THE

VEGAN NEWS

(Quarterly Organ of The Vegan Society.)

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VEGANISM is the practice of living on fruits, nuts, vegetables, grains, and other wholesome non-animal products.

VEGANISM excludes as human food: flesh, fish, fowl, eggs, honey; and animals' milk, butter and cheese.

VEGANISM aims at encouraging the manufacture and use of alternatives to animal products.

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Quotation. "I am most anxious that this Debate should bring out the plain fact that our dairy cattle, lamentable as the admission may be, are riddled with disease, and the appalling damage that has already been done to the health and efficiency of thousands of people, mainly in the rising generation, whose welfare we should have most at heart."

The Earl of Listowel, in the Lords' Debate, 11.4.45.

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EDITORIAL.

The Milk Debate.

The recent Milk Debate in the House of Lords revealed so much to testify to the appalling state of Britain's milk supply, that we strongly advise the study of Hansard, Vol. 135, No. 42., obtainable by sending 6d to His Majesty's Stationery Office, York House, Kingsway, London, W.C.2. Many of the Lords who subscribed to this Debate are owners of large dairy herds and so they were able to speak with authority on the subject of cattle diseases.

Viscount Bledisloe, who opened the Debate, stated that the prevalence in Britain of four bovine diseases (apart from tuberculosis) namely, mastitis, contagious abortion, Johne's disease, and sterility, involved an annual loss of 200,000,000 gallons of milk, and £20,000,000 to the dairy farmers. All four diseases were increasing. Twenty-five per cent of cows suffer from mastitis, forty per cent from contagious abortion, and nearly half our dairy herds are infected with tuberculosis. The Viscount referred to what he called a 'remarkable statement' issued by the Survey Committee of the National Veterinary Medical Association - "Fifty-eight per cent of all the cows passing out of our herds are disposed of on account of disease." The incidence of bovine tuberculosis in Switzerland, the Netherlands, Denmark, Belgium, France and Britain varied from 20% to 40%, Britain being at the bottom of the list.

The following brief extracts are taken from the Report:

Lord Cranworth. "I am afraid I am always rather suspicious of figures which end in six noughts. There always seems to be a temptation to add another nought to make one's flesh creep, but in this case I have little doubt that the figure is a conservative one and I will accept it very gladly. --- Assuming that the loss is in the region I have mentioned, the cost of getting rid of the disease might be a hundred times as much."

The Earl of Iveagh. "I support the mover of this Resolution in thinking that the Ministry should seriously consider whether all calves should

not be so treated (by vaccination) so as to make them, in later life, unsuitable media for the particular microbe that gives contagious abortion. And, by the way, it is a fact that human beings can be infected by this microbe and that they contract undulent fever. --- I have a veterinary surgeon who comes every week to examine the animals that are giving trouble, and it is most extraordinary what a number of different diseases these animals can have."

The Duke of Norfolk. "The noble Viscount asks in the Motion, whether we endorse the fact that we lose 200,000,000 gallons of milk a year and the farmers some £20,000,000. Well, broadly speaking, as I said in my opening remarks, I would not quarrel with his suggestion; but as the four major diseases are not compulsorily notifiable, there is really no means of arriving at any exact figure, and it may well be that he is not far out."

Lord Moran. "Noble Lords will remember, I think, that there was an epidemic of typhoid fever at Croydon, due to the introduction of typhoid bacilli into the water, and that it caused public disquiet, and there was an enquiry. Now it is not easy to understand why microbes in water cause such alarm and dismay to the public while microbes in milk are accepted with equanimity."

The Earl of Warwick. "I believe one of the principal causes of Johne's disease is stagnant water. All over the country there are stagnant ponds into which cattle dung gets. The water in consequence is contaminated and the disease is transmitted by cows dunging in the water."

Lord Geddes. "In the matter of mastitis there is just about fifty years of research behind the present position. So far as I can see, mastitis is becoming more and more a scourge. It does not look as if research, conducted as it has been mainly from the bacteriological angle, has got very near the heart of the problem."

Earl De La Warr. "It is lamentably true that the lactation life of the cow in this country to-day is less than four years. That is a terrible condemnation of the present position."

Lord Teviot. "There is no question that milk is a most dangerous food. It is a wonderful food if all is right, but how often is it all right? You may have the herds right, you may have the dairies right, you may have the distribution right, but at the last moment the bottle may be sterilised in an atmophere in which milk will pick up any disease that may be about."

The Earl of Listowel. "According to information available before the present war, an average of about 40% of cattle throughout the country reacted to the tuberculin test, showing that they had come in contact with the tubercule bacillus. The inference that practically all bulked milk, representing milk of 20 or more herds, must be infected, has been shown by different observers to be correct.--- It must therefore be realised that a considerable proportion of our milk supply is, and will continue to be, infected with tubercule bacilli. The danger of such milk, especially for children, has been pointed out by numerous medical organisations, and the Cattle Disease Committee has estimated that in 1931 about 2,000 human deaths in England and Wales were due to this cause.--- But of course, the death-rate does not, by itself, give any real indication of the ravages of non-pulmonary tuberculosis, which is not a killing disease. We do not know, we have no idea, how many children have grown up hunchbacks and cripples from this cause, but the number must be very considerable. And the ill effects on the health of the public do not stop at this point. We must not forget the infectious diseases of human, not bovine, origin, carried into many homes by germs that reach the milk from those who have handled it before it gets to the consumer.--- Again, we do not know the full extent of infections transmitted in this way. But we do know for certain that there were 113 outbreaks of epidemic milk-borne disease, affecting 14,000 people in this country between 1913 and 1937."

Following so much damning evidence, which no one sought to question, and of which the foregoing is but a brief sample taken from the 35 pages of the Report, it seems incredible that Lord Moran could announce: "It seems to me that we are all united in one thing. We want people to drink more milk." Words almost fail the humble reporter at this point! Following so much authentic and incontrovertible evidence to prove that cows' milk is a highly diseased and dangerous food, one would have expected the first question to have been "Is such milk necessary?"

In one of the closing speeches, Lord Glentaner, speaking with apology as a layman, almost brought himself to the point of asking that question. His statement certainly referred to factors more important than the presence of germs, as will be realised from the following extract: "After hearing the most interesting speech by the noble Lord, Lord Moran, I feel a little diffident as a layman in suggesting to your Lorships that there is a possibility of doubt as to the extent to which milk production requires to be increased - for instance, the question of whether, and to what extent milk is an advisable form of diet for the normal adult or for the adolescent, and further, to what extent any animal's milk is an advisable substitute to a small infant for its mother's milk. -- I will not go into the question of what constitutes milk of good quality - your Lordships have heard much on this point - but I would agree with my noble friend Viscount Bledisloe that the loss of milk through disease is undoubtedly very considerable. In round figures it is enormous. I would submit, however, that the causes of those diseases and the consequent loss of milk may be found, in a measure, in the very practices which have been increasingly followed in recent years in obtaining more milk; in other words that we are in a vicious circle. I have no statistics to submit to your Lordships, but I would suggest that the increase in these diseases coincides with the great developments in mass production and in mechanical methods and in steps to increase greatly the yield of the individual cow - developments which include milk recording, concentrated feeding in proportion to yield, encouragement to cows with enormous yields, prizes and so forth, and especially selective breeding from high producers. These developments and the increase in disease affecting dairy cows are well within the memory of your Lordships. I believe that in general veterinary authorities would agree as to the correctness of this statement. -- I am convinced that a general reorientation of thought must take place if progressive degeneration of domestic animals is to be avoided. The animal is not a machine which can be adjusted to a certain function and then boosted to give continuous and maximal production. Nature has wonderful powers of adjustment, but there is a limit to abuse, and all the more when that abuse of functions is concerned with the reproductive process, as in the case of the lactation process in cows and the egg production in hens. Every biological organism has a load factor which is in ratio to the general health of the organisation, and the balance must be determined between the health factor and production.--- I would say that when any proper function of an animal is diverted for the use of man, such cannot be exercised beyond a certain limit without the danger of grave injury to the animal, especially when it is a reproductive function. An udder which produces enough milk for four or five calves, when the normal number is one, must be regarded, I maintain, as a pathologically hypertrophied organ, and in addition to its general effect on the whole system, its size and pendulous nature renders it liable to injury and to uncleanliness. --- I will not take up your Lordships' time at this late hour by dealing in detail with the various diseases which we are considering to-day, but in connection with mastitis I would just say that it is our common experience to hear from farmers that it is always their best milking cow that goes down. I believe four blood cells are needed to create one milk cell, and any overproduction must necessarily put an immense strain on the metabolic process." (From 300 to 400 gallons of blood are circulated through the udder in order to produce one gallon of milk. - Ed.)

In reply to an editorial in "The News Chronicle" advocating a 30% increase in milk consumption, the following letter was sent on behalf of The Vegan Society, but it was not published:

Sir,

No one has denied the truth of the Earl of Listowel's statement that Britain's dairy herds are riddled with disease. Your editorial drawing attention to the grave implications of this situation is timely, but in common with the proposals made in the House of Lords it suggests only one solution - the restoration of the health of the herds.

The excessive drain on the vital reserves of the cow necessitated by commercial milk production makes this an extremely difficult project - even if it is possible. Moreover, such is the nature of milk that the problems confronting the dairy scientist in his attempt to make it safe are enormous.

Would it not be better if science applied itself to the much easier task of manufacturing a really safe, sterile, nutritious (and cheap!)

milk from beans, nuts and cereals? Such a proposal was made many years ago by Mr Henry Ford. Lord Moran's statement that cow's milk is 'the keystone of the arch of national nutrition', is true only where the diet is otherwise deficient. I am secretary of a society whose members are pledged to abstain from all animal food, including milk and its products, and though some of our members have lived strictly on this diet for thirty years they have remained strong and well.

Yours faithfully,
Donald Watson.

Constitution of The Vegan Society.

Since the appearance of our last issue the following Members have consented to serve on a temporary Committee which will function until a democratically elected Committee can be formed:

Mr and Mrs G.A.Henderson.	Chipperfield.
Mr and Mrs A.H.Haffenden.	Manchester.
Mr and Mrs G.Crocker.	Ipplepen, Devon.
Mrs W.Shrigley.	Purley.
Mr B.Drake.	Bromley.
Mr P.Spencer.	West Byfleet.

The Committee met in London on April 8th and discussed at length the aims of the new Movement. It was unanimously decided that the Society, which had developed from a small group of 'non-dairy' vegetarians, should work for the abolition not only for all food of animal origin, but also of commodities made from animal products, in particular, those from the slaughter-house. As soon as possible a Vegan Trade List will be issued, giving particulars of proprietory articles free from animal materials. A Vegan Cookery Book will be on the market at 2/6 in a few weeks.

The enclosed Membership Form should be completed and returned to 67 Evesham Road, Leicester, so that special cards that have been printed may be filed. As "The Vegan News" has developed into a bigger publication than was at first intended, arrangements have been made to have it printed in the form of a 16-page magazine as soon as present regulations governing the appearance of new periodicals are relaxed. In the meantime, it has been found that 1/- a year is not nearly enough to cover the cost of producing the magazine in its present form, therefore the subscription in future will be 2/6. Those who subscribed 1/- and who have received earlier issues will subscribe according to the new rate if they wish to continue to receive the magazine, and they are being reminded by printed slip enclosed with this issue. Those who do not receive this slip will continue to receive the magazine until the subscription they made has been 'used up'. This, of course, does not affect the completion of the Form by intending Members and Associates. To obviate reference to duplicate lists, it will simplify the secretarial work if these forms are returned quickly. They will, of course, come through the post for 1d.

It is particularly important that no one signs for full membership unless he or she intends to be absolutely strict at all times. For many people the difficulties here are very great, and perhaps even insurmountable, and it is for such enthusiastic sympathisers that Associate Membership has been arranged. Strictness implies that no foods containing milk, eggs, butter, cheese, or honey are allowed. We can hope to present our case strongly only so long as those who form the nucleus of Full Members are faithful. In any Movement there must be a most dramatic loss of spiritual power when signatures are not honoured.

At the Committee Meeting the question of the use of honey called for special consideration, and the decision to eliminate it from the Vegan diet will, in the minds of some readers, call for justification. Those of us who eliminated dairy produce before honey met with considerable criticism from people who, perhaps in defence of their own milk drinking, contended that the production of honey entailed exploitation 'far worse' than that associated with the production of dairy produce, for the simple reason that it concerns inconceivable numbers of creatures. Whether the exploitation is worse or not does not affect the fact that honey is an animal product (coming from the stomach of the bee), and that exploitation is involved in its production for human use. This was proved by the very concise reply receivedby a Member who wrote to Mr A.W.Gale, Proprietor of Honeybee Honey asking whether the honey sold under this name was in excess

of the bees' requirements:
Dear Sir,
In reply to your letter of the 12th inst,, we beg to inform you that we exploit our bees all we know how.

Yours faithfully,
A.W.Gale.

The Honey Producers' Association replied to a similar letter of enquiry stating that they could not assist the writer in obtaining honey that was surplus to the bees' requirements. As we all know, the honey is taken from the bees and is substituted in winter by white sugar and candy. It would seem reasonable to suppose that the resultant malnutrition is the prime cause of the widespread disease among bees. Whether honey from diseased bees is the wonderful food it is claimed to be, seems open to question. Consideration was given to the suggestion that humanely disposed Vegans might keep their own bees and take only the surplus honey, thus reducing the exploitation, but it was agreed that to permit the use of honey produced under such improved conditions would leave it difficult to argue against the use of milk produced under better conditions. The annual consumption of English honey is only about one tenth of a pound per head therefore its elimination cannot be a serious deprivation, and certainly it cannot imperil health. The Committee agreed, therefore, that by eliminating honey Veganism would gain by the greater consistency of its Constitution.

Other People's Problems.

An article appearing in the March issue of "Food Manufacture", entitled "Pasteurisation and its Alternatives" by J.S.Davies Ph.D., D.Sc., F.R.I.C., Scientific Adviser to the Express Dairies Ltd., gives a good idea of the enormous difficulties facing the dairy scientist in his efforts to make milk safe. Milk is, of course, teeming with bacterial life, and is an ideal medium for its proliferation. Many of these bacteria are pathogenic and they are most intractable, capable of withstanding great extremes in temperature, and of pressures up to fifty atmospheres. To be sure, Nature does not permit the interference with her laws without a fight! Someone suggested that 'to preserve milk, let it go sour' - a piece of advice which to Mr Davies sounds suspiciously like the Athanasian Creed!

As alternatives to pasteurisation, Mr Davies suggests electrolysis, intensive freezing, carbonation, pressure changes, oxygen under pressure, or treatment by infra red rays, ultra violet rays, or supersonic waves. All these methods can be made to produce changes in the bacterial count, or hold up proliferation for varying periods. Preservatives such as hydrogen peroxide and formaline are also fairly effective, though illegal.

The article, which apparently seeks to justify pasteurisation, deals at length with the great difficulties presented by each of the above methods. Referring to the opinion of some people that pasteurisation will be tolerated only until some more effective treatment is found, Mr Davies says: 'Exactly why these writers should make this assumption, we have never been able to discover.' (Apparently the news has not yet reached the Express Dairies that calves fed on pasteurised milk die.)

Mr Davies thinks an ideal way would be to dry the milk on the farm and collect it weekly or monthly, and whilst he does not think this method will ever be feasible for the small herd, he anticipates a steady trend towards the economic herd of 100 milking cows giving 200 or more gallons a day. Four such farms with adjacent dairies and plant could handle the 1,000 gallons a day at an economic rate. The article closes with the words 'The fantasy of to-day is the ordinary event of to-morrow'. Different people see different fantasies!

As scientists become more specialised, more than ever does it seem clear that many of their services would be redundant in a world where wisdom was not so scarce. Who, it may be asked, is the true scientist, he who deliberately entangles himself in a situation so difficult as to defy solution, or he who even without scientific training, sees the difficulty, moves round it, and goes on his way rejoicing?

Points from letters received.

"Working as a farm labourer, not only do I see the filthy conditions under which milk can be produced (smoking, spitting, unwashed hands, unsterilised pails, lousy cattle), but I see

the slaughter of unwanted bull-calves and worn-out cows, which is part of the production of milk. The muck chickens will eat does not improve my appetite for eggs. ---" H.G.

"My concern re milk, eggs, etc., comes from a point which is not touched upon very much in the literature to hand - that is the sheer exploitation of the natural sex instinct. I could also see the other implications, but the sex exploitation is so base and open that I cannot help wondering what relationship it has with the prevailing exploitation of sex among humans: the war is not entirely to blame for this, for it was apparent before 1939. I feel that the widespread use of the products derived from the diabolical sex exploitation of the animals must have some effect upon the humans who consume these things -- effects both physically and psychologically. I know of no evidence to support me in this, but, as I say, it has struck me that way and has troubled me." A.M.

"I have no drink problem. I simply drink the liquid in which dried fruit has been steeped. Sometimes I have weak tea in which a dessert-spoonful of orange juice is added. I find this better than Russian tea made with lemon juice." J.W.

"I always anticipate things turning out as bad as I can imagine. They never do; hence my life is one long series of pleasant surprises." D.W.

"You kidnap my children steal my milk, kill me and eat me, and then strut about in my hide." Telepathic communication from a cow.

"With regard to dairy produce: I can say without fear of doubt that the improvement in my health since giving up this is greater than the improvement which resulted upon my becoming a (dairy) vegetarian. This, I have no doubt, is due not alone to the elimination of the unnatural food, but also to the quieting of my mind, which had for some time been troubling me on this point. A sense of guilt is an unwholesome companion, and this I have learnt by practical experience." L.J.C.

"All last year before Pamela arrived I was on a strict Vegan diet, and because of this our baby arrived so easily and she is so well and contented."
K.V.M.

Rennet.

The question of the use of rennet in cheese making is one that presses hard on all humanely disposed vegetarians. The recent news that a bacterial rennet has now been I rfected and that it will be used on a large scale as soon as possible by a well known firm of health-food manufacturers, does not promise to aid the evolution of humane food production. Ostensibly it may appear to do so, but the facts prove otherwise. We may be sure that calves are not bred for the ounce or two or rennet contained in their stomach. Practically all those taken for slaughter are the inevitable by-products of the milk industry, therefore whether or not such rennet is used will make no difference to the number of calves taken for slaughter. Only a reduction in milk consumption can do this.

SALT FOR VEGANS.

By W.S.James, M.Sc., Beck Allans, Grasmere.

An article of mine in the spring number of "The Vegetarian News" deals with the question of salt in diet, and puts forward the view that salt is not to be regarded as an unnecessary and even poisonous addition to our food, but rather as a very beneficial and sometimes essential ingredient, especially in tropical climates. The arguments need not be repeated here, but "The Vegan News" is a suitable place to carry the conclusions a stage further. Salt, it was pointed out, was required in the body to (1) maintain the salt content of the blood at a fixed level for maximum muscular efficiency, (2) to replace salt lost in perspiration,

(3) to maintain a correct potassium-sodium balance in the body, and (4) to make gastric juice for digestion. Starting from very primitive conditions, tribes which eat meat raw or roasted derive their salt from the blood of animals. When primitive man began to boil meat and so lose most of the blood and its salt content, he, like the animals, was forced to go to the salt licks, and rock salt deposits for sustenance. The man who gives up meat and blood products altogether more than ever requires the external addition of crude salt, although he still gets a certain amount in milk, butter, and cheese, as well as in bread, conservatively cooked vegetables and salads.

So much has been set out more fully in "The Vegetarian News". Vegans cut out dairy produce, but still obtain some salt from bread, vegetables, and salads; but it is quite likely that they get insufficient for maximum efficiency. In this cool country of ours I have no doubt that many Vegans live a very active and vigorous life without any further addition of crude salt to their diet. It would be impossible to do this in the tropics, and salt is one of the urgent necessities in India, especially to the vegetarian sections. That is why salt is taxed in India but not here - in India everyone is forced to pay the salt tax through sheer biological necessity. But do Vegetarians, and still more, Vegans, get sufficient salt even in Britain? Would Vegans feel better, that is be able to continue muscular activity over a longer period with less fatigue with a little extra salt? I think it quite possible, and would be interested to hear of any experiences on this point. The symptoms of lack of salt are muscular weakness, langour, and drowsiness. Now, when a Vegetarian tries a Vegan diet he loses a certain amount of salt previously obtained in dairy produce, and he might conclude that the above symptoms are due to insufficient protein, which is the only serious charge that can be raised against the Vegan diet. The symptoms due to lack of salt and lack of protein are so similar. And the Vegetarian trying the Vegan diet would be especially prone to suffer from lack of salt if he were on holiday, exerting himself and perspiring more than usual in hot weather. The point to be watched then is that would-be Vegans might conclude that the new diet does not give sufficient energy, when all that is wrong is lack of salt.

Vegans, more than Vegetarians, are liable to have the potassium-sodium balance of the body upset by too much potassium and too little sodium, and this too is prevented by extra salt. Certainly, all those trying the Vegan diet for the first time should take a little salt with it so as to be on the safe side. And any moderate excess taken won't hurt! I know that in many vegetarian circles this is heresy. Still, I make the point that a natural diet is one which includes the addition of crude salt, and that this addition is beneficial in cool countries, and necessary in hot countries. I'm not at all sure that I know what a natural diet is; but if it is one that excludes blood, then the thesis holds. I believe your Secretary has it at the back of hi mind to push off, when international traffic facilities permit, to some tropical island with a girl (by the way, any volunteers?) , and there live the natural Vegan life. I have already advised him to choose an island with an abundant supply of rock-salt. For in the tropics, romance and love, and even life itself, languish and die without salt.

(Lest it be thought that the future of the Vegan Movement appears threatened by Mr James' closing remarks, let it be understood that your Secretary is as near to tropical islands as he is likely to be. Applications, if any, for the post which Mr James has thought fit to advertise, should be sent to my mother. Address on request. Being retired she has more time than I have to deal with this branch of the Society's work. I promise to abide by her decision, providing of course, it happens to be the same as mine. D.W.)

<u>Caravan accommodation, etc.</u>

Vegan Holiday Gardens. Three acres. Two caravans; one 2/3 berth, other single birth. Available June onwards. Camping space for those having own equipment. Also timber bungalow (three rooms) available later. Main water outside each dwelling. Cycle sheds. Fresh salads and vegetables from own two-acre market garden. Ten minutes walk village. Seven miles Torquay. Peaceful, lovely views. Invigorating air. Catering when restrictions are removed. Apply: Crocker, "Biltor," Ipplepen, Newton Abbot, Devon.

Romany type caravan at Brockweir, Wye Valley. Secluded position. Double bunk with bedding. Coal range, primus, cooking utensils etc. Tent if required. Nearby vegetarian community for supplies of compost grown vegetables. Apply sending S.A.E. to Andrew Millar, Fortune's Well, Sheepscombe, Nr Stroud, Glos.

Louis Naturist N.D., D.O., and his wife are proposing to start a Vegan colony in the sub-tropics, and they ask if others interested will write to them at White House, Miswell, Tring, Herts. The idea is to live a life of harmony, leisure and contemplation through creative eugenics. Mr Naturist has experienced many years of such life and therefore he knows it can be realised.

HEALTH AND THE SOIL.

By Dugald Semple.

The question of growing health foods is of real national importance, for no nation can be well which ignores the cultivation of its soil. We are taking a long time to learn that although we have a most fertile soil we are practically a landless people. It is truly sad, all this rural depopulation, especially in view of the fact that we could be practically self supporting as a nation in our basic foodstuffs. But this would mean that we must give up our present wasteful system of raising cattle instead of growing food direct for human use. Were the land put to more productive use, we could support at least ten times the population as at present. Sir Daniel Hall put the matter in a nutshell when he said at a meeting of the British Association "Undoubtedly a vegetarian diet is more economical of the resources of the soil."

An objection may be urged here that so long as we use dairy products we cannot make the most use of the land. From experience, I am convinced that it is not only possible to discard the use of dairy or animal foods entirely, but that we will, vegetarian or otherwise, be forced ultimately to do so. Think of the awful risks associated with the use of milk from a health standpoint, not to speak of the cruelty of making the cow into a milking machine! But of course, we are told that milk is a perfect food, and we must not forget those precious vitamins. Reading all that the Milk Marketing Board has to say about milk, one would almost conclude that man belonged to the bovine instead of the human species.

True, cow's milk is a perfect food for calves, but not for either small or grown up babies. We should really be ashamed of all this cow exploitation. It is the same too with poultry and these egg-laying machines, Man's inhumanity to animals has made this world a hell for millions.

As to the medical claim that we cannot live without some form of animal food, I would remind readers that the same claim was made about meat until quite recently. Before, therefore, this century is out, I will make bold to prophesy that doctors will say that neither milk nor eggs are necessary. Meanwhile let food-reformers do their utmost to find a health substitute for these products, if such is necessary.

With regard to the vitamins in milk, it is a mistake to imagine that we cannot get all these food factors from the vegetable kingdom, or by exposing the body to direct sunlight. Surely too, if Nature has given the cow sufficient in its salad diet, we can get the necessary vitamins from fruits, nuts, and vegetables. Professor Plimmer in his book "Food and Health" says: "They are produced in plants, and any vitamins found in animals have come from plant food. Vegetarians have one advantage over meat-eaters, that they get their vitamins direct from plants."

Reference to our Society was made on pages 116-117 of the Spring number of "The Countryman".

Our activities are also referred to in the Editorial of "The Animals' Friend" (March-April).

Will readers kindly inform the Secretary of any further references in other magazines or newspapers?

The following article, written for a vegetarian magazine, proved 'too strong' for publication. No useful purpose, we think, can be served by remaining in ignorance of atrocities associated with custom, so the article is here published in full. Readers should bear in mind that the contribution was not intended originally for "The Vegan News" and that our Society does not necessarily endorse the suggestions which conclude the article.

DAIRY FARMING.

By E.G.Barlow.

Most of us consume dairy produce - milk, butter, cheese. But even the production of such seemingly inoffensive foodstuffs causes cruelty. It is a disturbing thought for vegetarians.

The cow is a mammal. She suckles her young. But Nature never intended that the cow should be the wet nurse for the human race. In a wild state the cow gives, and the calf receives perhaps 1½ gallons of milk a day. In a domesticated state the cow gives up to 11 gallons a day, and 1,000, 2,000, and even 3,000 gallons a year. There is a big difference between 1½ gallons and 11 gallons. It means turning the cow into a milk producing machine. Man wanted milk. By careful breeding and feeding he has got it. The cow is given as much food as her digestive organs can possibly stand - to turn into milk. She is dosed with patent medicines and drugs to keep her in condition. The modern cow is not a vegetarian animal, she is also fed on bone flour, blood meal, fish meal and cod liver oil! So we vegetarians must remember when we drink milk, eat cheese or butter, that these things are derived not only from vegetarian foodstuffs, but from ground up bones of dead animals, slaughterhouse blood, the ground up bodies of dead fish, and extracts from the bodies of dead fish.

The stockbreeder is obsessed with high milk yields. For high milk yields mean high profits. That is the constantly stressed theme of the dairy trade advertisements, of the articles in the farming press, of the agricultural research institutes, and the Ministry of Agriculture. High milk yields - high profits. The profit motive is behind the exploitation of the cow.

To repeat: the cow is selected by breeding, she is largely an artificial creature bearing little resemblance to the wild cow. She is fed on artificial foods to stimulate the milk yield.

Enlightened people in the days of Rome were horrified that male and female slaves were kept for stud purposes. We would be shocked to-day if it were suggested that we benefit by prostitution. Yet we do. The mating of cattle is nothing but prostitution. I define prostitution as the placing of a cash value on the sexual instinct for financial gain. Generally speaking, a great many cattle have no normal sex life. They mate not because they will it, but because man wills it, and when he wills it. There is little of the excitement of sex play, it is a very cut and dried affair. The cow must be bulled, and bulled she is by fair means or foul.

Because man seeks to over-ride Nature, bulls and cows which would normally have nothing to do with each other (and animals are far more selective than a good many humans), are dosed with sexual stimulants to compel them to mate. Even then, some cows still remain obstinate and they are placed in a framework, their feet tied, and the bull led up to them.

Man's total disregard of the sex instincts of animals is shown in artificial insemination, where semen is collected by a man (or woman) and injected into a number of cows by a man (or woman) without actual mating taking place.

For the average cow the birth of a calf is a painful business because her shape is so unnatural. I saw one famrer acting as midwife to his cow. Whilst she cried out in pain, he was 'assisting' her by jumping up and down on her sides and belly in his iron shod boots. That was rather crude. The more general method is to fasten a rope or chain round a protruding leg of the calf and as the cow heaves the man heaves on the other end of the rope. But that method has been improved on by a winch which drags out the calf. Sometimes, of course, legs get broken.

What of the calf? Of all the mental suffering we vegetarians inflict on the cow, if the suffering can be graded, baby-snatching is

perhaps the worst. Heifer calves are generally taken from their mother at birth and reared by hand on a small part of their mother's milk, soon to be replaced by cheap substitutes. Those left with their mother are weaned as soon as possible. Often by the simple process of fastening a strap, armed with steel spikes round the nose of the calf, so that when the calf goes to suck the steel spikes stick into the cow's udder (or bag), and the pain causes her to repulse her young. Bull calves of the milk breeds are often killed at birth (for veal and ham pies) . Calves of the beef breeds are castrated and fattened up for food. Castration is what with cats is termed so happily a little operation. Its purpose is to render docile and turn sex into meat. It is done in three ways: (1) The calf is secured and the testicles are burnt out with a hot iron. (2) The testicles are cut out with a knife. (3) The testicular cords are severed through the scrotum with a pair of strong clamps, and deprived of their blood supply the testicles decay; this is termed bloodless castration. I have seen calves castrated without any anaesthetics being used. We vegetarians must take part responsibility for the mutilation of baby calves.

Many cows are kept under filthy conditions. At the other extreme we have up to date cow housing, the provision of tubular stalls. The cow is bedded on a concrete floor, the stalls are metal tubes, a metal loop is fastened round her neck so that she cannot lie down in a position she chooses. She has no room to move about.

Milk is often produced and stored under dirty conditions. Pasteurised milk gives a false sense of security.

Cheese is often produced with a piece of pig's belly as a starter. To give butter a rich appearance dyes are added. Cheese is also dyed. The normal colour of both is white or nearly so.

There are other cruelties the cow has to suffer. Shapes and pieces are punched out of her ears for identification purposes. When she is young the cores or horns are burnt out or scooped out to prevent horns forming in many cases. Then there are the cruelties of markets and transport.

The normal cow lives an average of forty years. The average cow is luckly if she lives to be ten before fattened for the butcher. Often it is nearer five years. The average working life for a cow is three years.

It is inevitable that unnatural housing, feeding, treatment - in short interference with Nature, brings disease. On the subject of disease an article could be written, and vegetarians would be horrified could they realise its extent. T.B., contagious abortion, and other diseases all affect the purity of milk at its source. Mastitis is a highly contagious disease of the udder. Forty per cent of cows in this country suffer from it. So that means if you see 25 cows in a field, 10 of those cows are likely to have diseased udders. It means that 40 out of every 100 cows are producing milk which one would hesitate to describe as fit for human consumption! Udder disease is one of the chief causes of faults in butter and cheese.

To deal with disease infected milk, with milk to which dirt has been added during preparation and transport, and the harm that milk and its products do to humans is beyond the scope of this article.

The cruelty having been proved, the next thing is to decide on a remedy. The clear remedy is to have nothing to do with dairy produce. But that is easier said than done. There are questions of climate, and the individual's economic position to be taken into account. There is the question of alternatives to dairy produce. More research in this direction is needed. As a compromise we must extend humanity to the cow. This could be done by eliminating the profit motive and replacing it with not merely State control, but humane control. But as educating the public is a slow business extending over many years, we must find an easier way. I suggest (1) For individual vegetarians who can afford it to keep their own cows, and by not forcing the animals, which would mean a lower milk yield, to give the cows a more natural life. (2) For groups of vegetarians to form co-operative organisations for the production of dairy produce along comparatively humane lines, but on a bigger scale.

For it is obvious that a lower milk yield will mean milk with a higher food value, since the cow, not being forced, will be happier and healthier. But it cannot be done while £ s d remains the chief factor.

Vegan Recipes.

By Muriel E. Drake.

Vegetable Pie.

6 large leeks. 4 good sized carrots. 1 tin baked beans in tomato sauce, 3 large potatoes, boiled and mashed.

Method.

Boil cut up leeks in half teacup of water for about 10 mins. Strain and spread on to beans turned into greased dish. On top of this place carrots, cut in thin slices and lightly cooked, and add a layer of mashed potato. Dot with margarine and brown in a moderate oven.

Savoury Braised Leeks (A very quickly prepared dish)

Several medium sized leeks. 1 tbspnfl pea-flour
Half teaspoonful Yeastrel.

Method.

Cut up leeks and cook gently in a little water. Strain, and keeping the leeks hot, make a sauce with 1 tbspnfl each of margarine and pea flour, and the leek water after dissolving in it half teaspoonful Yeastrel. Pour the sauce over the braised leeks, and serve with potatoes and peas or baked beans.

Macaroni Savoury.

4 ozs macaroni(wholemeal when obtainable), 1 medium sized onion, grated. 1 tbspnfl mixed herbs. 1 tbspnfl pea-flour. ½ teaspoonful Yeastrel.

Method.

Cook macaroni in sufficient water to cover for about ten minutes, strain and place in greased dish. Add herbs and grated raw onion. Dissolve half teaspoonful of Yeastrel in macaroni water, adding more water if necessary to make up to half pint. Melt a nut of margarine in a pan, add pea flour and gradually stir in stock until it thickens. Pour over the macaroni and cover with crumbled cereal flakes. Dot with margarine or Nutter, and place in moderate oven for about 20 minutes.

Fruit Sauce (For use in place of custard.)

1 teacupful sultana juice. (obtainable by soaking about ½ teacupful sultanas in water overnight). 1 tbspnfl wholemeal flour.

Method.

Place flour in saucepan, pour on sultana juice, bring to the boil and stir for two or three minutes until the mixture thickens. Prunes or other strongly flavoured dried fruit can be used in place of sultanas.

Orange Walnut Cookies.

¾lb milled walnuts. ½lb brown sugar. Grated peel of 1 or 2 oranges. ¼ teaspoonful Gelozone.

Method.

Put Gelozone in small pan with four tbspnfls water and bring to the boil. Stir for about one minute until it begins to thicken, and pour into mixing bowl. Stir in sugar, milled walnuts and orange peel, and shape into balls. Place on greased tin and bake in moderate oven for about 20 minutes.

Wholemeal Almond Biscuits.

6 ozs wholemeal flour. 2 ozs milled almonds and some whole almonds. 4 ozs Nutter. 4 ozs brown sugar. Grated peel of 1 orange.

Method.

Mix flour, milled almonds and sugar together and rub in Nutter. Add grated orange peel and mix to a paste with about four tbspnfl hot water. Roll out ¼" thick and cut out shapes with a pastry cutter. Place a whole almond on top of each and bake in a moderate oven for 20 minutes.

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Recipes sent by K.V.M.

Vitamin Salad.

3 grated apples. 2 tbspnfls Froment. Juice of half a lemon. 1 tbspnfl marmalade. 1 tbspnfl nut cream.
Mix all together and beat it up with a fork to make it frothy.
Another favourite is made with grated apple, ground almonds and chopped dates.

Savoury Pudding.

1 tin 'Pitman' Regal lentils in tomato sauce, mixed with 1 breakfastcup of wholemeal bread crumbs. Steam in a basin greased with Suenut for one hour.

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Note Mrs Henderson informs us that a little grated apple mixed with grated beetroot preserves the fresh colour of the latter and improves the flavour.

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Read, mark, learn ---.

"During three months of last summer, in one county, reports of unsatisfactory milk were received from 571 farms. The chief reasons for failure were: washing up and dairy work, 120; not cooling adequately, 89; bad methods in cowsheds, 77; water supply, 43; cows stale or diseased, 31; poor buildings, 25; dirty churns, 24; shortage of churns, 22; late collection, 20; labour shortage, 13; milk mixed on lorry, 7; out of routine, 4." The Countryman Spring 1945.

"The effect of exposure to light is quite dramatic. Thus, a bottle of milk left on the doorstep in the usual way for half an hour loses fully half its vitamin C content." S.K.Kon, D.Sc., Ph.D., F.R.I.C.

"Until we pass the age of 70, the first year of our life is the most dangerous period. ---- But the most important source of infection is milk. Milk straight from the human breast has almost no chance of becoming infected. But milk from the cow, or dried milk in the bottle, is at the mercy of the first fly that comes along.---- Mothers would do well to remember that 96 out of every 100 fatal cases of diarrhoea and vomiting in children are bottle fed babies; and most fatal cases of bronchitis and pneumonia are also bottle fed children." Stephen Taylor, M.D. M.R.C.P.

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Can any reader loan to us a copy of "Clean Culture" by Sampson Morgan? The book was published about 1910.

A competent authority is making a study of the relative merits of purely vegetable and mixed compost. The work will be published shortly and will be referred to in a future issue of this magazine.

In communications to the Secretary, please write your name and address clearly. As we hope shortly to set up an Addressograph, for which plates will have to be made, the Secretary would like to be informed of any errors that have been made.

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