



Animals and Us

Animals don't have a voice – they
need you to speak for them!



ANIMAL AID

RIGHTS • RESPECT • COMPASSION
FOR ALL ANIMALKIND

Animal rights

Defending animals does not mean caring about them more than about people. It's about protecting other species from cruelty and unfair treatment, and not causing them any harm.

Wanting to reduce the suffering of animals is something you should be really proud of. Lots of the small choices you make every day can help to make the world a bit kinder. You can buy products that have not been tested on animals, eat a plant-based diet and boycott zoos and other attractions which use animals for entertainment. These are all important ways in which you can take a stand against the exploitation of animals.





What rights do animals need?

Obviously, animals do not need exactly the same rights as people. For example, the right to vote in elections would be useless to a parrot. But the right to freedom, the right to exercise their own free will and to live without being imprisoned or tortured are just as important to animals as they are to us.

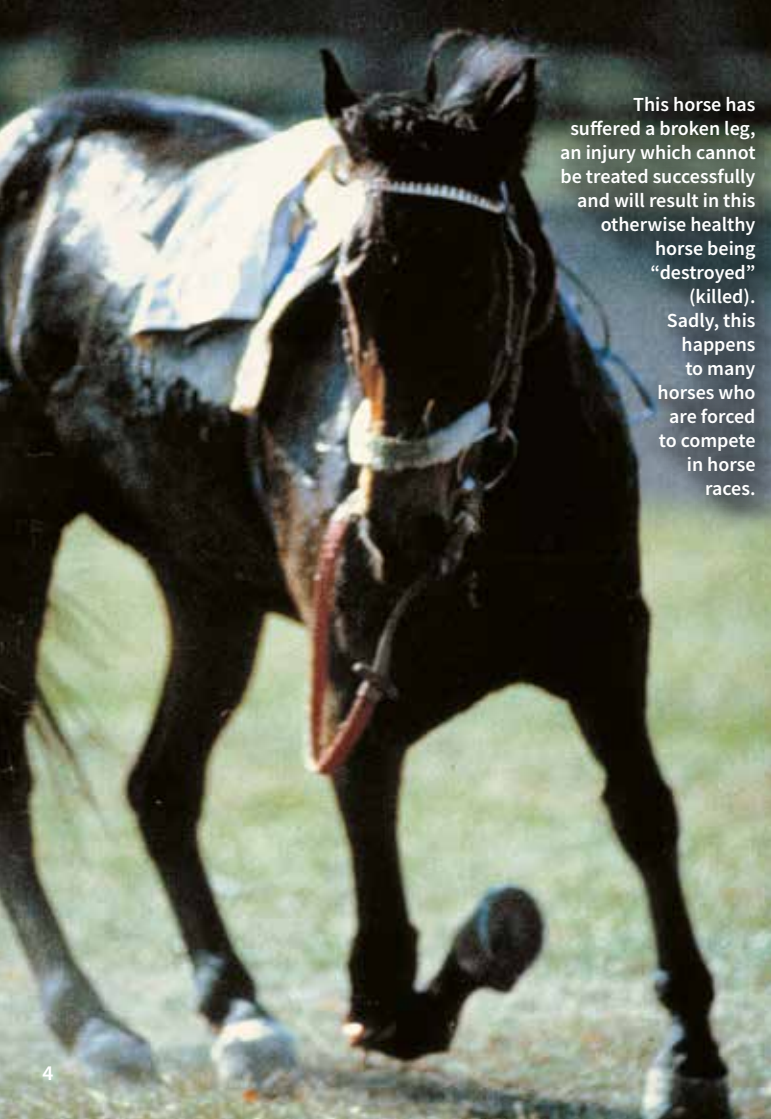
Why care about animals?

Today it is recognised that animals, just like people, experience happiness, sadness, fear, physical pain, anger and boredom. We know that they usually enjoy the company of their own kind; that there is a close bond between mothers and their young; that young animals enjoy and learn from play; and that they develop friendships. They have needs, just like people do.

Are people more intelligent?

Animals can't play the piano or pilot a plane - but neither can most people! And animals can do some amazing things that we can't. Can you swing through the trees like an orangutan? Or sniff out a bone 100 yards away like the average dog can? Calling it 'instinct' doesn't make it any less amazing. Anyway, deciding how to treat other creatures on the grounds of their intelligence is wrong. You wouldn't want your rights to be decided by how well you had done in your exams, would you?





This horse has suffered a broken leg, an injury which cannot be treated successfully and will result in this otherwise healthy horse being “destroyed” (killed). Sadly, this happens to many horses who are forced to compete in horse races.

Can animals communicate?

Anyone with a companion animal will have had first-hand experience of the range of emotions animals can feel, and the ways in which they express them. They use sounds and other signals – such as body language – to ‘talk’ to each other, to attract a new mate, to express contentment or to warn each other of danger. Some animals, such as whales, are able to communicate over vast distances in ways that humans not only cannot match, but can’t even fully understand.

Do animals feel pain?

Have you ever heard of an animal who could be cut by a knife or burnt by a flame and not feel it? Whether in your home, on a factory farm, in a laboratory, in captivity or in the wild, animals experience pain and fear and will try to protect themselves from being hurt. This is as true of fish as of people. Even where we can’t be certain that animals experience pain – for example, in the case of worms or insects – we should give them the benefit of the doubt and not cause deliberate harm.



Human rights and animal rights

Similar excuses to those given for treating animals badly were once used to defend the exploitation of certain people.

Women for example were not allowed to vote in elections until, after years of campaigning, their rights were recognised. Children were forced to work in mines and as chimney sweeps until society decided that it was unacceptable.

Just as we recognise today that it is unacceptable to discriminate against others on the basis of their race, religion, sexual orientation or ethnicity, people are beginning to question whether it is acceptable to discriminate against other sentient beings simply because they are a different species to us.

In 1948, the world's nations joined together to issue the Universal Declaration of Human Rights. This states that all people should have freedom and respect, whatever their ethnic origin, gender, religion or race.



Animal farming

Every year in the UK over 1 billion animals are farmed and killed for food – and that figure doesn't include fish.

Factory farms exist to produce meat, eggs and dairy products as quickly and cheaply as possible but come at great cost to the animals. To keep production costs down, the animals are given the bare minimum needed to survive. You might see happy farmyard scenes on egg boxes or in TV ads for meat and dairy products, but the reality of most modern farms is very different.

Huge, stinking barren sheds are crammed full of miserable animals, who will never breathe fresh air, experience the sun on their backs or feel the earth beneath their feet. They can hardly stretch their wings or legs and will never be able to roam freely.

Farmed animals are treated as though they are stupid and unfeeling, but they experience pain, discomfort, fear, loneliness and frustration in the same way as other animals do.



Pigs

The majority of pigs reared for food in the UK spend their entire lives confined inside barren, filthy sheds on intensive factory farms where they are denied everything that makes their lives worth living.

Most mother pigs are put into a metal cage known as a farrowing crate to give birth and rear their young. The cage is so small that it prevents her from moving freely, so she can't make a nest or even turn around.

These unnatural conditions and a lack of opportunity to express natural behaviours can lead to frustration and injuries, so piglets routinely have their tails cut off and their teeth 'clipped' without anaesthetic.

At around six months of age, the pigs are taken away to be killed. Most pigs sent for slaughter are killed in gas chambers. This causes a huge amount of suffering. Pigs panic and kick out and try to escape.

Poultry

In the wild, chickens like to dust-bathe, turkeys fly, and ducks spend most of their lives on water. But in poultry farms, thousands are crammed together in sheds, unable to express their natural behaviour.

'Broiler' birds reared for meat are fattened up so quickly that their legs may not be able to carry the weight of their own bodies. Each year, millions die from thirst and hunger because they collapse and are unable to drag themselves to the food and water units.

Eggs

Egg-laying hens are a different breed from the chickens kept for meat production who are known as 'broiler' chickens.

Whether the chickens are reared in cages or in 'free-range' conditions, when their egg production declines and they are no longer profitable, usually at around 18 months, they are sent to be killed.

Millions of unwanted day-old male chicks are slaughtered every year because they can't lay eggs and, being the 'wrong' type of chicken, won't grow enough meat to be considered profitable.

Cows

For cows to produce milk, they have to give birth to a calf. To keep up the supply, they are kept in a constant cycle of being made pregnant and having their babies taken away, usually within 24 hours of birth, so that the milk meant for the calf can be bottled up for humans.

This separation of the newborn calf from the mother is upsetting for both cow and calf and both usually cry out for each other as they are parted.

The male calves may be seen as a waste by-product and thousands are killed every year soon after birth. A small number are separated from their mothers and transported many miles in trucks to be fattened for 'veal' meat in awful conditions abroad.

When they reach five to six years of age, dairy cows are too worn out to produce the quantities of milk required, and so they are killed. Increasingly, dairy cows are being permanently confined indoors inside factory farms, called zero grazing units.

Sheep and lambs

Farmed sheep are often considered to lead more 'natural' lives outside in fields, yet every year around 1 in 20 sheep die of cold, starvation, sickness, pregnancy complications or injury. Ewes are forced to have more and more babies, often giving birth in the middle of winter. About 15 per cent of lambs die within days of being born – mostly from exposure, disease or hunger.

The lambs who survive are sent for slaughter at around four months old.

MOST FARMED ANIMALS ARE SLAUGHTERED AT A VERY YOUNG AGE

ANIMAL	NATURAL LIFESPAN	AGE AT WHICH TYPICALLY KILLED*
Cows raised for meat	25-30 years	16-30 months
Sheep	15 years	3-12 months
Pigs	15 years	6 months
Chickens raised for meat	10 years	6 weeks
Hens raised for eggs	10 years	18 months
Turkeys	10 years	12-26 weeks
Rabbits raised for meat	6-8 years	8-12 weeks

* the breeding animals are kept alive longer.



'Free-range' doesn't mean 'cruelty-free'

Free-range animals may have a slightly better quality of life than those who are intensively reared, but they are still slaughtered at an early age in the same way as factory-farmed animals. 'Free-range' conditions are not always as 'free-range' as you are led to expect. The sheds are often very cramped with little access to outside.

More, more, more!

Animals are now being genetically selected and manipulated to produce more milk, more meat, more eggs and more babies. Intensively reared hens lay 20 times more eggs than they would naturally. This comes at a huge cost to their bodies.

Dairy cows now produce ten times more milk than their calves would ever require. Research is constantly carried out to increase 'output' – as measured by the

volume of milk, the number of babies born and the speed at which they can be fattened for slaughter. This drive towards increased 'efficiency' is pursued regardless of the consequences for the animals' welfare.

Fish

It is estimated that between one and three trillion fish are caught from the world's oceans each year. When fish are caught from the wild, those at the bottom of nets are crushed to death under the weight of the other fish. Frequently, the internal pressure ruptures their swim bladders, pops out their eyes and pushes their stomachs out through their mouths. Those who survive the haul suffocate to death on board the ship or are gutted alive.

Farmed fish are bred in crowded underwater pens where disease is rife. Sea lice pose a particular problem, eating the fish alive.





How are animals killed?

The lives of all farmed animals come to a brutal end at the slaughterhouse. The industry claims that the animals are killed humanely. The evidence against this is telling.

The majority of pigs, chickens and turkeys in the UK are killed in gas chambers using concentrated CO₂. The government's own advisory body, the Farm Animal Welfare Council, said that CO₂ killing "is not acceptable" and they said that it should be phased out because it caused suffering – that was back in 2003, but it is still widely used.

Most sheep and cows, and some pigs, are slaughtered using a two-stages process:

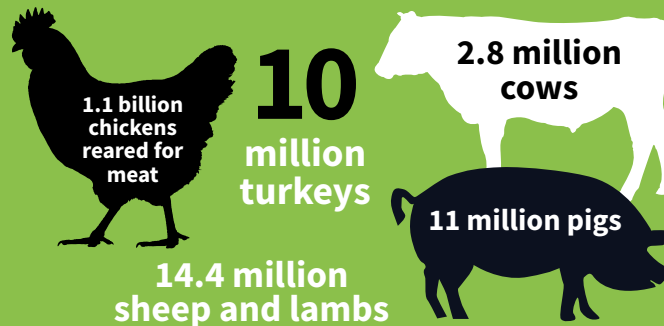
- First the animals are meant to be 'stunned' (made unconscious). This is done either using electrical tongs placed around the head, which pass a current through the animal's brain, or using a captive bolt gun that fires a metal bolt into the brain of the animal.

- After the animals have been stunned they have their throats cut so that they bleed to death.

Studies have shown that both stunning methods often don't work properly, which means that the animals are frequently fully conscious when they have their throats cut.

Whatever slaughter method is used, the process is clearly far from humane.

In the UK, approximately how many animals are killed each year for food?



Action:

- Take animal products out of your diet – visit our website and order a free Go vegan action pack
- Visit our website to find out how you can get involved in campaigning against animal farming.

Animal experiments

Each year around 3 million animals are used in experiments in UK laboratories. Many of these 'scientific procedures' are conducted for medical research, to try to find the causes of, and treatments for, human disease.

Some are undertaken to test the safety of a wide range of products such as medicines and agricultural and industrial chemicals. These 'safety' experiments are called toxicity tests.

About half the procedures involve the creation and breeding of genetically altered animals.

As well as causing the animals a great deal of pain and distress, these experiments are also unreliable and misleading. This is because animals' bodies are different from ours. They do not react to chemicals in the same way and they do not suffer from the same diseases as people.

Substances that are harmless to humans may be toxic to animals, and vice versa. Numerous drugs that were passed as safe in animal tests are withdrawn after causing serious side effects, even deaths, when given to people. For example, Vioxx – an arthritis drug that had been tested on animals – was reported to have caused up to 140,000 heart attacks and strokes before being withdrawn. At the same time, cures for human disease may have been lost because animal tests indicated that they would be ineffective or harmful.

The many biological differences between humans and other species mean that animal experiments produce results that are unreliable when applied to people. Scientifically speaking, animal experiments are not reliably predictive for humans.

Some of the many differences in reactions between people and animals*:

- Paracetamol is toxic to cats
- Penicillin is poisonous to guinea pigs
- Chocolate and onions are toxic to dogs and cats

* When proportionately equivalent quantities are consumed by people and animals



What happens in laboratories?

The government defines an animal experiment as a 'procedure' that may have the effect of causing an animal 'pain, suffering, distress or lasting harm.'

The majority of animals used are bred specifically for the purpose and are kept in small cages or kennels inside the laboratories.

Which animals are used?

Mostly mice and rats, because they are small, cheap and easy to breed – but guinea pigs, rabbits, fish, cats, dogs, monkeys, birds, reptiles, pigs, sheep, cattle, chickens and horses are also used.

Genetically altered (GA) animals

Approximately two million genetically altered animals are specially bred every year. These animals can be crudely manipulated by having specific genes added, removed or altered. This

is to make them grow abnormally, automatically develop a particular disease or be born with certain characteristics that the researcher wants to examine. For example, GA mice have been created so that they are born with a form of cystic fibrosis or develop fatal breast cancer. Despite the genetic trickery involved, GA animals are still poor 'models' for human disease.

What laws govern animal experiments?

In the UK animal experiments are controlled by the Animals (Scientific Procedures) Act 1986, that states experiments can take place only if the expected benefits to humans, other animals or the environment outweigh the animals' suffering. The Home Office, however, has admitted that it has never conducted any research into whether or not animal experiments are directly relevant to human medicine. Researchers like to keep their experiments secret and the law encourages that. In fact, someone working in a lab can be imprisoned simply for exposing what takes place.



What kind of experiments are carried out?

Medical research: new drugs and surgical techniques intended for people are first tested on animals. In an attempt to recreate human diseases, animals are also surgically mutilated, given cancer, infected with viruses and brain-damaged with toxic chemicals.

Product 'safety' tests: animals are poisoned and killed to test the safety of new products such as medical drugs, agricultural and industrial chemicals such as weedkillers and pesticides as well as new ingredients for cleaning fluids, paints, food, drinks and even pet food. They are force-fed substances, have chemicals rubbed into their skin or dripped into their eyes and are made to inhale toxic fumes.

Pain analysis: levels of pain are measured in barbaric tests such as putting animals on hot plates or dipping their tails in hot water.



Psychology research: animals are deliberately driven mad, starved, given electric shocks, brain-damaged, deprived of sleep and taken from their mothers to see how this affects their behaviour.

How many animals are used?

In the UK, around three million animals are used in laboratory experiments each year. Hundreds of thousands more animals are bred and killed so parts of their bodies can be used in research. In addition, countless 'surplus' animals are bred but never used – they are killed and their deaths are not even recorded.

Who's paying for these experiments?

In the UK, animal experiments are carried out by contract research organisations (CROs) that conduct research on behalf of organisations such as the manufacturers of medical drugs or industrial or agricultural chemicals. Many medical research charities, such as Cancer Research UK and the British Heart Foundation, fund research using animals. And, without even knowing it, the average citizen is paying for them, too. The government uses tax money to fund animal experiments in its own laboratories or in university science and medical departments.





The way ahead

Stopping animal experiments

- will not mean an end to medical progress – quite the opposite, given that information from animal research cannot be accurately applied to people.

Non-animal methods produce results that can actually be trusted.

Humane methods include:

'In vitro' tests: scientists can study human cells or tissues in test tubes. Human cells can be used to investigate disease, to develop and test drugs, and for the manufacture of vaccines and antibodies. Every cell type can now be studied in vitro.

Computer modelling: sophisticated computers can imitate the workings of the human body and duplicate the spread of disease so that researchers can predict how drugs will work and what effects they will have.

LD50 replacement

Animal Aid has helped fund the development of an advanced new test that uses human cells to test whether chemicals are safe.

Called AcutoX, it has been developed by a company called XCellR8.

Every year in this country thousands of animals are used in the LD50 test which involves giving animals increasing doses of a chemical or substance until half of them are dead.

We're now encouraging companies to use this new toxicity test instead of carrying out the cruel LD50 test.

Action:

- Visit our website to find out how you can get involved in campaigning against animal experiments.
- Visit our website and order an *Animal experiments action pack*.

Killing wildlife

Hunting

After more than 100 years of campaigning, using packs of hounds to hunt foxes, deer, hares and mink became illegal in 2005 in England, Wales and Scotland. In Northern Ireland, however, the traditional form of hunting with hounds is still legal. In most of the UK, despite the 'ban', hunters are still permitted to send two hounds into a wood to 'flush out' foxes and then shoot them. Nearly all packs continue to go out. Some follow artificial scent trails, while others carry on hunting almost exactly as before, ignoring the intention of the law.

Shooting

Every year, millions of pheasants and partridges are bred on farms and then released into the wild so that they can be shot for sport.

The breeding birds are often confined in battery cages and have 'bits' fitted to their beaks to prevent them aggressively pecking each other due to the stress of living in confined conditions. Their babies will be reared in huge sheds before being old enough to be shot.

Grouse and ducks are also used as feathered targets by shooters.

Gamekeepers trap and kill other wild animals, such as stoats, crows, weasels and foxes, who might eat the birds they want to shoot.

Angling

Fishing is often regarded as a gentle activity that puts people in touch with nature. But what is gentle about spearing living creatures on a hook, dragging them out of the water and leaving them struggling for

life as they suffocate?
There is plenty of evidence showing that fish feel pain when, for example, they are caught by the mouth on a sharp hook.

Culling

Wild animals are often killed because they are considered to be a 'pest' or because they are not wanted for other reasons.

Badgers, for example, are persecuted because they are blamed for spreading the bovine tuberculosis (bTB) disease to cattle despite a lack of scientific evidence.

Grey squirrels are culled because it is said that they damage trees. They are also unfairly blamed for the disappearance of the red squirrel.

Action:

- Visit our website to find out what you can do to support our campaigns against the killing of animals for sport and the culling of wild animals.





Fur and leather

Every year millions of animals are killed so that their fur can be turned into fur coats and other products trimmed with fur.

Foxes, mink, rabbits and other animals are bred on farms in tiny wire cages. They live a short and miserable life and are killed by gassing, electrocution or having their necks broken. Sometimes, they are skinned alive.

Fur farming is banned in the UK, although fur is still imported and sold in shops.

Other animals, including wolves, lynx, beavers and wild cats are trapped in the wild. It may be days before the trapper returns to retrieve the victims, and they may die slowly and in agony. Trapped animals have been known to gnaw off their own limbs in an attempt to escape.

There is no excuse for wearing real fur. Modern, synthetic fibres are warmer, much lighter and more waterproof. Often, people don't even realise that they are buying real fur, as they assume that it is fake.

The leather trade kills more than a billion animals (mainly cows but also pigs, goats, sheep and kangaroos) for their skins each year.

Many people think that leather is 'just a by-product' of the meat trade, but buying leather helps to support the farming and killing of animals as it makes the meat industry more profitable.

Action:

- Don't buy fur or leather - always check the label if you are in doubt.
- For more information see the *Fur trade factsheet* on the Animal Aid website.



Horse racing

The racing industry wants the public to believe that betting on horses is just a harmless bit of fun. But, it is actually a ruthless business that treats animals like objects to be used for making money.

The number of horses bred for racing has spiralled out of control over the last 50 years. Around 13,000 foals are 'produced' annually for the closely linked British and Irish racing industries. A considerable number of these will fail the racing system and never race. It is thought that many of the 'failures' are shot at stables or killed for meat.

Those who do compete run a high risk of serious injury. In Britain, each year, around 200 horses die as a result of racing and an unknown number are killed whilst training for races. Deaths are a result of pushing horses too hard in races and in training.

Fatal injuries include: a broken leg, back, neck or pelvis, or death from a heart attack or burst blood vessel.

Jockeys use whips to try to keep horses running – or, as they put it, for 'encouragement' or 'correction'. As well as being cruel, whipping horses does not actually increase jockeys' chances of winning.

Around 7,500 horses leave British racing each year. The industry does little to provide for retired animals. Many suffer a downward spiral of neglect, which can end at the slaughterhouse.

Action:

- **Don't back the cruelty. Visit our website to find out how you can get involved in campaigning against horse racing.**



Pet trade

Each year, millions of dogs, cats, rabbits, budgerigars, 'ornamental' fish, snakes and other animals are bred or captured to supply the pet trade.

Lots of people share their life with a companion animal. Some of these animals are well looked after, but sadly many are not so fortunate.

Many companion animals are abused and cruelly treated while others are neglected because people don't know how to look after them properly.

Often, people don't think through the responsibility they are taking on before getting a companion animal. As a result, countless animals end up being neglected or abandoned.

Animal shelters are filled to bursting with unwanted animals. Hundreds of thousands are killed each year because they have not found new homes.

Despite this, pet breeders – often ordinary owners of pets – continue to produce more animals to meet the demand.

Some people choose to own exotic animals, such as reptiles and birds, who are especially unsuitable as companion animals.

Huge numbers of pedigree animals suffer serious health problems because of the selective breeding that is done to exaggerate certain characteristics, such as the squashed faces of Persian cats and pug dogs.

Action:

- For more information see the *Companion animals* factsheet on the Animal Aid website.
- Never buy an animal from a pet shop or animal breeder. Instead, provide a home for an animal from a sanctuary or rescue centre.



Eight easy ways to help animals:

1

Stop eating them – taking animal products out of your diet is the best thing you can do to save animals from a life of pain and misery.

2

Stop wearing them - don't buy clothes made from animal products such as leather, wool, silk or fur.

Become a compassionate consumer – look for the leaping bunny logo on cosmetics, toiletries and household products.

3



4

If you are at school or college, ask your teacher to invite a speaker from Animal Aid to give a talk to your class.

5

Give zoos, aquariums and animal circuses a miss.

Support medical charities that don't fund experiments on animals.

7

6

If you decide to get a companion animal, give a home to one from a rescue centre or sanctuary, rather than buying one from a pet shop or breeder.

Visit the Animal Aid website to see how you can help animals.

8

animalaid.org.uk



Choose life — go vegan

If you really care about animals, the best way you can help is to stop eating them.

Make your body an animal-free zone

Vegetarians don't eat meat, fish and other slaughterhouse products such as gelatin. Vegans don't eat dairy products and eggs, either.

You can get all the nutrients that you need from eating a balanced, animal-free diet that will be naturally low in fat and high in nutrients and fibre.

Meat and dairy products contain saturated fats, which are a major cause of heart disease, stroke and cancer. By cutting out these foods, you are less likely to suffer from these diseases.

Planet in peril

A United Nations report stated that farmed animals are responsible for 14.5% of global greenhouse gases worldwide – more than is produced by land, sea and air transport together. In Central and South America, the rainforest is

being cut down to make way for cattle ranching and for growing cattle feed such as soya beans.

Save our seas

Commercial fishing fleets are stripping the oceans bare, catching dolphins, whales and turtles as well as billions of fish in nets the size of football pitches. Some species are facing extinction. Sea birds are at risk because fish for them to eat are disappearing.

Fight world hunger

Global food shortage is a serious problem – people in poorer countries are still dying of starvation. Rearing animals for food is a terrible waste of resources. The same amount of land feeds up to ten times as many people if we grow crops on it for people, rather than grazing animals for meat.

Visit our website, or contact us, to order a free Go vegan action pack.



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Support Animal Aid

Animal Aid campaigns against all animal cruelty!

Action

We carry out investigations, produce reports, gain widespread media coverage and lobby politicians and businesses.

Education

We produce education resources for teachers and have a network of volunteer speakers throughout the UK, giving hundreds of talks every year.

Cruelty-free goods

Visit our online shop at animalaidshop.org.uk for a wide range of cruelty-free goods. Join Animal Aid to get a 10% discount on all goods.

Join Animal Aid

Visit our website, animalaid.org.uk, to join and to find out more about our campaigns.

**We can
do more
with your
support!**



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