

Concern for animals begins in our daily lives. Although we may not be aware of it, our lifestyle and consumer choices often harm animals in a variety of ways. By making a few simple changes in our daily routine, we can help end the suffering.

STEP 1 CLOTHING

Make Compassion the Fashion!

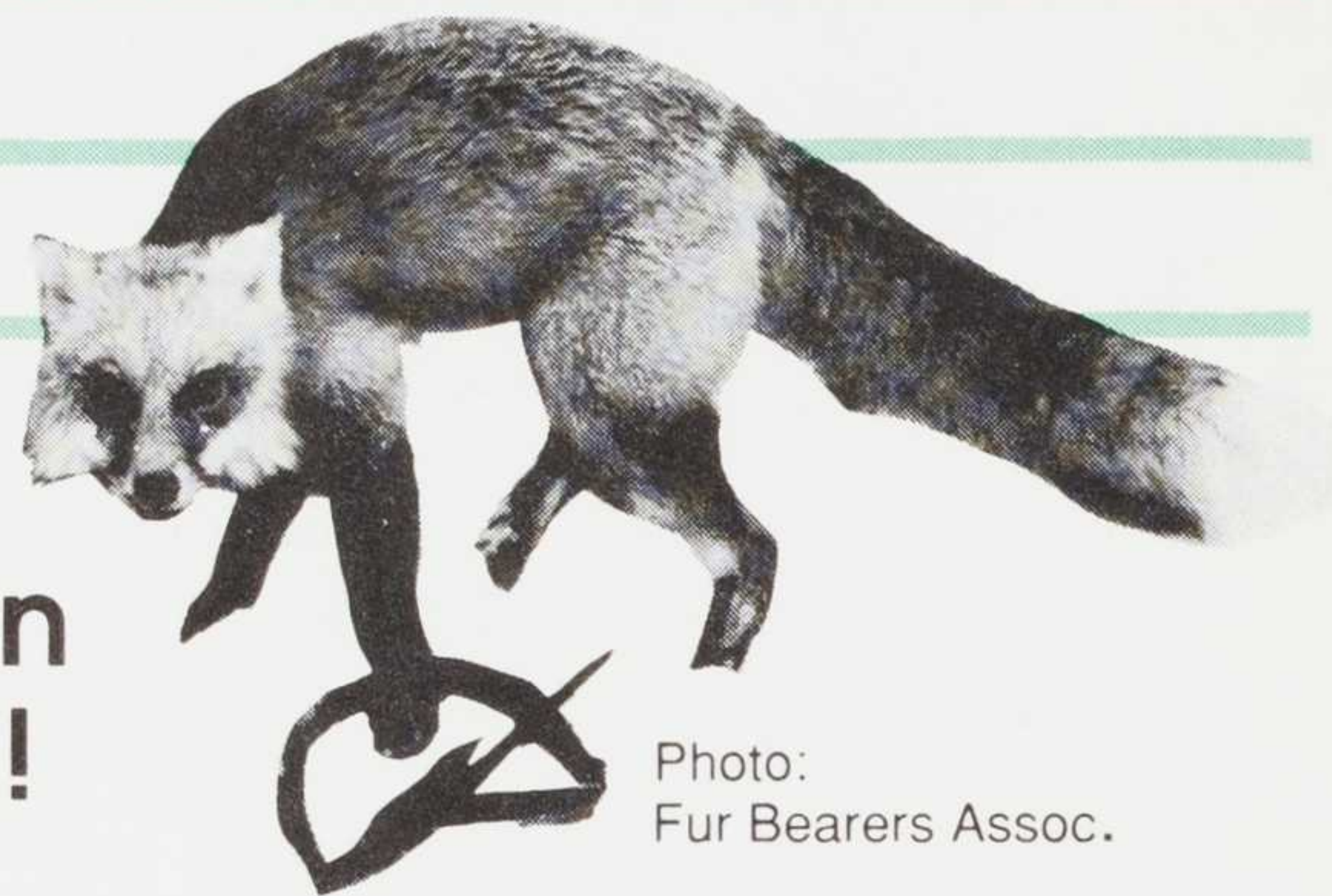


Photo:
Fur Bearers Assoc.

Animals suffer and die to produce fur, silk, leather and other unnecessary items to satisfy human vanity. While there may have been a time when the use of animal products for clothing was necessary to our survival, today non-animal alternatives are readily available.

STEP 2 COMPANION ANIMALS

Help the Homeless!

Every year, millions of dogs, cats, and other domestic animals are euthanized in animal shelters or die in the streets from starvation, exposure, disease, or injury. This pet overpopulation problem is primarily caused by the deliberate breeding of animals for profit. If you want to adopt a companion animal, go to your local shelter or rescue a homeless animal. And be sure to have every animal you adopt spayed or neutered.

Also remember that dogs and cats are different from humans. If you choose to live with companion animals, don't expect

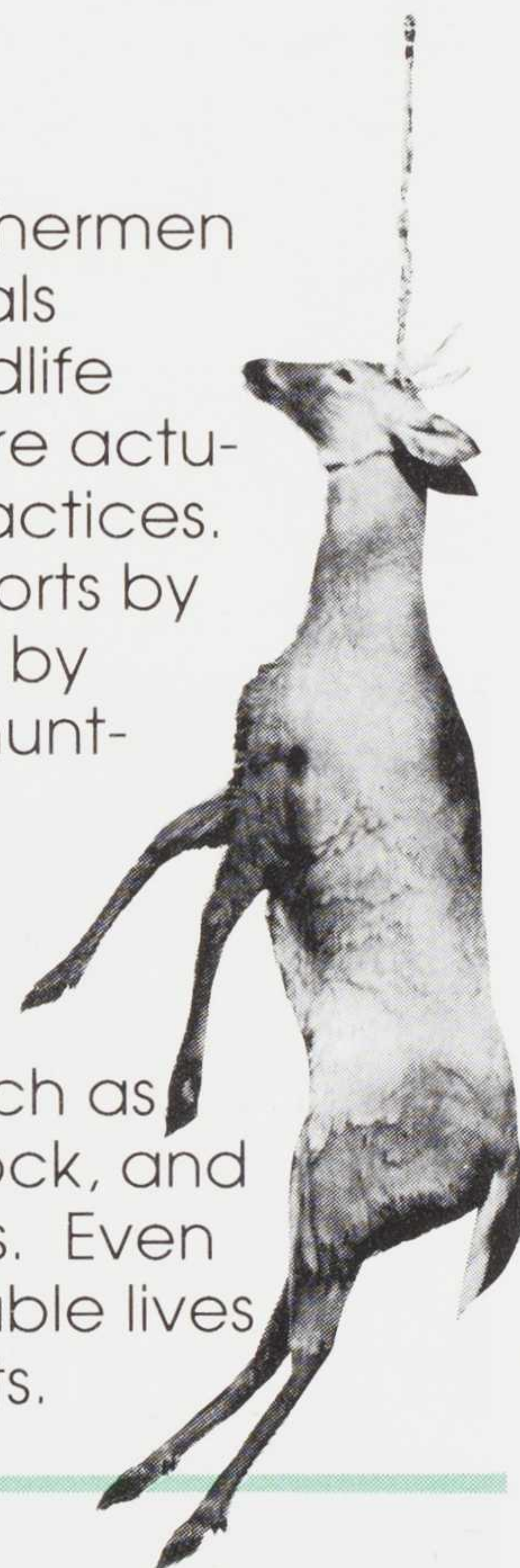
them to behave like humans, and don't mutilate them to conform to your aesthetic tastes. Declawing of cats, ear cropping of dogs and similar practices often have severe physical and psychological consequences for the animals. Also avoid adopting wild or exotic animals, whose complex needs are seldom satisfied in captivity.

STEP 3 RECREATION

Boycott Bloodsports!

Hunters, trappers, and fishermen maim and kill millions of animals every year. Defended as "wildlife management," bloodsports are actually destructive ecological practices. Take a stand against bloodsports by not participating in them and by posting your land to prohibit hunting, trapping, and fishing.

Wild and domestic animals also suffer and die in other spectacles of cruelty such as horse and dog races, dog, cock, and bullfights, rodeos and circuses. Even zoo animals often lead miserable lives in their unnatural environments.



STEP 4 HOUSEHOLD PRODUCTS

Buy Cruelty-Free!

Most cosmetics and household products marketed by major companies are tested on animals by cruel and outdated methods such as the Draize rabbit-blinding test and the Lethal Dose 50 test. Some also

contain slaughterhouse by-products. Alternative testing methods are far more reliable, cost-effective, and safe for consumers. There are also many companies which market products containing ingredients already known to be safe. If a product does not say on the label that it is "cruelty-free," then don't buy it until you find out for sure. Write to ARM! for a list of cruelty-free product companies.



STEP 5 DIET

Go Vegetarian!

95% of all animals killed are slaughtered for meat. The overwhelming majority are raised in intensive-confinement factory farms where they suffer extreme physical and psychological deprivation. By choosing a vegetarian diet, you can directly reduce animal suffering and death. Vegetarianism is also a commitment to human health, sound ecological practices, and ending world hunger through elimination of the wasteful and destructive methods of animal agribusiness.

Modern methods of producing eggs and milk are also extremely cruel. Reducing or eliminating these products from your diet will help spare many chickens and cows prolonged suffering under stressful and inhumane conditions. And since the milk-fed veal calf industry is a direct result of the dairy industry, you will also avoid supporting this particularly cruel business. Write to ARM! for lists of cookbooks to get you started on a healthy and delicious cruelty-free diet.