

THE

Jewish Vegetarian

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

No.126

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*CIWF
Conference*

*Vegetarian
Summerfest
1998*

Cookery

*Travel
Topics*



ABUHAB OLD SYNAGOGUE, SAFED

Photograph by Lev Borodulin



THE JEWISH VEGETARIAN

The Official Journal of the Jewish Vegetarian and Ecological Society

Founded by Philip L. Pick

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WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

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

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

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

There are two grades of Membership as follows:

A. Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl

B. Non-Vegetarians who are in sympathy with the Movement.

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

Israel Membership \$15 or Life Membership \$250

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

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or 5 annual payments of £55 (\$85)

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

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

Address (clearly).....

.....

Occupation Fee enclosed £

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

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

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שנה טובה תכתבו ותחתמו

**A HAPPY, HEALTHY AND PEACEFUL
NEW YEAR TO ALL OUR READERS**

DATES FOR YOUR DIARY

Every Wednesday – commencing 2nd September 1998

FELDENKRAIS CLASSES

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

Sunday 13th September 1998

NATIONAL VEGAN FESTIVAL, (UK), CONWAY HALL, RED LION SQUARE, LONDON WC1, ENGLAND 10.00– 5.00 pm

This one-day event offers a chance for people both to celebrate and learn more about all aspects of veganism. Highlights of the day include a cruelty-free fashion show, a free children's party in the afternoon, videos, salad-making demonstrations, guest speakers and many stalls. Admission £1.

Sunday 13th September 1998

MAGIC OF MOVIE MUSIC

Presented by Maurice Peckman, with dramatic readings. Live and recorded music to include songs from *Annie Get Your Gun*, *My Fair Lady*, *The Sound of Music* etc.

8.00pm Jewish Vegetarian Society, 855 Finchley Road, London NW11 England. Admission £5.00. JVS Members £4. Includes refreshments. Further information from Maurice 0181-458 6398.

4th–11th October 1998

IFAW ANIMAL ACTION WEEK

The International Fund for Animal Welfare, IFAW, are arranging their fifth annual Animal Action Week. The week is timed to coincide with World Animal Day and aims to raise awareness of animal welfare issues and encourages people to become involved with positive actions to help animals.

One of this year's aims is to travel around the world by amassing the 25,000 miles of the world's circumference. Anyone can join in from individuals, toddler groups, schools and colleges to sports clubs, running clubs, hiking groups and swimming clubs. The distances will all be added to the total number of miles.

To join in with the "Around the World for Animals" sponsored event, write for a special Action Pack to Around the World For Animals, IFAW Animal Action Week 1998, 186 High Street, Rochester, Kent ME1 1EY, England or telephone 01634 830888.

Wednesday 28th October 1998,

Wednesday 25th November 1998 7.00pm

LONDON VEGANS, 50 MILLMAN STREET, (entrance adjacent to 38a), LONDON WC1, ENGLAND

London Vegans holds talks on a variety of topics on the last Wednesday of every month (except December) at the above address. Forthcoming restaurant trips include a visit to Veg: a Chinese vegetarian restaurant and a vegan cafe called Popcorn in the Park. Donations only. Visitors welcome. For more details of monthly talks, walks and restaurants trips, please write to London Vegans, 7 Deansbrook Road, Edgware, Middlesex HA8 9BE, England, call the information line on 0181 931 1904 or e-mail: londonvegans@orangenet.co.uk.

ANIMAL AID FAIR

To be held this year on Sunday 6th December at Kensington Town Hall, London, W8 England from 10.00am until 5.00pm.

The Fair will follow the pattern of previous years and will include 40 stalls, each selling cruelty-free, ethically produced gifts in aid of animal campaigning charities.

As well as delicious vegan food available, there will be a Celebrity Auction with items donated by many supporters and public figures.

Admission is only £1.50 per person, children under 11 are free.

25th December 1998–1st January 1999

NINTH INTERNATIONAL VEGAN FESTIVAL, HEPBURN SPRINGS, VICTORIA, AUSTRALIA

The Ninth International Vegan Festival will be held in the scenic town of Hepburn Springs in Central Victoria, about an hour and a half's drive from Melbourne. This popular tourist spot is known as the spa capital of Australia because of its variety of natural mineral waters from local springs.

The festival will include lectures on a wide range of themes as well as entertainment and excursions. All food will be vegan.

For further details, please contact Zalan Glen, Co-ordinator, 9th International Vegan Festival, PO Box 45, Hepburn Springs, Victoria 3461, Australia. Website: www.users.netconnect.com.au/~zalan001/main.htm. E-mail: zalan001@netconnect.com.au.

4th–10th January 1999

33rd WORLD VEGETARIAN CONGRESS, CHIANGMAI, THAILAND

The next World Vegetarian Congress will take place at the Lotus Pang-saukaew Hotel in Chiangmai. For bookings made by September 1998, the cost of two people sharing a standard room with all facilities at the five-star congress hotel, inclusive of congress registration and all meals (including special banquets) will be about £200 (\$340). Activities planned so far include qi gong, Thai vegetable carving, temple visits and a trip to an elephant orphanage as well as a wide range of lectures on vegetarian issues.

Please note that the address for obtaining information on the above has now changed from that given in previous issues of *The Jewish Vegetarian*. For further details, please write to: International Vegetarian Union – Thai Congress, PO Box 17791, London SE1 9WZ (UK), tel/fax +44 (0) 181 265

3277 or PO Box 38.130, 28080, Madrid (Spain), Tel: +34 91 331 9960, fax +34 91 332 1416 or e-mail: thai99@ivu.org.

18th–23rd July 1999

**SEVENTH EUROPEAN VEGETARIAN CONGRESS,
WIDNAU, SAINT GALLEN, SWITZERLAND**

This congress will be held in the new regional sports centre in Widnau and accommodation on offer will range from campsites to first class hotels. All meals will comprise of vegetarian and vegan wholefood dishes prepared under the supervision of an experienced chef.

There will be many international speakers on all aspects of vegetarianism as well as workshops, seminars and cookery classes. Entertainment will be provided in the evening as well as sporting activities. Trips to the countries around Lake Constance are also offered: Austria, Germany, and Liechtenstein.

For further details, please contact Sigrid De Leo, EVU, Bluetschwitzerweg 5, CH-9443 Widnau, Switzerland. Tel/Fax: +41 (0) 71 722 6445. E-mail: evu@ivu.org.

**COOKERY CLASSES – A TASTE OF THINGS TO COME AT
GRASSROOTS**

Grassroots of Glasgow are holding Cookery Classes throughout the Autumn and feature exotic, seasonal and everyday techniques for preparing delicious vegetarian and vegan foods. For further information contact Elspeth or Louise at 0141-353 3278.

SOCIETY NEWS

New Life Members

We would like to extend a hearty welcome to John Schlackman of Middlesex and Saku Lindhén of Sweden on becoming Life Members of the Society. We are hoping to receive more details from them for the next issue. We will always be pleased to hear from any other members wishing to take this step and become a ‘Pillar of the Society’. It not only encourages others, but secures the future of the Society.

Turning words into deeds
THE JERUSALEM CENTRE

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

1. Mrs E. Friman, Ardley, Bicester.

Honorary Officers and Council Members bear all their own expenses, including postage, fares, etc. Therefore, your donation is used in its entirety for the work of the Society.

**VEGETARIANISM SAVES LIVES
YOUR DONATIONS WILL HELP THE SOCIETY**

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

£250 Mr Nathan Falk, Deceased. Bequest to the Society. £50 Dr & Mrs A.L.M. Solihull, West Midlands. £50 Mr J.S. Kenton, Middlesex. £20 Mrs E.F. Ardley, Bicester. £20 Mrs S.K. Cape Town, South Africa. £20 Mr R. Ilford, Essex. £15 Mrs D.D. Maidstone, Kent. £15 Mr C.J.M. London NW11. £15 Mr H.P.S. London NW2. £13 Mr & Mrs G.S. London NW2. £12 Mr & Mrs F.P. Clacton-on-Sea, Essex. £10 Mr L.C. Ilford, Essex. £10 Mr & Mrs D.L.C. Bournemouth, Dorset. £10 Mrs K.G. London NW11. £10 Mr & Mrs T.J. London SE22. £10 Ms M.K. London N3. £10 Ms. T.L. Cuffley, Herts. £10 Ms A.K.N. London N12. £10 Mrs M.S. Bridge of Allan, Scotland. £8 Mrs L.A. London NW8. £8 Family D.B. London SW4. £8 Mr & Mrs S.C. London NW7. £8 Mr M.Q.-H. Lowestoft, Suffolk. £8 Mr & Mrs D.S. London NW11. £8 Mr E.T. Wivenhoe, Essex. £8 Dr & Mrs J.C.W. & Family, London SW10. £7.78 Ms A.B. Greenside, South Africa. £5.50 Mr & Mrs J.S. London N16. £5 Mrs H.C. London NW1. £5 Mr R.F. London NW7. £5 Mrs D.J. London NW11. £5 Mr C.L. London NW4. £5 Ms L.L. Edinburgh, Scotland. £5 Mr S.L. Goteborg, Sweden. £5 Mr M.R. London N3. £5 Ms G.R. Ilford, Essex. £5 Mr J.E.S. London N2. £5 Miss R.S. Cheltenham, Glos. £5 Mrs M.T. Penzance, Cornwall. £5 Mrs I.V. Saltdean, E. Sussex. £5 Ms R.W. France. £5 Mr L.W. London NW2. £5 Mr A.W. Camberley, Surrey. \$35 Ms G.K. Switzerland. \$18 Ms M.F.L. CA. USA. \$15 Mr S.F. NY. USA. \$10 S & L.D. Paris, France.



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).

NEW YEAR – NEW TREATS

New Year is a time when we often enjoy trying new fruits and sweet foods. *The Jewish Vegetarian Year Cookbook* by Roberta Kalechofsky and Rosa Rasiel offers some delightful menus to serve on Rosh Hashanah. Dishes include Israeli Galia Melon Halves with Port, Lentils and Rice with Caramelized Onions, Spicy Glazed Carrots, Sweet Potato Apple Bake and Baklava.

Their suggest, in their book, the following recipes for some sweet treats:

Chocolate Peanut Butter Squares

Ingredients: 2 cups peanut butter, divided; $\frac{3}{4}$ cup margarine, softened; 2 cups powdered sugar; 3 cups graham cracker crumbs, about 36 crackers; 2 cups (12 oz package) semi-sweet chocolate chips, divided in half.

Method: In large mixer bowl, beat together $\frac{1}{4}$ cups peanut butter and margarine until well-blended and creamy. Gradually beat in half the powdered sugar. Turn off beaters and use hands or a spoon to incorporate the remaining sugar, the graham cracker crumbs and $\frac{1}{2}$ cup chips. Lightly grease a 13" x 9" baking pan and press the mixture evenly into it. Use a spatula to smooth the top. Melt remaining chocolate with remaining peanut butter in a medium-size, heavy-bottomed saucepan over very low heat. Stir constantly until smooth. Spoon over graham cracker base, making a thick, even layer of frosting. Chill one hour or longer, till chocolate is firm. Cut into bars; keep covered in fridge. Makes about 60.

Snow Ball Cookies

Ingredients: 1 cup shortening; 2 cups flour; $\frac{1}{4}$ cup sugar; $\frac{1}{2}$ teaspoon salt; 1 cup walnuts, chopped; 2 teaspoons vanilla; confectioners' sugar.

Method: In large bowl, cut shortening into flour, using a pastry blender or two knives. When mixture resembles coarse meal, add sugar and salt, then nuts and vanilla. Use hands to press into a cohesive mass. Pre-heat oven to 350 degrees F. Shape dough into $1\frac{1}{4}$ " balls, place on ungreased baking sheets. Bake 15-17 minutes. Remove to cooling racks. Use a strainer to sift powdered sugar over cookies while hot. Makes about 2½ dozen cookies.

We wish all readers of *The Jewish Vegetarian* a Happy and Healthy New Year and Well Over the Fast.

Recipes reproduced by kind permission of Roberta Kalechofsky. *The Jewish Vegetarian Year Cookbook* by Roberta Kalechofsky and Rosa Rasiel, published by Micah Publications, is available by mail order at a cost of \$16.95 plus postage and packing from Micah Publications Inc, 255 Humphrey Street, Marblehead, MA 01945, USA. They also have a web site at <http://www.micahbooks.com>.

Why not pay a visit to H.Q. in Golders Green to see the large selection of books we have for sale, many of which are half the original price. Please telephone first on 0181-455 0692



FRIENDSHIP HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at POB 1837, 20 Hatzav St.

Mevasseret-Zion 90805
Israel. Tel: 972.2 5337059

(Please note new address)

Visitors are always welcome.

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

DONATIONS RECEIVED: £20 Mr L.A. Thatcham, Berkshire. £10 Mrs E.F. London NW4. £10 Mrs E.F. Ardley, Bicester. £10 Mr & Mrs F.P. Clacton-on-Sea, Essex. £5 Ms G.R. Ilford, Essex. £5 Ms R.W. France. £5 Mr A.W. Camberley, Surrey.

The Jewish Vegetarians of North America invite you to subscribe to their 16 page, 8½" x 11", quarterly newsletter with no adverts. Articles are on Jewish holidays, animal rights, the environment, healthy nutrition, book reviews, new kosher vegan products, and vegan recipes. This publication is a must for Jewish Vegetarians living both in the USA and overseas.

To subscribe, please send \$12.00 for one year in USA or \$15.00 outside USA to Jewish Vegetarians, 6938 Reliance Road, Federalsburg, MD 21632, USA. Outside USA, Newsletter is sent via airmail. Payment can be made by American dollars, Visa or Master credit card.

Tel: 410 754 5550, E-mail: imosman@bluecrab.org.

For a sample newsletter, please send \$1.40 outside the USA. Inside USA, please send a self-addressed long envelope with 2 first class stamps.

You can also visit their **web page at <http://www.orbyss.com>** to see a sample Newsletter.

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when replying to adverts**

COMPASSION IN
WORLD FARMING CONFERENCE
2nd–3rd April 1998
by Julie Rosenfield



Mark Gold and Audrey Eyton pictured at the CIWF Conference.

As promised, here is the concluding report on this Conference, part one of which appeared in the June issue of *The Jewish Vegetarian*.

Day Two

The second day of the Conference provided a lively day of controversy and debate, sparked off by a talk by Dennis T. Avery, Director of the Centre for Global Food Issues in the USA. His talk was a passionate appeal in favour of the use of genetic engineering in food production and one which expressed opinions in direct contrast with the majority of those present.

He began by saying that the 21st century would provide the greatest challenge for agriculture. A more affluent population would, he said, demand three times the current amount of food. A key question to consider was how the world could produce additional food without clearing all the rainforests. He said that a huge reality had to be faced: the solution was either to create 5 billion vegans or to triple food output without increasing land use. He summarily dismissed the former as unworkable, in his opinion, and instead forecast that the number of hogs necessary to feed people would need to increase from 1 billion to 3 billion and that the number of chickens would have to grow from 30 billion to 50 billion. He said that poor countries were growing economically twice as quickly as rich ones and that as they grew richer, they no longer wanted to eat rice and vegetables but wanted to eat meat.

He did not favour organic production saying that this method only yielded half the amount of that produced by conventional means. He said that if organic farming was adopted, it would need to increase its yield six-fold and it was difficult to see how such huge increases could be achieved.

He advocated instead the use of biotechnology, claiming that it was a compassionate alternative which was beneficial for the environment. He cited

as favourable the fact that the use of a genetically-engineered growth hormone could increase the yield of cow's milk by 10% and applauded the likely approval of a genetically-engineered copy of a new growth hormone which would lead to hogs increasing their body fat by half, saying that this would lead to greater feed efficiency.

He confessed to being disturbed by the opposition of the conference to factory farming. Unbelievably, he argued that for the sake of the environment and to minimise land use, farm animals should be raised intensively in confined spaces and lamentably expressed no compassion whatsoever for the living conditions of creatures raised in this way.

Unsurprisingly, his talk led to some heated questioning from the conference delegates. Thoughts expressed by them included his omission to address the possible risks of biotechnology and the fact that he had not taken into consideration the effect of meat on human health.

Julie Sheppard of the Consumers' Association, UK spoke out against genetically-modified foods. She said that the suggestion that such methods increased yield undermined legitimate concerns. She said that a high-yielding hybrid could not be grown in a local environment. It was artificial, not adapted to the local climate and needed expensive chemicals.

Potential drawbacks, she explained, included:

- 1) Genetic over-dependence – this meant that 20 crops provided 90% of the world's energy. A limited gene pool secured food supplies and this could be exacerbated by genetic engineering.
- 2) Herbicide use – no agency would be monitoring this.
- 3) There would be no way to control crossing of plants – superweeds could be produced which were resistant to biological pesticides.
- 4) There would be a decline in food quality and a fall in nutritional value. The high level of phosphates used would affect mineral content.

She cited the Green Revolution of 20 years ago in South East Asia where a decline in iron and zinc levels was noted in food along with a 10% decline in the people's IQ as well as human fertility problems.

Speaking on the suggestion of rearing animals in sheds as propounded by Dennis T. Avery, she commented that therapeutic levels of antibiotics would then have to be given to the animals to stop them acquiring bad behavioural tendencies.

She advocated an integrated system of agriculture in preference to intensive methods. She said that organic farming could equal or increase the yield of conventional farms. Working with nature in this way was regenerative rather than exploitative.

Her thoughts were echoed by Patrick Holden, Director of the Soil Association. He had been an organic farmer for 25 years and said that world agriculture was in deep crisis. He said that biodiversity would lead to a decline in cropped habitat and would create a landscape which was a "sterile monoculture of wall-to-wall wheat." His current concerns also included pollution, with water authorities spending billions of pounds stripping pesticides out of the water, the bacterial contamination of food, and the use of drugs and antibiotics in food production.

The benefits of organic farming were: the good quality of food produced

with a better level of nutrients; integration with the environment; the higher standards of animal welfare keeping animals in fields rather than sheds; local food links; less centralisation and more employment.

Author Audrey Eyton, chairing the early afternoon session, commented that it was important for animal welfarists to know about nutrition. People were, she said, more inclined to act out of self-interest than altruism. This was borne out by the difference in the sales figures of two of her books: the famous dieting book, *The F Plan Diet*, sold 4 million copies, whereas her book encouraging people not to eat animals, *The Kind Food Guide*, sold 40-50,000 copies.

In Mark Gold of Animal Aid's talk: "Beyond the Killing Fields – the Case for a Vegetarian Future", he said that it would be better to move towards a vegan diet and to take animals out of food altogether.

He expressed concern at the expansion of crops being grown to feed animals in developed countries calling it a wasteful and inefficient system, while 800 million people in the developing world were malnourished. He commented that: "The more economically developed you become, the more meat you eat." In order to provide choice in the supermarket, animals were being manipulated and intensively farmed.

There was, he said, great scope for expansion in Africa. It took 2.8 kilograms of grain to produce 1 kilogram of poultry. Land was being diverted to grow grain for poultry or food was being imported. Poorer people could not afford the grain still less the chickens. There were now 820 million broiler chickens in India targeted at the vast-growing middle class. This left less grain for people in need of food.

He said it was necessary to change people's attitude in view of our knowledge about animals. "All animals are individuals and are sentient beings and the idea of their slaughter is repugnant," he said.

He said that killing animals for food was wrong and that the lower down that people ate on the food chain the better – 1/5 acre could feed one person on a vegan diet. In Uganda, for example, 35% of households produced their own food. He advocated growing nut and fruit trees in mixed forests where areas could be reforested as well as using veganic gardening.

Atherton Martin, Executive Director of the Development Institute, Commonwealth of Dominica, said that the World Trade organisation was creating new affluence in some developing countries but exacerbating poverty in others, leading to the collapse, for example, of the Mexican economy.

On the question of an earlier claim that the use of biotechnology could save the wetlands, he commented that the Green Revolution had destroyed millions of acres of land. By contrast, he said, the "primitive" agriculture of Africa had sustained thousands of millions of people for thousands of years without destroying the environment.

He advocated the values of honesty, caring and compassion and urged a way back to the principles of humanity.

He said that the policy of producing more and more yield was not always an indication of success. A lower yield was more sustainable and would keep the environment clean. Agriculture, he said, should provide food for people and he condemned the biotechnologists who were not concerned with food

security but only with the increase of yields. By growing healthy food, the survival of humanity was ensured.

All too soon, the second day of the conference came to an end with those present having benefited from a wonderful opportunity to learn up-to-date material from some top-quality, international speakers and to network with others interested in the same issues of feeding the world and sparing the animals.

Many congratulations to all at CIWF for their hard work in organising such a fine conference.

For further details of CIWF, please contact Compassion in World Farming, 5A Charles Street, Petersfield, Hants GU32 3EH, UK. Tel: +44 (0) 1730 268070 Fax: +44 (0) 1730 260791.

Their web page can be found at <http://www.pcwg.co.uk>.

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Here & There

70TH ANNIVERSARY

The Nature Cure Clinic has recently celebrated its 70th Anniversary and is London's longest-established centre for alternative medicine. It was established in 1928 for patients unable to afford private treatment. The first patient was seen by Dr. Bertrand Allison, the son of Dr. Thomas Allison, the founder of the famous flour company, and it has been endeavouring to help the public in a humane, charitable way ever since.

All new patients are first seen by a qualified doctor for diagnosis and advice. Homoeopathy is one of their mainstays, but other treatments, such as acupuncture, cranio-sacral therapy and holistic massage are also available.

To find out more about this unique establishment please telephone the General Secretary, Anthony Easy on 0171-935 6213 or write to The Nature Cure Clinic Ltd, 15 Oldbury Place, London W1M 3AL.

A VEGETARIAN FUTURE

A recent independent survey commissioned by the Vegetarian Society UK showed that out of over 1,000 people questioned, 82% believe that there will be more vegetarians in the future, 79% feel that vegetarian food is becoming more varied and interesting, and 80% prefer to buy food that is cruelty-free and good for the environment. In the UK, currently 7% of the population or 4 million are vegetarian and 6% are currently meat-eaters but would like to become vegetarian.

Of meat-eaters questioned, reasons given by respondents for considering going vegetarian were: 36% if they felt animal farming was cruel, 21% if they knew how to cook tasty, nutritious vegetarian food, 23% if it was easy to identify vegetarian foods when shopping, and 23% if vegetarian food was more readily available when eating out.

Head of Public Affairs for the Vegetarian Society UK, Chris Dessent, said: "Meat-eating is generally perceived to be the diet of the past and the diet of tradition, while vegetarianism has established itself as the compassionate, healthy alternative... Increasingly, consumers are making the connection between what they eat and the animal that has died to reach their plate. This realisation is the first important step to changing your diet to a compassionate vegetarian diet."

CHICKEN VIDEO

Hillside Animal Sanctuary recently launched a new video illustrating the work they do in rescuing and treating animals which have been the casualties of factory farming. The video includes undercover footage of appalling conditions inside a battery hen farm in Norfolk in England. Wendy Valentine says: "Our new video shows both sides of life for farm animals. The hens in battery cages endure a life of imprisonment, in tiny cages so small that they are unable even to stretch their wings. Natural instincts such as dustbathing and nest-building are completely denied. But our video also shows how things can be for hens, roaming freely at Hillside – exploring their environment, dustbathing, and running about with their companions in the sunlight and fresh air." The video

also shows other animals being looked after at Hillside including pigs, sheep, cows and horses.

The video is available by mail order at a cost of £11.95 including postage and packing from Hillside Animal Sanctuary, Hall Lane, Frettenham, Norwich NR12 7LT, England.

WRITERS WANTED!

Calling all budding writers, poets, artists! We at *The Jewish Vegetarian* would love to hear from you!! Although we can't pay you, you will have the reward of seeing your name in print and knowing that our members around the world will enjoy reading your contributions.

Tell us all about yourself, why you became vegetarian and what life is like for vegetarians in your part of the world. Tell us about your favourite restaurant, send us recipes, and health tips. We know there are some very creative people out there – how about sending us poems or cartoons?

It's your magazine – we look forward to hearing from you! Please send your contributions to: *The Jewish Vegetarian*, JVS, 855 Finchley Road, London NW11 8LX, England.

LINDA REMEMBERED

Following the sad passing of Linda McCartney in April, as reported in *The Jewish Vegetarian*, two memorials celebrating her life were held in June: one at Saint Martin-in-the-Fields Church in London and the other in New York's Riverside Church. At the memorial in London, Sir Paul McCartney called his wife "The first lady of animals". Seven hundred people attended the service including former Beatles, George Harrison and Ringo Starr who joined with Paul in singing "*Let It Be*". Outside the church, hundreds of well-wishers braved the rain to attend a candle-lit vigil. People for the Ethical Treatment of Animals (PETA) made a white angel with an eight-foot pair of wings for those attending to sign and a banner reading "Linda the Animal Angel".

Speaking of Linda's commitment to animals at the London service, Carla Lane said:

"You promised them a voice and you held their terror close. There was no lowly creature in your eye, no size, no strength, no special duty, they were all the same. And finally your shout drowned out the less committed sounds until it was heard in the people's conscience. And it rose above the sceptics, the cruelty makers, the money takers, and it settled in the hearts of many. You left a trail and we will follow that trail, the one that you trod so passionately. We will complete your journey. It will not be easy, it will be long, because before peace and dignity can come to the animals it must come to man. Lady Linda we cannot see you, but we still hear you."

As a tribute to Linda's love of animals, her Shetland Ponies, Schoo and Tinsel, attended the ceremony in London, and her Appaloosa horse Blunkit was present in New York. Sir Paul praised her commitment to animals: "The courage she showed to fight for her causes of vegetarianism and animal welfare was unbelievable."

PRINCE SPEAKS OUT ON CROP DANGERS

Prince Charles spoke out in June against the dangers of genetically engineering food crops. He said of genetic engineering that it “takes mankind into realms that belong to G-d and G-d alone.” He said that the process, whereby crops like soya and maize are mixed with genetically-manipulated (GM) varieties at source, raised “crucial ethical and practical considerations.”

His comments came after a £1 million pound launch by US biotechnology company, Monsanto, which aimed to persuade consumers that such crops were helpful to the environment. The Prince, however, argued that GM crops could cause new types of pollution and that over-dependence on a few GM varieties around the world could lead to scarcity and hunger. “The likelihood of a major problem may, as some people suggest, be slight. But if something does go badly wrong, we will be faced with the problem of clearing up a kind of pollution which is self-perpetuating.”

He questioned the safety of such foods: “We are assured that these new plants are vigorously tested and regulated, but the evaluation procedure seems to presume that unless a GM crop can be shown to be unsafe, there is no reason to stop its use. The lessons of BSE and other entirely man-made disasters in the cause of “cheap food” is surely that it is the unforeseen consequences which present the greatest cause for concern.”

He called for GM foods to be separated from non-GM products and for GM crops to be clearly labelled so that consumers could choose whether or not to buy them.

Speaking on his own 12 years experience of organic farming, he said, “From my own experience, I am clear that the organic system can be economically viable, that it provides a wide range of environmental and social benefits, and, most important, that it enables consumers to make a choice about the food they eat.”

PATENT PENDING

Stuart Newman, a professor at New York Medical College, is taking steps to try to prevent the development of man-animal mutants. The professor was so alarmed by the prospect of geneticists crossing animals like monkeys or pigs with humans that he has decided to apply for a patent on the process so that he can limit the use of such technology. He hopes this move will prevent the commercial exploitation of such hybrids as a source for spare-part surgery. His partner in making the patent application, Jeremy Rifkin, says that the law is not keeping up with science and he was concerned that no-one was monitoring the advances in technology which have made such hybrids a possibility.

Bodypower

VEGETARIAN SUMMERFEST 1998 PITTSBURGH, USA

by Julie Rosenfield



Pictured after Richard Schwartz's talk at the Summerfest: From left to right: Julie Rosenfield, Israel Mossman, Richard Schwartz.

The 24th Vegetarian Summerfest, organised by the North American Vegetarian Society (NAVS), was held at the University of Pitt-Johnstown, Pittsburgh, Pennsylvania, USA from 8th – 12th July 1998.

Over 600 participants were able to enjoy a carefully selected programme of top speakers talking on vegetarian nutrition, health, animal protection and environmental issues.

Here is a brief resume of some of the many activities that took place during the festival.

Wednesday 8th July

In the afternoon, Erik Marcus, author of the book “*Vegan: The New Ethics of Eating*”, spoke on ways to address meat-eaters on the subject of changing their diet. He found it a good practice to listen to a person talking about what most interested him/her about vegetarianism and veganism, whether it was health, animal welfare, environment, or world hunger and then to focus on these issues. Using this approach, he had even been able to interest a deer-hunter in reading his book on veganism, because it had included a useful chapter on reversing heart disease!

After dinner, the evening plenary featured a very popular speaker, Howard Lyman. He described the events of the trial which he had recently been involved in where he and Oprah Winfrey were sued by the cattle ranchers of Texas for remarks made by the pair on Oprah's chat show. He had recently brought out a book called “*Mad Cowboy*”.

He hoped that the participants would leave the conference with renewed spirit and would “change the world – one meal at a time.” He concluded his remarks by saying:

“We are making a difference because common sense is on our side. We no longer have to apologise for being vegetarian, we only have to apologise for our relatives who are carnivores. Do what you can do and eat with conscience because you are making a difference.”

Rae Sikora then spoke on the need for children to become involved with the planet. She talked of her experiences in taking children on trips outside where they could experience nature for themselves rather than staying indoors in front of their computers. She spoke of the benefits of them discovering the outdoors in this way. “When they fall in love with the planet, they’ll take care of it,” she concluded.

Evening entertainment for those not too tired from their journey included a “Get Acquainted Party”, evening sky watching and a singles walk.

Thursday 9th July

The morning’s plenary session included an important talk by attorney Steven Druker, JD. He spoke out against genetically-engineered food and the threat that it posed to the vegetarian character of food where fruits were injected with copies of animal genes. He saw the process as an attack on spirituality – and expressed concern that the biosphere, a product of creative intelligence, could be engineered in this way. He spoke of his campaign against the process and called for genetic engineering to be banned on religious grounds.

In the afternoon, author of “*The Uncheese Cookbook*”, Joanne Stepaniak, spoke on the need for compassion, a theme echoed by many speakers, and one which she defined as “empathy in action.” She spoke on the importance of being compassionate with other people, with animals and with ourselves. “When we have compassion, we can love, then we can create peace. Peace begins with opening our hearts. We have to be fearless and willing to take a risk to see the world as it is. If we want to change the world, we must change ourselves.”

The evening’s plenary session had a range of interesting speakers. Yafah Asiel spoke on her experiences with a black vegetarian community in Dimona, Israel. The community followed a system of organic agriculture, letting the land lie fallow every seven years, and had their own tofu factory. They also ran a holistic health care programme as well as a natural birthing centre.

We were treated to some fun cartoons by the author of “*The Joy of Soy*”, Vance Lehmkuhl, who was able to transform the initials of three participants into an amusing cartoon about an event in their lives relating to vegetarianism. Everyone could sympathise with Maynard Clark, Founder of the Vegetarian Resource Centre, on his trials and tribulations when ordering a vegetarian meal on an airplane!

Gene Bauston, founder and co-director of Farm Sanctuary, spoke out against the inadequacy of legislation to protect animals, with farm animals being excluded from Federal welfare laws and 28 anti-cruelty laws. He said that laws could only be changed if people thought about how they acted and ate. He likened the animal welfare movement to grass growing through cement.

Friday 10th July

The morning’s plenary included George Eisman RD speaking on how to help end world hunger through food choices. He stressed the importance of buying

foods grown locally rather than importing them from abroad. Currently, the USA imports bananas from hungry countries as its top fruit – displacing locally-grown apples. In support of his stand, bananas were banned from the conference.

Bhiku Jethalal MD spoke about how in seven years of undergraduate medical training, he was only given three hours of lessons on nutrition. He advocated plant foods as being very high in antioxidants, low in cholesterol and total fats, and high in fibre. He recommended low-cost diet, meditation and exercise. He said that by using diet, high blood pressure could be normalised, cholesterol could be reduced and angina symptoms could be regressed.

Cherie Soria gave a useful presentation on raw foods in the afternoon. She said that living foods such as sprouted grains and seeds gave people more vitality, boundless energy and mental clarity. Raw, living foods were high in oxygen and calmed the mind. She explained that eating raw foods at noon would make a person less likely to yawn in the afternoon and that by eating them with the evening meal, a person would wake up feeling vital.

She stressed the importance of enzymes in food and commented that these enzymes were lost when food was cooked at over 118 degrees for half an hour. Cooked foods, she said, overburdened the pancreas but raw foods increased a person's vital life force.

On the Friday evening, there was a special Shabbat table with a wonderful opportunity to meet with many other Jewish vegetarians, too numerous to name. It was a pleasure to meet again with Eva and Israel Mossman, who do such very good work for the Jewish Vegetarians of North America and who produce an excellent newsletter. I was also privileged to meet Richard Schwartz for the first time. Richard is a patron of the Jewish Vegetarian Society and is a regular contributor to The Jewish Vegetarian magazine. I also met Stanley Sapon Ph.D. who told me about the valuable work that he and his wife Rhoda are doing for the Maimonides project – a hunger relief resource centre.

Saturday 11th July

There were a couple of important sessions with John McDougall MD today. The first dealt with using vegetarian approaches to manage chronic disease and the second was concerned with women's health. Both talks were well-illustrated with slides and gave some very good up-to-date information on the benefits of a vegetarian diet. It was, however, lamentable that he backed up a number of his claims by quoting animal experiments.

He denounced the use of vitamin supplements as drugs, saying that people who worked in laboratories did not know more than the Creator. One had only to consider the world picture and look at the diseases suffered in the West to know the important factor that diet played in maintaining health. It has been estimated that bad diet kills one million people annually in the USA as it can contribute to people developing cancer, strokes and heart disease. He predicted that doctors would be forced to change the way they handled disease. Under the new managed care system, it would be in their interests to keep their patients well using preventative means rather than having to pay for expensive drugs out of their budget.

He recommended that people eat mainly starchy foods using fruits and vegetables as tasty additions. He advised people to be careful with the fats they

ate, saying: “the fat you eat is the fat you wear.” In his talk on women’s health, he also advocated a carbohydrate-based diet, saying that this was likely to make women and their babies healthier.

In Brenda Davis’s talk, she gave some common sense tips for vegans to ensure that their diet contained all the necessary nutrients. She examined myths surrounding protein and dismissed the idea that animal protein was better than plant protein – people and animals, she said, had to obtain their amino acids from the plant kingdom. It was important to eat a variety of plants because although all plants contained all nine amino acids, they contained them in differing amounts. A child would, for example, have to eat 40 grams of wheat to obtain lysine, if they were not eating any other plants. Her message, she said, was to “get enough calories and include legumes.”

Speaking on iron, she recommended tofu as a useful source. Dairy products, on the other hand, inhibited the absorption of iron. Using a cast iron skillet would increase available iron consumption by 16 times. Vitamin C with a meal increased absorption of iron by 2 – 6 times.

For zinc, she recommended beans, nuts, seeds and grains. For calcium, she advocated tahini, legumes and fortified soya beverage. For vitamin D, she advised one cup of fortified soya milk and for vitamin B12, supplements of 1 microgram daily.

In the afternoon, Steve Baer spoke on a campaign to halt the use of primates in medical experiments in seven regional primate centres in the USA. The primates were used in psychological, disease, injury and drug addiction experiments and it was hoped that a special bus planned to tour the different centres would highlight the plight of these creatures. (For more information on this, please call CEPE 1-888-391-8948.)

Saturday evening saw the banquet dinner take place and, like the rest of the meals on the conference, it consisted of delicious vegan food prepared under the supervision of popular chef Ken Bergeron.

Afterwards, there was a special Hall of Fame presentation made by NAVS to JVS patron, Dr Alex Hershaft who was named “Vegetarian of the Year.” Dr Hershaft is well-known to many people as the founder of Farm Animal Reform Movement (FARM) which is famous for campaigns such as the Great American Meatout and World Day for Farm Animals. Both of these initiatives had raised public awareness of the conditions of farm animals and had encouraged many people to become vegetarian. We extend our warmest congratulations to Dr Hershaft on this well-deserved award.

We were then treated to a wonderful concert of songs and stories from talented vegetarian performer, Jay Mankita. For some of the songs, he was joined by children attending the Festival and in others he had his own back-up singers, The Vegettes!

Many songs were about vegetarians, animals and nature and were much enjoyed by those present with plenty of opportunity for noisy audience participation!

Sunday 12th July

Sunday morning saw an excellent presentation on Judaism and Vegetarianism by Richard Schwartz Ph.D. In his talk, he gave the following six Jewish mandates

as important in the case to promote vegetarianism:

- 1) Diligence regarding health
- 2) Not to cause pain to animals
- 3) The earth is the L-rd's
- 4) Use resources but do not waste
- 5) Share with the hungry
- 6) Seek and pursue peace

He told of how compassion for animals had been used as a test in the Bible. Moses was chosen as a leader because he showed concern for his flock. Rebecca was seen as a suitable wife because she offered to draw water for the camels.

He said that Judaism and vegetarianism were complementary values and commented that any one of the above mandates on its own would have been sufficient in supporting the vegetarian cause.

All too soon, it was time to say farewell to old and new friends at the Summerfest. Many thanks to everyone at NAVS for their hard work in making this event so enjoyable. We look forward to seeing everyone again at future festivals.

For further details, please contact, NAVS, PO Box 72, Dolgeville, NY 13329, USA. Tel: (518) 568 7970.

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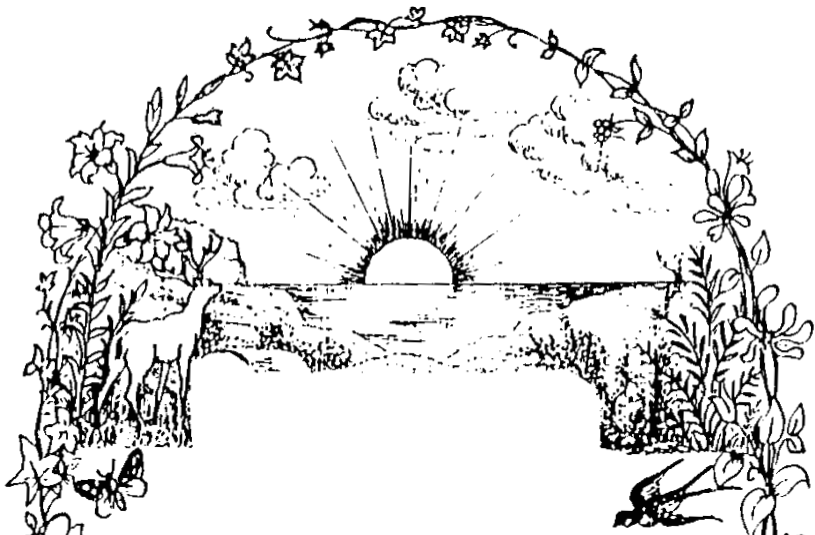
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“On Being a Vegetarian”

by Norman Pollack

It's not my role to preach or tell you how
To live your life, or tell you what to eat,
But let me tell you why I don't eat meat:
Though raised an omnivore, for decades now
I will not eat a fish, fowl, sheep or cow.
It's not just how it chews, or what shape feet,
Or whether it can cheep or growl or bleat
Or if it gives a bark, neigh, hiss or meow.

It does not matter that they are not wise,
They are alive, though dumb and can't extol
Our better brains; we think silence belies
Awareness, but like us, they know they're whole.
What person looks into a lambkin's eyes
And just sees dinner, not another soul?

GENETICALLY-ENGINEERED FOODS AND MEDICINES: POTENTIAL BENEFITS TO VEGETARIANS

by Emanuel Goldman Ph.D.

The “new age” and “natural foods” movements have reacted very negatively to the prospect of genetically-engineered foods. Articles and e-mails in abundance decry the introduction of these foods to the market without labelling or adequate testing. Some lawsuits have even begun. The vegetarian movement has, in general, aligned itself with the protests on this issue. While there has been no comparable furore over the introduction of genetically-engineered medicines, the technology and many of the issues are similar, and it would not surprise me to see protests against these products as well in the future.

While I fully agree on the desirability of labelling and the need for thorough testing, there is a point generally overlooked by ethical vegetarians when considering genetically-engineered foods or medicines. ***These processes hold the promise of freeing society of its reliance on many animal-derived products, which would in fact further our ethical goal of not having to slaughter or mistreat animals to derive products from them.*** Below I will give a few examples, some hypothetical, some actually already in the marketplace. But first, it is worth explaining what the technology actually is for readers not familiar with it.

The genetic information for all proteins, in all known organisms, resides in the form of genes in the DNA of each organism. DNA is a very long series of four individual chemicals, used repeatedly, one after the other, in specific sequences. Think of these four individual chemicals in DNA as a new alphabet consisting of four letters. Protein is made when the letters of this new alphabet in the DNA are “read” by cellular machinery as a series of “triplets,” that is, different sets of three letters in sequence designate one or another of 20 amino acids in the intended protein. The arrangement of those four letters in groups of three at a time constitutes the entire dictionary of words of the language; a gene is a collection of those words in sequence, much like this article is a collection of words in sequence. Just as this article can be reprinted in another publication, a sequence of DNA containing a gene from one source can be cut out by molecular “scissors” (which are enzymes) and pasted by molecular “glue” (which are other enzymes) into the DNA of another source. This is what recombinant DNA and genetic engineering accomplishes. When the information of a gene in DNA from an animal is copied and placed in the DNA of bacteria, often those bacteria will be able to produce the animal protein, as is illustrated in examples of a few medicines described below. Similarly, when a foreign gene is inserted into the DNA of a plant, that plant may produce the foreign protein, which is the case in some genetically-engineered crops.

Here are several examples of genetically-engineered products that are, or could be, of great benefit to vegetarians (many more examples could be envisaged):

1. Insulin used to be derived from pig intestines. Ethical vegetarians would be

- in a quandary if that were the only practical way to obtain this life-saving medicine. Most (hopefully, all) of us certainly would not condemn diabetics to death by denying them the ability to obtain insulin, even if a pig had to be slaughtered to get it. This is no longer a problem for vegetarians. Now, the gene for insulin has been inserted into bacteria. The bacteria are grown, and make insulin, which is purified from the bacterial culture and used medically. No more pig intestines, because of genetic engineering.
2. Many vegetarians who transition to vegan miss cheese. Meeting the demand, a number of vegetarian-oriented companies market substitute cheeses. Many of these contain a protein called “casein”, which is derived from milk. Those substitute cheeses which avoid casein usually do poorly on taste tests, from my experience. Even the casein-containing cheese substitutes do not fully replicate real cheese, but they are better, and make for a reasonable transition food en route to vegan. Enter genetic engineering. It is entirely possible to manufacture casein in bacteria (just like with the insulin example above), by putting the gene for this protein into a bacterial organism. The casein purified this way would not involve any passage through, or exploitation of, an animal. This genetically-engineered casein could now be used in substitute cheeses, and would meet vegan ethical standards, while providing us with a tastier product. In this case, vegetarians would actually *look* for the label saying “Made with genetically-engineered casein.” (This example is still, regrettably, hypothetical).
 3. Continuing on the subject of cheeses, as a vegetarian, I applaud the recent introduction of genetically-engineered “cheese-making enzymes” instead of the animal-intestines derived rennet used traditionally in cheese-making. Although I have been near-vegan for a number of years now, so this is pretty much a moot point for me personally, I know that for the many years that I was lacto-ovo, I was constantly looking for “rennetless” cheese, which was hard to find and often not very good when I did find it. Even “kosher” cheeses allow the use of rennet, to my continued amazement, since the kosher ethic requires no consumption of meat and milk together. (It is considered an extra insult to the animal to “cook the kid in its mother’s milk.” The explanation I was given for the cheese contradiction was that the rennet was so extremely diluted from the original animal source, it was no longer considered of animal origin). Because genetically-engineered rennet, produced in bacteria, no longer comes from animal intestines, this need no longer be an issue for lacto-vegetarians.
 4. Albumen is a useful protein derived from animal sources, and when used as a food additive, is usually from eggs. This is another very suitable candidate for a genetically-engineered food product; a gene for albumen could be placed in bacteria, and the bacteria would produce the albumen. There would be no need to go to animals for this product anymore, and we would *look* for labels specifying “genetically engineered albumen.” (This example is also still, regrettably, hypothetical).
 5. Some extremely strict vegetarians will not use photographic film or go to movies because of gelatine in the film. (I find this too extreme for the

world which we happen to inhabit at this point in time; we should work towards and support technologies that don't need the gelatine, but not disengage from society). Here is another case how genetic engineering can actually be of great benefit to ethical vegetarians: gelatine is a form of the animal protein collagen, which can be easily manufactured in bacteria, by using the information in the gene for collagen and inserting that information (in the form of DNA) into the bacteria. Gelatine produced this way should be acceptable even to the strictest vegetarians, who could start going to the movies again (and maybe even eat vegan jello).

6. In my e-mail not too long ago, I received a posting from a vegetarian list: "I have had a thyroid disorder for several years, but never knew that there was a vegetarian substitute...I live in the UK and have never heard of it here, is it available by mail order...? I couldn't possibly consider taking pig glands unless my life was at risk." This individual needs thyroid hormone, until recently, derived only from animals. Once again, genetic engineering to the rescue. The information for this hormone has been genetically-engineered so that it is made in bacteria (or possibly yeast), and is ethically correct.
7. Another e-mail posting described an article in the August, 1997 issue of *Harper's Magazine*, "The Inhumanity of the Animal People." A quote from the article reminded me again of how modern molecular biology, genetic engineering, and recombinant DNA has the potential to alleviate animal suffering in ways that the vegetarian movement is usually unaware of. Take the case of "Premarin," quoted from the article: "Premarin, an estrogen drug for menopausal women, comes from the urine of pregnant mares. This is a whole new industry that results in the births of approximately 75,000 unwanted foals each year. Off to the slaughterhouses the little ones go, to be turned into...something else." I expect it would be relatively straightforward for a biotech or pharmaceutical company to clone the relevant gene or genes responsible for the synthesis of Premarin in horses, so that Premarin could be produced in bacteria or yeast or tissue culture, and no more unwanted foals would have to be "turned into... something else." I have heard that there is a synthetic form of Premarin available, but is not profitable to produce, so the drug companies continue to promote the "natural" form, generating those unwanted foals. But if the drug companies were to produce Premarin in bacterial cultures by genetic engineering, the profitability issue would likely be resolved, and those foals would not have to be produced as a by-product, destined for slaughter.

Genetic engineering of crops is a tougher issue, and there are some obvious concerns. For example, a genetically-altered tomato has had a fish gene introduced into it, which, apart from safety and labelling issues, raises the philosophical question for some as to whether this makes the engineered tomato ethically unsuitable for vegetarians. In my view, the "fish gene" is simply a sequence of chemical information specifying a protein, which in nature happens to be found in a fish. When the information of this gene has been determined (i.e., the DNA sequence of the fish gene), and when this information is placed in another species (i.e., tomato) which now makes copies of the same protein that was found in the fish – is it fish or not? I say not;

you're not killing a fish to get the protein, and one single protein that happens to be a copy of a protein in a fish does not a fish make. To continue an analogy introduced earlier, if this article is published in *The Jewish Vegetarian* magazine, and if it is also published in *Vegetarian Journal* next month – does that mean *Vegetarian Journal* is carrying a physical component of *The Jewish Vegetarian* magazine? Clearly not. This is the same principle as the expression of what was originally a fish protein in a tomato. The **protein** is not taken from the fish. The **information** is what is taken, and this information is used to make a brand new copy of the protein in another context. Thus, I find no ethical objection to the expression of information derived from animal sources in non-animal species. It is also the same principle as in the example of insulin (as well as the other examples) described above. The **information** from insulin came from an animal, but the **production** of insulin is in bacteria. Is it vegetarian or not? I say yes.

A different genetically-altered tomato that strikes me as especially clever, and unlikely to have a negative impact on either the environment or human health, is an altered tomato in which the engineers inserted a backwards (mirror-image) copy of the normal tomato gene which causes rotting (technically, this is called “antisense”). Expression of the backwards copy of the gene neutralizes expression of the normal gene, so that rotting is greatly delayed, and the tomatoes have a much longer shelf life. There are no foreign proteins introduced. Other genetically-altered foods, however, may not turn out to be as benign as I expect this tomato to be (for example, some inserted genes in foods may inadvertently lead to substances which cause allergic reactions in some individuals), and each genetically-engineered food product needs to be carefully evaluated and tested on a case-by-case basis. Also, labelling should be mandatory.

Other genetically-engineered crops have had introduced into them genes which make them resistant to various insects, thus, these crops can be produced without use of chemical pesticides. It can be argued that it is a benefit to the environment and consumers to have products grown without pesticides. However this application may be a double-edged sword, because of the threat of fostering development of mutant insects resistant to various biological methods of control.

It was recently announced that genetically-engineered coffee without caffeine has been developed, so that the chemical treatments of coffee needed to make decaffeinated would no longer be necessary. Clearly, a benefit to coffee lovers and those who want to limit their caffeine intake.

So let's not have a knee-jerk reaction to this new technology. Despite the hysteria with which many in the movement have responded, genetic engineering holds as much promise to **help** our cause as to hurt it. Let's not forget our over-riding aim: to eliminate the misuse of animals in society. Genetic engineering could be our best shot at accomplishing that aim. Recombinant DNA has the power to liberate us from dependence on useful or needed products only derived from animals, and our movement should welcome this technology. Certainly, we must be cautious about introduction of foreign proteins in foods, at a minimum, because of potential allergies. Careful testing for safety in each case must be performed, but we should keep an open mind

until those tests are done, and not automatically condemn a new technology.

As a long-term vegetarian (34 years), I am looking forward to the introduction of genetically-engineered products made in bacteria or yeast from genes of animal origin. While it is true that the technology can also be misused or used in ways we would consider unethical or ill-advised (such as genetically engineering animals themselves), what that means is that we need to be vigilant in watching how the technology is applied. But that issue is not unique to this technology. Automobiles liberated humans from limited mobility, but many people have died in accidents as the cost of that technological advance, and society is still fighting to improve auto safety. Thus, regarding genetic engineering of foods and medicines: labelling, yes; safety testing, yes; opposition to genetic engineering of animals, most likely, yes. But remember that the potential of good for the animals is also unlimited.

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EDITOR'S NOTE: *The author, perhaps known to some of our readers as The Vegetarian Cinophile, received his Ph.D. in Biochemistry from M.I.T., and is a Professor of Microbiology & Molecular Genetics at New Jersey Medical School in the USA.*



HOW TO AVOID GENETIC FOODS

A growing number of scientists are claiming that genetically-modified foods are a hazard to our health. Yet these foods are now on sale in our shops and are mostly unlabelled. So a group of consumers have decided to compile a guide on how to avoid GM foods.

The guide provides invaluable information on GM-foods, GM-ingredients and GM-free products. Copies of "*How to Avoid Genetic Foods*", are available from **Nationwide Food Survey**, Beacon House, Skelmersdale, Lancs WN8 6UR England. Cost £2.50 each, or 3 copies for £5.00 (Cheques – payable to "Nationwide Publications").

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.

CONSUMER CORNER

PLAMIL WHITE-SUN YOGURT



Plamil Foods from its inception has always been an innovative company and is forever adding new products which are eminently suitable for the health food trade and discerning customers.

Last year, it launched a revolutionary new alternative to dairy milk called **Plamil White-Sun** which was chosen by readers of the *Vegan* magazine as the best new vegan product in 1997.

This year, Plamil launches the first alternatives to dairy and soya yoghurts under the now popular and recognisable name of **Plamil White-Sun**. It is enriched with vegetable fibre (an important factor in a healthy diet), ideal for picnics and packed lunches and need not be refrigerated before opening.

This alternative to yoghurt is available in three flavours, Strawberry, Black Cherry and Peach & Passion, and is a blend of water, pea protein, apple juice and real fruit.

Available from all good health food stores.

FRY LIGHT – GARLIC

Fat is today's big health issue, so if you are watching your cholesterol level, then **Fry Light** 1 Cal Cooking Spray holds the key to a healthier diet.

Fry Light pioneered oil-in-a-spray, firstly with the introduction of its extra virgin sunflower oil spray, and subsequently with its extra virgin olive oil spray. Now Fry Light Garlic makes its debut, giving you the full taste of fresh garlic at the touch of a button. Light and easy to use, you can now make your own delicious garlic bread without all the cholesterol and calories of butter. Fry Light Garlic will liven up your salads and vegetables dishes.

Like all sprays in the range, Fry Light Garlic is enriched with lecithin to increase the non-stick property of the oil, enabling you to fry, roast and sauté using thirty times less fat and calories than regular oil. Made from the highest quality ingredients, and available from all good supermarkets.

ORGANICALLY GROWN TEA



Ridgways have now launched **Fairtrade** and **Organically Grown Teas**. At last! A great tasting, high quality tea with fairly traded and organic credentials, too. Only the freshest leaves from tea bushes that are allowed to grow slowly and naturally, without artificial chemicals and pesticides are used, and it is supported by the Organic Farmers and Growers and the Soil Association.

In packs of 80 teabags, they are available from all major supermarkets, and carry the endorsements of the Fairtrade Mark. The Fairtrade Foundation Fairtrade Mark on a product is a guarantee that the people who produced it have received a fair price and a fair deal.

Consumers wishing further information can call the Ridgways hotline on 0800-783 2196.



FILIPPO BERIO – FINEST QUALITY OLIVE OILS

Filippo Berio, one of the oldest and most famous Italian names in finest olive oil, and the best selling brand of olive oil in Great Britain for more than a decade, is adding an attractive new tin of **extra virgin olive oil** to the company's extensive range of superb quality olive oils. The tin has an easy-to-open, resealable top, and comes

complete with extendable, easy-pour spout. "Extra" virgin olive oil is a completely natural product of the first pressing of olives, and must achieve an absolutely perfect colour and flavour, and have an acidity of less than 1%.

Filippo Berio is one of the oldest and most famous Italian names in olive oil. Lucca, an ancient walled city in Tuscany, has for centuries been considered the home of the world's finest olive oil, and is also the home of the Fontana family, which has owned the Filippo Berio brand for four generations.

There are different grades of olive oil, so it is important to choose the right olive oil for the right cooking task, in the same way that fine wines are carefully selected.

Filippo Berio is distributed exclusively in the UK by R.H. Amar & Co. Ltd. and available in most supermarkets and health food shops.

PRIMA PRESSA – EXTRA VIRGIN SUNFLOWER OIL

As its name suggests, **Prima Pressa** is produced from the first cold-pressing of selected sunflower seeds. This simple and traditional cold-pressed method does not require the use of any solvents or refining. The result is a rich oil which retains the taste and nutrients of the original sunflower seeds. It is ideal for use in salads, stir fry and Mediterranean cooking, but best used cold for maximum retention of nutrients.

Fats are essential for our well-being. We must have fats in our diet, the problem is that all too often we are getting too much of the ‘wrong’ fats. Prima Pressa is a well-balanced oil and contains both kinds of ‘good’ fats, namely 38g of poly-unsaturates per 100g (Omega 6) and 44g of mono-unsaturates (sometimes called Omega 9). It is also rich in naturally occurring vitamin E, well recognised as an effective antioxidant – 100g of Prima Pressa contains 700% of the Recommended Daily Allowance.

In 1.0 litre bottles, Prima Pressa is available nationally from branches of Safeway and retails at £3.49.



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ANIMAL PRIDE



*Pictured at the Animal Pride celebration:
From left to right: Andrew Tyler and Brian
Jacobs of Animal Aid.*

Animal Pride, a new initiative by campaigning organisation Animal Aid, was launched on 2nd June 1998 at an art gallery in London, England. The purpose of the campaign is to promote a more positive view of animals and to encourage the general public to increase the circle of compassion towards their fellow creatures. At the heart of the campaign is a declaration that “all animals have the right to a life free of cruelty and abuse.”

At the launch, there was a successful art exhibition featuring paintings, sculptures and photographs celebrating the animal kingdom. All the exhibits were lent or donated by the artists – including two photographs gifted to the exhibition for auction by the late Linda McCartney.

At the end of June, a celebration of Animal Pride was held at Westminster Central Hall in London which comprised a vegetarian buffet lunch and an afternoon’s presentation featuring various speakers. This was a prelude to a UK tour of shopping centres where the public could learn more about the campaign.

1998 represents a particular milestone for Animal Aid – it is their 21st anniversary. The organisation was founded in 1977 by Jean Pink, a Tonbridge schoolteacher, who was concerned about the way in which animals were being treated. She started up Animal Aid in her spare bedroom with a few voluntary helpers and it is now one of the oldest and largest animal campaigning groups in the UK.

Andrew Tyler, Director of Animal Aid, was the first speaker of the afternoon’s programme. He expressed concern at the way in which animal protection efforts were often derided by animal exploiters. They would claim that animals were incapable of feeling pain and lacked social and family ties – all claims which were clearly untrue but which were intended to ridicule those who spoke up for animals. He said that this treatment was no different from that meted out to those who in the past had spoken out against slavery.

The Animal Pride initiative was to encourage people who wanted justice for animals to assert pride in their beliefs. He said that animals were often

portrayed as victims or pests but in reality they possessed many miraculous qualities. He said that the Animal Pride declaration had earned the support of 86% of people questioned in a recent survey. He said that Animal Aid aimed to encourage people to give up eating meat and to stop using animal products. It also called for people to boycott zoos and circuses and urged a ban on hunting and the commercial pet trade.

The next speaker was Animal Aid patron, comedian and ex-Goon, Spike Milligan, who had recently turned 80. He delighted the audience with a selection of animal stories and poems featuring all manner of creatures including a vegetarian lion, a kangaroo, a dinosaur and a butterfly.

The new video for Animal Pride was then shown but was tantalisingly halted half-way through owing to difficulties with the sound. Some conjectured that it was a marketing ploy to encourage those present to buy the video!

The Reverend Professor Andrew Linzey, author of *After Noah*, stated that the strength of the animal protection movement depended on an idea. He rejected the ideas of Aristotle, who thought that animals were made for the use of man; St Thomas Aquinas who thought animals could be exploited without any moral constraint and Descartes who likened animals to machines. He said that while the time had passed for all these opinions, the important idea nowadays was that animals were sentient creatures with dignity and intrinsic worth. He said that rather than considering animals as equal to man, it should instead be recognised that as weaker, innocent beings, they should have a greater priority. He said that it was important to win the battle for these ideas in the media. "If we are silent, then the animals will not be heard," he stated.

Animal behaviourist, Dr Roger Mugford, said he found it irritating that ethics and moral rights were not considered in animal experiments. One scientist had said to him: "You believe in animal rights? You're a scientist! If you offer them rights, you have to take responsibilities."

He condemned some veterinary surgeons who were more interested in making money than in the welfare of the animals they were supposed to be helping. Examples of this were where vets were called to trim the hooves of cows which had been damaged through treading on concrete and those who assisted in xenotransplantation – the practice of using animal organs for human patients.

He expressed admiration for Animal Aid's determination to involve themselves in all areas of animal welfare.

Liberal Democrat Member of Parliament, Norman Baker, expressed dislike for the way in which ill-mannered people were said to "behave like animals." After all, he reasoned, "animals can't begin world wars, build nuclear bombs or get drunk and smash the place up." He admired the complex social structure of bees, for example, and their ability to work together in harmony.

He recalled a recent cruel practice in Denmark where British soldiers had been allowed to shoot at live pigs in order that surgeons could learn to remove bullets from flesh. He said that there was no justification for this type of experiment and was pleased to report that he had been successful, along with a national British newspaper, in highlighting this practice which had led to it being discontinued.

He said that Members of Parliament (MPs) received more letters on animal welfare than any other issues. In the recent debates on hunting, he had received 1700 letters in favour of banning foxhunting, with only 50 people against a ban, and this was in a rural constituency. He urged those present to keep up the pressure and to continue to write to their MPs on animal issues.

He lamented the fact that government promises to ban fur farming had not been kept and that an order on mink farming had recently been renewed for three years.

He condemned the use of animals in experiments which affected 100 million animals around the world. He said that 51% of animal testing was concerned with commercial growth and that companies only wanted to boost their profits and conform to outdated regulations.

Actress Virginia McKenna, star of the film *Born Free*, was next to take the stage. She founded Zoo Check in 1984 which was re-named the Born Free Foundation in 1991.

“What do I risk if I stand up for animals?” she questioned. “Ridicule, cynicism and dismissiveness. What do I risk if I don’t stand up for animals? A fate more terrifying: to betray thousands of animals in captivity whose eyes have looked into mine.”

She referred to animals as “the living treasures of the world”, and said that humans did not “possess the exclusive capacity to feel pain, jealousy and the urge to protect their family.”

Virginia reflected that she had been brought up to know animals from an early age. She said that in order to communicate with them, people had to abandon speech, and instead use body language, sounds and touch. She said it was wrong to cage, eat and experiment on animals but that instead people should try to understand them. She did not want to see animals tamed but rather wanted them left to be themselves.

She said that despite her fondness for large animals such as golden lions, she did not forget mice or birds, neither did she separate what she felt from animals to humans. Each being, she said, has a brain and a heart and can feel and suffer.

The final speaker was barrister and founder of the Countryside Protection Group, Christopher Fairfax, who spoke on animals and the law.

He said that all the talk and good intentions expressed about animals would not make one bit of difference if these wishes were not translated into hard law.

He said that the law should reflect society’s current morality but that it did not. He cited a recent IFAW poll where nearly 100% of those questioned agreed that animals had rights.

He said that the present UK laws were a hotch potch which protected the welfare of animals in certain situations but existed largely to protect the rights and interests of humans. He said that the law still regarded animals as inanimate objects or property of humans without rights of their own.

He outlined some current legislation. The Wild Mammals Protection Act 1991 was meant to offer protection to wild animals but it actually offered less than to captive ones. There was currently a case going on where fox cubs had been bred for hounds to “practise” on, and there was a question as to whether these foxes should be offered greater protection than wild ones

as they were living in captivity. The reason that wild foxes were exempt from this Act was because it was considered that animal interests were less important than the hunters' fun!

His own group, the Countryside Protection Group, was trying to ban hunting. "If we can't stop killing animals for fun, what hope do we have of stopping experiments or bullfighting?" he asked. He encouraged those present to pursue legislation to protect animals.

The afternoon's speeches closed to great applause and enjoyment of the 300 people present. We wish Animal Aid every success with their Animal Pride campaign – one in which they should take great pride themselves!

For further information, please contact: Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent TN9 1AW, England. Tel: 01732 364546, fax: 01732 366533. Web: <http://www.animalaid.org.uk>. E-mail: info@animalaid.org.uk

Claridge House

Centres for Healing, Rest & Recovery in England

Telephone 01342 832150

Wardens: John & Rosalind Smith



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

Guests are welcome throughout the year on our special mid-week breaks at very reasonable prices. Full-board vegetarian accommodation.

We also have an exceptionally wide range of courses based on health and healing themes, all led by qualified instructors. For a full list of events please request our Courses leaflet from our Wardens.

We look forward to welcoming you.

Registered charity no. 228102



Some like it hot! Indian cuisine has much to offer vegetarians and can be adjusted to please those who like their food mild or spicy. We present below an assortment of dishes which are tasty and easy to prepare, all of which are suitable for vegans.

We are grateful to *Louise Cowmeadow* for sending us a recipe for her vegetable curry dish. We always welcome recipes from readers so please send them to us at *The Jewish Vegetarian*.

EASY VEGETABLE CURRY (SERVES 4 PEOPLE)

INGREDIENTS:

3 medium potatoes; 3 small cooking onions; 2 cloves of garlic; 2 carrots; 1 courgette; 1 head of broccoli; cup of frozen garden peas; a small tin of sweetcorn; half a block of creamed coconut; 2 vegetable stock cubes; boiling water (enough to fill half a saucepan); curry powder or paste (amount depends on own taste or use a blend of powdered coriander, cumin, chilli and ginger); any other vegetables available.

METHOD:

Roughly chop onion and fry in frying pan with oil until translucent. Transfer onions to large sauce pan and add crushed garlic. Chop all remaining vegetables. Add potatoes (diced and peeled to 1" cubes) to saucepan and fry with onion. Add remaining vegetables, boiling water, stock cubes, coconut and curry spices. Stir well, when boiling and well stirred, cover with lid and reduce heat. Cook for approx. 40 minutes or until potatoes are soft and fall easily.

NB Add a tin of chick peas or pinto beans for extra protein! Best served with Basmati rice and mango chutney.

The following dishes have been kindly donated by *Andrew Rea* and continue his international theme of Egyptian and Chinese cooking which appeared in our June issue. We hope you enjoy them.

CHICK PEA CURRY (CHANNA)

INGREDIENTS

1 onion, finely chopped; extra-virgin olive oil; 2 cloves garlic – chopped; 1 cm ginger, chopped; 1 chilli pepper, chopped; 2 tbs coriander leaf, finely chopped; 2 tsp Tandoori spice; 1 tin tomatoes; 4 cups cooked chickpeas.

METHOD

Fry onion in extra-virgin olive oil until starting to brown. Add garlic, ginger, and chilli. Fry until browning. Add coriander leaf, cook 10 sec-

onds and add Tandoori spice. Cook 10 seconds and add 1 tin tomatoes. Cook 1 minute and add cooked chickpeas. Simmer for 15/20 minutes. Serve with rice.

OKRA DRY CURRY (BHINDI FUGATH)

INGREDIENTS

1/2 lb washed, de-headed okra (bhindi); 1/2 onion, finely chopped; 1 clove garlic, chopped; 1 cm ginger, chopped; 1 chilli pepper, chopped; 1/2 cup hot water; 2 tsp desiccated coconut; 1/2 tsp lo-salt.

METHOD

Start to fry okra in extra-virgin olive oil. Add onion and fry for 3 minutes. Add garlic, ginger and chilli pepper. Fry until browning and add hot water, desiccated coconut and lo-salt. Cover and simmer until okra is soft. Serve with rice.

POTATO PURI (BHARTA)

INGREDIENTS

1/2 onion, finely chopped; 1 cm ginger, chopped; 1 tsp ground mustard seed; 1/2 tsp turmeric; 1/2 tsp lo-salt; 1 tbsp coriander leaf, finely chopped; handful of curry leaves (kari patta); 1 lb mashed potatoes; extra-virgin olive oil.

METHOD

Fry onion in extra-virgin olive oil until browning and add ginger, ground mustard seed, turmeric, lo-salt, coriander leaf and curry leaves. Cook for 10 seconds. Mix all ingredients together. Add to mashed potatoes and serve.

DHAL

INGREDIENTS

1 cup red lentils, soaked and cooked; 1 onion, coarsely chopped; 2 cloves of garlic, coarsely chopped; 1 cm ginger, coarsely chopped; 1 chilli pepper, de-seeded and coarsely chopped; 1 tsp cumin; 1/2 tsp lo-salt; extra-virgin olive oil; coriander leaves, finely chopped.

METHOD

Fry onion in extra-virgin olive oil until browning. Add garlic, ginger and chilli pepper. Fry until browning and add cumin and lo-salt. Fry for 5 seconds. Add all ingredients to a liquidiser and blend, adding water if required. Place in a bowl and decorate with coriander leaves.

RICE (CHAVAL)

INGREDIENTS

1/2 cup Basmati rice per person.

METHOD

Wash rice 3 times. Place in pan with an equal depth of water over as

depth of rice below. Bring to boil, simmer until just dry, leave with lid on to steam for at least 5 minutes before serving.

VEGETABLE PAKORA

INGREDIENTS

Vegetables: Whole mild chillies, cooked potatoes, raw cauliflower, marinated aubergine.

Batter: 1 cup besan (chickpea flour); 1 clove garlic, crushed; 1 tsp cumin powder; 1/2 tsp chilli powder; 1/2 tsp lo-salt; 1/2 tsp hing.

METHOD

Mix all batter ingredients together until thick. Coat vegetables in batter and deep fry until starting to brown and serve.

PURI

INGREDIENTS

2 cups atta (or 1 1/2 wholemeal and 1/2 cup plain flour), pinch lo-salt, water to form dough.

METHOD

Mix ingredients into a dough. Knead for two minutes. Rest for at least 20 minutes. Knead again for 2 minutes. Form into 3 cm balls. Roll around for 5 seconds. Roll out to 10 cm diameter. Pat 30 to 50 times. Deep fry in very hot oil until starting to form bubbles. Turn and cook until starting to brown. Drain well.

BEL PURI

INGREDIENTS

Bel Puri: 1 cup puffed rice; 1 cup sev; 1 or 2 chopped boiled potatoes; 2 or 3 sliced puri (2 cm x 2 cm); 1/2 onion chopped; 2 tbs coriander leaf, coarsely chopped.

Sauce: 2 de-seeded green chillies, chopped and ground; juice of 1/2 lemon; pinch lo-salt; 1/2 tsp cumin powder, 1/2 tsp mango powder; 1 tsp tamarind extract; 2 tbs water.

METHOD

Place Bel Puri ingredients in a bowl and mix just prior to serving. Mix all sauce ingredients together. Mix the sauce into the Bel Puri ingredients at the table and serve.

CUCUMBER CHUTNEY

INGREDIENTS

1/4 cucumber, shredded; 1/2 onion, shredded; 1 tbs coriander leaf, coarsely chopped; 1/2 lemon juice; pinch lo-salt; 1/2 tbs desiccated coconut; 1 green pepper, finely chopped.

METHOD

Mix all ingredients together and serve.

RESTAURANT REVIEWS

THE RIVERSIDE VEGETARIA, SURREY, ENGLAND

This charming vegetarian restaurant offers an extensive menu for vegans and vegetarians alike. Starters available include tasty soups such as Nutty Parsnip Soup, Creamed Sweet Potato Soup and Tuscan Chickpea and Pasta Soup. Main courses draw from a wide variety of international dishes and include Spicy Jamaican Vegetable Stew, Mexican Bean Casserole, Paella, and Sweet Potato and Aubergine Africaine, all accompanied by brown rice and salad.

Tasty desserts are on offer and vegans are well catered for with dishes such as Date, Apple and Banana Crumble, Apricot and Almond Cake and Exotic Fruit Salad.

In addition to the delicious food on the menu, there is also a selection of beers, vegetarian wines and spirits.

There are two branches of the restaurant, both of which offer attentive service, delicious food and a pleasing decor. Booking recommended.

The Riverside Vegetaria:

64 High Street, Kingston, Surrey, England Tel: 0181 546 7992

265 High Street, Croydon, Surrey, England Tel: 0181 688 7998

COUNTRY LIFE RESTAURANT, LONDON, ENGLAND

After a gap of two years, an old favourite recently re-opened in central London. Country Life, a vegan restaurant run by the Seventh Day Adventists, has made a welcome return. Under the supervision of Austrian chef, Erasmus Resch, the food is designed to be healthy as well as delicious, and organic produce is used wherever possible. All the dishes are free of artificial additives and preservatives.

At lunchtimes, a plentiful hot and cold self-service buffet is on offer with a daily-changing menu. Hot dishes include vegan versions of Paella and Eggplant Parmesan, as well as Sesame Peanut Rissoles, Walnut Burgers and Noodle Soufflé. Payment is charged per weight to ensure a fair deal for light eaters! In the evening, à la carte dining is offered with full waiter service. Main dishes include Seitan Filet Stroganoff with Cashew Cream and Savoury Millet Rissoles, Tofu Medallion Piccata on Spaghetti Nests, and Potato Soufflé Piccadilly. Desserts include Tofu Cheesecake and Strudel.

There is also a health shop situated at the premises offering a wide range of nuts, dried fruits, grains, freshly baked breads as well as a range of fresh organic fruit and vegetables.

The restaurant is open Sunday to Friday 11.30 am till 9.00 pm. Booking advisable for evenings. Country Life is situated at 3-4 Warwick Street, London W1, England. Tel: 0171 434 2922. Fax: 0171 434 2838.



Travel Topics



Ceremonial Hall, Josefov, Prague.

PRAGUE, CZECH REPUBLIC

A visit to the beautiful city of Prague will reveal many treasures, whether in its delightful architecture, stunning castle, historical sites or the friendliness of its people.

Jews have lived in Prague for over a thousand years. A particularly famous one is the writer Franz Kafka (1883-1924) whose work included two particularly influential novels *“The Trial”* and *“The Castle”*. There is a permanent exhibition to his life and works in the Old Town where he spent most of his life, both in a music hall and a café named after him.

Of the many memorable sites in Prague, it is particularly interesting to visit the Jewish quarter, Josefov. Here is an opportunity to visit the Old-New Synagogue – built in around 1270, this is the oldest synagogue in Europe. Other synagogues worth visiting are the Maisel synagogue built as a tribute to Mayor Mordechai Maisel in 1591, the Pinkas synagogue and the Klausen synagogue. The nearby Old Jewish Cemetery contains 12,000 gravestones crammed into a tiny space – the most visited grave here is that of philosophical writer and scholar Rabbi Low (1520-1609), famous for having allegedly created a character known as the “golem”.

One particularly poignant place to visit – one hour’s drive from Prague – is Terezin (Theresienstadt) the site of the former Ghetto and Concentration Camp. Companies such as Precious Legacy Tours, (Maiselova 16, Josefov, 100 00 Prague 1 – tel: (420-2) 232 1951) run daily trips (except Saturday) often using survivors of Terezin as guides. Here there is an opportunity to visit the Gestapo prison, and the Terezin museum which houses original children’s drawings and exhibits and it is possible to see two important films made about Terezin. A visit here is particularly moving and is a memorable way to learn more about the tragic history which unfolded here in 1941 when the region’s Jewish communities were deported through Terezin on their way to the camps of the East.

Vegetarians can eat well in Prague – apart from the ubiquitous pizzerias,

there is a small number of popular vegetarian restaurants which offer excellent choice and value.

COUNTRY LIFE RESTAURANT

Melantrichova 15, Prague 1 (Tel: (420-2) 24 21 33 66)

Open Sun – Thu 11.00 – 6.00 pm Fri 11.00 – 4.00 pm

Jungmannova 1, Prague 1 Opening times as above.

This restaurant – branches of which we have sampled in a number of different cities – is consistently one of our favourites and the Prague ones certainly lived up to expectations.

At the Melantrichova branch, there is a large salad bar and a wide selection of daily-changing hot dishes including vegetable soups, carrot croquettes, black-eyed bean stews, and couscous. Everything is vegan including, we were told, the truly imaginative desserts which included such delights as sesame seed halva, vanilla slices, trifles and fruit custard cakes. Close to the restaurant is their large health food shop and another shop selling natural cosmetics.

They also have a smaller branch at Jungmannova 1, Prague 1. Here there is a small take-out or eat-in section, serving snacks such as pizza slices and vegetable burgers and a little health food shop adjoining the restaurant.

GOVINDA VEGETARIAN CLUB

Soukenicka 27, Prague 1 (Tel: (420-2) 24 81 66 31)

Open most days 11.00 – 5.00

Also at Na hrazi 5, 18000 Prague 8 (Tel: (420-2) 683 7226)

This small vegetarian restaurant, run by the Hare Krishna movement, offers an opportunity to enjoy all-you-can-eat Indian food for around a dollar. Vegans should be aware that some of the dishes may contain milk but there are many suitable curries available so it is worth enquiring. They also have a bakery and juice bar downstairs which offers freshly squeezed fruit juices and unusual sweets.

LOTOS

Platnerska 13, Prague 1 (Tel: (420-2) 232 2390)

Open daily 11.00 – 22.00

This pleasant vegetarian restaurant opened in October 1996 and offers a wide selection of fresh, mainly organic vegetarian and vegan dishes. Starters include provencale bean paté, three grain cereal soup, and salads such as red lentil salad with leek, carrot and raisins. Main courses include international dishes such as Bean Goulash, Serbian Risotto, Indian Dhal and Sauté Shanghai. Also available are special dishes made with tempeh or seitan. Desserts include muesli cake, buckwheat pastry and fresh fruit cup. Freshly squeezed fruit juices are also available.

METZADA RESTAURANT

Michalska 16, 110 00 Prague 1 (Tel: (420-2) 2421 3418)
Open 0830 – 2400

This is a full service kosher restaurant, supervised by the Chief Rabbi of the Czech Republic and has a separate vegetarian and dairy kitchen. Dishes available include vegetarian quiches, burekas and pancakes as well as Israeli specialities: hummus, tehina, falafel and aubergine. Desserts include apple pie and baklava baked on the premises. It is also possible to reserve seats for Friday night and Saturday afternoon.

There are several places available for a quick vegetarian snack including the following:

FX RADOST

Belehradská 120, Prague 2 (Tel: (420-2) 25 69 98)

This café, very popular with the young and trendy, offers a large selection of fast-food vegetarian dishes such as pizzas, salads and burgers. There is also an adjoining bar and night-club.

BONA VITA SOYA

Dlouha 610, Prague 1

This fast-food restaurant (not completely vegetarian) certainly lives up to its name as it offers many different soya dishes eg soya pizza, soya burgers, soya goulash and soya stroganoff.

A short break in Prague is highly recommended for good food, culture and historical interest – why not Czech it out?

CLARIDGE HOUSE

We have received the following report from Derrick and Anita Cohen, who recently spent a delightful holiday at **Claridge House**. They write as follows:

“Claridge House offers an excellent place for a complete rest, with peace and tranquillity. Most of their activities are geared towards the practise of Spiritual Healing and there are very strong links with the Quaker Society. John & Rosalind Smith go out of their way to make you feel welcome and put themselves out to please everybody’s ‘whims’.

The food offered is plentiful and nutritious, with a good variety and being full board accommodation, one certainly does not go hungry.

The house and gardens are really beautiful, with well-furnished spacious lounges. There are 12 bedrooms, mostly large and comfortable. There are no en-suite bathrooms etc., but an abundant number of toilet facilities on both ground and first floor.

There are a couple of points to make, (although of course this should not deter one from visiting Claridge House) as follows:

1. One has to make one’s own beds as the rooms are not seen to.
2. Everybody sits on one table (communal dining) and all help to clear the table after each meal.

I think that these rules were introduced mainly for the Society and one must

remember that they are not advertising as a Guest House or Hotel. Therefore, if people are looking for that 'extra' service, they could be disappointed.

All in all, we both enjoyed our stay and feel we reaped the benefit from the break. We didn't mind the little chores and found them very amusing!!

We would definitely recommend Claridge House for a complete rest and cure, or for anybody needing convalescence, but it may be too quiet for a 'busy' holiday, but then that is one's choice".



We have heard from Leah Leneman of a delightful little cafe in Palm Springs USA called **Native Foods** (1775 E. Palm Canyon Drive. Tel: (760) 416-0070). It offers a great range of salads, sandwiches, hot meals, drinks and desserts, all of which are 100% vegan. The owners have written a little note on the menu: "Thank you for having the courage to try something new!" So if you are in the Palm Springs area on holiday or otherwise, why not give it a try?



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

Dear Sir

We have received the following from our good friend, David Fairclough, who writes as follows:

“I wonder if anyone can help us? We are making an appeal for people with unwanted air miles, left-over foreign paper bank notes, used postage stamps and any other vouchers or similar e.g. Sainsburys, Green Shield Stamps etc.

This is in the hope of possibly raising a few funds to help us operate as well as supporting other animal welfare, veggie or vegan and ethical green groups who collect similar. We would also like to make contact with groups who collect any of the above so that we may possibly be able to help.”

David Fairclough

Vegetarian and Vegan Bodybuilding
17 Inglewood Road, Rainford
St. Helens, Lancs WA11 7QL, England.

Dear Editor,

Just in case anyone may be interested, up to about eight or nine years ago I was really suffering badly from asthma, and was inhaling Ventolin as often as every four hours. I asked my doctor if there was anything which might help my condition and she suggested that I cut out all dairy products. I said as a vegetarian that doesn't leave an awful lot to eat. However, I did take her advice and T.G. benefited from doing so. I haven't had asthma for many years, and of course there's no shortage in one's diet without dairy foods. I do use eggs occasionally and tell myself as these come from hens where there is no cockerel they wouldn't hatch in any case. Perhaps I'll manage without eggs too! Many times I use soy flour in their stead.

Good luck with your great works.

Yours sincerely,

Freda Freeman

Dear Editor,

I recently attended a meeting where the question was raised as to whether Orthodox Rabbis equate tefillin with the use of leather. Being perhaps a vegetarian, some people will not use leather. Have you come across this? Perhaps you may pose this question at some time to a vegetarian Rabbi.

Hoping you can answer this question.

Yours sincerely,

Bernice Goldsmid

Cardiff, Wales.

Editor:

Thank you for this question which is certainly of interest to many vegetarians.

Writing on this very issue in his book *Judaism and Vegetarianism*,

Richard Schwartz writes: “Question: Some people believe that vegetarians are supposed to aspire to become vegans (people who don’t use milk, eggs, leather, honey, or any product from an animal). How can an orthodox Jew be a vegan since he would not be able to use tefillin, or shofar, a sefer Torah and other ritual items?

Answer: If a person became a vegetarian but not a vegan, he or she would still do much good for animals, the environment, hungry people, and the preservation of his or her health. If a person became a vegan, except in cases where specific *mitzvot* require use of some animal product, even more good would be done.

Our emphasis should be on doing a minimum amount of harm to other people, the environment, and other animals. The fact that some animal products are required for sacred uses (a very small amount) should not prevent a person from becoming a vegetarian.”

Subsequent to the publication of that reply, Richard would also like to make the following points:

- 1) Tefillin can be made from the skin of animals who died a natural death, which can reduce cruelty to animals to some degree;
- 2) Perhaps a day will come when so many Jews will be concerned about applying the many, very strong Jewish teachings on animals that another method of producing tefillin will be permitted;
- 3) While there may be some aspects of Judaism that we wish were different, it is very important not to reject Judaism for that reason, since it is Jewish teachings on compassion to animals, taking care of our health, protecting the environment, conserving resources, and helping the hungry, that are the basis for vegetarianism, and so much more.

Dear Editor,

I was concerned to read that a leading genetic engineering scientist has stated that it would be trivial to object to the transference of pork genes to staple food merely because it is against certain religious beliefs.

Very soon there may be no food available that can be certified as free of a pork ingredient. Would foods still be kosher if they carry pork genes?

Concerned people should contact The Soil Association, 86 Colston Street, Bristol BS1 5BB, England. Tel: 01272 290661.

Yours sincerely,

C Wells,

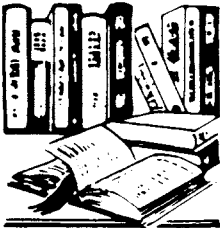
Ruislip, Middlesex, UK.

We would certainly welcome readers’ views on the above topics!

Emergency Building Appeal

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 appreci-



Book Reviews

Vegetarian Judaism – A Guide for Everyone

by Roberta Kalechofsky, Ph.D.

This new book by Roberta Kalechofsky with its foreword by Rabbi David Rosen, is a timely examination of the dangerous aspect of the modern meat industry and the relationship of modern meat to chronic diseases. The increasing presence of pathogens infecting our meat, such as E.coli and Salmonella, make older inspection systems of meat and chicken obsolete. In readable, powerful language, the author examines mad cow disease which is linked to Creutzfeldt-Jakob disease, a fatal deterioration of the human brain, the potential misuse of genetic engineering in food animals, and the illusion of safety in irradiation.

Applying traditional Jewish principles to her analysis, Roberta concurs with Rabbi David Rosen's judgment that "...meat consumption has become halachically unjustifiable," and that it is now time to make vegetarianism into the new kashrut. To this end, she includes a chapter on the history of kashrut and points out that the rabbis always believed that the purpose of kashrut was to refine our appetites and to teach us reverence for life. Kashrut, she argues, now fails to do either of these, but a vegetarianism infused with Jewish values can do both.

The first two chapters are historical; the author traces the development of kashrut and the development of the concept of the "animal machine." In five further chapters, she relates vegetarianism to the commandments to guard one's health, to show concern for animal life, to protect the environment, to be concerned with the poor, and concerned with community life. The book also includes practical information about organisations, how to become an active vegetarian, and how to relate to non-vegetarians. She also supplies recipes and menus.

Published by Micah Publications Inc. 255 Humphrey St., Marblehead, MA 01945, USA. Price \$15.95 or available from JVS price £10 plus P&P £1.20.

Viva! Guide to Vegetarian Brighton

With over 150 entries, sample menus, full details of opening times, prices and facilities, this handy little guide is the ultimate pocket size book for anyone who wants to eat delicious, cruelty-free food. It also includes shops, hotels and guest houses, as well as taking in the surrounding neighbourhood of Hove and the country town of Lewes.

Published and available from Viva! 12 Queen Square, Brighton, E. Sussex BN1 3FD, England. Price £2.99 or available from JVS.

More Vegetarian Dinner Parties

by Leon Lewis

In this new book, Leon Lewis shares with you some more of his wide experience of gourmet vegetarian cookery. This experience has been gained over many years of cookery demonstrations, supplying gourmet vegetarian food for occasions large and small, and, of course “feeding the thousands” with excellent vegetarian food at a variety of festivals and other outdoor events.

Beautifully illustrated with easy-to-follow recipes from all over the world. As well as interesting reading and information, there is also a brief guide for wine lovers. To quote “A book to broaden the culinary horizons of any discerning vegetarian, and to entice any non-vegetarian with a wide range of anticipated meals.”

Published by Free Range Publishing. Price £9.99 plus P&P £1.20. Available from JVS.

The Home Apothecary

by Jessica Houdret

This new book contains over 35 step-by-step practical recipes for using herbs, plants and other natural ingredients in health-enhancing ways, from lip balms and skin salves to therapeutic syrups and revitalising tonics. A fascinating history of herbal apothecary and how to use natural preparations at home, together with traditional recipes for safe, natural and effective treatments as well as remedies for everyday common ailments.

The old apothecaries believed the power of fragrance would protect you from disease – if not to ward off infection at least to alter mood and state of mind by relaxing, reviving or by lifting depression, so pot-pourris and practical suggestions for using essential oils are included. Diet is integral to healing, herbs were added to food for their medicinal action as much as for their nutritious or flavouring capabilities.

Published by Lorenz Books for Aurum Press, price £9.95 (Hardback) plus P&P £1.50. Available from JVS.

Hotline to Health

by Kathryn Marsden

This new book by Kathryn Marsden will dramatically improve your health with the simplest of life changes and is packed with safe and effective remedies based on the latest research and on practical experience with real people. *Hotline to Health* clears up confusion and stamps heavily on many of the accepted myths surrounding health and is a refreshing and innovative approach to getting well. Following the advice in this book, you will be able to bring about dramatic improvements with the simplest of lifestyle changes and the safest of natural medicines.

Published by Macmillan Publishers Ltd. Price £5.99 plus P&P 70 pence. Available from JVS.

Edible Flowers – Desserts & Drinks

by Cathy Wilkinson Barash

This colourful book is full of gorgeous and mouthwatering delights, ready to be enhanced with flowers from your own garden. A wonderful addition to every flower gardener's and cook's bookshelf from one of the top edible flower experts.

Cathy Wilkinson Barash provides general gardening advice, including detailed background and culture information for each of the flowers. In addition, she gives you all the guidelines you need for effective and safe growing, harvesting and cooking of edible flowers. A beautiful picture to accompany each flower, makes it a delightful book and an acceptable gift for someone special.

Published by Fulcrum Publishing and distributed by The Book Service Ltd. price £11.99 plus P&P £1. Available from JVS.

The Student's Vegetarian Cookbook

by Jenny Baker

This new book by Jenny Baker is written for all students struggling to survive on a grant or loan, whether they are already dedicated vegetarians or are merely keen to discover a whole range of inexpensive, easy-to-prepare dishes based on vegetables and fruit, pulses, grains, eggs and dairy products. It is a revised and expanded version of Jenny Baker's *Vegetarian Student*, which was previously published in 1986.

The book is laid out in sections to cover the basics of equipment, buying and storing of food, weights and measures. The recipes, beginning with dishes requiring no cooking whatsoever, through single-pan cooking to group cooking and extras. There are also separate sections on the foods that often form the staple diet of most students such as jacket potatoes, and sauces to accompany pasta and rice. Jenny Baker has produced exciting and tasty recipes that incorporate a wide variety of tasty and often unusual ingredients to provide a multiplicity of choices for the cook on a budget. The recipes are set out in an easy-to-follow manner and are all inexpensive.

Published by Faber and Faber. Price £6.99 plus P&P 60 pence. Available from JVS.

No Fuss Vegetarian Cooking

by Sarah Brown

This new book by Sarah Brown will appeal to anyone who needs to prepare good, healthy food quickly; people who cater for a working family; single people who want to throw together a no-hassle meal quickly from simple ingredients and health-conscious people searching for a better alternative to existing snack foods. To help people with special dietary needs, recipes are marked if they are free of sugar, nuts, gluten or dairy products; freezing suitability is also indicated.

Published by Ebury Press, (Hardback) price £17.99 plus P&P £2.50. Available from JVS.

Journey into Immortality

by Aubrey Rose

Journey into Immortality is the story of David Rose, and is not only a moving tribute to a brilliant and courageous young man but also a book which offers comfort to all those coping with terminal illness or family bereavement. The book is a father's story of his family's battle against the seemingly inevitable, the search for a cure and an extra year of life won against all the odds.

This beautifully written and moving book makes compelling reading, and once you start to read, it is difficult to put down.

Published by Lennard Associates, Windmill Cottage, Mackerye End, Harpenden, Herts AL5 5DR, England (Tel: 01582 715866) Price £12.99 (Postage free).



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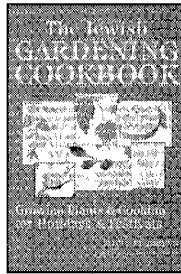
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