

THE

# Jewish Vegetarian

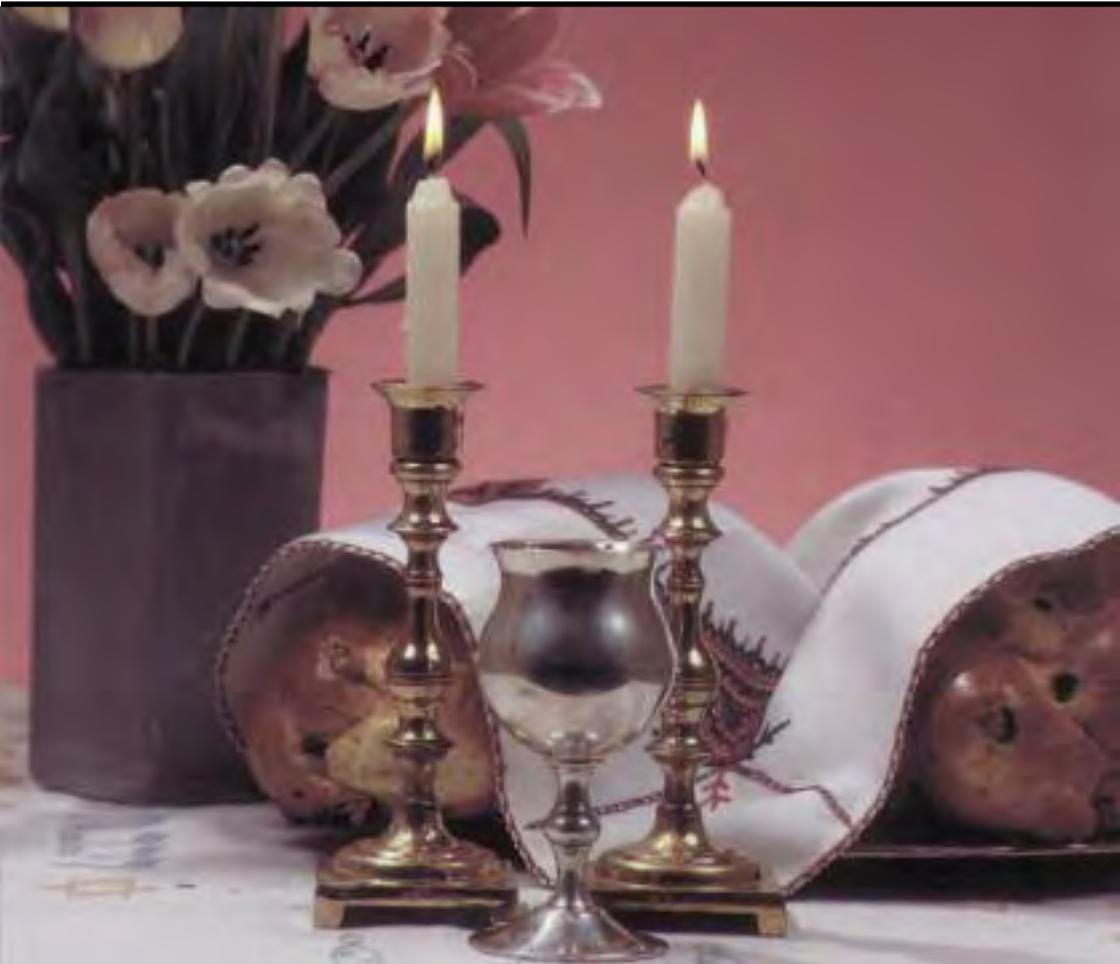
לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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## WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

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

### The JVS is an International Movement and Membership is open to everyone

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

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

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

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To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.

Please state whether ‘**A**’ or ‘**B**’ (above)

Name (in full - clearly) \_\_\_\_\_ Tel. No. \_\_\_\_\_

Address (clearly) \_\_\_\_\_

Occupation \_\_\_\_\_ Fee enclosed £ \_\_\_\_\_

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

1. I would like to advance the Society’s work and enclose a donation of £ .....
2. I would like to “Covenant” my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).  
*Please send me details of the necessary wording.*
4. I would like to help in one of the many aspects of the Society’s work. Please send me details.

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# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

### The Jerusalem Centre

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

Dr. & Mrs. T. Bloomberg,  
5 Woodlands Park, Merrow, Guildford, Surrey GU1 2TH.  
Mr. R. Howard, Flat 3. 3 Cliff Road, Paignton, Devon.  
Prof. R. Schwartz, 263 Warwick Avenue, Staten Island NY 10314.  
Steve Henchler, 6094 Covington Road, Columbia MD 21044, USA.

## DONATIONS RECEIVED

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

£50 Dr. & Mrs. T.B. Guildford, Surrey. £24 Mr. R.B. London W1.  
£20 Ms. H.G.L. London SW3. £20 Dr. & Mrs. A. L. M. Solihull, West Midlands.  
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£10 Mr. R.H. Paignton, Devon. £8 R. & P.G. Poole, Dorset.  
\$20 Ms. J.R. OR. USA. \$10 Mr. S.H. MD. USA.

# SOCIETY NEWS

## NEW LIFE MEMBER

We are very pleased to welcome **Mr Peter Singer** of *Jerusalem* as a Life Member of our Society and he has written to us telling us a little bit about himself.

"I have been a vegetarian for 20 years and originally decided to try the vegetarian lifestyle for health and moral reasons. I think that it is important for vegetarians and vegans to be kind and compassionate to all creatures, which includes plants and the natural surroundings about us, and that they should be treated with the greatest respect at all times. Like all vegetarians, Peter is against all cruelty.

We send our best wishes to him and hope he has a long and happy association with the Society.

We would also like to welcome the following new Life Members and hope that they will send us some information about themselves for the next issue.

**Emanuel Goldman** and **Samuel Masansky**, both from *New Jersey*. **Norton** and **Terry Wheeler** of *Kansad, USA*. **Martin T Salsberg** of *Ontario, Canada*.

We will of course, always be happy to hear from any other members wishing to take this step and become a 'Pillar of the Society'. This not only encourages others, but secures the future of the Society.

# BOOK REVIEWS



## BOOK REVIEW

### THE SAUCY VEGETARIAN

BY JOANNE STEPANIAK

This new book by Joanne Stepaniak explains how to make your own sauce creations to suit any season or preference and provides dozens of easy-to-make, tempting recipes to get you started. Turn

a simple vegetarian meal into a treat for your taste buds with delicious no-cook sauces and dressings.

There is a sauce for almost every dish, and nearly all the sauce and dressing recipes in this book take no longer than 5 minutes to prepare. What could be easier!

Each recipe outlines the amount of calories, protein, fat and carbohydrates, and gives an idea of what recipes can be used with a particular sauce.

The Saucy Vegetarian is set out in various sections, i.e. Vinegarette Sauces and Dressings, Nut and Seed based Sauces and Dressings, Creamy Tofu Sauces and Dressings etc..., as well as comprehensive information on planning meals, and the six basic tastes.

Published by the Airlife Book Company

Price £9.99 plus P&P £1.00 available from J.V.S

## BOOK REVIEWS cont...



### **MOYRA BREMNER'S GE: GENETIC ENGINEERING AND YOU**

Genetic engineering is today's Chernobyl. No subject affects our lives more deeply.

Moyra Bremner, best-selling author, broadcaster and acclaimed science writer, exposes evidence of how it may harm vital areas of your life. In clear, dynamic language she goes to the heart of the matter, making sense of the key issues, and

revealing astonishing facts that affect you – and those you love. No book on this topic is as readable, comprehensive and thought-provoking.

To quote just a few facts:

*'the deaths and illness already linked to GE'*

*'which foods are safe and which are not'*

*'the ruthless exploitation of animals'*

*'the plans to cripple plants – to sell more toxic chemicals'*

the list is endless.

This is a book nobody can afford to be without.

Paperback, published by HarperCollins Publishers

Price £6.99 plus P&P £1.00 available from J.V.S.



### **PURE PILATES – ULTIMATE BODY SCULPTING BY MICHAEL KING**

Matwork Pilates, using no equipment, has now entered mainstream exercise in a big way. Fitness industry experts believe that it will become as established as Step aerobics in popular exercise culture during the next year or two, as it offers

the busy consumer an all-in-one package – the unique combination of great shape and a calm de-stressed feeling, akin to that experienced with Yoga and Tai Chi. The technique of Pilates is designed to strengthen and lengthen muscles safely and without adding bulk, resulting in better posture and perfect body shape! It has been used by dancers for many years and became high profile when it was taken up by the Hollywood 'in-crowd'.

**WHY PURE PILATES?** Unlike other Pilates books, **PURE PILATES** clearly demonstrates all the original, authentic matwork exercises, as taught by Joseph Pilates in the 1930s. This hardback book gives step-by-step instructions and is a must for anyone wanting to keep in shape.

Published by Mitchell Beazley (an imprint of Octopus Publishing Group).

Price £10.99 plus P&P £2.00 from J.V.S.

# BOOK REVIEWS cont...



## **THE VEGETARIAN SOCIETY'S HEALTH AND VITALITY COOKBOOK**

This new book by the vegetarian Society is packed full of colourful delicious and tasty recipes – which just happen to be healthy too! Lyn Weller, manager of The Vegetarian Society's Cordon Vert Cookery School, has created a wealth of mouth-watering

recipes for any occasion throughout the day, from breakfast to supper.

Each recipe has a nutrition count to enable you to see exactly how many calories, how much fat, fibre, protein and carbohydrate you're eating.

Illustrated in colour throughout, with quick and easy recipes to prepare and new and innovative combinations. This is an invaluable book – not only for vegetarians or those who are in the process of changing from a meat-based diet – but for anyone who likes good food.

There is an interesting section on menu suggestions from snacks to main meals.

Published by HarperCollins Publishers

Price £15.99 (Hardback) plus P&P £2.00 available from J.V.S.



## **“SO WHAT DO YOU EAT?” BY LIZ COOK**

A practical guide to healthy animal-free nutrition and easy family meals. An unusual and lively book, printed on high-quality wipe-clean paper and hand-drawn in colour on each of 72 pages. It is approximately A4 size and gives nutritional guidance and easy recipes. The covers are of

tough, clear plastic and the binding is sturdy silver 'wirobind'. It is ideal for families with children of all ages, teenagers who are vegetarian and anyone starting on an animal-free diet. It is a really useful 'how-to' kit and written in a simple, user-friendly style, with a comprehensive nutritional chart on the back as an at-a-glance nutrient guide.

The beautiful hand drawn illustrations to accompany each recipe are absolutely delightful, and ideal to introduce children to healthy eating in a fun and infomative way, as well as for anyone wanting simple healthy recipes in a beautiful format. This would make a lovely gift.

Available direct from Stewart Distribution,

Price £12.95 including P&P or available from J.V.S.

# DEAR SIR



## Dear Editor,

Reading some contributors to J.V.S., I have come to believe that they live somewhere different to me. In my experience vegetarians are no longer 'odd' certainly not a "tiny minority". We are now a very sizeable minority and one that is growing all the time. Ten or twelve years ago the usual response was "Well, what do you eat then." Nowadays when stating that I am

vegetarian the reply is a rather shamefaced and defensive "Well, I don't eat much meat." Vegetarian is growing especially amongst the young. There is one meat scare after another. We are winning. Every supermarket and even corner shop has a vegetarian section. Prominent in that section will be the name of Linda McCartney.

As a cycle racing fan, this year I shall be following the fortunes of the Linda McCartney team. Sponsored by the company (with considerable input from Sir Paul) they will be competing in France, Spain, Italy, Belgium etc., in what is arguably the toughest sport in the world. It goes without saying that the team of eleven riders led by top Anglo/Italian professional Max Sciandri and Olympic Champion Pascal Richard (Swiss) are vegetarian. The idea of a vegetarian racing team has attracted a lot of interest and attention in meat eating France and Belgium. This despite the fact that the peloton already contained a good proportion of near or complete vegetarians. As Max Sciandri said, "It is difficult to eat meat when you are racing anyway. You get in late and if you eat meat it sits on your stomach and can disrupt your sleep."

The greatest British rider of recent years was Robert Millar, King of the Mountains, Champion Tour de France, Giro d'Italia and just about every other major stage race. One of the best riders ever on the tough mountain stages, Robert was (is) a complete vegetarian and never minded saying so.

There are many vegetarians in other tough sports. There maybe still a small mainly male, section of society that thinks it is macho to eat meat. The example set by top sportsmen proves otherwise. They do not come much harder than Max and Pascal.

For the ladies, silver medallist in the world cycle cross championship was Louise Robinson – a vegetarian,. It is the achievements of sports stars that we should be promoting. Everybody has heard of Carl Lewis, the multi Olympic medallist. Not everyone knows that he is a vegan. Sir Stanley Matthews, of legendary fame and one of, if not, the greatest footballer ever was a lifelong vegetarian.

As vegetarians I believe we should all be setting an example of a healthy lifestyle. We all know vegetarians who are overweight and flabby. We shall all aspire to be leaner, fitter and more active than others within our age and social groups.

The father of Max Sciandri owns a restaurant in Los Angeles. By coincidence Paul McCartney dined there recently. What will the team eat? Don't ask! In the racing season they need an intake of 6,000 calories plus per day.

Let us cheer on the athletes, tell others about their lifestyle and, at least try to, set an example ourselves.

Yours,  
Mike Quentin-Hicks,  
Lowestoft,  
Suffolk.

# ARTICLES OF INTEREST

**WE WERE ADVISED OF THE FOLLOWING BY WSPA  
(WORLD SOCIETY FOR THE PROTECTION OF ANIMALS)  
AND THOUGHT OUR READERS WOULD  
APPRECIATE THIS LITTLE STORY.**

## **British Soldier Reunited with 'Osker', Rescued puppy from Kosovo.**



On Wednesday 3rd May 1999, a British soldier was reunited with a yellow labrador-cross type of puppy that he rescued whilst serving in Kosovo. The puppy 'Osker' spent six months in quarantine at Knightwood Quarantine Kennels in Wiltshire since being rescued and brought to the UK from Kosovo by the WSPA.

Lance Corporal Steven Smith from the Royal Signals, took pity on the young stray when he found him wandering half starved in the ruined streets of Pristina. Nicknamed 'Osker' the pup soon became the unofficial mascot of the British soldiers based near Pristina airport.

On his return to the UK last September, Lance Corporal Smith contacted WSPA to see if the charity could help bring his new friend home as well. WSPA had been working in Kosovo helping to treat hundreds of dogs that had been injured and abandoned during the conflict.

WSPA Field Officer Brian Faulkner overcame bureaucratic obstacles to bring 'Osker' back from Pristina, with the help of a free flight from British Airways, and arranged for a place for him at Knightwood Quarantine Kennels, with the help of readers of Dogs Today Magazine who donated enough money to pay for the fees.

Lance Corporal Smith said "I am so grateful to all the efforts made by WSPA in bringing Osker back. I just didn't think it could ever happen. At last I can take him up to the fields and let him run free".

WSPA has been active helping animals in Kosovo since last year when it delivered \$40,000 of emergency veterinary supplies to help treat animals suffering from bullet wounds and landmine explosions. Last August WSPA set up Kosovo's first ever dog shelter in Prizren. The shelter has since successfully rehomed more than 250 dogs.

# GLOBAL VILLAGE



## GLOBAL VILLAGE?

“You youngsters don’t know how well off you are. Everything’s so easy for you these days.” To which my children would reply: “*Oh come on dad, don’t give us all that again!*”. More than twenty years and five grandchildren later, and I still think I’m right!

### THE BAD OLD DAYS!

I can remember when I first saw soya milk in the supermarket. A farmer and his wife were standing looking at it and chuckling: “*What will they think of next?!?*”. Oh yes, it had been available in healthfood shops for quite a while by then, thanks to those intrepid pioneers who started making it back in the sixties, but it wasn’t on “general release” as you might say, and it did taste a little bit odd to be honest. Now its been perfected, well almost, so long as you make sure its non-GMO! And I bet the farmers don’t chuckle about it quite so much now either. We first encountered ‘Protoveg’ in 1975. We’d been vegetarian for 18 years and vegan for ten of them by then, but with a busy life and four children to feed my wife Hazel and I welcomed it as a useful, economical and convenient addition to our family diet.

### AN AFRICAN ADVENTURE

To appreciate how much more difficult it was to be vegetarian forty years ago you must travel; not back through time, just abroad! Being any kind of vegetarian is now so easy and socially acceptable in Britain that we might be forgiven for forgetting that this is not universally so. As a bit of a stick-in-the-mud I thought that if I was alright then things generally must be ‘hunky-dory’. Until I rashly accepted an invitation to work on an irrigation project in Ethiopia. In fact it wasn’t until the time for our departure drew near that we began to have qualms about what we would find to eat there that hadn’t once walked on four legs, or even two! That’s when we fell back onto the good old TVP (not literally you’ll understand!). In the event the sack we took with us proved invaluable, and unfortunately imperishable too during our eighteen month stint. Twice a week goats for the junior engineers’ mess were slaughtered within our sight and hearing, hung by hind legs in the garden trees while their throats were cut and the blood caught in wheelbarrows.

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# GLOBAL VILLAGE continued

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## THE IDEA CONCEIVED

It wasn't just the death of the goats that provoked us. It was the way they lived, eating everything that tried to grow. We tried gardening but it was impossible. They even ate the trees. Africa has a lot of people but it has still more goats. Once they created the Sahara, and now they are making it bigger! Yet when

we introduced local people to our meals with TVP they enjoyed it and found it an acceptable substitute for the meat they were accustomed to. The germ of an idea entered our heads. You could say that the idea was conceived then! Unfortunately our HIPPO had a long gestation.

I suppose we thought, hoped, that someone, somewhere, must already be doing what we thought necessary and no doubt doing it better than we ever could. We fought off the growing realisation that this was not so. So far as we could ascertain *nothing* was being done in Africa to encourage the use of vegetable protein foods as a viable and better alternative to meat, eggs and dairy products. Now we know that there are a few noble souls, like our friend Emmanuel Eyoh of the Nigeria Vegetarian Society, doing sterling work in difficult circumstances. But when it comes to the foreign aid organisations they actually promote livestock production and even send more cows, goats, pigs and hens to the continent – as if Africa needs *more* mouths to feed! They lead people to aspire to 'western' diets, and do a good job preparing the way for the eventual grand entry of MacBurgers Incorporated.

Governments are no better. In Uganda for example whilst I was there they *gave* ten square miles of land to the Uganda Beef Producers' Association "for the development of modern commercial ranching". ('The New Vision' newspaper, Uganda 13.9.99). The continent cannot survive such "progress". It will inevitably mean intensification with a vengeance: more chemical fertilisers, herbicides, insecticides, cruelty to animals, veterinary drugs for animal diseases, pharmaceutical drugs for human illnesses, genetic engineering of crops and animals; the multi-nationals will have a field day. That's what it is all about of course. Fortunately indigenous people are waking up to the threat. If those monopolistic terrorists think it will be a walk-over they have another think coming. When people see that their environment, their health and even their lives are threatened, they fight back.

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## **LIFE AND HEALTH – OUR DEAREST POSSESSIONS**

Life and health are our most precious possessions, for Africans as for European and Americans. There is a great interest in health in Africa and a great respect for nature. For example the 'Alternative Medicine' we are busy rediscovering in the west has never been quite lost there, though now it is greatly threatened by the pharmaceutical profit-mongers, even as they systematically set about stealing its secrets. There is a huge opportunity for the extension of vegetarianism. People are ready to listen and to learn, they crave right knowledge and greatly desire to have even a fraction of the choice of good health foods which we take for granted. The mission of **Help International Plant Protein Organisation** is to help achieve this.

## **THE UGANDA EXPERIENCE**

On a recent visit to Uganda for example we came across a small soya mill producing simple high protein foods using ancient machinery literally held together with string and wire and loving care. We gave them TVP to try, which they had never heard of. Now they would just love to be able to make it there using the organic soya beans grown by local peasant farmers. Judging from the enthusiasm with which our hundred 200 gram samples were received and enjoyed by local people there would be a huge demand. In Nigeria, the Nigeria Vegetarian Society has been trying (since 1993) to raise enough funds to buy an extruder to do the same thing. From Malawi comes a similar cry for help. In Kenya we were able to supply TVP to a vegan orphanage and alternative health care clinic. There is so much worthwhile effort going on. But where is the international vegetarian movement in all of this? Are we too parochial in our outlook to care? I hope not. We speak of the global village. Let us put our money where our mouths are and help our fellow 'villagers' wherever they may be. Their fight is our fight. We must stand shoulder to shoulder or we'll all go down together.

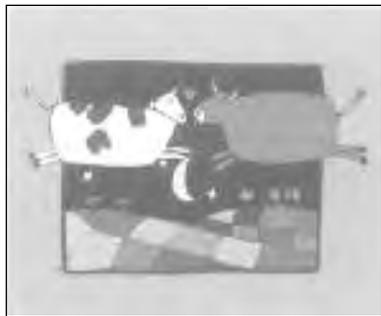
Let the monopolists tremble at a green revolution. We have nothing to lose but the burger chains. We have a world to win. Vegies of All Countries, **Unite!**



Neville Heath Fowler

Enquiries about HIPPO are welcome.  
 Just contact: HIPPO, The Old Vicarage,  
 Llangnog, Carmarthen SA33 5BS  
 Tel./Fax: 01267 241547  
 email:hippo@gofornet.co.uk

# TRAVEL CORNER



## **THE BYRE – Harbottle, Northumberland.**

'THE BYRE' is a non-smoking vegetarian bed and breakfast in the National Park. Ideal for walkers and cyclists. Also central for exploring Northumbrian coast, Hadrian's Wall, Kilde Water and Cragside. EM's, packed lunch, tea/coffee facilities.

Tel. Rosemary and Srin **01669 650476.**

email:srinrose@harbottle.fsnet.co.uk



## **BRAMBLES – Shanklin I.O.W.**

'BRAMBLES' a former hotel, was purchased by John & Mary Anderson as a family home in October 1998 and has undergone decorative refurbishment throughout. It is now the Isle of Wight's only 'Vegan' bed and

breakfast accommodation with optional evening meals. The en-suite bedrooms include tea/coffee making facilities, colour television, clock radio and hair dryer. 'BRAMBLES' is set in a quiet location with just a 5 minute walk families of sandy beaches in one direction and Shanklin town centre in the other, with its many interesting shops and lively theatre.

It is an ideal location for ramblers and cyclists who will enjoy the magnificent countryside, which is just waiting to be explored.

Further details and brochure can be obtained from John & Mary Anderson,

**Tel. (01983) 862507.**



**This is the Universal Symbol for Vegetarianism.**

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee  
855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692.**

## PERSONAL VIEW

## THE CASE FOR VEGETARIANISM

In the March 2000 issue of the Jewish Vegetarian Magazine, Joe Green outlined the vision of the venerable Rabbi Yitzschak HaCohen Kook in the article “A vision of vegetarianism and peace”. This is a vision of a world in which we all respect the sanctity of life, and live with one another in peace and in love, side by side with all G-d’s creatures – a vision of G-d’s Kingdom on earth. This is the Will of G-d. For, after G-d created the heavens and the earth, He created creatures of all sorts to inhabit the sea, air and the forests. It was G-d’s Will also to establish His dominion over His creation. The only way to do this in a world of forms (we must remember that G-d is spirit and formless) was to multiply Himself (in form) to fill the earth. Hence, He said *“Let us make man in our own image, in the likeness of ourselves, and let them have dominion over the fish of the sea, the birds of the air, the cattle, all the wild beasts and all the reptiles that crawl upon the earth”*. So, G-d created man and woman, and blessed them, saying to them *“Be fruitful, multiply, fill the earth and subdue (control, not destroy) it. Have dominion over the fish of the sea, and over all living animals on the earth”*. G-d’s dominion is the rule of love and peace and the well-being of all His creatures. So, the human being was meant to be a working G-d on earth to look after the earth and its creatures.

It has even been said of us, in Psalm 82.6 *“I once said ‘you too are G-ds, sons of the Most High, all of you’*.” So, we are not to kill and eat G-d’s creatures! They are our little brothers and sisters, and we are to take care of them. They also have the spirit of G-d in them. For this reason, G-d emphatically ruled *“Thou shall not kill”*. Even, some of the old scriptural texts give it out as *“thou shall not take life”*. And, for our food and indeed for that of the wild beasts, G-d said:

*“See, I give you all the seed-bearing plants that are upon the whole earth, and all the trees with seed-bearing fruit; this shall be your food. To all wild beasts, all birds of heaven and all living reptiles on the earth, I give all the foilage of plants for food”*. And so it was!

That was G-d’s plan, then, and is still His Will. Therefore, Ron Singer, in his article asks “Can you eat meat and serve G-d too?” Obviously not. In those early days, we knew we were souls of G-d though we had the human form. That was before the fall of man.

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# PERSONAL VIEW continued

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However, contrary to G-d's instructions "*not to eat of the tree of knowledge of good and evil*" we have identified ourselves with this physical world in which the mind discriminates between good and bad, and we are indulging in the food and pleasures that appeal to the mind and the senses, but not to the spirit. Consequently, we the spirit indwellers of the body, have lost control of our physical life.

We are under the control of the mind; the mind, in turn, is under the control of the senses; and the senses are under the spell of sensual pleasures, including the palate. We have completely identified ourselves with the mind and the body, to the extent that, now, we even think that we are the body.

Now, culture is the way of life of a people based on deep-rooted beliefs and aspirations. If we believe that slaughtering animals and presenting them as gifts will please G-d, then that belief becomes part of our culture. But are we really sure that is what our G-d wants? How can one enter another's vineyard, pluck some of his own grapes and present them back to him as a gift or sacrifice? It simply is a slap in the face. Everything belongs to G-d. We have nothing of our own to offer to Him as a gift, except our undivided love and obedience. He has even demanded it of us: "*Thou shall love the Lord thy God with all thy soul, and with all thy heart, and with all thy strength*". Instead, we are disobeying Him and killing His own creatures! We are not only presenting back to Him, as our sacrifice, His own creatures that we have slaughtered, we are also violating the sanctity of life, and G-d says it is abominable! In Jeremiah 7:21-28, G-d has said through the Prophet Jeremiah: "*Add your holocausts to your sacrifices and eat all the meat. For when I brought your ancestors out of the land of Egypt, I said nothing to them, gave them no orders about holocaust and sacrifice. These were my orders: Listen to my voice (as in meditation), then I will be your G-d and you shall be my people...But they have not listened to me. .... Here is the nation that will not listen to the voice of Yahweh its G-d nor take correction. Sincerity is no more, it has vanished from their mouths*".

Another important issue which we must seriously consider is the question of karma, or reaction, or retribution. The basic law in nature is that for every action there is a reaction; For every cause there is an effect. "An eye for an eye, and a tooth for a tooth".

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It is G-d's law. So, for every killing, we shall be killed. If we kill a person, we shall be killed too. Though there is no way of knowing the reaction for killing animals, because, perhaps, there is no such concept as transmigration in Jewish philosophy, in other older cultures, there is knowledge of the possibility of re-incarnation as an animal to suffer the same consequences. Otherwise, the LAW is incomplete. So, killing animals and eating their meat attract unnecessary karma for us. That is not to say that we don't attract karma for eating vegetables. Of course we destroy plant life when we uproot the plants themselves. But, fruits, seeds and nuts are natural foods that will drop off and decay, anyway, if they are not eaten when they are ripe. They virtually cry out to be eaten when they are ripe. Besides, plants are the lowest life forms and, therefore, attract the least karma when destroyed. But destroying higher life forms like animals attracts heavier karmas.

Also, vegetables, fruits, grains and nuts are less dense, and are more conducive for spiritual growth than meat. That is why it is recommended to live on fruits and vegetables only when one is in intensive spiritual communication with God. That being the case, why not continue as a vegetarian after the fasting? Meat and animal fat are dense and heavy on the spirit, and are known to be the source of all sorts of diseases.

Besides, those animals that are fat-fed to provide protein and other nutrients for human consumption, first, got those nutrients from grains, grass, or leaves. So, why not get those nutrients, first-hand, from the plants. Food is made for man, and not man for food. One who is a slave of the palate lacks will-power. A simple diet is more nourishing, wholesome and conducive to spiritual advancement than the rich foods of our modern day. Foods are of three kinds:-

1. *Pure Foods:*  
milk, butter, cheese, rice, lentils, pulses, grains, vegetables, fruits and nuts.
2. *Energising Foods:*  
peppers, spices, condiments, sour and bitter things.
3. *Enervating Foods:*  
stale foods, eggs, meat, fish, fowl, wine, etc.

Of the three, we should prefer pure foods, taken in moderation, for spiritual progress.

Patrick Adjei-Ampofo

# GARDENERS CORNER



## A GARDENER'S WALK THROUGH THE AMALFI HILLS

We set out 2nd April to climb up the 2000 steps from San Pietro to Nocelli – as yet a road has not reached this small village perched some 1500 feet on an almost sheer hillside overlooking the timeless town of Positano.

It was a fine spring morning and small green and brown lizards darted to and fro – taking warmth from the sun-clad stones along the path.

Fallen Carob pods were strewn at our feet with their hard bead like seeds searching for a foothold in which to grow.

Higher up the slope, in lovingly terraced slopes grew the venerable olive trees with their fruit catching nets furled until the ripe olives are ready for collection in the season of fruitfulness to come. These trees are pruned and tended for the rich wealth of fine oil to which some attribute the robust health and longevity of the local inhabitants.

Like opportunists the fig grows where it finds space, some clinging to the rocky crag, others interloping among the cultivated trees. Already as the first fresh green leaves appear the bud like fruits begin to swell which will provide a summer long succession of sweetness to the passer by.

Still higher and near the village itself grow the fine lemons for which this region is famed. As the plump almost surreal fruits hang in profusion symbolising the blessings of the Mediterranean sun – the aromatic scent of the new flowers waft surprising in the breeze to reinvigorate the tiring walker as the seemingly endless steps take their toll.

Most of our herbs and vegetables that we grow in our gardens were introduced by the Romans as their legionaires spread to the then known world – bringing civilisation, communication and agriculture to the first and longest lived “EEC.”



Here along the path the wild progenitors of our modern cultivars abound. Those we saw included the wild carrot, borage, thyme fennel, alium, angelica and mint, all staking their claim in the profusion of green sward clinging to the slope.

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## GARDENERS CORNER continued



Floral delights came in the shape of sweet peas, anemones, golden brooms and a host of small flowers like speedwell, marigold, wild chrysanthemums and colts foot.

In places growing out of the sheer rock faces rosemary festooned with lilac blooms and abuzz with honey bees garnering valuable spring nectar and pollen. Along-side these grew large

heather's with small white flowers – their advert to the pollinators.

Drawing near to Nocelli itself we came to the cultivated gardens – still terraced to make level beds on the steep scarp. All our familiar vegetables were well on without the fear of frosts and here nets were placed to cover some crops to keep them from bolting to seed in the hot sun. Here and there a cabbage had been let to flower almost as an expression of thanks to say “we’re not so drab and dowdy” while the bees avidly collect the nectar which will make the other honey in the hive set.

All this and more was seen on one short walk and was well worth the effort of the climb.

## HYGIENE ALERT

### **HYGIENE ALERT OVER POULTRY ABATTOIRS BY JOHN INGHAM VIDE THE EXPRESS**

A report claims that nearly half the major poultry abattoirs were “unhygienic”. It said that more than 40 per cent had failed to comply “satisfactorily” with hygiene requirements. The investigation increased fears for human health by warning that Britain also imports 71.500 tonnes of chicken meat every year from France.

Yet France’s broiler houses – where poultry is reared for meat – and abattoirs failed to meet the European Commission’s standards.

The report, *Fowl Deeds*, was published by Sustain, the alliance for better food and farming. Its author, Alexis Vaughn, said that one-third of the 400,000 campylobacter cases of food poisoning in Britain every year may be traced to chicken meat, while salmonella infects one-third of all chickens. He added: “The broiler industry is in disarray, both in the UK and abroad.”

A MAFF spokesman said: “Inspectors regularly check all plants to ensure that all pieces of meat are fit for human consumption.”

Chicken imports from Thailand have soared by 135 per cent despite a report that found many abattoirs there were operating below acceptable standards.

# PERSONAL VIEW

Vegetarianism has a deep spiritual basis, for was not the nature of our food commanded to us in the beginning?

The departure from the harmonious laws of creation, the descent into violence and the slaughtering of the very creatures we were appointed to care for and love, has brought about a world of conflict and suffering. Until this war against nature ceases, catastrophe must inevitably result.

No scientific research or vivisection can quell the ever-increasing scourge of new diseases, or halt the advancing spread of starvation; the return to the self-evident laws of nature can stem the imbalance we have created.

The feeding of some 10,000,000,000 creatures artificially bred to supply a morsel of putrefying flesh has necessitated the appropriation of the largest land areas of the world. Conservation of the ecology demands that this situation can be reversed and the land be restored to its original purpose enabling more than ample sustenance for the world's population and the replenishment of the vanishing wilderness and life giving rain forests. There can be no conservation and no protection of the ecology without a reversion to the vegetarian way of life.

What inheritance shall be passed on to our children and grandchildren? Will it be a disintegrating Earth, economically unbalanced and riddled with uncontrollable bacterial infection, or a world where the laws of compassion restore harmony and peace with the good earth yielding its abundance of health giving produce in its infinite variety.

The Festival of Freedom approaches; let us break away from the slavery of the flesh pots and emerge into the sun lit Gardens of Eden which is our habitat.

Let us proclaim this message clearly and continuously, that the millions who have so recently become aware of these truths shall be joined by ever increasing numbers thus hastening the progress towards the Golden Age.

*“And the floors shall be full of corn:  
And the vats shall overflow with wine and oil  
And ye shall eat in plenty and be satisfied.”*  
(Joel)

## **DATELINES**

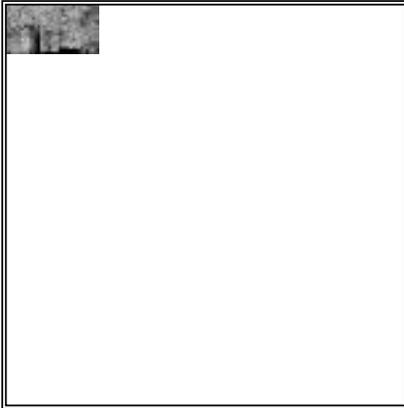
Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

# LEST WE FORGET

## “LEST WE FORGET”

### A PERSONAL JOURNEY INTO GENEALOGY BY NAOMI FELLERMAN

Since I was a young child I have always been fascinated by family history, I spent hours poring over old photographs, staring at those handsome and somehow austere faces, I suppose typical Victorian and Edwardian styles. There was an awareness that much of the history taught at school was not totally “my history”, after all only one of my four grandparents was born in the UK, the other three came from Holland, Russia and Poland. As a young adult I did nothing about finding out more, but with the fall of communism and the increased accessibility of the Internet, it has become much easier to find information.



*The Four eldest children of Harris and Sarah Finer (née Fontyn). Back row: George and Evelyn (my grandmother); front row: Pauline and Jack c. 1901*

My journey into my family’s history began recently with the opening of a new relatively inexpensive Internet cafe. And I have discovered hundreds of people doing the same thing. My first exploration of the Internet hit “gold” in terms of finding web sites to assist me in my search. By typing in “Jewish Genealogy” into the search engine I found the JewishGen website (<http://www.jewishgen.org>), and this site has been enormously helpful in my search. On this site you can search for much information, including other people researching the same names as you, and register yourself as a

researcher with your family names and the towns and countries you are researching. There is a JewishGen email discussion group and many special interest groups for those searching in specific countries.

But where is the best place to start a search, firstly you need to gather all the information available to you and to decide if you are going to concentrate on one strand of the family tree or try to explore all the branches at once. My starting point, therefore, for exploring the family was not the “World Wide Web”, but going from the information that my parents already had. Several years ago, my mother had compiled, manually, a family tree with all the information she had. And while on holiday in Holland she had found some information on her maternal grandmother’s family.

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# LEST WE FORGET continued

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But her maternal grandfather's origins were a bit of a mystery. There was little information about him, other than his name and the date of my great-grandparents marriage. But armed with this piece of information I decided to pay a visit to the Family Records Centre. The Family Records Centre holds the records previously held at St Catherine's House and the Census Reading Rooms in Chancery Lane.

The records held include:

- *Indexes of births, marriages and deaths in England and Wales since 1837*
- *Indexes of legal adoptions in England and Wales since 1927*
- *Indexes of births, marriages and deaths of some British citizens abroad since the late 18th century, including deaths in the two World Wars.*
- *Microform copies of Census of Population returns 1841-1891*

The first place I looked was the marriage index, and quickly found the record that I was looking for and having found the correct entry in the index my next step was to order a copy of the marriage certificate. Getting copies of certificates takes time, when you visit the family Records Centre you can either order the certificates required for 24 hours (costing £27.50) or for 4 days (cost £6.50). Information on the services provided by the Family Records Centre can be found online at **www.pro.gov.uk**. Finding the marriage certificate for my great grand-parents provided me with information that I had not previously had.



*Sarah Fontyn*

My great-grandparents Harris Finer and Sarah Fontyn were married on 27th April 1892 and the reception took place at Bonn's Hotel, 12 Great Prescott Street, London as a copy of the menu for the reception had survived. But until I obtained a copy of the marriage certificate we had not known that they were married in the Great Synagogue in Duke's Place, nor that my great, great grandfather's name was Lazarus.

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LEST WE FORGET<sub>continued</sub>

*continued from page 21*

From this information, I then searched the 1881 Census; the Census Records available to the public are on microfiche at the Family Records Centre. The 1881 Census is the only one currently to be completely indexed by surname, therefore making it relatively easy to find the people you are searching for. From the extract of the Census that I copied, I found that Lazarus Finer was married to Esther, her maiden name remains unknown at the moment. Their places of birth were given as Russia, Maropola and Halvaria respectively. I tried to find these names in an atlas to no avail, so I requested information on the JewishGen discussion group, this an email discussion group, full details can be found on their website. The next day I had several replies that the towns were most likely Marijampole and Kalvarija which are in southern Lithuania. Available on the JewishGen website are indices of vital records for this area, and I have identified some which may relate to Lazarus Finer, but as yet have not sent for copies of the records. But my search continues....



*The Fontyn family wedding - 27th April 1892*

Other useful Websites:

<http://www.avotaynu.com>

<http://www.routestoroots.com>

<http://www.ort.org/jgsgb>

There are many web sites, most countries where there is a Jewish Genealogical Society have a web site and many private individuals have put their family trees on the internet.

# AN INSIGHT TO STUDENT LIFE



## STUDENT LIFE IN CAMBRIDGE: WHAT'S THE DIFFERENCE?

Cambridge, city famous for “the backs” and pretty cobbled streets by the river, centre of academic excellence and home of Oxford's biggest rival – **what is the difference?**

As a city, Cambridge is built around the university meaning that there is not quite as much going on, but as with Oxford, it has it's own endearing characteristics. bustling with students and yet more tourists yearning for a glimpse of old English tradition, Cambridge is shrouded in a similar sort of mystery and charm.

Students arrive to be faced with the same sense of expectation as in Oxford, and the feeling of being one of the chosen few. This does of course soon wear off as reality strikes and the whirlwind that represents each tem begins. In all reality, student life is not that different in the two places, though it is distinct from any other university in the country – you know when you've been “Oxbridged!” So, if it is the same, how do you choose which university to go to as a prospective undergraduate?

This could well be decided on a whim, or may be a more sensible decision based on the particular course you are after and method of teaching (though to be honest, many of the subjects are self-taught – the professors have far more important research to do). Both universities offer very traditional courses, none of this new-fangled rubbish such as degrees in Beer making and distilling, or even something as radical and non-academic as Sociology.

*continued on page 24*

### **ROOMS TO LET AT J.V.S. HEADQUARTERS. GOLDERS GREEN.**

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**Tel: 020 8292 2211.**

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The number of previous acceptances from your school to that university may have some influence, and obviously, impressions of the cities themselves as well as 'concrete' anecdotal evidence from those who claim to know all about it and what would be best for you.

Cambridge is the slightly more traditional of the two, and also rates above Oxford academically, but this will depend on the subject and individual department to some extent. This could be due to the marginally greater emphasis on work in Cambridge, (though no doubt this is a highly debatable observation). For example, the famous King's College, Cambridge closes its bar at 8.30pm every night so as not to disturb those working – wouldn't want us to be getting our proprieties all wrong.

Corpus Christie College has also been known to close its bar early when worried about exam results – presumably they were willing to risk the resulting riot being less of a disturbance than having it open as usual.

A typical student night out in Cambridge is a cheesy as the best of them, the perfect way to temporarily relive stress before realising it actually wasn't such a good idea in the 9 o'clock dissection the next morning, which really isn't making you feel that good...

All of the 'typical Oxford' shenanigans are just as rife in Cambridge; black-tie dinners, summer balls, obligatory "sub-fusc", starange obsessions with rowing punting in the summer with Pimms and strawberries... And so the list goes on. Another thing that is as strongly felt in both of the universities is the rivalry. Between colleges as well as between universities, competition is fierce, with lots of over-sized egos at stake.

The main focus of this rivalry has got to be the boat race. The whole country watches as Oxford and Cambridge battle it out to the bitter end, well, bitter in this case for Cambridge, as Oxford finally managed to snatch the victory for the first time in about 17 years – about time too. What most people will not know is that there is actually a women's boat race as well, the Oxford women emerging equally as triumphant as the men this year – what injustice prevents the nation sharing in their glory?

Sexism in these painfully traditional places is generally fading away, though it is a slow process and both universities are still predominantly male.

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# AN INSIGHT TO STUDENT LIFE continued

*continued from page 24*

This may not be seen as a bad thing for the female population (the ratio, not the sexism!), most women are indeed horrified at the thought of being placed in one of the few remaining all female colleges.

Unavoidable labelling would make you one of the “hilderbeast” in Oxford, or a member of the “virgin mega-store” in Cambridge(!), though in actual fact more men are probably found in these locations than in any of the other colleges!

I hope these observations and anecdotes have not shattered too many delusions about what life is like in these world famous universities. We do work hard, but are not a totally abnormal bunch of freaks – in retrospect I am not sure how convincing my argument has been on that point! However, we are generally accepted back into normal society, and do benefit greatly from our time here, whether at Oxford or at Cambridge, taking fond memories with us.

Sharon Elcock

(Trying not to be too biased against Cambridge!)

## **STUDENT LIFE IN OXFORD: AN INSIDERS VIEW**

For most people, Oxford is a lively and bustling city, with its “famous spires” and “beautiful architecture”, drawing its visitors into a slightly different world, a taste of the old England, steeped in tradition and mystery. The Oxford tour bus grinds relentlessly on, day after day, hour after hour, providing small ‘tasters’ of life in this strange place. Suitable memorabilia are obtained, and, if the tourist is lucky, a glimpse of a student in the traditional fown armed with mortarboard on the way to an exam...

Arrival as a student in Oxford is a somewhat daunting experience, the sense of tradition and expectation weighing heavily on your shoulders. Feelings of inadequacy and “what an I doing here?” are all quite normal. Once settled in, it soon becomes evident that the reality of being a student at Oxford university is not actually that frightening, that you are surrounded by relatively (normal) students who are completely obsessed with work and on an entirely different intellectual plane (though these do exist), or who want to become the next Union president before taking over the world, though obviously these do exist as well.

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## CONSUMER CORNER



### NEW – EASY & TASTY ORGANIC SNACK BARS FROM DOVE FARM

**Easy** and **Tasty** are two new, naturally healthy, organic snacks. They have been developed in response to the fast growing demand for breakfast bars. Based on the popular breakfast cereal,

crunch cake concept, **Easy** and **Tasty** are a combination of **Dove Farm** organic breakfast cereals and other delicious ingredients formed into convenient bars.

**Tasty** is a chewy Rice Pop and chocolate chip bar, it's chewy, crunchy, crispy and if you love chocolate, you won't be able to resist.

**Easy** is a unique chewy Corn Flake bar, crammed with delicious dried fruits and nuts as well as those crunchy flakes. Enjoy a satisfying **Easy** breakfast snack!

Available from selected supermarkets and independent health food stores, singly or boxed.

### ORGANIC BISCUITS GET CREAMIER AND BIGGER

Doves Farm Foods are expanding their organic biscuit range again with the launch of new Digestive Creams, and the addition of a bigger sized pack of their Digestives aimed at families.

New Organic Digestive Creams are rectangles of the popular Doves Farm Wholemeal digestive biscuit sandwiched together with a natural vanilla cream filling. This new bisquit adds a healathy new dimension to the custard cream concept.



The larger 400g roll wrap pack of Organic Digestive Biscuits matches the existing cherry red 200g pack. With a bigger pack size appealing to large households and serious digestive munchers, this popular biscuit now offers the consumer better value for money. Certified Organic by The Soil Association each pack of biscuits is also marked GM Free. Both the Digestive and Digestive Creams are suitable for vegan and vegetarians diets.

Available from Waitrose and independent natural product retailers.

# CONSUMER CORNER

## EARTH FRIENDLY BABY®

A range of natural baby toiletries has just been launched in the UK and is fast becoming the choice of parents concerned about what they put on their baby's sensitive skin. From Vermont, USA the Earth Friendly Baby® range offer an alternative to the chemical-based hair and skin products currently available.



The long term effects of chemicals used as the basic ingredients of toiletries are unknown\* and with consumers becoming increasingly concerned about their use, many are turning to plant based products. Parents in particular are concerned about their children's health and about the products they choose for them.

All these products have natural ingredients and are biodegradable. There are no artificial fragrances or detergents and only food-grade preservatives are used.



They have been formulated to be especially gentle on delicate skin and are hypoallergenic. Best of all, they smell great and leave skin feeling soft, smooth and supple. Each of the active ingredients has been chosen for its traditional healing properties – lavender calms irritated skin, chamomile can prevent skin problems and calendula has long

been used as a prevention and cure for nappy soreness and irritation. Red clover also has anti-inflammatory and calming properties for sore skin.

The above products are now available from larger Tesco stores, many good health shops and baby shops. The UK distributor, **HealthQuest**, can also provide a mail order service on **020 8206 2066**. They are attractively packaged and come at an affordable price - a large tube of calendula cream is £4.99, the lavender cleansing bar is £2.45. At these prices, it's not surprising that parents have been known to use them for themselves – the Calendula Daily Care Cream is a great moisturiser!

\*The industrialised countries are suffering high incidents of skin problems, allergies and asthma amongst children. Although not proven, this trend is sometimes attributed to the level of chemicals in our environment and food.



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friendly baby  
original red clover  
cleansing bar

healthy planet, healthy baby.

AN INSIGHT TO STUDENT LIFE continued

*continued from page 25*

A blurry haze of late nights, parties, alcohol, “all-nighters” (the term used for staying up all night to finish an essay due in the next day which you started at approximately 10 o’clock the night before), 5am starts to go rowing in the dark, cold, and rain, lectures, tutorials and black-tie dinners is all that most people are left with after the 8 weeks of insanity which represent each term. The long holidays may seem a joke to outsiders, but are in fact necessary for complete recovery and time to reintegrate yourself back into normal society where (we suddenly remember) children and adults also exist. Oxford is certainly a unique experience, and however much you get used to it, a moment’s thought will reveal some slightly unusual practices.

**Sub-fusc.** This is the full academic ‘costume’ – smart black trousers/skirt, white shirt and either bow tie (white) or black ribbon for girls, in addition to the good old gowns and mortarboards. Sub-fusc is required for matriculation – the ceremony that means formal admission into the university and all major exams, finals as well as first year exams. All of these occasions require the embarrassed student to parade through the town, to the obvious delight of the tourists.

Incidentally, some colleges also require gowns to be worn over normal clothes for ‘formal’ dinner in the hall. This could be once a week or even every night as I was horrified to discover on arrival at Keeble College. The hall staff then serve the meal to us, after we have all stood for the grace to be read. *In Latin.*

Black tie dinners and summer balls are another of Oxford’s endearing features, along with punting on the river in the summer term and sipping Pimms on the bank whilst watching summer eights. And so the list goes on. In a lot of ways, yes it is pretentious, but we do love it (!) and it is surprising how normal these practices seem after a few weeks of Oxford life. Surely other universities are just the same? Alas, no, conversations with friends elsewhere reveal the truth – I have fallen into the Oxford stereotype, and there is no hope.

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### **IMPORTANT – AMERICAN & CANADIAN MEMBERS**

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

# AN INSIGHT TO STUDENT LIFE continued

*continued from page 28*

**Rowing.** What is it about Oxford that makes sane individuals get up in the dark, and the cold, and the rain, and cycle for 20 minutes to the river before an hour or two on the water, cycle back and go straight off to 9 o'clock lectures? This is an inexplicable phenomenon – maybe it is an addiction to gruelling exercise and rigid training schedules, a sense of pride in representing your college an engaging in an age-old tradition, or maybe just a strange fetish for lycra...

**Rugby.** This is the other big sport or, indeed, way of life for some people in Oxford, The 'rugger-buggers' are determined not to be a dying breed, though thankfully for the female student population the male:female ratio is a lot more equal than it used to be, meaning that we need not fear for our safety and dignity quite as much when popping down to the bar after a big match. Women's rugby is becoming increasingly popular in some colleges, much to the amusement of the men, though it is generally a lot more laid back than their game as we don't take ourselves quite as seriously.

**Lacrosse.** I seriously thought this was a game only played by all girls' schools in Enid Blyton books, but apparently not. It is in fact a very popular and dangerous sport for both women and men in Oxford, and is considered quite normal behaviour.

**Polo.** Yes, there is a polo club in Oxford – the more elite members of society do have the opportunity to parade their upper class roots – surely they are just too lazy to play hockey so play the equivalent on horseback? I think I maybe don't understand the intricacies of this sport.

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**HON AUDITORS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY.**

*continued from page 29*

**Work.** Do our tutors think it is physically possible for us to complete everything they set us in time for the deadline? It is possible that they expect us to have no social life or not to take part in any sport or societies, but I think it is more to do with the fact that they haven't quite realised how long it will take us to read the 500 page book they wrote as introductory material. Phonecalls from friends elsewhere who tell me they have only one essay to do a term are not well received, when the majority of students here will be set one or two a week. The biggest revelation that anyone can have when they arrive is that it isn't physically possible unless you want to have a nervous breakdown, and that it doesn't actually matter if you don't hand all off your essays in on time. In actual fact, I don't think the tutors are that bothered at all. It is more the sense of pride and expectation which possesses people to stay up into the early hours if not all night to get an assignment in on time.

Having said all of this, most of us emerge as relatively well-balanced individuals, having achieved an incredible amount in the short time we are there (yes, we do have 28 weeks holiday a year!), not only work wise, but also with the multitude of extra-curricular activities available to us. Elements of all these things will stay with me when I leave, and will make me chuckle from time to time (I have the photos to prove it!), but most of all I will remember how much I enjoyed the 3 years and the many close friends I have made here. I feel very privileged to have had the entire 'Oxford Experience' and would not have wished to be anywhere else, and I think that most other students would agree.

Sharon Elcock

(Second Year Student at Keeble College)



## 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 PO Box 1837, 20 Hatzav St. Mevasseret-Zion 90805 Israel. Tel: 972 2 5337059 (Please note this is a 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.

# NOT EVERY RABBI EATS FISH BALLS

## NOT EVERY RABBI EATS FISH BALLS

BY RABBI HENRY GOLDSTEIN

For Jews, 'eating' is supposed to be something approaching a panacea. Eat and you will change the world for the better. Such is the power of a Jewish diet. The Jewish cuisine and diet most are likely to be familiar with, apart from a few festival goodies, is in fact rarely that Jewish: it is mostly East European in origin and it uses meat, poultry and fish a great deal. It does utilise certain vegetables but the main feature of this diet was once not only alive but mobile. So when generations of Jewish mothers, creating the future, said: "Eat!" they meant mostly eat meat, fish and chicken. "Eat up your greens!" is *khukat ha-goy* (gentile custom). Therefore a Jewish vegetarian might sound something like a contradiction in terms. Not that vegetarians cannot tuck it away. It just seems that what they stuff themselves with is just not Jewish. Some would go even further. The late Philip Pick, for many years President of the International Jewish Vegetarian Society was accused of being anti-Semitic because it was against eating what vegetarians like to call emotively (with an echo of Yiddish) 'flesh'.

Flesh is an important Jewish issue. Shechitah is often criticised and attacked by the kind of Gentiles some like to call well-meaning – or worse. The anti-Shechitah lobby is sometimes identified as anti-Semitic. That the Nazis banned Shechitah is put forward as a reason for defending and promoting it; and it is not unknown for Hitler's belief in vegetarianism to be advocated as a good reason why a Jew should eat meat. By being, at least in principle, against any kind of slaughter of animals for food and other purposes, Jewish vegetarian could be viewed as being amongst the enemy. For avoiding certain dishes associated with 'Jewish' eating, the can be seen as a strange kind of Jew.

I am a Jew. I am also a vegetarian. I have been the latter for some sixteen years. Compared to the time that others have followed a vegetarian diet this period is, if you will pardon the expression, chicken feed: but however brief this period may be, being vegetarian is very important to me. What is more I do count vegetarianism as part of a Jewish way of life. Indeed I see it as part of an idealistic Judaism.

Perhaps I am not the best of vegetarians. In the early days I was enthusiastically scrupulous, with all the ardour of the convert; and I must admit very self-righteous about it. I am no longer so fanatical in my attitude.

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I am strict about what I eat. However, vegetarianism can be more than a way of eating: it can be a whole way of life, avoiding all products of animal slaughter. I did try non-leather shoes at the beginning, but in those days the artificial materials available were useless for foot-wear. Nowadays much better synthetic materials are available, which I am now using for my foot-wear.

I am not against using animals for human need; exploiting them, if you like, for their products, providing the exploitation is carried out in a very humane way and especially not with the indifference and callousness of slaughter on industrial lines. The moral defect of my wearing leather shoes is not that they were made from that material, but that they had been derived from an act of mass killing that I saw unnecessary. However, whatever the compromise, I do enough to be enrolled among the 'veggies' as vegetarians self-endearingly like to call themselves.

It was a sermon on the subject of *Shechitah* which made me a 'veggie'. One of the periodic campaigns against *Shechitah* was in progress. The Torah portion for that particular Sabbath included the eleventh chapter of Leviticus which is about dietary laws. As I prepared and gave this sermon, thoughts that I had had before came together, sickening thoughts about the mass slaughter of animals for our unthinking and uncaring consumption. I decided I had had enough. I did not want to be part of this. A few months later I gave up fish almost as a fence around my Torah. I have not relapsed since, except by mistake of another. *Shechitah* is, in theory, mitigated as a method of slaughter by a more caring attitude. It is not an industrial method. In my synagogue office hangs a picture by the late Stainslaw Brunstein. It is a portrait of a *Shochet* about to kill a chicken. I could say that it hangs there to remind of what I feel to be wrong, but the picture actually conveys a righteous attitude. The attraction of the painting for me lies in the sad expression on the *Shochet's* face, reminding me of the Hasidic tale about the *Shochet* who moistened the blade with his tears. Yet it seems a pity that the adherents of religion, that actually makes humane treatment of animals part of its platform, can only introduce more humane handling methods after considerable pressure from outside sources, which are often mixed at the fringes with anti-Semites.

Vegetarians can be fanatics, cranks, militants, obsessed; just like you get in religion. I have already mentioned how self righteous I became for a time.

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Vegetarianism can get mixed up with all sorts of strange beliefs. But most of us are quite 'normal' and we tend to be a morally sensitive lot. There are several motives for being a vegetarian, but for most of us morality and eating do go together on an everyday basis. It is a question of sensitivity to the world around us. All food is 'alive' at the taking, including vegetables. We either kill or we rob in order to eat. Much of the ceremony in the past surrounding the eating of food may be rooted in this awesome fact. Life lives by feeding on itself. That is nature. But human beings ought to in some measure rise above 'Nature'. That is our nature. Ill-treating a permitted animal does not make it non-Kosher but Kashrut is a disciplined way of eating which elevates Jews above the usual 'if it lives, eat it' way of life. Kashrut does have an underlying moral principle because it results in a discrimination about what we eat. Jewish vegetarianism takes us a stage further along this road. Eating Kosher for so many years was good training for being vegetarian. One was used to making a difference, rejecting certain foods and studying labels. The only rule which really affects me nowadays is the one about blood spots in eggs (free range, of course) but I would call vegetarianism a higher dietary law and a more civilised form of behaviour.

A 'Jewish' objection to vegetarianism is that it denies a higher standard of Jewish living. The Talmud says we should sanctify the Sabbath with meat and wine. A vegetarian dish for the Sabbath is regarded as too humble a meal. But the Rabbis are really saying eat *expensively* on the Sabbath for the sake of its celebration: it does not mean God wants us to eat meat or drink wine for their own sake. Is it not better to celebrate the Sabbath without it being at the expense of birds and animals? Unless you believe in the Hasidic doctrine that by eating the animal you elevate its soul to a higher plane! Though there is, at least, an awareness here that animals are not just objects for our use. In addition, they are creatures who may well have suffered on the way to slaughter. Similarly it seems incongruous to celebrate the Seasons for our Freedom at Passover by eating a chicken who may have been cooped up all its life in a narrow cage.

There are reasons for becoming vegetarian that are rooted in the Bible, mainly in the opening chapters of Genesis. Many would not regard this part of the Bible as historical and there is no doubt that along with messianic vision of Isaiah (Chapter 11) concerning the future harmony of nature, they contain a certain amount of naiveté.

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But both texts do represent an idealism about a harmonious Creation, an attitude to life that, at least, ought to be reflected in some degree through the life-style of thinking, sensitive human beings, created, it is said, in the image of God. The Bible (Genesis 1: 28-31) states to humankind: *Be fruitful, multiply and fill the Earth. Subdue it and have dominion over the fish of the sea, the birds of the air and every living creature that moves upon the Earth.* But human domination, an integral part of Creation, is to have a boundary in this ideal setting: it does not to extend to killing other creatures for food. God says: *Behold! I have given you every herb bearing seed that is on the surface of the Earth, and every tree bearing fruit, bearing seed; it shall be your food.* The text then goes on to confirm that these eating arrangements are for all that is *nephesh khayah* (animated matter). This statement, one presumes, is the last of the 'Ten Sayings with which the world was created'. With all its implications for harmony it is followed appropriately by the verdict of God that what He had made was very good. Among the several suggestions in the *Midrash* why the Almighty should go in for superlatives at this point, perhaps vegetarianism should be included!

It is only after the Flood in a rewrite of the aforementioned statement for the benefit of Noah and his sons at the dawn of a less than perfect world, that we enter a grim reality that human beings have established. *The dread of you shall be on every beast of the earth, upon the birds of the air, on all that moves on the ground and on the fish of the sea. Into your power I give them. Everything that moves, that has life, shall be your food. (This is, of course, later modified for Israel) Just as in the case of the green herb I have given you everything. Only flesh with the life in it, the blood, you shall not eat.* (Genesis 9: 1-4). Human domination has changed – and not for the better. Why not eat blood, which is in large measure responsible for *Shechitah*, is a symbol of not eating animal life. At least, by observing this commandment we retain a hold on that ideal world. These texts may not be considered historical nowadays, but they do point the way towards a more ethical existence.

Also in the Bible is an association of meat eating with lust and greed, as in the passage where the Israelites, incited by what is called a 'mixed multitude', want to go back to the so-called flesh pots of Egypt; though it has to be admitted that the Israelites, or maybe just the 'mixed multitude' with them, also had a hankering for the vegetables and fruit available back in the Place of Slavery.

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But there is one passage in particular which makes this identification with meat eating and gross appetite. That is Deuteronomy 12:20 in a section from which the laws of Shechitah are actually derived. There it says: *...when you say 'I will eat meat', because your soul desires to eat meat, you may eat meat according to the desire of your soul.* This text together with the other Biblical texts, despite the obvious presence of meat eating in Biblical times associated in the main with sacrifices, seems to illustrate that meat eating is a concession in the Bible to human appetites, but not desired by God.

Judaism displays a pronounced sensitivity towards animals and their position as God's creatures. The real problems with Shechitah are not so much with the actual killing but with the handling of the animal beforehand. I repeat that I am not against the exploitation of animals but only if it be done as humanely as possible, with the maximum understanding that though we have dominion over them they are not here solely for our use. Sometimes in our haste to defend Jewish practises – and vested interests – I think that we tend to overstate the supremacy of the human race. There are many sayings in the Jewish tradition against cruelty to animals and which should provide for a more caring attitude towards them. It is a mark of the comprehensiveness and the sensitivity of the British Reform Siddur that the editors included a section devoted to this principle. One of the best related texts is the fable in the Jerusalem Talmud about Rabbi Judah Ha-Nasi which relates how a calf broke away from those leading it to the slaughter house and ran into the Rabbi's classroom. The Rabbi was punished by God with toothache which lasted until the day he forbade his servant girl to drown some rodents, because, as he said, quoting Psalm 145: *His tender mercies are over all his works.*

I am not an animal lover, it so happens, but it was the unthinking slaughter of animals for my benefit that made me a vegetarian. Afterwards I found that Jewish doctrine can justify it, confirming it as a practise that can fit within Judaism. However 'realistic' we think we ought to be, we also ought to find room in our lives for some idealism that is rooted in Jewish doctrine.

Another aspect of life associated with vegetarianism which is a concern of Jewish doctrine is the health of the human body, God's creation. Health is a reason why many become vegetarian. Health food and vegetarianism are almost regarded as synonymous though in fact not all health food shops are solely vegetarian.

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There is no doubt about the importance of having vegetables, grains and fruit in the diet. This is modern wisdom, but there can be problems with a vegetarian diet especially if you are finicky. One has to eat as wide a range of vegetables, fruit and grains as possible. Unless you are a vegan, dairy produce and eggs, obtained by as humane methods as possible, are an important source of protein. A wide and normal vegetarian diet with different kinds of food ought to be sufficient. To me, vitamin supplements are just not part of a way of eating. There is health in vegetarianism: but as with any kind of diet one has to be sensible. I certainly felt much better for it, especially in the early years. Advancing age, however, can be no great respecter of diet.

The worse thing about being 'veggie' is that people do not always understand. Again being a Jew is good training for this. You go to a hotel, for example, which you booked on the understanding they cater for vegetarians and are greeted with the words: *You'll eat chicken of course. My wife is a vegetarian and she eats chicken.* You go to a *simcha* and sometimes you are treated frankly: on other occasions as a nuisance. On one occasion we were given for a main course a boiled egg (probably from a battery) and a piece of lettuce. This was for a wedding: a Bar Mitzvah I could understand. The catering for Rabbis's meetings in the Reform Movement used to be solidly fish balls. **But not every Rabbi eats fish balls.** There are Rabbis throughout the world who are vegetarian. Judging by the magazine of the Jewish Vegetarian Society they are mostly orthodox. They do not eat fish balls. But you can see that vegetarians do share something with Jews of any eating habits, a tendency to become paranoid with good reason. I have often been asked whether I miss eating meat dishes, especially chicken soup which is more than the food of Jews: it is regarded as food of the gods. I did miss it at first, along with certain kinds of fish, but I soon got used to being without it. I also realised that I only missed my mother's chicken soup because of the vegetables she used to put in it.

Perhaps the most popular objection to vegetarianism is that it makes for a dull diet – all nut cutlets. Good heaven, man, you're not a squirrel! as Tony Hancock exploded to a vegetarian in his television episode 'The Reunion'. Any kind of diet can be dull and unadventurous. Generally, I do not suffer from this problem. At home and away I can enjoy the benefits of vegetarian cookery as it can be, adding enjoyment of cuisine to the moral satisfaction that Jewish 'veggies' can feel. However smug this may sound, our beliefs and practices are there at a high level within Judaism. We are not among the enemy. On the contrary.

**RABBI HENRY GOLDSTEIN**

# COOKERY CORNER

## CRUNCHY GARDEN SALAD

### INGREDIENTS

175g/6oz each of broad beans, peas and french beans  
2 thin courgettes – trimmed and sliced  
3 spring onions – trimmed and chopped  
salt and pepper

### FOR THE DRESSING

3 tablespoons mint – chopped  
grated rind from ½ orange  
2 tablespoons orange juice  
1 tablespoon white wine vinegar  
5 tablespoons olive oil or a mixture of olive oil and walnut oil  
30g/1 oz walnut pieces

### METHOD

Add the broad beans and peas to a pan of boiling salted water, bring back to the boil and cook for 3 minutes. Tail and halve the French beans and add them to the pan with the courgette slices. Boil for another 2 minutes or until the vegetables are just tender. Drain and refresh with cold water, then drain well again. Put the beans and peas in a large bowl with the spring onions. Season well.

*To make the dressing:-*

Mix all of the ingredients together, except 1 tablespoon of the oil, and the walnut pieces. Add the dressing to the salad and toss well. Heat the rest of the oil in a frying pan then add the walnuts for a minute. Spoon over the salad and serve.

## CHEESE AND TOMATO ROULADE

### INGREDIENTS

15g/½oz reduced-fat cooking spread  
25g/1 oz plain flour  
4 eggs – separated  
450g/1lb fresh ripe tomatoes – blanched, skinned and finely chopped  
Salt & freshly ground black pepper

For the filling:

225g/8oz low-fat soft cheese, 4 tablespoons fat-free fromage frais  
4 spring onions – finely chopped

To garnish:

parsley and thyme

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# COOKERY CORNER continued

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## **CHEESE AND TOMATO ROULADE** *continued*

### **METHOD**

Pre-heat oven to 190 deg. C., 375 deg. F., Gas mark 5. Line a swiss-roll tin with non-stick baking paper. Melt the spread in a saucepan. Add the flour and simmer for 1 minute. Add the tomatoes and cook for 5 minutes, stirring. Remove from heat, season to taste, then stir in the egg yolks.

Whisk the egg whites to stiff peaks, then fold into the tomato mixture. Spoon into prepared tin and bake in pre-heated oven for 15 to 20 minutes until firm.

Meanwhile, prepare the filling. In a bowl, mix together the soft cheese and fromage fraîs. Add the spring onion and herbs, then season to taste.

Turn out the roulade. Spread the filling over and roll up, removing the baking paper as you go.

Serve warm, garnished with sprigs of parsley.

## **BULGAR SALAD**

### **INGREDIENTS**

60g/2oz bulgar wheat

6 dried ready to eat apricots

2 tablespoons lemon juice

1 tomato – de-seeded and chopped

1 small clove of garlic – peeled and crushed

2 tablespoons parsley – chopped

1 tablespoon sunflower oil

1 tablespoon mint – chopped

1 tablespoon raisins

½ can chick peas – drained

175ml/6fl oz boiling water

Salt and freshly ground black pepper

### **METHOD**

Place the bulgar wheat, apricots and raisins in a bowl and pour over the boiling water. Leave to stand for at least 1 hour. Stir in the rest of the ingredients, and leave to stand for about 15 minutes before serving to allow all the flavours to mix properly. If liked, the salad may also be heated in a saucepan or microwave oven, and then served.

## CHILLED WATERCRESS AND AVACADO SOUP

### INGREDIENTS

2 bunches watercress  
2 large avacardos  
juice of one lemon  
few drops Tabasco sauce  
600ml/1 pint iced water  
150ml/¼ pint Greek style yoghurt or fromage fraîs  
salt and freshly ground black pepper  
extra yoghurt/fromage fraîs to garnish

### METHOD

Stone, peel and roughly chop the avacardos. Pick out a few sprigs of watercress and set aside for a garnish, place the rest of the watercress in a food processor with the avocado, lemon juice and Tabasco sauce. Process until fairly smooth. With the processor running, add the water and yoghurt/fromage fraîs. Season the soup and transfer to serving bowls. Float a couple of ice cubes in each and serve garnished with a desert spoon of yoghurt/fromage fraîs and a sprig or two of watercress.

## WHITE BEAN AND AVOCARDO DIP

### INGREDIENTS

400g/14oz can cannellini or butter beans  
1 garlic clove – peeled and crushed  
1 shallot – chopped  
1 medium avocardo – stoned, peeled and chopped  
1 tomato – de-seeded and diced  
juice of ½ lemon  
3 tablespoons soured cream/fromage fraîs  
2 tablespoons chopped fresh parsley  
1 tablespoon tahini  
salt and freshly ground black peper  
Pitta Bread

### METHOD

Drain and place the beans in a food processor with the garlic, shallot and lemon juice, blend until smooth. Add the soured cream/fromage fraîs and tahini and bind quickly to mix. Transfer the mixture to a bowl and stir in the avocardo, tomato and parsley. Season to taste and serve with warm pitta bread.

## **BEETROOT AND ORANGE SALAD**

### **INGREDIENTS**

4 large oranges  
450g/1lb cooked, peeled beetroot in natural juice  
75g/3oz watercress  
orange zest to garnish

### **FOR THE DRESSING**

2 tablespoons olive oil  
1 tablespoon fresh unsweetened orange juice  
1 tablespoon clear honey  
2 tablespoons fennel seeds  
Salt and ground black pepper

### **METHOD**

Slice the top and bottom off each orange and discard. Using a sharp knife, slice the skin and pith away from the orange flesh and discard. Carefully slice between each orange segment to release the segments, then place in a large bowl. Drain beetroot, slice widthways and pat dry with absorbent kitchen paper. Place beetroot in a bowl with orange segments and mix gently. Line four individual serving plates with watercress, then place all ingredients in a small screw-top jar, then shake well and pour over salad. Garnish with orange zest and serve.

## **GRILLED SUMMER VEGETABLE TIMBALES**

### **INGREDIENTS**

1 medium aubergine  
4 ripe plum tomatoes  
3 tablespoons extra virgin olive oil  
1 tablespoon balsamic vinegar  
2 tablespoons chopped fresh basil  
1 clove garlic – chopped  
100g/4oz mozzarella – thinly sliced  
large avocado – stoned, peeled and sliced  
salt & freshly ground black pepper  
salad leaves to serve (optional)

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# COOKERY CORNER<sub>continued</sub>

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## **GRILLED SUMMER VEGETABLE TIMBALES** *continued*

### **METHOD**

Heat oven to 200C/400F/Gas 6. Cut the aubergine length ways into thin slices about 6mm/1/4 inch thick. Quarter and deseed the tomatoes. Place on a baking sheet and drizzle with a tablespoon of the oil. Season with salt and pepper. Roast the aubergine and tomatoes in the oven for about 20-3- minutes until golden, turning once.

## **THREE COLOUR CIABATTA SANDWICH**

### **INGREDIENTS**

1 large ciabatta or other crusty roll  
1 teaspoon pesto sauce  
1 ripe tomato – sliced  
50g/2oz half-fat mozzarella – sliced  
½ summer avocado – peeled, stoned and sliced  
salt & freshly ground black pepper

### **METHOD**

Pre-heat the oven to gas 6/200°C. Split the roll in half and toast the cut sides lightly. Spread both halves with the pesto sauce and arrange sliced tomato on the bottom half, followed by the avocado and mozzarella. Season to taste and lace the top half of the roll on to and press down firmly. Place in oven for 4-5 minutes or until cheese starts to melt. Serve immediately with a green salad.

## **CHOCOLATE, RAISIN AND AMARETTO ICE CREAM**

### **INGREDIENTS**

50g/2oz raisins  
22.5ml/1 ½ ml tablespoons Amaretto syrup  
22.5ml/1 ½ ml tablespoons maple syrup  
450ml/15 fl oz soya milk  
100ml/7 tablespoons sunflower oil  
10ml/2 tablespoons vanilla essence  
100g/4oz vegan dark chocolate – coarsely grated

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## **CHOCOLATE, RASIN AND AMARETTO ICE CREAM** *continued*

### **METHOD**

Place the rasins in a small bowl and pour over the Amaretto liquer. Leave to soak until most of the liquer has been absorbed. Pour 300ml/10 fl oz of the soya milk into ice cube trays and place in the freezer or freezer compartment of your refridgerator for about 4 or 5 hours or until frozen solid. Put the remaining soya milk and the remaining ingredients, except the grated chocolate, in a blender. Add the now frozen soya milk cubes and blend until completely smooth. Stir in the coarsely grated chocolate.

The ice cream can be served immediately , or returned to the freezer if a firmer ice cream is desired. Remember to allow the ice cream to defrost for about 40 minutes, or until the preferred consistency is achieved, before serving.

## **BANANA-GINGER FLAN**

### **INGREDIENTS**

- 175g/6oz ginger biscuits
- 75g/3oz margarine
- 6 large ripe bananas
- 1 tablespoon lemon juice
- 1-2 tablespoons of honey or maple syrup
- 150ml/¼ pint of double cream
- 1 tablespoon desiccated coconut

### **METHOD**

Crush the biscuits and mix with the melted margarine. Press into a lightly greased flan dish and leave to become firm. Mash the bananas with the lemon juice and sweeten to taste. Whip the cream until stiff and fold into the banana mixture. Spread over the ginger biscuit base and sprinkle with coconut. Keep in a cool place until required.



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

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

## SUMMER PUDDING

### INGREDIENTS

900g/2lb mixed soft fruits eg. raspberries, blackberries and redcurrants, hulled about 40g/1½ fructose  
6 large slices of bread, white or wholemeal – crusts removed

### METHOD

Place all the fruit in a saucepan with very little water and the fructose. Bring slowly to a simmer, then remove from heat and adjust the sweetness, if you wish. Carefully line a 1.1 litre/2 pint pudding bowl with the fruit and most of the juice. Top with the rest of the bread to cover completely, trimming as necessary. Place a plate on top of the pudding, then a heavy weight on top. Place the plate on a large plate (because some juices will probably run out of the bowl). Leave overnight in the fridge. Keep the remaining juice in a jug in the fridge. When ready to serve, remove the weight and covering plate and slide a spatula around the inside of the bowl to release the pudding. Turn out on to a serving plate, then cut the pudding into slices with a carving knife. Pour extra juice over.

## FRESH FRUIT PIE

### INGREDIENTS

450g/1lb dessert pears (Williams or Comice)  
3 medium peaches – skinned  
50g/2oz sultanas  
150ml/¼ pint white wine or apple juice  
2.5ml/½ teaspoon ground coriander  
12 cardamom seeds  
5ml/1 teaspoon arrowroot  
1 quantity of yeasted pastry  
1 free range egg – beaten

### METHOD

Coarsely chop the fruit. Place in a saucepan with the sultanas, wine or apple juice, coriander and cardamom seeds. Cook, uncovered, over a gentle heat for 15-20 minutes. Remove the cardamom seeds. Pre-heat the oven to 400°F/200°C, gas mark 6. Dissolve the arrowroot in a little water and add to the fruit. Bring to the boil, stirring, and simmer for 2-3 minutes. Divide the pastry dough in half. Roll out one portion and use to line a 20cm/8inch pie plate. Spoon in the fruit. Moisten the pastry edges with water. Roll out the remaining pastry for the lid. Seal and crimp the pastry edges. Brush with beaten egg. Bake for 25-30 minutes or until the pastry is cooked.

# A BETTER WAY TO HEALTH!

## AYURVEDA: THE SEER AND THE SCIENTIST OR HOW IS A THOUSANDS OF YEARS OLD SYSTEM OF WISDOM RELEVANT TO THE MODERN MAN.

### PART ONE



In the current, hi-tech age we live in, it could seem strange that a system of knowledge which is at least 5000 years old could be relevant to us, to help find and enjoy true health and vitality. Modern medicine and science are making dramatic progress yet we still suffer from various ailments and troubles, some of which seem relatively new, such as stress related conditions and pollution triggered diseases. There is a rise of asthma cases, ME, cardio-

vascular diseases, cancers etc.

Modern medicine may be getting more and more results in fighting those ailments but still does not offer a full answer as how to successfully recover from them, let alone how to prevent and avoid them altogether!

One of the reasons for this is that orthodox western medicine insist on fighting and alleviating the symptoms of a disease, but most often overlooks what may be the underlying cause of it all. Too often, when one experiences the actual symptoms, the malady is at an advanced stage and cure and recovery are much harder to obtain.

As we live in the age of information, we are constantly bombarded with news and reports on hundreds of “alternative treatments” all claiming miraculous results. The fact is that what works for one individual may not work for others, for we are all unique people, responding and reacting in very different ways, according to our own physical and psych-spiritual constitutions and therefore not one single particular discipline can claim it works wonders for everyone.

Thus enters **Ayurveda**.

**Ayurveda** means “*Science of Life*”. It is a sanskrit word which literally translates as “**Ayur**” = *Life* “**Veda**” = *Science*, knowledge. It is the traditional system of healing from the Indian subcontinent and it is still widely practised in India and Sri Lanka.

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# A BETTER WAY TO HEALTH!

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About 5000m years ago, Indian “Rishis” – Sages, studied and meditated on the principles of existence and devised a fully wholistic system of healing and guidelings for maintaining optimum health.

Ayurveda is an amalgam of various forms of treatments and disciplines and not one single “miracle” method. These include nutrition, massage, yoga, meditation, sound and colour therapies, herbal and mineral remedies, body cleansing and purification techniques etc. According to Ayurveda, all things in the creation, living or inorganic, as well a emotions, thoughts and actions are governed and affected by 3 fundamental energies called “*Doshas*”.

These are “**Vata**”, “**Pitta**” and “**Kapha**”. They are at the core of the priciples of Ayurveda and determine not only your health potential through your physical and psychological constitution but also governs the way one interacts with one’s environment and the way diseases behave as they are govened by the *Doshas*. The secret to radiant health is to balance these energies or qualities within our every day lives both internally and externally.

## **The 3 Doshas.**

Each *Dosha* constitutes of a combination of 2 of the five elements. *Earth, Water, Air, Fire, Ether of Space.*

Each *Dosha* has the qualities of the two elements it constitutes of. *Doshas* have specific functions in our organisms and optimum health is acheived when they work harmoniously together. Doshic Ratios varies due to our environment, lifestyle etc. As one gets familiar with these principles, on will start to recognies the *Doshas* in action all around and within us and will sense when there is an imbalance.

Here is a basic explanation of each *Dosha*’s characteristics.

**Pitta:** Is fire and water as secondary element.

**Vata or Vayu:** Is air with ether as econdary element.

**Kapha:** Is water with earth as secondary element.

Each *Dosha* has also specific combination of qualities.

**Pitta:** Hot, light, oily, liquid, sharp, sour, pugent.

**Vata:** Cold, clear, dry, rough, light, subtle, mobile, dispersing, erratic, astringent.

**Kapha:** Cold, heavy, oily, slimy, dense, soft, static, sweet.

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# A BETTER WAY TO HEALTH!

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## THE DOSHAS AND INDIVIDUAL CONSTITUTIONS

Each of us has a basic constitution of either one, two or three *Doshas*. We all have the 3 *Doshas* within us, but one or two are usually more prominent. (People with 3 doshic constitutions are rare and they enjoy exceptional health most of the time.)

This basic constitution known as “**Prakruti**” in Sanskrit gives an idea as to what one should avoid or increase and also about strength and weaknesses.

If one lets say is predominantly **Pitta** (*Fire and Water*) and **Vata** (*Air and Ether*), the main *Dosha* (**Pitta**) is the one likely to get aggravated first, and therefore one should follow a **Pitta** and **Vata** pacifying regime, adapting it accordingly.

The 3 *Doshas* also govern specific body functions and organs.

**Pitta:** Liver, spleen, gall bladder, stomach, pancreas.

**Vata:** Small intestine, large intestine.

**Kapha:** Sinuses, nostrils, throat, bronchi and lungs.

So if someone is mostly **Kapha**, they will be more prone to respiratory diseases than someone who is mainly **Pitta**.

Doshic influence varies as well depending on time of the day, seasons and age.

## DOSHA AND THE CLOCK:

TIMES:	PRIMARY	SECONDARY
<b>Vata:</b>	Early Morning	Late Afternoon
<b>Pitta:</b>	Midday	Midnight
<b>Kapha:</b>	Late evening	Late Morning

As the *Doshas* influences and actions change around the clock, the symptoms of an ailment will vary in intensity accordingly. So for a **Pitta** condition for example, like an ulcer, the symptoms will be worse around midday and midnight.

## THE DOSHA AND AGE:

– **Kapha** is the *Dosha* of childhood, when our bodies are growing in density, the bones are still supple and tissues soft. Children, also need more sleep than adults and more prone to **Kapha** afflictions such as colds and congestions.

*continued on page 47*

# A BETTER WAY TO HEALTH!

*continued from page 46*

– **Pitta** is the *Dosha* of adult life. As grown ups, we are more active, ambitious, and aggressive. We also need less sleep and are pron to ailments of the digestive system and stress.

– **Vata** is the *Dosha* of old age. Older people need even less sleep and suffer from **Vata** condition such as memory loss, brittle bones, arthritis, alzheimer etc.

## THE DOSHAS AND THE SEASONS.

Winter/Early Spring: **Kapha**. Cold, heavy, frozen, liquid qualities snow when snow melts and sap rises.

Late Spring/Summer: **Pitta**. Sharp heat, light.

Autumn/Early Winter: **Vata**. Dry, cold, winds.

These examples show and illustrate how the *Doshas* influence our health, both from within and without in fact everything can be interpreted in a doshic way. As well as being aware of our prakruti – basic nature/constitution, we must also take in consideration all afore mentioned criteria. These doshic ratio changes are known as **Vikruti**.

**Prakruti** is the basic doshic nature we are born with and it will remain unchanged until death.

**Vikruti** is the alterations in doshic rates due to the various levels of difference and it is in this that we can identify the right steps and procedures towards successful healing and optimum health.

(**Next Instalment:** HOW DO WE FIND OUT OUR DOSHIC NATURE AND GUIDLINES IN HOW TO PUT AYURVEDA PRINCIPLES IN ACTION).

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

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

Age Are you  Vegetarian?  Vegan?  Raw Foodist

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Would you be interested in group holidays? Yes/No

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