

# The Jewish Vegetarian



**No. 137 June 2001 SIVAN 5761 £1.50 Quarterly**

**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)

Administrative Headquarters: 853/855 Finchley Road, London NW11 8LX, England.  
 Tel: 020 8455 0692 Fax: 020 8455 1465  
 E-mail: ijvs@yahoo.com

Assistant Editor: Shirley Labelda

The Jerusalem Centre: Rehov Balfour 8, Jerusalem 92102, Israel

Tel/Fax: 972-2-561-1114. E-mail: ijvsjlem@netmedia.net.il

Friendship House (Children's Home): POB 1837, Mevasseret-Zion 90805.  
 Tel: 972-2-5337059

Hon Solicitors for the IJVS Israel: Shine, Hunter, Martin & Co. 119 Rothschild Boulevard.  
 65271. Tel Aviv

Australasia Convener: Dr Myer Samra  
 Victoria Secretary: Stanley Rubens. 12/225 Orrong Road, East St Kilda. Vic 3183.  
 NSW Secretary: Victoria Nadel. 6/3 Ocean St Bondi, 2026, NSW

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# WHY A JEWISH VEGETARIAN SOCIETY?

Because of 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)

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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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# SOCIETY NEWS



**LIFE MEMBER  
EMANUEL GOLDMAN**

Professor of Microbiology and Molecular Genetics at New Jersey Medical School in the USA. Emanuel earned a PhD. in Biochemistry from the Massachusetts Institute of Technology as well as having postdoctoral training in Pathology at Harvard Medical School. He was the recipient of Damon Runyon and American Cancer Society fellowships during his training and received a Career Development Award from the National Institutes of Health (NIH). He was elected and re-elected President of the American Association of University Professors chapter at the University of Medicine & Dentistry of New Jersey and

was honoured by his colleagues at New Jersey Medical School as the "Basic Science Faculty of the Year" in the year 2000.

He has a great interest in the arts and was an Assistant Editor at the Boston Phoenix and the Associate Editor at the Boston Review of the Arts. He was active as a film critic with over 200 published reviews through the 1970s. Some of our readers may recognise him as "The Vegetarian Cinophile" in which articles were published and certain films viewed from a vegetarian perspective.

Emanuel has been a vegetarian since 1964 and eliminated virtually all dairy and eggs around 1992. He became a vegetarian for ethical reasons, as feeling close to animals, it seemed to him barbaric and uncivilized, as well as unnecessary, to slaughter animals for food.

There are many important reasons for the vegetarian/vegan choice. (1) The health benefits are enormous. (2) The benefits to the environment and ecology of the earth are also important given the massive "factory farming" that now takes place. (3) Eating meat/animals products supports cruelty and unnecessary taking of life of creatures who can feel pain and many other emotions. He believes that a violent diet also creates an atmosphere that contributes to the violence that people inflict on one another. For example,

# SOCIETY NEWS

it is well-established that cruelty to animals is an early indicator in children of future violent criminal behaviour.

Emanuel married for the third time in 1998 and has two stepchildren from his second marriage, one of whom became an ethical vegan at the age of eleven!

We are please to welcome him as a Life Member of this international fellowship and trust his association with the Society will be a long and happy one.

## NEW LIFE MEMBER

Dr. Jonathan and Mrs. Nicola Freedman.

Dear Shirley,

Thank you very much for your letter informing us that we have been made life members through the generosity of my father Michael. I must firstly apologise for the delay in replying to you.

As a life long vegetarian and committed Jew I have always been very proud to have associated myself with the JVS and have had an inspiring example in my father who has served the society for many years. I was privileged to know Philip Pick during my teenage years and until his death. We often went to synagogue together in Luton and later to my own community here in St. Albans. I remember discussing many of the fundamental issues that were so dear to him, and for the first time understanding the authenticity and validity of my vegetarianism within Judaism – thanks to his help.

My wife Niki has been a vegetarian for more than 15 years and our three daughters, Joanna aged 6 years and Rebecca and Emma (4 year old identical twins) are really proud to be “veggie” and are starting to understand the reasons why we chose not to eat flesh. We recently acquired four chickens who now live in an ‘ark’ and ‘run’ in our garden, As I drove home from the farm, chickens in a cardboard box on the front seat and girls strapped into the back, Sarah, Rosie, Mabel & Millie were constantly being reassured “don’t worry – we won’t eat you!” Egg production has started and the children are very excited about their new friends.

We all look forward to a happy association with the society for many years to come.

Kind regards

**Jonathan Freedman.**

# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

The Jerusalem Centre

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

Mr B.R. Cornberg, Moseley, Birmingham. Susan East, Melbourne, Australia. Robert Howard, Paignton, Devon. Alice Kessler, West Allenhurst, NJ. USA.

## 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.

£12.20 Mrs A.P. Cheshire. £10 Mr R.H. Paignton, Devon.  
£10 T. & J.J. London SE22. £8 Mr H.G. Ilford, Essex.  
£8 Mrs H.R. Chigwell, Essex. £6 Ms V.R.E. Bristol.  
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Dr & Mrs Bloomfield, Guildford, Surrey. Helene Goodman, Jerusalem, Israel.  
Robert Howard, Paignton, Devon. Mrs J. Lichtenstern, London NW2. Elaine Mogul,  
Baltimore, MD, USA. Alice Kessler, West Allenhurst, NJ. 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:

£300 Anonymous. £20 Mr R.H. Paignton, Devon. £10 Mrs J.L. London NW2. £6 MS V.R.E. Bristol.

# DEAR SIR

Dear Editor,

"Fast Food" restaurants are a planet-wide phenomenon. But their success has increased global deforestation and has contributed to many early deaths; others, still alive today, are at great risk of dying before their allotted days, in large part due to what they eat.

It is time for vegetarians in general and for vegans in particular to reclaim their natural heritage, bettering both the planet's and its inhabitants' natural ecologies.

To this end, I suggest starting inexpensive vegetarian (vegan preferred) restaurants, called "Seconds on the House". Modelled after a combination of fast food/military chow lines, only two or three main courses, but several side dishes, would be served at each meal. And there would be variety over time. People could buy discount cards in advance for multiple meals.

Supervised by a vegan Registered Dietician (RD), each meal would be nutritionally complete. Funding for the first restaurant in the United States could come from the federal government's Small Business Administration, which provides up to 90 percent of a loan of up to \$750,000.

Unlike today's fast food restaurants, our tasty and nutritious food would also be good for you! "Good for You Vegan Eateries, Inc." would help lead the way towards healthy eating (and living) on Planet Earth.

**Raymond Avrutis, Washington DC, USA.**

***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).



## TISHA B'AV AND VEGETARIANISM



BY RICHARD SCHWARTZ

There are many connections between vegetarianism and the Jewish holiday of Tisha B'Av:

1. Tisha B'Av (the 9th day of the month of Av) commemorates the destruction of the first and second Temples in Jerusalem. Today the entire world is threatened by destruction by a variety of environmental threats, and modern intensive livestock agriculture is a major factor behind most of these environmental threats.
2. In Megilat Eichah (Lamentations), which is read on Tisha B'Av, the prophet Jeremiah warned the Jewish people of the need to change their unjust ways in order to avoid the destruction of Jerusalem. In 1992, over 1,700 of the world's most outstanding scientists signed a "World Scientists Warning to Humanity", stating that "human beings and the natural world are on a collision course", and that "a great change in our stewardship of the earth and the life on it is required, if vast human misery is to be avoided and our global home on this planet is not to be irretrievably mutilated." Vegetarians join in this warning, and add that a switch toward vegetarianism is an essential part of the "great change" that is required.
3. On Tisha B'Av, Jews fast to express their sadness over the destruction of the two Temples and to awaken us to how hungry people feel. So severe are the effects of starvation that the Book of Lamentations (4: 10) states that "More fortunate were the victims of the sword than the victims of famine, for they pine away stricken, lacking the fruits of the field." Yet, today over 70% of the grain grown in the United States is fed to animals destined for slaughter, as 15 to 20 million people world-wide die annually because of hunger and its effects.
4. During the period from Rosh Chodesh Av to Tisha B'Av known as the "nine days", observant Jews do not eat meat or fowl, except on the Sabbath day. After the destruction of the second Temple, some sages argued that Jews should no longer eat meat, as a sign of sorrow. However, it was felt that the Jewish people might not be willing to obey such a decree. It was also believed then that meat was necessary for proper nutrition. Hence, a compromise was reached in terms of Jews not eating meat in the period immediately before Tisha B'Av.



# TISHA B'AV AND VEGETARIANISM

5. The word "eichah" (alas! what has befallen us?) that begins Lamentations comes from the same root as the word "ayekah" ("Where art thou"), the question addressed to Adam and Eve after they had eaten the forbidden fruit. Vegetarians are also asking "where art thou." What are we doing re widespread world hunger, the destruction of the environment, the brutal treatment of farm animals, etc.? Perhaps failure to properly hear and respond to "ayekah" in terms of stating "hineni" – here I am, ready to carry out God's commandments so that the world will be better – causes us to eventually have to say and hear "eichah".

6. The book of Lamentations was meant to wake up the Jewish people to the need to return to God's ways. Since vegetarianism is God's initial diet (Genesis 1:29), vegetarians are also hoping to respectfully alert Jews to the need to return to God's preferences with regard to diet.

7. Rabbi Yochanan stated "Jerusalem was destroyed because the residents limited their decisions to the letter of the law of the Torah, and did not perform actions that would have gone beyond the letter of the law" ('lifnim meshurat hadin') (Baba Metzia 30b). In the same way, perhaps, many people state that they eat meat because Jewish law does not forbid it.

Vegetarians believe that in this time of factory farming, environmental threats, widespread hunger, and epidemics of chronic degenerative diseases, Jews should go beyond the strict letter of the law and move toward vegetarianism.

8. Tisha B'Av has been a time of tears and tragedy throughout Jewish history. Animal-based diets are also related to much sorrow today due to its links to hunger and environmental destruction.

9. Tisha B'Av is not only a day commemorating destruction. It is also the day when, according to Jewish tradition, the Messiah will be born, and the days of mourning will be turned into joyous festivals. According to Rabbi Abraham Isaac Hakohen Kook, the Messianic period will be vegetarian. He based this view on the prophecy of Isaiah, "The wolf will dwell with the lamb...the lion will eat straw like the ox... and no one shall hurt nor destroy in all of God's holy mountain" (Isaiah 11: 6-9).

10. The readings on Tisha B'Av help to sensitise us so that we will hear the cries of lament and change our ways. Vegetarians are also urging people to change their diets, to reduce the cries of lament of hungry people and animals.

11. The first Temple was destroyed because the people committed three cardinal sins: idolatry, immorality, and bloodshed (Yoma 9b). Animal-based diets today have links to these sins;

## TISHA B'AV AND VEGETARIANISM

(1) we have made our stomach an idol and will do almost anything to appease it;

(2) a diet that wastes so much grain and other agricultural resources while millions of people lack adequate food can be considered immoral;

(3) There is much bloodshed from the almost 10 billion farm animals that are slaughtered annually in the United States alone to satisfy people's appetites for meat.

12. After the destruction of the second Temple, the Talmudic sages indicated that Jews need not eat meat in order to rejoice during festivals. They stated that the drinking of wine would suffice, (Pesachim 109a)

13. More than a day of lamentation, Tisha B'Av is also a day of learning – learning essential lessons about our terrible past errors so that they will not be repeated. Vegetarians believe that if people learned the incredible realities related to the production and consumption of meat, many would change their diets so as to avoid continuing current errors.

14. After the destruction of Jerusalem, while sighing and searching frantically for food, the people proclaimed, "Look God and behold what happened to me because I used to be gluttonous !" (Lamentations 1:11). Today too, gluttony (excessive consumption of animal and other products) is leading to widespread hunger and destruction.

15. The Book of Lamentations ends with "Chadesh yamenu k'kedem – make new our days as of old." We can help this personal renewal occur by returning to the original human diet, the vegetarian diet of Gan Eden (the Garden of Eden), a diet that can help us feel renewed because of the many health benefits of plant-based diets.

16. On Tisha B'Av, Jews do not wear leather shoes, as a sign of mourning; while not a reason, this is consistent with the concept that while commemorating events that involved so much death, we might not want to wear something manufactured from animal skin, a product derived from the deaths of another.

17. The Book of Lamentations has many very graphic descriptions of hunger. One is: "The tongue of the suckling child cleaves to its palate for thirst. Young children beg for bread, but no one extends it to them." Today, major shortages of food in the near future are being predicted by the Worldwatch Institute, a Washington DC thinktank, and others, and one major reason is that people in China, Japan, India, and other countries where affluence has been increasing, are moving to animal-centred diets that require vast

# TISHA B'AV AND VEGETARIANISM

amounts of grain. In view of these and other connections, I hope that Jews will enhance their commemoration of the solemn but spiritually meaningful holiday of Tisha B'Av by making it a time to begin striving even harder to live up to Judaism's highest moral values and teachings, and one important way to do this is by moving toward a vegetarian diet.

Richard H. Schwartz Professor Emeritus, Mathematics College of Staten Island  
2800 Victory Boulevard Staten Island, NY 10314 USA (718) 982-3621 Email  
address: Schwartz@postbox.csi.cuny.edu Fax: (718) 982-3631 Author of  
Judaism and Vegetarianism, Judaism and Global Survival, and Mathematics  
and Global Survival. Patron of the International Jewish Vegetarian Society.

My 100 articles on Judaism and Vegetarianism are on the internet at <http://schwartz.enviroweb.org/> (Please share them with others.) My interview is at <http://www.tlwalker.com/schwartz.htm>

## LIFE MEMBERS

Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

**UK Life Membership**  
£150

**Israel Life Membership**  
\$250

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**or 5 annual payments of**  
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# ANNUAL GENERAL MEETING

**REPORT FROM THE CHAIR ON JVS 36TH ANNUAL GENERAL MEETING HELD ON SUNDAY 18TH MARCH 2001 AT BET TEVA, 855 FINCHLEY ROAD, LONDON NW11**

As Chairperson of the Society it was my pleasure to welcome the 17 people who had made the effort to attend this year's AGM.

The minutes of the 35th AGM were read and approved, after which Michael Freedman, Hon. Treasurer, explained the Accounts for the year end 31st December 1999. There had been a surplus of income over expenditure of £35,000, mostly funded by property receipts of £43,000. It has been a difficult year where income from the property would be lower due to the building works that have taken place. The subsidence problem has now been dealt with and the building had been brought up to the Health and Safety standard required by the local authority. Approximately £220,000 has been spent on the improvements, which has been partly funded by a grant of £40,000 and borrowings of £75,000. The building has now been fully let and we are repaying the loan. We would like to have been able to carry out external redecoration, have the drive made good and installed double glazing, it is hoped that this will be done this year.

My own report to the AGM informed the attendees that we had increased our membership by 56 this year, 35 within the UK and 21 outside, 12 of these memberships were life memberships. We are hoping that our increased activities will bring in more new membership.

In the last year, we have successfully organised a children's art competition last year and have launched it again this year. Also last November we held the 1st Annual Philip L Pick Memorial Lecture and we were delighted that Professor Richard Schwartz, Patron of the JVS from the USA and author of "Judaism and Vegetarianism" was able to attend and deliver the lecture. Following this Professor Schwartz was interviewed by Spectrum Radio's Jewish programme.

The London Jewish News and TotallyJewish.com have contacted us recently regarding the Foot and Mouth Crisis. It is pleasing to be able to get our view as vegetarians into the press. We would like to get as much publicity as possible about this to get our message across.

Friday Night Dinners are being held monthly at the Society and it is hoped to hold a Seder Night as well. \* Parties have taken place at the Society and it is hoped that these will attract new members.

We are looking for volunteers who can spare time to assist in the office.

# ANNUAL GENERAL MEETING

We have been approached by Quentin Coleman who would like to take over the former restaurant at Finchley Road, initially as a pizza and pasta delivery service and later as a fully functional restaurant. This will not involve any financial commitment by the JVS.

It was with sadness that I had to announce that Julie Rosenfield, who has for many years been a member of our Executive Council, has stepped down due to other commitments and offered thanks to Julie for all her hard work and assistance in the past. We are hoping that some members will show an interest in joining the Committee and helping running the Society. All other Honorary Officers and members of the Council were re-elected.

Special thanks were given to Shirley Labelda and Ruth Hyman for all their hard work and efforts throughout the year and to the members of the Committee.

I would like to thank all members of the Society who made the time to attend the AGM, and would also like to hear from anyone who would be interested in joining the Committee and becoming involved in the running of the Society's events.

\* Unfortunately due to time constraints we were unable to organise a Seder Night open to members of the Society. If anyone is interested in Friday Night dinners, social events etc, either attending or assisting with the organisation, please contact me.

My best wishes to all our members and I hope that we will see many more of you at the next AGM and / or other events we organise.

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**HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY**

THE JEWISH VEGETARIAN

# BE WARNED

## YOUR RIGHT TO PROTEST IS BEING ERODED THE COUNT GENTILE (PATRON)



We in the West pride ourselves, and are constantly being reminded that we live in a democracy, something which should be cherished and valued, and that, consequently, all are free and equal before the law. In the "cold war" days, this was emphasised almost religiously by all politicians and commentators.

And we, the people, felt a pride in belonging to a political system that was ours, and which the voter controlled.

Unfortunately, under successive governments, democracy has been used to erode not only our civil liberties, but has been defaced and brought into contempt by politicians of all shades.

We were told by the present British government when it was in opposition, and I had this confirmed through communications with them, that when they came to power, blood sports would be made illegal. Indeed, we were also given the assurance that live exports of animals would be banned. These were promises that were continually given. Since the government came to power, with a large political majority, we campaigners felt secure that the promises given before, would be implemented (naively), and that any opposition from the House of Lords would be dealt with by the Parliament Act. We were not told directly that the Parliament Act would be enacted, but we all knew, including the politicians, that the bill would not become law unless it was. I myself brought this point up on several occasions.

Several years have passed since the government has been in power. We now ask ourselves what has gone wrong? What has happened to the promises that they made? Why is it taking so long for a simple piece of legislation, which the majority of the public and the majority of the politicians wanted, to be implemented? The answer is very simple. As usual, politicians want our votes, but that is as far as it seems to go. If I am being cynical and jaundiced about politicians and the political process, that is their fault, not mine. In Parliament, one has to say "one is being economical with the truth". This, of course is a euphemism, and we all know what it really means, sadly.

By now, you may be thinking that I am totally disenchanted with the political system, and the political process, and indeed, that this article is a political

# BE WARNED

essay. Not so. What must be brought to your attention urgently, is the undemocratic way that the status quo, and I have never liked that political vehicle, is being tilted away from democracy, and, consequently, democracy is being brought into contempt. Not only has this been done, and will continue to be done, with regard to blood sports, but it is clear that the government will not use the Parliament Act. More dangerously, the goal posts of freedom, and in this case, the right to protest, is being seriously eroded.

We are not talking about an extremely small minority of protesters who break the law, or intimidate others, but that intelligence is being gathered and kept about ordinary law-abiding citizens who are concerned with the horrors and abuse of animals. Is it not sinister in this day and age, that money and manpower is being used to spy and interfere in the lawful activities of animal rights protesters and activists (re the unit set up at New Scotland Yard, and no doubt, at other government establishments)?

Because the protests with regard to Huntingdon Laboratories successfully persuaded financial institutions to withdraw financial support to them, and because the government does not like this, the goal posts with regard to democracy and freedom will be changed regarding the law. This will take the form, you can be sure, in eroding substantially our freedom to protest legally, or even to communicate with these laboratories and others.

And, if it should happen, that those protesters and others who are concerned with animal welfare issues, are still successful, even after draconian laws are introduced, the law will be changed again to close any "loopholes" that remain. That is why those among us who are sincere in morally preventing animal abuse have to be vigilant of any changes in the law which are disguised in such a way that would restrict our right to protest and affect our civil liberties in relation to it.

Over the years, the erosion of our civil liberties has continued, and in this respect, the right to protest against animal abuse etc., has evolved to the point that it is becoming frightening to consider what next will be made unlawful in criminal legislation. Safeguarding this erosion and abuse of law in any democratic country is not the responsibility of the head of state, the president, or the prime minister, but is the responsibility of the people themselves. In former communist and fascist countries, this objective was a constant dream and many lives were lost so that people could be free. We take this for granted in the West, and that is why I feel so passionately that its erosion must be clearly seen and that we must not become complacent in thinking that it could never happen here.



We citizens in the United Kingdom of Great Britain and Northern Ireland, must always be aware and remember, that unlike our cousins in the United States of America, who have a written constitution, which in essence protects the citizen from the state, we only have tradition, which wrongly is referred to as a "constitution", and therefore, have to be more vigilant to any laws, which in this particular instance, interfere with our innate right to protest. And when that lawful protest is successful, not to have the state move the goal-posts because it does not like what it sees, or the effects that protests are having.

**THESE ARE THE PERSONAL OPINIONS OF THE COUNT GENTILE AND LETTERS TO THE EDITOR ARE INVITED.**

### **BEQUEST TO THE SOCIETY**

Ensures its Future Activities.  
Forms are available on request from  
the Society's Honorary Solicitors Communications  
to Headquarters "Bet Teva",  
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855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

### **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.

# COMPARATIVE RELIGIONS



## COMPARATIVE RELIGIONS

Who is right, can you choose?

The Muslims, Christians, Buddhists, or Jews.

Christians say Jesus came to earth to inspire

But Jews are still waiting for the Messiah

Buddhists ask the Dalai Lama how life began

While Muslims take their knowledge from the Koran

Most religions agree there is one Sabbath day

But which one it is, different thoughts they convey

Muslims say Friday, but Jews say the next

Christians pray Sunday, does God get perplexed?

If one sect is right, are all others wrong?

Some fail to believe while others stay strong

For goodness and love we all try to search

No matter in temple, mosque, shul or church

We pray to a God, but traditions are varied

Easter or Passover, why try to compare it

In the name of religion people fight wars

It seems to defy all humanity laws

But if we are peaceful, loving and kind

Isn't that all that God wants for mankind.

by Judy Karbritz

# NO MORE CHICKEN SOUP?

BY DR GINA SHAW D.Sc, M.A., AIYS (DIP. IRD.)

So there I was in the queue in Marks and Spencer, clutching on to my Medjool dates, surrounded by two women piling on ready-made chicken meals for their loved ones. 'How could these mothers feed their children these awful, unhealthy foods, I thought to myself?' 'Don't they care enough about them to at least give them a healthy vegetarian diet?' The trouble is, of course, that the food industry propaganda got their way before I did with their 'But chicken's healthier, it's low in fat, low in cholesterol, it's healthier than beef'. But is this really true? Not by a long chalk. Let's examine the facts and find out what the studies say...

Ian Coghill, Vice Chairman of the Environmental Health Office's Food Safety Committee in Great Britain says "Chicken should carry a government health warning on the packet, like cigarettes."

## A LOW-FAT FOOD?

"Chicken contains nearly the same amount of fat as beef, at 51% as against 56% in beef."

An honest look at the nutritional value of chicken reveals that chicken meat (or fish) is not low in fat, in fact, not even close! A 3.5-ounce piece of oven-cooked lean steak is fifty-six percent fat as a percentage of calories, and chicken contains nearly the same at fifty-one percent. Compare that with the fat in a baked potato (one percent), steamed cauliflower (six percent) and baked beans (four percent) and any ideas that chicken is a health food go out the window. Fancy packages can't disguise the fact that chicken and all meats are muscles, and muscles are made of protein and fat. Also, the combination of fat, protein and carcinogens found in cooked chicken creates troubling risks for colon cancer. Chicken not only gives you a load of fat you don't want, it's Heterocyclic Amines (HCAs) are potent carcinogens produced from creatine, amino acids and sugars in poultry and other meats during cooking. These same chemicals are found in tobacco smoke and are fifteen times more concentrated in grilled chicken than beef. HCAs may be one of the reasons that meat-eaters have much higher colon cancer rates; about three hundred percent higher compared to vegetarians.

Contrary to the myths that chicken and turkey contain less cholesterol and that, reportedly, they represent a good option for those on a healthier diet, according to studies by Dean Ornish, M.D., from a five-year follow-up of patients on his popular vegetarian plan for reversing heart disease, compared with patients on the chicken and fish diet recommended by the

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American Heart Association (AHA), the majority following the AHA guidelines got progressively worse, while those who made intensive changes got progressively better. So bang goes the healthy option myth!

“Cholesterol concentrates in the lean part of the meat.”

Plant foods contain no cholesterol but animal products always do. For every one percent increase in cholesterol levels, heart attack risks rises by two percent. According to the Physician’s Committee for Responsible Medicine (PCRM), for every 100 milligrams of cholesterol in the daily diet; the typical amount in a four-ounce serving of either beef or chicken, one’s cholesterol level typically zooms up five points. And, worse still: Unlike fat, cholesterol concentrates in the lean part of the meat.

## CHICKEN CANCER

In fact, one American report from nearly 20 years ago found that: ‘Virtually all commercial chickens are heavily infected with leucosis virus’. The situation, looking at it logically, could only have got worse. More recently, Tony Moore of Joice and Hill broiler breeders was quoted as saying that chicken cancer (Marek’s disease) is responsible for the excessively high losses of chickens and, despite chickens being vaccinated against it as day old chicks, mortality is increasingly significant. There is also a rapidly increasing threat from Gumboro disease, a viral cancer and, on top of this, avian leucosis, a bird variety of leukaemia, is now commonplace. However, since the tumours induced are not grossly apparent until about 20 weeks of age, the virus is not economically as important as is the Marek’s disease virus, which reduces tumours by 6-8 weeks of age. This means that chicken cancer can be passed on as largely undetected in many, many animals.

Can chicken cancer spread to humans, you may well ask? Well, the short answer is that I cover it in detail in my new book ‘Meat is not only murder... Meat is Suicide’ and the long answer is, it is quite possible since studies do seem to prove that malignant tumours and other cancers can spread from one species to another. Indeed, regarding bovine leukaemia (cancer in cow’s) Cox cites one scientist as saying “It should be inferred that cattle with leukaemia may, in favouring circumstances, be a factor disposing man to neoplasms (cancer), especially to the proliferation of the lymphatic system, either through longer contact with sick animals or the longer ingestion of milk and milk products from cows with leukaemia.

So the facts are that we know that some ‘meat producing animals’ (especially cows and chickens) suffer from tumours and cancers and we know that

# NO MORE CHICKEN SOUP?

cancer can be transmitted by virus, from one animal to another and indeed from one species to another. Of course, cancerous and tumorous meat are not necessarily removed at the slaughterhouse, and may quite easily find its way to the butcher's shop. The inevitable conclusion drawn from the above is that the chances are that if you eat meat, sooner or later you will eat part of an animal that either has cancer or has been exposed to a virus that can cause cancer. It is difficult, however, to quantify the risk you would be running by eating tumorous meat (especially since cancers can take many years to surface).

## **SALMONELLA, CAMPYLOBACTER**

In food processing plants where workers process red meat as well as chicken, the chicken preparation areas are often cordoned off from the rest of the plant. The work there is carried out behind glass screens in a kind of quarantine just in case bugs which thrive on and in chicken leap out and infect everything else. One of the most widespread of these bugs is salmonella. Almost every process of chicken production helps to spread bugs from one chicken to another until they finish up inside the plastic wrappers. There is a danger when touching raw chicken that people can spread the infection elsewhere.

Since the inedible parts (blood, offal and feathers) are recycled to be included in the feed of subsequent batches of chickens and salmonella bacteria are able to live in hen's internal organs for months, being excreted intermittently in droppings one can envisage how easily this disease is spread. Of course, if ovaries become infected, the transmission of salmonella can be through the yolk. Many farmers selling free-range eggs buy their birds from the same breeders who supply battery farmers – the birds may be infected even before they start their egg producing life.

Once slaughtered and processed, raw chickens are frequently contaminated with dangerous pathogens. The 1987 Public Health Laboratory service figures for contamination were as follows: Salmonella 60%, Listeria 60%, Campylobacter 50%. A large proportion of ready-cooked chickens on supermarket shelves have been found to harbour dangerous levels of listeria bacteria. Listeriosis can cause miscarriages and stillbirths and kills 30% of its victims (Ibid.). Campylobacter is found in undercooked meat and poultry, untreated milk and water, milk and pets food and can take up to ten days to develop and can last around a week. There were 61,716 cases reported in 1999.

## **MAD CHICKEN DISEASE**

# NO MORE CHICKEN SOUP?

Yes! Believe it or not startling evidence that mad cow disease might have spread to poultry has recently been examined by government scientists an investigation by newspapers revealed. Ministers were stressing that they were taking seriously evidence which could spark a new crisis for the meat industry. The Ministry of Agriculture have been examining the brains of dead hens suspected of having CJD or bovine spongiform encephalopathy (BSE) and plan to bring in independent scientists for a second opinion at the time of the report.

## OTHER DISEASES AND HEALTH IMPLICATIONS

The US government allow the sale of chickens with airsacculitis, a pneumonia-like disease that causes pus-laden mucus to collect in the lungs. In order to meet federal standards, the chest cavities are cleaned out by a suction gun, but during this process the air sacs burst and pus seeps into the meat.

Chicken pieces are often parts of diseased hens which could not be sold as whole chickens. Approximately 36 million chickens a year die from heart attacks, fatty livers and kidneys, colisepticaemia, viral arthritis, perosis, etc. (The statistics for the different types of chicken cancer are unfortunately not available). Chickens that may be severely diseased, but not dead may be slaughtered and go unnoticed and sold in supermarkets or butcher shops.

In an October 1996 Which? report, out of a random sample of ninety chickens bought from major supermarkets and butchers, thirty-two were unfit for human consumption. Tests on a further one hundred and sixty chickens revealed that almost 20% contained salmonella, while campylobacter was found in more than a third. Birmingham University argue that most chickens are riddled with the food poisoning bug salmonella. An estimated 3.5 million people catch it every year. In another report, salmonella poisoning can cause vomiting, diarrhoea, abdominal pain and lowgrade fever, lasting for several days. When it spreads to the blood and other organs, it can be fatal (and is for as many as 9,000 people every year). Also, campylobacter infects as many as two-thirds of all pre-packaged chicken. Salmonella and campylobacter have become increasingly common because modern factory farms crowd thousands of chickens into tightly confined spaces, where excrement and other forms of bacteria spread contaminants.

Salmonella is found in undercooked foods or foods contaminated by raw foods and symptoms include diarrhoea, vomiting, abdominal pain and high temperature. It can take four days to develop and may last for three weeks. There were more than 20,000 cases of salmonella poisoning reported in 1999 according to BBC News Online and they say that up to one in five

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chicken products in major supermarkets are contaminated with bugs that can cause serious food poisoning, research has found. Free-range and organic poultry was just as likely to be contaminated as non-organic chickens.

## LISTERIOSIS

In the US, in one of their biggest-ever meat recalls, agribusiness giant Cargill called back almost 17 million pounds of “ready-to-eat” turkey and chicken products. They were processed at Cargill’s Waco, Texas, plant between May Day and mid-December. The fear: possible contamination by the often-deadly bacteria *Listeria monocytogenes*. Dr Barnard of the PCRM argues that this development added an exclamation point to the end of 2000, a year already beset by a record-setting pace of more than 70 U.S. meat recalls. According to Dr Barnard, the latest problem, listeria, may not be the household name that salmonella is, or that *E. coli* and campylobacter are fast becoming, but it is depressingly familiar to emergency room personnel, who routinely see the Human costs of foodborne illnesses. With listeria, that can often entail high fevers, severe headaches, neck stiffness, and nausea. Such symptoms can persist for days, even weeks. Listeria can also trigger miscarriages and stillbirths. And even with treatment, it kills fully one-fifth of those contracting it. Untreated, it kills 70 percent. Listeria strikes hardest at those with weakened or overtaxed immune systems, notably the elderly, the frail, pregnant women, newborn infants, diabetics, AIDS patients, cancer radiation and chemotherapy patients, and organ transplant recipients. In fact, the Journal of the American Medical Association reported in 1989, listeriosis exacts dire consequences. Infections in adults younger than 40 years proved fatal 11 percent of the time. In adults older than 60, the death rate was 63 percent. Women infected late in their pregnancies pass the disease to their fetuses, later giving birth to children with central-nervous-system infections in nearly every case.

Scientists detected listeria in up to 70 percent of uncooked poultry and meat samples they collected from seven countries, according to studies published in the Journal of Food Protein in 1989 and 1993. Those pieces snugly fit into the more general pattern. In instance after instance, foodborne illness investigations show the culprit to have been either an animal product or contamination of food or water by faeces from animal agriculture.

## AND EVEN WORSE . . .

According to Dr Neal Barnard of the PCRM, chicken may look harmless but fancy marketing campaigns cannot disguise its shortcomings. Chicken may



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be lighter in colour than beef, but your body can hardly tell the difference. Chicken, like other animal products, contains hefty doses of cholesterol, fat, and animal protein. It leaves your body wanting for fibre, vitamin C, and complex carbohydrates. When heated, chicken produces dangerous heterocyclic amines (HCAs) as creatine, amino acids, and sugar in chicken muscles interact. HCAs, the same carcinogens found in tobacco smoke, are 15 times more concentrated in grilled chicken than beef. The fat, animal protein, and carcinogens in cooked chicken creates risks for colon cancer. What's more, poultry, like all meat, lacks any fibre to help cleanse the digestive tract of excess hormones and cholesterol. Moreover, you wouldn't dream of taking veterinary medicines, but in choosing chicken you're doing just that. Today's farms increasingly operate much like factories. Unlike PCBs, which are slow to leave our bodies, chemicals from medicated feed and various veterinary compounds do get eliminated when we stop eating meat. In comparison with the general population, vegetarian women have 98 to 99 percent lower levels of several pesticides as well as many other chemicals ingested by eating animal products.

As long as we make meat the centre of our diet with foodborne illness will remain a fact of life. As matters stand, estimates put U.S. foodborne illness cases at 76 million per year, including 325,000 hospitalisations and 5,200 deaths, 500 of those from listeriosis. Even if pathogens such as listeria could somehow be eliminated, digestive-tract cancers, heart disease, hypertension, diabetes, obesity, and other debilitating illnesses would still make eating a sliced turkey sandwich, chicken salad, or hot dogs akin to wandering through minefields. Fortunately, we can avoid those hazards. One of the most attractive features of bananas, carrots, oatmeal, pasta, and veggieburgers is that they have no intestines where virulent bacteria may incubate. In the bargain, they contain no cholesterol and very little fat!

## Sources

'Poultry the Facts' Farm Animal Welfare Network [www.PCRM.com](http://www.PCRM.com) article by Dr Neal Barnard [www.PCRM.com](http://www.PCRM.com) article by Karen Keiswer VIVA leaflet – Chicken – the Healthy Option? 'The Vegetarian Encyclopaedia' by Peter Cox.

Dr Shaw is a health and nutrition consultant and lecturer of nutritional science and can be contacted regarding personal health and nutrition consultations, iridology sessions, nutritional science courses, fasting supervision, etc. You can write to her at the following address: Dr G Shaw, True Health, c/o 8 Marston Rd, Clayhall, Essex IG5 0LZ, UK.

# COOKERY CORNER

## TOFU AND LEEK SOUP

2 tbsp Oil, about 3oz. Leek and a small carrot, thinly sliced across. 1 tsp Molasses Sugar – optional. 1 good size Tomato, skinned and chopped. Parsley, 1 pint dilute Plamil, 10oz Tofu (bean curd), good pinch of dried Herb (oregano is good), half tsp. salt and a little black pepper.

Sauté the leeks and carrot in the oil until soft (5-7 mins). Add the tomato and cook for a further few minutes. Stir in the sugar (if used), Tofu, Plamil, herb and seasoning. Blend in liquidiser for a few seconds, adding more milk or stock if required. Return to pan and heat through thoroughly, but do not allow to boil. Check for seasoning and serve hot or cold with a generous sprinkle of chopped parsley.

## WARM HUMMUS SOUP

This is a warming, thick and nourishing soup that is delicious without adding anything else, but roasted cumin seeds give it an added dimension.

1 x 300g tin/10½ oz/1¼ cups of Hummus, 250ml/8fl.oz/1 cup water, tsp whole cumin seeds (optional). In a small saucepan, dry roast the cumin seeds (if using) over a low heat until they are brown and fragrant. Remove them from the pan. Put the hummus and water into a saucepan over a low heat and mix, breaking up the lumps to form a smooth soup. Continue to heat through over a low heat. Do not boil. Pour the soup into two bowls, then crush the cumin seeds lightly and sprinkle over the top.

### VARIATION

In place of the cumin, try a pinch of dried thyme on top or a few drops of chilli sauce or some garlic mixed in. (serves 2)

## STUFFED AVOCADOS

4 avocados, 2 tablespoons lemon juice, a few drops of Tabasco, 3 heaped tablespoons fromage frais, sea salt and freshly ground black pepper, 50ml/2 fl. oz double cream.

Spice Oil : 2 tablespoons extra virgin olive oil, ½ tablespoon cumin seeds, crushed. ½ tablespoon coriander seeds, crushed, 1 dessertspoon balsamic vinegar.

A spot of minimalism: halves of avocado filled with an avocado mousse. You are likely to have a bit of extra mousse, so this could stretch to feed 6 if you buy an extra avocado.

# COOKERY CORNER

Halve 2 of the avocados and scoop out the flesh. Place in a liquidizer with lemon juice, Tabasco, fromage frais and seasoning, reduce to a purée, then pass through a sieve. Whip the cream and fold into the mousse. Halve the 2 remaining avocados and remove the stones, then season the cut surface and fill generously with the mousse. Heat the olive oil in a small frying pan. Add the cumin seeds – they will sizzle and turn crisp almost immediately – then add the balsamic vinegar, which will splutter. Spoon the hot oil over the avocados and serve straight away.

## GUACAMOLE

¼ red onion, chopped, 2 gloves garlic, 2 tablespoons coriander leaf, chopped, 1-2 green or red chillies, deseeded and chopped. 2 tomatoes, skinned, deseeded and finely chopped. 2-3 avocados, depending on size. Juice of ½-1 lime, pinch of sugar, salt and pepper, a few extra leaves of coriander to garnish, a sprinkling of cayenne.

Mix the onion, garlic, coriander and chillies on a chopping board, and chop together until very finely chopped (or whizz them together in brief bursts in a processor, watching that you don't actually end up with a purée). Peel and stone the avocados outer leaves and separate the remainder. Arrange these on a large serving plate. Halve the avocados and extract the stones, incise the skin into quarters and peel it off, then slice the halves into thin strips. Mix these in with the chicory.

Pour over the dressing and lightly mix in the Parmesan. Scatter the croûtons over and serve straight away.

## SAVOURY PANCAKES

Serves 2 (makes 4 pancakes)

### INGREDIENTS

4oz flour, 1oz soya flour, ½ pint Plamil (ready to use) or other plant milk, 3 tbsps oil, 5oz mushrooms chopped, 1oz margarine, 1 tsp parsley.

### METHOD

Place flours in bowl and add Plamil. Beat to form a smooth batter. Gently fry mushrooms in margarine. Remove from heat and add parsley.

Heat a little oil in frying pan and make 4 pancakes. Place ¼ of the mushroom mixture on each pancake and roll up. Cook for 30 mins at 160° C.

# COOKERY CORNER

## MUSHROOM AND ALFALFA SALAD WITH GARLIC CROUTONS

4 slices wholemeal bread, buttered on both sides and crusts removed, a little garlic powder, 10oz (275g) button mushrooms, halves, 4oz (125g) alfalfa sprouts, washed and drained, 5oz (150g) radishes, quartered, 8oz (225g) mooli, grated, celery leaves, 1 fennel bulb, chopped.

Sprinkle the buttered bread with garlic powder, then toast under a pre-heated grill. Cut into small cubes.

Toss all the prepared vegetables together, then scatter the garlic croutons over.

## CARROT AND CHEESE BAKE

2oz (50g) margarine, melted, 3oz (75g) porridge oats, 5oz (150g) vegetarian cheddar cheese or soya cheese, grated, 14oz (400g) carrots, grated, 1oz (25g) wholemeal flour, 45ml (3tbsp) soya milk, 1.25ml (¼tsp) dried thyme, 215ml (1 tbsp) sesame seeds. 15ml (1 tbsp) poppy seeds.

Mix together all ingredients, except for sesame and poppy seeds. Spoon into a greased ovenproof dish and press well. Sprinkle sesame seeds over top. Bake at 190°(374 F) gas mark 5 for 30 minutes.

## APPLE AND CHICKPEA SALAD

4 teasp lemon juice, 4 teasp cider vinegar, 4 tbsp low-fat natural yogurt, 2 tbsp chopped fresh mint, salt and ground black pepper, 4 spring onions, trimmed and chopped, 2 celery sticks, trimmed and chopped, 2 medium red eating apples, cored and roughly chopped, 5cm piece cucumber, chopped, 6oz/180g canned chick peas, rinsed and drained, fresh mint springs to garnish

In a large bowl, mix together the lemon juice, cider vinegar, natural yogurt and chopped mint. Season well with salt and ground black pepper. Add the chopped spring onions, celery, apple, cucumber and chick peas to the bowl, stirring thoroughly. Adjust seasoning and chill until ready to serve, Garnish with fresh mint and serve each portion with a 4oz/120g jacket potato, 5 teasp low-fat spread and 3oz/90g baked beans.

## MUSHROOM RISOTTO

# COOKERY CORNER

12.5g (¼oz) large mushrooms, 1 bay leaf, 45ml (3tbsp) olive oil, 50g (2oz) butter, 1 onion, peeled and finely chopped, 350g (12oz) chestnut or button mushrooms, wiped and sliced 2 cloves of garlic, crushed, 350g (12oz) risotto rice, salt and freshly ground black pepper, 50g (2oz) parmesan cheese, fresh grated, 15ml (1 tbsp) fresh chopped flat leaf parsley.

Place the large mushrooms in a large pan with the bay leaf and 1.5 litres water. Bring to the boil, reduce the heat and leave to simmer gently while preparing the remaining ingredients. Heat the olive oil and half the butter in another large pan and fry the onion gently until softened, but not brown. Add the sliced mushrooms, garlic and rice. Cook, stirring for 2 to 3 minutes, until the rice is coated with buttery juices. Add a ladleful of the mushroom cooking liquid to the rice and cook until absorbed. Add more liquid, a ladleful at a time. waiting for it to be absorbed before adding more. Stir constantly. Continue for about 20 minutes, until the rice is tender but not soggy. Remove the large mushrooms from the pan and chop finely. Add to the risotto with the remaining butter, seasoning and Parmesan cheese. Sprinkle with the parsley and serve.

## MINI PITTA WITH SUMMER AVOCADO

Half a large wholemeal pitta, half medium summer avocado, peeled and diced, shredded lettuce, diced tomato, seasoning, fat free French dressing. Low fat fromage frais.

Warm up the pitta bread in the oven or under the grill. Mix the avocado, lettuce, tomato and seasoning and pour over the dressing. Mix well and use to fill the pitta. Enjoy a low fat fromage frais for dessert.

## LEMON AND LIME SORBET

150g (5oz) caster sugar, 350ml (12½ fl.oz) a water 100ml (3½ fl.oz) fresh lemon juice, 100ml (3 fl.oz) fresh lime juice. 2 egg whites.

Dissolve the sugar in the water over a low heat, stirring. Bring to the boil and boil for 10 minutes. Leave to cool. Add the lemon and lime juices, then pour the mixture into a plastic dish and freeze until mushy. Turn out into a large mixing bowl and whisk until frothy.

In another bowl, beat the egg whites until they form stiff peaks, then fold them into the juice mixture. Place into plastic dish and freeze until firm. Pop in the fridge for a few minutes before eating to allow to soften up slightly.

## PEARS IN RED WINE

# COOKERY CORNER

450 ml (3¼ pint) red wine, 50g (2oz) caster sugar, 2 cloves, 6 Gieser Wildeman Pears, peeled with stalks left on. Place the wine, sugar and cloves in a pan just large enough to hold the pears and heat gently until the sugar dissolves. Add the pears, cover and simmer gently for 2 hours basting and stirring occasionally. Remove the cloves and transfer the pears to a serving dish. Pour the cooking liquid over the pears and serve hot or cold with cream or Greek yogurt. Cooking time – 2 hours. (Serves 6)

## TROPICAL FRUITS IN SHERRY

1 Papaya, 2 kiwifruit, 2 small Bananas, 1 tablespoon lemon juice, 150ml (¼ pint) medium or dry sherry, mint sprigs to decorate.

### METHOD

Using a sharp knife, peel the papaya, cut it in half and scrape out the black seeds. Cut the flesh into long slices and put them into a small bowl. Peel the kiwifruit, cut them into slices and add to the bowl of papaya slices.

Peel the bananas and cut them into slices. Put into another bowl and sprinkle with the lemon juice to stop them discolouring. Add the bananas to the other fruits and pour the sherry over them. Cover the bowl and leave to macerate for 2 hours in the refrigerator.

Spoon the fruits carefully into 4 glasses, adding a little of the sherry to each one. Decorate with mint sprigs and serve.

## APPLE AND DATE MOUSSE

1 lb (455g) Apples, ½ lb (225g) Dates, Juice of an orange, 1 tablespoon coconut cream.

### METHOD

Stew the apples until soft. Wash, stone and chop the dates into small pieces and mash well with the apples. Add the orange juice and beat in the nut cream while the mixture is still hot. Pour into dish and leave to cool.



# 'FOOT AND MAFF'

**WE HAVE RECEIVED THE FOLLOWING 'NEWS RELEASE' FROM  
PLAMIL FOODS LTD WHICH SPEAKS FOR ITSELF**

## 'FOOT AND MAFF'

May I, on behalf of Plamil, say how concerned I am at the awful suffering that farm animals are having to endure at the mercy of man. I am particularly concerned that some animals have remained conscious until being either burned or buried alive. I would ask you to take this serious matter up with your MP.

Knowing that Vegetarians/Vegans had to wrongly pay millions of pounds in their taxes, as a result of the BSE fiasco, please also take up with your MP the matter as to who pays for this Foot and Mouth crisis. The only fair way to recover the money would be by placing a levy on future sales of meat and dairy products.

When in the mid 90's the EU instigated proceedings to enforce their ruling that the name "Soya Milk" should cease and change to "Soya Drink" (which incidentally blatantly opposed their own declaration that an established customary, name in any member State could be retained) MAFF put up a very feeble defence on behalf of the UK We as a company, put up a strenuous fight through our local MEP in getting him to convene a seminar in Brussels parliament to enable us to brief the 87 UK members of the parliament and get over 70 of them to sign a petition, which was eventually presented to Franz Fischler, the EU Agricultural Commissioner. This in turn paved the way for the then Parliamentary Secretary to MAFF and the Minister of Agriculture to have meetings with Franz Fischler. We incurred thousands of pounds in having to carry on the fight over a period of many months, but it was a partial success in that the Governments lawyers accepted our compromised "alternative" to milk instead of "Drink" (because as a drink it would have been subject to VAT).

When we asked MAFF for compensation, for the money we had incurred in our fight etc, they informed us that there were no funds available for the purpose! It is ironical that billions of pounds are now being made available to compensate farmers, especially when such compensation is being paid to many of the richest landowners in the country.



# SECRETS OF OUR NAME

## THE SECRETS OF OUR NAME (THE NUMEROLOGY OF MOSES)

BY CLAIRE HANNAH MARCUS

Have you ever wondered what your life is all about? Why do you attract the same or similar experiences time and time again? What are your key lessons in life and what talents do you have to work through them? Do you ever question the purpose of your life?

According to the Numerology of Moses, a particular system of numerology, which includes elements of the Kaballah, Tarot and Astrology, the blueprints of our lives are encoded in our birth names. Each letter has a numerical value, which can be used to give an in-depth reading to derive meaningful information. It assists you to discover what you are here to do, makes sense of your challenges, talents and goals. Reading the Soul's Contract using the Numerology of Moses describes the personality energy patterns created by your soul in this lifetime. The Soul's Contract is the set of lessons that the soul puts in place for the conscious personality to learn and grow from. Reading the Soul's Contract is a channelled system of spiritual interpretation, only available since 1980.

Each reading includes:

- A chart based upon your birth name (as it appears on your birth certificate) is produced which describes this lifetime in terms of soul patterns of karma (lessons), talents, goals and overall soul destiny, which describes what you really came here to do at a soul level.
- An interpretation of your chart in relation to past and present experience in this lifetime, placing events in context and highlighting your spiritual potential.
- A consideration of name changes and significant relationships and how they have helped your personal growth.
- If appropriate, name optimisation is undertaken with the intention of achieving the maximum possible spiritual potential during this lifetime. (The Talmud teaches us that one of the ways to change our fate is by changing your name.)

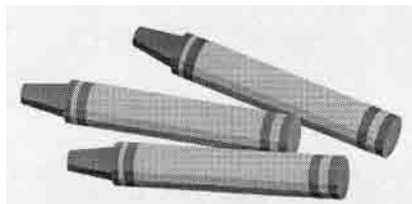
Readings are based upon converting names into Hebrew phonetics and then applying the Numerology of Moses. They take some preparation beforehand, based on information supplied by the client at the time of booking. Readings take approximately one hour (based on a maximum of up to ten names) and are recorded on cassette. Clients receive a copy of their charts and the cassette.

To book an appointment in London or find out more, contact  
Claire Hannah Marcus M.A.R MGCP P.G Dip. On 020 8207 3115.

# ART COMPETITION

## The International Jewish Vegetarian Society

is pleased to announce the launch of the 2<sup>nd</sup> Annual Children's Art Competition



We are again asking children in full time education to design a cover for The Jewish Vegetarian magazine. The winning entry will be used as the cover for the September issue. The competition is open to all children worldwide and is split into the following age groups:

Junior	5-8 years
Intermediate	9-12 years
Senior	13-18 years

The closing date for the competition is 30<sup>th</sup> June 2001, and all entries should be sent to:

Art Competition  
IJVS, London NW11 8LX  
UK

An exhibition of the entries will take place during the summer, the date will be announced in the next edition of "The Jewish Vegetarian". We would encourage all members to inform their local schools and synagogues etc. of the competition and to urge children, grandchildren, nieces, nephews and family friends to enter.

Please note that due to the costs involved we are unable to return any original artwork. The International Jewish Vegetarian Society reserves the right to use any competition entries for any of its publicity materials and publications at any time.

## BREAK ON OUT!

BY MARTHENA FITZPATRICK

Are you bored with salad? Everyone knows that it's good to eat fresh vegetables. But you just can't face those pale sheets of iceberg lettuce, that flat circle of cucumber, that razor slice of tomato? Then break on out into the new world of salad, and make a meal exciting with flavour, colour, and nutrition.

But where do you start? Greens supply the perfect salad bed. Try a mixture of red and green leaf lettuces, romaine, radicchio – whatever looks most colourful and fresh is best for you! Contrasting colour brings delight to the eye and a wider variety of nutrients for good health.

And here's the first tip: shop for Chinese greens – baby bok choy is marvellous – and use them fresh on top of that bed of lettuce. Their deep green reveals the presence of lutein – just as in those other great salad greens, spinach, kale and collards – which helps prevent age-related macular degeneration, a common visual problem as we age.

On this lush bed, now add thin layer after layer of favourite vegetables: brilliant orange carrots shredded or chopped, colourful peppers – red, yellow and orange with their health-enhancing carotenoids and Vitamin C, broccoli or cauliflower with their cancer-fighting properties, cool cucumber, and radishes of all colours – they too are part of the cancer-fighting cruciferous family.

But wait! Add some tomato and this is how you always prepare your salad. What's new here?

One of the best additions to the mixed vegetable salad is firm tofu, diced and sprinkled generously as one of the many layers. The power of soya in combating heart disease and cancer is well-documented, and the moist tofu blends terrifically with the melange of flavours from a rainbow of vegetables and your own favourite salad dressing.

Over the tofu, try sprinkling ground flaxseed. Whole flaxseed can be easily ground in a coffee mill to make its heart-enhancing and cancer-fighting properties available to you. (Whole flaxseed leaves your body undigested, its rich nutrients still encased in that hard shell.) Ground flaxseed can be refrigerated and kept handy for all meals.

Cooked beans are the next great addition to your salad. Choose your favourite kind and then experiment with others. Beans provide a potpourri of nutrients to lower cholesterol, stabilize blood sugar, prevent constipation, and enhance immunity to breast and prostate cancers. And they taste so

# BREAK ON OUT!

earthy and satisfying, mixed in with their more delicate cousins. You can use drained canned beans – or here's a second tip. Soak one cup of beans overnight, drain and cook until tender in the morning. Then sprinkle some over your salad and keep the rest refrigerated to use over the next few days. Garbanzos, or chickpeas, are excellent for this, as they keep their shape so well, and are so very tasty. Other favourite additions to salads are nuts and seeds. Choose your favorite kind – pumpkin seeds, walnuts, and sunflower seeds are all very good. You can chop them or sprinkle them on whole – but with a sparing hand, as their heart-enhancing nutrients can be offset by their high fat and calorie content, if used too generously.

The third great tip is to break on out when buying fresh produce. Does an unfamiliar vegetable look colourful and inviting? Try it out! Taste a test slice and you'll probably find that it will blend well with the rest of your salad. Nothing new at the produce counter? Try the old and familiar in new ways. White turnip adds great zest to salads when grated and sprinkled over the top.

A fourth great tip is to use the grater. To make the most of God's bounty – and one's budget – and to minimize waste, grate up those ends and pieces. Broccoli stalks, which are often discarded, can be grated and make a delicious slaw, or a nutritious addition to mixed salads. Bits of dry cheese can be rendered very tasty and edible once they are grated and sprinkled. Dalkon, the big white Japanese radish, provides great zest when grated. For many people, grated salads make edible the larger chunks they cannot swallow. This is particularly true for young children, who may be new to salads.

The last tip is to include in your salads whatever healthy additions you enjoy. Dried fruit, such as raisins, and sprouts are two nutritional giants yet to be mentioned.

Top it all off with your favourite dressing, toss well, and serve with a whole-grain cracker or slice of bread, and a glass of milk, soya milk, or your favourite juice, and you have a meal fit for King David!

## 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.**

# JEWISH VEGAN IN FLORENCE

## DIARY OF A JEWISH VEGAN IN FLORENCE

BY ORNA KLEMENT

It is thought that Jews lived in Florence during Roman times, but the first documented evidence of Jewish life here is from the fourteenth century. In the late 1500's, there was a papal decree forcing Jews to live in ghettos. It was only when Napoleon conquered Florence that the Jews were liberated from the ghetto and given civil rights. The Jews were forced back into the ghetto by the Hapsburgs in 1815. The ghetto was finally opened in 1848, and was completely destroyed at the end of the 19th century.

Originally, there were both Sefardi and Ashkenazi communities in Florence, but they eventually merged. The community is now Sefardi.

Documentation regarding the VEGETARIAN Jewish community of Florence is more difficult to come by. I have met a few Jewish vegetarians here – none of whom are in any way involved with the Jewish community. Perhaps more research is required.

The Synagogue, built in a Moorish style, was completed in 1882. It is a stunningly beautiful building with a green dome that can be seen from miles around. On the first floor of the synagogue, there is a museum of Florentine Jewish history. Adjoining the synagogue is a home for the aged and a nursery school/kindergarten. The Synagogue is orthodox. There are no reform or progressive synagogues here. I have met some very inspiring people who would like to start a reform group but as of yet it doesn't exist.

My 20-month-old daughter, Sophia, is a student at the Synagogue nursery school. Although the synagogue has a fleishig/meat kitchen, they have been very respectful and helpful in sorting out vegan meals for Sophia. Apparently, Sophia is not the first vegetarian child they have catered for. The staff at the school tell me that Sophia is particularly fond of pasta.

The Synagogue has an English speaking social group called "Tariag". They organise parties and get-togethers for the Jewish holidays as well as trips, concerts, lectures and other cultural events. I have met some really lovely people through this group, however the popularity of fur coats among some of the members made me feel very uncomfortable.

Next door to the Synagogue, there is a (nearly) vegetarian restaurant called Ruth's. They are actually parev – as opposed to strictly vegetarian and

# JEWISH VEGAN IN FLORENCE

therefore there are some quite fishy things on the menu. Nonetheless there is a lovely selection of vegetarian and vegan dishes. They serve falafel, lentil soup, chickpea and aubergine stew and a huge vegetable couscous. I especially enjoyed "Ruth's dish" which is a taster of Mediterranean salads, dips and humous. Best of all is the sole vegan dessert in the form of "cigars" – filo pastry rolled with nuts and syrup. Delicious.

Ruth's: Florence, via Farini 2/a  
tel. 248.08.88.

open: 12:00-14:30 and 19:30-22:30.

## CONSUMER CORNER



### HEINZ SOYA

Heinz Soya is made using non-GM soyabeans and is available in three varieties – with added calcium, vanilla or organic plain. Heinz Soya can be added to tea or coffee, and tastes great when chilled and poured into, also excellent for making milkshakes, soups and other healthy recipes.

If you are looking for a nutritional alternative to dairy, or want to introduce the health benefits of Soya to your diet, this all the nourishment you need.

Incorporating soya in your diet is an easy way of improving your health and wellbeing. Eating 25g of soya a day, as part of a balanced, low-fat diet may help to maintain a healthy heart and healthy body cells.

Research carried out by the Food and Drug Administration (FDA) shows that foods containing soya protein may contribute to a lower incidence of coronary heart disease by lowering blood total cholesterol and LDL-cholesterol. The FDA has authorised the use of a '25g of soya a day' health claim on food labels.

## CONSUMER CORNER



### MARY BERRY'S DRESSINGS AND SAUCES

Mary Berry Dressings and Sauces are made from a carefully guarded original family secret, and the recipes are now out!

They are 100% vegetarian and available from selected shops, mail order, online and Waitrose Supermarkets.

**THE SALAD DRESSING** – This is their original best seller and first salad

dressing, and is delicious with a green leaf salad and half an aocado.

**THE MUSTARD DRESSING** – This can be used with vegetarian sausages and cutlets, as well as an addition to sandwiches.

**THE CAESAR DRESSING** – When used with vegetarian Worcester sauce is delicious and can be poured over cooked pasta.

**THE FRENCH HERB DRESSING** – This is slightly sharper than the other dressings and is made with extra virgin olive oil, lemon juice and herbs.

**THE ALL SEASONS SAUCE** – This is a real taste sensation for lovers who prefer something hot and spicy. It is made without oil, and can be used as a healthy alternative to tomato ketchup.

For further information visit their website [www.maryberry.co.uk](http://www.maryberry.co.uk)

### VEGETARIANS FREE TO ENJOY FREEDOM'S BEER

Good news for all vegetarians; all beers brewed by the Freedom Brewing Company are suitable for both vegetarians and vegans. Thanks to the fact that the beers are all filtered rather than fined, no isinglass fining adjuncts (the gallbladder of sturgeon) are used in Freedom's beer making process. Vegetarians and vegans can enjoy the Freedom beer comfortable in the knowledge that no animal products are used in the brewing process.

Enthusiasm for Freedom's beers is also celebrated on the grounds of freshness and taste. In August 2000 The Freedom Brewing Company launched FREEDOM ORGANIC, a second bottled beer in addition to the existing FREEDOM PILSENER, to great critical acclaim. The company now plans to introduce more of Freedom's beers in bottled format.

Available in all good supermarkets and off-licenses, Prices from £1.09 for Freedom Pilsener and £1.19 for Freedom Organic.

# CONSUMER CORNER



## ORGANIC GOODNESS COMES NATURALLY TO ROWSE

Experience the natural goodness of delicious Rowse Pure Organic honey without the need for a teaspoon and no chance of a spillage.

Available in the handy flip-top non-drip Easy Squeezy bottle, Rowse Pure Organic Honey is perfect for drizzling over yogurt, crusty bread, cereals and as a sugar replacement or in cooking.

Coming from the Australian States of Victoria and New South Wales, Rowse Pure Organic Honey is milder than conventional Australian Eucaplyptus and has a mouthwatering buttery taste with just a hint of toffee and raisin.

Available from all good supermarkets and Health Food Stores, price £1.69p for a 340g bottle.



## NEW RASPBERRY & GRAPEFRUIT CORDIAL FROM BOTTLE GREEN

The Bottle Green Drinks Company has unveiled a total re-styling of its range of sophisticated Cordials culminating in the launch of a striking new bottle design.

To coincide with the launch of the unmissable new bottle, Bottle Green has also introduced a delicious new Raspberry & Grapefruit Cordial bringing the total number of flavour in the range to five.

Made from juicy red raspberries from Scandinavia and plump grapefruit grown beneath Cuban sunshine, Bottle Green's new Raspberry & Grapefruit Cordial delivers refreshment to the mind and rich fruitiness to the palate, balance with a sharp citrus finish.

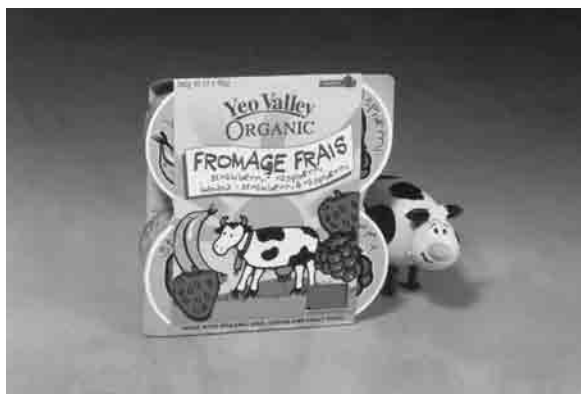
Bottle Green began producing its much-loved Elderflower Cordial in 1989, using elderflowers picked from the hedgerows surrounding the company's Gloucestershire base. The family-run business has been experimenting with natural ingredients ever since.



## CONSUMER CORNER

The full range of Bottle Green Cordials now includes new Raspberry & Grapefruit, Cranberry & Orange, Elderflower, Ginger & Lemongrass and Spiced Berry

Available from leading supermarkets, speciality food and drink stores and selected independent retailers, priced from £2.29p for 50cl. It is also possible to buy online from [www.bottlegreen.co.uk](http://www.bottlegreen.co.uk)



### YEO VALLEY ORGANIC

Delicious children's Fromage Frais is the newest addition to Yeo Valley Organic's range of tasty organic dairy products. Like all Yeo Valley Organic products, the new fromage frais is made with the best organic ingredients, avoiding

the use of additives like thickeners and colourants.

The bright yellow packaging, showing cartoon drawings of a happy organic cow, makes it easy to spot in the chill cabinet of your local supermarket. There are four delicious flavours, Strawberry, Raspberry, Banana and Strawberry & Raspberry, and are perfect for kids of all ages. For younger children there is also an added bonus – four fun time puzzles printed on the inside of the cardboard sleeve. Also, on the pots, there are photographs of life on an organic farm to cut out and collect, and these will be changed at regular intervals.

Unlike most other pots of fromage frais, Yeo Valley Organic contains a satisfying 90g serving. This size was chosen following research that showed most mums feel that the 50g and 60g sizes often used are too small.

Available in all leading grocery stores, price £1. 29 for a carton containing four pots.

# NEW FROM AMERICA



We have been advised of two products that can be purchased by mail order from JODI ENTERPRISES LTD, Dawn House, Main Street, Old Harworth, Doncaster DN11 8LE.



## **BIOFREEZE – COOL RELIEVING ROLL-ON**

BIOFREEZE is a totally natural product containing Menthol, Camphor and herbal extracts. It provides instant and lasting relief from most pain, which explains why it has won endorsement from five American sports and medical associations.

## **MIGRA-LIFT**

MIGRA-LIFT is a homeopathic solution containing feverfew, goldenseal and other herbs in a unique formulation.

Feverfew, a herb used in Migra-Lift, has a long history of use for relieving various conditions, including the symptoms associated with migraines and other headaches. In fact, the use of feverfew has been shown in two double blind, placebo-controlled trials to reduce both the severity and frequency of migraines. Migra-Lift is designed to be sprayed under the tongue before being swallowed. This sublingual method of administration promotes excellent and rapid absorption.

### **IMPORTANT - AMERICAN & CANADIAN MEMBERS**

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.

# BOOK REVIEWS



## GAIA'S KITCHEN

BY JULIA PONSONBY

(VEGETARIAN RECIPES FOR FAMILY & COMMUNITY FROM SCHUMACHER COLLEGE)

For ten years Schumacher College at Dartington has been brewing up a unique pot pourri of human connections, raising ecological awareness, and stimulating taste buds. For many students and teachers, their stay at the College has opened their eyes to how delicious vegetarian cooking can be. Time and again they have gone away demanding the recipes – and suggesting a cookbook.

The cuisine at the College calls upon the best of Mediterranean, Californian, Indian and Mexican vegetarian cooking, as well as offering a variety of tempting new vegan dishes, using ingredients such as pulses, tofu and tempeh.

Gaia's Kitchen offers a full repertoire of soups, main courses, salads, desserts, breads, cakes and biscuits.

The book contains not only family-size quantities, but also for community-size quantities, therefore making it invaluable for teaching centres, communities and anyone who wants to prepare a vegetarian banquet for thirty or forty friends.

Published by Green Books, Price £12.95, plus P&P £2.00. Available from J.V.S.



## HAMLIN COOKERY CLUB – EASY VEGETARIAN

Vegetarian dishes are featuring with increasing frequency on dinner tables, in lunch boxes and on trays in front of the television, not only because there are more 'full-time', vegetarians, but also because people have realised that vegetarian dishes are not just for vegetarians. There are some delicious, easy-to-cook recipes that are a far cry from the old-fashioned nut-loaf and fatty food image.

Following a well-balanced vegetarian diet is, without doubt, a healthy way of eating. It leads, on average, to a 20% lower blood cholesterol level and a 30% lower cancer rate than when meat is eaten. There is also less incidence of heart disease, kidney stones, diabetes, diverticulitis, piles, osteoporosis, rheumatoid arthritis, gout and dental decay.

There are over 100 easy-to-follow recipes, with over 60 colour photographs.

Published by Hamlyn/Octopus Publishing Group, Price £4.99 plus P&P £1.00. Available from JVS.

# BOOK REVIEWS



## VEGGIE FOOD FOR KIDS

BY SARA LEWIS

All parents want the best for their child and this includes providing nutritious and enticing food. In this new book by Sara Lewis, cookery editor of Practical Parenting, provides a comprehensive guide to giving your child, vegetarian or not, the best start in life.

Not merely a collection of vegetarian recipes, the book shows how diets can be adapted for non-veggie families, and provides an authoritative guide to child nutrition as well as answering such vexed questions as snacking, how big is a portion and encouraging a child to eat more fruit and veg.

The book deals with this vast subject in clear language. Feeding Your Baby, covers when to first give solid foods and allergies. Building a Healthy Diet introduces the food pyramid and has a section explaining the benefits of the various nutrients. Useful tables summarise Which Foods to introduce and when, and provide 3 day planners for 1-3 year olds and 3+ year olds.

Recipes for babies are further divided by age, while those for toddlers are realistically designed round our modern lifestyle with Home & Hungry giving recipes which can be finished off quickly, as well as Fast High Teas, Cupboard Saviours and Lunchbox Specials.

Veggie Food for Kids is published by Hamlyn, Price £14.99 plus P&P. Available from JVS.



## COLLECTIVE RAMBLINGS ABOUT POETRY

We have received news about a handy little book of poems from four ladies who call themselves 'THE QUARTET'. Their names are Lynne Ford – Angela Michaels – Judy Karbritz and Elaine Segal, (who by the way is, together with her husband David, founder members of The JVS.)

Elaine writes "although I am the only vegetarian out of the Quartet, my friends are all animal lovers, and

support my beliefs in every respect".

We have featured one of the poems by Judy Karbritz in this issue of The J.V. and hope to feature many more in the coming issues.

The price of the book is £3.00 plus 50p p&p. Available direct from Elaine Segal, 6 Gibbs Green, Edgware, Middx. HA8 9RN.

# BOOK REVIEWS



## THE NEW VEGAN

BY AMANDA GRANT

What an exciting challenge says Amanda Grant. Writing a book of recipes that are vegetarian and free from dairy produce. A vegan diet is based on a wonderful variety of vegetables, fruits, nuts, grains and pulses, seasoned with fresh herbs and exotic spices. It is a diet that avoids all meat, fish, poultry, dairy products, and all animal by-products; with

increasing public concern over the harmful effects of meat and dairy products.

There is increasing evidence that both vegan and vegetarian diets can help reduce our chances of cancer, heart disease and stroke as well as diabetes, obesity, varicose veins, piles, gallstones and constipation.

The book contains a wide range of quick and simple recipes, drawing on the continuously growing array of fresh vegan ingredients available in supermarkets wasabi, seaweed, sake and couscous from Japan and Morocco, roast vegetables, polenta, focaccia and olive oil from the Mediterranean.

So whether you are a strict vegan or simply want to incorporate some healthy vegan recipes into a balanced diet, this book will help you have more energy and feel great..

Each recipe contains the amount of calories, carbohydrates, fats, proteins, fibre and vitamins.

Published by Metro Publishing Ltd, London. Price £9.99 plus P&P £1.00. Available from JVS.



## MIRACLE JUICES

BY CHARMAINE YABSLEY AND AMANDA CROSS

Miracle Juices shows that drinking one or two glasses of raw fruit and vegetables can ensure the recommended daily intake of vitamins and minerals.

Free of additives and with the vitamins and minerals still 'living' these juices are the ultimate health drink.

The book contains 60 juices for a healthier life.

Every day thousands of valuable vitamins and minerals are lost by the careless squandering of fruit and vegetables. We all know, that fresh fruit and vegetable juices provide a wealth of vitamins, minerals and other nutrients. The equivalent of a multivitamin pill in a glass, they have the added benefits of cleansing and balancing the body as a whole as well as being able to target specific complaints.

All the recipes are nutritionally analysed and calorie counted as well as being

# BOOK REVIEWS

targeted for common ailments. *MIRACLE JUICES* comes with plans to detox, and enhance vitality as well as chapters on juice fasting and juicing for children. In the final section, juicing comes home with a look at how easy it is to have a miracle juice everyday.

Published by Hamlyn Price £12. 99 plus P&P. Available from JVS.



## HAMLYN ESSENTIAL ALL COLOUR VEGETARIAN COOKBOOK

Eat your way to good health with this selection of easy to prepare recipes. *THE HAMLYN ESSENTIAL ALL COLOUR VEGETARIAN* contains over 500 vegetarian dishes that will appeal to the beginner and the more experienced cook. Each chapter offers a range of traditional and modern recipes that will tempt the tastebuds and provide all the nutrients

needed for today's busy lifestyle.

As well as many inspirational vegetable dishes, fresh vegetables are combined with rice, pasta, beans, pulses and grains to create spectacular dishes.

There is a wide selection of hot and cold salads to choose from which incorporate many unusual ingredients and tantalising combinations of flavours.

Each recipe is accompanied by a cook's tip, which offers essential advice on storage, preparation, cooking techniques, as well as ideas for great serving tips and easy ways to increase the nutritional value of each dish.

Published by Hamlyn/Octopus Publishing Group, Hardback, Price £14.99 plus P&P £4.50. Available from JVS.



# SAFE HAVEN FOR DONKEYS

## SAFE HAVEN FOR DONKEYS IN THE HOLY LAND ( SHADH )

The following was extracted from the newsletter of the SHADH and written by Lucy Fensom.

"I arrived in Israel in the middle of the age-old troubles which have flared up again between Israel and the Palestinian authority, but that makes my mission all the more important because animals, particularly donkeys, suffer even more at such times than in times of peace.

Things are very tough and I knew it would never be easy, but I know we can do it. It requires determination and endless strength. Especially when many people just think I must be crazy! A 30-year old woman, not married, leaving her life and home in England to come to Israel to care about donkeys? At a time like this? That's the general attitude here.

There are so many factors to consider in setting up our sanctuary, a secure, well-drained site with shade and shelter where the donkeys can be happy and safe, with accommodation close at hand for me so that I can be near to them at all times.

I have settled into my rented room on a kibbutz and it is a prime location with beautiful scenic land perfect for a donkey sanctuary. I only wish we could set up here.

We now have our first acquisition! After spending weeks driving around Israel searching for land in a hired little Fiat Punto, we have now purchased a Toyota pick-up truck, which will be used to carry straw and tow a horsebox to carry the donkeys. It was no easy task to buy the truck though – not at all like the simple process of buying a car in the UK! Soon it will proudly bear the Safe Haven for Donkeys logo on its side. The sign is so important for the purpose of advertising our presence here and I have also been working hard to develop contacts for publicity in the media.

I have been contacted by two television stations and will hopefully, in the near future, be given an opportunity to give a live interview, accompanied by one of our donkeys, so that the story of my mission will be taken to millions of homes throughout Israel.

The world's media covered the story of the little white donkey whom Palestinians had draped with the Israeli flag and then set him loose in the line of fire. We contacted the Israel Defence Force's press department and requested their help in trying to locate the donkey but we were told he was deep inside hostile territory and it would be absolutely impossible to enter into the area. However, we are still trying everything we can to find him.

# SAFE HAVEN FOR DONKEYS

It is so heart-warming to know 'my people' in England are firmly with me! Of course, one of my next steps must be to find good, loyal, committed people here in Israel to help me in my endeavours and I believe I will – especially once we begin to get established. I want to thank my wonderful team in England for being so caring and hard working, many of them on a voluntary basis."

This interesting and touching article is just one of many that appears in the Newsletter of SHADH and further information etc., can be obtained direct from: SHADH, PO Box, 2400, Hove, East Sussex BN3 4AL, England

## TRAVEL



### **CLARIDGE HOUSE, LINGFIELD, SURREY**

Claridge House was built in about 1880 and offers a sanctuary away from stress of every day life, or as a bridge for those who have just left hospital and may not feel quite ready to be alone at home, although we must state there are no nursing facilities. Claridge House was acquired by its present owners, The Friends Fellowship of Healing, in 1953 and offers unique facilities for visitors who wish to take time out and simply relax in an environment for physical, emotional and spiritual reneration.

Midweek breaks are from Monday afternoon to Friday morning, as well courses run at the weekend on a variety of subjects either directly or indirectly associated with healing in the broadest terms.

In keeping with Quaker philosophy, Claridge House is available to anyone who is seeking healing, rest and renewal and the emphasis is spirituality, not on religion.

For further information or to arrange a visit please telephone the Warden on 01342 832150 or fax: 01342 836730.



# GARDENERS CORNER

SUMMER 2001



The Jackdaw struts up to the bird table then stuffs his beak full of bread until it will hold no more. Thinking a while should he fly to the nest or stay to protect his find, he flies off disgorges his load and returns in double quick time for a refill – this time not so anxious as he realises there is enough to go round.

In spite of “global warming” spring was late this year due to the very cold and immensely wet weather. We started our lawn mowing two weeks later due to this.

The rising water table bodes well for the honey bee and its cousins the bumble bees – in these years the wild flowers give copious nectar on the warmer days of blossom time.

The effects on the countryside of foot and mouth disease have been too horrendous to contemplate and have brought home how blessed it is to be a non-meat eater. They did not die for us. The plague was of almost biblical proportions and follows close on the heels of BSE and the fears of GMO, spray residues and salmonella.

For a haven of sanity we turn to our gardens for here we need no artificial fertilisers or toxic sprays. Each of us can make a statement that here wild life can flourish and crops can grow on home made compost. Each one a small statement but when multiplied by a million it becomes a shout.

This spring we visited Cornwall – famous for its many beautiful gardens. A visit to the newly opened Eden Project was most rewarding. In the huge “Biosphere” an ecosystem covering 45 acres – the climate is controlled from cool temperate through to mediterranean and finally tropical rain forest. As well as many flowering species the whole gamut of plants grown for food were being cultivated.

Many of these are familiar to us – such as tomatoes and other greenhouse

# GARDENERS CORNER

crops. A fine mature Olive grove is planted on a slope with citrus and avocados nearby. Each crop carries a message on how it contributes to Society with food and reducing pollution. One such was the message on the "cork oak" which naturally yields cork for bottles, beautifies the countryside breathes oxygen into the air, gives employment to many, and is renewable, in contrast to the plastic variety which is made from chemicals and in making and after use, pollutes the environment.

In the tropical zone the spices are growing as well as cocoa, coffee, pineapples, bananas and papayas. A waterfall cascades down a rockface and the air mist maintains the correct humidity.

The Eden Project is well worth a visit and brings much needed employment to an area bereft of jobs.

Of the many other gardens we visited Heligan – once called the lost garden – flourishing in Edwardian times with a host of gardeners but then they all went to war in 1914 and did not return. The garden gradually became overgrown and submerged in a thicket only to be rediscovered and nearly restored to its former glory in the last 8 years. Here the beauty and tranquillity is of the English garden at its best, blending with some of the finest landscape in our land. Here the walled vegetable garden has been recreated – with magnificently restored greenhouses and vegetables, soft fruit and flowers for cutting, all grown by traditional husbandry.

These attractions will give pleasure for many years to come and will harmonise with the environment rather than fight with it – more husbandry and less intensive farming would be a good thing.



# CLASSIFIED ADVERTISEMENTS

Pre-payment only.

Rates:- UK: 20p per word (minimum £2.00)  
Semi-display £5.00 per single inch  
Box Number £1.00 extra

USA: 30 cents per word (minimum \$4.00)  
Semi-display \$8.00 per single inch  
Box Numbers \$3.00 extra.

To: The Jewish Vegetarian, 853/855 Finchley Road, London NW11 8LX, England.

## HOLIDAYS

*Woodcote* *Hotel* *Quiet Country Hotel overlooking beautiful tidal estuary and bird sanctuary.*

*Britain's oldest vegetarian/vegan hotel stands in its own grounds close to beaches and unspoilt coastal walks.*

*'Woodcote', The Saltings, Lelant, St Ives, Cornwall.*

*Tel.01736-753147*

**BLACKPOOL WILDLIFE HOTEL**, 100% Vegetarian and Vegan. Special diets catered for (non-meat). No Smoking. All rooms en-suite. Two minutes Promenade and amenities. Good food and cleanliness assured. For further details please phone Audrey, Tel: 01253 346143.

**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

**LONDON B & B** in comfortable friendly home. Garden overlooking park. No smoking. Five minutes walk Finchley Central Underground Station. Please telephone Dora on 020 8346 0246.

## NOTICE

We are often being requested to send a Speaker to an outside organisation, sometimes for an evening meeting, as well as an afternoon.

We are desperately looking for someone who would be willing to give a talk on either vegetarianism or health, or any subject relative to our cause.

If anyone 'out there' is able to help it would be much appreciated, so perhaps you could contact the office on 020 8455 0692, Monday - Friday 10.00am - 4.00pm with your name etc.

**FERNHILL VEGETARIAN COUNTRY HOUSE**. Unwind in the quiet beauty of Witherslack, an idyllic location in southern Lakeland. Relax in a beautiful bedroom and enjoy our lovely house and excellent food. Non-smoking. Dogs welcome. Telephone/Fax: 015395 52237.

**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.

# CLASSIFIED ADVERTISEMENTS

**TEKELS PARK** Vegetarian Guest House, Camberley, Surrey. Tel: 01276 23159. Send SAE for further details and special Winter mid-week breaks.

**ISRAEL.** Galilee mountains. Vegetarian Bed and Breakfast in beautiful, peaceful, friendly atmosphere. Vegetarian restaurants in village which overlooks the Sea of Galilee. English spoken.  
Phillip Campbell, Amirim Village, near Carmiel and Safed, Galilee 20115.  
Tel/fax: 06-6989045.

## **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.the-byre.co.uk](http://www.the-byre.co.uk)

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