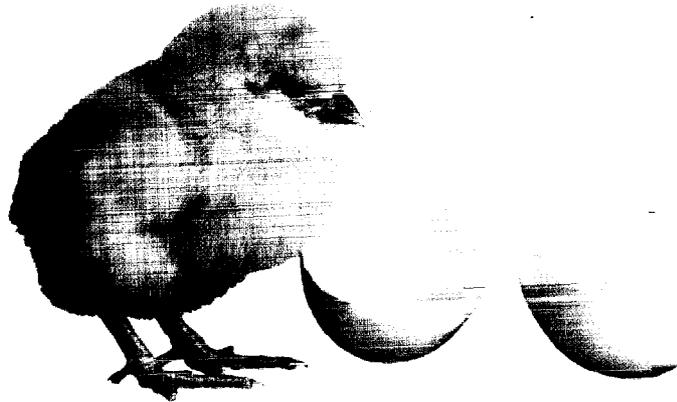


How would you feel if a cow ate you?
Caught you and bopped you
And chopped you in two,
Fried you or broiled you or put you in stew
With carrots, potatoes, or an onion or two?
So sometime at dinner when you're starting to chew,
Put down your steak and ponder this through,

How would you feel if a cow ate you?



From Shell to Hell

**The short, miserable lives
of American chickens.**

Every year in the United States alone, more than 8 billion chickens are slaughtered for food.

Shy and sensitive animals, almost all of them spend their unnaturally short, miserable lives crammed together in windowless sheds on factory farms, each one with less space than a standard sheet of paper.



WHAT'S A BROILER CHICKEN?

"Broiler" chickens are raised and killed for their flesh. They are

Tens of thousands of them are forced to live in a dark shed in their own excrement, among corpses of other birds ...

bred to grow so large so fast that often their legs cannot withstand their weight. Tens of thousands of them are forced to live in a dark shed in their own excrement among corpses of other birds who died of heart attacks, suffocation, starvation, or stress. Their natural lifespan of 15 to 20 years is cut short when their throats are slit after six or seven weeks. Many broiler chickens spend much of their lives in so much pain that they are unable to move.

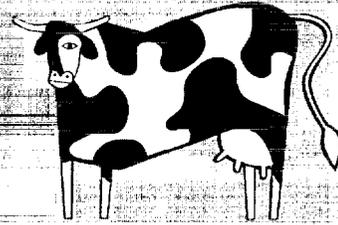


PEOPLE FOR THE ETHICAL
TREATMENT OF ANIMALS

DAIRY FREE

AND

Delicious



DELICIOUS AND HEALTHY
ALTERNATIVE RECIPES TO
DAIRY PRODUCTS!

Living Without Dairy

Oh, no," you're thinking. "No more milk with my cookies? No more cheese on my veggie burgers? No more...(gasp!)...ice cream?"

Think again! If you crave it, a healthier, better-tasting dairy-free replacement can be found. Increasingly, nondairy products are becoming available in stores—from rich concoctions like Tofutti or Rice Dream frozen desserts to mock "cream cheese" and "sour cream." Vegan staples like soy milk and tofu are carried by more and more major supermarket chains these days (look for them in the fresh produce and gourmet food sections).

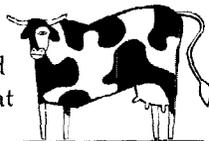
And if it can't be found in your local grocery or health food store, you can whip it up at home. Just try some of the following tasty, downright amazing recipes featuring everything from almonds to nutritional yeast (cheesy-tasting golden flakes) to tahini (sesame butter). You'll wonder why anybody still eats dairy products!

Why Shouldn't I Drink Milk?

Not only is milk production fraught with

misery for cows and their calves, dairy products don't even "do a body good." Dairy products are naturally loaded with fat and cholesterol; nutrition expert Dr. John McDougall calls cow's milk "liquid meat" because its nutritional content is so similar to animal flesh. Milk is also deficient in iron, is frequently contaminated with pesticides and drugs, and may come from cows infected with bovine leukemia virus, tuberculosis, and salmonella.

Feeding cow's milk to human babies can cause colic, intestinal bleeding, constipation, allergies, and anemia and has been linked to the development of juvenile diabetes. In adults, it has been implicated in heart disease, certain cancers, adult-onset diabetes, and even osteoporosis, the very disease it is supposed to prevent!



"Dairy products are the most common cause of food allergies. When people avoid dairy products completely, they often find improvements in symptoms which they did not realize were caused by milk."

—Dr. John McDougall

DELICIOUS DAIRYLESS RECIPES

*Available in health food stores

**Available in most supermarkets, Chinese grocery stores, or health food stores

Almond Milk

(from Ecological Cooking)

The answer to the burning question: "What do I put on my cereal?" In addition to making a delicious, creamy white "milk," almonds are

The Osteoporosis Myth

Studies show that bone loss is not prevented by an increase in calcium so much as by a drop in protein consumption. After studying the diets of nearly 80,000 American women over a 12-year period, researchers at Harvard University concluded that milk drinkers are no less likely to suffer bone fractures than women who drink little or no milk. High-protein foods, such as meat, eggs, and dairy products, make the kidneys work harder and cause calcium to be lost in the urine. It's easy to get the recommended daily allowance of calcium (800 mg) solely from plant foods, especially broccoli, spinach, kale, tofu, dried fruits, legumes, nuts, and seeds.

nutritional gold mines, loaded with calcium, B vitamins, essential minerals, unsaturated fats, fiber, and protein. Almond milk can also be used in any recipe that calls for dairy milk.

1/2 cup raw almonds**
4 cups water
2 Tbsp. maple syrup

Blanch almonds in boiling water for 2 minutes. Place in strainer or colander and run under cold water to cool. Slip skins off by pinching between thumb and forefinger. Place almonds with 2 cups water and maple syrup in blender and process for 2-4 minutes.

Strain well through cheesecloth-lined strainer. Blend in remaining water. Chill and shake well before serving.
MAKES 1 QUART.

Note: A thicker milk can be made by cutting

the amount of water and maple syrup in half. Substitute cashews for almonds and you'll get a thick, rich "cream." (If using cashews, omit blanching and straining steps.)

Vegan Cream Cheeze

(from Ecological Cooking)

Can't be beat on a bagel! As a sandwich spread, team with cucumbers, lettuce, tomatoes, and other assorted veggies for a lunch your coworkers will envy!

1/2 cup blanched and skinned whole raw almonds**
1/3 cup water
1/2 tsp. nutritional yeast flakes*
1 tsp. salt
1 tsp. sugar
1 cup safflower oil
juice of 2 lemons
1 Tbsp. cider vinegar

Process the almonds, water, yeast, sugar, and salt in a blender until fairly smooth. SLOWLY pour in the oil in a steady stream, with blender speed on low. Stop and start blender as needed to stir mixture. Empty mixture into a bowl and stir in lemon juice and vinegar. Beat with a wooden spoon until very smooth and thick. Store in refrigerator (keeps for about 10 days).

MAKES ABOUT 1 1/2 CUPS.

Tofu Sour Cream

(from Ecological Cooking)

Great on potatoes, tacos, and anywhere you might use dairy sour cream.

1 10.5-oz. package firm silken tofu, drained**
3 Tbsp. vegetable oil
1 tsp. brown rice syrup*
juice of 1 lemon
1/2 tsp. salt, or to taste

Blend all ingredients until very smooth in a blender or food processor.

MAKES 1 1/4 CUPS.

Colby Cheeze

(from *The Uncheese Cookbook*)

Cheese made from cashews? You gotta see it (and taste it) to believe it! Makes fantastic grilled "cheese" sandwiches and nachos and can be grated into soups and sauces for a "fooled-you" cheese flavor.

- 1 1/2 cups water
- 5 Tbsp. agar flakes*
- 1/2 cup pimento pieces, drained
- 1/2 cup raw cashew pieces**
- 1/4 cup nutritional yeast flakes*
- 3 Tbsp. lemon juice
- 2 Tbsp. tahini (optional)**
- 2 tsp. onion granules
- 1 tsp. salt
- 1/4 tsp. garlic granules
- 1/8 tsp. ground dill seed (optional)
- 1/8 tsp. mustard powder

Place water and agar flakes in a small saucepan and bring to a boil. Reduce the heat and simmer for 5 minutes, stirring often. Place in a blender with the remaining ingredients, and process until COMPLETELY smooth. Mixture will be thick.

Pour immediately into a lightly oiled, 3-cup rectangular mold, butter keeper, or other small, rectangular container, and cool. Cover and chill for several hours or overnight. To serve, turn out of mold and slice. Store leftovers covered in refrigerator.

Did You Know?

- After 4 years of age, many people develop lactose intolerance, the inability to digest the milk sugar lactose. The result is diarrhea, gas, and cramps when dairy products are consumed.
- The American Academy of Pediatrics recommends that infants under 1 year of age not be fed whole cow's milk.
- In countries where dairy products are not generally consumed, there is far less osteoporosis than in the U.S.

Cheeze Sauce

Delicious drizzled over baked potatoes and broccoli, and makes a mean macaroni and "cheese" casserole!

- 1 Tbsp. margarine or vegetable oil
- 1 Tbsp. cornstarch
- 1 cup soy milk**
- 1/2 tsp. salt
- 1/8 tsp. pepper

Colby Cheeze
(see recipe above), sliced

Melt margarine in a small saucepan. Blend in cornstarch, salt, and pepper. Gradually stir in soy milk. Bring to a boil and then simmer, stirring constantly, until sauce thickens, about 2 minutes. Add slices of Colby Cheeze to taste. Stir until completely melted.

For macaroni and cheese casserole, prepare a small (8-oz.) box of macaroni according to package directions. Prepare a double batch of Cheeze Sauce and combine with macaroni. Pour into a lightly oiled 2-quart



"I want to pass the word on to parents that cow's milk ... has definite faults. ...It causes intestinal blood loss, allergies, indigestion, and contributes to some cases of childhood diabetes. Human milk is the right one for babies."

—Dr.
Benjamin
Spock

casserole dish. Sprinkle bread crumbs and paprika on top. Bake at 375 degrees for 20 minutes.

Onion Dip

(from *The Compassionate Cook*)

Who says you need sour cream to make a zippy onion dip? Bring this one along to parties and watch it disappear!

- 1 lb. soft tofu, patted dry**
- 2 Tbsp. lemon juice
- 2 tsp. sugar or maple syrup
- 1/2 tsp. soy sauce or tamari
- 1 package vegan dry onion soup mix**

Place all ingredients in a blender and blend until smooth. Refrigerate for 4 hours. Serve with chips or raw vegetables.

MAKES 3 CUPS.

Fettucini Alfonso

(from *The Uncheese Cookbook*)

Traditional Alfredo sauce is so high in fat it has been called "heart attack on a plate." Not so this dairy-less version—a sinfully rich-tasting sauce that's deceptively low in fat.

- 1 1/2 cups frozen corn kernels
- 1 1/2 cups low fat or regular soy milk**
- 2 Tbsp. tahini (optional)**
- 1 Tbsp. onion granules
- 1 tsp. salt
- 1 lb. fettucini (or other pasta, if desired)
- pepper (optional)

Thaw corn kernels. Place the corn, soy milk, tahini, and seasonings in a blender and process until completely smooth. (It may take several minutes to completely pulverize the corn.) Pour the blended mixture into a medium saucepan and warm over medium-low heat, stirring often.

While the sauce is heating, cook the fettucini in a large pot of boiling water until *al dente*. Drain well and return to the pot. Add the hot sauce and toss until evenly coated. Serve immediately, topping each portion with pepper, if desired.

SERVES 6.

Chocolate Pudding

(from *Tofu Cookery*)

This creamy pudding is so delicious and easy to make, you'll find yourself stocking up on tofu and cocoa just in case of a "pudding attack."

- 1 1/2 lb. soft tofu, patted dry**
- 1/4 cup soy milk
- 1 cup sugar
- 1/3 cup cocoa

Calcium: Plenty in Plants!

Sesame seeds, 3 1/2 oz.	1160 mg
Calcium-fortified orange juice, 8 oz.	300 mg
Dried figs, 10 figs	269 mg
Tofu, raw, firm, 1/2 cup	258 mg
Almonds, 3 1/2 oz.	234 mg
Broccoli, 1 cup	178 mg
Wax beans, 1 cup	174 mg
Collards, 1 cup	148 mg
Navy beans, 1 cup	128 mg
Kale, 1 cup	94 mg
English muffin	92 mg
Butternut squash, 1 cup	84 mg
Pinto beans, 1 cup	82 mg
Chickpeas, 1 cup	78 mg
Sweet potato, 1 cup	70 mg
Onions, 1 cup	58 mg
Raisins, 2/3 cup	53 mg

1/4 tsp. salt or soy sauce
1 1/2 tsp. vanilla

Blend in a blender until smooth and creamy. Pour into individual serving dishes. Chill until firm and serve. Top with Tofu Whipped Cream (see recipe below), if desired.

MAKES 4 CUPS.

Peanut Butter Pie

(from *The Compassionate Cook*)

A dessert to please all ages, this peanut butter pie will quickly win over even the most determined tofu haters!

CRUST:

25 vegan chocolate sandwich cookies

1/3 cup margarine, melted

FILLING:

1 lb. soft tofu, patted dry**

1 cup creamy peanut butter

3/4 cup sugar

2 Tbsp. soy milk**

2 tsp. vanilla extract

To prepare crust, break up cookies by hand, then, in a blender or food processor, grind the cookies into crumbs. Pour into a mixing bowl, add the melted margarine, and stir. Press the mixture into a 9-inch pie plate. Set in refrigerator to chill while preparing filling.

Combine all the filling ingredients in a food processor or blender and blend until smooth. Spoon into pie shell. Refrigerate at least 2 hours. Serve topped with Tofu Whipped Cream (see recipe below), if desired.

SERVES 6 TO 8.

Tofu Whipped Cream

(from *The Compassionate Cook*)

1 lb. soft tofu, patted dry**

1 Tbsp. vanilla extract

1/4 cup sugar

1/4 cup soy milk**

Combine tofu, vanilla, and sugar in a blender or a food processor and process until smooth. With the machine running, gradually add the soy milk through the feeder cap. Refrigerate until serving time. It will keep for a week, but can also be frozen.

MAKES 1 1/3 CUPS.

Dairy-Free Shopping

Look for dairy-free products at your local health food stores and supermarkets (kosher delicatessens usually offer a wide array of nondairy items). Ask them to carry any you can't find. Here is just a sampling of the foods available:

NON-DAIRY "MILKS"

Amazake (rice milk)
Better Than Milk (powdered soy milk)
Edensoy (soy milk)
Farm Rich (nondairy creamer)
Harmony Farms (soy milk)
Old Mill (oat milk)
Pacific Foods (oat, almond, and rice milks)
Rice Dream (rice milk)
Soy Moo (soy milk)
Vitasoy (soy milk)
Westbrae (soy milk)
Westsoy (soy milk)
White Almond Beverage (almond milk)
White Wave Silk (soy milk)

Many of these also come in "lite" versions.

NONDAIRY CHEESES

Nomoochee (imitation cheddar cheese spread)
Soymage (cheddar and mozzarella style)
Tofutti Better Than Cream Cheese
Vegan Rella (Mexican and Italian style)
Vegan Rella Non-Dairy Cream Cheese
Veggie Kaas (nondairy cheese spread)

NONDAIRY FROZEN DESSERTS

Rice Dream
Sharon's Sorbet
Sweet Nothings
Tofu Lite
Tofu Lite Gourmet Chocolate Dipped Bars
Tofutti
Tofutti Better Than Yogurt
Tofutti Cuties ("ice cream" sandwiches)

NONDAIRY "MILK" CHOCOLATE

Barat Tofu Chocolate
Newman's Own Dark Chocolate
Tropical Source

AND DON'T FORGET

Dream Pudding
Kozy Shack Light & Free Pudding
Nancy's Cultured Soy Non-Dairy Yogurt
Tofutti Sour Cream
White Wave Dairyless Soy Yogurt

WATCH OUT FOR THESE ANIMAL INGREDIENTS

Casein/Caseinate. Milk protein found in many "nondairy" creamers and cheeses.

Gelatin. Derived from animals' skin, tendons, ligaments, hooves, and bones. Found in puddings, candies, cakes, ice cream, and yogurt.

Lactic Acid. A slaughterhouse byproduct made by bacterial fermentation.

Lactose. Milk sugar found in baked goods and other foods.

Rennet. From calves' stomachs. Used in making cheese and in many coagulated dairy products.



Tallow. Rendered animal fat found in some margarines.

Whey. Derived from milk and found in cakes, cookies, candies, some breads, and margarines.

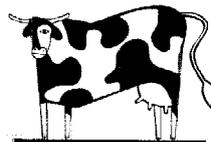
Glossary of Ingredients

Agar (also called "agar-agar")—A gelling agent made from sea vegetables. Replaces gelatin.

Nutritional Yeast—A food yeast grown in a molasses solution (not to be confused with brewer's yeast or the active dry yeast used in baking). Comes in yellow flakes or powder. The recipes here call for flakes—powder will not create the same results.

Silken Tofu (also called "Japanese style")—Silken tofu comes in both firm and soft varieties. It has a soft, custard-like texture and is very smooth when blended and a good dairy substitute. It comes packed in aseptic packages or water-filled tubs. If packed in water, it should be thoroughly drained before using.

Soy Milk—Thick, creamy milk made from soy beans. Can be used as a substitute for dairy milk in most recipes. Comes in a wide variety of flavors, such as chocolate, carob, and vanilla, but plain



"There's no reason to drink cow's milk at any time in your life. It was designed for calves, not humans, and we should all stop drinking it today, this afternoon."

—Dr. Frank A. Oski, former director of pediatrics at Johns Hopkins University

soy milk should be used in cooking unless otherwise indicated. Low-fat or "skim" soy milk can also be created by combining 1 part soy milk with 1 part water. Or buy a ready-made "lite" version.

Tahini—A ground sesame seed paste with a slightly nutty flavor. Very high in calcium.

Tofu—Comes in soft and firm varieties and looks a little like a block of ricotta cheese. Usually comes packed in water, so it should be wrapped in a dish towel and thoroughly drained for 10 to 15 minutes before using.

More recipes can be found in the following cookbooks, which are packed with scrumptious ways to delete dairy from your diet.

*The Compassionate Cook**
by People for the Ethical Treatment
of Animals
Item no. BK103 \$10.99

*Cooking With PETA**
by People for the Ethical Treatment
of Animals
Item no. BK515 \$14.95

*Tofu and Soyfoods Cookery**
by Peter Golbitz
Item no. BK 223 \$12.95

Ecological Cooking
by Joanne Stepaniak & Kathy Hecker

The Uncheese Cookbook
by Joanne Stepaniak

Tofu Cookery
by Louise Hagler

*Available from PETA

One Dairy Cow's Story

Blackie, a 2-year-old heifer, was happy just munching on grass and caring for her new baby, with whom she had spent nearly every moment of his young life. She had licked him clean after his birth, nudged him up onto wobbly legs, and watched him take his first tentative steps. But her bliss was short-lived. One day, Blackie and her calf were loaded onto a truck, taken on a frightening ride to market, and sold—separately.

Blackie, as any mother would be, was panicked and grief-stricken. Sometime during her first night in her new home, she broke out of the farmyard, jumped over a hedge, and set off in search of her calf. The next morning, she was found at another farm seven miles away, contentedly suckling her calf.

When Blackie's new "owner" was traced, he was so moved by Blackie's maternal love that he purchased her calf so mother and son could be together.

Is Blackie's love-bond unique, or was her sorrow and desperation typical of what millions of other bovine mothers go through—without happy endings?

Shipping and handling: Add \$3.00 for one book plus \$1.00 for each additional book.
Send check or money order to:
PETA Merchandise, 501 Front St., Norfolk, VA
23510. Or call toll-free: 800-483-4366.

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www.peta-online.org



What's Wrong With Eating Turkeys?

Ben Franklin called turkeys "true American originals."

He had a tremendous respect for their resourcefulness, curiosity, agility, and beauty.

Of course, he was talking

about wild turkeys, who can fly 55 mph, run 18 mph, and live up to 15 years. The 300 million turkeys that end up on American dinner plates every year feel no less pain than their wild cousins but are, sadly, birds of a different feather.

Factory-farmed birds are fed antibiotics and growth hormones and have been purposely bred to gain an enormous amount of weight in a short period of time. This leads to painful, swollen joints, crippled feet, and heart attacks.

PETA

Misery



Turkeys' upper beaks and toes are partially sliced off with a hot blade to stop the overcrowded birds from pecking and scratching each other to death.



This rescued bird is free to roam on a sanctuary.

■ Turkeys slaughtered today live for months in sheds packed so tightly—three square feet per bird—that flapping a wing or stretching a leg is nearly impossible. They stand mired in waste, the urine and ammonia fumes burning their eyes and lungs.

■ To keep the overcrowded birds from scratching and pecking each other to death, a portion of their upper beaks and toes are sliced off with a hot blade (without anesthesia).

■ Millions of turkeys don't make it past the first week, sometimes drowning in water dishes or starving to death when eating with their mutilated beaks is too painful.

■ At the slaughterhouse, turkeys are hung upside down by their weak and crippled legs. Their heads are dragged through an electrified "stunning tank," which immobilizes them but does not render them unconscious. Many dodge the tank, meaning that they are fully conscious when their throats are slit.

■ If the knife, too, misses its mark, birds are boiled alive in the tank of scalding water used for feather removal.

■ Millions of people become sick and thousands die in the United States each year from eating contaminated flesh. Studies indicate that as many as 90 percent of supermarket birds are contaminated with salmonella, campylobacter, and other bacteria.

■ Turkey contains no fiber or carbohydrates but has lots of fat and cholesterol. For example, a roasted turkey's leg contains 72 milligrams of cholesterol and is 47 percent fat—more than many cuts of beef.

WHAT YOU CAN DO

■ Give turkeys a reason to be thankful—go vegetarian. For a free vegetarian starter pack, call:

1-888-VEG-FOOD

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501 FRONT ST. NORFOLK, VA 23510 • PETA.ORG

you



PMU foals at auction; most will be purchased by "kill buyers" and sent to slaughter.

■ Premarin is the ONLY menopause drug made with animal-derived estrogen. Safe, effective synthetic

and plant-derived alternatives are available. Won't you make the switch?

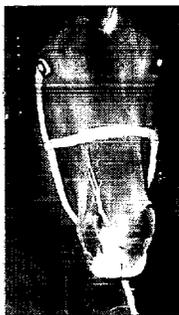
■ Share this information with your family, friends, and doctor. If you are currently seeking hormone-replacement therapy, ask your physician to prescribe one of the synthetic or plant-based estrogens, such as Cenestin, Estratab, Estraderm, Estrace, or Ortho-Est. Natural remedies, such as Remifemin, plant progesterone, and dietary changes, can also be effective.

■ **Voice your protest!**

Write to Wyeth-Ayerst and its parent company, American Home Products:

Joseph M. Mahady, President
Wyeth-Ayerst Laboratories
P.O. Box 8299, Philadelphia, PA 19101
tel.: 1-800-666-7248

John R. Stafford, President and CEO
American Home Products
5 Giralda Farms, Madison, NJ 07940-0874
tel.: 973-660-5000; fax: 973-660-7026



For more information and a list of alternatives, call 1-800-KNOW-PMU.

PETA

PEOPLE FOR THE ETHICAL TREATMENT OF ANIMALS

What's

With Prenarin?



Tens of thousands of horses suffer and die every year for the menopause drug Premarin.



What's With Premarin?



next winter, the mares are reimpregnated within days of giving birth. Within a few months, they are separated from their foals and put back on the "pee line." Fertile mares may go through

Here's what's wrong with Premarin

This year, approximately 75,000 mares throughout North Dakota and Canada will be impregnated and confined

to cramped stalls so their estrogen-rich urine can be collected for use in a drug called Premarin. Most of the mares' foals will be killed before their first birthday.

Premarin is made from pregnant mares' urine (PMU), and its production results in misery and death for tens of thousands of mares and their foals every year. To produce Premarin, pregnant mares are fitted with rubber urine-collection bags and tethered to the front of stalls measuring just 3½ to 5 feet wide and 8 feet long.

For six months, while their bodies are producing the most estrogen, these mares are unable to take more than a step or two in any direction, turn around, or even lie down comfortably. Lameness often develops. So that they can be put right back into production the

An undercover investigator discovered horses like this colt, kept for breeding, with untreated wounds.

this same grueling cycle year after year.

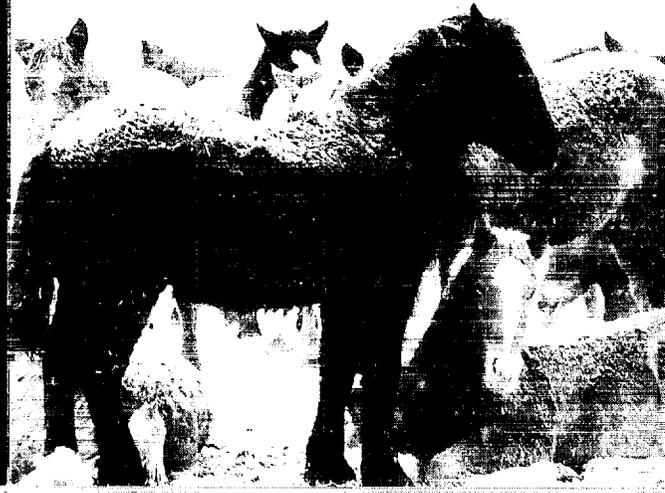
What Happens to the Foals?

At the tender age of 4 months, the foals—all but a few who are kept for stud or to replace worn-out mares—are sold for slaughter. When the mares become old, infertile, or disabled, they, too, are auctioned off to butchers.

Wyeth-Ayerst, the maker of Premarin, has even arranged a deal with the U.S. government in which its horse-urine pills are being used exclusively in a multimillion-dollar women's health study, the Women's Health Initiative.

"They thrive in the cold. Their meat stays chilled and fresh."

—PMU farmer on fattening foals for slaughter





Imagine having your body left to science ...

An estimated 17 to 70 million animals are killed in U.S. laboratories every year.

Human gene studies, human cell models and cultures, state-of-the-art software, "super" computers, artificial skin, and test-tube studies are now replacing animals in modern laboratories. The Pharmagene laboratory, based in Royston, England, for example, uses human tissues and sophisticated computer technologies—and no animals—for drug research and development. In the U.S., Physiome Sciences develops 3-dimensional computer-based models of human organs, which exhibit the biophysical properties of both normal and diseased cells, for use in drug testing and medical research.

WHAT YOU CAN DO:

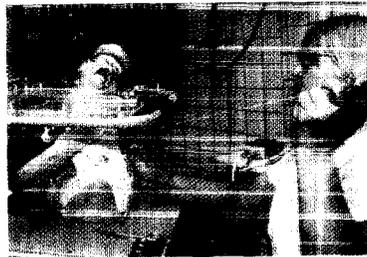
- Buy from manufacturers that have permanently banned all animal tests (lists available from PETA), and educate friends and family about cruelty-free shopping.
- Reduce your own risk of disease by avoiding the consumption of meat, eggs, and dairy products.
- If you work in a laboratory where animals are abused, call or write PETA's Research, Investigations & Rescue Department.



PETA

3 00

1-800-452-5267
www.peta.org



Just a few years ago, every cosmetics company poisoned animals with lipstick, shampoo, hair spray, or other "beauty" products. Car manufacturers pummeled monkeys' heads with hydraulic "arms" to simulate crashes. Laboratory technicians killed a rabbit every time they tested a woman for pregnancy. These tests were thought to be "state of the art." Today, thanks to consumer activists and imaginative scientists, there are better, kinder methods.

But tens of millions of mice,

rats, rabbits, guinea pigs, ferrets, cats, dogs, primates, sheep, cows, pigs, and other animals are still experimented on and killed in laboratories every year in the U.S. Instead of developing more advanced scientific techniques, vivisectionists infect animals with diseases that they would never contract under normal circumstances. They force-feed and inject them with toxic chemicals. They sever animals' spines, break their bones, and cement electrodes into their skulls. The military sickens and wounds animals with radiation, chemical agents, and guns even though the effects of these weapons on humans are already well documented. Psychologists subject animals to maternal deprivation, drug and alcohol addiction, and other torments.

The animals' only legal protection, the federal Animal Welfare Act, covers only housekeeping standards and does not regulate or prohibit any experiment, no matter how frivolous or painful, and more than 90 percent of animals used in these tests aren't even covered by the act. Many crude experiments are repeated again and again because there is no central information system that lists data from previous experiments.

In addition to being cruel, animal studies often lead down blind alleys and impede progress. Taking healthy beings of a different species, artificially inducing a condition, keeping them in unnatural and stressful conditions, then trying to apply the "results" to humans rarely works. Physiological interactions vary enormously from species to species. The polio vaccine, often cited as an example of why animal studies are necessary, was actually delayed for decades because experiments on monkeys led to a misunderstanding of the mechanism of polio infection.

The Animal Welfare Act does not regulate or prohibit any experiment, no matter how frivolous or painful.

"If you have information on human genes, what's the point of going back to animals?"

**Pharmagene cofounder
Gordon Baxter**





20852+1706

Docket #98P-0151/CP1
US Food & Drug Admin
Dockets Management Branch
5600 Fishers Lane Room 1061
Rockville, MD 20785



Ms. Theresa A. Keene
4115 Baker Ln.
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