

Animals & Us

All sentient creatures want to continue living. Avoiding harm and death is the function of sentience. It would therefore seem reasonable that killing sentient beings should require some form of justification on our part.

For thousands of years we needed to kill and eat animals for food. For reasons of basic survival and for our health it was necessary. In this context, killing animals was both reasonable and justified. But what about today? Is it still necessary in our culture today?

I think most people would agree that it is not. Science supports this. Today, even mainstream health professionals admit that using animals for food is no longer necessary. In that way, animals in today's culture are being killed without necessity, and in truth, for little reason other than habit and the fact that we think they taste good.

The Choice is Ours

In today's society, we have a choice. We are in a position where we can choose which foods we eat, and which we do not. And since eating animals is no longer necessary, we can decide, both as individuals and as a culture, whether we want to continue killing animals for food, or whether we do not.

We believe it's time for everyone in our culture to take a step back and give some serious thought to the way we use animals and to the future we are creating. We are currently raising and slaughtering 56 billion animals for food annually, and all without any real need. We have to ask ourselves; is this something we want to continue doing? Is this the kind of future we want? And if so...why?

If you're like us and care about animals, and agree there is something both sad and disturbing about us killing them for food without any necessity, (and primarily for the pleasure we find in eating them), and you want to apply that value in your own life, then really, there is only one logical conclusion, which is.....to stop. To choose to no longer participate.

By adopting a vegan diet you are taking a stand against this needless killing of animals, and helping our culture move toward a less violent and more just future for both animals and ourselves.

Going Vegan

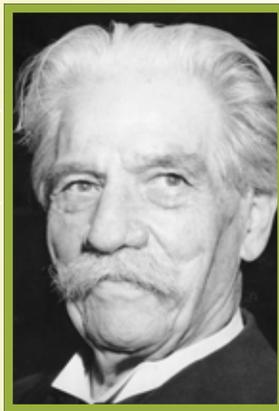
Going vegan is easy and fun. The food is varied, healthy, and delicious. Countless tasty meals can be prepared with the foods found at any supermarket. And for people with no time to cook, there is now a wide variety of vegan convenience foods available. In fact, being vegan has never been easier. Whether you're a gourmet or a student on the run, a vegan diet is a great fit for any lifestyle.

And most importantly, it will allow you to live your life in a way that shows compassion for all the unfortunate animals that everyday find themselves at our mercy.

Thank you for taking the time to read our leaflet. For more information and some great recipes please check out our website at theveganpage.com.

The Vegan Page

theveganpage.com



“Until he extends his circle of compassion to include all living things, man will not himself find peace.”

Albert Schweitzer
German Philosopher
(1875-1965)

Sources

- (1) Worldwatch Institute,
<http://www.worldwatch.org/taxonomy/term/513>
- (2) The American Dietetic Association,
<http://www.eatright.org/About/Content.aspx?id=8357>
- (3) Ibid
- (4) American Journal of Clinical Nutrition
<http://www.ajcn.org/content/70/3/516S.full>
- (5) Neal Barnard, M.D., *The Power of Your Plate*, Book Publishing Co.: Summertown, Tenn., 1990, p. 26.
- (6) John Robbins, *The Food Revolution*, Conari Press: Boston, 2001, p. 58.
- (7) Ibid

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Why Vegan?

For the Animals

Today, **56 billion** animals are raised and slaughtered in the world annually for food. (1) These animals, like cows, pigs, and chickens, are sentient, intelligent creatures, with unique personalities, and are capable of forming complex social relationships. Anyone who has ever lived with a dog or cat knows this is true.

Yet, on factory farms in Canada and around the world, these animals are abused in ways that would be illegal if done to a dog or cat. They are robbed of all their natural instincts and behaviors, and are treated as no more than economic commodities. They exist to provide the means to our ends; their suffering is of no consequence to the industry and is mostly unknown to the public.

Pigs

Pigs are the most intelligent of all domesticated animals. They are every bit as smart as dogs and even have a higher cognitive ability than three year old children.



Studies have shown that pigs are capable of complex problem solving, and can even learn to play simple video games.

In spite of all this, female pigs spend their entire lives in individual 'gestation crates' only seven feet long and two feet wide. The crates are so small they aren't even able to turn around. Virtually from the time they are born until the time they are slaughtered they live in these crates. Deprived of all natural behaviors, even the ability to walk, they often develop neurotic coping behaviors such as repetitive bar biting, sham chewing (chewing nothing), and obsessively pressing on their water bottles.

This is the life endured by almost all female pigs raised for meat in Canada.

Chickens

Chickens are social animals that form friendships, recognize one another, and in nature, enjoy building nests, dustbathing, and roosting in trees.

However, on today's factory farms most laying hens, raised for eggs, spend their lives in cages so small they can't even spread their wings. They never go outside, they never see the sun, and they are unable to perform even the most basic instincts of their species. Finally, around two years of age, when their egg yield becomes unprofitable, they are sold for slaughter.



Almost all eggs available in Canada come from hens that are raised in these conditions.

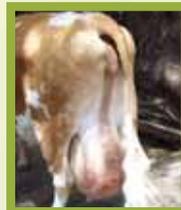
Cows

Female cows, like all mammals, must be pregnant in order to produce milk. As a consequence, most cows in the dairy industry are artificially inseminated repeatedly throughout their lives. And since the purpose of dairy farming is to produce milk for humans, calves are taken away from their mothers within a day of birth. This is extremely distressing to both mother and calf, and it is common for them to cry out and look for each other for days or even weeks afterwards. The mother's female offspring will then become dairy cows themselves, while male calves are generally sold to the veal industry.



This cycle will be repeated over and over again throughout a dairy cow's life until she is considered 'spent', at around four or five years of age, and is sent to slaughter herself.

The vast majority of milk consumed in Canada comes from farms that perform these cruel and unnatural practices.



A cow with mastitis. A painful disease of the udder, caused by the use of growth hormones and excessive milking, is common in the dairy industry.

Sick Animals = Sick People

Most people don't know that the food they are eating comes from animals that are often sick. On today's factory farms, we treat animals in unnatural ways that violate their basic species requirements. Genetic manipulation, growth hormone and antibiotic injections, and a complete lack of exercise and mental stimulation are standard in the industry. The result of this unnatural treatment is that most animals on today's farms are sick and medicated, and as a consequence, so are we.

Diet related illnesses are at an all time high in our culture, and much of this can be traced back to the unhealthy animals that are providing our food.

A vegan diet can help to avoid many of the diseases and medical issues that are becoming more and more common in today's society.

For Your Health

"It is the position of the American Dietetic Association that appropriately planned vegetarian diets, including total vegetarian diets or vegan diets, are healthful, nutritionally adequate, and provide many health benefits in the prevention and treatment of certain diseases." (2)

For example, did you know that people who eat a vegan diet...

- have lower blood pressure (3)
- have lower cholesterol levels
- have lower rates of hypertension
- have a lower Body Mass Index (BMI)
- have lower rates of type 2 diabetes
- have a 26% lower mortality rate from ischemic heart disease (4)
- have a 40% lower incident of cancer (5)
- are 10 times less likely to suffer from obesity (6)
- and, on average, live 6 to 8 years longer than meat eaters (7)

