

**The milk of human kindness..? : the routine suffering of dairy cows and their calves is one of the biggest and dirtiest secrets of the modern farming industry / Animal Aid.**

**Contributors**

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Wellcome Collection  
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T +44 (0)20 7611 8722  
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The dairy industry argues that it provides a range of irreplaceable, health-sustaining milk, cheese, yogurt and flavoured drink products. **Not only are there now delicious, dairy-free versions of all these items, but there are no nutrients in milk products that cannot be obtained from plant food – calcium included.** Contact Animal Aid for full details.



Photo: PETA

**About yourself** (please use block capitals)

Surname \_\_\_\_\_ First name \_\_\_\_\_ Title \_\_\_\_\_  
 Address \_\_\_\_\_  
 Post Code \_\_\_\_\_ Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_

**What it costs** (please tick appropriate boxes)

Life Membership  £200 Annual Membership  £12 (waged)  £8 (unwaged or aged 17)  
 £5 (youth 16 or under)  £15 (overseas)  
 I enclose £ \_\_\_\_\_ donation Total: £ \_\_\_\_\_

**How to Pay** (please tick preferred method of payment and complete relevant section)

Standing Order Name and address of your bank (please include postcode) \_\_\_\_\_  
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 \_\_\_\_\_  
 Sort Code of your bank (found in the top corner of your cheque book) \_\_\_\_\_

We may arrange for you to receive information from other like-minded ethical organisations. Please tick here  if you would prefer NOT to receive this information.

Please make payments and debit my/our Account No. \_\_\_\_\_ in accordance with the following details: Pay The Co-Operative Bank, 26 Military Road, Chatham, Kent (08-90-23) for the account of Animal Aid (A/c No. 70177442) the sum of £ \_\_\_\_\_ payment to be made on the \_\_\_\_\_ of each month/quarter\* until countermanded by me in writing. (\*delete as appropriate)

Signature(s) \_\_\_\_\_ Date \_\_\_\_\_

Cheque or PO (payable to 'Animal Aid')  Credit Card Mastercard/Visa (delete as applicable)

Card No: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name of cardholder: \_\_\_\_\_ Signature: \_\_\_\_\_



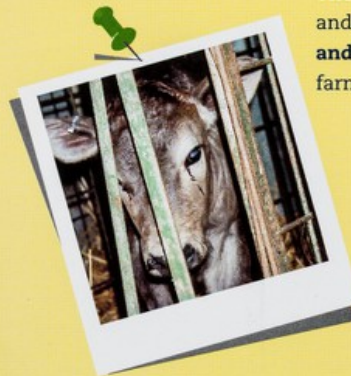
Animal Aid The Old Chapel, Bradford Street, Tonbridge, Kent TN9 1AW  
 Tel: 01732 364546 Fax: 01732 366533 Email: info@animalaid.org.uk Web: www.animalaid.org.uk

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To keep your letter intact, photocopy this page, fill out and send to us.

# The milk of human kindness..?

The **routine suffering** of dairy cows and their calves is one of the **biggest and dirtiest secrets** of the modern farming industry.







While many people now know about the plight of battery chickens and intensively reared pigs, they still believe that the dairy industry works to ancient, natural laws and that farmers are simply on hand to take the milk that cows automatically produce and have no need for.

As well as giving the cow and her calf a punishing time, the dairy industry discharges huge amounts of pollution into the environment in the form of manure, methane gas and effluent from silage – the last being a commonly-used feed made from fermented grass. Around one quarter of the agricultural water pollution incidents recorded by the National Rivers Authority are related to dairy farming.

# The reality is **very** different.

Just like human females, cows produce milk only after giving birth. But in order to yield the vast quantities demanded by the modern industry, they are subjected to a constant cycle of pregnancies - nearly always by artificial insemination, and often involving the surgical manipulation of embryos. They are also given a difficult-to-digest, high protein diet.

Soon after birth their calves – who are fed skimmed milk powder rather than their own mothers' milk - are stolen away and most are bartered for a few pounds. They are no more than a waste by-product of the industry. Separation of mother and infant causes acute anxiety for both. Cows will bellow for their lost young for days.

The multiple burdens cows endure are responsible for the high levels of stress-related illnesses present throughout the UK herd.



*Leaking milk and blood - next stop the BSE incinerator.*



Around 20% of UK dairy cows are lame at any given time - either because their swollen udders prevent them from standing or walking properly; or as a result of their dirty, crowded and damp winter housing.



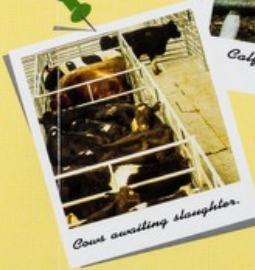
*Too frail to survive*



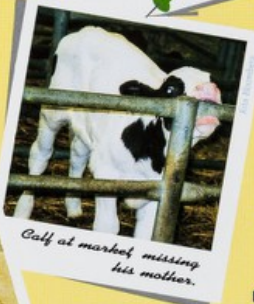
*Worked down to her bones.*

When they are no longer profitable milk machines, the spent cows are 'culled'. Many will be exhausted and leaking milk through distended udders by the time they are trucked out to the slaughterhouse. They used to be made into cheap burger or pie meat. But because of BSE, they are now simply killed and turned into waste. Some are in an advanced stage of pregnancy when destroyed.

Because cows are re-impregnated while still making milk from the pregnancy that has just ended, they become seriously run-down and emaciated. Often, their back and hip bones can be seen starkly protruding.



*Cows awaiting slaughter.*



*Calf at market, missing his mother.*

Every year, there are between 30 and 60 cases of mastitis per 100 British cows. Mastitis is an acutely painful infection of the udder and is routinely treated with antibiotics. Traces of these drugs, as well as legally permitted pus and blood cells, may be found in milk sold for human consumption.





### SURF'S UP!

Check out PETA's Web site for action alerts, info on school projects, veggie recipes, and lots more!

[www.PETAkids.org](http://www.PETAkids.org)

## Write a Letter

Put your pen to work for animal rights! We would love to hear from you. Let us know what ideas you have that could help animals near and far. Whether you've launched a campaign to stop dissection at your school or organised a litter pick, we want to know what you've been up to! **Send a copy of your letter to your local paper - they might print it!**



# Chris P. Carrot

# Welcomes You to PETA!

Send this form to: People for the Ethical Treatment of Animals (PETA), PO Box 3169, London SW18 4WJ

L004

Please send me my free copy of *GRRR!*, PETA's animal rights 'zine.

YOUR NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_

NOW IS THE TIME FOR THINKING ABOUT **BATS, ELEPHANTS AND OTHER CREATURES** OF "WEIRD" AND WONDERFUL SORTS.



Everyone knows that animals have feelings, just as people do. They can feel happy, affectionate, lonely and scared, and they remember things that happen to them. They feel the heat and cold, sun and rain. Just like us, they enjoy a comfortable place to live, good food and love. **Most of all, they need our help in a world where they are often misunderstood, ignored, or even injured and killed.**



"SCIENCE DOESN'T HAVE TO BE A FUNERAL. EXERCISE YOUR RIGHT NOT TO DISSECT."  
ALICIA SILVERSTONE

What do these stars ...

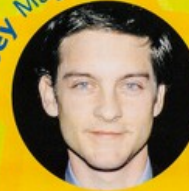
Drew Barrymore



Natalie Portman



Tobey Maguire



... have in common?

Answer:  
They're all vegetarians.  
Find out more at [www.VegKids.com](http://www.VegKids.com).





Chris P. Carrot

**HI!**  
**WELCOME TO PETA!**  
IT'S EASY TO HELP ANIMALS. HERE ARE SOME QUICK AND EASY TIPS TO GET YOU STARTED AND START YOU THINKING! THANKS FOR CARING!

**DID YOU KNOW**

Clear identification can save an animal's life. Lost animals depend on a tag with your name, address and telephone number on it. Make sure the collar isn't too tight.



Many animals share our world. All of us – including human beings – think and act differently, but we have the same basic needs and feelings. When you support animal rights, you support the right of ALL individuals to live without fear, pain, and suffering.

**GO VEGETARIAN!**

Animals kept in modern farm sheds are crowded and unhappy. We can be strong and healthy without killing and eating animals. We can get all the protein and proper nutrition we need by eating vegetables, fruit, grain, beans, nuts and many other delicious foods that don't cause animal suffering.



**DID YOU KNOW**

Dogs don't sweat, so in hot weather, they should never be left in the car, because even with the window slightly open, they can quickly overheat and suffer brain damage or death.



Other animals feel pain just as we do, even those who don't look like us.

Experiments on animals are often very cruel. We can improve human health without hurting animals.



Chris P. Carrot got lots of attention when he visited schools with his "GO VEGETARIAN" message.



proper nutrition we need by eating vegetables, fruit, grain, beans, nuts and many other **delicious foods that don't cause animal suffering.**



**In Winter, squirrels, birds and all animals who live outdoors** appreciate it when we break the ice on the edges of ponds and puddles to allow them to drink.



**Fur is nature's way of keeping animals warm** and leather is animals' skin. We can stay warm without killing animals and wearing their skins. Millions of animals suffer terribly each year just so fur coats and leather shoes and bags can be made. **Fashion is no excuse for cruelty.**



**Millions of homeless dogs and cats struggle to survive in woods and on streets**, where they suffer from fear, hunger, the weather and loneliness. Dogs and cats need a lifetime of love and they need to be spayed and neutered, because there are far more puppies and kittens than there are good homes to place them in.



**Circuses are no fun for animals.** It's not right to imprison them and make them perform for us. Animals should not be taken from their homelands and deprived of their natural lives with their families and friends. We can learn about animals by watching them undisturbed in their home environment, **and we can enjoy circuses that feature human performers only.**



Cruelty-free products haven't been tested on animals, so by purchasing them, **you help stop cruel animal tests!**



### **DID YOU KNOW**

**Animals can swallow litter or get tangled up in it.** You can help by picking up six-pack rings, fishing line and string.

