

THE

Jewish Vegetarian

"...they shall not hurt nor destroy in all my holy mountain" (Isaiah)

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לשנה טובה תכתבו ותחתמו

A Happy, Healthy and Peaceful New Year to all our Readers



THE JEWISH VEGETARIAN

The Official Journal of the Jewish Vegetarian and Ecological Society

Founded by Philip L. Pick

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(Affiliated to the International Vegetarian Union)

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WHY A JEWISH VEGETARIAN SOCIETY?

Because the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of fleshfoods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era, "When they shall no longer hurt nor destroy".

*Support the International Jewish Vegetarian Movement -
a worldwide fellowship*

THE JVS IS AN INTERNATIONAL MOVEMENT AND MEMBERSHIP IS OPEN TO EVERYONE

Non-vegetarians who are sympathetic to our aims are invited to join as associate members.

There are two grades of Membership as follows:

- A. Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl
- B. Non-Vegetarians who are in sympathy with the Movement.

Annual Membership fee £10 or \$15. Family Membership £12 or \$18

Israel Membership \$15 or Life Membership \$250

Life Membership £150 or \$250 or 5 annual payments of £35 (\$60)

Family Life Membership £250 or \$400 (Husband and Wife only)

or 5 annual payments of £55 (\$85)

To the Membership Secretary, 855 Finchley Road, London NW11 8LX, England. Please state whether 'A' or 'B' (above)

Name in full (clearly)..... Tel. No.....

Address (clearly).....

.....

Occupation Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of.....
2. I would like to 'Covenant' my subscription at no extra cost to myself but which would increase the value of my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small). Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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and blue sea will dedicate the four-day festival to a nationwide effort to increase public awareness of a healthy, compassionate and cruelty-free lifestyle.

For more information, please write to The Vegetarian Society of Malta, 18/8 Bull Street, Cospicua CSP 02, Malta, e-mail: johndarm@global.net.mt or vegetarian@lycosmail.com or visit their website at <http://www.members.tripod.com/vegmalta>.

3rd – 10th October 1999

IFAW ANIMAL ACTION WEEK

This event is held by the International Fund for Animal Welfare (IFAW) annually and aims to raise awareness of animal welfare issues. This year's theme is endangered species. A range of activities will be taking place including an international youth survey, an anti-poaching elephant petition, competitions and events and a schools project involving a video pack on whales.

For further information, please contact IFAW Animal Action Week Office, Berkeley House, 186 High Street, Rochester, Kent ME1 1EY, England. Tel: 01634 830888.

15th – 17th October 1999

4TH ANNUAL TASTE OF HEALTH, SEATTLE, USA

This annual event is hosted by EarthSave Seattle. Last year's festival drew over 8,000 people. A full programme of events will include food tastings, cookery demonstrations, health lectures etc. For more details, call (206) 726 0598 or visit their website at www.tasteofhealth.org

MONTHLY EVENTS

The Raw Food Centre in North London holds monthly weekend workshops. These all-day events include guest speakers on many different matters relating to raw food and good health, juicing, de-toxification, and wild food. In addition, a delicious raw food organic lunch is always provided. The whole event costs £10. On Sunday 19th September, fitness expert Douglas Graham will be the guest speaker. Doors open 12 noon. For further details, please call 0181 446 2960 or 0181 441 6252, or write to the Raw Food Centre, 37 Grasvenor Avenue, Barnet, Herts, EN5 2BY England or e-mail grant@rawfare.freemove.co.uk

ADVANCE NOTICE

34th World Vegetarian Congress, 10th – 16th July 2000, TORONTO, CANADA

The 34th World Vegetarian Congress will take place at the downtown campus of the world-renowned University of Toronto, the largest university in Canada. Hosted by the Toronto Vegetarian Association, the Congress offers a chance to meet vegetarians from around the world, listen to top international speakers and enjoy social activities.

For further details, please contact the Toronto Vegetarian Association, 736 Bathurst Street, Toronto ON M5S 2R4, Canada. Tel: (416) 533 3897, fax (416) 533 6327, e-mail: wvc2000@interlog.com or check out their new website at www.veg.on.ca/.

DATES FOR YOUR DIARY

**Wednesday 29th September, Wednesday 27th October,
Wednesday 24th November 1999 at 7.00 pm**
**LONDON VEGANS, 50 MILLMAN STREET, (entrance adjacent
to 38a), LONDON WC1, ENGLAND**

London Vegans holds talks on a variety of topics on the last Wednesday of every month (except December) at the above address. Donations only. Visitors welcome. For more details of monthly talks, walks and restaurants trips, please write to London Vegans, 7 Deansbrook Road, Edgware, Middlesex HA8 9BE, England, call the information line on 0181 931 1904, e-mail londonvegans@onenet.co.uk or visit the London Vegans web site: <http://www.londonvegans.freeserve.co.uk>.

1st October 1999

This is World Vegetarian Day – events will be taking place everywhere. If there's nothing happening in your area, perhaps you can arrange your own gathering. Some suggestions might include: a pot-luck event, an exhibition in your local library, leafletting in your local high street, or a food-tasting event. Let's make this a date to remember!

1st to 4th October 1999

MEDITERRANEAN VEGETARIAN FESTIVAL, MALTA

The Vegetarian Society of Malta, member of the International Vegetarian Union, in collaboration with PWSA (Malta), Body-Mind-Spirit, and Island Sanctuary, are holding the first Mediterranean Vegetarian Festival in Malta from 1st to 4th October, 1999.

Situated in the middle of the Mediterranean, the small island of sunshine

Every Wednesday – commencing 1st September 1999

FELDENKRAIS CLASSES

Feldenkrais classes for ladies or men. 6.30-7.30pm at JVS, 855 Finchley Road, London NW11 England. For further details please contact Meir Pfeffer, 0181-346 0258.

Turning words into deeds

THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.

1. Miriam Goldstein, London NW3 5EB
2. Mrs Doreen Dukes, Maidstone, Kent
3. Esther Barnet Stern, Netherlands
4. Donna & Jack Levin, Elkins Park, PA, USA

SOCIETY NEWS

We were very sad to hear of the passing of John E. Rose of Southend on Sea, Essex, who had been a Life Member of the Society since 1989. In his Will, John Rose made a bequest to the Society of £5000, for which we are eternally grateful, especially more so in these difficult days.

We extend our condolences to his family and offer sincere thanks for this very kind gesture.

It is with great sadness that we learn of the passing of Montague (Monty) Miller who was a member of the J.V.S. for many years and was also the Hon. Secretary of the Association of Jewish Humanists.

Monty knew so many people in so many different areas, and was involved in very many different organisations and activities.

He is survived by his son Bernard, daughter Elizabeth, and brother Arnold. He will be sadly missed by his many friends and acquaintances.

It is very sad for me to say that Julie Rosenfield can no longer act as Editor of *The Jewish Vegetarian*. As you will see from her New Year greeting, she will now be very busy setting up her own business as a holistic therapist, which I am sure readers will agree is very time and energy consuming.

Julie has worked on a voluntary basis on the magazine for the last five years, and there have been many times during her studying when it has been very difficult, especially when one has to meet deadlines.

I shall miss working with her and I am very grateful for all the time and hard work she has put into the magazine, and hope perhaps that there is a member 'out there' who would be able to take over this position!

Any help or time that can be given would be much appreciated, one wouldn't have to come into the office at all, any articles etc. can be dealt with through the post. Many thanks.



This is the Universal Symbol for Vegetarianism. It carries the message of peace and compassion wherever it is seen.

Use it on your stationery, car, window or manufactured goods.

Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee
855 Finchley Road, London NW11 8LX, England. Tel: 0181-455 0692

ROSH HASHANAH GREETINGS

Richard Schwartz Ph.D.

I wish to express very sincere Rosh Hashanah greetings to all the members of the International Jewish Vegetarian Society. May it be a wonderful, sweet year filled with good health, happiness, success, and the fulfilment of your dreams and wishes.

May it also be a year of great progress in our efforts to make others aware of the many benefits of vegetarianism and the many ways in which the realities of animal-based diets and agriculture violate basic Jewish values, and a year in which a shift toward vegetarianism by many people helps move the world away from its present perilous path.

I wish to salute the officers of the Society and the editors of this wonderful publication who are doing such great work in helping to spread the Jewish vegetarian message. May you have much continued success in the new year and for many more years.

If you would like more information about my efforts to promote vegetarianism, or if you have ideas you would like to share, please contact me at schwartz@postbox.csi.cuny.edu, or check my internet articles at arrrs.envirolink.org/ar-voices/schwartz/.

Julie Rosenfield

I would like to take this opportunity to wish all the members of the Jewish Vegetarian Society and their families a very Happy and Healthy New Year and Well Over the Fast.

This issue of the *Jewish Vegetarian* magazine is particularly special to me as it is my last one as Editor. I have been involved with working on the magazine for the last five years and have enjoyed writing for it and hearing from so many of you with all your contributions over the years.

I am now going to be very busy myself setting up a new venture, working as a holistic therapist and am looking forward to helping people, both by practising aromatherapy, reflexology and massage on them, and also by encouraging them to adopt a vegetarian diet. Hopefully, I'll still be writing the occasional guest article for the magazine so hope to stay in touch with you all that way.

I would like to thank everyone involved for making my time on the *Jewish Vegetarian* such a happy one and extend my very best wishes to my eventual successor.

Shana Tova to you all!



DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The magazine is due out on 1st December, March, June and September. Write to us.



THAT LITTLE BIT MORE

(A New Year's Message)

by The Count Gentile (Patron)

Once again, we are celebrating the Jewish New Year. We all attend Rosh Hashanah at Shul, and in ten days' time we stand before our G-d to ask for His forgiveness for breaking His Laws and hopefully we try to reconcile our personal aspirations which from time to time show themselves in complacency and greed. Every human being is an entity of two personalities, at times we aspire to the saintly, and at other times we have to be realistic in recognising the base side of human

nature, including myself!

With the coming of the New Year, some of us sincerely hope and wish to change. Some succeed and some fail, but each Rosh Hashanah and each Yom Kippur gives us that opportunity to change and to aspire to better and nobler things. We, as vegetarians and animal rights campaigners, have the added responsibility of having to do those things which we know to be right, but also having the guilt of not doing those things which ought to have been done. No one is perfect. In this respect, I often remember what a Lubavitch rabbi once told me, and which I believe is their philosophy. 'One mitzvah is better than none, two is better than one ..and so on.'

We can only do that which we are able to do, and while I feel personally guilty at not doing enough, at least by doing the little which one can do, it is better than doing nothing at all. A New Year's resolution to feed the pigeons in the park, to put food out regularly for birds in the garden, to give bric-a-brac to the animal charities, to give what little money one can to the animal shelters and animal rescue centres – no matter how little we do all these above, that 'little' is still better than nothing at all.

A philosophy such as ours, i.e. vegetarianism, is not one that can stand on its own. Yes, we stop eating meat etc., but that action on its own is not sufficient. That is the start and from that we progress. It gives us the insight, it gives us the determination, it makes us aware, and must lead us to prevent animal suffering.

Let us all use this Rosh Hashanah to make a real concerted effort to do that little bit more than we did last year. To be that little bit more aware of all the issues connected with vegetarianism, to be that little bit more resolute, to write that letter to one's MP about an animal issue. By us all doing that little bit more, that 'little' becomes 'big'. And in so doing, our goals, hopefully will be realised.

So this Rosh Hashanah I would ask everyone, no matter where they are, to make that concerted effort to give that 'little', if only little you can give.

I wish all our readers a happy and healthy New Year.



A NEW YEAR MESSAGE FROM RABBI NOACH VALLEY – HON. PRESIDENT FOR THE AMERICAS

Until recently the human conceit of mankind's alleged mental superiority over animals stood mostly unchallenged. According to the famous zoologist, Stephen Jay Gould, this satisfied the psychological need to establish "a firm criterion to mark an unbridgeable gap between the mentality and behaviour of humans and all other creatures." (*The New York Times* 7th February 1999). Until recently it was widely assumed that the only thing we shared with animals was our common sentience, the ability to feel either pain or pleasure according to similar intensity. It was a false "given" that complex culture, learned behaviour and the ability to pass on the results of observation and learning, were solely a human attribute.

A recent issue of the scientific journal *Nature* published a study which proved that chimpanzees, in a manner similar to the cultural exchange of human beings, learn behaviour through observation and imitation and, in turn, transmit them to other chimpanzees. The chimpanzee study summarised 151 years of investigation at seven field sites and discovered complex culturally-determined differences (distributed among the sites) for 39 behavioural patterns that originated in specific chimpanzee groups and then spread to other groups by learning. Frans B. M. deWaal of the Yerkes Regional Primate Research Centre in Atlanta summarised the *Nature* journal article by writing: "The evidence is overwhelming that chimpanzees have a remarkable ability to invent new customs and technologies, and that they pass these on socially rather than genetically."

What a wonderful yet humbling finding: "Dumb animals" aren't so dumb after all! The animal kingdom is capable of complex culture and the transmittal of learned behaviour. Perhaps now at least some excess human arrogance will recede and people will show animals the respect and compassion that all of G-d's creatures deserve. Nevertheless, how we treat animals should never depend on how intelligent or smart they are or how close to us mentally they may be, but should be based on mutual need and on the highest of Jewish teachings which involved *tzaar baalay hayyim*, the elimination of animal *tzaar* (suffering).

Naturally, there are differences between people and animals. This does not mean that we are superior to them. The dangerous canard of animal inferiority has led to human cruelty, subjugation and exploitation of animals. It is now scientifically proven that animals and people are close to each other in the area of cultural achievement and mental prowess. I feel that while our discredited human superiority complex has persisted for far too long a time, human life does possess higher value than animal life. One reason for this is that Judaism teaches that human beings do have a more important role to play as participants in G-d's master plan. Nevertheless, I feel a close kinship with all of G-d's creation as well as a gross revulsion at the barbaric cruelty that so

many so-called human beings show to animals.

Despite Judaism's stress on the greater importance of human beings, compassion should be infinite and indivisible, and given generously to all of G-d's creatures. We need to learn how to live with mutual cooperation and respect in a multi-species universe for the greater good and preservation of the entire planet. Both animals and people are important and necessary for the continuation of the world and its eco-systems. It is not a question of helping either one or the other species. According to divine plan, animals and people are to co-exist in harmony. For this to come about, we human beings must bear the brunt of responsibility. As animal welfare organisations tell us, we must act on behalf of animals. "Because they are helpless – we are bound to care for them. Because they are unable to speak – we must make people aware of their plight. Because they are innocent – we must bring about their just treatment. And because we are civilised – we must prevent cruelty and pain whenever possible, whether the victim be human or non-human." And because we are Jews – we must observe the sacred Jewish teaching of *tzaar baalay hayyim*, which commands us to offer compassion and tender loving care to animals as one important Jewish way of serving G-d and the world. We need to do for animals and not they for us. In this sense, we are in a position of authority, of noblesse oblige, and when we carry out our obligations to them we demonstrate profoundly that we fear, revere and love our Divine Creator. Here again we see the higher value and importance of human life – when we are able to perform the *mitzvah* of protecting and being of service to all of G-d's creation. And also let us not forget that Jewish vegetarians help and love animals by not eating them.

L'Shanah Tova Tikatevu. May our tender love for animals make us worthy of an extra portion of divine compassionate love in the coming year 5760.

MORE THAN A *WHOLEFOOD* RESTAURANT
MORE THAN A *WHOLEFOOD* SHOP
LONDON'S NEW



COUNTRY LIFE

IS A *WHOLE* NEW WAY TO HEALTHIER LIVING

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Visit our innovative wholefood store for homemade bakery products, organic produce and other health products.

3/4 Warwick Street, London W1, England
(Piccadilly Circus tube – Exit 1)

For further information contact Vivienne on

0171-434 2922

A WISH FOR A GOOD YEAR FROM IJVS-ISRAEL

by Aden Bar-Tura, Assistant Director & Dan Arbel, Director

Greetings to the readers of *The Jewish Vegetarian*. On behalf of the Board of Directors and the membership of IJVS-Israel, we would like to wish you all a sweet and healthy year.

At this time of the year, it is always necessary to evaluate what we have done in the past year and what we hope to do for the following year in support of vegetarianism. Our goal at IJVS-Israel is to offer support of and programming on the various aspects of vegetarianism, including health, compassion for animals, the quality of the environment, great vegetarian cookery, and the connection between Judaism and vegetarianism.

During the past year, our activities included lectures on Reducing Stress through Diet and Exercise (by our own Board member Gloria Menzin); Food and Diagnosis; a spiritual discussion of Hanuka and light (including that which is part of cooking); an evening dedicated to learning about dolphins; our annual Tu B'Shvat seder; halachic responses to Jewish vegetarian questions (by our honorary President Rabbi David Rosen); Religion, Food Choice and Self-Definition, which looked at the things people take into consideration when deciding what to eat, and Roberta Kalechofsky's wonderful lecture on Vegetarian Judaism: A New Kashrut for the 21st Century. Activities for the coming year include a discussion of composting and how to set up a home compost bin, a lecture on coping with the social implications of being a vegetarian, and of course Tu B'Shvat.

The IJVS-Centre undergoes continual upkeep in order to maintain its role as a comfortable, attractive meeting place. This includes usage by other local Jerusalem societies. During the past year we have put a great deal of effort into renovating the IJVS garden. The large garden had suffered from terrible neglect and was overgrown with weeds. Thanks to a generous donation from Minna Pick, the Minna and Philip Pick Garden is now lovely. Our garden attests to both the beauty and lushness of vegetarianism. We have grapevines, a loquat tree, a lemon tree, a mulberry tree and an entire section of herbs including basil, parsley, and oregano. We are located in a beautiful area of Jerusalem and now the garden forms a charming addition to the neighbourhood. The Centre is directly across from the official residence of the Prime Minister of Israel. Who knows, maybe this year our new neighbours, Prime Minister Ehud Barak and his wife Nava will attend a lecture and be inspired to become vegetarians. Hope springs eternal for the new year.

Again we wish you a sweet and healthy year. May you and your families be inscribed for a wonderful year. *Shana tova v'gmar hatima tova!*

A BEQUEST TO THE SOCIETY

ENSURES ITS FUTURE ACTIVITIES

Forms are available on request from the Society's Honorary Solicitors

Communications to Headquarters

"Bet Teva", 855 Finchley Road, London NW11 8LX. 0181-455 0692

NEW LIFE MEMBER

JOHN SCHLACKMAN



John is 29 and lives in London. He became vegetarian at the age of 19, whilst studying at University. “First it was out of necessity”, says John. “I was in a town where Kosher meat was not available, so it meant either becoming vegetarian or starving.”

However, by the end of his first year of study, he realised the importance of living a life according to one’s principles. “Being my first time away from ‘home’, it gave me a chance to decide what were my priorities in life. For me, it was simply a question of *thinking* about where my food came from, and then the idea of an animal being killed for the ‘benefit’ of my stomach, became abhorrent to me.”

It was at that time that he also started to notice that eating meat on an occasional basis was adversely effecting his health. “Digesting meat was hard work!”, recalls John. “Once your body realises it can live better without it, it seems to regard meat as an unwanted intruder.”

The next problem was ‘coming out’ of the vegetable closet (as John puts it). “I see a lot of vegetarians who have ‘wavered’ because of the pressure to conform. I remember one occasion, a few months after becoming vegetarian, I was invited to Shabbat lunch by a local Rabbi. His wife took great pride in the beef stew she had been cooking since the previous evening. I didn’t want to insult my hosts, so decided I’d eat this one last meat meal. I think the Rabbi must have seen me squirming, as he asked ‘you’re not vegetarian, are you?’” It was like being handed a life-line; a way of saving face and sticking to my principles. I seized the moment to admit that I was; upon which a huge boulder of Cheddar was placed before me. Since that day, I always make sure that people know in advance. I think they admire you for having principles you are prepared to stick to; and I try not to glaze over when asked the same inevitable questions about “so what exactly *do* you eat, then?”

“I see a lot of parallels between leading a Jewish life in a ‘secular’ society, and living a vegetarian life in a meat-eating one. It is a question of standing up for one’s principles, and not being afraid to be seen as ‘different’. The key is not to preach to people or try to convert them; it’s about stressing the positives about your way of life, and leaving it to them to decide for themselves.”

John is also involved with ‘The Noah Project’, a Jewish environmentalist group. “This is also about having principles, even if they appear to go against ‘society’s norms’. A lot of it is simply a question of it being ‘cosier’ not to think about what one is eating or what one is doing to the planet. If more people were to make those mental connections, then this world would indeed be a better place.”

NEW LIFE MEMBERS

We would like to extend a hearty welcome to Rabbi Emily Korzenik of New York, USA, Dr. Irving Kett of California, USA and Esther Barnet Stern of The Netherlands on becoming Life Members of the Society. We are hoping they will send us more details about themselves for the next issue. We will always be happy to hear from any other members wishing to take this step and become a 'Pillar of the Society'. This not only encourages others, but it also secures the future of the Society.

DONATIONS RECEIVED. We wish to thank all those who send in donations towards the Society's Funds. Although items £3 and under are not listed to save expense, all are appreciated and put to good use.

£35 Miss A.C. Italy. £20 Mrs E.F. Bicester. £20 Dr & Mrs A.L.M. Solihull, West Midlands. £18 Ms V.R.E. London NW1. £15 Miss M.K. London N3. £13 Dr & Mrs J.C.W. London SW10. £10.50 Ms A.B. Greenside, South Africa. £10 Mr L.C. Ilford, Essex. £10 Ms S.F. Worsley. £8 Mrs L.A. London NW8. £8 Mr & Mrs S.C. London NW7. £8 Mr M.Q-H. Lowestoft, Suffolk. £8 Mr & Mrs D.S. London, NW11. £8 Mr E.T. Wivenhoe, Essex. £7 Ms S.E. Melbourne, Australia. £5.90 Mr & Mrs D.L.C. Bournemouth, Dorset. £5 Ms C.A. Prestwich, Manchester. £5 Mr M.B. London NW3. £5 Mrs D.D. Maidstone, Kent. £5 Mr J.D. London W2. £5 Mr S.F. St Leonards on Sea, Sussex. £5 R.G. Luxembourg. £5 Mr A.E.I Sheffield. £5 Mrs M.S. Scotland. £5 MRs I.V. Saltdean, East Sussex. £5 Ms R.W. France. \$30 Mr & Mrs B.D. NY, USA. \$21 Dr R.K. Vancouver, Canada. \$21 Mr J.S. NY, USA. \$20 Ms D.L. PA, USA. \$15 M & L.L. AZ, USA. \$15 Ms G.S. ME, USA. \$10 Ms R.M. NY, USA. \$10 Ms C.R. CA, USA. \$10 Mrs B.T. CA, USA. \$15 Ms. J.A. CA, USA. \$5 Mr I.B. NJ. USA. \$5 Mr S.F. NY. USA. \$5 Mr J.S. MD, USA.



FRIENDSHIP HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at

POB 1837, 20 Hatzav St.

Mevasseret-Zion 90805

Israel. Tel: 972.2 5337059

(Please note new address)

Visitors are always welcome.

A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.

DONATIONS RECEIVED: £30 Mrs E.F. Bicester, Oxford. £5 Ms A.B. South Africa, £5 Ms R.W. France, \$25 Ms E.B.S. Netherlands. \$20 Ms A.K. NJ, USA. \$10 Ms C.R. CA, USA. \$10 Ms J.F. CA, USA.

HIGH VITALITY HOLIDAY TREATS AND MEALS

by David Klein

Shana Tova! With the fall and winter holidays coming up, let's think about eating high vitality foods.

Perhaps, like me, you grew up in a typical non-vegetarian family and can remember many wonderful festive holiday meals with turkey and gravy and kugel, and so on. You may also remember the somniferous malaise brought on by those hefty five or ten course meals. zzzZZZ...Remember that?!

But, maybe that same post-meal stupor of the past is still happening today, despite switching to a vegetarian diet. Does a heavy meal of veggie lasagna, or beans, tofu and rice, or tofu "turkey" still put you to sleep? Why is that still happening? The answer could be a lack of FOOD ENZYMES.

What are food enzymes and why are they important? Food enzymes are living proteins which serve as catalysts for the digestion of the food we eat. Food enzymes perish by the heat of cooking; temperatures over 118°F generally destroy all enzymes, killing and de-naturing the food, and making the process of digestion an unnecessarily difficult energy and resource-draining burden for our bodies. When the food does not have its natural enzymes, then the body must supply all of the digestive enzymes, and that can wear us out if we eat a high percentage of cooked food. The lower the enzyme content of our diet, and the heavier the foods, the more tired we become after eating, and this can lead to chronic fatigue, toxemia and illness.

What is the answer? My rule of thumb is, for each meal always eat a bigger portion of "live" enzyme-active veggie food than the cooked portion. That will help your digestion and vitality, keep you slim and healthy, and save time spent slaving away at the hot stove!

Living food nutrition is not new. The ancient Hebrews known, as the Essenes, have left behind a legacy of creating perhaps history's most health and ecologically-minded community. They are reported to have subsisted on a "live food diet" of fruits, vegetables, nuts, sprouted seeds and sprouted grains. It is very possible that the Essenes actually made their unleavened bread from sprouted grains, i.e. "manna bread." But, don't be fooled into thinking that the "Essene bread" commonly sold in healthfood stores is "live"—it is almost always baked to give it shelf life. If you'd like to try real "live" Essene bread or crackers, you may enjoy making it in your own kitchen (See Cookery section).

As a 100% raw/live fooder myself, who overcame eight years of ulcerative colitis and chronic fatigue 15 years ago, I can attest that a diet of high-enzyme, sun-charged vibrant foods is one of the keys to high-energy, vibrant health. Many of my "raw food" friends are reaping the same benefits, and we are rejoicing in how much simpler our food preparation is, and how much time and energy we have gained for doing more fun things in life! Shana Tova! Good eating!

David Klein is a Health Education Consultant and Publisher/Editor of raw food magazine: Living Nutrition. For more information, please visit website: <http://www.living-foods.com/livingnutrition>, e-mail dklein@living-foods.com. or write to David Klein at PO Box 256, Sebastopol, CA 95473, USA.



Speakers prepare to debate GM Food.

GM Food – Still Hot

On 23rd May 1999, the Noah Project staged a panel discussion on the question of GM (Genetically Modified) Food and its ‘Jewish’ implications, at JVS headquarters in London. Below, **John Schlackman** summarises the issues raised and updates us on further developments in this area.

Regulation:

One question facing the UK Government over recent months is the degree to which the development of GM food should be regulated in this country. The environmental group ‘Friends of the Earth’ and others have called for a ‘five year freeze’ during which time further tests can be carried out to assess the human and other risks associated with this food technology. At the time of writing, GM food has not been banned in the UK, but is subject to regulation by a governmental regulatory body.

Dr Norman Simmons, who sits on the government’s regulatory body on GM food, told the meeting that only 3 GM ingredients have been approved for sale in the UK; soya, maize and tomatoes, and so far no reported side-effects had been found in humans.

Calls for a ban were in his view unfounded; a fear of change; “like the invention of the telephone had been in its time.” Also, any ban in the UK alone would be pointless, as food production and developments are global, and the UK is only a small player.

This view was challenged by **Dr David King**, an anti-GM campaigner and editor of ‘*GenEthics News*’. The scientific community, he stated, see this as a ‘fait-acomplis’; but the battle is far from over and the outcome far from inevitable.

One of the concerns about GM food is that its regulatory process is far

- breach this law. However, as there had been no definitive guidance on this from modern day halachic authorities, is this assumption correct?
2. There is great concern about the ethical nature of the production of GM food, which includes issues such as food labelling.

Work done by Arthur Waskow and others have developed the concept of ‘EcoKosher’ as being a modern interpretation of Kashrut laws. For example, if your food is being produced by labourers who are being exploited, can that food still be regarded as Kosher? In the case of GM, it is farmers, especially in poorer countries, who are being forced by multi-national bio-technology companies to buy their seeds each year rather than re-plant seeds from the previous year’s harvest.

One could argue that no one is forcing them to use GM crops. Unfortunately, as food production becomes more centralised, and market forces become more demanding (e.g. to have a fruit that is *exactly* of a certain size, texture and flavour), this choice is being taken away from them.

3. GM seeds are developed to be sterile. In other words, as mentioned above, farmers cannot re-sow seeds each year. There is also evidence that this is making plants and animals *around* the GM crops become sterile too. Surely one must question whether such a development is really in accordance to G-d’s will.

However, at a recent talk in London by the pro-GM lobby, the audience were reminded of the numerous examples where man has harnessed his natural surroundings for the better. But doesn’t this ignore the point that we are also obliged not to exploit the land, as shown, for example, by the concept of the Sabbatical year where the earth must be left to renew itself?

It is up to the individual to judge whether sterile GM seeds are ‘harnessing’ or ‘exploiting’ the land. Perhaps one of the problems is that we still do not know what the long-term effects of GM will be.

Conclusions

The whole issue of GM food raises fundamental questions about the relationships between science & religion and science & nature.

Scientists like to see things as black or white; safe or unsafe; Kosher or non-Kosher; but where does this leave room for the ‘grey area’ or ‘personal ethics’? Perhaps this was the real difference between the scientists and environmentalists on our panel, and proves the merit that such a discussion can bring.

As Jews, guidance for forming our own views on GM should come from the Torah. Yet both the pro and anti-GM campaigners can find ‘evidence’ in the Torah to support their point of view. *The Noah Project* are therefore calling upon our religious leaders to give us a *definitive* ruling on an issue which effects us all. Beth Dins of the world...the GM ball is in *your* court.

You can contact the Noah Project at:

PO Box 1828, London W10 5RT England or e-mail us at: environmentally.sound@virgin.net

less stringent than for GM used in medicine. As was pointed out by **Leon Pein**, (an organic Kosher food producer), GM food only has to prove it does not expose consumers to existing toxins but does not test for new, previously unknown ones.

Safety of GM:

But is any food totally safe? **Myra Waiman**, (a funding adviser to the Bio-Tech industry) reminded us that BSE, salmonella etc. all came about regardless of GM. It is all “a question of taking calculated risks”, and at the moment, she said, there is no scientific evidence that GM food is unsafe”.

Opponents to GM are concerned that central records are not kept which diagnose the nature of deaths resulting from specific types of food poisoning. This, it was suggested, needs to be changed before meaningful data as to the safety of such food can be gained.

Also, urged Dr King, the real effects might not be known for years. “We are dealing with technology which is new to food production”. It is a step into the unknown, and consumers are being used as human guinea pigs”.

From a Jewish perspective, we have a duty to look after our health, and it is up to the individual to choose whether they see GM food as being within their own boundaries of what is safe.

Kashrut:

The main focus of the debate centred on the issue of whether GM food is Kosher. **Rabbi Montagu**, (lecturer in Jewish Studies at Birbeck College London), divided the problems into three areas of concern:

1. Laws forbidding the mixture of species (Kilayim): Can it really be the case that the Torah forbids the cross-breeding of animals but allows us to mix the gene from an animal with one from a plant?

One view is that as a single gene is insufficient to determine the difference between one species and another, GM technology does not



YOM KIPPUR AND VEGETARIANISM

Richard H Schwartz

There are many connections that can be made between the Jewish holiday of Yom Kippur and vegetarianism:

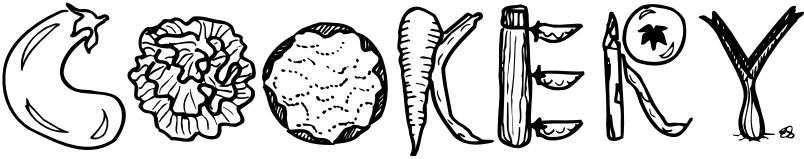
1. On Yom Kippur, Jews pray to the “Living G-d”, the “King Who delights in life”, that they should be remembered for life, and inscribed in the “Book of Life” for the new year. Yet, typical animal-based diets have been linked to heart disease, stroke, several types of cancer, and other chronic degenerative diseases, that shorten the lives of 1.4 million Americans annually.
2. On Yom Kippur, Jews pray to a “compassionate G-d”, who compassionately remembers His creatures for life. Yet, there is little compassion related to modern intensive livestock agriculture (factory

11. Yom Kippur teaches that, while it is often difficult, old habits can be broken. Thus, the days surrounding Yom Kippur provide a good period to break habits related to the consumption of animal products.
12. The afternoon service for Yom Kippur includes the reading from the book of Jonah, which tells how Jonah was sent to warn the people of Nineveh that they must do Teshuvah, change their sinful ways in order to avoid destruction. Today, the whole world is like Nineveh, in need of redemption, and in danger as never before from a variety of environmental threats. Today, in a sense, vegetarians are playing the role of Jonah, pointing out that a shift away from an intensive animal agriculture that has significant negative effects on the environment and a shift toward vegetarian diets have become global imperatives, necessary to shift humanity from its current perilous path.
13. An important message of the book of Jonah is that G-d is concerned about the fate of all of the world's people. Vegetarianism is a way to show such concern and hence to imitate G-d's attributes of caring and compassion, since this diet requires far less land, grain, water, fuel and other resources, and hence can contribute to a reduction of the widespread hunger that afflicts so much of humanity.
14. The book of Jonah also shows G-d's concern for animals. It ends with G-d's statement, "Should I not then spare the great city of Nineveh with more than one hundred and twenty thousand human beings...and much cattle?"
15. On Yom Kippur, one of the many sins that we ask forgiveness for is "the sin we committed before Thee in eating and drinking." This can be interpreted in terms of the harm that animal-based diets do with regard to human health, animals, the environment and hungry people.
16. On Yom Kippur, Jews are forbidden to wear leather shoes. One reason is that it is not considered proper to plead for compassion to the creatures of G-d, whose concern extends to all of His works.
17. Rabbi Israel Salanter, one of the most distinguished Orthodox Rabbis of the nineteenth century, failed to appear one Yom Kippur eve in time for the scared Kol Nidre Prayer. His congregation became concerned, for it was inconceivable that their saintly rabbi would be absent or late on this very holy day. They sent a search party to look for him. After much time, their rabbi was found in a Christian neighbour's barn. On his way to the synagogue, Rabbi Salanter had come upon one of the neighbour's calves, lost and tangled in a bush. Seeing the animal in distress, he freed him and led him home. His act of compassion represented the rabbi's prayers on that Yom Kippur evening.

In summary, a shift to vegetarianism is an important way to do teshuvah, to turn away from a diet that is harmful in many ways to one that is in accord with the many significant teachings and values that Yom Kippur represents.

farming), which involves the cruel treatment and slaughter of over 9 billion farm animals in 1997 alone in the United States.

3. On Yom Kippur, Jews pray to G-d, “Who makes peace”, to be inscribed into the “Book of Life, Blessing and Peace”. Yet, animal-centred diets, by requiring vast amounts of land, water, energy and other resources, help to perpetuate the widespread hunger and poverty that often lead to instability, violence and war.
4. On Yom Kippur, Jews are told through the words of Isaiah in the morning prophetic reading that the true purpose of fasting on that day is to sensitise them to the needs of the hungry and the oppressed, so that they will work to end oppression and “share thy bread with the hungry.” (Isaiah 58:6, 7). Yet, 70 percent of the grain produced in the United States is used to fatten up farm animals, while 15 to 20 million of the world’s people die annually from lack of adequate food.
5. One of the most important messages of Yom Kippur and the preceding days is the importance of teshuvah, of turning away from sinful ways, from apathy, from a lack of compassion and sensitivity, and returning to Jewish values, ideals, and mitzvot. Vegetarianism is also a way of making a significant turn, away from a diet that has many harmful effects to one that is consistent with Jewish mandates to take care of our health, treat animals kindly, protect the environment, conserve natural resources, help the hungry and seek and pursue peace.
6. The Yom Kippur liturgy has a prayer that includes the statement that “we are G-d’s flock, and G-d is our shepherd.” Since Judaism teaches that people are to imitate G-d in His acts of compassion and caring, we should be treating G-d’s defenceless creatures in the ways that we want G-d to treat us.
7. On Yom Kippur, Jews ask for forgiveness for the sin of “casting off responsibility.” Vegetarianism is a way to assume responsibility for our health, for animals, for the environment, and for the world’s hungry people.
8. Yom Kippur is a time for reflection and soul searching, a time to consider changes in one’s way of life, a time to make decisions for improvement. Hence, it is an excellent time to switch to a diet that has so many personal and social benefits.
9. According to Jewish tradition, our fate is sealed on Yom Kippur for the coming year. But repentance, charity, and prayer can avert a negative decree. However, people have determined the fate of animals before they are born, and there is virtually no possibility of a change in the cruel treatment and early slaughter that awaits them.
10. Yom Kippur is a day of atonement, a day of being, in effect, at-one with G-d. One way to be more at-one with G-d is by adopting a plant-based diet, and thereby not harming animals, since “G-d’s tender mercies are over all of His creatures”. (Psalm 145:9).



HIGH ENERGY DELIGHT

INGREDIENTS (ROOT VEGETABLES):

2 carrots, grated; 1-2 parsnips, grated; 1 rutabaga (swede), grated; 1 turnip, grated; one 3" slice of daikon radish, grated.

INGREDIENTS (SALAD VEGETABLES):

2 cups mixed baby greens (packaged greens); 2 cups sunflower sprouts, cut up; 1 cup red pepper, cut into long strips; ½ cup cucumber rounds, cut in halves; 1 large shallot, chopped fine; 2 scallions (spring onions), chopped fine; ¼ cup chopped parsley; 1 cup green cabbage, thinly sliced; ¼ cup celery, sliced; 1 cup kale, broken in pieces; juice of 1 lemon or lime; 2 tbsps dulse flakes; 2 tbsps grated unsweetened coconut.

METHOD:

Put kale in sieve, pour water that has been brought to boil and cooled for 1 minute over kale. Drain. Add all salad ingredients except lemon juice, dulse, coconut flakes and red pepper to root vegetables except daikon.

Sprinkle salad liberally with lemon or lime juice. Toss thoroughly. Sprinkle dulse on top. Follow with the coconut flakes. Decorate with red pepper or Daikon radish rounds. Serve with Asian dressing on the side. Serves 10-12.

NB Other good vegetables to grate for the base are celery root and winter squash.

David Klein here offers us some "enzyme-alive" raw food recipes:

Tsimmis

INGREDIENTS:

3 cups carrots; 1 sweet potato; ½ cup organic raisins; 1 red delicious apple; 1 stalk of celery.

METHOD:

Peel and grate apple, sweet potato and carrots and finely chop celery. Combine all ingredients above in a bowl and toss.

INGREDIENTS FOR DRESSING:

1 red delicious apple; 2 cups grated carrots; ½ cup almonds; fresh apple juice or distilled water.

We devote this quarter's cookery column to a look at raw food recipes. Interest in raw-foods is growing at an all-time high level, as Karen Noble of The Raw Food Centre in London, England writes:

"Like the spores of a giant puffball that's burst, raw food movements are sprouting up all over the world. More and more people are abandoning the cooker, grabbing the best organic fruits and vegetables they can get and eating them as is, sometimes using blenders, juicers and food-processors to create "recipes" or present party food that is colourful and tempting. In the States, there are dozens of raw restaurants, in London, not yet, but it won't be long. In Barnet, however, we have the Fruitarian Raw Food Centre at 37 Grasvenor Avenue, Barnet, Herts, England, where we are holding workshops and gatherings and demonstrating preparation of simple delicious raw dishes. As Juliano, the crazy charismatic Hollywood "chef", says: "There's nothing cooked I can't do raw, and better."

So, for instance, sushi is easy. Stuff raw nori sheets (the black ones) with puréed vegetables, eg carrot and avocado, leave for a while so the nori gets soft and it melts in your mouth!

But whoever heard of raw curry? Well, Chris Glaseby, a raw foodist from Portsmouth, delighted us with this:

For the paste, blend avocado, red chilli and dates with ground powdered cumin and coriander seed, puréed ginger and garlic, lemon juice, chopped coriander leaf and add a few drops of Braggs liquid aminos (salt free).

Chop some white cauliflower in a food processor so it makes a "bed of rice". Chop celery, tomato, onion, green and red peppers and a little avocado. Mix this with the curry paste and pile on the cauliflower. For trimmings, grate some fresh coconut, chop a banana, and mix chopped ripe mango with onion, lemon juice and coriander leaf as chutney.

You'll be up and jumping after this, not tired, full and with a volcanic tummy!

Continuing the theme of raw food, a new video called "*The High Energy Diet*" by Dr Douglas Graham is well worth viewing. In the video, Dr Graham explains the value of raw food and vegetables and explains about food combining. Here are a couple of Dr Graham's recipes:

CELERY SLAW AND DRESSING

INGREDIENTS:

1 large bunch of celery; 2 red bell peppers; 3 or 4 tomatoes; 4 oz fresh walnuts.

METHOD:

Grate the celery and peppers and place in a bowl. Blend the tomatoes and walnuts and use as a dressing.

INGREDIENTS:

2 cups raisins; 1 cup almonds; 3 cups raw coconut flakes; 1 lemon, juiced.

METHOD:

Grind almonds in a food processor, then add raisins, 2 cups coconut and lemon juice. Form the mixture into balls. Roll the balls in the remaining coconut. Serve fresh, or refrigerate – keeps 2 to 3 days.

MOCK TUNA SALAD

INGREDIENTS:

3 cups walnuts, soaked 12 hours (avoid old rancid nuts!); 3 cups carrot pieces; ½ medium onion, chopped in large pieces; 1 cup celery pieces; ½ cup chopped parsley; ¼ cup fresh dill (or 1 tsp. dried); 3 cloves garlic; 2 lemons, juiced; dulse flakes to taste.

METHOD:

Run the walnut and carrots through a Champion juicer using the “blank” plate to make a smooth paté. “Pulse” garlic, onion, celery and herbs in a food processor until coarsely chopped. Place all ingredients in a bowl and mix. Add dulse flakes to taste. Form into a round loaf with parsley garnish if desired.

HOLIDAY LOAF

INGREDIENTS:

1 batch of seed cheese (see recipe below); 1 each red and yellow bell peppers, chopped; 1 cup sunflower seeds, ground; 1 tbs. dulse flakes or kelp powder; 1 green or red onion, chopped; 1 handful of parsley.

METHOD:

Mix all together and form into a loaf. Garnish with parsley.

SEED CHEESE

INGREDIENTS:

2 cups sunflower seeds; 1 cup almonds; ¼ cup sesame seeds.

METHOD:

Soak all together overnight in a jar, then rinse well and allow to sprout for no more than 3 hrs. Then run through a Champion juicer. Use with Holiday Loaf recipe, or serve as a veggie or cracker spread, or as a salad dressing.

For additional raw food recipes, check out Living Nutrition Magazine – see the Living Nutrition online sampler at <http://www.living-foods.com/livingnutrition>.

Mix dressing together with other ingredients.

In a blender, chop ½ cup of almonds, add one red delicious apple, peeled and cored, and two cups of grated carrot. Blend until creamy. Add a small amount of distilled water or fresh apple juice to reach consistency desired.

ESSENE BREAD

INGREDIENTS:

4 cups soaked wheat berries; ½ cup to 1 cup minced vegetables; 2 tbs. seasoning (caraway seed, poppy seed, sesame seed, garlic, etc).

METHOD:

Soak the wheat berries 15 hrs., drain, rinse and allow to germinate for 15 hrs. Grind the berries, add vegetables, season on top, form loaf. "Bake" in the sun or warm place (70° to 90°F) until firm (12 to 24 hrs.). Bread may need to be turned so that bottom will dry. Enjoy!

SPROUTED RYE CRACKERS

INGREDIENTS:

1 cup sprouted wheat; 1 cup sprouted rye; dates (to taste); 1 tbs. caraway seeds; onions, chopped fine (as desired).

METHOD:

Sprout wheat and rye for 1 day. Process wheat, rye and dates through a Champion juicer (you can also use a food processor). Mix in onions, caraway seeds and dates to taste and mix well. Spread mixture as thin as possible on your dehydrator trays with a fine mesh screen or baking paper sheet on top. Dehydrate at 105°F for 5 to 6 hours and then flip the mixture and remove the paper sheet. Continue dehydrating until desired consistency.

Optional: You could add garlic, onions, carrot juice, herb or chilli powder, cumin in any combination. Be creative and make up your own recipe.

RAISIN BALLS

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Charge D'Affaires

by Lawrence I Wolitz

We keep a secret rendezvous,
Spring's harbingers and I –
Assembled peepers cheering there,
And geese honk down the sky.

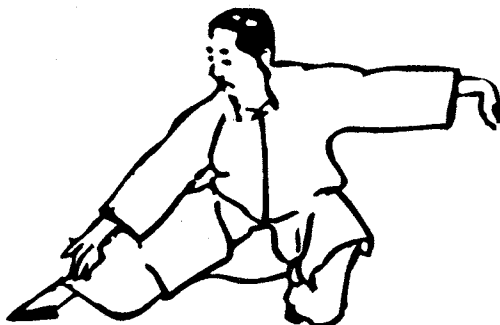
I mark the time of crocuses,
Take charge an admiralty
Of fleets of nodding daffodils,
Arisen on the lea.

Waves of warblers inventory,
The forest's vast account –
There, twig to twig spring tidying,
The tasty beetles count.

All creatures test the honeyed air,
Gray winter's grip now thin –
Say I to every wakened one,
Where has my beauty been?

Beneficence rules heaven high,
Yet earth man's sacred care –
Know thou and I accountable,
Mankind made Charge D'Affaires.

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Dear Sir

Dear Editor

I would like to address the letter from Sundari Heller regarding Buddhism and meat-eating.

I don't know what the medical reasons for eating meat might be which Sundari Heller refers to, unless she means as a matter of survival, as she refers to the mountainous and cold regions of Tibet, where there is obviously less vegetation and the growing of crops would be more difficult. I would be very interested to know what "medical reasons" there might be for eating meat.

Ms Heller describes herself as being "strictly vegetarian" for 14 years, yet seems to believe that it is difficult to uphold the practice of not wearing leather, silk or wool, which is what strict vegetarians/vegans do indeed practise, and without very much difficulty, especially with the help of guides such as *The Animal Free Shopper* (published by the Vegan Society, UK). So when she asks if the "people of a squeamish or somewhat sentimental nature" wear leather footwear, the answer is yes, most of them do, and most of the squeamish and sentimental eat meat – they choose to keep their eyes shut to the horrors of animal abuse to feed and clothe them, as they too believe that to adjust their lifestyle would inconvenience them too much. It is those who have opened their eyes and minds to the horrors who do not wear, eat or use the products of animal abuse.

Regarding the point of compassion to one's fellow human beings the first principle in all religious traditions and animal life coming second, I would argue that what generally comes first is one's family, then one's group – in this instance a religious grouping, one could then go on to the area in which one lives, one's country, race and so on. This is where racism can develop from, and speciesism is what Ms Heller is advocating, ie to give priority to a human, whether you know them or not, at the expense of an animal. This is what does happen, and individuals, given the choice, may choose this to happen in a hypothetical situation, but that doesn't make it right. It just means we can choose, but that choice may be self-interest, or empathy on behalf of a fellow human, in that we are more likely to feel we know what our fellow humans might be going through, than an individual of another species.

I will end with a quote from Brigid Brophy which possibly outlines a little more clearly what I am trying to say: "I don't myself believe that, even when we fulfil our minimum obligations not to cause pain, we have the right to kill animals. I know I would not have the right to kill you, however painlessly, just because I liked your flavour, and I am not in a position to judge that your life is worth more to you than the animal's to it."

Yours sincerely
Ruth Goldberg

Dear Shirley

With this cheque and form come my profound apologies for taking so long. Taking out Life Membership means never having to contact me again for membership requests!

I would like to request a change in the tone of the articles in the magazine. The authors should know you are *preaching to the converted*. I loathe the articles about mistreated animals and ill-health from a non-vegetarian diet. I lend my support because I believe in these principles. I do not need further convincing. Therefore I do *not* read articles with these messages because I find them *abusive* and attacking the *intelligence* of the reader – who would prefer to read articles about those who are living the principles, more about food and its preparation, mineral/vitamin tips, such as spots on nails, maybe lack of zinc, and practical articles. No more doom and gloom!


I cannot change the world nor is that my goal. I set my example the best way I know how by my actions. So please re-think the objectives of the articles. The tone of the last magazine was off-putting. I need to hear from people who are succeeding and why, not about how they turned away from abusing animals; more about what works now. I prefer positive, constructive themes.

I wish everyone at JVS the best.

Esther Barnet Stern, Holland

When they started spraying the land, Jack said it would be dangerous and lead to problems. "You're crazy", they told him. "I'd rather be crazy than poison our planet", Jack replied. Now we're starting to realise that maybe it wasn't Jack who was the crazy one after all.

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SEVENTH EUROPEAN VEGETARIAN UNION CONGRESS, WIDNAU, ST GALLEN, SWITZERLAND 18th – 23rd JULY 1999

by Julie Rosenfield



Pictured at the EVU Congress in Widnau, JVS member Brian Jacobs.

this gave rise to some very motivating talks on how to keep fit and well on a vegetarian diet. Dr Douglas Graham (USA), who has trained many top athletes, affirmed that “vegetarian athletes look better, feel better and achieve better results.” He outlined the important ingredients in the diet as being simple sugars, mineral salts, proteins, fats and water, all of which are found in abundance on a vegetarian diet. “If any of these are not sufficiently available, athletic performance will drop off,” he explained. He said that the best food choices were whole foods, and that these should be fresh, raw, ripe and organic. He recommended that people increase the percentage of fruit in their diet, thus offering them the chance to “experience the joy of being well, and having a clear mind and a healthy body.”

Professor Rozalind Gruben (UK) is always a popular speaker at these congresses and, as always, succeeded in motivating the participants to increase their level of fitness, by taking up some form of activity rather than just expecting to be healthy through what they eat. “Vegetarians think they are guaranteed a ticket to health just through food. If you want to inspire and motivate other people, inspire by example,” she advised. She talked on the need for physical exercise to keep osteoporosis at bay. She explained that it was important to keep a good posture, otherwise the muscles, bones and joints would deteriorate. She recommended that people always “earn” their meals by spending at least 10 minutes beforehand practising some form of exercise, whether it be walking, skipping or running up and down the staircase.

In the evening, the Annual General Meeting of the EVU took place, at which exciting plans for the Vegetarian Symbol were announced, with hopes that it will be added to the packaging of many different vegetarian products throughout Europe. It was also announced that the next EVU Congresses are

The Seventh European Vegetarian Union Congress was held at Widnau in Switzerland in July of this year. Under the theme of “Vegetarian to the Future”, the event was attended by 300 people from 25 countries. The Congress had taken two years to plan, under the tremendous organisation of the Secretary of the European Vegetarian Union (EVU), Sigrid de Leo.

The location of Widnau was described by departing President of the EVU, Professor Dr Marcel Hebbelinck, as being “in the middle of nowhere and the middle of everywhere.” This meant that Widnau was in a peaceful, quiet location yet accessible to people all over Europe. As it bordered four countries, many of us were amused to find ourselves attending an event in Switzerland and staying a few miles away in a hotel in Austria – all courtesy of a well-organised shuttle service!

We present here some of the highlights of the congress to give just a flavour of this special event.

We arrived on Sunday 18th July and, after a leisurely lunch, were able to enjoy a lively afternoon workshop as Dr Ramchand Bulchand (India) demonstrated how to relieve aches and pains using magnets. Certainly those who participated seemed to benefit from it. In the evening, the Opening Ceremony took place with an opportunity to enjoy some local folk music with Swiss Alpine Horns and yodelling being demonstrated. This was followed by an opportunity to socialise while enjoying a sumptuous vegan buffet.

On Monday 19th July, the morning was devoted primarily to man’s relationship with animals. Speakers included Joyce D’Silva (UK) of Compassion in World Farming (CIWF), who spoke eloquently and movingly about the conditions in which farm animals are kept. She pondered the question of whether it was enough to be vegetarian or vegan, and said it was important not just to make dietary changes but also to work actively towards helping animals. “I believe it’s possible to have a vision of a vegan utopia and yet work to relieve the sufferings of animals now.”

The afternoon saw some excellent talks on achieving and maintaining good health. These included David Wolfe (USA) who, in his inspiring talk “Nature’s First Law – Raw Food”, spoke about the benefits to be gained by adopting a raw food diet. He stressed that such a step was not an easy one but one that would be beneficial. “A peaceful philosophy begins at breakfast. If you want your health back, you can have it back, but there’s no magic pill. It takes discipline, effort and knowledge and you’re worth it. You owe it to yourself to give yourself the best quality of what’s out there.”

Continuing the theme of taking responsibility for one’s health, Dr Hans Diehl (USA) in his talk, “Reversing Heart Disease with Knife and Fork”, spoke on dietary choices saying, “Heart disease is a disease of choice, you create it yourself.” He said that people could change their risk factors of contracting heart disease in four weeks. “You can make changes by changing your diet, putting on running shoes, being nicer people and learning to cope with stress.” He said that a total vegetarian diet could prevent up to 95% of heart attacks.

The evening’s entertainment included a pretty slide show on the sights and sounds of nature to be found in Switzerland, to the delight of those present.

Tuesday 20th July was devoted to looking at sport and nutrition and

– beans mistakenly being served and sixty people became ill as a result. The situation was dealt with very well with those affected being treated very efficiently by the local medical personnel. Everyone had recovered by the next day and it was heartening to notice the real camaraderie amongst the participants as people helped each other in a caring, calm way. It did, however, serve as a very important reminder – beans should never be eaten raw – they must always be cooked, or in some cases, sprouted.

On Friday, happily everyone was fit and well enough to enjoy the final day of the Congress. Dr Irina Medkova (Russia) gave an interesting talk including details of dietary studies carried out on a vegan community in Siberia, where the diets of 90 people were studied and found to have low cholesterol levels and sufficient levels of B12. The people surveyed were certainly healthier than their non-vegetarian counterparts, 20 of whom were studied as a control group.

Other speakers included former famous actress, Barbara Rutting (Germany), who said that vegetarianism offered a better quality of life, but it was important to eat healthily and not be a “pudding vegetarian.” She has been working very hard in the field of animal protection and recently presented an important thesis on this issue in Russia. She said on the argument for the vegetarian lifestyle: “What we eat is a political not a private issue.” Condemning world hunger, she called the system whereby it takes 10 kilos of plant protein to produce 1 kilo of animal protein “irresponsible” and said a fairer distribution of world food was needed.

There was also another welcome opportunity to listen to Dr Hans Diehl, who this time spoke on how a vegetarian diet could be used to reverse the effects of diabetes. He said that in the USA, 9 million people had been diagnosed with diabetes, with 7 million being undiagnosed, and that the rate doubled every 15 years. He said that the true culprit was the high fat content of the Western diet and quoted studies carried out on medical students who were given a high-fat diet for one week, out of whom 70% then showed up as diabetic. He quoted Professor James Anderson MD who said: “There is no scientific debate, only political debate. Some 50%-75% of type 2 diabetics on insulin and 80%-90% of those on pills could normalise their blood sugars and be off medication in weeks if they changed their diet.”

Other notable speakers included Alex Bourke (UK) who spoke on how to become vegan and Tina Fox (UK) who gave a presentation on the changing face of vegetarianism in the UK.

The farewell dinner then took place which was followed by a lively tombola and an opportunity to hear the musical entertainment of Claudia Sorensen and the beautiful voice of Dr Lilly Diehl.

All too soon, it was time to say goodbye to friends old and new. As always it was a pleasure to meet with JVS members and this time we were delighted to meet Rochelle Olifson of the USA, as well as Gail Kaufman of Switzerland who we last saw at the congress in Italy, two years ago.

All in all, the Congress was very enjoyable and a great success and we give our thanks to the tremendous work done by Sigrid de Leo, Francesca de Leo, Renato Pichler and all those involved with the organisation and smooth-running of the event.

scheduled to take place in Turkey in 2001 and Sweden in 2003.

Wednesday offered a chance to take one of several excursions. For those not wishing to travel too far, there was the opportunity to take a local train to visit nearby St Gallen with its excellent exhibition on the Dead Sea scrolls. A particularly enjoyable excursion was a full day trip to Santis, the highest mountain in Eastern Switzerland. This started with a visit of particular interest to anyone familiar with medical herbalism: a tour of Dr Vogel's Museum and herb garden. Here we were shown a fascinating video on how the herbs are turned into many different potions. After a mountain-side lunch, we visited the Santis mountain, and the more intrepid took a thrilling ride in a cable car, where we were almost blown away by strong winds, but the view was well worth it! We then visited the picturesque town of Appenzell, where we managed to find a delightful organic health food shop. Other congress participants enjoyed days out to Ticino and Liechtenstein.

Thursday began with Franz Konz (Germany) speaking on Classical Naturopathy. He began his talk with a song, saying that singing sends out reverberations which come back as health and is part of classical nature cure. He said that 1,800 drugs are withdrawn from the market every year but nature cure never has to be revoked. He was joined by Barbara Simonsohn (Germany) later in the day for a close look at wild foods, focusing particularly on the benefits of stinging nettles, with participants being given the opportunity to look at different wild plants.

One of the most striking talks of the week was the one given that morning by Sergeant Sherry Schleuter (USA). Sergeant Schleuter runs a unique unit in Florida which investigates reports of crimes against animals, children, disabled adults and the elderly. She spoke on the connection between animal cruelty and human violence. Her talk was harrowing in parts but necessary for those present to understand how violence in the home can often start with the animals and extend to members of the family.

During the Congress, the food was generally of a very good standard, with plenty of salads and fruit laid on for the raw food eaters as well as varied dishes containing pasta and grains for those who enjoy hot food. Thursday afternoon, however, saw an unfortunate incident with a case of accidental food poisoning. This resulted from a dish containing soaked – but uncooked



All smiles at the EVU Congress! From left: JVS members: Rochelle Olifson and Julie Rosenfield.

Hijiki is particularly high in iodine, iron and calcium. It needs to be soaked for ten minutes before cooking and will increase in bulk by two or three times. It is cooked with three cups of water to one cup of hijiki. It can be added to soups and stews and is very tasty.

KELP

During the first and second world war, Kelp was used to make gunpowder. However, it now has a use as a different kind of powder – namely a condiment, once it has been roasted and ground. It is then added to other foods rather than being eaten as a vegetable. It is particularly rich in calcium.

KOMBU

Kombu needs to be soaked and cleaned in a little water to make it soft. It is great for making soup stocks. A useful tip when cooking beans is to add a strip of kombu to them at the beginning of the cooking time. This will make them cook more quickly, flavour them and make them easier to digest. The same piece of kombu can be used a few times in this way.

Kombu can also be made into a side dish by chopping it up into small pieces, cooking with root vegetables and then seasoning with sesame seeds and soya sauce.

LAVER

Laver is often mixed with oatmeal to make laver bread or spread onto wholemeal bread with some lemon juice.

NORI

Nori is sold in sheets, either toasted or untoasted. It is very high in protein and contains most vitamins, particularly A and C. It can be crumbled in salads and soups or rolled up and filled with rice and vegetables to make Nori or Sushi Rolls.

WAKAME

Wakame, with its mild flavour, makes it a particularly popular sea-vegetable, especially amongst people unaccustomed to the taste of seaweed. Like Kombu, it can be cooked with beans to soften them. Otherwise it can be used in soups, marinated dishes or salads. It is an important source of calcium and is said to prevent hypertension. It needs to be soaked for 10 minutes before cooking well.

A good way to use it is in a salad by mixing chilled wakame with sliced cucumber in a vinegar dressing.

Here are some more nutritional pointers about seaweed:

Nori contains 2 – 4 times as much vitamin A as carrots and 10 times more than spinach.

Hijiki, Wakame and Arame contain 11-14 times more calcium than milk.

Kombu, Wakame, Arame, Hijiki and Nori contain 3 – 8 times more iron than beef.

Just to get you started on the seaweed trail, here are a couple of recipes:

Wakame Stew

WINNING WAYS WITH SEAWEED

by Julie Rosenfield

As a recently-qualified holistic therapist, I often encounter patients with an under-active thyroid. I always advise them to include seaweed in their diet as this contains iodine which is beneficial for their condition. “Do you take any seaweed?” I ask them. “Well, only that green stuff you get in Chinese restaurants” is the all-too-frequent reply. They are often surprised when I tell them that the “green stuff” they are talking about is, all too often, fried cabbage which has never even seen the sea!

For vegetarians and non-vegetarians alike, it is very important that we include seaweed in our diet. Seaweed contains important trace elements and, as we have already seen, contains the mineral iodine which is essential for healthy thyroid functioning. In addition, seaweed is high in vitamins and minerals. Reports from the Norwegian Institute of Seaweed Research show that it contains thirteen vitamins including vitamins A, B, C and D, twenty amino acids and sixty trace elements.

Many people do not eat seaweed because they are unsure as to how to use it and are put off by the unfamiliar sounding names. Seaweed – or sea vegetables – as it is also known – is most often found in dried form in packets and sold in health shops. Some supermarkets are now beginning to sell fresh seaweed too, so it is worth checking out the refrigerated section of your local store. It is definitely worth the effort to become used to the different types of seaweed. As well as it being such a healthy addition to the diet, it is also delicious.

Here is a guide to some of the more well-known varieties of seaweed with some ideas on how to cook them.

AGAR AGAR

This is also known as Kanten, and is a great addition to the store cupboard. It is used as a setting agent for jelly-like desserts instead of animal-based gelatine. It is readily available in dried flakes. It is normally added to water, simmered for a few minutes and sets on cooling.

ARAME

This is a very popular, versatile seaweed with a mild, nutty flavour. It can be used in soups, with rice or other vegetables, or as part of a salad. It needs to be washed first in cold water, then soaked in fresh water for around 15 minutes before being cooked or added to a recipe.

CARRAGEEN

This is also known as Irish Moss and is often used as an emulsifier in the food processing industry. It is useful as a thickener for soups or stews and can also be used in jellies. Alternatively, it can be deep-fried and sautéed with vegetables.

DULSE

Dulse is a very versatile sea vegetable. It is red in colour and has a slightly spicy taste. After washing thoroughly, it can be added to salads, soups, grains or vegetable dishes.

It can even be deep-fried to make salty chips!

HIJIKI

Ingredients: 1 lb (400g) cauliflower or broccoli, chopped; 2 oz (50g) wakame, soaked in 1 pint soaking water; 2lbs parsnips or potatoes, chopped; 1 onion, large; 1 tsp cumin; ½ tsp coriander; 2 cloves garlic; 1 tbsp cold pressed sesame oil; 1 tsp mustard seed.

Method: Fry mustard seeds in oil – take care as they pop when hot. Sauté onion and garlic. Add potatoes or parsnips, cumin and coriander. Add chopped broccoli or cauliflower to sautéed vegetables. Add wakame and soaking water. Bake in the oven at 350 degrees F, 180 degrees C (Gas No 5) for one and a half hours. Season with sea salt or shoyu.

Barley and Dulse Bake

Ingredients: 1 oz (12 g) dulse, chopped and soaked in one pint water; 8 oz (200g) barley or rice; 4 oz (100 g) mushrooms, sliced; 2 cloves garlic, finely chopped; 3 sticks celery, finely chopped; 8 oz shallots or spring onions, whole; 2 tbsps cold pressed safflower or sunflower oil; 1 tbsp soya sauce; 1 tbsp mixed herbs.

Method: Sauté shallots and mushrooms in oil until soft. Add the garlic and soya sauce. Add mixed herbs. Add celery, mix well and sauté. Add rest of ingredients. Bake in oven for 1½ hours at 325 degrees F, 170 degrees C or Gas No 4.

We hope you've enjoyed our look at seaweeds and will take the time to get to know them and include them in your diet. For further reading about sea vegetables, we suggest:

The Quick and Natural Macrobiotic Cookbook by Aveline Kushi and Wendy Esko, published by Contemporary Books.

Practically Macrobiotic by Keith Michell, published by Thorsons Publishing Group. You can also write for a free recipe leaflet to Sea Vegetable Information and Recipe Leaflet, Clearspring Ltd, London W3 7QE, England.



The Jewish Vegetarians of North America invite you to subscribe to their quarterly newsletter. Packed with articles, recipes, reviews and contact details, this publication is a must for Jewish Vegetarians living both in the USA and overseas.

To subscribe, please send \$12.00 for one year (USA) or \$15.00 (outside USA) to Jewish Vegetarians, 6938 Reliance Road, Federalsburg, MD 21632, USA. Tel: 410 754 5550 E-mail: imossman@skipjack.bluecrab.org. For a sample newsletter, please send \$1.80. Payment can be made by American cheque, Visa or Master credit card.

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and deprive millions of their right to look after their health in a way they want to. At a stroke, it will remove all herbal remedies.”

The herbal remedies industry is worth more than £3 billion in Europe. Many people turn to herbal remedies following disillusionment with chemical-based drugs and their side effects.

In the UK, a draft law has been prepared which if adopted would give the Medicines Control Agency sweeping new powers to class herbs and health remedies as medicines, with police officers having the power to remove them from shops. A spokesman for the Department of Health said, “When deciding if it is a medicine, we will look at its claims and effects on the body.” Member of Parliament, David Tredinnick, Treasurer of the Parliamentary Group for Alternative and Complementary Medicine, said: “It is preposterous, it could be applied to cinnamon, orange skins, celery and even spices. Where will it end?”

VIVA VICTORY!

Campaigning organisation, Vegetarians International Voice for Animals (Viva!), recently declared victory in their campaign to end the sale of exotic meats such as kangaroo, alligator, crocodile and ostrich in UK supermarkets.

Viva! started their campaign three years ago by targeting individual supermarkets and focusing public attention on the cruel trade in wild animals. As Waitrose became the final supermarket to stop selling exotic meats in the UK, Viva! Director, Juliet Gellatley, said: “This is the final victory for wildlife against the big supermarkets... We have shown that these monolithic organisations are extremely vulnerable to public pressure and we have effectively stopped them from acting as Trojan horses for the exploitation of the world’s disappearing wildlife.”

For further information, please contact Viva!, 12 Queen Square, Brighton, East Sussex BN1 3FD, England, tel: 01273 777688, fax: 01273 776755, e-mail: info@viva.org.uk, or visit their website: www.viva.org.uk.

TASTEFUL SURVEY

The 1999 Realeat Survey into meat-eating and vegetarianism was

NEW! NEW! NEW!

The official cookbook of the JVS

“Jewish Vegetarian Cooking”

by Rose Friedman

UPDATED – REVISED – ENLARGED

A lovely present for your friends in the coming gift-giving season. Price £6.99, posted anywhere (postage UK £0.49; USA £1.42; Australia £1.42. Quarterly postage by Mercury Airfreight at low postage rates. 15% discount for resale purchasers).

VEGETARIAN MINISTER IN TOP AGRICULTURAL POST

In May of this year, Welsh farmers were surprised to see the position of Welsh Agriculture Secretary being given to Christine Gwyther, who has been a vegetarian for 20 years! The move brought disquiet from Bob Parry, president of the Farmers Union of Wales, who expressed his concern at her appointment: "Somebody who does not eat meat cannot support the agriculture industry."

However, Welsh Assembly First Secretary Alun Michael gave Ms Gwyther his full backing saying, "I think Christine is the right person for the job. I am sure farmers will see the value of the appointment and the strength Christine brings to this job as she gets stuck into it."

Ms Gwyther said after the meeting: "When Alun Michael offered me that job, he assured me I was the best person for the job and nothing since has changed my mind about that."

Hugh Richards, president of the National Farmers Union of Wales, said: "At this point in time I see no problem in working with Ms Gwyther. I was surprised at the appointment but, having said that, we will work with her."

ARTY OTTER

The art world has been rejoicing in a surprising new talent – an otter called Beenie! Beenie, who lives with three other otters and a lady called Daphne Neville in Gloucestershire, England, paints watercolours using her paws and tail. Daphne said: "Her studio is a circle of wire netting in the garden where we place different saucers of paint. She gets really excited and prints all over the canvas with her feet. She then finishes off by swishing around with her tail. The overall effect is a bit Japanese which is appropriate as she comes from a family of short-clawed Asian otters."

An exhibition of her distinctive pink and green paintings raised £400 at an exhibition at the Wildlife Art Society in Bath in June. The money raised will be donated to animal conservation charities.

THREAT TO HERBAL REMEDIES

More than seven hundred herbal remedies are under threat in Europe, following a European Commission scheme to make it illegal to sell them without a licence.

This would mean that natural products such as garlic extract, ginseng, evening primrose oil and camomile would be put on a similar legal footing to pharmaceutical drugs. The cost of obtaining a licence would be prohibitive and could lead to many people going out of business. Chairman of the European Herbal Practitioners Association, Michael McIntyre said: "This will criminalise thousands of practitioners, destroy hundreds of small companies

The logo for Plamil, featuring the word "Plamil" in a stylized, bold, sans-serif font. The letters are white with a thick black outline, and the text is slanted upwards from left to right.

Plamil produces 30-plus different lines. All non-dairy, and stocked by health food wholesalers throughout the UK, so easily available to all health food stores. No genetically engineered ingredients.

Literature – sae – Plamil Foods, Folkestone, Kent CT19 6PQ, UK.

less meat was 'Taste'. This has overtaken the previously most popular reason of 'Health'.

Graham Keen, Marketing Director of the Haldane Foods Group, said: "Now that 'Taste' is becoming such a key factor, does this suggest that people are 'going off' eating meat, especially now that so many great-tasting meat-alternative products are available to them?"

The timing of the survey was particularly interesting as the 1997 survey had shown many people giving up meat because of the BSE scare. Graham Keen said: "We thought that the trend towards eating more vegetarian and meat-substitute foods had been boosted by the onset of BSE and other food safety debates. However, the concern about BSE has abated, but the reduction in meat consumption continues. The trend towards a varied diet incorporating vegetarian and meat-substitute foods is not a knee-jerk reaction to food scares, but is now well-established and set to continue."

CHIN UP!

News has reached us of a chinchilla sanctuary where some help is needed. The Chin-Up Sanctuary is situated in North Wales and is home to 80 chinchillas rescued from the fur trade. "Most of them came with knotted fur, bare skin on their necks from wearing collars, and so frightened that they cowered on the floor of their cages unable to move," says Lee Campbell, who runs the sanctuary.

As well as feeding them on chinchilla pellets, Lee likes to give the creatures little treats: small pieces of apple, dried bread, carrot, a dandelion leaf, apple twigs twice a week, fresh grass, a sultana or wheat grains.

Funds are always needed to look after the chinchillas as well as the sheep, goats and pigs who also live at the sanctuary. If you can help, please contact the Chin-Up Sanctuary, Gwernallt Bungalow, Llanarmon, Chwilog, Pwllheli, Gwynedd LL53 6LJ, Wales.

TWO MORE FOOD SCARES

A major health scare in Belgium caused many meat products to be removed from the shelves in June of this year.

As Belgian officials were forced to admit that eggs, chicken, turkey, pork and beef products might be contaminated with a highly toxic chemical, dioxin, 1,500 products including mayonnaise, paté, cakes and chocolates were cleared from supermarket shelves.

A father and son were subsequently arrested and charged with mixing up animal feed with cheaper oils including toxic motor oil, containing the chemical dioxin, in an effort to cut costs.

Another scare in France led to 100,000 bottles of Cote du Rhone wine being seized when it emerged that they had been illegally mixed with dried cattle blood in the refining process. The practice had been stopped two years ago because of the threat of BSE but a swoop on 14 vineyards in the Rhone Valley found it was still going on illegally.

published in the UK in April of this year.

The survey, which questioned over 4,000 people, showed that the motivation for reducing meat consumption is now changing. In spite of food scares, debates about the merits of organic farming and concerns over genetically-modified food, the Survey showed that the main reason for eating

WHAT IS SPIRITUAL HEALING?

by Rupert Balfourth

Can the body be aided in healing itself from cancer, HIV/AIDS, and other infectious life-threatening diseases?

The answer is YES! YES! YES! All diseases are treatable and curable but not all patients are.

Many whom the doctors or medical society have declared incurable, are alive and healthy. The Author of Life can cure when medicine can do no more.

Spiritual Healing can be complementary to scientific healing and vice versa. When you are sick, it is your absolute right to seek all the help that medical science can give when a disease has a purely physical origin. The causation of the greater percentage of disease lies in some form of mental or soul disharmony, frustrations, and the like; these causes are not amenable to clinical treatment but can respond to spiritual influences.

This is the reason why so-called “incurable” conditions yield to spiritual healing when medical science can do no more. Remove the cause and the effects can be mastered.

Every state of change in the universe is the result of law-governed forces applied to the subject. This applies to health too. Medical science and all other sciences are based on this postulate. The fact that with spiritual healing recoveries from “incurable” conditions take place indicates that the intelligence behind the effort is superior in knowledge to that of man.

Healing can only take place within the framework of the physical and spiritual laws. Therefore, a healing is the result of the intelligent application of remedial forces within these laws.

People who are sick and suffering and who turn to spiritual healing for help, do indeed see some remarkable changes take place when all medical science has long since come to a standstill. There is no known condition that cannot be helped to some degree or another through the agency of spiritual healing and, therefore, when the so-called “miracles” of healing occur as we often see at public demonstration, when hundreds witness ill conditions of years’ standing yield to spiritual healing in as many seconds, then it is natural for some people to think that spiritual healing is all-powerful and that cancers, paralysis and many other sad afflictions with which the human race has to contend can be swept away at a snap of the healer’s hands.

Unbelievable, but true – and it is surprising at the number of people who seem to have the idea that the gift of healing also confers upon the spiritual healer the title “Superman” or “Superwoman”.

The healer is a channel for the healing forces and this should never be forgotten.

Can spiritual healers with afflictions themselves be able to “give out” healing to others?

Spirit healing is a law-governed process. Life itself is law-governed and human beings, whether they be kings or queens, bus conductors or astronauts, surgeons or spiritual healers – all are subject to life’s laws. If you cut off your finger, you cannot expect another to grow in its place, for it is against the natural law. Life begins and life ends on this earth, that is no-one is immortal and nothing remains constant. Decay and erosion are as much part of life as is regeneration and fulfilment. Golden hair, black hair, begins to turn to white and the human eye needs a little extra help by putting an optical lens in front of it, it is simply the law at work.

As we know, spiritual healing by the absent healing method can do much to restore good health to those who are sick, and there is no known complaint that cannot be relieved in this way. At the same time, the healing purpose can be helped by observing the ordinary laws that promote our well-being.

If the mind is tired and unhappy, the whole self tends to become depressed; we feel dull and unresponsive, there is a lack of vitality and interest.

If the mind of a distressed person continues to be full of their fears and grievances, fancied or real, then it is more difficult for the healing influences to enter into it. These are what are called psychosomatic causes, and it is now acknowledged that these are the primary causes of nearly all our sicknesses and diseases.

If ever a word evoked argument and controversy, it is the word “spiritual”. Far too often it is linked in people’s minds with the word “spiritualism” and yet it should not be.

Spiritual healing is a *therapy*, whilst spiritualism is a religion, comparable with any of the world’s principal religions.

The word “spiritual” used in conjunction with healing i.e. spiritual healing, is simply a descriptive adjective to denote the type of healing it is.

Spiritual healing comes from the Author of Life. Furthermore, because it comes from the Author of Life, who is the father of us all regardless of our race or religion, it follows that spiritual healing is not the prerogative of any particular religion but is a gift to all human family. Furthermore, spiritual healing helps men and women realise their spiritual nature, thus giving them the inspiration and the knowledge of their immortality and so inspiring them to live rightly in the Author of Life’s sight.

This is the true purpose behind spiritual healing.

Further subjects:

Yoga, Tai Chi, Meditation, Parenthood.

Why not come along and pay a visit to HQ in Golders Green where we have a large selection of books, many of which are less than half the original price? Come and have a cup of coffee and browse through. The office hours are 10.00-4.00 Monday to Thursday but please telephone before coming as there are classes taking place in the main hall at certain times. Tel: 0181-455 0692.

CONSUMER CORNER



UNIQUE GINGER DIETARY SUPPLEMENT OFFERS HOPE FOR MILLIONS OF ARTHRITIS SUFFERERS

The simple herb of ginger could hold the key to giving new hope to millions of arthritis sufferers. The usual treatment for arthritis is with anti-inflammatory drugs whose known side effects include stomach ulcers. By

contrast, Zinaxin has no known side-effects.

Zinaxin has already achieved considerable success overseas with a million packets sold around the world each year. When Zinaxin was launched in Australia, customers demanding the product besieged pharmacists. Over 30,000 unsolicited testimonials were received.

Zinaxin is not a drug, but a dietary supplement based on a highly-concentrated extract from ginger. A team of Danish scientists led by world-renowned biochemist Dr Morten Weidner studied the effects of hundreds of natural substances before isolating ginger as the most effective.

Arthritis is the single biggest cause of physical disability in the UK. It affects 8 million men and women, of whom one million are under 46, and nearly 15,000 children. One in four visits to a GP concerns one of the nearly 200 types of arthritis and rheumatism. The main symptoms are pain and loss of movement.

People can also get joint problems from the repeated impact on joints caused by participation in some sports. 9-times Olympic Gold Medallist Carl Lewis has got great benefit from Zinaxin and now officially endorses it.

Available from leading retail pharmacies throughout the country.

There is a Zinaxin Customer Freephone Helpline: 0800 3893 104

TOFUTTI PAN CRUST PIZZA PIZZAZ

Tofutti have done it again! We have been advised of the latest product from Tofutti – Living Dairy Free – No Butterfat – No Cholesterol – Milk Free Cheese. It can be found in the frozen food cabinet and each pack contains 3 delicious slices.

This is just one of the many products in the vast selection of Tofutti-Living Dairy Free range, so why not try one today, I am sure you will be very impressed.



BOTTLE GREEN NEW BOTTLE FOR SPARKLING PRESSÉS

Producers of naturally delicious soft drinks, Bottle Green, have revealed a stylish new bottle for their range of sparkling Pressés.

The fresh ingredients and clean, simple flavours of the Pressés remain the same, only the outside has changed!

The perfect accompaniment for a dinner party, or picnic, the Pressés come in four flavours: Elderflower, Ginger & Lemongrass, Citrus and Limeflower.

Available from major supermarkets, fine food and wine retailers and delicatessens and come in two bottle sizes, the smaller 25cl bottle and the larger 75cl bottle. Both are reasonably priced.



Provamel has launched new dairy-free Ice Dessert, a tasty and virtuous treat. Ice Dessert is totally dairy and cholesterol-free, high in protein and low in polyunsaturated fats, and has a delicious, creamy taste which will appeal to the whole family.

Available in three flavours – chocolate, vanilla and strawberry, Ice Dessert is excellent as a healthy and tasty treat. Soya has been found to have positive health benefits and can provide a great option for the whole family. Ice Dessert is delicious on its own, as

an accompaniment to other desserts, or can be used in dairy-free shakes for a healthy drink or pick-me-up at any time of day.

Ice Dessert is available in health food shops, in two sizes, a one litre tub and as 4 x 100 ml pots including spoons.

HALIBONBONS!

Children's tastes can be difficult to cater for and many parents find the task of providing a balanced diet, a difficult one. Particularly when the child refuses point blank to eat their 'greens'.

It is vitally important we all receive the correct balance of vitamins and minerals, but it is in the childhood years that we lay the foundation for healthy living. Health problems can occur later on in life as a direct result of not consuming adequate amounts of vitamins and minerals throughout life.

Halibonbons is new from Haliborange, the chewable Vitamin C tablet and does not contain any artificial sweeteners and are made with natural flavours and colours.

Available from pharmacies, supermarkets and groceries nationwide.

PRUNES – ELIXIR OF YOUTH

Prunes may be wrinkly but they can help make you feel young. According to a recent study in America, prunes are better than any other fruit or vegetable tested at slowing the aging process and may be a powerful weapon in the fight against cancer, says The Cancer Research Campaign.

Prunes contain high levels of anti-oxidants which scientists believe block damage to cells and protect against cancer and many age-related illnesses, including senility, cataracts and heart disease. Prunes were found to be six times better at fighting tumour-causing agents than broccoli and eight times more effective than red grapes. The idea is to encourage people to eat a healthy diet.

The news comes as The Cancer Research Campaign joins forces with Australia's leading premium quality fruit juice company, Sunraysia, to make people aware of the benefits of drinking prune juice and eating prunes.

Further information can be obtained from The Cancer Research Campaign Office, 10 Cambridge Terrace, London NW1 4JL, UK.

GET YOUR JUST DESSERTS

Provamel Launches New Dairy-Free Dessert



*granoVita UK Ltd, Unit 2, Everitt Close, Denington Ind. Est.,
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Travel Topics



Lucerne

a very wide range of nuts, dried fruits, juices etc. There are many organic products on offer and it is a good place to stock up on many useful items, for example, when planning to take a packed lunch on an excursion.

Tel: (01) 262 3162.

LUCERNE

HOTEL HOFGARTEN, STADTHOFSTRASSE 14, 6006, LUCERNE

The Hotel Hofgarten offers an exciting vegetarian menu, with charming outdoor seating and is conveniently situated close to the centre of Lucerne. They offer a variety of fresh fruit juices including delicious tropical drinks containing pineapple and coconut. Their comprehensive menu contains a variety of dishes including starters such as Gazpacho and Kohlrabi Soup, main courses such as Satay, Green Thai Curry and Risotto, large bowls of mixed salads and some appetizing cakes for dessert.

Tel: (041) 410 88 88, Fax: (041) 410 83 33. Open daily, 11.30-23.30.

SONNENWIRBEL, GRABENSTRASSE 8, MARIAHILFGASSE 2, 6004 LUCERNE

This popular health-food shop also contains a tiny vegetarian café. Although the café was closed for holidays during our visit, we are reliably informed that they offer good organic food with a choice of two dishes for lunch every day for 10 Swiss Francs as well as offering sandwiches and salads. The shop itself has much to offer including a wide range of organic vegetables and fruits, grains, nuts, beans as well as a little gift section. Well worth a visit.

Closed Sundays. Tel: (041) 410 0744.

WORLD OF JUICE AT NIEDERBERGER,

SWITZERLAND

With its magnificent lakes and mountains, Switzerland's a beautiful country and is an ideal place for vegetarians to visit. Many people are health-conscious and it is easy to find organic fruits and vegetables at local markets as well as in good health food shops and vegetarian restaurants. Here are just a few places worth visiting in the enchanting cities of Zurich and Lucerne.

ZURICH

BONA DEA, BAHNHOF BUFFET, 8001 ZURICH

This elegant, beautifully-furnished vegetarian restaurant, situated next to the main train station in Zurich, is an excellent find. It offers an extensive self-service buffet of gourmet vegetarian dishes in charming surroundings.

They offer a choice of soups, eg avocado soup, and many salads and starters including hummus, stuffed vine leaves and sun-dried tomatoes. Main courses on offer are numerous and include soya stroganoff, sweet and sour tofu as well as tasty Indian dishes such as jackfruit curry and aloo gobi. Most of the dishes are suitable for vegans as they use coconut milk. Desserts include apple strudel, fruit salad and Swiss cherries. Prices in Swiss Francs range from 7 for a salad, 18 for a small plate, 25 for a large plate and 35 for soup, salad, hot dishes and dessert. Highly recommended.

Tel: (01) 217 15 15. Fax: (01) 217 15 00. Website: www.bahnhofbuffet.ch
Open Mon-Fri 11.30-14.30 and 17.30-23.00. Sat: 17.30-23.00.

HITL RESTAURANT, SIHLSTRASSE 28, 8001 ZURICH

Dating back to 1898, the Hiltl is justifiably proud of being the oldest vegetarian restaurant in Europe. The Hiltl has much to offer including delicious fresh juices and an enormous self-service hot and cold buffet where dishes are charged by weight. The salad bar offers 40 different salads, and main dishes include vegetable paella, mushroom stroganoff, tofu schnitzel and, like the Bona Dea, it also offers many Indian dishes, although vegans need to check as many of these did contain dairy products. A huge seating area is offered both inside and outside and a take-away service is available. The restaurant is very lively and popular and it is advisable to book for the evenings.

Open Mon-Sat 0700-2300, Sun 1100-2300. Tel: (01) 227 70 00, Fax: (01) 227 70 07.

POT AU VERT, LIMMATQUAI 142, 8001 ZURICH

This restaurant was closed during our visit but it offers an interesting-looking menu. For lunch, dishes available include a choice of salad buffet, Tofu Steak with Mushrooms, Onions and Salad, and Vegetable Croquettes in Tomato Sauce with Broccoli, followed by Orange Cake. The dinner menu includes Tomato Soup, Tofu Ragout Provencale and Couscous, with Mango Mascarpone for dessert.

(01) 261 42 20. Open Mon-Fri 11.30-14.30 and 17.30-22.30.

BIO-DORFLI – CHRISTINE LERF, ANKENGASSE 7, 8001 ZURICH

This is a very useful health-food shop, centrally situated, which offers

CAFÉ RENDEZVOUS, BUOBERMATT, LUCERNE

This American juice-bar provides a welcome refreshment break for the thirsty traveller. They offer freshly-squeezed fruit and vegetable juices including carrot, orange, tropical and vitamin juices as well as some super smoothies.

LLANDUDNO, NORTH WALES

Jo & John Carpenter would like to extend a welcome to *Plas Madoc*, their exclusively Vegetarian Guest House, situated on the lower slopes of the Great Orme, where one could enjoy the splendid views of Llandudno, the sea and the mountains of Snowdonia.

All guestrooms are en-suite, all have colour TV's, tea and coffee making facilities and many little extras that you may need during your stay. It is a non-smoking establishment. The guest lounge is comfortable and well-stocked with books, games, maps and guides (no television) – a nice place to relax. There is a large sun terrace with far-reaching views and have off-road parking for approximately 5 cars.

Plas Madoc offers special rates for bookings of 3 nights or more, groups of 6 or more, and out of season breaks. Jo and John Carpenter offer 10% discount to members on production of their membership card.

Why not visit Jo & John for that special break in beautiful North Wales?
Tel: 01492 876514 for a brochure.

list of events please request our Courses leaflet from our Wardens.

We look forward to welcoming you.

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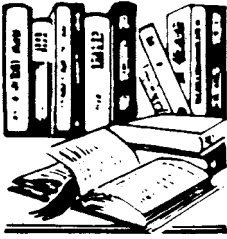
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Managed by Friends Fellowship of Healing, Claridge House is situated in a peaceful south-east corner of Surrey, easily reached by train from London. Set in beautiful gardens and offering a relaxing and tranquil atmosphere.

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We also have an exceptionally wide range of courses based on health and healing themes, all led by qualified instructors. For a full



Book Reviews

The Vegetarian Kitchen

by Linda Fraser

This second book by Linda Fraser contains over 200 classic recipes, appetizing dishes for every occasion with photographs step-by-step. The recipes range from simple salads, snacks, pasta and pizzas to wonderful casseroles and vegetables, delicious desserts, cakes and breads.

The book begins with an introduction to the main ingredients of vegetarian cooking, plus all the sauces, spices, herbs and flavourings that make meals memorable. There's a look at useful equipment, such as peelers and graters, knives, and pots and pans, and an illustrated section showing how to prepare all the essential vegetables, flavouring ingredients, dressings and relishes.

This beautiful Hardback book would grace any kitchen. Published by Lorenz Books. Price £17.95 plus P&P. Available from JVS.

Simply Vegetarian

by Linda Fraser

This is just one of the many books by Linda Fraser and all the recipes are shown, in step-by-step format with mouth-watering colour photographs to inspire and guide you. There are dishes for all occasions, from mid-week family suppers to dinner parties.

Light Lunches suggests dishes that are quick and easy to prepare, such as Sweetcorn Pancakes and Tomato Risotto. Mid-week Meals features a range of traditional dishes as well as some innovative ideas.

Whether you are a new or long-standing vegetarian and whether you are a beginner or an experienced cook, you will find a wealth of ideas for healthy, well-balanced and, above all, delicious meatless meals.

Published by Lorenz Books. Paperback £6.95 plus P&P £1.50. Available from JVS.

Cooking for Your Vegetarian Kids

by Roz Denny

This new book by Roz Denny not only contains healthy dishes for your children, but also meal planners to help you balance their nutritional needs.

This is an essential guide for any parent looking for delicious meat-free

by Heather Thomas

This new full-colour guide to the rich and diverse world of vegetarian cooking has over 150 inspirational and innovative recipes, and will appeal both to the newly-converted and to more established vegetarians looking for fresh ideas.

In addition to timeless favourites such as vegetable lasagne and moussaka, *The Vegetarian Society's New Vegetarian Cookbook* gives countless ideas for new recipes with Mediterranean, New World and Oriental influences for example, Mediterranean Vegetable Tart, Garbanzo Burritos, Satay salad and Tropical Fruit Kebabs.

So, for a healthy, delicious meal made with a minimum of fuss and effort, pick up your copy of this book, and get cooking!

Published by HarperCollins, paperback. Price £9.99 plus P&P £2.00. Available from JVS.

The Vegetarian Table – Japan

by Victoria Wise

The Japanese have a long-standing tradition of vegetarian eating, and Victoria Wise explores this heritage and translates it for the Western cook, offering classical recipes as well as innovations crafted in keeping with the spirit of the cuisine. Here dishes include favourites such as Red or White Miso Soup, Vegetable Tempura, Sweet Simmered Kabocha Squash, Spring Noodles with Turnip Greens and Oyster Mushrooms, Sweet Rice Dumplings to name just a few.

In the Japanese culinary tradition, thoughtful attention is given to each element of a meal and to each ingredient that graces the table.

Published by Chronicle Books, San Francisco – Hardback. Price £16.99. plus P&P £3.00. Available from JVS.

The Quick After-Work Winter Vegetarian Cookbook

by Judy Ridgeway

If you want to spend the minimum amount of time and effort in the kitchen, look no further than this new book by Judy Ridgeway. With over 100 delicious and warming recipes, they are quick and simple to create with interesting accompaniments as well as some unusual winter salad dishes. It is an ideal book for someone who comes home from work too tired and hungry to wait for their meal and in a hurry to go out again!

In the first pages, you will see that Judy has written a guide as to which vegetables, fruit and nuts are in season and when. There is nothing like a bowl of delicious hot soup on a cold winter's night with warm crusty French bread. Why not try some of these delightful recipes? Published by Piatkus Books. Price £8.99 plus P&P 90 pence. Available from JVS.

recipes to feed their children. There are so many wonderful dishes to please even the fussiest of appetites, and a range of ideas that will nourish and delight. If you are stuck for inspiration, this varied and exciting collection will help you prepare vegetarian versions of all-time favourite dishes, or introduce new ideas that will appeal to all the family.

Published by Lorenz Books. Hardback, Price £9.95 plus P&P £3.00. Available from JVS.

Vegetarian for all Seasons

by Pamela Sheldon Johns

How to plan well-balanced vegetarian meals? How to entertain with vegetarian menus? And how to pick, choose and prepare the best seasonal vegetables and fruit?

With 45 great tasting recipes from 'Spicy Potato Fritters with Green Chutney' to 'Passion Fruit Sorbet', this publication explains how to take advantage of fresh seasonal produce and the more exotic fruit and vegetables.

Author Pamela Sheldon Johns, who hosts her own radio cookery show in America, also gives useful tips on how to pick the freshest vegetables from the counter and shows how to bring out their full flavour in the process of cooking.

Published by Time Life Books for Jerry's Home Store, who has, incidentally, opened its fifth store at Bluewater in Kent.

Price £12.99, plus P&P £2.00. Available from JVS.

Rose Elliot's Vegetarian Pasta

Pasta has never been more popular than it is today and this new book by Rose Elliot provides over 150 imaginative recipes on how to make the most of this complex carbohydrate. Whether you prefer your pasta hot or cold, in soups or salads, with tasty sauces or stuffed and baked in the oven this collection is designed to get you cooking!

Pasta is healthy, quick and convenient. It's easy to cook, inexpensive and extremely versatile. It has been described as the food of the 21st century and comes, fresh or dried, in a huge variety of different shapes.

Rose Elliot's Vegetarian Pasta is published in paperback by HarperCollins, price £9.99 plus P&P £1.50. Available from JVS.

The Vegetarian Society's New Vegetarian Cookbook

Emergency Building Fund

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please help. Any donations, large or small will be much appreciated.**

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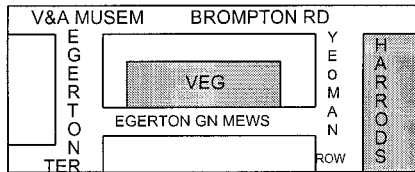
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