL MILK AND THE COW AND HER CALF CRYING FOR EACH OTHER.** Few people realise that in modern dairy systems cows are robbed of their calves soon after birth. Most cows have strong maternal instincts and they cry and search for their babies for days. Some calves are slaughtered at once, others are reared for veal, imprisoned in closely confined conditions. Calves are naturally active, playful creature

## THE VEGAN WAY

Once people justifiably believed that animal products were necessary for human health, but now it has been demonstrated through fifty years and more of vegan living that this is not true. Much scientific research has shown that a well-balanced vegan diet is not only adequate but in some ways superior to an omnivorous one. The continued exploitation of animals for food derives from nothing but ignorance, profit making and habitual palate satisfaction.

## TREES FOR A FUTURE

If animal farming were phased out, the vast areas of land released could be used for trees - most of it was formerly forested. Trees can meet nearly all human needs. They can yield abundant food and also wood for many construction purposes. Waste wood can be used as fuel or processed into gas, electricity, liquid fuel, plastics, etc. At the same time, forests maintain the water cycle, fertilise the soil, purify the air and check soil erosion, floods, droughts and climate change. *A FUTURE DEPENDS ON RESTORING THE FORESTS.*

## HOPE

The ideals that inspire the Movement for Compassionate Living have been preached by founders of great religions, philosophies and humanitarian movements throughout the ages. Living consistently according to them can direct awesome human intellectual and technological powers to the service of life. People are beginning to wake up to the evils of the system that now imprisons them. MCL works to free them from the ignorance that keeps them dependent on livestock farming, on vivisection laboratories, and on the unnecessary industrialism that degrades them to cogs in machines.

Our herbivorous ancestors turned predators in response to an environmental challenge aeons ago when the forests dried up and they lost food supplies. The forests grew again but humans remained victims of the habit that had seduced them. Vegans have now proved that it is not necessary to kill to eat. This can inspire the faith and hope to respond to today's crises by creating a system based on equity and compassion for all living creatures and the planet itself.

*Kathleen Jannaway.*

*MCL, 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT, UK.*