

WHAT IS "STUDENTS FOR ANIMAL AWARENESS"?

Hey there! We are a group of students mainly from Sydney, NSW, Australia who are concerned about the ill treatment of animals and their position in relation to us as fellow inhabitants of this planet who possess thoughts, feelings and social skills just like us.

Very basically, we promote the idea of compassion towards all living beings.

WHAT DO WE DO?

We are aiming to inform our fellow students and those in the wider community of issues to do with animals such as the inhumane treatment and killing of animals who are used as commodities, respect for an animal's right to feel safe, comfortable and loved and the benefits of the vegetarian/vegan lifestyle. We aim to do all this in a positive, non-violent, purely informative way. We do this in various ways. We conduct campaigns, hold weekly meetings and spread our message across campus as well as on the internet.



Want to get in contact with us?

We have contacts at both the
University of Sydney and the
University of Technology, Sydney
(UTS).

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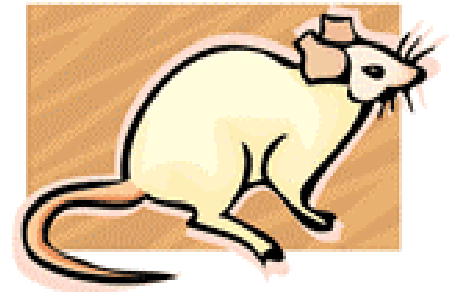
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You can also visit us on the web at:
www.geocities.com/sfaroaz

STUDENTS FOR ANIMAL AWARENESS



"The question is not, can they reason?
Nor, can they talk? But can they
suffer? Why should the law refuse its
protection to any sensitive being?"
- Jeremy Bentham

SOME QUESTIONS?

1. Does animal rights mean that cats and dogs will soon get the vote?

Animal rights does not mean the same thing as black rights or women's rights. It would be rather silly to suggest that dogs and cats should get the vote, because they do not possess the intellect to make such decisions. What animal rights means is that animals have the ability to feel pain, show emotions, have thoughts and interact socially. It's based on this that one deduces that animals should indeed have rights. They should have the right to lead a life free from pain and torment. They should have the right to feel safe, free and loved - just as humans do.

2. Why should I care?

Animals are our cousins on this planet. They share it with us and we share it with them. Yes, it is true that they cannot reason, use a computer or read a book. However, they can suffer. No one likes to suffer, no matter what the circumstances are. We therefore believe that since we have the ability to reduce the suffering of animals, we should. The philosophy of caring for animals is a simple but powerful one: "I can reduce their suffering, so I will". Humans care very much for things that don't feel such as houses, computers and cars. It seems only fair that we extend this compassion to our animal cousins. After all, they are conscious beings and want happiness, love and comfort just as much as we do. What's more, it can be fun, creative and comforting when you're doing everyday things to help animals!

Why should I go Veg/Vegan?

For more detail, please visit our "Why Go Veg?" page on the internet:
<http://www.geocities.com/sfaroz/whygoveg.html>

There are three main reasons for going Veg or Vegan. The best part is that it's becoming easier and easier! It doesn't have to be a dull stew of brown rice and carrots every night. There are many Vegan products on the market that are meat replacements. You don't even have to use those, there is a huge variety of recipes to use that will keep even the fussiest eater entertained. For some great recipes - see our very own "Veg Food" Page on the internet:
<http://www.geocities.com/sfaroz/vegfood.html>

1) For the Animals:

As mentioned previously, animals do have a right to lead a happy life free from pain in an environment that allows them to exhibit some natural behaviour. Modern farming techniques (especially factory farming) in most instances do not allow for this. Not only this but is it right that something had to die just to be on your dinner plate - when there are viable alternatives?

2) For the Environment:

Forest clearing for pastures destroys large tracts of land and the effect of that is now being felt throughout Australia with salinity problems amongst other things. Not only this, but large tracts of fertile areas are being used to rear animals. These areas could be used more efficiently for plant crops. Furthermore, the amount of water that is required to raise animals on farms equates to more than half the water usage of every country in the world

that significantly takes part in the practice of animal farming (eg: Australia and the United States). These practices are slowly but surely poisoning the planet and are contributing the the seemingly gloomy future of the environment.

3) For your Health:

Vegetarian and Vegan diets are much healthier than a predominantly meat based diet. By eating a plant based diet it is quite easy to fulfill all dietary requirements for a healthy lifestyle, with the added bonus that there is very little saturated fats or cholesterol. Fruits and vegetables also possess anti-cancer agents. Vegetarians and vegans are at a lower risk of all terminal diseases (like cancer, heart disease etc.). The following excerpt is taken from the "People for the Ethical Treatment of Animals" (PETA) website "www.goveg.com":
"The only two researchers in human history who have successfully reversed heart disease, by far America's biggest killer, have included an exclusively vegetarian diet as a part of their programs. On the Dr. Dean Ornish and Dr. Caldwell Esselstyn programs, patients become "heart attack proof" (to quote Dr. Esselstyn, in the August 1999 issue of the American Journal of Cardiology) by getting their cholesterol levels to below 150 (the average vegan cholesterol level is 128), the level below which no one has ever been documented as having died from a heart attack. And people who consume animal products are also 40 percent more susceptible to cancer, and at increased risk for many other illnesses, including stroke, obesity, appendicitis, osteoporosis, arthritis, diabetes, and food poisoning."