

# The Jewish



# Vegetarian

Painted by RACHEL HART, age 13

No. 134

SEPTEMBER 2000

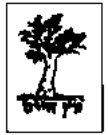
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**לא ירעו ולא-ישחיתו בכל הר-קדשי...**

“...They shall not hurt nor destroy in all my holy mountain” (Isaiah)

The Official Journal of the Jewish Vegetarian and Ecological Society

Founded by Philip L. Pick Registered Charity No. 258581  
(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 flesh foods 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 (\$15)

Family Membership £12 (\$18)

Junior Membership £5 (\$7.50)

Israel Membership \$15 or Life Membership \$250

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

Family Life Membership £250 (\$400) - (*Husband and Wife only*) or by 5 annual payments of £55 (\$85)

*To the Membership Secretary, 853/855 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 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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# JVS ART COMPETITION

You will have noticed that this edition of “*The Jewish Vegetarian*” has a different style of front cover from normal. This was the winning entry from a competition launched last April, to support National Vegetarian Week in the U.K., which was from 26th June - 2nd July 2000, and to raise awareness of the Society. The Art Competition was for children between the ages of 5 and 18 in full time education, to submit a design for the cover for this issue of the magazine. The competition was split into three age groups:

- 5 - 8 years
- 9 - 13 years
- 14 - 18 years

The overall winner was picked from the winning entries of each age group.

The competition was judged by:

- Naomi Fellerman (Co-Chair - JVS)
- Shirley Labelda (Hon. Sec. - JVS)
- Stuart Brodtkin (Editor - *London Jewish News*).



The judges had great difficulty selecting the winners due to the high quality of the entries, but eventually selected the following:

- 5 - 8 Winner: Ruthie Dolties (5)      Runner-up: Aaron Issacs (7)
- 9 - 13 Winner: Rachel Hart (12)      Runner-up: Rebecca Partos (11)
- 14 - 18 Winner: Sarah Abraham (15)      Runner-up: Zara Morris (17)

The following entries were awarded a Highly Commended Certificate:

- Joshua Pugh (8)
- Hannah Partos (10)
- Lily Icowitz-Seidler (12)
- Lauren Cooney (12)
- Amy Bear (13)

And a Highly Commended Certificate was also awarded to the pupils of Immanuel College for their highly innovative work.

**The overall winner was Rachel Hart,  
whose picture you can see on the front cover.**



The winners were announced during National Vegetarian Week and the prizes were presented at a reception held at West London Synagogue on 29th June 2000, where all the entries were exhibited.

# SOCIETY NEWS

## DAVE JOHN ALCOCK – LIFE MEMBER

Dear Editor,

Sorry to be so long in sending my thoughts for the magazine.

At 55 years of age I feel greatly blessed in being a life member of The Jewish Vegetarian Society. I was brought up from a babe as a vegetarian and to this day dislike the taste of meat and fish. I strongly dislike the thought of killing animals and confess that I would be unable to kill animals for sacrifice, though I acknowledge that it was necessary under the law of Moses.

I was in fact told about the Jewish Vegetarian Society by a friend and she gave me a copy of the magazine. The magazine I found very interesting and very instructive and so I decided to become a Life Member.

I was born in Cheshire in England, my parents being Manchester people.

I have been interested in the Bible since my teenage days and in the last few years decided to learn Biblical Hebrew. This was greatly helped by an Australian man who had made a study of Psalm 119 and listening to tapes on this I began to see the beauty and the wonder of Psalm 119 and the Hebrew language.

I enjoy cycling and walking and it is so refreshing to enjoy Creation, to feel the tranquillity of the mountains. Having been blessed with a clear view from Ben Nevis I must with the psalmist echo the words "the heavens declare the glory of the Uncreate etc." I have as yet not had a clear view from Snowdon or Scarfell Pike but have seen something of the power of my Creator at work in wind and mist.

I hope one day to climb the mountains of Israel to walk where Moses and Elijah walked.

I also feel very blessed in most of my life working in the field of Horticulture and now it is just possible I may get the opportunity of early retirement and hopefully run my own business working with plants, to this end I run a 1058 Land Rover 10 seater Station Wagon model updated with a diesel engine. It does make a good vehicle for travelling and camping out in.

I look forward to all the benefits of membership and I hope that in some small way to be able to help fellow members.

All the very best to you and all the members of The Jewish Vegetarian Society.

לשנה טובה תכתבו ותתחמו

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

# SOCIETY NEWS

**LIFE MEMBER**

**MARTIN THOMAS SALSBERG – CANADA**

Dear J.V.S.,

Thanks for your letter enclosing my Life Membership Card and welcoming me as a Life Member of The International Jewish Vegetarian Society.

I enclose a photograph and details of myself as requested. The picture was taken last year at a meeting of the L'Chaim Vegetarian



Group when I was its President. I've since resigned from the Steering Committee of that Toronto group to concentrate more on developing my business as an Executive Multi-Level Marketer of (mostly vegan) nutritional products from R-Garden Internationale, and also the life task of finding a suitable, single, Jewish, vegetarian woman to espouse and start a family with, possibly with the help of [jewishvegan.com](http://jewishvegan.com) and [veggiedate.com](http://veggiedate.com) websites, with their adspace for single vegetarians!

When I was born on 11th November 1957, like most babies, I started off on a purely lacto-diet. By the time I was 1 or so, I was eating solid foods and inevitably traditional European Jewish fare prepared by my parents and grandparents which included some very non-vegetarian items, including such bizarre items as “grieben” and kishka”.

I first became vegetarian by choice at age 15 following in the footsteps of a couple of other young people I respected and admired. Their wise decisions seemed the morally right thing to do. It was hard to sustain that choice without ongoing support, though, so for eleven years I was a vegetarian inclined person, but not a true vegetarian. At 26, when employed and living alone in an apartment with my own kitchen, I joined the Toronto Vegetarian Association and under their wonderful influence easily stopped eating all animal-flesh foods. At 30 I gave up eggs and dairy. At 31 I gave up honey. I haven't bought any animal products for many years, and this year I will be giving away the last vestiges of non-vegan apparel from my wardrobe, becoming vegan at last.

Some may think it funny, but it wasn't funny to me at the time, that the first animal “food” I gave up eating was fish. It was very easy to stop eating it (them?) because I got a fishbone stuck in my throat and had to get it removed by a medical doctor in an emergency room in a hospital. This was not the type of experience I wanted to repeat! I guess, as far as punishment for naughty

# SOCIETY NEWS

behaviours go, I got off easily considering what I had paid Captain Highliner to have done to the fish! Certainly I felt that there was some poetic justice in what had happened to me.

I attended the World Vegetarian Congress in Toronto this year, representing the Realities Judaism perspective on a panel discussion about Judaism and Vegetarianism, along with Richard Schwartz, Roberta Kalechofsky, Morty Genser and others. I also gave a couple of talks; one on the subject of the Myth of Protein Deficiency and the other on Turning Oneself and the World Towards Vegetarianism.

I welcome letters, e-mail and telephone calls from anyone who wishes to be friends.

Mail:

P.O. Box #30026-1027 Finch Av W, Toronto, ON M3J 3L6 Canada.

E-mail: [az033@freenet.toronto.on.ca](mailto:az033@freenet.toronto.on.ca)

Telephone: 416-661-1116

## NEW LIFE MEMBERS

- We are very pleased to welcome Mrs. M. Lebrecht of London as a Life Member of our Society. We are hoping that she will send us some details about herself for the next issue of the magazine. We will always be happy to hear from any other members who wish 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.
- We would also like to extend a hearty welcome to Suzie Muchnick-Spencer and Henry and Edith Everett of USA., Rabbi John D. Cooper and Eta S. Brand of Australia on becoming Life Members of the Society. We are hoping they too will send us more details for the next issue.

The logo for Plamil, featuring the word "Plamil" in a stylized, bold, black font, slanted upwards from left to right.

All our 5 vegan alternatives to milk i.e. 3 soya and 2 pea protein based ones are fortified with the essential vitamins B2, B12 and D2 and sold exclusively in health/wholefood stores.

Informatative literature on our range of vegan products, see please to Plamil Foods, Folkestone, Kent, CT19 6PQ.

# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

### The Jerusalem Centre

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

D. Moscovich, London NW7.

## 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 expenses,  
all are appreciated and put to good use.

£10 Mr & Mrs S.C. London NW7. £10 Mr L.C. Ilford, Essex.  
£10 Mr F.P. Clacton on Sea, Essex. £10 Mr D.L.C. Bournemouth, Dorset.  
£10 Mrs J.C.L. London W9. £8 Mr M. Q-H. Suffolk.  
£5 Mrs Y.F. London N14. £5 Mr E.I. Sheffield.  
£5 Mrs D.D. Maidstone, Kent. £5 Mr R.A.L.F. London NW7.  
£5 Mr R.G. Luxembourg. £5 MS. R.W. France.  
\$10 Ms. K.S. Australia. \$5 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 Street, 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 Mr F.A.A.P. Clacton on Sea, Essex. £20 Mr D.M. London NW7.  
£5 Mrs D.D. Maidstone, Kent. Ms R.W. France. \$10 Ms K.S. NSW, Australia.



# PHILIP L PICK MEMORIAL LECTURE

As many of our older members know, Philip L Pick z'l was a co-founder and Honorary Life President of the JVS, as well as being editor of this magazine for many years. He was a lifelong vegetarian, who grew up in Bath and was educated at Green Park College. He spent much of his childhood in the countryside, and with a conscious Jewish upbringing and vegetarian background, he developed a love of nature. This linked with his spiritual outlook and was reflected in his writings for "The Jewish Vegetarian".



What better way to honour his memory and remember the work he did than to have an annual memorial lecture, reaching out to those who are already members of the JVS and to many potential new members. It is, therefore, appropriate that another prolific writer and passionate vegetarian, Richard H Schwartz, Professor Emeritus, Mathematics College of Staten Island, author of Judaism and Vegetarianism, Judaism and Global Survival, Mathematics and Global Survival and Patron of the International Jewish Vegetarian Society, is giving the first annual Memorial Lecture to honour Philip L Pick.

The lecture is to be held at "Bet Teva", 853/855 Finchley Road, London NW11 on Tuesday, 31st October 2000 at 7pm. Admission is by ticket only, prices £5.00 for members, £7.00 for non-members. Please send cheques payable to Jewish Vegetarian Society to the office, at 855 Finchley Road.

## LIFE GROWTH

**WORKSHOPS – PRIVATE SESSIONS**

Post-Cafe Healing - Clear old karmas to help promote your future  
Healing Sessions - Reiki Spiritual Colours - Indian Head Massage, Bio-Energy Massage

**WORKSHOPS - Groups and One to One**

REIKI 1	£90	BREATHING TECHNIQUE	£15	24 MONTHS COURSE (2005-2006)
REIKI 2	£90	Techniques on how to focus		Develop your inner knowledge
REIKI 3	£150	and a Project @ home		and Spirituality
ADVANCED REIKI	£150	DISCIPLINED COURSE	£15	Learn to use your own mind
MASTERTEACHER	£550	How to get started in life		What to do if you are stuck
		or Healing - Sublimation technique		

**ALL WORKSHOPS CAN BE HELD ANYWHERE BY ARRANGEMENT**  
 For Booking - Call Our 020 8952 2117

THE JEWISH VEGETARIAN

# PROFILE OF NAOMI FELLERMAN



Sitting down to write about myself is one of the most difficult things I have had to do, but I have been asked to write something about my background and my aims and objectives for the Society. The aims and objectives are no problem and I will come to those shortly, but to give you a few details about myself is my current problem. To start at the beginning, I was born in Harlow, Essex in 1957, the third of four children, my parents were amongst the founder members of the small Jewish community there, most of whom had moved out to a “new town” from London. When I

was eight we moved to North Bedfordshire, where I spent the rest of my childhood, there is a very small Jewish community in the area. Now I live and work in London, I am the accountant for a small property management company. I came to vegetarianism relatively late, only about 10 years ago, after thinking about it for a long time, I gave up meat and fish overnight and have not looked back since.

As for my aims for the Society, I believe that our greatest role is to educate, and this was reinforced very recently when walking down the road I overheard a conversation between two little girls where one was telling the other that she went to “MacDonalds” every day. Educating children and getting them involved is a priority, which is why one of the first things I organised after becoming Co-Chair of the JVS was the Art Competition, the winning entry of which is the front cover of this magazine. I hope that we can encourage young people to join and get involved with the JVS, and to this end we are re-introducing a junior membership and would ask all our members to encourage their children, grandchildren, nieces and nephews and all young people they know to join. I would like to be in a position where we can produce a separate newsletter for the junior membership, and would like to encourage the younger people to contribute letters, stories, pictures etc. for inclusion in the newsletter and in this magazine. We will be organising other competitions and activities in the future. I hope that we can liaise with schools, colleges etc. to establish a good working relationship with them, and provide information, talks and demonstrations for the students.

I want this Society to be a vibrant and exciting organisation, so that it becomes a household name, to increase the activities run here in London and elsewhere. To this end, we are starting a social group for single people, please contact me if you are interested. Also, we are announcing in this edition of the magazine the first of what we hope will be an annual event “The Philip Pick Memorial Lecture”.

I hope this gives you some insight into one of your new Co-Chairs, and if you have any questions for me, any ideas that you would like to see the Society implement, please send them in to me.

# TEDDY BEAR AUCTION...

## IN AID OF REAL LIFE BEARS

Over 50 collectable teddy bears from leading teddy bear artists around the world will be auctioned for charity at *Teddy Bear Scene Magazine's*, 'Dolls House and Teddy Bear Fair' at Alexandra Palace from 5.30pm on the 25th November 2000. Entry to the auction is included in the entry to the fair. Tickets are available in advance only and can be purchased for £8.00 by calling 01903 244900 or online at [www.emfpublishing.co.uk](http://www.emfpublishing.co.uk).

All proceeds from the auction will go to the World Society for the Protection of Animals (WSPA), a British-based international charity that has a long-running 'Liberty' campaign to save bears around the world. Some of WSPA's successes in recent years include rescuing dancing bears from the streets of Greece and Turkey and creating bear sanctuaries in these countries as well as in Thailand, Hungary and the U.S.

So whether you are a serious collector, or just someone who loves their teddy, you will have the chance to own a special Teddy Bear that has helped to save the lives of the wild and beautiful animals that they are modelled on.

The auction in aid of WSPA's Liberty campaign is part of WSPA's '2000 for 2000' initiative, whereby the charity hopes to have a record-breaking 2000 fundraising events in the U.K. this year.



### ANNOUNCEMENT

The International Jewish Vegetarian Society

Is pleased to announce

### ***The 1st Annual Philip L. Pick Memorial Lecture***

To be held on

*Tuesday 31st October 2000 at 7.00pm*

At

**"Bet Teva"**

855 Finchley Road, London NW11 8LX

**Speaker: Prof. Richard Schwartz**

*Patron of the IJVS and renowned author*

Tickets available from the office

£5.00 members £7.00 non-members

# 34<sup>TH</sup> WORLD VEGETATION CONGRESS

## 34<sup>TH</sup> WORLD VEGETATION CONGRESS TORONTO, CANADA - 10<sup>TH</sup> - 16<sup>TH</sup> JULY 2000

BY JULIE ROSENFELD

The 34th World Vegetarian Congress, under the theme "Sharing the Vision", took place in Toronto, Canada in July. The congress offered over 500 participants from 20 countries a chance to attend a great variety of workshops and talks, given by some top international vegetarian speakers.



We were delighted to listen to ever-popular lecturers such as ex-cattleman-turned-vegan Howard Lyman, with his wryly-observed

*Members of the Judaism and Vegetarian Panel: Back from left to right: Professor Richard Schwartz, Rabbi Mordechai Genser, Front from left to right: Roberta Kalechofsky, Rabbi Noach Valley, Tom Salsberg.*

accounts of modern-day farming practices, and Dr Hans Diehl, with his important findings on how diabetes and heart disease can be reversed by switching to a vegetarian diet. Other notable speakers included Robert Cohen, who spoke on the dangers of drinking milk, Dave Wolfe, who promoted the advantages of following a raw food diet and Ruth Heidrich who told of how she conquered cancer and won the Ironman challenge of swimming, cycling and marathon running.

The seven-day event offered an opportunity for those present to remember and celebrate the life of the late President of the American Vegan Society, H. Jay Dinshah who, sadly, passed away a very short time before the Congress and for which we offer our condolences to his family.

During the conference, we had the privilege of attending a screening of a new video called *The Witness* by James LaVeck and Jenny Stein. This featured a documentary about a tough New Yorker called Eddie. As a young man, he had been indifferent to animals but, after being asked to look after a kitten for one night, he totally changed his viewpoint and grew to love them. As a result, he ended up not only rescuing cats, but also publicising the plight of animals in the fur trade by driving a specially-built truck through the streets of New York showing videos on the brutality of the industry.

## JUDAISM AND VEGETARIANISM PANEL

One of the highlights of the Congress was a well-attended panel session on Judaism and Vegetarianism on Friday 14th July which featured major speakers representing many diverse opinions.

Rabbi Noach Valley, JVS Honourary President of the Americas, was the first to take the stage. He said that people were very often vegetarian for Jewish reasons whether they knew it or not, but that it was not necessary to be Jewish to be vegetarian. He recalled that people were commanded to be vegetarian in Genesis and went on to quote examples of vegetarians living very long lives. He quoted Methuselah from the bible who lived to a great age and also gave the more recent example of a Jewish vegetarian in the UK, Harry Shoeritz, who died 10 years ago at the age of 118.

Citing the plague suffered by the children of Israel when they left Egypt as a result of eating quails, he said that meat-eating today was still a plague. He applauded a recent development where veal had been banned in New York restaurants.

Roberta Kalechofsky, whom we are delighted to welcome as our newest patron of the Jewish Vegetarian Society, was the next to speak. She talked of the need to trace the vegetarian tradition in Judaism and pointed out that meat-eating was not a tradition. Citing Rabbi Arthur Green's works, she said that the laws of kashrut were a way of preparing people to relate to G-d. Vegetarianism, however, brought people closer to G-d as it refined people's appetite and taught them reverence for life.

She pointed out that there was a pro-vegetarian bias in the Torah, with the diet being given in Genesis as an ideal state. After the time of Noah, there were many restrictions on eating meat. It was forbidden to tear the limb from a living creature, and clean animals, rather than predatory animals, were the only ones allowed to be eaten at that time. However, there was no commandment to eat meat and people were certainly not prohibited from being vegetarian, rather there was a free choice.

Tom Salsberg was the subsequent speaker and offered his own perspective on traditional Judaism. He expressed concern that many Jews were moving away from their religion. In considering vegetarianism, he said that kindness to animals was a necessity. He then shared with the audience some of his own personal insights, many of which are due to be published in his new book called *Realities Judaism*.

*continued on page 14*

34<sup>TH</sup> WORLD VEGETARIAN CONGRESS

*continued from page 13*

Rabbi Mordechai Genser was the fourth speaker. He said that the ten commandments were “not multiple choice but the best guide for life.” He said that Noah was given permission to eat meat but only for a short time until the vegetables grew back after the flood.

He felt that advanced consciousness could be achieved through vegetarianism. “The most important thing is to know how G-d thinks,” he explained. “Everything else is a detail.”

As a Nazirite, he explained the need to follow three rules: not to drink alcohol, not to cut one’s hair and not to go near a dead body. The latter implied a need to be vegetarian.

JVS patron, Professor Richard Schwartz, was the final speaker. He said that vegetarianism was a societal imperative and the world could not sustain itself on an animal-based diet.

He quoted six fundamental teachings which were violated if people did not follow a vegetarian diet. These included, amongst others, the need to treat animals with compassion, to protect the environment, to feed the hungry, and to seek and pursue peace. He said that the Hebrew word for bread and war had the same root, and when there was a shortage of bread in a country it often led to war. He said that consumption of meat was “madness and insanity” and condemned the annual slaughter of 10 billion animals for food.

A lively question and answer session then ensued. To conclude, Richard Schwartz announced that a new *Virtual Jerusalem* website had been set up which would be promoting Judaism and Vegetarianism. In addition, a new resolution on Judaism and Dietary Concerns was accepted at the session.

The Judaism and Vegetarianism panel was a great success and was thoroughly enjoyed by the many people who attended.

The 34th International Vegetarian Congress in Toronto was an excellent conference, with plenty to offer in the way of great speakers, entertainment, wonderful food prepared by Ken Bergeron and Ron Pickarski. We offer our thanks to all at the Toronto Vegetarian Association who worked so hard to bring this conference together, in particular to Peter McQueen, whose wedding to Jenny Jones during the conference, was a delight to attend!

The next two World Vegetarian Congresses will be held in Edinburgh in 2002, and in Melbourne in 2004. See you there!

# GARDENERS CORNER

## AUTUMN 2000

The big Leylandi probably dated back to the 1930's, when the house was built. It had been planted near to the back door and close to a Lawsonia Cypressus. Gradually it came to dominate the area growing into trees and plants around and killing them off. We struggled with the decision about its future - inevitably it would have to come down, but not without much soul searching. After all it had become a landmark - visible for miles around. At a height of about sixty feet and so close to the house - its roots could undermine the foundations and cause settlement.



In February the tree man undertook the task and sadly we were left with a load of logs for winter fuel and a large area about 40 feet in circumference which had been under the branches and where the stump had been ground down.

Now came the time for regeneration. We envisaged a rose arbour. This was assembled from twenty 8 foot poles and made in two sections each with 6 uprights and horizontal/diagonal connectors. Each section was placed into holes dug about 2 feet deep and the whole was connected with an arch suitably laminated. The shape was now there but looking very stark in mid March.



The soil which was at the base of the tree had been impoverished for years - so we dug in about ten barrow loads of garden compost. We raked and rolled the area and planted grass seed. This was raked again and rolled again. Over the next few weeks a fine mist of delicate green emerged.

Under the arbour six climbing roses were planted for coverage and fragrance - it would take a year before the roses would cover the framework - so around each pole we planted sweetpeas. By mid summer the grass was thick and the roses blooming - the sweetpeas had reached the top of the structure swathing each pole from top to bottom in a flurry of sweet scented blooms. Regular dead

# GARDENERS CORNER continued

heading kept the flowers coming in an absolute riot of colour.

Our other big spring task was to thin out the overgrown plants in our fish pond. Gradually the Marsh Marigolds had taken over - leaving little space for the fish to swim. The winter net which had kept the predatory Heron at bay was removed and the pots of plants cut apart with a kitchen knife since they had all merged. Several barrow loads of excess plants were removed, mainly the Marsh Marigold -



which beautify the pond in early spring but overgrow all else - carefully we separated out other almost strangled plants such as Water Lilies, Pond Pickeral and Water Hawthorne - all worth caring for but less dominant than the Marigold. About ten baskets were replanted. First some sacking was placed in the basket. Then some sifted loam was prepared as the planting medium, the plants were replaced and then the soil surface covered with stones and gravel to hold the soil and plants in place when submerged. All looked very bare. Finally the pond was criss crossed with black wire to prevent the Heron from walking in and helping itself to our fish and frogs.

By summer we were looking at pink, white and yellow Lilies, purple Pickeral and white Water Hawthorne. Our fish repay us by sporting up and down the now cleared swim - ways and with regular feeding come to us with appealing gestures and repay us with their flashing antics. Fluorescent blue Damsel Flies shimmer from plant to plant and the luminous green Dragon Fly swoops in, hovers to lay some eggs in the water and helicopter-like banks away.

As the summer draws to a close - now is the time to contemplate future garden tasks - all our efforts have been most generously repaid.

## 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.

## 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.**



# A PERFECT DAY

When Dave Bedford sang *'It's Such a Perfect Day'* in drunken sentimentality at the end of a very successful London Marathon Training Day one mild, sunny February Saturday, we had little idea then of how appropriate that was. Sandwiched between two of the most foreboding days of the year (heavy rain, dark clouds, cold wind), Sunday April 17th began and ended as a miraculously cloudless, mild sunshiny day. His alcohol-induced singalong seemed, in retrospect, happily apt.

My marathon training began rather late - on the shortest day of the year - 22nd December 1999. In preparation for what now seems like the longest day of my life, it wasn't too late, but it was cutting it a bit fine. If it hadn't been for a painfully twisted ankle which set me back two weeks, and if it had been for a more attentive attitude to the speedwork sessions I skived, I might have finished the course in less than the 5 hours 15 minutes it took me (just behind Frank Bruno!). If you are thinking of running the London Marathon in 2001, not only should you apply by October 21st (unless gaining a place from a charity), I would advise anyone to follow the training schedule supplied by the marathon organisers fairly rigidly, especially if you are a beginner.

With an excellent pair of running shoes and my training schedule, I endeavoured to maintain my usual healthy diet during training. It wasn't until the above-mentioned training day that I gratefully realised that I was not alone in needing to abruptly alter my dietary habits. I learned the common athlete's adage: 'there's no such thing as a constipated runner' and promptly switched to white bread and cut out all signs of bran. (It is no accident that Immodium is one of the Marathon's key sponsors). Complex carbohydrates such as pasta, breads, potatoes, rice and bananas are the staples and should ideally make up 50% - 60% of a runner's daily food intake, providing muscles with the crucial glycogen stores that keep you energised for longer. Glycogen stores should be topped-up with isotonic drinks throughout the marathon, as when carbohydrate energy is low, the body begins to burn fat, which is very inefficient.

'There's more chance of drowning than dehydrating', the water-suppliers for the marathon joked when explaining the importance of drinking lots of water when training, and on the day. It is recommended that you sip between two and three litres of water a day while training, and bear in mind that when you feel thirsty, you are already dehydrated. Urine should be straw-coloured.

The London Marathon is a mass-participation event and runners are encouraged, during training, to run with a group, or at least a running partner, and to complete a couple of races. Finding a running partner is an excellent source of motivation, especially when running for around two or three hours at least once a week by March. Entering a couple of races, as advised, gave me confidence in my progress, allowed us to share advice and allay common fears, and made me more accustomed to the mechanics of a race. I experimented with pre-race meals, practiced drinking while running (as in training), discovered what sort of time I could run and became more used to running amongst crowds of people. The events were also fun and sociable and gave me my first taste of a commonly spoken-of camaraderie that is shared by runners.

*continued on page 18*

# A PERFECT DAY

*continued from page 17*

On painfully twisting my ankle around four weeks before marathon day, I frantically followed all the advice I could get. The golden rule came in the form of a mnemonic: RICE. Rest; wrap an Ice pack (or bag of frozen peas) around the injury as soon as possible; wear a Compression (bandage-like) sock, and elevate the ankle above waist level whenever possible. With a few swimming sessions to maintain my fitness level after a week, I was, after two weeks, able to resume training. It is, I was advised, crucial to seek professional advice, preferably from a chartered sports physiotherapist, if you are in any doubt.

With the Dome visible beneath us from our hilltop Greenwich starting point, the smell of Deep Heat wafting by and the pleasantly unexpected angst of sunburn potential, the sound of the Royal Artillery Cannon signalled the start of the Year 2000 London Marathon. With 30,000 complete strangers, a Love Bus, chickens, fairies and various rhinoceroses for company, the carnival procession began. We were all Cheshire cats for most of the route. Grinning uncontrollably, we jogged past the morning well-wishers outside their homes in Blackheath (it's best to start slow and pace yourself). I beamed back at the marathon-partying crowds who enthusiastically cheered us on around 10.30am outside various pubs on route and was fired-up by bands and DJs (Blues Brothers, '70s funk, Abba, disco) that played loud music from balconies for the elated runners and happily-yelling spectators all day, and all the way.

Running triumphantly over Tower Bridge, bathed in sunshine, continuous clapping and cheers, and the smug feeling of having completed half the course, requires a certain level of preparation. Carrying on after mile 20, however, need not be the painful, smile-evaporating experience it was for me and thousands of others. No end of sweets and lollies handed out by supportive children will help as much as maintaining a high standard of (preferably diarised) endurance and speed training over at least four months (preferably eight), dietary fine-tuning, adequate hydration, and attention to all the information, guidance and advice available from different sources, including *Runners World* magazine and shops such as Sweaty Betty, and Run and Become in London.

It was a massive all-day street party that seemed to involve the whole of London, raised hundreds of thousands of pounds for charities, and stretched for 26.2 miles. Beginning with excitement, energy and plenty of good humour, it was the most memorable and heart-warming event. It ended in a blur of light-headedness, relief, ear-splitting clapping and yells of encouragement, tears, medals, space blankets, champagne and, importantly, a very urgent need to pee! I hope next year is as perfect as this year was.

Diana Evans.

# TAI CHI IN PROSPECTIVE

The art of Tai Chi Chuan evolved from Taoist monks in ancient China. These monks followed the belief held by the Taoists that all things in the universe are governed by two interacting forces of nature. These forces are characterised as the Yin and the Yang. The yin symbolises the yielding whilst the yang symbolises the unbending. The later depicts male energy and the former, the female energy thus the male energy represents positive, direct force and female represents the opposite indirect or negative energy.

T'AI CHI CH'UAN



The Taoist monks believed that to have balance in the universe God has created inter-dependency between these two forces, and that man should aim to model his own life on these two principles if he is to attain equilibrium and balance with nature. The Taoist followers lived in isolated areas of ancient China, away from the mundane existence of city life. They studied the teachings of Lao Tzu and other teachers of the Taoist way and mostly enjoyed their peace and calmness in hills, mountains and valleys.

Unfortunately, there were city dwellers who disturbed the monks' tranquillity and targeted them as easy prey for their own goals. Amongst these unsavoured individuals were robbers and murderers who stole from and killed the monks. But the monks continued pursuing their desire to be at peace with nature and continued to live amongst the animals and wild beasts of the forest. Fortunately, the teachings of the Taoist philosophy reached the Shaolin Temples and won the empathy of the Shaolin fighting Kung Fu monks.

The Shaolin monks were already revered for their own beliefs and martial art skills by everyone including the Royal families and Generals of armies. Often, the Emperors would go as far as soliciting the Shaolin monks' help to crush enemies of the state, which they did with crippling results. However, because the Shaolin monks were principally focusing on the Yang energy of aggressive, direct combat skills, philosopher monks who were more attuned to the Taoist ways were not able to develop the internal side of the Shaolin martial art at the Shaolin Temple.

Over a period of time some Shaolin monks were faced with the sad option of having to choose between the Taoist beliefs and the Zen belief of their teachings

# TAI CHI IN PROSPECTIVE

*continued from page 19*

at the Shaolin temples. This resulted with the death of many monks who had to fight their way out of Shaolin temples. In those days, parents and mainly the poor would give their children up to the monks at the Shaolin temple, who would then educate the children and offer them food and shelter. In return, the children would serve the temple as fighting monks and follow the principles of the prevailing deity of the temple under the guidance of the Abbot. The monks could not leave the temple once they had been accepted and initiated. They were bound by an oath of abstinence and celibacy from the outside world.

As the philosophers studied the Taoist ways they became conscious of the limitations of their masters' teachings and this initiated a reaction that was influenced by the need to attain balance with the natural way of all things. These monks who were tied to the Shaolin way and were not free to venture elsewhere, confronted the Abbots and an agreement was eventually reached. A special structure, which would allow those monks wishing to leave Shaolin temple to do so was devised. If a monk wanted to leave the temple, he was allowed to do so after defeating all his contemporary masters in combat. On the day that the monk would leave the temple, he had to go through a line of his contemporary masters and defeat each one in turn. The philosophical monks were often defeated before the end of the line and often killed. However, some did make it and were then able to introduce their own fighting methods to the outside world.

The founder of Tai Chi Chuan was one of the monks who made it past the line of no return and out through the gates of the Shaolin temple. His name was Chang-San Feng. His fighting skills were so advanced that the Emperor offered him to be the head martial art teacher of the Ming dynasty and showered him with gifts, building a temple on the Wutang Mountains to honour him.

Chang-San Feng invited Taoist monks to learn his fighting art and to incorporate it with the belief of Yin & Yang of the Taoist way. Chang-San Feng developed the Shaolin fighting art with the principles of Taoism until it took on a new form with the emphasis based on a fuller understanding of the yielding force of the Yin.

The internal force of Yin had never before been applied or fully understood until Chang-San Feng formulated it with Shaolin Kung Fu and called it Supreme Ultimate Fist, otherwise known as Tai Chi Chuan, with Chi Kung as a set of breathing exercises to enhance physical strength.

Future Emperors were so impressed with the fighting skills of the Taoist monks that they were eventually invited to the Royal Courts and ordered to teach Tai Chi to the Princes and Imperial guards. The Taoist monks took up the offer and through their teachings to the imperial guards Tai Chi Chuan eventually reached the people.

# TAI CHI IN PROSPECTIVE

When members of the imperial guards retired from the army they taught Tai Chi to members of their family and to others to earn a living. In time, the rulers of China encouraged the practice of Tai Chi for its practical self-defence benefits and for its ability to keep people healthy and mobile until they reached a grand old age.

History shows how Tai Chi Chuan gained popular support, surpassing all other forms of combat and health exercises. It was then and still is today regarded as the chief preventer of chronic illnesses, including cancer, in China.

Following this is a commentary of the main contributors of Tai Chi Chuan from Chang-San Feng. If you would like future information about Tai Chi, please contact Tai Chi UK. Recommended books to read are: *The Tao of Pooh* by Benjamin Hoff, 1994; *The Essence of Tai Chi* by Waysun Lia, 1995, and *An Introduction to Zenon Wudang Tai Chi Chuan* by Michael Jacques, 1995. Website: [www.companontheweb.com/taichiukpanel](http://www.companontheweb.com/taichiukpanel) E-Mail: [taichiuk@hotmail.com](mailto:taichiuk@hotmail.com)

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# THE FACTS by Dr. Peter Atherton

## **WHAT IS ALOE VERA?**

Aloe Vera, often called The Miracle Plant, the Natural Healer, the Burn Plant, goes by many names which have survived the 4000 or so years during which this amazing medicinal herb has benefited mankind.

George Ebers in 1862 first discovered its antiquity in an ancient Egyptian Papyrus, dated 3500 BC, which was in fact a collection of herbal remedies. Other researchers have since found that it was used by both the ancient Chinese and Indian cultures.

Greek and Roman physicians such as Dioscorides and Pliny the Elder used it to great effect and legend suggests that Aristotle persuaded Alexander The Great to capture the island of Sacotra in the Indian ocean to get its rich supply of aloe to heal its wounded soldiers. The Egyptian queens Nefertiti and Cleopatra rated it as a beauty therapy, for in those days, health and beauty were linked far more than they ever are today.

Although there are over 20 species of aloe, there are probably only three or four with medicinal purposes. Of these Aloe Vera Barbadosensis (Miller), which is also known as Aloe Vera (Limne), is the most potent.

Aloe Vera Barbadosensis is a succulent, looking rather like cactus, but is in fact a member of the Lily family related to onions, garlic and asparagus. It reaches maturity in four years when the content of its leaves, a mixture of inner gel and outer sap can be harvested, preserved and bottled to produce a product as near to the natural plant juice as we can get.

To benefit from Aloe Vera, the gel can be taken internally for its nutritional effect, or it can be combined with other ingredients to produce tropical creams and lotions to nourish and improve the quality of the skin.

## ***Why Does it Work?***

It works by providing a rich cocktail of nutritional elements whose combined action and balance produce a more powerful effect than would be expected from the addition of the individual components. This is because they work as a team, enhancing each other's effect - known as synergism. It also has adaptogenic properties which means it is a substance which increases non-specific resistance of an organism to adverse influences such as infection or stress.

## ***Where Does It Work?***

Aloe Vera, because of its nutritional qualities and antioxidant properties, helps firstly to prevent injury to epithelial tissues, and where they are damaged, it promotes healing.

Antioxidants fight the destructive "free radicals", the unstable compounds produced by our metabolism and found in environmental pollutants. They are thought to cause various ailments including some cancers as well as contributing towards the ageing process.

# THE FACTS continued

An epithelium is an anatomical term defined as follows: "An epithelium is a layer of cells that covers the body or lines a cavity that connects it."

Our largest epithelium is our skin, but also included are the lining of the gut, the bronchial tubes and the genital tract. No wonder that aloe works just as well on damaged skin as it does, say, on an inflamed bowel or in asthma.

## ***How Does it Work?***

Its natural anti-inflammatory and antimicrobial action combined within its nutritional constituents promote cell growth and therefore healing. However, it is not only helpful for people with problems; most people taking it report a greater sense of well being - they just feel better or they report feeling calmer and less anxious.

I believe this last comment is due to aloe's second effect on the immune system which you may say becomes balanced or fine tuned and therefore more efficient at defending the body from attack.

## ***In Conclusion.***

Aloe Vera is not a panacea for all ills and there is no magic about it. I believe it works primarily in the two areas mentioned previously - epithelial tissue and the immune system. This is largely backed up by anecdotal evidence, as many thousands of people over the centuries have reported benefit for various skin complaints such as eczema, psoriasis, ulcers, burns, acne, even stings and bites. They have found relief for bowel disorders such as colitis, diverticulitis and Irritable Bowel Syndrome. Other conditions resulting from a disordered immune system such as arthritis, asthma and ME (post viral fatigue syndrome) and LE (lupus) have improved after a regular ingestion of Aloe Vera gel.

Aloe Vera therefore has a complementary role to play in the management of various conditions. It is very important, however, that people should always seek the advice of their doctor when the diagnosis is in doubt, or where a condition does not improve. Self diagnosis can be extremely dangerous as many serious conditions can mimic more simple ones.

## ***Contact us today***

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# CONSUMER CORNER

## **ORGANIC EXPRESSIONS IS BACK!**

This unique organic chocolate bar from Plamil Foods Ltd. was first introduced in April 1999 and then it suddenly vanished from the market in the Autumn. Consumers then started to telephone Plamil constantly asking what had happened to it. The reason for the withdrawal from the market was due to the fact that Plamil were several tonnes short of its speciality ingredient viz. organic sweet lupin flour because the European harvest failed to provide it.

Plamil had to wait for the Australian harvest and its journey here on the high seas, which seemed to take a lifetime. Eventually it arrived and was put into production again.

What is it that has made this such a popular and unique bar?

It is the first time any chocolate and certainly any organic chocolate has included the organic sweet lupin flour as an ingredient and it provides that dairy-like taste without, of course, any dairy milk in it - yes deceptive - subtly deceptive.

Plamil's experience in making high quality chocolates with no animal ingredients, has enabled it to prove once again with organic EXPRESSIONS that there is no need to have dairy milk in chocolate, to get that dairy-like taste.

## **ORGANIC EXPRESSIONS - THE BAR FOR THE FUTURE.**

Available from Healthfood/Wholefood stores.

## **PLAMIL ANNOUNCEMENTS.**

### **ORGANIC EGG-FREE MAYONNAISE.**

This new product was officially launched in April last and has already been taken on by the health food wholesale distributors and will be appearing in their catalogues.

This new organic version is not instead of their existing ones, but is an ADDITION to their popular range.

### **THREE ORGANIC VEGAN SANDWICH SPREADS.**

The three new sandwich spreads were also launched in April and likewise have been taken on by the health food wholesalers and are available through them to health food stores. The three varieties of this sandwich spread are: (1) With vegetable selection, soya free, (carrots, beetroot, onions etc), (2) With paprika, soya free, (paprika, cashew nuts, tomato puree, etc) (3) With tofu, curry and pineapple, yeast and gluten free, (chickpeas, tofu, pineapple etc). The recommended selling price is £1.69 for 125g jar.



# A BETTER WAY TO HEALTH!

**AYURVEDA:  
THE SEER AND THE SCIENTIST  
BY DIVYANJALI DURGA DUKE  
PART TWO**



In Part One, we looked into the principles of Ayurveda and into “Prakruti” our individual constitution.

We now are going to find out how to discover it. As mentioned before we all have a unique constitution ruled by the 3 Doshas.

To find out your Prakruti, take the following test.

Tick the statement(s) in each entry which fits you the best.

## CONSTITUTIONAL EDUCATION

Things to keep in mind when taking the text:- fixed attributes like weight, body frame, shape of limbs, complexion, and also metabolism rate and digestion give a good idea of your Prakruti, as do lifelong habits.

If you think that more than one statement in each category fits you then tick them all and if you are not sure as to what applies to you, ask a friend or relative to help you.

### A. PHYSICAL CHARACTERISTICS

#### 1. BODY FRAME

VATA: Taller or shorter than average, thin build.

PITTA : Medium height and moderate build.

KAPHA: Stocky, strong to heavy build, may be tall as well.

#### 2. WEIGHT

VATA: Light, hard to put on weight, prominent bones, joints and veins.

PITTA: Moderate, no problem to lose or gain weight, good muscle tone.

KAPHA: Heavy, difficult to lose weight, may be obese.

#### 3. JOINTS

VATA: Prominent, knobly, dry, popping, cracking sounds.

PITTA: Well proportioned, loose, may experience inflammation.

KAPHA: Big, well formed and lubricated.

*continued on page 26*

4. FACE

VATA: Long, angular, thin, may have underdeveloped chin.

PITTA: Heart shaped, sharp features.

KAPHA: Large round, full, soft contours.

5. EYES

VATA: Small, narrow, dull, unsteady, blinks a lot.

PITTA: Medium, intense, Piercing, may be flamed or light sensitive.

6. MOUTH

VATA: Small, thin lips.

PITTA: Medium, well formed.

KAPHA: Big, large lips.

7. TEETH

VATA: Irregular, receding gums, protruding.

PITTA: Medium size, yellowish.

KAPHA: White, big, strong gums.

8. SKIN

VATA: Cool, thin, dry, may have prominent veins.

PITTA: Warm, soft, lustrous, moles, freckles, possibly acne, pink.

KAPHA: Cool, oily, smooth, pale, thick.

9. HAIR

VATA: Thin, coarse, dry, kinky or curly.

PITTA: Fine, soft, tendency to baldness, may grey early.

KAPHA: Thick, plentiful, lustrous, wavy, oily.

10. NAILS

VATA: Thin, dry, cracked, brittle, possibly bitten.

PITTA: Soft, pink, well formed.

KAPHA: Smooth, firm, large white.

**B. PHYSIOLOGICAL FUNCTIONS**

1. SWEAT

VATA: Minimal

PITTA: Profuse, strong smell, sweats even when not very hot.

KAPHA: Moderate.

2. STOOLS

VATA: Hard, dry, irregular, tendency to constipation.

PITTA: Abundant, loose.

KAPHA: Slow elimination, heavy, solid, well formed.

## 3. URINE

VATA: Scanty, colourless.

PITTA: Profuse, dark yellow or light brown.

KAPHA: May be milky white.

## 4. TEMPERATURE SENSITIVITY

VATA: Dislikes cold, dry, likes warmth.

PITTA: Aggravated by heat, and sun, likes cool.

KAPHA: Sensitive to cold, damp, likes the sun.

## 5. CIRCULATION

VATA: Poor, cold hands and feet.

PITTA: Good circulation, warm.

KAPHA: Cool hands, warm body, slow circulation.

## 6. ACTIVITY LEVEL

VATA: Fidgets, fast, changeable, erratic, hyperactive.

PITTA: Competitive, intense, goal orientated, motivated.

KAPHA: Slow, lackadaisical, steady.

## 7. ENDURANCE

VATA: Expends energy very fast and sinks until recovered.

PITTA: Manages energy well.

KAPHA: Good stamina but prone to laziness.

## 8. APPETITE

VATA: Erratic, poor digestion.

PITTA: Strong, will be irritated if not eating on time.

KAPHA: Consistent, prone to eat for comfort, slow metabolism.

## 9. DISEASE TENDENCY

VATA: Nerves, arthritis, internal disorder, emotional problems.

PITTA: Fevers and inflammations, skin rashes, digestive disorders, ulcers, blood disorders.

KAPHA: Water retention, respiratory problems, depression.

## 10. SPEECH

VATA: Fast talking, erratic.

PITTA: Sharp, intense, forceful, argumentative, precise.

KAPHA: Quiet, slow, may be laboured.

## 11. SLEEP

VATA: Light, fitful, may suffer from insomnia.

PITTA: Sound, moderate, goes back to sleep easily.

KAPHA: Heavy, plenty, may feel groggy upon awakening.

**C. PSYCHOLOGICAL CHARACTERISTICS**

**1. THINKING**

VATA: Superficial, many ideas, but more thoughts than deeds.

PITTA: Precise and logical, good planner, focused, plans get carried out.

KAPHA: Calm and slow, good organizer.

**2. MEMORY**

VATA: Poor long term.

PITTA: Good, sharp, quick.

KAPHA: Good long term.

**3. EMOTIONS**

VATA: Fear, anxiety, insecurity.

PITTA: Angry, judgmental.

KAPHA: Greedy and possessive.

**4. WORK**

VATA: Creative.

PITTA: Intellectual, leader.

KAPHA: Caring.

**5. BELIEFS**

VATA: Changeable, according to mood.

PITTA: Extremely strong, may be fanatical.

KAPHA: Steady, deep, but never extreme.

Now count the ticks for each Dosha and the Dosha with highest number will be your Prakruti followed by the two others in descending numerical order.

i.e. Vata 18 Pitta 8 Kapha 2

So your Prakruti will be Vata.

Some people will find that 2 Doshas are close together, so one would be for example: Vata/Kapha (Vata 14 Pitta 1 Kapha 12). Very occasionally one will find their 3 Dosha ratios well balanced. These people are known as 3 doshic.

Now that I have discovered my prakruti, what next? You wonder ....

The next step is to adjust your lifestyle to your doshic constitution: this is achieved by increasing or decreasing certain factors in your everyday life in order to maintain your doshic levels and not aggravate them.

For example: If you are Kapha dominant, you will have to avoid things that aggravate the Kapha dosha, because if not, your Kapha will get out of hand and start diseases and problems.

# A BETTER WAY TO HEALTH! continued

Now, here is a list of things to watch and adjust to keep in balance. Foods, drinks, colours, timing of smells, sleep, occupation, exposure amongst others.

Foods: every foodstuff have different doshic qualities as well as heating or cooling properties.

For example, broccoli is higher in vata and cooling, tomatoes are high in pitta and heating. Potatoes are high in vata and cooling. Yoghurt is kapha and pitta and cooling. Coffee is vata, pitta and heating, wine in vata, pitta and heating and the list goes on.

So if someone is kapha dominant, they should avoid consuming foods which are high in kapha and should also try to use heating foods rather than too cooling.

Pitta individuals should avoid consuming foods high in pitta and should try to use more cooling foods as well.

Colours: Each colour has also its own doshic qualities. Red over stimulates Pitta but is warming for Vata and energises Kapha, blues and purples are cooling and calm there with Pitta constitutions. Green, with a yellow tinge will increase Pitta but with a blue tinge will calm and pacify Pitta.

So if you are Pitta, avoid red, black and use soft cool colours especially blues.

If you are Vata, avoid dark colours, browns, blacks and blues and use less vivid colours opting for pastels instead.

If you are Kapha, avoid white as well as greens and deep dark blues. Go for bright, vivid exciting colours.

Of course, if you are high in 2 doshas ex. VATA/PITTA, then you will need to adapt to a Vata and Pitta pacifying lifestyle. Timing of meals, sleeping patterns, occupations such as sports and hobbies and climate are also important and in the next instalment we will look into putting all these factors into action.

## **BEQUEST TO THE SOCIETY**

Ensures its Future Activities.

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the Society's Honorary Solicitors Communications  
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855 Finchley Road, London NW11 8LX.

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# COOKERY CORNER

The following recipes are just a few of the many, taken from 'JEWISH VEGETARIAN COOKING' by Rose Friedman. They are just a 'taster', so why not purchase the book from the JVS office!

## **EIER MIT TZIBBALE I** (Egg and Onion)

### **INGREDIENTS**

6 free-range eggs, hard-boiled, shelled and finely mashed.  
 1 small onion, grated/shredded  
 1 spring onion (scallion), chopped  
 1 tbsp chopped fresh parsley  
 Sea salt, freshly ground black pepper and garlic salt  
 mayonnaise  
 1 tsp tomato purée/paste

### **GARNISH**

a few slices tomato  
 a few slices cucumber  
 a few slices radish  
 sprig parsley

### **METHOD**

Mix the first four ingredients together very well.  
 Add the seasonings to taste and sufficient mayonnaise to bind the mixture to a smooth pâté-like consistency. Mix in the tomato purée.  
 Garnish the mixture with the tomato, cucumber, radish and the parsley. Serve with crackers.

## **'HIRRING' VORSPEIS** (Mock Herring Appetizer)

### **INGREDIENTS**

1 medium aubergine (eggplant)  
 3 beetroot (beets), steamed or boiled and chopped  
 2 potatoes, steamed or boiled and chopped  
 1 pickled cucumber, chopped  
 1 Granny Smith apple, chopped  
 1 small onion, finely chopped  
 ½ stick celery, finely chopped  
 2 tbsp cider vinegar  
 1 tsp sunflower oil  
 1 tsp light demerara sugar  
 1-2 tsp sea salt

¼ tsp freshly ground black pepper  
½ pt (285ml) natural (unsweetened) yogurt

## **GARNISHES**

1 tbsp finely chopped fresh parsley  
1 tbsp finely chopped fresh chives  
2 free-range eggs, hard-boiled (hard-cooked)  
and cut into quarters (optional)  
½ red pepper, deseeded and cut into thin strips  
a few lettuce leaves

## **METHOD**

Peel the aubergine (eggplant) and cut the flesh into small strips. Steam or boil the strips until they are just tender, but not mushy, then drain them. Mix together with the remaining ingredients and chill until you are ready to serve. Serve garnished with the parsley, chives, egg, if using, and red pepper serving it onto plates lined with lettuce leaves.

## **KÜMMEL SOUP** (Caraway Seed Soup)

### **INGREDIENTS**

7-8 tsp caraway seeds  
4 cups water  
2 tbsp rolled oats  
1 free-range egg  
2 tsp wholemeal (whole wheat) flour  
sea salt and freshly ground black pepper  
1 vegetable stock (bouillon) cube

### **METHOD**

Boil the caraway seeds in the water and then simmer for about 1½ hours, replacing the water that evaporates.

Strain the caraway seeds from the liquid, reserving ½ teaspoon of the caraway seeds, then return the liquid and the ½ teaspoon of caraway seeds to the pan and heat.

Add the rolled oats and simmer for about 15-20 minutes.

Beat the egg lightly and mix the flour with it to form a smooth liquid (it should not be too thick). Mix in a little sea salt and freshly ground black pepper.

Bring the soup to the boil and drop the egg mixture in a teaspoon at a time. Let it cook through, mixing it in well as it does so.

Serve hot.

*continued on page 32*

**SPLIT PEA AND BARLEY SOUP****INGREDIENTS**

2 carrots, grated (shredded)  
1 onion, chopped  
1 stick celery, chopped  
2 tbsp vegetable oil  
6-8 cups water  
1 tbsp chopped fresh parsley  
2 vegetable stock (bouillon) cubes (optional)  
½ lb (225g) split peas (soaked overnight)  
5 oz (140g) barley, well rinsed  
sea salt and freshly ground black pepper

**METHOD**

Fry the carrot, onion and celery in the oil until they are tender. Add the water, parsley, stock (bouillon) cubes, if using, the split peas and barley and bring to the boil. Simmer for about 1 hour until the peas and barley are tender. Season to taste with, sea salt and freshly ground black pepper and stir in a little more water if the consistency has become too thick.

**MOCK SALMON RISsoles****INGREDIENTS**

1 medium onion, chopped  
sunflower oil, for frying  
2 slices fresh wholemeal/whole wheat bread  
1 lb (455g) tinned/canned chick peas/garbanzo beans, drained  
3 tbsp tomato purée/paste  
3 tbsp chopped fresh parsley  
sea salt, freshly ground black pepper and paprika

**METHOD**

Sauté the onion in a little oil until it is golden brown. Crumble the bread over the onion in the pan and let it soak up the oil and juices from the onion. Add the chick peas/garbanzos, the tomato purée/paste, parsley and season to taste with sea salt, freshly ground black pepper and paprika. Mash everything together by hand or in a liquidizer or food processor. The mixture should not be too smooth, but should be firm enough to form into rissoles. Preheat the oven to 350°F/180°C/gas mark 4. Moisten your hands and form tablespoons of the mixture into rissoles.



Place them on a baking sheet lined with baking parchment, flattening them slightly. Put about ½-1 teaspoon of oil on each rissole.

Bake them for about 30 minutes or until they have cooked through and become crisp on the outsides,

Serve them hot with sautéed or mashed potatoes, tomato sauce and green vegetables or cold with salads.

*Note*

A quick tomato sauce can be made by sautéing a little onion, adding chopped/tinned or ripe, peeled tomatoes, chopped parsley, seasoning and a little water or stock and cooking them until the tomatoes are mushy and the sauce is flavourful.

## SAVOURY CASSEROLE

### INGREDIENTS

4 oz (115g) mixed nuts, finely chopped (cashews, hazelnuts/filberts, walnuts)

1 large onion, finely grated/shredded

1 oz (30g) fresh wholemeal/whole wheat breadcrumbs

2 free-range eggs

1 tbsp chopped fresh parsley

sea salt and freshly ground black pepper

1 tbsp yeast extract or soy/soya sauce

¾ pt (425ml) tomato juice

### METHOD

Preheat the oven to 350°F/180°C/gas mark 4.

Put all the ingredients, except the tomato juice, into a bowl and mix them together well.

Spoon the mixture into a greased casserole dish and pour the tomato juice over the top.

Bake in the preheated oven for 45-60 minutes (cover the casserole halfway through if it seems to be drying out).

Serve with brown rice, vegetables and salads or cold, in slices, with salads and mayonnaise.

*Note*

You can decorate this dish by lining the bottom and sides of the casserole dish with onion rings, courgette/zucchini slices and celery sticks, before placing the mixture into the casserole.

A topping may be made by sautéing finely chopped or puréed mushrooms with finely chopped or puréed onion and spreading the mixture over the Klops mixture before baking it in the oven.

**GEMÜSE KUGEL** (Rainbow Vegetable Kugel)

**INGREDIENTS**

- 3 medium carrots, grated
- 1 small cauliflower, broken into florets
- 3 medium potatoes, peeled and chopped
- 6 oz (170g) peas
- 1 onion, grated/shredded
- 1 large courgette/zucchini, grated/shredded
- 2 sticks celery, finely chopped
- 1 ripe tomato, skinned and chopped
- 2 oz (55g) polyunsaturated margarine
- sea salt and freshly ground black pepper
- 2 tbsp sour milk
- 2 free-range eggs, beaten
- 1 tbsp curd/cottage cheese, mashed
- 2 oz (55g) Gouda cheese, grated/shredded
- 1 oz (30g) grated/shredded nuts or sesame seeds (optional)

**METHOD**

Steam the carrot, cauliflower, potatoes and green peas separately until they are tender.

Meanwhile, sauté the onion, courgette/zucchini, celery and tomato in the margarine. Season to taste with sea salt and freshly ground black pepper.

Grease an ovenproof dish and preheat the oven to 350°F/180°C/gas mark 4.

Mash the carrot and stir in the sour milk, sea salt and freshly ground black pepper and a little of the beaten egg to form a soft consistency. Press it into the bottom of the dish in an even layer.

**STUFFED AUBERGINES**

**INGREDIENTS**

- 4 medium aubergines/eggplants
- sea salt and freshly ground black pepper
- 2 medium onions, finely chopped
- 2 cloves garlic, crushed/minced
- 3 tbsp corn oil
- 1 tsp paprika
- 2 tbsp chopped fresh parsley
- 3 soft, ripe tomatoes, skinned and chopped
- 3 oz (85g) raw brown rice

½ lb (225g) tinned/canned chick peas/garbanzo beans, drained  
1 tbsp polyunsaturated margarine  
½ pt (200ml) hot water or vegetable stock  
4 tbsp fresh brown breadcrumbs

## METHOD

Slice the aubergines (eggplants) in half lengthwise and sprinkle the cut surfaces with salt. Leave them for 30 minutes, then rinse them well under running water and pat dry.

Scoop out the pulp, leaving a little next to the skin so they keep their shape.

Sauté the onions and garlic in the oil until they are soft.

Season to taste with sea salt and freshly ground black pepper, then add the paprika, aubergine (eggplant) pulp, parsley and tomatoes. Cook until everything is soft.

At the same time, cook the rice in boiling water until it is tender then drain.

Preheat the oven to 350°F/180°C/gas mark 4.

Mix the aubergine (eggplant) mixture well with the rice and chick peas (garbanzos). Spoon the mixture into the aubergine (eggplant) skins and sprinkle the breadcrumbs over the top.

Place them close together in an oiled ovenproof dish and dot the tops with margarine. Pour hot water or vegetable stock into the bottom of the dish.

Bake the aubergines (eggplants) in the preheated oven for about 30-40 minutes.

## APPLE CRÊPES

### INGREDIENTS

#### *Apple filling*

6 Golden Delicious apples  
2 tbsp polyunsaturated margarine  
2 tbsp orange juice  
2 tbsp strawberry jam

#### *Batter*

2 free-range eggs  
1 tbsp vegetable oil  
½ pt (285ml) milk  
½ pt (285ml) water  
6 oz (170g) self-raising brown/wholewheat flour  
pinch sea salt  
2 tsp grated orange rind  
2 tbsp light demerara sugar  
vegetable oil, as required

**METHOD**

Prepare the apple filling first. Peel and finely grate (shred) the apples.

Put the apple, margarine and orange juice into a saucepan and cook over a medium heat until the apple has softened.

Mix in the strawberry jam and add a little more orange juice if the mixture is too dry. Keep it warm.

Now make the batter for the crêpes.

Beat the eggs well, add the oil, milk and water and beat them until they are well combined.

Sift the flour into a separate bowl and add it slowly, a tablespoon at a time, to the egg mixture beating it in well.

Mix in the salt, orange rind and sugar.

Lightly oil a heavy frying pan (skillet) and heat it over a medium heat.

Pour the crêpe batter into a jug and pour a little at a time into the heated pan, swirling it to spread the mixture very thinly over the bottom of the pan, and fry it lightly on both sides for a few minutes, until it has cooked through.

Oil the frying pan (skillet) lightly before cooking each crêpe.

Stack the cooked crêpes and hand round the apple filling, so each person fills and rolls up their own crêpes.

Serve with yogurt or whipped cream.

**PEARS IN WINE****INGREDIENTS**

4 ripe pears

4 tbs chopped dates or raisins

4 tbs finely chopped walnuts/English walnuts

2 tsp ground cinnamon

2 tsp raw cane sugar

polyunsaturated margarine or butter

¼ pt (140ml) sweet red wine

¼ pt (140ml) hot water

**METHOD**

Preheat the oven to 350°F/180°C/gas mark 4.

Peel and halve the pears, then neatly remove the cores. Place the pears in a greased ovenproof dish, cut side upwards.

Fill each pear half with the dates or raisins and walnuts. Sprinkle the cinnamon and sugar over the filling and pears and dot them with the margarine or butter.

Mix together the wine and water and pour the mixture over the pears and

fillings and into the dish.

Cover and bake in the preheated oven for 20-30 minutes or until the pears are tender.

Serve them warm or cool with whipped cream or yogurt.

## CHERRY AND LYCHEE DELIGHT

### INGREDIENTS

1 lb (455g) cherries, fresh or tinned/canned

½ lb (225g) lychees, fresh, peeled and stoned/pitted or tinned/canned

2 tbsp polyunsaturated margarine

⅓ pt (200ml) orange juice

2 tbsp honey

1 tsp grated lemon rind

2 fl oz (60ml) sweet red wine or Sabra liqueur (or to taste)

¼ tsp ground cinnamon

### METHOD

Preheat the oven to 325°F/170°C/gas mark 3.

Arrange the cherries and lychees in an attractive ovenproof casserole dish.

Melt the margarine in a saucepan, mix in the remaining ingredients and pour the mixture over the fruit in the dish.

Bake in the preheated oven for 20-30 minutes until the fruit is hot. Be careful not to overcook it.

Serve the dish warm with yogurt, fromage frais or ice-cream.

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Carla Bennett, kindness consultant and regular columnist for PETA's *Animal Times* (People for the Ethical Treatment of Animals), draws on a lifetime of experience with animals to answer your questions about coexisting peacefully with

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No matter where you live, you can help animals in so many ways that take neither time nor money, just knowledge and consideration. Do you know, for example, how your choice of a household or office product or a cosmetic affects rabbits and other animals in laboratories? Get practical ideas, vegetarian recipes, and lists of organisations and resources to help you positively affect the animals around you.

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## BOOK REVIEWS continued



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Published by The Women's Press, Price £8.99 plus P&P £1.00. Available from J.V.S.



# BOOK REVIEWS continued



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# CLASSIFIED ADVERTISEMENTS

**CORNWALL, LIZARD PENINSULAR.** **THE CROFT**, offers magnificent sea views from all rooms. Terraced garden bordered by SW Coastal Footpath, stream and cliff edge. Sandy beach. Exclusively vegetarian/vegan and non-smoking. Home cooking, including the bread! Twin en-suite, accommodation. Lift. Parking. OS ref: SW 783187. For brochure: Telephone/Fax: Peter Cheze-Brown **01326 280387**. The Croft, TR12 6TF, England.

**NORFOLK**, self catering chalet on quiet site, close to The Broads, Great Yarmouth, Lowestoft etc. Sleeps 4. Microvave, fridge/freezer, shower. Bed-linen included. No pets, no smoking. Very reasonably priced. **Telephone 020 8252 3272**.

**ISRAEL.** Family-run – Vegetarian – Vegan – Wholefood – Non-smoking Guesthouse in beautiful Galilee mountains. Please write: Philip Campbell, Amirim Village, near Carmiel. 20115 Israel. **Tel/Fax: 06-6989045**.

**SEASHELLS VEGETARIAN NON-SMOKING HOTEL. SWANAGE.** Opposite sandy beach. Spectacular hill/coastal walks. Open all year. **Tel: 01929 422794**.

**THE BYRE VEGETARIAN B&B HARBOTTLE, NORTHUMBERLAND.** Non-smoking. Evening Meals, packed lunches. **Tel. Rosemary 01669 650476**. email: [rosemary@the-byre.co.uk](mailto:rosemary@the-byre.co.uk) [www.rosemary@the-byre.co.uk](http://www.rosemary@the-byre.co.uk)

**FRANCE, LOIRE VALLEY**, 17th century farmhouse offers vegetarian and vegan B/B and evening meals, massage and reflexology. Ideal for those who wish for a relaxing, get away from it all, break. Converted barn available for self catering, sleeps six plus. For details and brochure, Joyce Rimell, La Besnardiere, 49150 Fougere, France. **Tel: 00 33 241901520**.

**BANGOR-ON-DEE**, North Wales. Fraser Cottage B&B. Vegan, organic en-suite, non-smoking. Dogs welcome. **Tel/Fax: 01978 781068**. e-mail: [101357.2201@compuserve.com](mailto:101357.2201@compuserve.com)

**I AM LOOKING FOR** veggie penpals. Any area. My interests include:- writing, reading, cross stitch, home improving, eating out, socialising. I love all animals. Write to: Nicola Travers, 17 Juniper Court, Forest Road West, Nottingham NG7 4EU.

**DEVON**, Dartmoor (Lydford). S/C for N/S visitors in bungalow in nature reserve (Vegfam's headquarters). S.A.E. to "The Sanctuary" Nr. Lydford, Okehampton EX20 4AL. **Tel/Fax 01822 820203**. £10 per night or £49 per week per person. Reductions for children.

# NEW FRIENDS!

## VEGETARIAN SINGLES SOCIAL GROUP

### Membership Application Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_

Post code \_\_\_\_\_ Telephone No.s Day \_\_\_\_\_

Email address \_\_\_\_\_ Evening \_\_\_\_\_ Mobile \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

Age Are you  Vegetarian?  Vegan?  Raw Foodist

Religion (Please Indicate )

Jewish  Christian  Muslim  Hindu  Buddhist

Other – please describe: \_\_\_\_\_

Please indicate which of the following activities would be of interest to you:

Cinema  Theatre  Concerts  Rambles

Dining Out  Lectures  Dances  Museum Visits

Would you be interested in group holidays? Yes/No

Please detail below any other activities that would be of interest to you:

\_\_\_\_\_  
 \_\_\_\_\_

Please return this form to:

Naomi Fellerman c/o 25 Gwilym Maries House,  
 21 Canrobert Street, Bethnal Green London E2 0BG.