

Subscribe

We suggest an annual subscription of £5.00 for UK residents (*overseas subscribers - please add a further donation to cover extra postage costs*). Less will be accepted, however, and more will be welcomed - this will help us to send MCL's quarterly journal *New Leaves* to those who will read it and hand on the ideas but who cannot themselves afford a subscription. Such donations also help with the costs of stalls and meetings.

Payment by UK postal order or stamps, sterling cheque from a UK bank, or International Money Order. **Please make payable to MCL.**

Please complete this form (or a copy) **in clear writing** and send with your subscription payment to:

**MCL, 105 Cyfyng Road,
Ystalyfera, Swansea SA9 2BT**

Name(s):

Full Address inc. postcode:

Telephone:

E-mail:

I/we enclose £ _____
for one year's subscription to MCL.

Publications

MCL publishes leaflets, booklets and a quarterly journal, *New Leaves*, with articles to inspire, inform and give practical help.

The following information leaflets are available on request:

Introducing MCL
Food and Agriculture
Protecting the Environment
Trees for a Future
Feeding the World
Animal Exploitation
Health, Diet and Nutrition
A Vision for a Compassionate World

For a full list of current publications, visit the MCL web site or send a stamped addressed envelope to the contact address below, along with a note requesting MCL's publications order form. If you choose to subscribe to MCL, the publication list can be found in the *New Leaves* journal which will be sent to you.

Contact MCL

**The MOVEMENT for
COMPASSIONATE LIVING**

**105 Cyfyng Road
Ystalyfera
Swansea SA9 2BT**

www.mclveganway.org.uk

1/handout/green/01.06

The MOVEMENT for COMPASSIONATE LIVING

COMPASSIONATE LIVING
is about making connections
between the way we live
and the way others suffer,
between unnecessary
development and the
destruction of the planet.

COMPASSIONATE LIVING
involves a commitment to work
non-violently for change,
promoting lifestyles
that are possible for all
the world's people,
sustainable within the
resources of the planet,
environmentally friendly,
and free of all exploitation
of animals and of people.



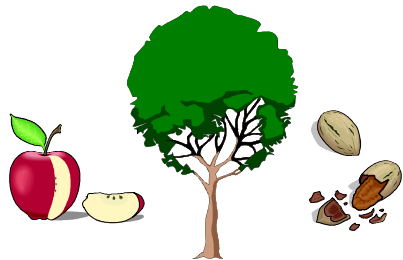
www.mclveganway.org.uk

MCL's aims

To spread the vegan message and promote simple living and self-reliance as a remedy against the exploitation of humans, animals and the Earth.

To promote the use of trees and vegan-organic farming to meet the needs of society for food and natural resources.

To promote a land-based society where as much as possible of our food and resources are produced locally.



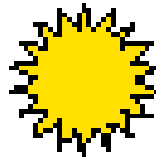
Compassion

Compassionate living requires working for change in ourselves, our lifestyles and the world.

A simple first step is the adoption of a vegan diet, thereby reducing some of the cruelty and exploitation of animal farming, and helping to bring about a fairer world in which no-one will go hungry.

Nutritional advice and recipes can be found in MCL's literature and website.

Global warming



By burning fossil fuel for unnecessary industrialisation worldwide, the human race is causing global warming which, if unchecked, will make life on this planet unsustainable.

Land that is needed for food and for trees is being used to raise animals for slaughter, even though vegans have proved that animal products are quite unnecessary. Livestock animals emit methane, a more powerful global warming gas than CO₂.

We must grow our food locally and vegan-organically. This will avoid the need for fuel burning for excessive packaging and transport. Vegan production requires less land than livestock, leaving more land for trees and wildlife.

Trees absorb the global warming CO₂ and make wood for many constructive purposes, and for fuel that releases no more CO₂ than the trees stored whilst growing. Many trees are also abundant sources of food.

If we go on as we are, global warming will have catastrophic effects on our future climate and environment.

We must change our lifestyles now before global warming gets completely beyond control.

Nutrition

A healthy, balanced vegan diet can be maintained using only ingredients that could be grown in the region in which we live.

For optimum health and nutrition, all foods should be fresh and a good proportion eaten raw. A wide variety of foods should be consumed.

PROTEIN is obtained from whole cereals, pulses (beans and peas), nuts, seeds, potatoes, leaves and leaf curd.

VITAMINS: Fresh fruits and vegetables, leafy greens, nuts, seeds, pulses and whole cereals will provide a healthy, vitamin-rich diet. Essential B₁₂, commercially produced, is added to yeast extracts and other fortified foods. Vitamin D is produced by the action of sunlight on our skin and is also an additive in foods such as vegan margarines.

MINERALS, particularly iron and calcium, are found in dark greens, beans, nuts, whole cereals and fruit.

OILS & FATS are obtained from nuts (e.g. hazel, walnut, almond) and seeds (such as sunflower and pumpkin).

