



Patron: Professor John Coetzee

#### AIMS OF THE AUSTRALIAN ASSOCIATION FOR HUMANE RESEARCH INC.

- To promote all viable methods of healing which do not at any stage involve the use of animals.
- To promote the use of scientific alternatives in all forms of medical, scientific and commercial research.
- To help disseminate evidence, as it becomes available, that the use of alternatives is less costly, more accurate and more humane than the use of animals in experiments.
- To work for the abolition of all experiments using animals.

## Welcome

I recently had an hour to kill between meetings and so wandered down a few main streets and alleyways of Melbourne's CBD. It's been around ten years since I worked in the city and I was astonished at the number of organic shops and cafes that sold vegan foods. Yes, I know that AAHR is an organisation that is focused on opposing animal experiments and does not directly promote veganism, but it made me realise how much things have changed over the last decade. There was never so much choice for vegans when I worked in the city, but this particular day was a sign for me – affirmation that times are indeed a-changing, albeit slowly.

There's no doubt in my mind that we are also moving away from animal-based research. Of course it's slow – much too slow for our liking – and I am well aware of the frustration we all feel about the perceived lack of progress, but changing the world takes time and not something we can achieve overnight. Just look at slavery or women's liberation. I am sure that the liberationists of that time felt just as frustrated, but they never gave in. Society IS changing, and we are each playing a part in that.

Throughout my childhood my father always had a good quote for me. One of my favourites is Margaret Meade's famous line "Don't ever think that a small group of people can't change the world, for indeed, it is the only thing that ever has." I'd like to thank every one of our members and supporters for fighting the hard fight and for never giving up. Together, we WILL change the world!

*Helen Rosser*

### Marmoset Brain Experiments

Our last newsletter featured an expose on marmoset experiments conducted at Monash University in Clayton, Victoria. A similar case is being investigated in Israel that is receiving international scrutiny. For those with internet access please visit [www.animal-tv.org/monkey/page8/page11/page11.html](http://www.animal-tv.org/monkey/page8/page11/page11.html) to view a video, featuring comments by Dr Andre Menache on these experiments.

### Thank you

It is with much gratitude that we acknowledge a posthumous donation of \$5,000 from former AAHR member Mrs Ruth Barrett. The donation was received from Mrs Barrett's son and daughter on their mother's behalf. It will assist us greatly in our work opposing animal experiments.

### World Laboratory Animals Week

April 20<sup>th</sup> to 26<sup>th</sup> is World Laboratory Animal Week and AAHR will be marking the occasion by launching our Green Ribbon campaign nationally.

Green ribbons represent non-animal research and are a subtle way of saying no to animal experiments. They are available now for \$5 so make sure you have yours ready to wear during this international week for recognition of the millions of animals used around the world in experiments, and show your support for non-animal research.

### Monthly Donors

We'd like to take this opportunity to thank our monthly donors – those people who have authorised us to debit a set amount from their credit card each month. Your regular contributions assist us greatly by ensuring we have ongoing financial support. It helps ease the never ending cycle of fundraising, meaning we can focus more on our work to oppose animal experiments.

If you would like to become a monthly donor please contact our office to obtain an authorisation form.

### Membership survey

Thank you to all those members who returned the membership survey. We had a huge response and while there was a variety of views expressed – ranging from the need to provide graphic images to a preference for a "softer" approach, we were really pleased to learn that members are very supportive of our work and the strategies we employ to oppose animal experiments. We will be looking to develop a number of suggestions over the course of the year

I donate ONLY to...

**Humane Research**

How does your Charity spend your funds?



I Say **NO** to animal experiments!

Show your support for non-animal research... **\$5**

Wear a green ribbon!

## Expose:

# Pregnant ewes used in alcohol experiments at the Research Centre for Reproductive Health, University of Adelaide

Although evidence shows that consumption of alcohol during pregnancy impairs the fetus and leads to lifelong facial and brain abnormalities in the child, researchers at the Research Centre for Reproductive Health at the University of Adelaide (in conjunction with the Department of Physiology, Monash University) have been attempting to mimic binge drinking in pregnant sheep to observe the results in the unborn lamb<sup>1</sup>.

Pregnant sheep were infused intravenously with ethanol (alcohol) and compared to control sheep not infused with ethanol. The researchers observed a reduction in fetal weight in the sheep administered with ethanol.

### The Experiment

Twelve twin-bearing ewes had catheters inserted into their arteries and veins and into the amniotic sac of each fetus. The ewes were then housed individually and after 5 days were infused with 40% ethanol for 3 consecutive days. On the fourth day each sheep and her fetus was killed.

Fetal Alcohol Syndrome (FAS) is a lifelong disorder caused by prenatal alcohol exposure and according to the National Organisation for Fetal Alcohol Syndrome and Related Disorders (NOFASARD) fetal alcohol spectrum disorder is the most common preventable cause of birth defects and brain damage in children.

Sadly there are children in Australia who suffer the neurological effects of FAS and there are women who continue to binge drink whilst pregnant. Both the sufferers and those at risk are in desperate need of support and help. We strongly therefore argue that vital resources should be provided to assist those with the condition and to provide Australia-wide education programs instead of wasting



precious resources in a futile attempt to replicate the condition in an animal model.

AAHR is concerned about the welfare of the ewes used in this experiment particularly over the three days during the simulated 'binge' drinking and the waste of money when the effect of consumption of alcohol during pregnancy is already well known and documented.

The researchers themselves acknowledge in their publication that they were already aware that chronic ethanol consumption in pregnant women reduces birth weight and further that the 'sensitivity of fetal growth to ethanol may vary between species'. One then wonders what the point of such an experiment was.

This experiment was funded by way of a substantial grant from the National Health and Medical Research Council (taxpayer's money) and a donation from the Pratt Foundation.

1. Gatford, K.L., Dalitz, P.A., Cock, M.L., Harding R, Owens, J.A. (2007) Acute ethanol exposure in pregnancy alters the insulin-like growth factor axis of fetal and maternal sheep. *Am J Physiol Endocrinol Metab* 292: E494-E500

What you can do: Write to NHMRC, Pratt Foundation.

Mr Sam Lipski  
Chief Executive  
Pratt Foundation  
39<sup>th</sup> floor, 55 Collins Street  
Melbourne, 3000

Or email to Sam Lipski: [pratt.foundation@visy.com.au](mailto:pratt.foundation@visy.com.au)

Prof. Warwick Anderson,  
Chief Executive Officer,  
NHMRC (MDP 100)  
GPO Box 9848  
Canberra, ACT 2601

Or email to Prof Anderson: [ahec.nhmrc@nhmrc.gov.au](mailto:ahec.nhmrc@nhmrc.gov.au)

## Members' Forum

Helen, just to say that what I think you are doing by highlighting each month an animal research project that needs exposing is excellent. It took me very little time to draft and print a succinct letter of protest to your 4 suggested recipients. Maybe it doesn't do any good immediately but at least it annoys them. I'm a great believer in just chipping away.

Well done.

Eva Berriman

Thank you for your newsletter. I have sent letters to all four organisations as listed. I was shocked to find out about ANZ, as I have been a long-term customer. I have advised them that I will be changing financial institutions unless they make a change to their policies.

Thanks for all the work you do

Jodie Jankevics

## Animal Experiment Statistics

The international trend in animal use seems to be increasing. The surge is believed to be due to increased use of genetically modified animals, for which there is a very high incidence of "wastage" (whereby modified animals do not display the trait required by researchers and are therefore discarded).

What is particularly disturbing in our case is that Australia uses more animals per capita than other nations including the UK. This suggests that Australia sadly lags well behind other countries in terms of embracing non-animal alternatives, has no commitment to the 3R's principle (Replace, Reduce and Refine) and continues with archaic methods despite the growing evidence that non-animal technologies are far more humane and provide more accurate and scientifically-valid data.

2005 figures for Australia have dropped since the previous year, however while 2006 statistics have not yet been released by all states, preliminary data received to date indicates that there will be a significant increase in the next reported year. Western Australia, for example, has quadrupled from 513,747 (2005) to 2,181,043 (2006), and South Australian figures more than doubled from 150,747 (2005) to 378,889 (2006).

Not all states provide as much detail as others regarding the purpose and severity of procedures and so it's difficult to provide an accurate account, however the following breakdowns give some indication of the current picture.

As at the time of printing, Queensland and Northern Territory statistics had not been obtained. In the 2004 year, these totaled 589,047, which suggest the national 2005 figure to be approx. 5.3 million animals.

Type of animals	Vic	NSW	SA	Tas	ACT	WA	Total
Mouse	362,520	179,245	31,538	2,281	85,340	240,740	901,664
Rat	40,741	36,609	9,115	1,813	3,157	31,768	123,203
Guinea Pig	9,921	2,794	1,044	4	228	184	14,175
Rabbit	2,504	7,519	738	10	68	47	10,886
Other lab animals	1,018	780	305			41	2,144
Cat	425	1,099	160		8	230	1,922
Dog	1,308	3,194	100		11	861	5,474
Other domestic		3					3
Sheep	34,253	112,253	30,679	7,251	397	21,561	206,394
Cattle	24,978	21,236	943	722		1,088	48,967
Pig	7,466	3,977	1,264		9	3,292	16,008
Horse/donkey	5,829	4,060	275			3,046	13,210
Other stock animals	739	292	848			22	1,901
Native mammals	7,845	48,078	4,842	2,540	47	10,871	74,223
Exotic 'feral' animals	199	5,016	890	117	143	12,183	18,548
Primates	140	207				50	397
Domestic fowl	227,635	624,205	8,855		713	2,059	863,467
Other birds	58,733	238,405	26,635	51,501	356	14,026	389,656
Reptiles	2,116	12,978	7,607	1,334	347	9,374	33,756
Fish	748,963	995,890*	23,325	36,457	174	94,785	1,899,594
Amphibians	5,404		1,090	419	605		7,518
Other aquatic animals	17,599		494	7,227		67,519	92,839
Other	4	266					270
Totals	1,560,340	2,298,106	150,747	111,676	91,603	513,747	4,726,219

\* includes all aquatic animals

Purpose of project	Vic	NSW	SA	Tas	ACT	WA	Total
Understanding biology	350,991	181,473	42,020	29,558			604,042
Improvement of health	331,551	144,019	23,616	8,378			507,564
Animal production	700,027	371,628	42,907	65,607			1,180,169
Biological products		36,186					36,186
Diagnostic procedures		2,221					2,221
Educational objectives	38,527	645,751	20,797	5,410		72,595	783,080
Environmental study	139,244	916,828	21,407	2,723			1,080,202
Unspecified					91,603	441,152	532,755
Totals	1,560,340	2,298,106	150,747	111,676	91,603	513,747	4,726,219

Severity	Vic	NSW	SA	Tas	ACT	WA	Total
Observational	332,951	1,387,585	63,216	52,200			1,835,952
Unconscious without recovery	161,712	115,517	28,742	25,634			331,605
Minor conscious intervention	676,449	594,308	19,982	24,568			1,315,307
Minor operative with recovery	234,769	36,565	8,471	456			280,261
Surgery with recovery	32,014	23,234	3,794	185			59,227
Minor physiological challenge	35,932	59,444	17,271	1,504			114,151
Major physiological challenge	85,714	16,385	7,756	6,997			116,852
Death as an end point	799	47,652	1,515	132			50,098
Genetic modification		17,416					17,416
Unspecified					91,603	513,747	605,350
Totals	1,560,340	2,298,106	150,747	111,676	91,603	513,747	4,726,219

## Complementary Medicines

Complementary medicines are widely used in traditional cultures all over the world and they are becoming increasingly popular in modern society as natural alternatives to synthetic chemicals.

Over half the Australian population now uses complementary medicine as either a preventative or curative treatment instead of or before heading to their general practitioner. It is estimated more than AUD\$55 billion is spent by the international consumer market on herbs, vitamins, minerals, homeopathic and sports supplements alone. Chiropractors, followed by naturopaths, are the most frequently visited natural therapists. Others include Traditional Chinese Medicine, Homeopathy and Acupuncture.

The fundamental difference between complementary medicine (also known as “traditional medicine” or “alternative medicine”) and allopathic medicine is that the orthodox ethos usually assumes that the absence of disease equals health. Pharmaceuticals are often prescribed to treat physical symptoms only, while the integration of mind and body is only beginning to be recognised. Complementary medicines on the other hand, aim to address the underlying causes of disease, support the body’s own self-healing powers and strive to maintain and restore to an optimum state, vitality, equilibrium and balance of the body-mind continuum.

While modern allopathic medicine usually aims to develop a patentable single compound or “magic bullet” to treat a specific condition, complementary medicine often aims to restore balance by using chemically complex plants or by mixing together several different plants in order to maximise a synergistic effect or to improve the likelihood of healing biological reactions.

The profound knowledge of herbal remedies in traditional cultures has developed through trial and error over many centuries, carefully passing from one generation to the next without evidence of serious side effects, and indeed demonstrating curative effects. This contrasts the modern drug research and development approach which is deeply entrenched in animal experimentation and yields self-defeating results, that is: potentially dangerous substances which can (and often do) cause injury and death to patients.

The increasing number of warnings we receive about the dangers of medical drugs makes it seem irrational to dismiss claims of safety and efficacy of plant medicines when they have been used successfully in traditional cultures for centuries. However, until recently a lack of scientific explanation for the curative action of plants meant alternative therapies were often associated with witchcraft and superstition. Research results generated over the last few decades have given us a much better understanding of the scientific rationale behind many plant remedies, a number of which now form the basis of pharmaceuticals. Well-known examples of plant-derived medications include quinine, morphine and codeine. Recently, important new anticancer drugs such as Taxol and Vincristine have been developed from plants.



As more and more natural remedies are being commercialised, medical claims have to be validated by scientific studies that clearly prove safety and efficacy. Unfortunately, orthodox science seeks to clarify the metabolic effects caused by medicinal plants with a misguided focus on animal subjects.

The trend for healthier lifestyles has led to an increase of more than 330% in the number of

laboratory experiments conducted on animals for evaluation of food and natural medicines from 2005 -2006.

Like most did in the past, the experiments often involve using painful procedures and artificially induced injuries. Some examples include:

- **Raspberry juice** – fed to rodents who were subsequently killed to see where the juice had gone in their kidneys, liver and brains.
- **Fish supplements** – force fed to rats who were then dissected.
- **Ginko Biloba** – injected into rats’ paws then the animal was terminated for dissection.
- **Cabbage** - rats were fed a diet containing 20% raw, lightly cooked or fully cooked cabbage for two weeks. The animals were killed to examine the effects of the diet on their liver and colon. Surprisingly, the researchers had already carried out a human study on the effects on the gut of eating cooked cabbage.
- **Health drinks** – fed to rats to see whether they ate more chocolate, vanilla or asparagus flavour.
- **Green tea extract** - rubbed onto the shaved backs of guinea pigs and rabbits and put in the eyes of live rabbits. Dogs force-fed huge doses died or had to be put down.

As with orthodox medicines, phytomedicines (plant medicines) often contain a mixture of substances that have additive or even synergistic effects, so that the health benefits are difficult to test and verify. These variables are compounded by species difference when the substance is investigated in an animal model.

Complementary medicines are an important part of human history, culture and tradition. It is likely that some traditional medicinal plants hold the key to new advances of great importance to human health. Since we have a better understanding today of how the human body functions we are also in a better position than ever before to fully appreciate the healing power of plants as multi-functional chemical entities for treating complicated health conditions. However, only when animal experimentation ends can we hope to see their full potential.

**References available on request**

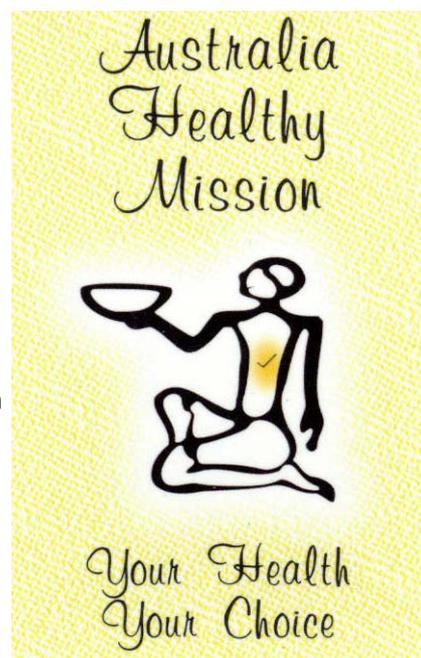
## Profile of a humane charity –

Ella Hayes, Director and Founder of Australia Healthy Mission (AHM) began her work after being personally touched by cancer. “Twenty years ago a doctor diagnosed me with cancer, but I didn’t accept the prognosis – I used natural medicine to treat it, and now it’s gone. I’ve been researching natural medicine ever since. I started AHM on my own because I could see there was a need to educate the public about health alternatives and freedom of choice if we are to reduce the rate of cancer, heart disease, MS, diabetes and so on”.

AHM educates patients on alternative therapies to western medical treatment that deals symptomatically with illness and disease through the use of pharmaceuticals. “I don’t offer treatment, I offer information. I teach the E.K.A technique: Education, Knowledge and Action. This empowers people to make their own informed decisions on illness prevention and health issues” and whether or not they decide to undergo orthodox medical treatment. “Most of the treatment offered by allopathic medical science is a fraction short of death (such as chemotherapy), and they hope you will pull through it. They (doctors and researchers) document 5 year survival (after cancer treatment) as a complete and utter cure. They don’t try to cure you for the rest of your life. Sadly, not many people make it over the 5 years”.

“There are many natural alternatives to orthodox medicine but the government does not subsidise much. I feel very sad that when sick people go into the system. It is funded by the government, but when they (patients) want to try a better alternative, the government washes its hands of them. Our mission at AHM is to raise money for natural health research (exclusively non-animal) and offer

information, support and guidance to patients, families and friends that may include liaising with their doctors. It is our goal to open a centre in memory of our Honorary Patron Belinda Emmett, which is based on natural therapies and where practitioners from various professions can work together for the benefit of the people”.



All enquiries and donations are welcome.

Contact:

7 Amber Court, Cheltenham, Vic. 3192

Tel: 03 9583 9789

Fax: 03 9585 3697

AAHR does not promote natural or complementary medicine as an only cure for medical ailments. It does however encourage its members and supporters to seek more information about natural medications and make an informed decision about the type of medicine(s) they apply personally in various treatments.

## Animal Experiments Scrutinised: Systematic Reviews Demonstrate Poor Human Clinical and Toxicological Utility.

Andrew Knight

The following is an extract from the paper written by Andrew Knight that was published in *Altex* 24, 4/07. The full paper can be viewed on our website under “Papers and Articles” or a hard copy can be obtained by contacting our office. While AAHR acknowledges that chimpanzees (and other great apes) are not used in experiments in Australia, the following offers an excellent explanation of why we cannot depend on any animal experiments.

“Chimpanzees are our closest living relative, and consequently might be expected to have the greatest likelihood among laboratory species of accurately predicting human outcomes during biomedical research. However, despite great similarities between the structural regions of chimpanzee and human DNA, important differences between the regulatory regions exert an “avalanche” effect upon large numbers of structural genes. Despite nucleotide difference between chimpanzee and humans of only 1-2%, the results are differences of around 20% in protein expression, resulting in marked phenotypic [displayed] differences between the species. These differences manifest in altered susceptibility to,

aetiology and progression of diseases; differing absorption, tissue distribution, metabolism and excretion of chemotherapeutic agents; and differences in the toxicity and efficacy of pharmaceuticals. Such effects appear to be responsible for the demonstrated inability of most chimpanzee research to contribute substantially to the development of methods efficacious in combating human diseases.

Other laboratory animal species are even less similar to humans, both genetically and phenotypically, and are therefore less likely to accurately model the progression of human diseases or the responses to putative chemotherapeutic agents or toxins”.



## Bunnings fundraiser



On the morning of Sunday 23<sup>rd</sup> January, we arrived at Bunnings in South Oakleigh in outer Melbourne. The skies were overcast and rain loomed but we hoped this wouldn't deter our customers. We commenced setting up for our inaugural veggie sausage sizzle.

The first hour started slowly,

but as the smell of onions and veggie sausages started to waft through Bunnings, many of the customers headed over to our BBQ for a snag.

We had a steady stream of customers throughout the day and finished at 4.30pm.

The feedback from customers was very positive and even the most reluctant customers were swayed once they had tried a sample!

By providing vegetarian sausages we were hoping to promote the connection between healthy eating and lifestyle.

The response to AAHR was great and we spoke with many interested people who supported our work.

## News

### Testing on humans

Outgoing CEO of the Medical Research Council (UK), Prof. Colin Blakemore, has said that he believes both time and cost could be reduced by as much as 90% if new drugs were tested directly on patients, rather than waiting to see if they effectively treated diseases in animals.

Source: *ATLA Volume 35, Number 5, October 2007*

AAHR says: *These comments are particularly welcome considering Prof. Blakemore has been a prominent and long term advocate of animal experiments. AAHR does not necessarily agree that all new drugs should be tested directly on patients, but there are other non-animal methods (which we've always discussed – human tissue, blood cells, computer modelling etc) of testing which will no doubt show a more realistic outcome.*

### Virtual Hearts

Leeds University (UK) has developed a three-dimensional "virtual" heart that could spare around half a million animals from medical research each year. New heart drugs are often tested on animals whose hearts have been deliberately made to beat erratically or abnormally by implanted electrical pacers. The model has already been used to simulate the effects of a commonly used heart drug (lidocaine), and the results have revealed how one of the side effects of the drug occurs.

Wendy Higgins of the Dr Hadwen Trust said: "Our cutting-edge 3-D human heart proves that we don't have to harm animals to benefit from medical progress. In fact we can get better results if we invest in modern, humane techniques like those being pioneered at Leeds."

Source: <http://www.yorkshireeveningpost.co.uk/news/Leeds-Virtual-heart-may-save.3780756.jp>

### Dr Hadwen Trust focuses on replacing GM animals

Four grants totaling almost £400,000 have recently been awarded to researchers by the Dr Hadwen Trust to find replacements to using genetically modified animals. The 2006 animal statistics reveal that GM animals represent

It was also a great opportunity to meet our members who volunteered their time to help out.

We would like to say a special thank you to Brumby's for their generous donation of twenty loaves of bread, IGA Rowville for providing the veggie sausages at a discount rate, the volunteers that helped out on the day – Georgia Blomberg, Melissa Makin, Paul Hobson, Zevia & Cheryl Schneider and of course Bunnings South Oakleigh for allowing us to have the sausage sizzle at their store. Without everyone's help the day wouldn't have been the success it was.

If anyone is interested in having a veggie sausage sizzle at a Bunnings store or other place on AAHR's behalf (anywhere in Australia) please contact Carrie at AAHR for further details. It's a lovely way for our supporters to help us get the AAHR message out and also promote a healthier lifestyle to the community.

Throughout the last quarter we also had a presence at the Melbourne Pet and Animal Expo (right) and the Super Living Expo. Thanks to all the members and supporters who helped out and came to meet us at these events.



William, Sarah and Brian Gardiner at the Pet & Animal Expo.

about a third of all those used and so grant recipients were selected in order to tackle this growing area of research. The four projects cover premature labor, human 'knockout' tissues, multiple sclerosis and skin cancer.

Source: *Alternative News Issue 93, Autumn 2007, Dr Hadwen Trust.*

### Researcher ordered to return grant money

The National Institute of Health (United States) has ordered the University of Connecticut Health Center to return \$65,005 of grant money because of violations in the primate lab, where researchers drilled holes into monkeys' skulls and implanted steel coils into their brains to record eye movements for a neuroscience experiment.

Federal inspectors found the health centre failed to handle animals "in a manner that did not cause stress, trauma, and unnecessary discomfort," inadequately trained personnel, used outdated drugs and animal food, and kept animals in a dirty room with peeling paint. Most of the monkeys involved in the research died.

Source: *Subject: MRMCM Update, January 26, 2008*

### Three U.S. agencies aim to end animal testing

Three US agencies — the Environmental Protection Agency, the National Toxicology Program and the National Institutes of Health — have signed a "Memorandum of Understanding" to begin developing new [non-animal] methods of testing to evaluate the safety of new chemicals and drugs.

The process involves a 3-by-5-inch glass tray with 1,536 tiny wells, each a fraction of a millimetre across. A few hundred human cells grown in a test tube go into each well. Then, guided by a computer, different chemicals are dripped into each well. After some time has passed, the machine shines a laser through each well to see how many cells remain. A computer analyses the toxicity of each compound based on how the cells react. The agencies acknowledge that full implementation of the shift in toxicity testing could take years because it will require scientific validation of the new approaches.

Source: [www.usatoday.com/tech/science/2008-02-14-animal-tests\\_N.htm](http://www.usatoday.com/tech/science/2008-02-14-animal-tests_N.htm)