

And, like us, other animals want to get a little pleasure out of life.

As far back as 1789, the British utilitarian philosopher Jeremy Bentham summed it all up: "The question is not, Can they *reason*? nor Can they *talk*, but, Can they suffer?" And when it comes to suffering, what relevant difference is there between us and other animals? What gives us the right to violate the bodies and minds of other feeling beings? Unless we subscribe to the tenet of tyranny, that might makes right, there is no way to justify our harming other species.

Animal Rights Crusade authors James M. Jasper and Dorothy Nelkin suggest that this "powerful social movement [is] driven by a simple moral position: animals are similar enough to humans to deserve serious moral consideration. They are sentient beings, entitled to dignified lives, and they should be treated as ends, not as means. Protestors ask how we can love our pets, yet experiment on identical animals in laboratories; how we can cuddle one animal yet eat another."

The reason we are able to cuddle one animal while acquiescing to violence against billions of other animals is that, without any effort, we can distance ourselves from the violence.

If animals were vivisected and slaughtered in the city square behind glass walls, we would doubtless be outraged and begin to change our eating habits and research priorities. The same would be true if we had to kill the animals we eat.

But the violence inflicted against animals takes place behind closed doors, so that meat eaters are spared the screams of their dinner, so they don't have to look their ham and steaks in the eye. And lab animals are kept out of sight, imprisoned

behind steel gates as they are driven insane, burned, radiated, starved, blinded, bashed, poisoned and electro-shocked.

The pig, the veal calf, the chicken are violated without respite throughout their entire existence. Stress and insanity are a standard part of the man-made hell called factory farming. There is no escape and there are no survivors. Meat is murder and there is no crime hotline, no help for the battered victims.

The baby calf is separated from his mother at birth to be boarded up in crates so narrow he can't even turn around. That the veal calf stays alive for his allotted sixteen weeks is a tribute to the drugs pumped into him. When taken to slaughter, he is often so ill and weak that he must be dragged along the floor.

In vast egg laying factories, hens live out their lives in a space smaller than this page, so immobilized that their feet grow around the wire mesh floor of their cages.

If we did to companion animals what is done to dinner animals, they'd lock us up and show it on the 6 o'clock news. The perpetrator would be called a psychopath, mentally disturbed. Yet the pain of a dog, cat, pig, calf, chicken is the same. We are shocked by violence against infants and the elderly because they are defenseless. Non-human animals are in that same vulnerable class.

In the epilogue for *In Defense of Animals*, philosopher Peter Singer contests the notion that only humans matter: "(Some claim that) our own species must come first. But why should we accept this claim? Only 200 years ago, it might have seemed just as contrary to human nature for us to take great care for the interests of other races. When I see myself as one

among others, the relevant point of the comparison is that others also have feelings, others can also suffer or be happy. Any being capable of feeling anything, whether pain or pleasure or any kind of positive or negative state of consciousness, must therefore count."

We cannot be selective about whom we defend from being dominated, experimented upon, confined or butchered for dinner. As British writer Brigid Brophy notes, "the exploitation of the other animal species by the human animal species is the most unscrupulous, the most cruel, the most nearly universal and the longest-lasting exploitation of one class by another class in the history of the world. And the pattern of mental blind spots that allows us to do it is a pattern very easily adaptable to any other of the (fashionable) tyrannies."

Still, some argue that there's a limit to our compassion, that we can only relate to a limited amount of violence. But compassion is never limiting. On the contrary, compassion feeds on itself—the more we practice it in our lives, the more of it we have to use. Conversely, the more we accept violence, the more inured we become it.

Countering violence to animals is an issue close to home, as are the solutions. Eating with conscience, shifting to a meatless or less meat-dependent diet is not only a powerful weapon in the war against violence, it is an easy passive step, a move which can make all the difference for animals while improving our own well-being.

Henry Spira, a human and animal rights advocate, was profiled by the New York Times Magazine in 1989.

There's a world of misery in every mouthful of meat

The preferred meal of affluent societies is a proven killer linked to cancer, heart disease and diabetes.

It kills people in other ways too. Thousands of consumers die each year—and tens of millions more become seriously ill—from deadly salmonella and E. coli—a result of the filthy and diseased conditions in which animals are raised and slaughtered.

Meat production is destroying the environment and squandering dwindling water reserves. It pollutes our rivers and lakes with toxic animal wastes and causes the destruction of rain forests.

Greed has relegated animals to the status of machine parts. Egg-laying hens are confined in tiny cages. Veal calves live out their entire lives in dark wooden crates, unable to turn around. Factory-farmed animals are so stressed that only a constant diet of drugs keeps them alive until they are slaughtered.

Beyond satisfying our addiction, meat has no demonstrable benefits. It creates continual suffering for people, destroys the environment, and inflicts horrendous pain on more than six billion animals consumed in the US each year.

Only you can do something about the misery in meat. Cut it out or cut it down. You'll be taking a bite out of misery.

