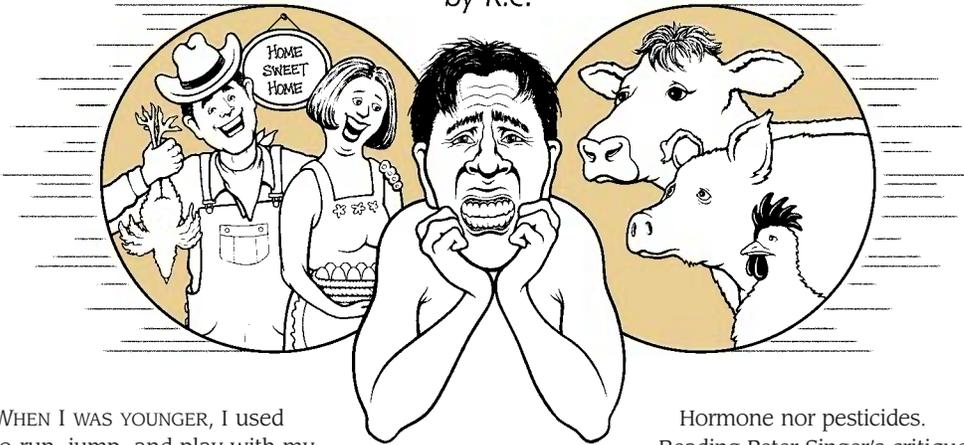


COLLIDING WORLDS

by R.C.



WHEN I WAS YOUNGER, I used to run, jump, and play with my cousins in huge mountains of cottonseed at my family's dairy farm. Stored in a large shed along with other various feeds, it was soft enough to gracefully break a fall from even the most dizzying heights. We used to yell "Superman!" before fearlessly leaping from alfalfa bales onto the forgiving mounds below. Those days were among the most memorable of my childhood.

The farm exemplified the puritan work ethic and, in many ways, the fulfillment of the "American dream." My family's approach towards farming, one of benevolent stewardship, made me wary of animal rights and veganism for years, even after I decided to stop eating meat. There was no malice, hatred, or even indifference towards animals in my family. Quite the opposite, in fact, as evidenced by the countless trinkets and porcelain of cows and pigs that decorate nearly every room of the house. We all shared common values: a love for conservation, the outdoors, and social justice as a whole.

As I began to dig deeper into the reasons why I became a vegetarian instead of a vegan, I had little idea that irreconcilable differences between myself and my family were slowly taking root. I poured through brochures from PETA, Farm Sanctuary, United Poultry Concerns, and a host of other groups. Still, I insisted that our farm was different. In a lot of ways, it was, as it used neither recombinant Bovine Growth

Hormone nor pesticides. Reading Peter Singer's critique of speciesism in *ANIMAL LIBERATION*, however, hit me like a ton of bricks. Putting the book down, it dawned on me that a fundamental paradigm shift was needed in order for true justice to be achieved for all sentient beings in our society. I realized that our family's farm, despite its differences, was no exception.

I naturally wondered how good, reasonable people could do such horrible things to animals, and I think I might know the answer. My family's views are not unusual. Most

I found myself unable to rectify my duty to the animals with my love for family.

Americans presumably believe that animals should be treated kindly—yet they also believe that animals are subordinate to humans in the hierarchy of our society. We all agree that cruelty to animals should

be avoided, yet we also seek to preserve our way of life. The end result for the animals in this equation, on my family's farm or anywhere else, is a foregone conclusion. So long as we attempt to balance the interests of animals against the interests of humans, the animals will always lose—which is why well-meaning farmers that believe in the virtue of the kindness principle will continue to lower even the most minimal standards of animal care simply in order to stay competitive. For months, I went to great lengths to shield my family from the truth about my new views and dietary preferences. How would I ever be able to tell them that I disagreed with everything that they had dedicated their lives to?

In my opinion, the *Why Vegan* pamphlet is, by far, the most effective piece of animal rights literature available. I have, on various occasions, seen them perform what I would have previously thought to be a miracle: convincing someone to become a vegetarian in just a few minutes, often among people who seem to be the least likely to change. There is one case in particular that I would like to mention. One of my coworkers once told me that he values his right to eat meat so highly that he would be willing to go to war and die to defend it. Nevertheless, he took a *Why Vegan* pamphlet and showed it to his family. As a result, his wife and daughter have decided to become vegetarians. I have long believed that the human race would one day come to the realization that it is immoral to kill animals for food, just as it earlier came to the realization regarding the immorality of slavery, segregation, and gladiatorial combat. Prior to coming across the literature from *Vegan Outreach*, I feared that this date was probably hundreds or thousands of years away. However, having seen the effectiveness of the *Why Vegan* booklets at changing people's deeply ingrained habits and daily behavior, I now believe that this date may realistically come within our own lifetimes.

EK, ROCKFORD, IL, 5/29/01

While my ethics and religion students hated reading *Why Vegan*, and being subjected to my constant questioning of our flesh-eating, nipple-suckling ways, by the end of the term, at least a dozen students mentioned that they had made drastic changes in food choices—three went vegan—and there is a newly formed animal advocacy group on campus. I will be counting on a fresh batch of *Why Vegans* to enliven my next batch of unsuspecting philosophy students. I wish textbooks were as relevant and provocative!

LK, HOQUIAM, WA, 7/3/01

I don't believe it! You've changed my life again! Thanks so much for your insightful articles about animal rights vs. animal welfare. I have been wrestling with this philosophical dilemma for years, and unable to get myself out of the "all or nothing" mindset concerning animal rights. Therefore, I could not appreciate the value of the gains we are making. Your discussion of how gaining rights does not necessarily relieve suffering was also an eye-opener. Thanks to you, I am a happier, more hopeful activist.

JB, PT HADLOCK, WA, 6/7/01

I handed out the *Why Vegans* you sent at a few places. One time was outside of McD's. I gave one to a person who then had a burger in one hand and *Why Vegan* in the other. He took a look inside it for a few seconds and threw out the burger—right in front me. It was a Big Mac, so I got to see two patties instead of one—which wasn't pleasant to see, but a great reaction!

RR, NEW ORLEANS, LA, 6/3/01





Often touted as the Pulitzer Prize of alternative journalism, a Project Censored Award was given to what was considered one of the most censored stories of 1999—the connection between Crohn's disease and paratuberculosis bacteria in milk.

Described as a human scourge, over a half million Americans suffer from this devastating, lifelong condition with annual US medical costs in the billions. The director of the National Association for Colitis and Crohn's Disease says the best way to describe the disease to nonsufferers is to have them think of the worst stomach flu they ever had and then try to imagine living with that every day. Since the 1940s, there has been a rapid increase in the incidence of Crohn's disease in the US and around the world, especially among people in their teens and early twenties.

The US has the highest rate of Crohn's ever recorded. The US also has the worst epidemic of a similar disease among cattle, called Johne's disease, known to be caused by a bacteria called *Mycobacterium paratuberculosis* (MAP). There is now growing clinical, epidemiological, immunological, experimental, and DNA evidence that this bacteria is the cause of Crohn's in people who drink milk from infected cows. Since transmission of this bacteria is facilitated by its presence inside pus cells, American milk drinkers may be at particularly high risk since the US has the highest permitted upper limit of milk pus cell concentration in the world—almost twice the international standard of allowable pus. By US federal law, Grade A milk is allowed to have over a drop of pus per glass of milk.

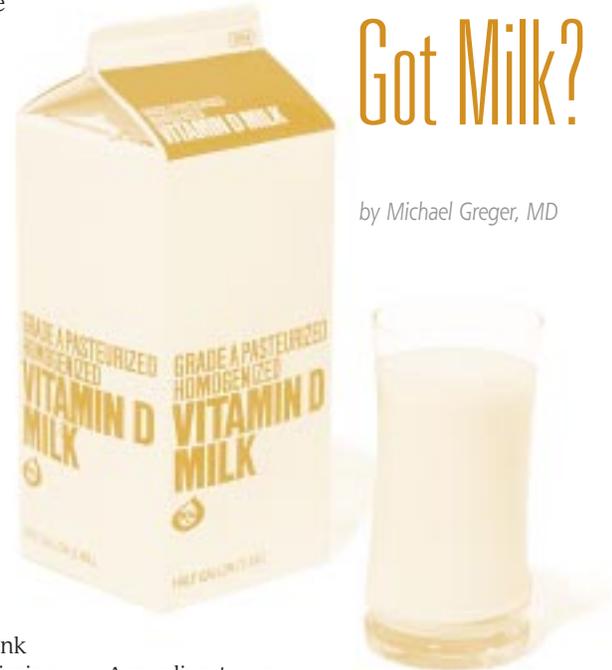
According to the USDA's latest figures, there are now three quarters of a million cattle infected with paraTB in the US. Between 20 and 40% of US dairy herds have already become infected with paratuberculosis, and the infection rate is expected to reach 100%. Intensive, modern farming practices—grazing bigger and bigger numbers of cattle on smaller and smaller plots of land—are blamed for the rapid spread of this disease.

Until 1998, controversy surrounded paraTB's ability to survive pasteurization. That year, however, researchers in Ireland grew live paratuberculosis bacteria out of 6 of the 31 cartons of retail pasteurized milk they tested—almost 1 in 5. This caused a national food scare. Dairy industry experts described it as a "significant blow to the industry." Crisis management specialists called the ramifications "enormous," "horrific." Despite headlines splashed throughout Europe, not a word crossed the Atlantic, reminiscent of the media blackout in the US in the early years of the mad cow disease crisis.

The industry and/or government know what kind of time bomb they're sitting on.

Paratuberculosis and Crohn's Disease: Got Milk?

by Michael Greger, MD



According to one industry expert, the incrimination of MAP in human disease would cause enormous economic damage to animal agriculture industries. An article in *MILK SCIENCE INTERNATIONAL* entitled "Is *Mycobacterium paratuberculosis* a possible agent in Crohn's Disease?" warns that "the present state of knowledge is...potentially catastrophic for the dairy industry should existing information be used in a sensationalist manner."

This conspiracy of silence extends beyond the producers to encompass the entire industry to the point of interfering with scientific dialogue. From the *JOURNAL OF DAIRY SCIENCE*: "Fear of consumer reaction...can impede rational open discussion of scientific studies." Rodrick Chiodini was a microbiologist at Brown University's Rhode Island Hospital when he became the first researcher to show the presence of paratuberculosis bacteria in the gut walls of children with Crohn's disease. He writes, "the dairy and regulatory industries are concerned vocally...but their concern is limited to the possibility of 'bad press' to the industry rather than a concern for the truth or public health."

Last year, the USDA's United States Animal Health Association (USAHA) rejected a proposal by a Crohn's patient advocacy group to test retail dairy products in the US because they were concerned about "the usage of this information." The USAHA statement reveals the gamble the industry is willing to take. In Britain, when asked what the industry planned

to do about paratuberculosis, spokespersons said that it was “something that bears watching” but that they “preferred to defer action” until paraTB is proven to cause disease in humans. This sounded all too familiar to the British public after the mad cow debacle, where the beef industry made the same wager—and lost.

Despite the fact that paratuberculosis is now a known human pathogen, it continues to be tolerated in our food supply. After finding of MAP in their retail milk supply, the Food Safety Authority of Ireland now requires that cattle infected with Johne’s be excluded from the food supply. The flesh from an infected cow is no longer considered fit for human consumption and her milk is simply dumped. Karen Meyer, co-founder of the Paratuberculosis Awareness & Research Association, commented, “The government of Ireland is to be commended for exercising the precautionary principle. Instead of trying to sweep the problem under the rug, they acted swiftly to give human health priority over special interests.”

John Hermon-Taylor, chairman of the surgery department at St. George’s Medical School in London, is an internationally known expert on Crohn’s and paratuberculosis. In his view, “There is overwhelming evidence that we are sitting on a public health disaster of tragic proportions.” Europe’s Scientific

Committee on Animal Health and Animal Welfare, however, concluded that the currently available evidence was insufficient to confirm or disprove the theory. This uncertainty should not impede the government from taking concrete steps to prevent further potential human catastrophe. If the British government had acknowledged the precautionary principle over mad cow disease, millions of lives may have been saved. A headline in *THE TIMES* sums up an inquiry into the mishandling of the mad cow affair released this year in Britain: “Lack of Proof Led to Disaster.”

Every few hours, another child in this country is diagnosed with Crohn’s disease and may be condemned to a life of chronic suffering. The balance of evidence strongly suggests a causative link between MAP and Crohn’s disease. This public health issue has been at the periphery of the dairy industry’s agenda for years, a nagging concern on the back burner. The consumer movement needs to move it to the front burner and turn up the heat.

PLEASE NOTE: This is an abridged version of Dr. Greger’s article. The full version, including references, is available at www.veganoutreach.org/greger.pdf

Some of the photographs with this article appear courtesy of Farm Sanctuary and Viva!USA



DISTRIBUTION UPDATE:

In addition to many *VEGAN STARTER PACKS* and *VEGAN ADVOCACY* booklets, since the last newsletter, multiple copies of *WHY VEGAN* and *VEGETARIAN LIVING* have been requested from:

- | | | | | | |
|-------------------|-------------------|------------------------|-------------------|--------------------|---------------------|
| AK, Fairbanks | CA, Santa Cruz | IA, Waterloo | MI, Swartz Creek | OH, Cleveland | VA, Alexandria |
| AR, Jasper | CA, Santa Monica | IL, Chicago | MI, Traverse City | OH, Columbus | VA, Bridgewater |
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| AZ, Corona | CA, Sebastopol | IL, Joliet | MN, Virginia | OH, Loveland | VA, The Plains |
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NOTES TO V.O. MEMBERS...

For more information about Vegan Outreach, please see our web site: www.veganoutreach.org

HAVE A CD BURNER?



A Chicago-based animal activist has taken the PETA video *MEET YOUR MEAT* and put it on CD for people to play on their computers. She has 100 copies and would like to distribute them to people who also have CD burners and are willing to make 4 or more copies to give to people they know. If you would like to do this, send an email with your address to Chalissa1@aol.com

If you just want to watch *MEET YOUR MEAT* on the web, PETA has it available at www.goveg.com/meetmeat.html (scroll to the bottom of the page).

SEND US A PICTURE AND WE'LL SEND YOU A GIFT!



Please send along photos of your actions—leafletting, tabling, setting up displays, etc. Those who submit good pictures will receive any item from our catalog. Thanks!



VEG GUIDE TO GREAT BRITAIN

Lantern Books has recently published *VEGETARIAN*

VISITOR: WHERE TO STAY AND EAT IN BRITAIN. It is 104 pages and costs only \$5. It can be ordered at www.lanternbooks.com

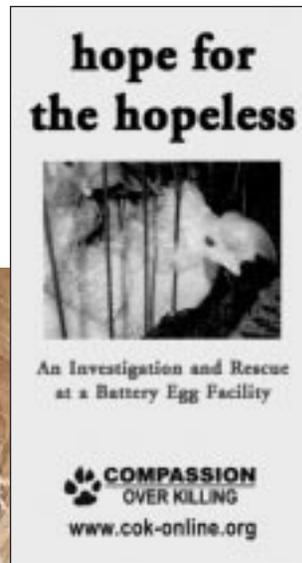


STAYING A HEALTHY VEGAN

Jack Norris has written a new article, "Staying a Healthy Vegan," outlining many of the things vegans can do to improve their health. Please see www.veganoutreach.org/health/stayinghealthy.html

NEW VIDEO: HOPE FOR THE HOPELESS

Compassion Over Killing has produced a new documentary entitled *HOPE FOR THE HOPELESS: AN INVESTIGATION AND RESCUE AT A BATTERY EGG FACILITY*. The videotape is 18 minutes long and costs \$10 including shipping & handling. Send check or money order to:



Compassion Over Killing
PO Box 9773
Washington, DC 20016

For a detailed account of COK's investigation and rescue at ISE, please see www.isecruelty.com



Left to right: The body of a dead hen found lying on top of a battery cage; a rescued hen with a fluid-filled cyst covering her eye; a hen who died with her head trapped between the bars of a cage; a COK investigator holding a decaying corpse found in a cage with live birds; a COK investigator holding one of the eight rescued hens.

All of the above photographs appear courtesy of Compassion Over Killing

Thank You

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A fellow from Vegan Outreach was tabling at Slippery Rock University in Pennsylvania at last year's Earth Day festival, and I wanted to let you know that it has affected me. I considered writing and thought, *Why bother?* But then I thought back on all the trouble people have been giving me about being vegetarian, and realized that you must go through it too, and so much more. People are very defensive. I haven't gone all vegan, but I have given up meat, stopped using animal-tested products, and wearing leather. I have, in my opinion, even influenced other people in giving up meat. I would someday like to be vegan, but am taking it one step at a time. Just infusing a little soymilk here and there, and turning down recipes that are big on cheese and eggs. Anyway, I just wanted to thank you. I feel MUCH better about myself and my role in the world, much more connected, and more honest with the animals I always loved.

TR, SLIPPERY ROCK, PA, 6/20/01

Just wanted to send word of what has been a remarkably successful Earth week. The local community of activists is getting larger and larger, and I am surprised every day by how many people react positively, are already vegetarian, or are willing to engage us in discussion. There has been a definite improvement on my campus in just one year; we have had several very popular professors convert or speak in favor of vegetarianism. I have been handing out large stacks of *Why Vegans* to people wanting to distribute them, and have given out more *Vegan Starter Packs* in the last week than in the previous year. I want to thank you for making this resource available to our community, and also for your articles, which have inspired me to become ever more active as an educator while taking more reasonable and moderate positions within veganism.

PB, SPRINGFIELD, MO, 4/24/01

Your articles and pamphlets have had a major influence on my attitude and effectiveness as a vegan.

SM, NEW PROVIDENCE, NJ, 7/10/01

I read one of your booklets from a friend. My wife is now no longer buying meat stuffs, even milk. I was heavily into spare ribs and steaks, etc. I can't believe I'm going vegan—honest!

TO, SURREY, BC, 6/15/01

Sometimes I forget for a second why I'm vegan. All I have to do is pick up *Why Vegan* or take a look at your calm, compassionate, well-written essays to remember why I chose this lifestyle, and why it is such a meaningful choice to make. Your advocacy makes it easier to endure the eye-rolling of meat-eaters (subtext: "normal people") who think I am eccentric and wacky for my vegan ways. When I get tired of the brow-beating, I turn to your essays and feel affirmed that I'm doing the right thing.

VW, BRIGHTON, MA, 6/1/01

Your writings mean a lot to me—you are surely one of the most articulate, important voices in the movement. Your recent piece on the issue of step-by-step reforms in the treatment of animals was especially meaningful to me, as I was just thinking a lot about it when your piece arrived in the mail. It truly clarified the whole issue for me.

JC, SAN RAFAEL, CA, 7/9/01

Thank you for your wonderful outreach! I handed out your pamphlets as part of an informative speech on veganism at my super-conservative school. Everything went surprisingly well! Several of my classmates expressed the desire to learn more and consider making a change, saying "I just didn't know!"

BM, NEW BRAUNFELS, TX, 5/21/01

I am 15 years old and I am president of the animal rights club at my high school and a member of many other organizations. The point of this email is to tell you that your *Why Vegan* booklet is what got me started in the animal rights movement. I got one of the booklets a little over a year ago at an Earth Day festival in Hartford, CT and ever since, I have been deeply involved in working for the animals. I recently got a stack of the booklets and I have been passing them out at school and other places I go. It is very effective and very informative.

JA, WEST HARTFORD, CT, 6/4/01

I am 15 years old. I got *Why Vegan* from my brother. A couple of weeks later, I was vegan. I gave a speech on veganism and animal cruelty, and a bunch of kids were interested. Two are now vegan.

ZM, HELENVILLE, WI, 6/8/01

Sitting outside an office door, I see these little pamphlets, *Why Vegan*, sitting harmlessly in the corner. I decide to pick one up and read it on the way home. I'm sold. I ate my last chicken sandwich for lunch. I guess it just goes to show how a quiet whisper is better than screaming from the rooftops.

EM, PITTSBURGH, PA, 4/27/01

I routinely pass out *Why Vegans* when I go to see bands, or when I am hangin' out in the city where there is bound to be a lot of foot traffic, etc. I'm pretty excited because I was recently given a whole bunch of them. Everything looks great in the newer version.

TG, BALTIMORE, MD, 5/26/01

Vegan —OUTREACH—

PRINCIPLE & PURPOSE: Vegan Outreach's philosophy is that each sentient animal has a right to his or her body and life.

To that end, Vegan Outreach promotes the lifestyle of veganism—living so as to contribute to as little animal exploitation and death as possible.

Compassionate people will end their support of animal exploitation once they are informed of the suffering a nonvegan lifestyle causes.

Vegan Outreach focuses on preaching to the convertible with our booklet on veganism, *Why Vegan*.

DISCLAIMER: The opinions expressed in this newsletter are not necessarily shared by all members of Vegan Outreach.

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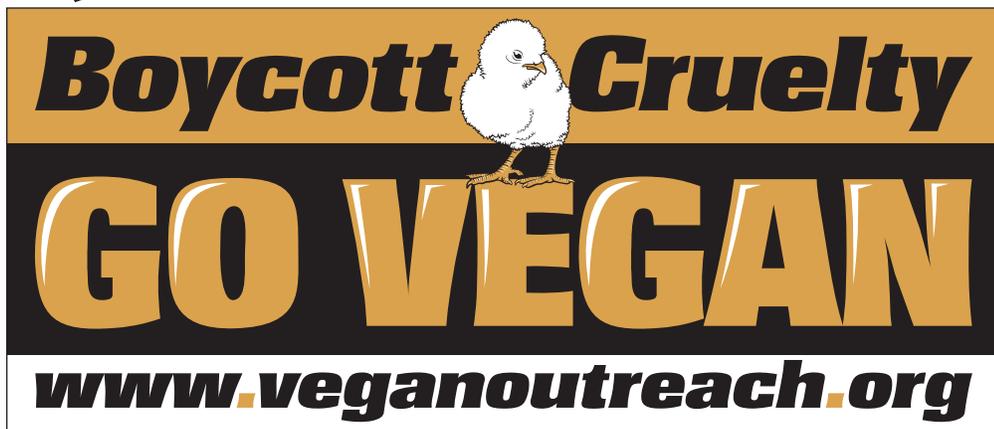
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Actual stickers are 8 3/4 x 3 3/4 inches, printed in violet and orange on durable, white vinyl. See opposite page to order, or purchase from our online catalog. There is no shipping & handling charge for stickers.



COLLIDING WORLDS continued from page 1

One evening at a family gathering, my cover was blown when my aunt asked our waiter if the dish that I ordered was dairy-free. My little cousin asked me, "You don't eat dairy?" and I had no choice but to shake my head "No" as unassumingly as possible in an attempt to divert attention. But they knew.

As my impatience for our society's sluggishness to reflect on its habits and traditions grew, so did I yearn to confront my family about how the farm whisks calves away from their mothers shortly after birth so that they won't get "too attached." I wanted to know why they placed the female calves in cramped indoor cages, where they're put on antibiotics and physically isolated for weeks. I wanted to ask why the male calves would end up on dinner plates as either cheap beef or veal. I wanted to demand an answer as to how they could stomach impregnating the cows through artificial insemination so that they could be milked three times a day until they're "spent" and trucked to slaughter.

For me to engage them in this sort of confrontation while they were in the twilight of their lives would have hurt all of us deeply. My family is a throwback to a different era—a period when the concept of speciesism barely existed, if at all. I visualized how I might react should my own descendants denounce me for my own sins in later years—possibly because I continued to drive a car despite global warming, or perhaps because I could've done much more to help the less fortunate. Didn't my family at least deserve to be able to look back on their long lives in peace? On the other hand, if my protests had the slightest possibility of accelerating change and alleviating the suffering of countless animals, was I not obligated to at least try? I was torn.

When we read about the civil war in the eighth grade, our textbooks explained that the war was one of "brother against brother." I think I finally understand how those young men must have felt when they found themselves trapped between two colliding worlds: that of family, and that of conscience.

The purpose of all broad-based social movements is to rattle the institutions of our society down to their very core. But these institutions are not composed of faceless enemies—they're composed of countless lives and stories that are all intertwined and intrinsically linked to our own.

One of the most championed quotes of the Animal Liberation Front, originally uttered by Utah Phillips, speaks to the heart of the issue. "The earth is not dying, the earth is being killed. And those that are killing it have names and addresses." They do have names and addresses—as does my family.

According to Harry Frankfurt, Professor of Philosophy at Princeton, two of the most powerful calls to action in our lives are those of duty and love. Frankfurt is so bold as to argue that for one to betray either of these calls is to fracture the very unity of their identity. "Just as the moral law cannot be other than it is, so we cannot help loving what we love," says Frankfurt. "Moreover, the dictates of love, like the requirements of the moral law, enjoy an unconditional authority. In radically distinct but nonetheless closely parallel ways, each tells us what we must do."

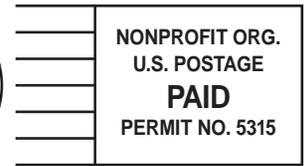
I found myself unable to rectify my duty to the animals with my love for family. This lack of total commitment to either of the two has led me, unintentionally, down a "third" path. It has been an amazing journey. I heard secondhand, for example, that my dietary choices actually did cause my family to think deeply about the farm and my concerns. With the exception of a few remarks here and there about protein, my family has been wholly accepting of my views and even bought some soy milk for me before one of my visits. I've also noticed that my patience was having a positive impact on others who were at family gatherings, several of whom have asked me for more information about veganism. I was making a difference without even realizing it. It might not be my ideal of empty cages and liberated cows, but in the end, it could possibly be even more powerful.

Vegan —OUTREACH—

Evolution through Education

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A few nights ago, I was handed a *Why Vegan* pamphlet on the street here in Columbus, Ohio. At first, I was tempted not to read it, only because I knew how the propaganda worked, but then I thought again and realized that there was a point to the propaganda. I always claimed to be an animal lover but never followed through with it. That day was my last day of purposely consuming animals. Since then, I've been reading several books on the subject and I've sworn off all animal products. I would like to think that I'm well on my way to leading a vegan lifestyle. Just thought you'd like to know that your canvassing did work to get one person motivated, and your online resources are helping to keep me on track.

EN, COLUMBUS, OH, 6/6/01

Thank you very much for the June newsletter. I am so blessed that I found your organization. Being vegan is so much easier with the support and encouragement of others. After reading the newsletter, I got a terrific rush of motivation to get the word out on veganism!

HR, RANDALL, MN, 6/8/01

My fiancé and I were walking in Santa Monica when we stopped to see a film projector showing the horrors of factory farms. My heart ached and I wanted to cry. I got a booklet from the people showing the film. What I saw changed my life! Although I loved meat, since then I've been a vegetarian! I don't know how to thank you for opening my eyes. I know I can't change the entire world, but I know that by just not eating meat, I'm helping a little part.

MH, LOS ANGELES, CA, 6/27/01



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I think everybody has that capacity
to stop and think and say,

"If I knew you, I wouldn't eat you."

And in some ways, it really is that simple.

Tom Regan, PhD

North Carolina State University Professor of Philosophy, from *A Cow at My Table*

