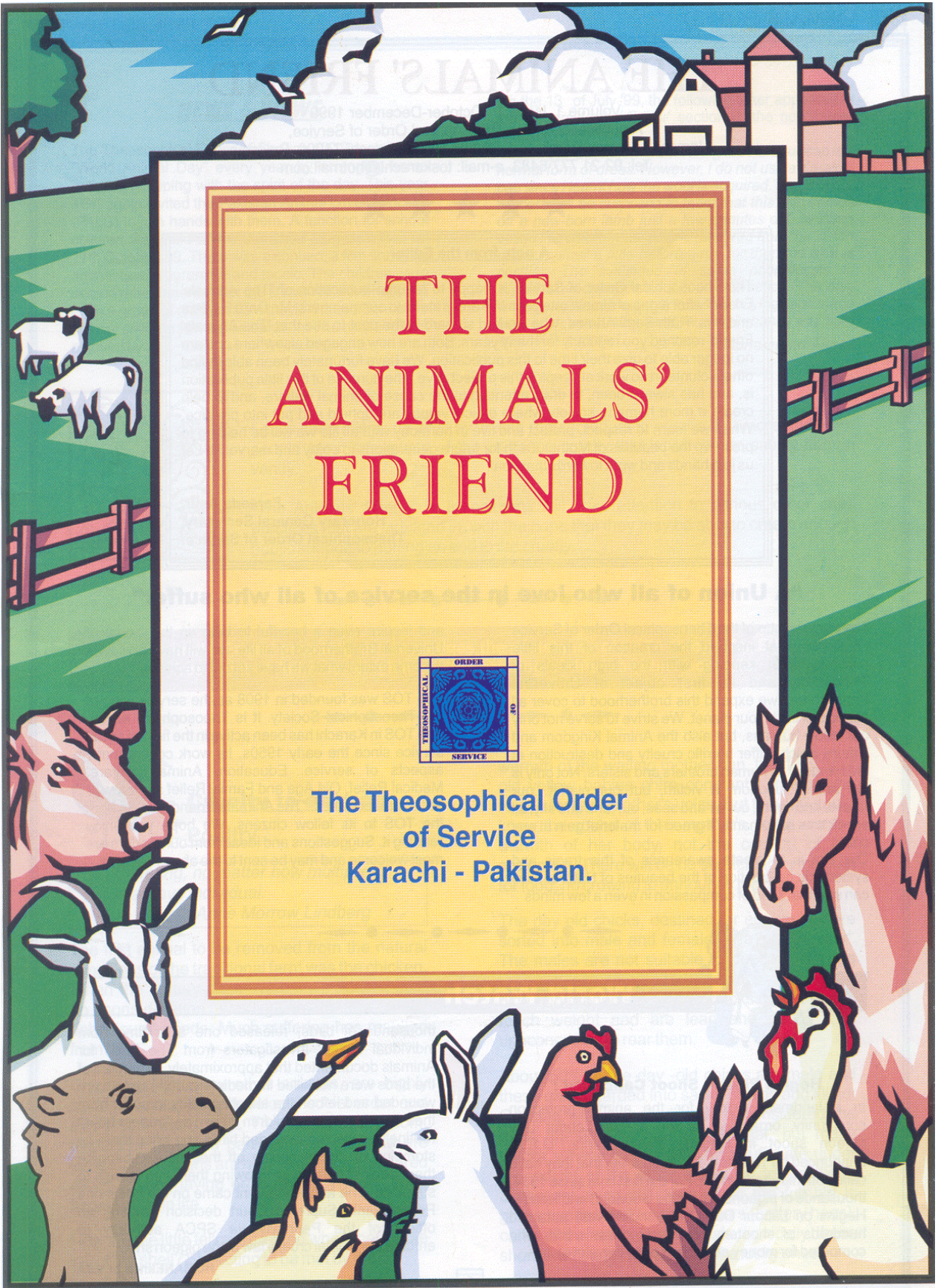


THE ANIMALS' FRIEND



The Theosophical Order
of Service
Karachi - Pakistan.



THE ANIMALS' FRIEND

JANUARY-APRIL-2007

A NOTE FROM THE EDITOR:

The purpose of this little publication is, and has always been, to draw attention to the cause of animal welfare, and to help create a more humane society where ethical values are upheld and put into practice. When we learn to respect,

protect and live in harmony with all life we will be helping to preserve the beauties of mother earth for the future generations to enjoy and marvel at. Let us join hands and work towards that goal.

"A UNION OF THOSE WHO LOVE IN THE SERVICE OF ALL THAT SUFFERS"

The above motto of the Theosophical Order of Service (TOS) is what inspired the creation of this little publication. In keeping with the high ideals of theosophy and its first object of universal brotherhood, we expand this brotherhood to cover all aspects of life on our planet. We strive to serve not only our fellow human, but also the animal kingdom and nature which suffer horrific cruelty and destruction at the hands of its human brothers and sisters. Not only is the animal kingdom a victim, but our planet ...our forests and rivers, our air and seas, our land and sky, all are victims of humanity's greed for material gain at any cost.

Our aim is to create awareness of this tragic and systematic destruction of the beauties of

nature. If we can sow that seed of compassion in even a few minds and inspire even a handful to take up the cause of universal brotherhood of all life, we will have achieved to some extent what we have set out to achieve.

The TOS was founded in 1908 as the service wing of the Theosophical Society. It is theosophy in action. The TOS in Karachi has been active in the fields of social service since the early 1950s. Its work covers many aspects of service. Education, animal welfare, medical relief, old age and family relief are a few of its fields of activities. "The Animal's Friend is a gift from the TOS to its fellow citizens. We hope you enjoy reading it. Suggestions and ideas from our readers are most welcome and may be sent to the above address.



FACTORY FARMING

The bottom line is that the animal's environment is being modified for cost efficiency.

Food shortages during and after the second world war led successive governments to grant aid to farmers to build factory farms. The aim was cheap meat and eggs. This was achieved- but at a dreadful cost for the animals. Millions of farm animals are now reared behind the closed doors of the factory farm.

They are crated, crammed and confined. Factory farming treats farm

CALVES

The love and bond between mother cows and their calves is strong and deep, but today's calves are taken away from their mother as soon as they are born. They are forced to live their entire lives in miserable conditions.

The calves are deprived of every instinct which makes up their childhood, such as sucking for milk, following their mother around, and jumping in the open fields. The mother cow suffers mentally when calves are taken away from her. She makes her feeling plain by constant calling and bellowing for days.

Young calves are placed in narrow stalls 1.8 ft (0.56m) by 4.5ft (1.38m). The stall has a slatted wooden floor. It has no straw or other bedding. This is because it makes the stall easier to clean and, more importantly, the

animals solely as production machines, and keeps these animals in systems which subject them to environmental, social and physiological deprivation.

Increasingly, especially in the last few decades, animals raised for food have been subjected to ever more deplorable conditions and suffer throughout their whole existence.



calves might eat the straw thus spoiling the paleness of their flesh. When they grow they cannot groom or turn around or stretch their limbs freely. They are fed on skimmed milk and deprived of roughage and iron. This makes them anaemic so that their meat remains white in colour and tender. This is the key to obtain "top dollar" veal.

Calves raised for beef are put into intensive factory farms, where they are kept in a cramped up space. When they are ready for slaughter, they are sent to feedlots because cattle can fatten more quickly on grain (corn) than on grass. It takes about seven kilograms of grain to produce one kilogram of feedlot beef. This means that much more land and water and other resources are required to keep the industry going.

Adam Moledina

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ANIMAL QUIZ

1. Which is the fastest running bird?

- a) The Kori Bustard.
- b) The Ostrich
- c) The Ruddy ground Dove



answer: B

2. Which bird lays the biggest eggs of all?

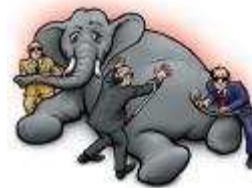
- a) The Australian Crane,
- b) The Ostrich
- c) The Great Argus



answer: B

3. Which animal has the largest eyes in the Animal Kingdom?

- a) The African Elephant
- b) The Giant Squid
- c) The Blue Whale



answer: B

QUOTATIONS:

“The greatest of a nation can be judged by the way its animals are treated”

Mahatma Gandhi.

“Where the strong and the weak are face to face, all the rights are on the side of the weak and the duties on the side of the strong. People say, “We have rights over animals. They are given to us for use.” You have no rights over them. You have duties towards them.”

Annie Besant.





VEGETARIAN CORNER:

“The animals you eat are not those who devour others; you do not eat the carnivorous beasts, you take them as your pattern. You only hunger for the sweet and gentle creatures which harm no one, which follow you, serve you, and are devoured by you as a reward of their service.”

Jean- Jacques Rousseau

RECIPE:

MUTABAL OR BABA GHANOOSH

INGREDIENTS:

2 large eggplants (baingan)
2 cloves of garlic crushes
Juice of 2-3 lemons
2 tablespoon yogurt
2-3 tablespoon Tahina sauce
Salt
Olive oil
2 table spoon chopped parsley
(For garnishing)



METHOD:

Make 2 slits in each eggplant and cook them over charcoal or in a hot oven until the skin is black and the flesh feels soft when poked with a finger. Peel of the skin and mash the flesh with a fork. Put it in a

large bowl, add Tahina Sauce (a paste made of roasted crushed sesame seeds) yogurt, garlic lemon and salt. Mix well. Spoon the mixture into a plate garnish with chapped parsley and olive oil.



ARABELLA AND OTHER FRIENDS

*There was an extraordinary link between the elderly lady and Arabella.
A true life story of a sensitive human being and a little gold fish.*

She was a gold carp swimming in a pond somewhere in a tiny garden in Melbourne, Australia. The garden was looked after by one of the many migrant families who moved after World War II to another country. This particular family had been able to obtain three little rooms behind a shop. When the rooms were put in order, whitewashed, wallpapered, painted, and provided with ceilings under the tin roof, attention was turned to the dump behind the house, where crates, carton boxes, bottles, tins, etc. had been deposited for years. After clearance of the dump" fresh soil was brought in, a pond was dug out and cemented, and around it, a little garden was shaped with fairy roses and sweet-Williams, a little lawn and stepping stones, some highly fragrant shrubs and multi-coloured climbing geraniums to cover the ugly galvanized tin fence enclosing one side of the garden. On the other side was a high brick wall with a cobble path-with fragrant herbs sprawling over the stones here and there-leading to the kitchen door. When all was ready, Arabella, and her husband were bought in a fish-shop. They were then only little black things. However, the pond being rather deep and wide, gave Arabella and her husband a chance to grow rather quickly and so within two years they took on the beautiful golden colour of their species. It soon became known in the neighbourhood that this little garden had come into existence, and so next-door neighbours, also migrants, mainly of Greek" Italian and Lebanese origin came knocking at the back door to ask whether they could see it. The elderly lady living there was happy to have

them, and so it happened that rather regularly for a short while during the afternoon, a few women sat together knitting or sewing on the rustic bench in front of the high stone wall, to enjoy in silence the butterflies, the birds and the little garden. There was practically no conversation because the women did not speak each others' language and nearly all of them were still in the process of learning English. But the silent admiration, being together under similar circumstances, and a cup of tea, created a very beautiful, harmonious and refreshing kind of atmosphere, which would perhaps never have been able to come into existence if there had been a lot of chatter and laughter. But this harmonious atmosphere was nearly broken when the visiting ladies found out that there was an extraordinary link between the elderly person living in the place and Arabella ... because whenever she called the gold carp, Arabella would immediately rise to the top of the pond from' under the rocks, or wherever she was, and would swim right into the open hand of her hostess, which was held under water, and would lie there very still on the palm. Then, after a while, she would swim around the hand and nibble at the fingers. Also, if her mistress would put her hand in the pond, fingers downward and widely spread, Arabella would slowly weave her Way in and out of the fingers. The fish and the lady were obviously enjoying each other's company very much. Then the visitors suggested that they would call in the newspapers of their diverse countries and have all this photographed, and perhaps' the elderly hostess could take

the fish out of the water on the palm of her hand to show how tame it was. Would not all this make a good story to be sent back home to their countries? The reply was a definite NO! 'This fish is obviously trusting me, their hostess replied, 'why should I perform with her for newspapers? What, with all those flashing lights from cameras around us and last but not least, to have to lift her out of her element, all this would frighten her no end!. But what is more important than all that is, that I would abuse the trust she has given me and that trust, I feel sure, is akin to love! then the elderly lady went on to say: 'I do like to meet all my friends in their own element and will never abuse the trust they have placed in me!' What a lovely statement she made. I knew her well and can vouch for the truth her statement. In her younger years she was always as much at ease in so-called high society as with simpler and humbler people and her interest for either group was always genuine. Besides, was the way in which she received all these other, almost illiterate migrants in her garden not proof of what she had just mentioned? The very

attitude of wishing to meet one's friends in their own element-without criticism, prejudice, or trying to 'improve' them or play tricks with them-is the basis on which a true reverence for life, in whichever form it may exist, is founded. This same person became slowly paralyzed in the last years of her life, but she never lost her touch with nature. She had moved to Sydney then, where she had a little room to herself looking out on both sides into a lovely large garden. She had a number of potted plants in the windows-about three or four--and whenever you entered her room, especially in the early morning, there was a swirl and flutter of wings accompanied by lots of twittering,' as all her feathered friends flew out of the windows. They settled down on the lower branches of the trees just outside her room, where they awaited the departure of the visitor. Then they returned again and made themselves comfortable on the branches of her potted plants to keep her company for a little longer until she had finished her breakfast.





NO CLIMB DOWNS

For tree lovers out in the cold this winter, the endeavours of a certain Santa Claus should bring good cheer for their cause.

Instead of lounging in department stores and going through his Xmas routine, this Santa made off to the deep dark forests of Tasmania where he shinned up a 80-meter Mountain Ash to spread the message that this eucalyptus tree along with others were not to be cut down.

Adding to his glow of satisfaction for having contributed his might to a good cause was the Australian Wilderness Society, which highlighted his ascent to the top of

the world's tallest Xmas tree with 3,000 candles.

Another tree evangelist to warm the cockles of people hearts this season was Julia 'Butterfly' Hill.

She worked her way up a California Redwood tree in a lonely protest against logging on the ground two years ago and came down when she reached an agreement on protection for the trees with a lumber company.

Not only did she save her "Redwood" residence, but all the trees in the area which were to be axed next year.





FOUL MOUTHED PERCY THE PARROT GETS FIRED

LONDON (REUTERS) a foul mouthed parrot called Percy was fired from the cast of a British children's pantomime for forgetting his lines and swearing on stage.

Percy initially behaved himself as he perched on Long John Silvers shoulder in rehearsals on Tuesday for "Pirates on Treasure Island".

But the 17-month-old Amazon parrot stunned the cast at an arts

centre in Blandford Forum, in western England, when he forgot his lines and let fly a string of expletives.

Instead of shrieking "Pieces of eight," he blurted out "Piss off mate" and "Bugger off."

The Jakes Ladder Theatre Company decided not to risk a repeat in front of an audience of children and kicked Percy off the cast.

