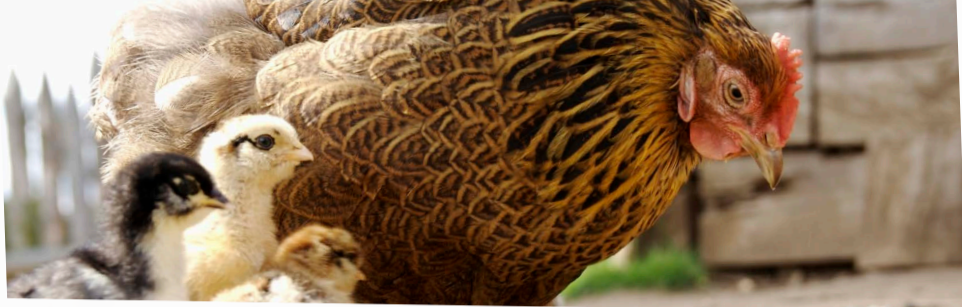




What's wrong with eating
milk and eggs?





Many people understand why it's wrong to eat fish and animal flesh, but what about milk and eggs?

All farmed animals, including those used for their milk and eggs, have the ability to experience emotions, including pain, fear and stress. And they all want to be free of suffering and exploitation. That includes cows and hens.

Is it natural?



Female mammals (including humans) produce milk for their young until they are old enough to eat solids. It is not natural for adults to drink milk. Odder still, the milk we drink is not from our own mother or even the same species!

It is no more natural to consume eggs, which are birds' unfertilised reproductive material.

Don't cows need to be milked?

In their natural state, when cows reproduce, they provide enough milk just for their calves. The dairy industry keeps cows constantly pregnant – invariably through artificial insemination – in order to ensure a flow of milk, but this goes to people instead of their calves. Regarded as low-value by-products, many of the male calves will be shot in the head shortly after birth, while others will be reared for veal. The separation of mother from calf is very distressing for both – cows have been known to bellow for days.

Because cows are selectively bred to give vastly more milk than is natural, their udders frequently become diseased and swollen to the point where they cannot walk or even stand properly.



Shot soon after birth

A cow's intelligence and determination to protect her young is illustrated by distinguished veterinarian and university lecturer, Dr. Holly Cheever:

'A farmer called me one day with a puzzling mystery. Despite recently giving birth, a dairy cow's udder was empty at milking time. I couldn't find a solution, so one day the baffled farmer followed her through the pasture and into the woods. To his shock, he discovered that

the cow had delivered twins, led only one back to the barn and kept one hidden in the woods where she had been nursing her infant. Though I pleaded for the farmer to keep her and her bull calf together, she lost this baby, too.'

Don't hens lay lots of eggs naturally?

Hens are exploited for their ability to produce eggs. Their wild ancestors laid 10-20 eggs in their lifetime, but the modern egg-laying hen has been selectively bred to produce 300 eggs a year. This unnaturally high level of production drains calcium from her body, leading to osteoporosis and brittle bones. At just 72 weeks old, hens are no longer able to produce the amount of eggs required by the industry. Worn out, they will be sent to slaughter so that they can be made into cheap meat products.



Millions of male chicks are also killed every year. Unable to lay eggs and too scrawny a type of chicken for meat, they are gassed or shredded alive in giant mincing machines shortly after hatching.

Higher welfare?



Hens in an 'enriched' cage system

'Higher welfare' schemes, including so-called enriched cages, seek to reassure consumers that the animals lived decent lives. But the truth – as exposed by numerous investigations – is often very different. Under the Freedom Food scheme, tens of thousands of birds may be crammed into huge, windowless sheds for their whole lives. And, irrespective of the conditions in which they are forced to live, dairy cows and egg-laying hens end up in the slaughterhouse – terrified and with their lifeblood draining from them. As long as we view animals as food sources, we cannot avoid causing suffering and pain.

