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# Viva Veggie

THE NEWSLETTER OF THE VIVA VEGIE SOCIETY  
by Pamela Teisler



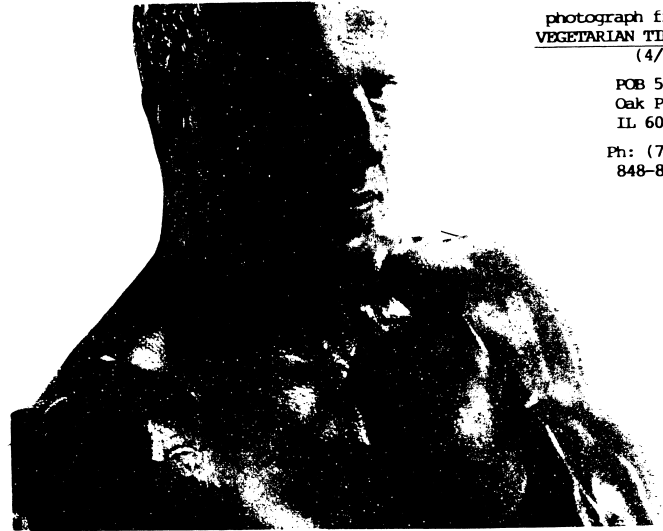
animal, the lack of intelligence in animals being one of the general justifications for animal use in medical testing.

The fact is (as we vegies all know) more illness could be avoided by lifestyle factors than a zillion animal tests could cure. Basically, we already know what contributes to long life and health in humans: having a diet low in cholesterol (found only in animal-derived foods) and salt; refraining from smoking, living with good sanitation, keeping stress to a minimum, and having a will to live when one is old. None of this was learned with animal testing. Join PETA (People for the Ethical Treatment of Animals) and receive **PETA News**. Write PETA, P.O. Box 42516, Washington, DC 20015.

photograph from  
**VEGETARIAN TIMES**  
(4/90)

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## MEET A CHAMPION VEGAN BODYBUILDER

Definition, VEGAN: One who eats no dairy or flesh foods and avoids consuming any product derived from an animal: wool, honey, silk, leather or Jello. Enter Andreas Cahling, the Swedish born winner of the 1980 Mr. International body building competition of the International Federation of Body Builders -- a vegan.

Not possible you say? Believe. In fact, according to Mr. Cahling, "If I included more animal foods in my diet, I would be getting a lot more toxins . . . Since I stopped using dairy products, my joints are better enabling me to continue bodybuilding for life." Cahling also informs us that vegetarians have other advantages. They can train for longer periods of time, recover more readily, and get that "chiseled" look. Cahling says that meat eaters retain water and suffer from the buildup of protein waste products which makes them look less lean. It's a myth that you need to eat muscle food to get muscles. Protein from plant sources is thoroughly adequate. What a bodybuilder really needs, is complex carbohydrates -- the clean fuel.

## ARGUE THE FACTS AGAINST ANIMAL TESTING

**Peta News** has an excellent feature on how to argue against animal research in its Fall, 1991 issue. The gist, folks, for your uninformed co-workers, relatives and other misanthropes:-----(1) When you look at the record, it is found that more than half the drugs the Food and Drug Administration approved with animal testing between 1976 and 1985 were either relabeled because of serious side effects or removed from the market altogether.-----(2) Modern science is able to screen chemicals on human cancer cells in lab dishes with high-tech computers these days. This method, along with computer simulators, human clinical observation, as well as epidemiological studies are far more reliable in drug approval than anything done with animal tests.-----(3) Animal tests, are not only cruel (by the way, animal tests are incredibly cruel to animals), they are misleading. To quote from the article: "...penicillin kills guinea pigs; aspirin kills cats and causes birth defects in rats, mice, guinea pigs, dogs, and monkeys; and morphine, a depressant to humans, stimulates goats, cats, and horses." (And, how are you going to tell if a potential drug is causing nausea, ringing in the ears, dizziness, blurred vision, a headache, amnesia or depression in an animal when Fluffy or Fido cannot tell you?)-----(4) Some drugs have been ignored because animal tests have shown no positive effects in animals when they have a positive effect in humans.

Taxol, a drug which (no less) melts away breast, ovarian and lung cancers in humans was rejected for 30 years because it did not melt cancers in animals.-----(5) Now, for those nasty people who tell you that it is worth it if one life is spared with a beneficial drug after countless animals are cruelly tested, suggest, cynically of course, that infants, mentally retarded people or your senile old grandmother for that matter might also be perfect specimens for the cause of medical science. None of them, it could be argued, might have much more reasoning powers than an

## CALENDAR

**Sun., Jan. 5:** POTLUCK, 3 p.m., 259 Seventh Ave. @ 25th St., ring Rich Sommers; bring a tasty vegetarian dish; no dairy; and please bring a little 3 x 5 sign listing the ingredient. **Some time in February, '92:** VEGIE BAREFOOT BOOGIE, Somewhere on 16th St., NYC; music and dj, dancing; call 212-966-2060 and ask for Pam for more information.

**SCHEDULE TO HAND OUT "101 Reasons Why I'm a Vegetarian":** Sat., Jan. 11: 2 p.m. corner of West Broadway and Spring St.; Sat., Feb. 1: Kings Plaza, Brooklyn (call Pamela @ 212-966-2060 to arrange); **Tues., Mar. 17:** THE SAINT PATRICK'S DAY PARADE, 4:00 p.m., meet promptly at Madison and 51st St. and we will move closer to the parade; **Sun., Apr. 19:** EASTER PARADE, 10:30 a.m., Fifth Ave., in street in front of St. Patrick's Cathedral.

**THANK YOU,** everyone, for all of the donations to the Viva-Veggie Society. **Special thanks** to David Ben Ami, Rita Diana, Siao-Li Chen, and Gisela Salat for their especially generous contributions. This money helps me order flyers from vegetarian organizations to distribute on the street. It also helps with postage and photocopying costs.

**Thanks,** also, for all of the letters of support! (newsletters in the future will be running some of them). Letters from those with initial interest often are most gratifying.

*Pamela*

GOOD FOLKS. GET TO KNOW THEM

Bill Weinberg, the tireless investigative journalist and green warrior is out with his new book, War on the Land, a devastatingly vivid account of the political/-environmental dynamics of Central America. Delve into his chapters about the destruction that cattlemen are doing down there. Buy it, read it. And then convince Bill to run for President. With a little polish from a Dale Carnegie course he may win and bring the world to sanity. (It's worth a try, Bill.) Get the book at St. Marks Books, 12 St. Marks Pl., or contact Bill at Downtown at 212-529-2255.

If you have not read Diet for a New America by John Robbins do not do another thing until you do! Period. After that, get active with Tony White of Earthsave's New York City branch; P.O. Box 2779, Rockefeller Center Station; NYC 10185, 212-978-4338. (Earthsave is John Robbins' own group.)

The Physicians Committee for Responsible Medicine, a group which counts 3,000 doctors as members, came out in April, '91 with a new FOUR BASIC FOOD GROUPS which counts flesh and dairy products as only "optional"

foods. The new basic four necessary for life are: fruits, vegetables, grains and legumes. Contact PCRM at P.O. Box 6322, Washington DC 20015; 202-686-2210.

People for the Ethical Treatment of Animals (PETA) is the premier animal rights activist organization. On all fronts against animal cruelty, from animal testing to vegetarian advocacy, to anti-fur campaigns, PETA is at the forefront. They are your guide to being your own activist. Obtain an updated listing of cruelty-free products and multiple copies of very well written and beautifully designed color brochures to distribute yourself. Become a member and find out more! Contact them at P.O. Box 42516, Washington DC 20015.

The Vegetarian Resource Group is one of the major vegetarian organizations in the U.S. They sponsored a very well attended all-day vegetarian conference in New York City in October. They publish the bi-monthly Veg-etarian Journal as well as books and educational materials. Contact them at POB 1463, Baltimore, MD 21203.

Monthly Vegetarian Potlucks take place in Queens every 3rd Sunday; contact Hubert Davis: 718-263-7160.

So, what is The VivaVeggie Society? The VivaVeggie Society takes vegetarian advocacy to the streets. VivaVeggie members confront Mr. and Ms. Pedestrian to get the facts out about their healthful, ethical and environmentally conscious vegetarian diet.

Advocates assemble where there is plenty of pedestrian traffic. They come equipt with brightly-colored T-shirts with vegetarian messages, and plenty of fact-filled information. Founder Pamela Teisler wears the outfit shown on the reverse side of this newsletter. The mission? To pass out the flyer, "101 REASONS WHY I'M A VEGETARIAN," written by Pamela Teisler, and inspired by John Robbins' book, Diet for a New America. The VivaVeggie Society has been, and will be in the future, involved with various projects such as World Vegetarian Day, special mailings of "101 Reasons Why I'm a Vegetarian," and media awareness campaigns. Donations can be sent to: Pamela Teisler, The VivaVeggie Society, 234 Mulberry St., #17, NYC 10012 (212)966-2060

THE BEST THE WORST...Best places to pass out "101 Reasons Why I'm a Vegetarian": Easter Parade, Hudson St. Fair, Fur Free Friday.... So so: Soho.... Worst places: Washington Square Park, Earth Day, yes, Earth Day.

BEYOND A HUNDRED AND ONE....Reason #102:

Unlike cotton, sugar, and coffee in Central America, cattle grazing can be done anywhere. It is not dependent on a certain climate and soil condition. So the exploitation and environmental devastation that the above three foods began in the region, beef there is finishing off. Not only are the rainforests going to be wiped out by cattle ranching, but the indigenous people still left, after already being run off their land, face almost certain genocide.....Reason #103: Chicken intestines, as well as other chicken parts discarded during processing, are fed back to the hen house/chicken house as feed. Industry experts allege that this practice is what is leading to the rampant salmonella epidemic at poultry plants.

To receive a copy of "101 Reasons Why I'm a Vegetarian," send a stamped self addressed envelope to Pamela Teisler, c/o: The VivaVeggie Society.



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