

Leilani Information Documents

Leilani Farm Sanctuary

April 29, 2008

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Activism

Several ways to stop the abuses of factory farming

The best way to save animals from the misery of factory farming is to stop buying and eating all animal products and start eating a plant-based diet. Wear synthetic materials instead of leather and wool.

Ask your school, company cafeteria, or favorite restaurants to offer more vegetarian options.

Support legislation that abolishes battery cages, veal crates and intensive confinement systems.

Write to the USDA demanding enforcement of the Humane Slaughter Act.

Write to the editor of your newspaper and your state and federal legislator to demand needed reforms.

Get your church, civic club, or school interested in this critical issue.

Work with local animal groups, environmental, or consumer protection groups.

Send a generous contribution that will enable Leilani's Sanctuary to continue our work on behalf of animals.

Dairy Cruelty

Revelation of cruelty practised in the dairy industry

At least half of the 10 million cows kept for milk in the United States live on factory farms in conditions that cause tremendous suffering to the animals. They live crowded into concrete-floored milking pens or barns, where they are milked two or three times a day by machines.

Milking machines enable a single farm worker to milk 86 cows in two hours.

Milking machines often cause cuts and injuries, and in some cases give cows repeated shocks.

A single farm can lose several hundred cows to uncontrolled electric shocking.

To keep the animals at high levels of productivity, dairy farmers keep them pregnant constantly through artificial insemination.

Growth hormones and unnatural milking schedules cause dairy cows' udders to become painful and so heavy they sometimes drag on the ground.

Approximately half of the country's dairy cows suffer from mastitis, a bacterial infection of their udders.

A full udder can weigh 60 pounds and hold 50 pounds of milk.

With genetic manipulation and intensive production technologies, it is common for modern dairy cows to produce 100 pounds of milk a day- ten times more than they would produce in nature.

Bovine Growth hormone can cause birth defects in calves.

When a milk producing cow's production wanes, she is sent to slaughter. In nature, cows live 20-25 years, but a typical factory-farmed cow is used up in three or four years. Then she is sent off to the slaughterhouse most likely to be ground up into hamburger.

Dairy cows' calves are torn away within hours of birth, so that the milk can be consumed by humans.

Male calves, the 'byproducts' of the dairy industry, endure 14-17 weeks of torment in veal crates so small they can't even turn around, stretch their legs, or lie down comfortably. (One million calves are used for veal in the U.S. each year.

Female calves are often kept in tiny crates or tethered in stall for the first few months before becoming milk machines.

Dairy Health Hazards

Health issues related to the consumption of dairy

Cow's milk is suited to the nutritional needs of calves, who, unlike human babies, will double their weight in 47 days, grow four stomachs, and weigh 1,100-1,200 pounds within two years.

It is not natural for humans to drink cow's milk. No other species drinks milk beyond infancy, and no other species drinks the milk of another species.

Dr. Frank Oski from John Hopkins University says, "There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today."

The late Benjamin Spock, America's leading authority on childcare, spoke out against feeding cow's milk to infant humans, saying it can cause anemia, allergies, and insulin-dependent diabetes.

Cow's milk is deficient in fiber, niacin, vitamin C, and iron.

Cow's milk is linked to allergies, heart disease, cancer, and other diseases.

Dairy products are loaded with fat and cholesterol, and frequently contaminated with drugs and pesticides.

Milk and cheese may actually cause osteoporosis, since their high-protein content leaches calcium from the body. Foods high in animal protein leach calcium from the body in order to buffer the acidic byproducts that result from the breaking down of the excess protein; this causes a net loss of calcium.

A ground breaking Harvard study of more than 75,000 nurses indicates that the incidence of osteoporosis rises with an increase in milk consumption.

The best sources of calcium are beans, figs, and green leafy vegetables.

Deforestation and Erosion

How the landscape changes because of animal-based diets

Cattle-ranching is a primary cause of deforestation in Latin America. Trees are cleared to make room for livestock.

Just one quarter-pound hamburger imported from Latin America requires the clearing of 6 square yards of rain forest and the destruction of 165 pounds of living matter including 20-30 different plant species, and dozens of bird, mammal, and reptile species.

Soil erosion and desertification is caused directly by cattle and other livestock overgrazing.

Polluting fertilizers, toxic pesticides, and intensive farming methods also contribute to erosion and topsoil loss.

Cattle degrade the land by stripping vegetation and compacting the earth.

Cows powerful hoofs trample vegetation and crush the soil with an impact of 24 pounds per square inch.

Each cow foraging on the open range eats 900 pounds of vegetation every month.

About 54 percent of U.S. pastureland is overgrazed: erosion is the result.

Plant-based food production requires only 5% of the farm land needed for animal-based production.

Each pound of feedlot steak costs about 35 pound of eroded American topsoil, according to the Worldwatch Institute. The average American consumes nearly twice his or her weight in meat each year. (World Watch Institute)

Eggs

Cruelty and health issues

Chickens are excluded from the Animal Welfare Act and the Humane Methods of Slaughter Act . Egg-laying eggs are killed when their egg production wanes.

Egg factory farms typically consist of a series of warehouse-like sheds, some the length of football fields, that can house 200,000 or more birds in each windowless building. Inside, hens are crammed into thousands of barren wire cages, battery cages, stacked several tiers high and extending in rows down the length of the building. Multiple birds are crammed into each cage, allowing each hen about 67 square inches of space, less area than a sheet of paper. (HSUS)

Today's hens are bred to lay almost twice the number of eggs per year than hens did in 1940. Because egg-laying depletes calcium levels, these overworked birds are highly susceptible to osteoporosis, 89 percent of them have the disease, making them vulnerable to broken bones and weak joints. (HSUS)

Battery cages are designed with a sloping wire floor so the eggs will roll down and onto a tray for easy collection. Lacking perches, birds are forced to stand on the harsh wire floor, which often leads to severe foot and leg problems. (HSUS)

Many countries, including Germany, Sweden and Switzerland, are getting rid of battery cages, and by 2012, conventional battery cages will be phased out in the entire European Union.

Ninety-eight percent of layer hens are raised in tiny, crowded cages.

14-inch square wire cages (the size of a newspaper folded in half) with 5-6 hens crammed together inside.

Laying hens do not have enough space to even spread their wings. Their wings atrophy from disuse.

After months of confinement, necks will be covered with blisters, wings bare, combs bloody, and feet torn.

Poultry Tribune: "We have discovered chickens literally grown fast to the cage. The flesh of the toes grew completely around the wire".

The cage floor slopes toward the food and water troughs, so that weaker hens are often crushed to the bottom.

Approximately 20 percent of the hens raised under these conditions die of stress or disease.

The overcrowding leads to fighting between birds and self-mutilation due to stress.

To reduce fighting injuries, the tips of the birds' beaks are sliced off using hot blades, and without anesthesia. Some of the birds cannot eat after debeaking

and starve.

The hot blade used in debeaking cuts through the complex horn, bone, and sensitive tissue causing severe pain. The beak of a chicken has an extensive nerve supply. The procedure, which requires cutting through tender tissue similar to the flesh under human fingernails, is so painful that many chicks die of shock. Some die of starvation, when eating becomes too painful.

Cages stacked one on top of another in long rows, forcing the chickens in lower rows to live in the excrement of those above them.

The excessive manure causes ammonia burn to the chicken's eyes and sometimes leads to blindness.

Manure fumes and rotting carcasses force poultry workers to wear gas masks.

Only female chickens can produce eggs, so about 280 million male chicks per year are disposed of by being shoved into plastic bags and left to suffocate or ground up alive.

The male chicks cannot be used as broilers or fryers because they have not been bred to produce a lot of muscle.

Free-range: No government laws or standards regulate the use of terms like "free-range" and "free-roaming" on egg cartons, so some "free-range" eggs may actually be produced by hens who spend their lives in small, conventional battery cages. Often, "free-range" hens are uncaged but confined indoors in crowded sheds similar to "broiler" houses.

Forced-molting: Starving the hens for up to 18 days, keeping them in the dark, and denying them water in order to shock their bodies into another egg-laying cycle. The birds may lose more than 25% of their body weight and it is common for 5% to 10% to die. (J Appl Poultry Res, 1992)

Because they have been manipulated to lay such large eggs, their uteruses sometimes prolapsed (become expelled along with the egg) (Poultry Digest, Sep 90). The hen cannot escape her severe pain except by dying.

Eggs are the number one cause of salmonella poisoning in the country.

Serving up just one egg for breakfast each morning can raise your cholesterol level by as much as 10 points! The human body makes all the cholesterol it needs, and when extra cholesterol is eaten, only 100 mg per day can be eliminated-the rest begins clogging arteries.

Healthy and humane alternatives to eggs: Ener-G Egg Replacer powdered egg substitute, Fantastic Foods Tofu Scrambler, and Veganaise or Nayonnaise eggless mayonnaise.

Factory Farms

The insanity of these high production monstrosities

Massive animal factories using intensive confinement have replaced more and more family farms.

The factory farming system of modern agriculture strives to produce the most meat, milk, and egg as quickly and cheaply as possible, and in the smallest amount of space possible.

The largest numbers of animals are raised in the tightest possible quarters, and at the lowest possible cost to maximize productivity and profits.

Bernard Rollin of Farm Animal Welfare was quoted as saying, "Chickens are cheap, cages are expensive".

It is more economically efficient to put a greater number of birds into each cage, accepting lower profitability per bird but greater productivity per cage.

Overcrowding animals in unnatural conditions causes many of them to die, but as a group, the return of production is higher.

Over 90% of farmed animals in the U.S. are raised on factory farms in intensive confinement.

The animals are mere commodities. They are treated like machines with no concern for their pain or suffering.

They are deprived of exercise so that all of their bodies' energy goes toward producing flesh, eggs, or milk for human consumption. They are fed growth hormones to fatten them faster and are genetically altered to grow larger or to produce more milk or eggs than nature originally intended.

The Animal Welfare Act does not apply to animals used for food.

There are no laws requiring farmer to provide them with spacious environments, clean surroundings, fresh air, or sunlight.

The animals spend their entire lives in tiny cages and stalls where they are often unable to even turn around or lay down. They live on concrete, slatted metal, or wire mesh floors.

They are forced to live in their own and other animal's wastes. The ammonia fumes burn their sinuses and cause respiratory disease.

A quote from Hog Farm Management states, "Forget the pig is an animal. Treat him just like a machine in a factory".

Sows (known to be very intelligent and social animals) spend their lives in narrow crates shackled by girth straps to metal slatted or concrete floors, where they cannot walk or even turn around.

Hog-factory workers wear ear protection against the din of frustrated, squealing animals banging against their metal cages.

Factory farmed animals are fed and sprayed with antibiotics and pesticides that remain in their bodies and are passed on to the people who eat them.

Factory farmed animals are genetically engineered through selective breeding and gene splicing to grow larger or to produce more milk or eggs than nature intended.

Factory farmed animals are fed growth hormones and antibiotics to fatten them faster.

Bacteria that harm humans are developing resistance to antibiotics as a direct consequence of antibiotic use in animals, leading to more deadly and untreatable infections.

Free-range animals

The myth about this term

The term "free-range" has no legal meaning, and can mean that the animals are in slightly larger cages than industry standards.

No government laws or standards regulate the use of terms like "free-range" and "free-roaming" on egg cartons, so some "free-range" eggs may actually be produced by hens who spend their lives in small, conventional battery cages. Often, "free-range" hens are uncaged but confined indoors in crowded sheds similar to "broiler" houses.

The USDA, which defines free-range and free-roaming for labeling purposes, relies "upon producer testimonials to support the accuracy of these claims."

Free-range birds are still subject to de-beaking, and male chicks are disposed of at all egg production facilities.

Free-range animals still endure the horrors of abusive handling, transport, and slaughter.

They are not always adequately protected against inclement weather.

Many die from dehydration or freeze to death. Sometimes they are swept away in floods.

Injured or ill animals often do not receive necessary veterinary attention.

They experience trauma and pain as they are branded with hot irons. They bellow loudly as rancher's brands are burned into their skin.

Accustomed to roaming unimpeded and unconstrained, range cattle are frightened and confused when humans come to round them up.

Injuries often result as terrified animals are corralled and packed onto cattle trucks.

They experience additional transportation and handling stress at stockyards and auctions where they are goaded through a series walkways and holding pens and sold to the highest bidder.

Cattle may be transported several times during their lifetimes, and they may travel hundreds or even thousands of miles during a single trip without food or water.

In bitter weather they sometimes arrive at the slaughterhouse frozen to the trucks sides. Workers literally rip them from the trucks, leaving chunks of flesh behind.

FREE-RANGE: Another popular but largely unregulated term. Basic USDA free-range rules say poultry must have some access to the outside. It does not

specify how much and it does not verify claims. The term has almost no meaning in terms of livestock or eggs.

"Cage-free" is a more precise term, indicating animals were allowed to roam openly, though it is not regulated either.

Health benefits of plant-based

Why a plant-based diet is good for you

Plant-based foods and weight loss

On average, vegetarians are slimmer than meat eaters, and when we diet, we keep the weight off up to seven years longer. A third of all Americans are obese. The average American consumes 25 animals per year.

Animal-derived foods and illnesses

The vast majority of all cancers, cardiovascular diseases, and other forms of degenerative illnesses can be prevented simply by adopting a plant-based diet.

According to the American Dietetic Association studies have shown that vegetarians and vegans have a lower risk of breast cancer, colon cancer, diabetes mellitus, gallstones, heart disease, hypertension, kidney stones, obesity, osteoporosis, and stroke. Vegans are generally closer to their ideal weight.

Vegetarians are 40 percent less likely to die from cancer and 20 percent less likely to die from other diseases. (A British study tracked 6,000 vegetarians and 5,000 meat eaters for 12 years)

According to the Journal of the American Medical Association, a vegetarian diet can prevent 97 percent of coronary occlusions.

Dr. Dean Ornish, a well-known cardiologist from Harvard, proved that heart disease can be halted and even reversed by prescribing a vegetarian diet, and regular exercise.

In the words of Michael Klaper, MD, "Your body has absolutely no nutritional requirements for the flesh or milk of other animals" All requirements can be obtained through non-animal sources.

A major study conducted at Harvard University concludes that 68 percent of all diseases in the U.S. are diet related. (1997)

Today, the average American male eating a meat-based diet has a 50 percent chance of dying from heart disease. His risk drops to 15 percent if he cuts out meat; it goes to 4 percent if he cuts out meat, dairy, and eggs.

The rate of colon cancer is highest in regions of the world where meat eating is high and lowest where meat eating is uncommon. A similar pattern is evident for breast, cervical, uterine, ovarian, prostate, and lung cancers.

Chinese people who eat the least amount of fat and animal products have the lowest risks of cancer and other degenerative diseases. (China Health Project - the largest population study on diet and health to date)

Cholesterol

The number one cause of death in the U.S. is cholesterol and saturated fat blocking the arteries and causing heart attacks and strokes.

Plant foods contain no cholesterol, whereas meat, eggs, and dairy products contain large amounts of cholesterol, saturated fats, and concentrated protein, all harmful substances.

Meat, dairy products, and eggs are completely devoid of fiber and complex carbohydrates, the nutrients that we're supposed to be consuming more of, and are laden with saturated fat and cholesterol, which make us fat and lethargic in the short term and lead to clogged arteries in the long term.

Serving up just one egg for breakfast each morning can raise your cholesterol level by as much as 10 points! The human body makes all the cholesterol it needs, and when extra cholesterol is eaten, only 100 mg per day can be eliminated-the rest begins clogging arteries.

Breast cancer

Women who eat meat every day are nearly four times more likely to get breast cancer than those who don't. (National Cancer Institute)

Women who consume at least one serving of vegetables a day reduce their risk of breast cancer by 20 percent to 30 percent. (Harvard Nurses Health Study)

Protein

In Western countries, our problem is too much protein, not too little. Most Americans get at least twice as much protein as they need.

It's nearly impossible to eat as many calories as you need for good health, without getting enough protein. Too much protein, especially animal protein, can cause you to excrete calcium through your urine and increase your risk of osteoporosis. Too much protein can also strain the kidneys, leading to kidney disease.

High protein foods, such as meat, eggs, and dairy products, leach calcium from the body as excess protein is processed by the liver and passed through the kidneys, making the kidneys work harder and causing the loss of minerals such as calcium. Osteoporosis is bone loss due to calcium resorption.

The typical meat-eating American is eating about five times as much protein as needed. According to the U.S. recommended daily allowance (RDA), people should get 8-10% of their calories from protein. Most plant foods greatly exceed this amount of protein per calorie: potatoes 11%, wheat 15%, tomatoes 20%, beans 20-35%, broccoli 45%, and spinach 49%.

If a vegan consumes adequate calories, it is virtually impossible not to get enough protein

Other Items

Calcium: can be obtained from many different vegetables, nuts, and beans, as well as fortified orange juice and soy milk. The average bone loss for a vegetarian woman at age 65 is 18 percent; for non-vegetarian women, it's double that. (Vegetarian Times, April 1999)

Iron: garbanzo beans, kidney beans, dried apricots, raisins, figs, spinach, broccoli, kale, watermelon

Vitamin D: produced by sunshine on skin, 15-20 minutes, 2-3 times a week (extra amounts are stored for months, fortified foods).

Vitamin B12: fortified cereals and beverages. Most people have bacteria producing B12 in their throats and intestines. The body needs only miniscule amounts of B12 and vegans rarely show clinical symptoms of B12 deficiency.

It's never too late to change your habits for the better. Changing your diet isn't nearly as inconvenient as enduring a heart bypass operation, suffering paralysis from a stroke, or facing chemotherapy and radiation treatments for cancer! Going vegan is the single best thing you can do for your health.

Ova-Lacto Vegetarians

Myths revealed about ova-lacto diets

Many people continue eating milk and eggs because they believe that to get milk and eggs, you don't kill the animal.

Milk producing cows and egg-laying chickens are killed after her products are taken from her. This is the case for free-range dairy and eggs, as well as for factory farmed.

In general, dairy cows and egg-laying hens suffer much worse than their for-flesh counterparts.

Most dairy cows live inside a building in a stall where they can't walk or turn around. Almost all egg-laying hens live in tiny cages with wire floors.

Dairy cows and egg-laying hens (who do not die from the conditions) live - and suffer - much longer and more acutely than steers and broiler chickens.

Most of the males born in dairy cow and egg-laying hen breeding operations are also killed.

In the case of egg-laying hens, the male chicks are often discarded in trash bags to suffocate or starve.

Male offspring of dairy cows, being of the wrong stock for beef, are taken from their mothers and raised for veal.

Giving up meat is a good step toward not contributing to the suffering of other animals. If you are going to cut out animal products in the order of which suffer the most, you should stop consuming dairy products first.

Pollution

Factory farms pollute the environment

70% of the organic water pollution in the U.S. is attributable to animal agriculture.

Nationwide, 130 times more animal waste is produced than human waste. Cattle produce nearly 1 billion tons of organic waste each year.

Because these animals are injected, fed, and sprayed with antibiotics and pesticides, their waste is filled with toxic chemicals. Much of it is washed by rains, untreated, into our waters.

Feedlot wastes are up to 100 times more concentrated than human sewage.

Hog farms in North Carolina store liquefied waste in huge open pits, some 50 feet deep and covering ten acres. Flooding causes the hog waste to overflow and drain into streams and rivers. The excessive nitrogen and phosphorus speeds algae growth, which chokes off aquatic life.

The 1,600 dairies in Central California produce more waste than a city of 21 million people.

EPA has identified 60 rivers and streams as impaired due to the waste runoff from factory farms and feedlots.

Gulf of Mexico has a 7,000-mile dead zone of hypoxia (low oxygen).

Pfiesteria is a microscopic organism that produces a toxin lethal to fish and dangerous to humans. It thrives in waterways overloaded with nitrogen and phosphorus, usually the result of animal runoff.

Pfiesteria the "cell from hell" associated with the poultry industry killed 30,000 fish in the Chesapeake Bay and another 450,000 fish in North Carolina attributed to hog waste. (EarthSave)

The Pfiesteria piscicida epidemic nurtured by chicken factory effluents has wiped out fisheries along the eastern seaboard and sickened dozens of people.

People who come in contact with Pfiesteria suffer nausea, migraines, and skin sores that don't heal. Cases of acute learning and memory problems have been documented.

The average egg factory produces 11 million tons of manure, which can wash into streams and seep into ground water.

Most of the carbon dioxide released into the atmosphere is directly attributable to beef production: burning forests to make room for cattle and burning massive tracts of agricultural waste from cattle feed crops.

The average feed lot steer produces more than 47 pounds of manure every twenty-four hours.

The world's cattle and other ruminant livestock emit approximately 60 million tons of methane annually.

Every year, millions of unmarketable hens are disposed of by dumping which contaminates soil, or incineration, which results in air pollution.

In North Carolina more than 100 hog operations have been caught illegally dumping manure into waterways during the past few years, and about half of the hog waste cesspools are leaking.

North Carolina and Kentucky have declared moratoriums on new hog operations. Nebraska passed a bill requiring more public health and environmental inspections of factory farms. In Oklahoma, they passed tough regulations to staunch the flow of factory farm pollution.

Poultry

Some of the worse animal abuses

To date there are no federal welfare laws governing the raising, transport, or slaughter of chickens in the U.S. Chickens bleed, hurt, and cry just like any other creature. They deserve humane protection under the law.

Chickens raised for meat are kept in large warehouses, which typically hold 25,000 birds.

In crowded groups of thousands, no social order is possible, and in their frustration, the birds peck at one another so vehemently that they draw blood and even kill each other.

To keep the birds wakeful and eating, lights are kept on for 23 hours a day.

Meat chickens are genetically altered to grow twice as fast and twice as large as their ancestors

Fleshy bodies of broiler chickens grow heavy so quickly that development of their bones and joints can't keep up. Many of these animals crouch or hobble about in pain on flawed feet and legs.

Modern meat chickens also experience crippling leg disorders, as their legs are not capable of supporting their abnormally heavy bodies.

Chickens suffer from congestive heart failure because their heart and lungs are not developed enough to support the remainder of their rapidly growing body.

Crowded together in warehouses which causes trampling and fighting. They are de-beaked.

Up to 60 percent of chickens sold at the supermarket are infected with live salmonella bacteria.

Poultry Slaughter

Handlers frequently break chicken's wings when they snatch them up many at a time and stuff them into tiny cages on the transport truck.

At the slaughterhouse, the birds are pulled from the crates and dumped on a conveyor belt. Some birds die after being crushed by machinery or vehicles operating near the unloading area.

Fully conscious birds are hung by their feet from metal shackles on a moving conveyor rail.

The birds' heads are dragged through an electrified bath of water, which immobilizes them but they are commonly still conscious and capable of feeling pain.

After passing through the stunning tank, the birds' throats are slashed, usually by a mechanical blade, and blood begins rushing out of their bodies.

The blade misses some birds that then proceed to the scalding tank where they are submerged in boiling hot water.

Birds missed by the killing blade are boiled alive. The industry has a term for these birds. They are called "redskins." Every day millions of chickens endure the agony of severe electric shocks, inadequate stunning, badly cut necks, and entering the scald tank alive.

Resource Depletion

Animal-based diets destroys our resources

The meat industry consumes over 50% of all the water used in the U.S. Most of the water is used to irrigate the pasture and crops that livestock eat.

70% of the U.S. grain harvest is fed to farmed animals. (USDA)

It takes 40 times the fossil fuel to produce a pound of protein from feedlot beef than to produce a pound of protein from soybeans.

The annual beef consumption of a typical family of four requires more than 260 gallons of fuel and releases 2.5 tons of CO₂ into the atmosphere, as much as the average car over a six month period.

Burning fossil fuels, which produces carbon dioxide, is a major cause of the greenhouse effect.

Another contributing factor of global warming is deforestation. Burning trees puts more carbon dioxide in the air while reducing the number of trees that can turn CO₂ into oxygen.

Methane released by cattle as part of their digestive process is also a greenhouse gas. It traps 25 times more solar heat than CO₂.

More plant species in the U.S. have been eliminated or threatened by livestock grazing than by any other cause, according to the U.S. General Accounting Office.

Under pressure from ranchers, the U.S. government exterminates ten of thousands of predator and nuisance animals each year. Extermination methods include poisoning, shooting, gassing, and burning animals in their dens.

Nearly 1,000 of Yellowstone Park's approximately 3,500 buffalo were shot or slaughtered in 1997 in order to protect cattle from possible disease.

It takes 2500 gallons of water to produce one pound of meat but only 25 gallons of water to produce one pound of wheat.

1 pound of beef = 12 pounds of grain + 2,500 gallons of water + 1 gallon of gasoline

Sentient Beings

Exploitation and abuse of sentient beings is wrong

Treatment on Factory Farms

Cows, pigs, chickens, and other animals commonly exploited by agribusiness are sentient beings'capable of awareness, feeling, and suffering

Animals exploited for food and fiber in the United States are considered primarily as commodities or "tools of production," not sentient beings.

Farm animals are subjected to grossly inhumane conditions and suffer from both physical and psychological disorders as animal factories seek to maximize productivity and profitability. This commodification of sentient life leads to intolerable animal cruelty, and it serves to diminish us as human beings.

The Animal Welfare Act specifically excludes animals used in agricultural production.

They aren't 'farms' by any stretch of the imagination. They're torture chambers.

European law requires that animals be recognized as sentient beings, not commodities, and this has led to basic humane protections for farm animals.

Even though farm animals suffer more than any group of animals, the laws to protect them are extraordinarily weak or simply non-existent.

It is vital that we build a body of law to protect these creatures, who deserve protection every bit as much as any other animals.

The challenge we face is significant because agribusiness is a multi-billion dollar industry with an enormously powerful and influential political presence.

Senator Robert Byrd (on the floor of the U.S. Senate, July 9, 2001):

"On profit-driven factory farms, veal calves are confined to dark wooden crates so small that they are prevented from lying down or scratching themselves. These creatures feel; they know pain. They suffer pain just as we humans suffer pain. Egg-laying hens are confined to battery cages. Unable to spread their wings, they are reduced to nothing more than an egg-laying machine. . . . The law clearly requires that these poor creatures be stunned and rendered insensitive to pain before [the slaughtering] process begins. Federal law is being ignored. Animal cruelty abounds. It is sickening. It is infuriating. Barbaric treatment of helpless, defenseless creatures must not be tolerated even if these animals are being raised for food'and even more so, more so. Such insensitivity is insidious and

can spread and is dangerous. Life must be respected and dealt with humanely in a civilized society.”

If we saw someone treating a dog or a cat this way, we would surely be outraged and protest loudly. Are these animals any less deserving of our consideration, compassion, and respect because they are raised for food, because there are no laws to protect them, or because their number boggles the mind?

Sentience

If dogs, cats, or parakeets were treated the same way as factory-farmed egg-laying hens, pigs, or veal calves, those responsible would face animal cruelty charges. The pain a pig feels is no different from the pain a dog feels.

Vertebrate animals suffer fear when their lives are threatened, pain when their bodies are mutilated, and boredom and frustration when caged for long periods of time.

Nonhuman vertebrates have well-developed nervous systems and pain receptors the same as humans. Like us, they show pleasure and pain and they present comparable evidence of fear and well-being. Animals cry out in pain, they nurse wounded body parts, and they seek to avoid those who have hurt them in the past.

The antiquated notion that humans are superior to animals, and that animals are somehow incapable of feeling (despite overwhelming evidence to the contrary) has resulted in widespread, horrific atrocities. The question is not, can they reason? Nor, can they talk? But, can they suffer? Why should the law refuse its protection to any sensitive being?

Studies on pigs' social behaviour at Purdue University in the US have found that they crave affection and are easily depressed if isolated or denied playtime with each other. The lack of mental and physical stimuli can result in deterioration of health and increased incidence of diseases. The EU has taken such studies to heart and has outlawed the use of isolating pig stalls by 2012, and mandated their replacement with open-air stalls.

Philosophy

As a civilized nation, we have an ethical obligation to prevent animal cruelty and to treat animals, including farm animals, as sentient beings. In doing so, we prevent intolerable suffering, and we elevate the human spirit.

Suffering is bad and to be avoided. I know that I don't want to suffer, and for this reason, I don't want to cause suffering.

One of our greatest shames, as human beings, is the suffering we force upon other beings so that we might enjoy eating the flesh of their dead bodies. How narrow-minded and self-absorbed we are to assign only to our own species the right to life and liberty.

The cruelty and needless suffering our culture inflicts on innocent animals surely contradicts our claim to be a "civilized" society. Until we learn to extend compassion to all living creatures, we cannot expect to be free from the violence that plagues our nation.

Any belief system, which professes to value the sanctity of life, but does not respect the lives and liberties of other creatures, is shamefully inconsistent and hypocritical.

To defend cruelty as sacrosanct, because we've been doing it for hundreds or thousands of years is ignorant and denies our ability to improve on our past.

Ethics into Action

Public opinion polls have found that the vast majority of Americans oppose cruel farming practices, and most are shocked to learn about the inhumane conditions imposed on animals for the sake of agribusiness profitability. But ironically, most Americans unwittingly support this cruelty by purchasing meat, milk, and eggs produced on factory farms.

We should re-evaluate our food choices, and we should seek to make conscientious decisions that are consistent with our values and that promote compassion instead of cruelty.

That farm animals are treated cruelly on U.S. factory farms is a moral blotch on our country's conscience. For the mere reason that to do otherwise would raise the price of meat is an outrage every person should fight to expose.

Slaughter

Expose about the slaughter process

10 billion per year in the U.S. killed for food consumption. The average American consumes 25 animals per year.

To meet the demands of the Standard American Diet, 1,000,000 animals are slaughtered every hour in the U.S.

Slaughterhouses are massive factories where as many as 24,000 animals a day are killed and processed.

Animals in slaughterhouses can smell the stench, hear the screams, and often see the slaughter of those before them.

Workers are required to kill as many as 1,100 animals an hour and resort to brutal animal handling techniques to keep the line running smoothly and maintain their jobs. One minute of downtime costs \$500 in lost revenue.

The pressure to maximize profits at the plants is such that plant managers deliberately keep the voltage low on stunning devices to avoid burning meat, resulting in animals who are still alive as they are processed through the line.

High-speed disassembly lines give workers only a few seconds to stun or bleed an animal; when they miss, live animals continue down the line for scalding, beheading, or gutting.

The slaughter line does not stop for anything - not for injured workers, not for contaminated meat, and least of all not for slow or injured animals.

Cattle are frequently skinned and dismembered while still alive and conscious.

Live pigs are routinely immersed and dragged through vats of scalding water.

Animals are often trucked over hundreds of miles in bitter winter weather, only to arrive at the slaughterhouses frozen to the truck's sides. Workers literally rip them from the trucks, leaving chunks of flesh behind.

Live, disabled animals are often buried under piles of dead ones in the rendering areas of the plants. In these cases animals are ground up alive.

The Humane Methods of Slaughter Act of 1978 requires that all animals be rendered unconscious with just one application of an effective stunning device by a trained person before being shackled and hoisted up on the line. . It also requires that, once stunned, animals must remain in a state of complete unconsciousness throughout the butchering processes.

Captive-bolt stunning: Typically used for cattle - A pistol is set against the animal's head and a metal rod is thrust into the brain. Shooting a struggling animal is difficult, and the bolt often misses the mark or is not of sufficient length

to cause unconsciousness, thereby injuring the animal and causing tremendous pain. (Meat and Poultry, Sep 87)

Electric head stunning: Typically used for hogs - An electric stunner is used to produce a grand mal seizure, then the animal's throat is cut and it bleeds to death. "Insufficient amperage can cause an animal to be paralyzed without losing sensibility". (Survey of Sunning and Handling, Ag Res Serv/USDA)

Chickens and turkeys are exempt from the HMSA. Approximately 8.2 billion chicken and turkeys are slaughtered in the U.S. each year.

10-year investigation of slaughterhouses across the country resulted in book "Slaughterhouse" by Gail Eisnitz, Chief investigator for HFA

Began with an anonymous tip from an inspector at a slaughterhouse in Florida Entailed in-depth, tape-recorded interviews with top officials from the federal meat inspector's union, USDA veterinarians, and slaughterhouse workers with more than 2 million hours on the kill floor.

Signed affidavits testifying that contaminated meat and poultry are pouring out of federally inspected plants and animals are routinely beaten, skinned, boiled, and disassembled alive.

Slaughterhouse workers have told of instances of cattle whose legs were sawed or burned off with blowtorches while they were alive, after they had fallen through the slats of loading ramps.

When the cows are hanging upside down and kicking, the workers take their clippers and cut off the cow's free leg (the skinny part below the knee) to shorten its reach.

When the pigs don't move fast enough through the chutes, workers sometimes poke them with electric stunners in the eyes or anus. Some animals are chained and dragged by small tractors.

A lot of times the skinner finds out an animal is still conscious when he slices the side of its head and it starts kicking wildly. The skinner shoves a knife into the back of its head to cut the spinal cord. This paralyzes the cow from the neck down. The animal remains conscious and able to feel pain but cannot struggle anymore.

The stickers play sadistic games. They poke the sharp knife deep into the animal's eye until it reaches the brain. They slice off the hog's noses and rub salt into it.

Most people would be shocked, and frankly disgusted, to discover that with amazing frequency these animals are literally tortured to death.

Buying meat subsidizes these atrocities. The only solution is to not buy animal products. For more information go to <http://www.farmsanctuary.org>.

The Transition

Making the move from animal-based foods to plant-based foods

Deciding what we will eat means choosing between the horrors of factory farming and respect for the animals.

Going vegetarian has never been easier.

The explosion of vegetarian foods means that you can pop everything from bean tacos to veggies "sausage" into the microwave and finish the meal with frozen nondairy "ice cream."

You can order a latte with soy milk in the neighborhood coffee shop, enjoy a veggie burger at the ball games, and stock your kitchen with wonderful products we only dreamed of 20 years ago: flavored rice mixes; microwave tofu entrees with exotic sauces; soy-based cheeses," "mayonnaise," "milk," and imitation meat products that can be used on their own or in your favorite recipes.

Many people become vegan overnight, while others make the change gradually. Do what works best for you.

Begin by "vegging up" meals you already eat, like spaghetti with tomato sauce, soups, salads, and by replacing the meat in favorite recipes like lasagna, stir fries, and chile, with beans or textured vegetable protein (TVP). Replace the beef in burritos with beans or grilled veggies. Bake stuffed peppers filled with rice pilaf. Top baked potatoes with margarine soy "bacon bits" or salsa. Use crumbled tofu instead of ricotta cheese in manicotti and lasagna. Use crumbled veggies burgers instead of ground beef.

Fabulous fakes will satisfy your cravings. Most large supermarkets now carry the basics, including veggie "dogs" and burgers. Health food stores stock everything from soy-based sausage and savory smoked tofu to dairy-free "cheese" and "ice cream." Don't give up if the first faux food doesn't suit your taste.

Most new vegetarians find that they really have more food choices - not fewer! For example, many add ethnic dishes like Thais and Indian curries, tofu stir-fries, and veggie casseroles to their repertoires.

And thanks to mock meats, vegetarians can still enjoy all their old favorites, too.

For recipe ideas, borrow or invest in a few good veg cookbooks.

Calcium can be obtained from many different vegetables, nuts, and beans, as well as fortified orange juice and soy milk. The average bone loss for a vegetarian woman at age 65 is 18 percent; for non-vegetarian women, it's double that. (Vegetarian Times, April 1999)

Iron: garbanzo beans, kidney beans, dried apricots, raisins, figs, spinach, broccoli, kale, watermelon

Vitamin D: produced by sunshine on skin, 15-20 minutes, 2-3 times a week (extra amounts are stored for months, fortified foods).

Vitamin B12: supplements, fortified cereals and beverages. Most people have bacteria producing B12 in their throats and intestines. The body needs only miniscule amounts of B12 and vegans rarely show clinical symptoms of B12 deficiency.

USDA Failure

The USDA has not provided animals with any protection

The USDA has been assigned two radically opposing missions. The very same department responsible for developing new and expanded markets for the meat industry is also charged with regulating meat packers, protecting public health, and ensuring the humane treatment of animals.

Cozy relationship between USDA and the meat industry. Agribusiness leaders from the private sector have been appointed to administer the USDA's meat inspection program.

Meat plants are notified in advance of an inspection. There is usually plenty of time to put away all the lead pipes and warn the stunner not to hang any conscious animals. (Slaughterhouse)

Inspectors' primary responsibility is to examine live animals for disease and carcasses for contamination. (Slaughterhouse)

USDA inspectors are rarely able to visit the unloading and killing areas of the plant where the humane violations occur. (Slaughterhouse)

When inspectors witness violations, the USDA supervisory staff prohibits them from stopping the line. (Slaughterhouse)

In some cases, inspectors have been reprimanded, demoted or even fired for attempting enforcement of HMSA. (Slaughterhouse)

Instead of wielding their authority to ensure the production of safe meat and require industry compliance with the Humane Slaughter Act, USDA officials have done virtually everything in their power to ensure that slaughter lines keep running undisturbed. (Slaughterhouse)

Many lawmakers have personal stakes in the meat industry.

Former Senator Lauch Faircloth (R) of North Carolina had \$19 million invested in dozens of hog operations. His big campaign donors included the North Carolina Pork Producers Association, The American Meat Institute, and the National Pork Producers Council.

The American government is bought and paid for by big corporate farm operations that have a position with both parties.

Veal

A particularly cruel industry

The intensive confinement and cruel treatment of calves in veal factories represent one of the most abusive practices in agribusiness today.

Veal calves are a by-product of the dairy industry.

Drinking cow's milk creates the veal market because the male calves of dairy cows cannot produce milk and are not of the right stock to be raised for beef.

Males are of no use for milk production and they are not the right stock for beef production.

Soon after they are born, veal calves are taken from their mothers and locked up in stalls or crates. Veal calves are chained by their necks to prevent them from turning around during their entire lives. This prevents tough muscle development and makes their flesh tender.

Calves endure 14-17 weeks of torment in crates so small they can't even turn around, stretch their legs, or lie down comfortably. (One million calves are used for veal in the U.S. each year.)

The calves have committed no crime, yet have been sentenced to the cruelest fate imaginable.

During their brief lives, they never see the sun or touch the Earth. They never see or taste grass.

Veal calves are deprived of their mother's milk, fresh air, drinking water, exercise, adequate nutrition, and proper veterinary care.

Veal calves are fed a synthetic diet without iron or roughage, which keeps the animals anemic in order to make their flesh pale. The pale pink or white color is desired in the finished product for gourmet veal.

Veal calves are kept in total darkness except for feeding time.

Veal calves are forced to stand or lie on hard wood slats covered with excrement, without straw or other bedding.

After 16 weeks of this misery, he is dragged to the slaughterhouse, where one man blows out his brains, another strings him up by his hind leg, and a third cuts his throat until all life bleeds out. His tortured body is then sliced and served as veal.

If we saw someone treating a dog or a cat this way, we would surely be outraged and protest loudly. Are these animals any less deserving of our consideration, compassion, and respect because they are raised for food, because there are no laws to protect them, or because their number boggles the mind?

Because of such extremely unhealthy living conditions and restricted diets, calves are susceptible to pneumonia and constant diarrhea. Consequently, they must be given massive doses of antibiotics and other drugs just to keep them alive. 10-20 percent never make it.

The antibiotics given to veal calves are passed on to consumers in the meat.

Physicians warn that the routine use of antibiotics in veal and other farm products is resulting in antibiotic resistant strains of bacteria. These virulent bacteria render formerly life-saving antibiotics useless in combating human disease.

Would you knowingly serve your family sulfa drugs, clenbuterol, penicillin, tetracycline, or drug resistant strains of bacteria for dinner? Of course not. Unfortunately, these and countless other substances are now commonly found in veal.

Britain has already banned the veal crate

To help stop veal calf abuses, don't buy or eat veal, and tell friends, relatives and neighbors why.

Tell restaurant managers about veal cruelties and ask them to remove veal from their menus.

Write to the media and legislators demanding an end to the veal crate.

Contact <http://www.farmsanctuary.org> for veal leaflets, posters, bumper stickers, and other educational materials.