



THE DALAI LAMA

APPEAL

The abuse we inflict on hens has always been particularly disturbing to me, and I have always been particularly concerned toward how these animals are treated in industrial food production. I was troubled to learn from my friends at the Humane Society of the United States about the practice of confining egg laying hens in tiny cages.

In these cages, birds cannot engage in their natural behaviours such as spreading their wings, laying eggs in a nesting area, perching, scratching at the ground, and even standing on a solid surface. Each hen has less space to live in than the very sheet of paper I have written this letter on.

Turning these defenceless animals into egg-producing machines with no consideration for their welfare whatsoever is a degradation of our own humanity. Switching to cage free eggs would reduce the suffering of these animals.

Tibetans have a rich history of protecting the most vulnerable in society and opposing cruelty, which is why it is natural for me to encourage the change to cage free eggs. Following in this tradition, I hope compassion and kindness will prevail in this very serious matter.

August 26, 2010