



# Ahimsa

Newsletter of the Young Indian Vegetarians  
Summer 2008 - Issue No 51



## Supreme Master Ching Hai recipient of Mahaveer Award

Supreme Master Ching Hai attained full Enlightenment after a living Master in the Himalayas initiated Her into the Quan Yin Method or the contemplation of the inner Light and Sound. She has around 250,000 followers all over the world. She asks her followers to practice the Quan Yin Method of meditation, to be vegetarian or vegan and to show compassion to all living beings.

અહિંસા  
अहिंसा



## Dear Friends

Welcome to another issue of Ahimsa. The world is facing severe food shortage and the prospects of malnutrition and starvation in many parts of the world is very real. Already 25,000 people are dying every day from hunger related diseases. Human beings can avoid the impending catastrophe by giving up meat eating and abandoning biofuel production.

In 2007 the global wheat harvest was the highest ever, around 2.1 billion tonnes. However in the last two years the US has diverted 60 million tonnes of food to fuel. This year the global production of biofuels will consume almost 100 million tonnes of grain. It takes 232 kg of corn to fill a 50 litre car tank with ethanol, enough to feed a child for a year. Add to these 760 million tonnes of grain that will be diverted to feed animals being raised for meat this year and you begin to see why there is not enough food to feed the world. The demand for meat is growing in China and India and for India this is a tragedy of immense proportion.

Out of all the religions of the world, only the religions of India, namely Hinduism, Buddhism, Sikhism and Jainism have extended a hand of compassion to animals. Vegetarianism therefore is the very soul of the spiritual heritage of India. It is the sublime philosophy of Ahimsa that has nurtured and protected this ancient civilisation. The time has come for the saints and sages of India to stop the masses of India from taking to meat eating. The very survival of this ancient civilisation is at stake. Indians are rightly proud of their status as a rising power but without Ahimsa and Dharma India will lose a tradition which has survived tens of thousands of years. If all the saints and sages of India and all the religious denominations unite to promote vegetarianism, India will once again be the spiritual Guru of the world. Is anyone listening?

On a personal level I would like to remind everyone to promote vegetarianism at every opportunity. Convince your friends to give up meat, don't go to meat restaurants even if they serve vegetarian food, avoid buying leather goods, and remember to protect the smallest insect.

Let us be the change we want in the world.

Nitin Mehta

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### **The Young Indian Vegetarians**

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**Communicate!** Please acknowledge receipt of this newsletter by emailing us. Do you have a story you think our readers might be interested in? We would like to hear from you. Please write to us or email us with anything which you feel may be of interest.



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*Contact: Chandrakant Patel*

## Did You Know?

- 1 That 18% of greenhouse emissions come from livestock production: 4% more than all modes of transport put together.
- 2 That in Spain and Italy dairy cows at the end of their working life are dragged on to trucks to take them to slaughter houses. These poor creatures cannot get up or walk because of the horrors they suffer in producing high milk yields.
- 3 That sale of meat and milk from cloned animals could soon become a reality in the US. Egg cells are taken from 'donor' female animals such as pigs, goats and sheep. After the cloned foetuses are created they are implanted into 'surrogate' mothers. Human beings - where will they stop?
- 4 That around 150,000 dairy calves are shot at birth every year. Another 100,000 are exported to continental veal farms. GO VEGAN!
- 5 That a typical glass of milk contains 35 hormones and 11 growth factors. This is due to modern dairy farm methods. Two thirds of retail milk in the UK is taken from pregnant cows when levels of hormones and growth factors are sky high.
- 6 That researchers from Harvard Medical School found that women who ate more than one and a half servings of meat a day, equivalent of a burger and a sausage, almost doubled their risk of breast cancer.
- 7 That scientists writing in the journal, 'Nutrition Reviews' said that prostate cancer patients who ate the most fruit, vegetables and pulses (peas, beans, lentils) and the least meat and dairy products lived longer.
- 8 That some researchers suggest that prostate cancer should be considered a 'nutritional disease'. Diets high in heterocyclic amines (abundantly found in grilled boiled meats), saturated fats, milk and eggs increase the chances of prostate cancer.
- 9 That 33% of the world's grains production is fed to animals.
- 10 That livestock farming releases 37% of global methane which is 23 times as warming as CO2
- 11 That animal slurry and wastes also release large amounts of ammonia which contributes to acid rain which kills trees. It also releases nitrous oxide which has 296 times the global warming potential of CO2.
- 12 That around 1.5 million American children aged 8-18 are vegetarian
- 13 That the World Cancer Research Fund recommends that we should eat, 'mostly foods of plant origin' Red meat is a 'probable' cause of some cancers, while the link with colorectal cancer is 'convincing'.
- 14 That according to one study high dairy intake in childhood considerably increased the risk of bowel cancer in adulthood.
- 15 That according to one national paper 'oily fish' could increase the risk of type 2 diabetes because of the lethal chemicals it contains like PCBs, DDT, mercury, dioxins and flame retardants.
- 16 That every day 2 million chickens and 73,000 pigs, cattle and sheep are slaughtered in the UK.
- 17 That male chicks are useless to the egg industry and so around 30 million of them are gassed or tossed alive in giant industrial shredders. Any one for an omelette?

## From The Press

**Regarding the health crisis facing UK, the following letter was published in the Independent, on 24th October 2007**

Sir: Professor Julian Le Grand's proposals to halt the health crisis facing this country do not go far enough. The very ethos on which the National Health Service operates, which is, "you fall sick and we will give you a drug to cure you" needs to be overhauled. Individuals must be made to take responsibility for their bodies. In the Indian Ayur Vedic system, for example, the patient would be expected to follow a strict dietary regime prescribed by the doctor. The patient is told in no uncertain terms that he has to take steps to cure himself. Diet plays a very crucial role in one's physical and mental well-being and instead of just promoting more fruit intake, a meat-free vegetarian and vegan diet should be encouraged. In survey after survey vegetarians and vegans are found to be healthier and less of a burden on the NHS.

*Nitin Mehta, Croydon*

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## YIV is grateful to the following organisations

- 1 **Jain Samaj Leicester** for their generous donation of £1000 to the Jain Animal Sanctuary. Our special thanks to President Dr. Ramesh Mehta, Mahendrabhai Shah, treasurer and assistant treasurer Pankajbhai Shah and all the committee members.
- 2 **Navnat Vanik Association** for the donation of £500 each from their 'Jiv Daya' fund to YIV and Jain Animal Sanctuary. Our special thanks to President Subashbhai Bakhai, Rameshbhai Shah, Jayeshbhai Doshi and all the committee members.
- 3 **Jain Samaj Manchester** for the donation of £500 from their 'Jiv Daya' fund to the Jain Animal Sanctuary. Our special thanks to President Piyush Mehta, Treasurer Chandrakantbhai Makim and all the committee members.
- 4 **Jain Association of UK** for the kind donation of £701. Our special thanks to President Prem Jain, Jeet Jain, Dr. R.K. Jain, Ritu Shah and all the committee members.
- 5 **Arhant Charitable Trust** for the donation of £200 to the Jain Animal Sanctuary. Thank you Mehta family for your continued support.
- 6 **Surrey (Jain) Satsang Mandal** for the donation of £1385.55 to the Jain Animal Sanctuary. Special thanks to Manjulaben Shah.

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## What Humans Do To Animals

Around a billion live animals are transported every week to slaughter houses, many to other countries. Here are some heart wrenching examples:

**Pigs:** They are transported from Canada to Hawaii. Crammed together in the dark they do a 4,500 mile journey to Hawaii lasting 9 days. They suffer from exhaustion, hunger and vomiting.

**Cattle:** Zebu cattle endure a 17 day journey from Brazil to Lebanon. Some of the 2,500 animals on board die on the way from heat stroke or respiratory disease. The rest are killed on arrival.

**Sheep:** Australia sends 4 million live sheep every year to the Middle East. The gruesome journey takes 32 days. Many die of suffocation on the way. Ironically Australia is paying a heavy price for rearing sheep. Deserts are spreading due to over grazing. Water shortage is becoming a serious issue. The ecological damage to the country and failing rains are a sign that Australia is paying a far greater price than what it gains from exporting sheep.

**Goats:** 15,000 goats a week are packed into a truck for the 2,500 mile journey from Namibia to South Africa. They have nothing to eat or drink in temperatures exceeding 40°C.

**Horses:** They are transported from Spain to Italy on a 46 hour journey.

### Please support:

**Sarvoday Vichar Parishad**, promoting Gandhian Values

**Rashtriya Ahinsa Munch**, a political party in India to promote vegetarianism and animal welfare.

**Kamdhenu Vishwa Vidyapeeth**, promoting cow protection in India.

**Sudarshan Dhandharia based in Kolkata is active in all the above organisations.**

**Contact:** [satyagrah@gmail.com](mailto:satyagrah@gmail.com)

## Kavish Bharat Shah, 12, turns his friend into a veggie!



Turning someone into a vegetarian may seem hard at first, but it isn't.

I managed to turn a friend vegetarian by explaining things to him and showing him a few videos. A great site for vegetarians is <http://www.viva.org.uk>. This was the site that I used to help turn him vegetarian. The idea came to me when I heard him saying that when he was a vegetarian for a year a little while ago, he had found the food boring, and so he had switched back. Then I told him how most animals are killed by having their necks slit. A few more examples and some tasty veggie recipes did the job! So don't keep your vegetarianism to yourself - spread it!

## The Jain Community of Antwerp, Belgium

Known all over the world for their compassion towards animals, the Jain community is supporting their local animal sanctuary. Farm Sanctuary V.G. receives generous donations from the Jains and they have also undertaken to clear the debts of the sanctuary. They also support the animal rights organisation, BiteBack.

Kishorebhai Shah is actively building links with the local groups to promote Ahimsa. Our support here for animal sanctuaries inspired Kishorebhai to undertake similar projects in Antwerp. Kishorebhai is also the recipient of Mahaveer Award. Please contact Kishorebhai and offer your support for his compassion: [kishorejivdaya@hotmail.com](mailto:kishorejivdaya@hotmail.com).

## Successful events which took place since the last newsletter:

- 1 On 2<sup>nd</sup> August 2007 I gave a talk at a conference organised by Purley Reformed Church. There were delegates from many European countries. The delegates were fascinated to learn about the concept of Ahimsa and vegetarianism.
- 2 On 3<sup>rd</sup> August Putney based Sivananda Yoga Centre celebrated 50 years of its formation. We prepared samosa and dhokra for the party!
- 3 On 12<sup>th</sup> August I gave a talk at a Vegetarian Festival organised at the Jain Vishva Bharati Centre in Cricklewood. I said 'Abhay Daan', giving protection to living beings from the fear of death, is the greatest Jain principle. Everyone should be proactive in reducing the suffering of all living beings, humans and animals.
- 4 On 2<sup>nd</sup> September we kept a stall at Hare Krishna temple in Watford during the Janmastami festival. The following people agreed to give up meat eating and go vegetarian:  
**Poonam Marwaha and Tony Marwaha, (Teddington), Samit Limbachia, (Crawley), Ajay Kora (Luton), Amarjeet Singh (Amritsar, India), Deepak Vara, (Harrow), Vijay Bhavan (Aylesbury), Dr. Alka Chandrayan (Hitchin).**
- 5 On 16<sup>th</sup> September I attended the multifaith prayer meeting for animals at the Finchley Unitarian Church. I said that the violence towards animals is taking away peace and happiness from the human race.
- 6 On 29<sup>th</sup> September I attended an event on climate change at the premises of Asian Voice/ Gujarat Samachar. Those worried about the climate change should become vegetarian or vegan as meat consumption is one of the greatest causes of global warming.

- 7 On 1<sup>st</sup> October the Asian Foundation for Help organised an event to celebrate the birth anniversary of Mahatma Gandhi at Harrow Civic Centre. The Mayor and some councillors were present. I spoke about how Gandhi struggled as a vegetarian in 1880s London. However it was his vegetarianism which brought him in contact with many well known people of the time and it was as a secretary of the Bayswater branch of the Vegetarian Society that he gave his first public speech.
- 8 On 2<sup>nd</sup> October I was interviewed by BBC regarding Gandhi's early days in England. The programme was called Desi DNA and shown on BBC2. The interview took place at India Coffee House in the Strand - the oldest Indian eatery in UK!
- 9 On 28<sup>th</sup> October we kept a stall at the Diwali event in Trafalgar Square. The following people took a pledge to give up meat eating and become Vegetarian:  
**Poonam Patel (Forest Gate), Somendra Singh (Victoria), Vijay Gupta (Wembley), Vikram Arora (Southall), Pradip Pankhania (Eltham), Kalpana Thakkar (Uxbridge), Brian Gomes (Randburg, South Africa).**
- 10 On 4<sup>th</sup> November we kept a stall at a conference organised by the National Hindu Students Union. The event was held at Imperial College. The following people pledged to give up meat and become vegetarian:  
**Mithila Poshalwale (Birmingham), Nikhil Ahluwalia (SE1), Abhishek Kakkar (Altrincham), Kishan Bhatt (gave up eggs), Ami Chandarana, (Coventry), Sagar Doshi (Harrow) (gave up eggs), Jaysal Bhardwa (Bristol), Sonal Mistry (Warrington).**

- 11 On 20<sup>th</sup> November Jyoti Mehta was interviewed on BBC World Service regarding meat consumption and climate change.
- 12 On 30<sup>th</sup> November I was interviewed on LBC radio by Nick Ferrari regarding the Hindu school in Harrow and the ethos of vegetarianism that the school upholds.
- 13 On 16<sup>th</sup> December we held our annual Christmas lunch. Around 120 people attended amongst them many councillors. The event was a great success.
- 14 On 12<sup>th</sup> January 2008 we prepared and served dinner for Pandit Venugopal from Vrindavan in India and his team who were performing devotional bhajans (hymns) at the Sivananda Yoga Centre.
- 15 On 31<sup>st</sup> January I gave a talk at a multifaith event organised by Croydon College.
- 16 On 9<sup>th</sup> February I gave talk to around 40 children at the Crawley Hindu temple.
- 17 On 17<sup>th</sup> February we took part in a Vegan Lifestyle event organised by the Young Jains. The event was a great success. It was held at the premises of Jain Vishva Bharati in Cricklewood. A Jain Vegans e-group has been formed <http://groups.yahoo.com/group/JainVegans> - check them out!
- 18 On 31<sup>st</sup> March I gave a talk organised by the ladies group of Shree Jalaram Mandir in Greenford. There was a lot of interest and a desire to encourage children to stay away from meat.
- 19 On 7<sup>th</sup> April I gave a talk at a multi faith conference organised at Guildford University. The lunch served at the conference to all the delegates was only vegetarian! No meat!
- 20 On 17<sup>th</sup> April we were hosts to Pratibha Jain and Jigyasha Giri from Hyderabad. They are the authors of the award winning recipe book, 'Cooking at Home with Pedatha'. The book introduces the reader to traditional vegetarian recipes from Andhra Pradesh, India. Visit their website: <http://pedatha.com/2008/05/20/pickles-with-shanta-ben-the-young-indian-vegetarians-of-uk>.
- 21 On 15<sup>th</sup> May I gave a talk to the committee members of Crawley Hindu Temple. A grand Hindu temple is taking shape in Crawley and I urged the committee that visitors should be made aware of the importance of vegetarianism not only for Hindus but for all mankind.
- 22 On 27<sup>th</sup> May I gave a talk to the Energy group of Epsom.

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## Glory of India Award

The 'Glory of India' award has been presented to Nitin Mehta by the India International Friendship Society. Recipients are honoured for their outstanding leadership in the field of promoting India and Indian culture in the United Kingdom thereby making Mother India proud. Previous recipients of the award have included: Mother Teresa, cricketer Sunil

Gavaskar and film star Dev Anand. In 1999 Nitin received the MBE, followed in 2002 by an award from the Mayor of London for his 'Significant Contribution to the City of London' and in 2006 he received the 'Sanskar Garima' award from Gujarat Samachar Publications for promoting, 'Gujarati Language and vegetarianism' in the UK.

*Vaid Bharath*



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## Obituary: Jashubhai Shah, Mumbai Vegetarian Society

The International Vegetarian movement has lost a great champion of the vegetarian cause. Jashubhai had such a reassuring and charismatic personality that his presence at the many international gatherings gave the delegates a new found confidence in the movement. He was always willing to listen and accommodate differing views. He had this special way which made you feel that he had known you for years and that he was a special friend. When I attended the Goa congress he said to me: 'I am glad you came. One should always attend family events, and this is a family event!' Little did I know that I would never again meet such a splendid human being who was so humble even though he had achieved great success and fame in his profession as a lawyer. It was simply not in Jashubhai's nature to be judgmental nor was he interested in any position of influence, he was simply dedicated to the cause. He would always say, 'come and stay with me when you come to Mumbai'. The successful Goa congress gave Jashubhai immense satisfaction. The presence of so many delegates as well as Gurujii Chitrabhanu and Dada Vaswani meant a great deal to Jashubhai. The Mumbai Vegetarian Society should now carry on in Jashubhai's footsteps. A strong Indian presence in the international vegetarian movement is crucial.



*Jashubhai Shah, who passed away on 9th May 2008*

## The World's First Political Party for Animals Formed in the Netherlands

Marianne Thieme and friends formed the Party For Animals in Holland in October 2002.

In November 2006 Marianne won a seat in the Dutch House of Representatives. She is effectively the world's first elected representative of a party for non-humans.

**Contact:** [m.thieme@tweedekamer.nl](mailto:m.thieme@tweedekamer.nl)

**The UK too has a party for animals:**

**Animals Count at [www.animalscount.org](http://www.animalscount.org)**

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## The First Christmas Lunch at the Oshwal Centre in Potters Bar, home of a magnificent Jain Temple

On 8<sup>th</sup> December 2008 the above event was held and many residents living near the temple enjoyed the vegetarian lunch and did a tour of the beautiful temple complex. Navnat community also organises a Christmas lunch every year and they too organised one at their new centre in Hayes. I urge all Indian organisations to do a similar event to promote vegetarianism and friendship.

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## Food For All doing wonderful work

Headed by Parsuram Prabhu, Food For All, serves 800 plates of vegetarian food every day, in the Camden and Westminster area. The food or prasad is specially popular amongst students.

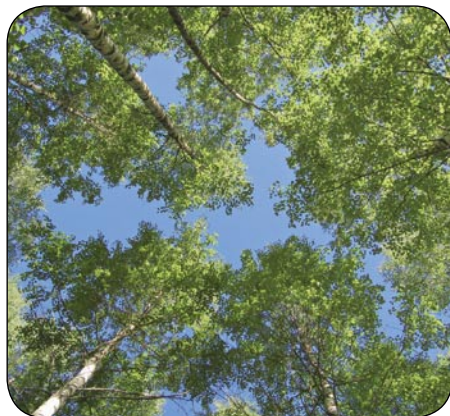
**Contact:** [foodforalluk.aol.com](http://foodforalluk.aol.com)

## JAIN ANIMAL SANCTUARY BURWASH, SUSSEX

**Blacky the cow died aged 42 years. The Barbers looked after her since birth. 42 years is a record! Proof of the love she received. We continue sending £700 every month.**



## Two of the biggest enemies of the Amazon Rainforest, the lungs of the planet:



### Cattle Ranching

To produce an ever increasing amount of beef, rainforest is being cleared relentlessly. The world's leading beef exporter has ignored the link and pumped more money into slaughter houses with the help of the World Bank.

### Soya

Vast soya plantations supply the demand for livestock feed and bio-fuels, and make a fortune for agribusiness giants.

Tropical rainforests are the lungs of the planet. They generate most of the world's rainfall and form a precious cooling band around the Equator which acts as the Earth's thermostat. Photosynthesis makes them a massive absorber of carbon, regulating the global climate. Cutting down these forests removes the carbon sink and since trees are mostly cleared by burning it sends vast amounts of greenhouse gases into the atmosphere. Almost 25 per cent of world's total emission now comes from deforestation. The Stern Report commissioned by the British government saw curbing deforestation as the single biggest thing we can do to arrest global warming. Plant trees and reforest the world!

## Looking Back!

During the Millennium year 2000 we did two projects to ensure that future generations will know of our passionate championing of the Vegetarian cause. We planted a tree in Hyde Park and deposited a time capsule. The time capsule has our newsletters and a pledge to end the suffering of animals. We also deposited a time capsule with 'The Millennium Time Capsule' which will be buried for 200 years and unearthed in 2201. Imagine discovering a time capsule from your ancestors in the time of George III. Our time capsule makes it absolutely clear that all forms of animal abuse should stop and that a vegetarian/vegan diet is ideal for the human race.

### YIV Website

A big thank you to our webmaster Vaid Bharath for his continued good work on the site. We have had over 5500 hits since we launched

[www.youngindianvegetarians.co.uk](http://www.youngindianvegetarians.co.uk)

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"The Bloodless Revolution", written by Tristram Stuart is an amazing book tracing the History of the Vegetarian movement in Europe from 17<sup>th</sup> Century. My paper to be read at the World Vegetarian Congress in Dresden, Germany, on 31 July 2008, is based on the book.

## European Vegetarians from the 17<sup>th</sup> Century onwards and the Hindu/Jain influence.

Between 16<sup>th</sup> and 18<sup>th</sup> Century a fierce debate took place in the Western world around meat eating. During the Civil War in 1642 between the Royalists and the Parliamentarians the latter used vegetarianism to articulate their dissent from others! Thomas Tryon in the 1680s said that his fellow Englishmen would achieve spiritual enlightenment, health, longevity and peace if they adopted the vegetarianism of the Brahmins. At the same time European travellers to India came to understand the doctrine of Ahimsa and non violence towards all living beings. In the 1590s the Dutch traveller to India, John Huygen Van Linschoten wrote in his best selling travelogue *Itinerario (The Journey)* that the Banians (Jains), 'kill nothing in the world that has life, however small and useless it may be'. Even the Mogul emperor Akbar (1556-1605) was immensely impressed by Jainism and forbade the killing of animals and fish and discouraged meat eating for up to 6 months a year. Philosophers such as John Evelyn, Sir Thomas Browne and Sir William Temple recognised that Indian vegetarians proved that people could live happily on fruit and a vegetarian diet. The impact of Indian vegetarianism influenced a shift away from the Bible's mandate of unlimited dominion. It triggered a review of European morality. Three of Europe's greatest philosophers, Descartes, Gassendi and Francis Bacon all advocated vegetarianism. Descartes sadly is also responsible for the terrible abuse of animals that has taken place in Europe as he proclaimed that animals did not feel pain. He was a vegetarian for health reasons. The economist Adam Smith stated that meat was an unnecessary luxury. By the end of the 18<sup>th</sup> Century vegetarianism was advocated by doctors, moral philosophers and political activists. During the culture of radical innovation that started in the late 18<sup>th</sup> and early 19<sup>th</sup> Century—generally known as Romanticism, Hindus became the object of veneration, Sanskrit texts were translated and according to Voltaire the Hindu treatment of animals represented a shaming alternative to the viciousness of European imperialists. John Oswald, who arrived

in India in 1782 as a soldier, was so impressed with the Hindu doctrine of Ahimsa that he declared that only Hindus extended compassion to all living beings. On returning from India he immersed himself in the French Revolution to put right the, 'injustice' of human society. Rousseau started a back to nature movement; poet Shelly joined a network of nudist vegetarians! Indian philosophy through Ahimsa and vegetarianism has shaped thoughts over the past 400 years. When Alexander the Great reached India in 327 BC he was surprised to find that the Indian idea of immortality of the soul and the doctrine of vegetarianism had been advocated in Greece by Pythagoras and Socrates. The belief was growing that Greek philosophical tradition owed its origins to India. According to Sir William Temple (1628-99), Indian philosophers were the originators of the Greek ideas from vegetarianism to eternity of matter. Marco Polo wrote that the Brahmins (Hindus) don't eat or kill any creature even a fly, because they have souls. The 16<sup>th</sup> century Portuguese writer Duarte Barbosa was astounded that the Indians would pay money to the Moors to buy worms and birds and set them free. He noted that even lice were looked after and special people were allotted to the task of feeding them with their own blood! The Europeans were flabbergasted to find that in India even animals that were not useful were never killed and that people would buy captive birds and then free them. In 1594 an English traveller, Ralph Fitch, wrote that there were animal hospitals in India and sheep, goats, dogs, cats and birds all are kept and looked after, even the lame and old ones. Hindu vegetarianism began to be seen of a higher moral value than the European Christian tradition. 'Turkish Spy' the diaries of a Ottoman spy called Mahmut who was operating in Paris from 1637 to 1682 declared India as the only, 'Publick theatre of justice towards all living beings'. Only Hinduism he wrote had preserved what was a universal law of compassion to animals. According to Reverend John Ovington who travelled to India in 1689, 'Vegetarianism made Indians less cruel, healthy and spiritually and mentally more quick and nimble. Isaac Newton (1642-1727) believed that Hindus had an unbroken chain of natural wisdom which was as old as Abraham. In the 1660s English philosopher John Locke attributed great part of diseases in England to eating too much animal flesh and too little bread! French philosopher Rousseau (1712-18) believed that mothers of infants should abstain from meat to preserve the purity of their milk for their infants.

He believed that children's instinctive preference for vegetarian foods proved that meat is not natural to men. Rousseau's writings generated a whole generation of children who were educated in vegetarian laws of nature. Rousseau's vegetarianism was further espoused by Jacques-Henri Bernardin de Saint-Pierre (1733-1814). He said, 'It is from India that our arts, sciences, laws games and religions originate. It is there that Pythagoras the father of Philosophy went to search among the wise Brahmans the elements of Physics and morality. It is from there that he brought the idea of vegetarianism'. Sir William Jones (1764-94), the greatest pioneer of Orientalism in the 18<sup>th</sup> Century, concluded that Pythagoras and Plato derived their sublime theories from the sages of India, he too abstained from meat while in India. Voltaire (1649-1778), was a great admirer of Hindus. He contrasted the vegetarian diet and philosophy of Ahimsa with, 'blood letting in Western civilisation'. The French Philosopher Valady, under the influence of Englishman Robert Pigott, became a radical vegetarian. In 1788 he wrote to his sister that, 'all illnesses and weaknesses were due to improper and unnatural habit of eating meat'. The children of pure vegetarian parents were he observed, 'immune to small pox, toothache, and had soft animated humour'! In France the vegetarian radicals came close to the centre ground of radical politics. In England the Druid priest David Williams said that evil could be eradicated from the world by adopting the Hindu idea of compassion to all creatures. James Graham (1745- 94) advocated a vegetarian life style for good health and compassion to animals. Eminent republican historian Catherine Macaulay advocated compassion to animals and this idea was incorporated by Mary Wollstonecraft in her book titled '*Vindication of Rights of Women*'. In 1790 scores of these radicals were put in London's Newgate prison which became a melting pot of radicals and vegetarians. Henry Symonds, a vegetarian radical, linked up with Manchester based vegetarian pro-democracy publisher George Nicholson (1760- 1825) and published an anthology of vegetarian writings. Nicholson's writings brought the many different vegetarian groups together. By 1815 the London radicals had linked up with hundreds of Christians in Salford who gave up meat eating in 1809 at the instigation of William Cowherd (1763-1816). John Stewart (1749-1822) and John Oswald both advocated Indian vegetarianism. John Ritson (1752-1803) was the most famous vegetarian in London. He propagated the idea that human beings were not

the only special species on the planet. He said meat eating had turned man from a docile herbivore to a universal destroyer. Ritson proposed that Europeans should emulate the Hindus. His work, 'An essay on abstinence from animal food' advocated Republicanism, Vegetarianism and Atheism! In 1812 Percy Shelley, his wife Harriet Westbrook and Dr. William Lambs moved to John Frank Newton's vegetarian community in Bracknell, Berkshire. Dr Lambs published findings which conclusively proved that vegetarian diet was the only healthy diet which prevented many diseases. Newton claimed that, 'the most ancient priests the peaceful Brahmins possibly held the secrets of the world's past and the future'. Shelley identified meat eating as a primary cause of violence and observed that revolutions in France and elsewhere failed because people continued to make themselves into ferocious meat eaters! For Shelley meat eating was the Pandora's Box that introduced savagery into the world and vegetarianism was the key with which it could be locked away again. Shelly believed that even ferocious animals could be tamed. Benjamin Moseley believed even Tigers could be rendered utterly harmless by being raised on a vegetarian regime. On arrival in New Zealand in 1773 Captain Cook and his crew found small birds that had never seen humans before came close to them without any fear. It did not take the birds long to learn that humans are best avoided. For Shelley, Lambs and Newton this confirmed claims by Plutarch, Gassendi and innumerable others that humans did not have a carnivorous anatomy. Were mankind predatory in appearance then animals would instinctively avoid them. Shelley saw Hindus as prime exemplars of how vegetarianism made people gentle. In Germany, Edward Baltzer started a vegetarian movement in 1860. Hitler and most of his close associates were vegetarian believing it was not natural for humans to eat meat. They too looked to India as a proof of the superiority of a vegetarian diet. Hitler believed vegetarianism could be a key to Germany's victory. There were also plans to promote vegetarianism on a national level after the war. By the late 19th Century, London had vegetarian restaurants and into this milieu arrived Gandhi in 1888 to study law. Gandhi saw vegetarianism as a bridge that could unite East and West. Gandhi was converted to the vegetarian cause after reading Henry Salt's '*Plea for Vegetarianism*'. What Gandhi perhaps did not realise was that the ideas of Vegetarianism and Ahimsa that he picked up in London, had their origins in India!

# Mahaveer Awards

## Mahaveer Award Presented to Sea Shepherd

Sea Shepherd is an organisation of brave people who prevent the Japanese vessels from killing whales in the Southern Ocean Whale Sanctuary around Antarctica. The ships chase the Japanese vessels and prevent them from hunting. Earlier this year two crew members of the ship were held captive by the Japanese. This got international coverage and was a publicity coup for these vegan warriors! A Mahaveer Award was presented to Darren Collis, the UK representative of Sea Shepherd on 16<sup>th</sup> December 2007 at our annual Christmas Lunch. Lord Mahveer will be taken on board the Sea Shepherd Flagship and he will protect the brave crew!



*Kajal Shukla presenting the award to Darren Collis*

**Inscription:** The hunting of whales distresses most people. With Sea Shepherd you and other brave souls sail the Oceans and challenge the mighty killing vessels. We salute all of you. May you always succeed and may Lord Mahaveer protect you all.

## Revered Saint Dada Vaswani

The Sadhu Vaswani Centre UK and Y.I.V. organised a unique event in honour of Dadaji. Around 750 people got together on a glorious Sunday afternoon on 18th May 2008 in Harrow at the Kadwa Patidar Centre. Dadaji has a huge following and he is a fervent promoter of vegetarianism and compassion to animals. The audience were spell bound listening to the words of wisdom from such an enlightened soul. The Mahaveer Award was presented by Pushpaben Jain Kalraiya on behalf of Y.I.V. Our special thanks to Gul Bhojwani, Anil Sivdasani and Deepu Meerpuri for the immense effort they put in to make the event a huge success. Thanks are also due to Sheilaben, Tusharbhai, Punit Haria, Kewal Shah, Malini Shah, Shailesh Bhatt, Rajesh Dadia, Rushab, Paras, Vikash, Prafullaben Shah and all the members of the Bhakti Mandal for all their help in the singing of devotional songs and welcoming the guests.

## Dada Vaswani on the 3 secrets of Happiness

- 1 Count your blessings. Rather than constantly thinking of what we don't have, we should be thankful to God for what we have.
- 2 Laugh heartily at least once a day!
- 3 Give! The more you give love, compassion and charity the happier you will be.

**Inscription:** You are a modern day Saint and a visionary. You have championed the cause of Animal Rights and Vegetarianism. You have revived the ancient glory of Sanatan Dharma by promoting Compassion and Ahimsa. Your teachings will inspire people everywhere. We salute you



*Dada Vaswani receiving the Award from Pushpa Jain Kalraiya (photo courtesy of Chandru Gidoomal)*

### Inscription on the Mahaveer Award for Supreme Master Ching Hai

Your compassion for all living beings is as deep as the Ocean. You have inspired people all over the world to become Vegetarian and Vegan. Your absolute and deep love for animals is a message to the human race to give up violence and become compassionate. Just as Lord Buddha showed the right path to the human race you are showing the right path so that our planet and future generations can survive in peace. We salute you.

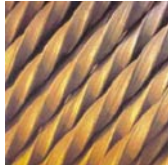
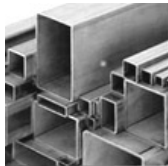


Sky channel 887 is broadcast 24hrs a day spreading the message of vegetarianism and compassion as taught by the Supreme Master.



### Proud Young Vegetarian

19 year old Miheer Dodhia is cycling from London to Beijing. He is taking the vegetarian message to everyone on this epic journey passing through many countries. Go to his website and support him by donating to his chosen charity: [www.cyclinglondontobeijing.com](http://www.cyclinglondontobeijing.com).



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## From The Press

published in the Sunday Times

4th May 2008

regarding the food shortages crisis and the issue of feeding the growing world population, the following was published:

VEG, NO MEAT: We can feed the world but we will have to change our food habits. Tens of billions of animals are raised for food every year but the grains fed to them could feed billions more people than the meat does. In a thirsty world a huge amount of water is used in raising these animals. Add to this the biofuel that is consuming the food that sustains humans and we have a recipe for disaster. A return to a vegetarian and vegan diet would take off some of the pressure.

Nitin Mehta, Croydon

published in the Independent,  
Friday 11th April 2008

Sir: Your report on the global grain shortage ("Starving Haitians riot as food prices soar", 10 April) is a sign of a catastrophe facing the world. The UN's Food and Agricultural Organisation (FAO), according to your report, can only advise governments to improve crop irrigation and storage. The FAO fails to mention the two major causes of the impending crisis: land being used to produce biofuel, and food grains being diverted to feed animals raised for meat. In the last two years the US has diverted 60 million tonnes of food to fuel. Almost 60 billion animals are raised worldwide for meat every year and the grains needed to feed them could feed over 4 billion human beings. From South America to Africa to Asia the double whammy of biofuel and grains diverted to feed animals is beginning to cause hunger. The world population is set to rise to 9.5 billion in a few years and unless we in the West and the rising middle classes of China and India revert to a plant-based vegetarian and vegan diet, mass starvation is a certainty. Biofuel is supposed to be good for the environment, but it is the billions of farm animals that are contributing more to global warming than all the world's transport put together.

Nitin Mehta, Croydon, Surrey

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## picture gallery

**Date:** 12 April 2008

**Guests:** North Hertfordshire vegetarians and vegans

**Hosts:** Hare Krishna Society, Aldenham

**Organisers:** YIV

**Result:** A tremendous day sharing food (prasad) with like minded people. More get togethers already planned.



Pratibha Mehta (on the right) and Jyotsna Patel cooking up a vegetarian storm at the Annual Christmas Lunch



Authors of Award winning vegetarian recipe book, "Cooking at Home with Pedatha", from Andhra Pradesh, India, meeting up with vegetarians of Croydon



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## Ingredients Of Animal Origin In Medicines Campaign A Success!

For some time we have been pursuing the issue of animal ingredients in medicine. A special thanks to Surinder Sharma, Head of Equalities NHS for facilitating our meetings with all the relevant groups. Vitamin K which has bovine bile and is administered to all new born babies will be hopefully available in a vegetarian version in the near future as a company is waiting to get a licence. We are further pursuing this issue with the NHS and the Royal Society of General Practitioners. A special thanks to Vanessa Clarke for her crucial input.

***The Royal Pharmaceutical Society of Great Britain has sent the following memo to companies which produce medicines and other stakeholders.***

The Department of Health has been in discussion with representatives of certain faiths and of societies representing vegetarian patients on the question of the use of ingredients of animal origin in medicinal products and potential problems associated with such use for these communities. An article on this issue was included in the Pharmaceutical Journal. This can be accessed at: <http://www.pjonline.com/editorial/20070728/comment/spectrum.html>

The Association did discuss this issue at a meeting with the Department of Health and representatives of the organisations representing the patients involved and assured those organisations that the Association recognised the genuine concerns of those patients. It was explained that there is a general trend for manufacturers to move away from the use in medicines of derivatives of animal products but that there were occasions where the nature of the product involved or quality or safety issues precluded the effective use of non-animal-derived

ingredients.

While member companies are generally aware of the nature of the concerns of the type expressed in the discussions it was felt important that the Association remind them of extent of these concerns.

The purpose of this note is to bring the level of concern in this area to the attention of member companies and to encourage them to consider this issue when formulating new products or during the review process for existing formulations.

Where it is deemed necessary to include such materials it is strongly recommended that members should have in place an effective means of responding to enquiries from concerned patients or their representative organisations seeking information regarding the presence of such materials.

**Visit [www.medicines.org.uk](http://www.medicines.org.uk) for information on ingredients of your medicines.**

### **Sheena Shah keeps the vegetarian flag flying in Namibia**

24 year old Sheena did Modern and Medieval Languages at Cambridge and spent over a year in Namibia. Apart from teaching, she also undertook voluntary work whilst she was out there. Though Namibians are very meat-eating, Sheena introduced many of them to the delights of vegetarian food. She is back in Namibia this summer, working with remote tribes ("the bushmen of Namibia") and helping to preserve their dying languages. Sheena is doing a PHD in Linguistics at Georgetown University, Washington DC, USA. Sheena has proven that - wherever you are in the world - you do not have to compromise your ethical stand. Sheena's parents, Bharat and Nila, can be proud of their daughter. Unlike some parents, they did not tell their daughter to eat meat because she was going so far away from home.

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