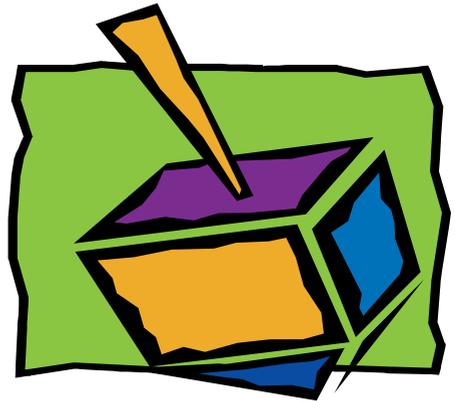
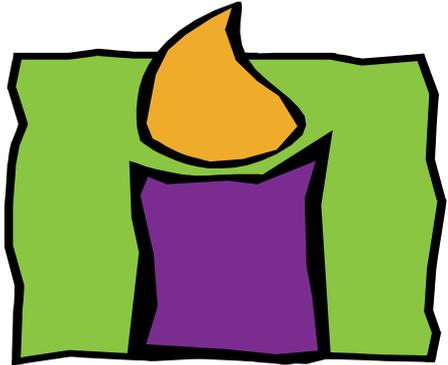
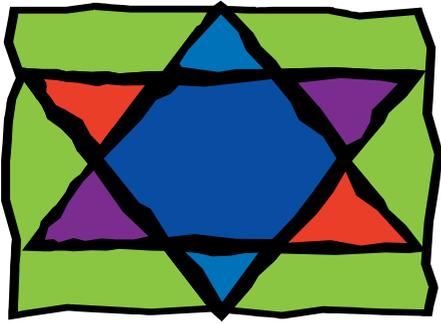


The Jewish Vegetarian



No. 135 December 2000 KISLEV 5761 £1.50

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

The Official Journal of the Jewish Vegetarian and Ecological Society

Founded by Philip L. Pick Registered Charity No. 258581

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CONTENTS

Society News	4	Travel Sickness	28
Dear Sir	7	Juice	31
Philip L. Pick Memorial Lecture	10	Gardeners Corner	33
Chanukah & Vegetarianism	18	Consumer Corner	34
Masala Deli Bar	20	Cookery Corner	36
Holistic Counselling	22	Book Reviews	44
Over-eating	24	Classified/Display Adverts	50

WHY A JEWISH VEGETARIAN

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

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

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

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

Support the International Jewish Vegetarian Movement - a worldwide fellowship

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

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

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

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

Junior Membership £5 (\$7.50)

Israel Membership \$15 or Life Membership \$250

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

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

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

Please state whether 'A' or 'B' (above)

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

Address (clearly) _____

Occupation _____ Fee enclosed £ _____

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

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

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NEW LIFE MEMBER

DR. ROSLYN KUNIN. PH. D.



We are very pleased to welcome Roslyn, who hails from Vancouver, as a Life Member of this International Fellowship, and as her reasons for originally becoming vegetarian were so interesting, we decided to re-print her letter in detail.

“I have been a vegetarian now for 27 years. Although I have significantly reduced the amounts of dairy products I eat, I have not yet moved to being completely vegan.

There were two main factors that moved me to vegetarianism. First, when I was teaching agricultural economics at the University of British Columbia, I learned that it took many pounds of grain to make a pound of meat. That made meat a luxury, since we were giving up several servings

of bread or cereal to get one meal of meat. A year or two later, I began to be aware that I did not enjoy eating meat. I remember sitting at the table (a meat based meal) with my husband and telling him that meat was a luxury, that the only reason that one should indulge in luxuries is if one enjoys them, and that I don't enjoy eating meat. I did not finish that meal and have been vegetarian ever since.

Since that time, I have become aware of so many reasons for being vegetarian: freeing plant foods to help feed hungry people instead of meat animals, preserving our health, simplifying keeping kosher, being more gentle to the environment...the list goes on.

When I first became vegetarian in the early seventies, this was a very unusual thing and friends and relatives worried about my sanity or at least my health. Now, when I mention that I am vegetarian, people all tell me how they or someone close to them is also vegetarian or at least they say that they don't eat very much meat any more themselves. From being a far out, kooky idea, vegetarianism is now becoming a reality for many and an ideal to be admired and aspired to for many more. This is progress and organizations like the Jewish Vegetarian Society are to be thanked for it.”

SOCIETY NEWS

NEW LIFE MEMBER

We would like to extend a hearty welcome to Jonathon Danlowitz of Israel on becoming a Life Member of the Society. We will always be happy to hear from any other members wishing to take this step and become a "Pillar of the Society". This not only encourages others, but it also secures the future of the Society.

NEW LIFE MEMBER

We would like to extend a hearty welcome to Prof Richard Schwartz of USA and Mrs J.S. Hardman of Cumbria on becoming Life Members of the Society. We will always be happy to hear from any other member wishing to take this step and become a 'Pillar of the Society'. This not only encourages others, but it also secures the future of the Society.

It is with deep regret that we have learned of the passing of two of our very dear friends of the Society.

Henry Toch, who together with his dear wife Margaret have been Committee Members of the J.V.S. for many years and we will all miss him, as will the many organisations he was associated with.

Also Sally Marin of Bournemouth, who together with her husband Maurice, were founder members of the Society, as well as being Life Members.

We wish Margaret Toch and Maurice Marin long life, and good health be with them for many years.



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.

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

TURNING WORDS INTO

FREEHOLD PREMISES

The Jerusalem Centre

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

Mrs Ruby Parsons, Southampton. Paula Greenberg, NJ. USA.

DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds.

Although items £3 and under are not listed to save expenses, all are appreciated and put to good use.

£30 Mr S. London NW2. £20 Mrs J.H.Cumbria. £15 Mr E.H. Northwood, Middlesex. £15 Mr C.J.M. London NW11. £10 Mr D.B. London E1.
 £10 Dr.A.C.J. Kew Gardens, Surrey. £10 Mrs R.P. Southampton.
 £10 Miss M.R.K. London NW11. £10 Mr R.R. Chigwell, Essex.
 £10 Mrs H.B.W. NSW, Australia. £10 Mr W.W. Paignton, Devon,
 £10 Mr & Mrs J.S. London N16. £8 Mr & Mrs B. Pinner, Middlesex.
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 £5 Ms D.K. London NW11. £5 Mrs L.M. Leeds. £5 M.S. London W4.
 \$15 Ms E.W. NY, USA. \$10 Mr J.W. MI, USA. \$10 Ms N.C. CO. USA.
 \$8 Ms S.S. NY. USA. \$5 Mr R.A. Washington DC, USA. \$5 Rabbi S.S. PA, USA.

BUILDING FUND DONATION - LONDON

Alice Kessler, New Jersey, USA. Gabrielle Sigel, Portland ME, USA.

FRIENDSHIP HOUSE



The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at POB 1837, 20 Hatzav Street, Mevasseret-Zion 90805, Israel. Tel: 972 2 5337059
(Please note new address) Visitors are always welcome.

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

DONATIONS RECEIVED:

£18 The R. Family. London W5.
 £7.50 Mrs R.P. Southampton. \$20 Ms P.G. NJ, USA.

DEAR SIR

Dear Sir,

Thank you so very much for the kind welcome as a Life Member of The International Jewish Vegetarian Society.

You asked me for a brief description of my life as a vegetarian. Probably if you had asked for a book about this I could have prepared it faster, but as my vegan/vegetarian lifestyle permeates every second of every day, I realised the importance of my story and the details would need to be well considered.

Ever since I was a child, in fact since I was an infant (according to the home movies and parental accounts) I have adored animals of all kinds. Well, maybe not insects and snakes, but certainly the rest of the non-human kingdom. In fact, I think I preferred animals to people. In my teen years I did experiment with vegetarian eating, but had no guidance on what that meant, really. At that time, I was only trying to watch my weight. When I was nineteen, my family took a cross-country trip and visited a slaughterhouse in Kansas. My mom describes how I wouldn't leave the car when the rest of the family toured the disgusting facility. To this day, I wonder how the event didn't change everyone's life. But, that's another story. Around the same time, I was introduced to yoga and totally missed the issues which yoga teaches about ahimsa, non-harming of all living things. This wasn't taught in the classes. Only the exercises and breathing techniques were taught. It would take several more years after I started teaching yoga that a student asked me how I could still be eating animal food when I was a yoga teacher. The question triggered the impetus for the transformation. I was twenty-six years old. Still I didn't get the ethical issues despite all my experiences, reading and yoga. I did get the health benefits. I did understand how much better I felt without the "dead flesh" being processed in my living body. But, it would take many more years and experiences to complete the evolution.

This year I turned thirty, I have been vegetarian (not vegan) for a few years.

Yours faithfully,

Suzie Muchnick Spencer, USA.

DEAR SIR

Dear Editor,

I was deeply honoured to be chosen to give the first annual “Philip Pick Memorial Lecture” at Bet Teva on October 31, 2000. I hope this will become a tradition that will be carried on for many years, as it is important that the dedicated pioneering work that Philip Pick did to start the International Jewish Vegetarian Society and to spread the Jewish Vegetarian message be remembered and that we continue and expand on his superb efforts.

After my long involvement with the Society from a distance, it was a great pleasure to be at Bet Teva and to meet key activists who have done so much for the Society, including Naomi Fellerman, Michael Freedman, Shirley Labelda and John Schlackman, and to see Julie Rosenfield, Brian Jacobs and Dan Arbel again. It was a special treat to meet Minna Pick who has been so supportive of the IJVS and its activities for so many years.

Preparing my lecture and speaking with the activists who attended reinforced my feelings about the great importance of the Society and its wonderful efforts to educate people about the many connections between Judaism and vegetarianism. Naomi and others have already inaugurated many new projects including the youth poster contest and an outreach to singles as well as the Philip Pick Memorial Lecture and they are interested in suggestions for additional ways to help spread the Jewish vegetarian message.

To help support the Society, I have sent in dues to become a Life Member. I hope that others will also send in contributions and suggestions and help in other ways so that we can speed that day when “No one shall hurt nor destroy in all G-d’s holy mountain” (Isaiah 11:9). The future of Judaism and our precious but imperilled planet is at stake, so let us all greatly expand our efforts.

Very truly yours,

Richard H Schwartz

Professor Emeritus, Mathematics, College of Staten Island.
Author of “Judasim and Vegetarianism”, “Judaism and Global Survival” and “Mathematics and Global Survival”.

Over 100 articles and book reviews at <http://schwartz.enviroweb.org>

DEAR SIR

Dear Shirley.

Issue No. 134 (September) is a very beautiful issue and I wondered whether it would be possible for you to send a box of this particular issue to me c/o L'Chaim Vegetarian Group. Toronto. Ont. We would like to distribute these at our meetings, and hopefully many of the recipients will fall in love with the magazine and use the coupon on Page 3 to become members. I hope you can accommodate this request.

Best wishes,

Tom Salsberg.

ED: We can of course send these magazines, but would have to make a charge of 50pence per issue, which is just a third of the cost, plus postage by air freight.

ADVANCE NOTICE

The 36th Annual General Meeting of
The International Jewish Vegetarian Society
will be held at 855 Finchley Road, London NW11 on Sunday
18th March 2001 at 3.00pm.
This will be followed by a social.

We look forward to welcoming as many of you as possible
at the AGM. There will be an opportunity to ask questions
regarding the Society, what is going on, as well as a chance to
meet up with other members.

EMERGENCY BUILDING FUND

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

PHILIP PICK MEMORIAL

FIRST ANNUAL PHILIP PICK MEMORIAL LECTURE JVS HQ, LONDON, 31ST OCTOBER 2000 BY JULIE ROSENFELD



Front Row L to R: Minna Pick & Naomi Fellerman
Back Row L to R: Dan Arbel, Richard Schwartz & Michael Freedman.



L to R: Dan Arbel & Richard Schwartz

On Tuesday, 31st October 2000, the first annual Philip Pick Memorial Lecture took place at the JVS headquarters in London. The event, held in honour of the much missed founder and president of the JVS, the late Philip Pick, was well-attended by old and new friends of the Society with guest of honour, Minna Pick. We were delighted to welcome as our speakers for the evening, Professor Richard Schwartz of the USA and Dan Arbel of Israel.

Naomi Fellerman, JVS Chair, opened the event with an address of welcome and an appeal for donations in aid of the JVS HQ building fund and also to further the work of the society worldwide. She then invited Professor Richard Schwartz to deliver his lecture.

Richard Schwartz is a professor of mathematics at the Mathematics College of Staten Island, New York, USA. He is well-known to JVS members as the author of a number of books including "Judaism and Vegetarianism", a new edition of which is due out in the new year. He has been a patron of the JVS for many years and has written over 100 articles on Judaism and vegetarianism which can be found at his website at <http://schwartz.enviroweb.org/>. Immediately prior to being in London for the Philip Pick Memorial Lecture, he had been in Israel lecturing at the JVS Jerusalem centre. We were delighted to welcome him and his wife, Loretta, to the JVS HQ in London.

PHILIP PICK MEMORIAL

Richard began his lecture by saying that he was excited to be in England for the first time. He quipped that he knew that British former Beatle, Paul McCartney was vegetarian but he also concluded that John Lennon must have been vegetarian too, hence the song title “Give Peas a Chance!”

He said that he felt honoured to be giving the first Philip Pick Memorial Lecture and said that he himself might not have become a vegetarian or vegetarian activist were it not for Philip Pick’s work. Whilst Richard was carrying out his own research some years earlier, he found out about the Jewish Vegetarian magazine which Philip edited for 25 years and for which he produced 100 issues. It was such an important thing, he said, for him to realise that there was a Jewish vegetarian tradition and this had helped him to make the leap of faith and become a Jewish vegetarian activist. Not only did Philip have a vision but he also had the courage, foresight and ability to carry the work out. It was, Richard said, very important to extend Philip’s work and carry on his legacy.

As President of the Jewish Vegetarian Society, Philip single-handedly did so much to set up the centre. His editorials and articles in the magazine were so challenging that they gave Richard the beginnings of his own work and made him want to go further. He quoted an extract from one of Philip’s articles which showed how strong his feelings were. “Shall we participate in the use of poisoned carcasses of birds and beasts for food and ask for a perfect healing? Above all, shall we harden our hearts to the cries of tormented creatures reared in the captivity and darkness of factory farms, and ask for pity and compassion for ourselves and our infants?”

Philip’s book, “Tree of Life”, which includes many articles from the JVS magazine, contains constant reminders about how much Judaism has to say about vegetarianism.

Everything Philip did was based on higher Jewish values. His marvellous dream of vegetarianism has spread worldwide and the JVS now has members in 65 countries. He recollected that the JVS had started back in 1965 when Philip and Minna’s daughter, Vivien, sent a letter to the London-based Jewish Chronicle asking to meet other Jewish vegetarians. The letter attracted a number of replies and with these Philip started the society with the support and devotion of his wife, Minna, who continues to be a great support to the society today as does their nephew Eli, who also attended the lecture.

Philip had another dream: to establish a JVS chapter in Jerusalem, Israel. It was not an easy thing to do and it took time but, eventually, the Jerusalem centre was established in Balfour Street in 1992. In Philip’s speech at the dedication of the Jerusalem centre, he remarked that although the road to Jerusalem had been long and arduous, he looked forward with joy to the time when people would show love and compassion

PHILIP PICK MEMORIAL

to their fellow creatures and “a diminishment of the war against creation.”

Richard said that the most important thing was to continue Philip’s work. He praised the hard work of all those currently involved with the Society. Recent activities at the JVS HQ had included a children’s art competition to design a front cover for the Jewish Vegetarian magazine, some examples of which were on display at the event, and there were also plans for a singles group and a new website.

Contrasting the position of vegetarian activists with those who promote meat-eating, Richard said, “Our opponents spend billions, we barely get by. They have money but we have truth, morality and justice on our side.” He recalled that Philip had not been afraid to challenge the establishment. He made sure that the vegetarian message was promoted in the most positive way. To summarise Philip’s message, Richard said that “vegetarianism is not only an important individual choice but a societal imperative.”

Richard said that G-d’s initial diet was strictly vegetarian, Genesis Ch I, v. 29: “...And G-d said: Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed - to you it shall be for food.” Richard believed that G-d’s preference today was that people be vegetarian, as in the Bible G-d said that it was “very good”.

He said that the first vegetarian diet was consistent with modern science. He went on to give examples of the differences between the anatomy of humans and carnivorous animals. He said that humans had much larger intestines than those of carnivores. The stomach acid of a carnivorous animal was 20 times stronger than that of a human.

Turning to the Bible, he said that permission to eat meat was given to the Jewish people but only as a concession. Philip Pick pointed out that this permission was given with a curse. “And the blood of your lives will I require.”

A second vegetarian attempt was recorded in the Bible by the issuing of manna, which kept the Israelites in good health for 40 years. When the Israelites started lusting after meat, Moses was unhappy and G-d was displeased. However, He provided them with meat in the form of quails. Subsequently, a great plague broke out at Kibroth-hattaavah with many people losing their lives.

The permission for people to eat meat contained many restrictions as laid out in the laws of kashrut. According to Rav Kook, the first Chief Rabbi of pre-state Israel and a great philosopher, these restrictions indicate the need for a reverence for life. Rav Kook felt that in the Messianic period, people would be vegetarian, based

PHILIP PICK MEMORIAL

on the powerful prophecy of Isaiah Ch 11, v 6 ..."And the wolf shall dwell with the lamb. And the leopard shall lie down with the kid ..." Of particular note is the phrase "They shall not hurt nor destroy in all my holy mountain", (Isaiah Ch 11, v9) which forms the motto of the Jewish Vegetarian Society.

Richard then turned his attention to what the Torah has to say about the vegetarian message, he cited a number of powerful mandates which point to the need to adopt a vegetarian diet. Each mandate is contradicted by the realities of animal-based diets and agriculture. Judaism advocates compassion for animals. Unfortunately, he explained, the reason the world is in so much trouble, is that Jewish values and realities are opposite. These mandates are as follows:

1) To take good care of our health (pikkuach nefesh)

This is a most important mitzvah and over-rules many other commandments. The Sabbath day is tremendously important in Judaism but if a person is in desperate straits, the Sabbath may be broken to save a life - the Torah is to live by, not to die by. Even on Yom Kippur, if the medical authorities say that a person must eat in order for his/her health to be sustained, then a person must have the minimum amount of food but at least must eat.

However, the negative effects of animal-based diets, as shown in many studies, indicate that animal-based diets can contribute to heart disease and certain kinds of cancer as well as all kinds of degenerative diseases. Very few doctors, however, are aware of this. Richard said that it was important to have prevention programmes in place as well as cancer awareness schemes.

The New York Times quoted an epidemiological study done in China. China was chosen because it was like a living laboratory with people spending all their lives in the same place. 65 villages were studied and the body fat of the people was found to range between 6% and 24%. With an increase in animal production, more animal products were becoming available in China.

Most Chinese are lactose-intolerant and do not drink milk. However, they have far less osteoporosis than people in the UK, USA and Israel where many people drink milk but the rate of osteoporosis is higher. Addressing the calcium myth, he said that animal products containing high protein caused excess calcium to be excreted from the body which could then result in a negative calcium balance.

He said that for most vegetarians, the question they were most frequently asked was: "How do you get enough protein?" His answer was that it was impossible not to get enough protein on a well-balanced vegetarian diet. The confusion about this

PHILIP PICK MEMORIAL

had arisen because it was found that the milk of mother rats and mice contained 47% protein whereas human milk contained only 5% protein and this was sufficient to double the weight of a human baby in six months.

2) Compassion for animals (tsa'ar ba'alei chayim)

Philip Pick published an article called "Is it Kosher?" which examined the differences between vegetarian and animal-based diets. He pointed out that a test for leadership for the Jewish people was found in the Bible where Moses was chosen as leader because of his compassion for animals and the same was true of King David.

Another test was that of choosing a suitable spouse. Abraham sent his servant Eliezer to find an appropriate wife for his son Isaac. She passed the test because when she was asked to draw water for him, she also offered to draw water for the camels. This was such an important point that it is mentioned four times in the Bible.

Other rules include that of not muzzling an ox to an ass. Philip Pick contrasted this with the modern reality of veal calves and chickens in small cages. Further rules state that we should not feed ourselves before our animals and we should allow our animals to rest on the Sabbath. Of particular relevance are Proverbs 145:9: "The L-rd is good to all; And His tender mercies are over all His creatures" and 12:10 "The righteous person regards the life of his beast".

Modern realities are far from ideal and Richard cited a number of examples of cruelty to animals in current farming methods. He said it was indefensible to raise chickens so that they could not move their wings. He deplored the fate of millions of male chicks killed annually because they had no economic value. Dairy cows were artificially impregnated with the resultant veal calves being confined in a small space. The issue of pate de foie gras was currently being discussed in Israel. This cruel procedure caused artificially enlarged liver in the geese and tremendous pain.

He said that some of Judaism's higher principles should be applied by adopting a vegetarian diet.

3) The need to protect the environment

"The earth is the L-rd's and the fullness thereof" (Psalm 24). It is stated in the Talmud that we are to look after the environment and to be partners and co-workers with G-d. One example given is that factories could not be built too close to the town. However, Richard gave a number of instances where environmental concerns are being ignored. The realities of modern animal-based agriculture mean

PHILIP PICK MEMORIAL

that much corn is being grown and given to feed animals. Tropical rain forest land is being cut down at a tremendous rate, which in turn is related to soil erosion.

Global climate change is one of the biggest issues. The 1990s constituted the warmest decade in history with many severe storms. In 1998, the damage caused by storms was greater than that experienced during the whole decade of the 1980s. The International Herald Tribune recently published a new report indicating scientific consensus that global warming has arrived and could be worse than initially thought. The temperature in the next century may go up by 2-11 degrees F which would be much warmer than now. There had recently been severe droughts in Israel because of a lack of rain - only 72cm.

4) We should not waste or unnecessarily destroy anything of value. (Bal Tashchit)

Animal-based diets are very wasteful in that they require far more corn and land than a plant-based diet and this is a big problem. People need to make the vegetarian connection if they are concerned about shortages of water and other resources. We have to take into account that diet can make a big difference. We are not only trying to feed 6 billion people but also 45 billion animals.

Richard expressed great concern at the use of animal-based diets which would lead to a doubling in the number of farm animals. As China increases its affluence, it is moving away from a rice diet to a beef-based diet. As a result, China, which has traditionally been a grain exporting country, is becoming a major grain importing country. If trends continue in the next 20 years, China will experience major food insecurity.

5) Feeding the hungry

In Judaism, we are commanded to feed the hungry e.g. we should leave corners of the field to provide food for the needy. G-d provides enough food for all: "He openeth up his hand and provides sustenance to all living things" (Psalms: 145:16). There are 20 million people dying of hunger in the world today with 40% of grain in the US being fed to animals destined for slaughter. When people eat meat, this contributes to world hunger as food then has to be provided for billions of livestock animals.

6) Peace

We are commanded to "seek peace and pursue it" (Psalms 34:15). Judaism is not, however, a pacifist religion. In trying to strive for peace, in the final analysis, war might sometimes become a tragic necessity.

PHILIP PICK MEMORIAL

Sages were agreed that the Hebrew words for bread and war were derived from the same root. In a time of shortage of grain and resources, people were more likely to go to war. When people adopt an animal-based diet that requires more grain, war becomes more of a possibility.

Richard concluded his excellent lecture by saying that the JVS could not have had a better leader than Philip Pick. He hoped that the Society, which has earned a reputation for great work, would try to follow in Philip's footsteps and carry on his struggle. He said that it was a societal imperative to revitalise Judaism not just by having peaceful teachings but also by putting them into practice. He hoped the Society would continue to use Philip's writings and teachings to get the message out. He also applauded the use of technology with the use of e-mail and the internet to carry forward the Jewish vegetarian message,

There then followed a special address by Dan Arbel, Chair of the IJVS in Israel. He said he was honoured to be taking part in the event and was happy to share some beautiful memories of a respected man and a close friend, Philip Pick.

Dan said he had known Philip and Minna for 30 years, during which time he enjoyed Philip's broad knowledge of Vegetarianism and Judaism. Philip was the first person he had ever met who had been born a vegetarian. He quoted his friend, Albert Kaplan of New York, who said of Philip's work that: "It may well be that the Jewish Vegetarian Society's importance to the future of the Jewish people may be definitely greater than we could at present imagine."

Dan recalled an enjoyable vacation he had spent in Holland with Minna and Philip in 1969 when he met them for the first time. He also recalled a Seder spent at his house with Philip, Minna and Vivien. Dan's wife, who was not a vegetarian at the time, was shocked to learn that she had to use a plastic bone for the Pesach offering! However, she slowly learned to combine orthodox Judaism with vegetarianism.

In turn, Dan recalled great hospitality he had enjoyed with the Picks, both with Minna's good cooking in London, and Vivien's Italian vegetarian cooking in Milan.

He recalled with pleasure how he had worked with Philip on many occasions, in particular for the Jewish Vegetarian Congress which was held partly in Ashkelon and partly in the vegetarian village Amirim. This event was a great success and was attended by people from England and Israel and is something which Dan would like to repeat if there were enough interest.

He spoke of the Jerusalem centre and the beautiful garden laid out as a result of Minna's generosity and which is dedicated to the Pick family. The society is managed by a young couple Elihu and Dalit Menzin, who arrange regular monthly lectures and

PHILIP PICK MEMORIAL

activities. Recent speakers had included a lecture by Shlomit Nezah on improving eyesight in a natural way, and, in September, they had had the pleasure of welcoming Richard Schwartz.

Recently, he reported, a meeting was held in Jerusalem with Christa Blanke from the Animal's Angels with Yossi Wolfson, Anonymous for Animal Rights, Rabbi David Rosen, Gloria Menzin and Elihu Menzin. They are putting pressure on the authorities about the calf and sheep trade. He explained that tens of thousands of calves and sheep arrive from Europe to Israel every year and many animal organisations are disturbed at the treatment that these animals suffer. A government committee has recently been set up to assist the Ministry of Agriculture to prepare regulations to safeguard the welfare of animals during transportation.

He appealed for more funds in order to expand and develop the centre in Israel and to help Philip's foundation to remain and flourish. In particular, he hoped people would contribute to new memorial plates to Philip and Minna.

The First Philip Pick Memorial Lecture was a great success and we are very grateful to Richard Schwartz and Dan Arbel for joining us for what we hope will be the first of many such events.



L to R: Brian Jacobs talking to Richard Schwartz, Michael Freedman talking to Dan Arbel.



Richard Schwartz giving his lecture.

CHANUKAH &

BY PROF RICHARD SCHWARTZ

Many connections can be made between vegetarianism and the Jewish festival of Chanukah:

1. According to the Book of Maccabees, some Maccabees lived on plant foods to “avoid being polluted like the rest” when they hid in the mountains to avoid capture.
2. The foods associated with Chanukah, latkes (potato pancakes) and sufganiyot (fried donuts) are vegetarian foods, and the oils that are used in their preparation are a reminder of the oil used in the lighting of the Menorah in the rededication of the Temple.
3. Chanukah represents the triumph of non-conformity. The Maccabees fought for their inner beliefs, rather than conforming to external pressure. They were willing to say: This I believe, this I stand for, this I am willing to struggle for. Today, vegetarians represent non-conformity. At a time when most people in the wealthier countries think of animal products as the main part of their meals, when McDonald’s and similar fast food establishments are expanding, vegetarians are resisting and insisting that there is a better, healthier, more humane diet.
4. Chanukah represents the victory of the few, who practiced God’s teachings rather than the values of the surrounding society, over the many. Today vegetarians are a very small minority in most countries, but they believe that, consistent with God’s original diet (Genesis 1:29) and religious mandates to preserve our health, treat animals with compassion, protect the environment, preserve natural resources, and share with hungry people, vegetarianism is the dietary approach most consistent with Jewish values.
5. Chanukah commemorates the miracle of the oil that was enough for only one day, but miraculously lasted for eight days. A switch to vegetarianism on the part of the world’s people could result in an even greater miracle: the end of the scandal of world hunger which results in the death of an estimated 20 million people annually, while over a third of the world’s grain is fed to animals destined for slaughter.
6. It is interesting that the ration of eight days that the oil burned compared to the one day of burning capacity that the oil had is the same ration (8 to 1) that is often given for the pounds of grain that are necessary to produce a pound of edible beef in a feed lot. The miracle of the oil brings the use of fuel and other resources into focus, and vegetarian diets make resources go much further, since far less water,

CHANUKAH &

fuel, land, pesticides, fertilizer, and other agricultural resources are required for plant-based diets than for animal-centered diets.

7. Chanukah also commemorates the rededication of the Temple in Jerusalem after it was defiled by the Syrian Greeks. The Hebrew root of the word Chanukah means dedication. Today, a shift to vegetarianism can be a major factor in the rededication and renewal of Judaism, because it would show that Jewish values are relevant to everyday Jewish life and to addressing current problems, such as hunger, pollution, resource scarcity, and soaring health care expenditures.

8. Candles are lit during each night of Chanukah, symbolizing a turning from darkness to light, from despair to hope. According to the prophet Isaiah, the role of Jews is to be a “light unto the nations” (Isaiah 42:6). Vegetarianism can be a way of adding light to the darkness of a world with slaughterhouses, factory farms, and vivisection laboratories, as well as other symbols of oppression.

9. Chanukah commemorates the deliverance of the Jews from the Syrian Greeks. So, today, vegetarianism can be a step toward deliverance from modern problems such as hunger, pollution, and resource scarcities.

10. On the Sabbath during Chanukah, the prophetic portion indicates that difficulties can best be overcome “not by might and not by power, but by my spirit, says the Lord of hosts” (Zechariah 4:6). Today, Jewish vegetarians are arguing that the way to a better world is not by exercising our power over animals, but by applying the spirit of God, “whose tender mercies are over all of His creatures” (Psalm 145:9).

11. The Hebrew root of the word Chanukah also means education. Jewish vegetarians believe that if Jews were educated about the horrible realities of factory farming and the powerful Jewish mandates about taking care of our health, showing compassion to animals, protecting the environment, conserving resources, and helping hungry people, they would seriously consider switching to vegetarian diets.

12. At the morning services during each day of Chanukah, there is a recitation of Hallel, the psalms of praise from Psalm 113 to 118. During the Sabbath of Chanukah and every other Sabbath during the year, the morning service has a prayer that begins, “The soul of all living creatures shall praise God’s name”. Yet, it is hard for animals to join in the praise of God when annually in the United States alone over 9 billion animals are killed for their flesh after suffering from cruel treatment on factory farms.

MASALA DELI BAR



A brand new concept in Indian vegetarian food recently opened in North London's fashionable Crouch End. N.8.

The proprietor, Rohini Jansari, has set out to revolutionise the Indian vegetarian food market, by adopting traditional and authentic cooking methods and placing them in the context of a modern Western lifestyle environment.

MASALA DELI BAR is a modern Indian-euro fusion deli bar, serving authentic Indian

food and freshly prepared juice combinations. There is no deep-frying and where possible recipes have been modified to remove unnecessary fats. Only wholesome ingredients such as whole grain rice, seeds, pulses and spices are used, and every effort has been made to source organic produce.

Masala juices contain up to three pieces of fruit and vegetables, having one along with a masala vegetable dish, the recommended level of five pieces per day is easily achievable. In addition to the traditional Indian lassi (yoghurt based drink) there are Masala smoothies for those seeking a more fruity flavour drawn from the East. There is also homemade ice cream, based on a closely guarded family recipe, incorporating tropical fruits, the favourite being, passion fruit.

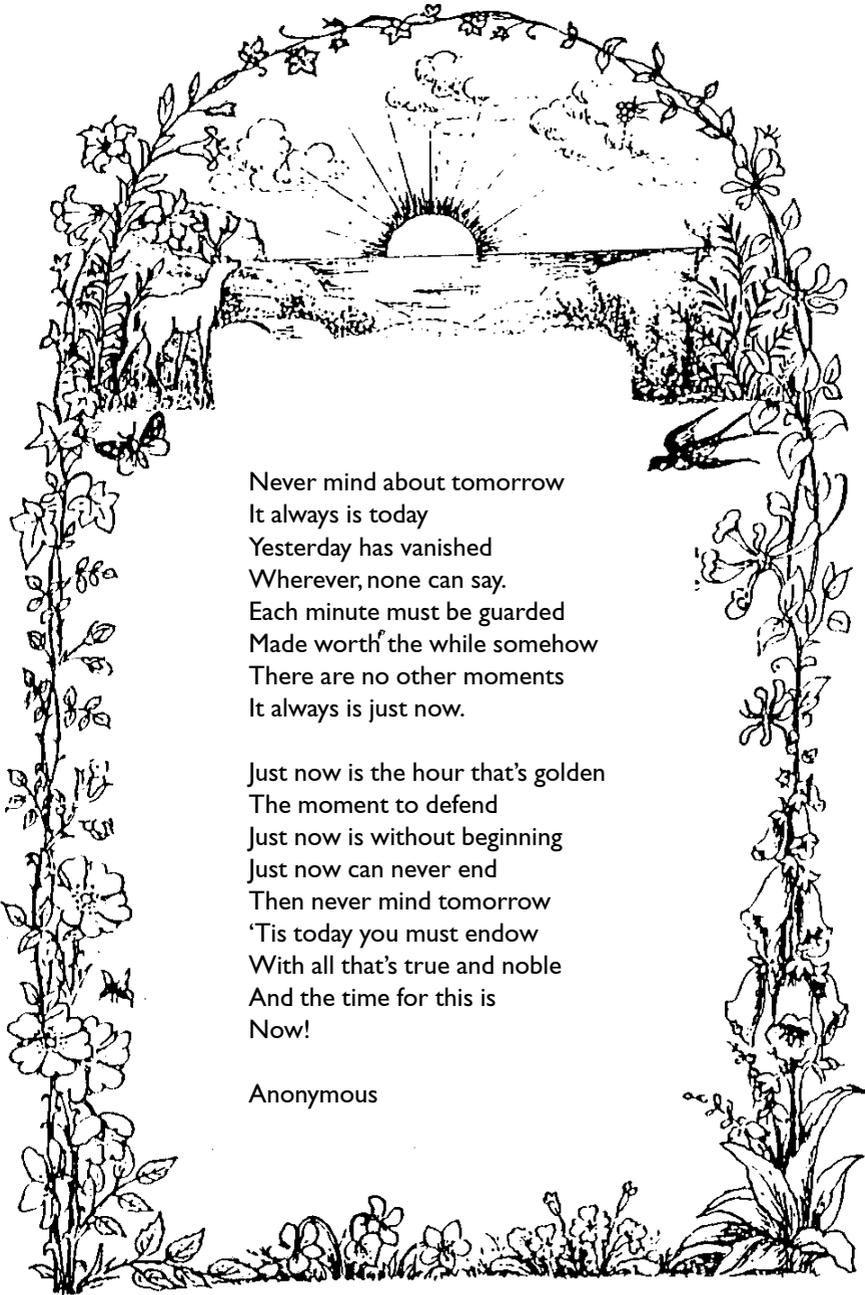
The menu is varied and delicious, and gives Masala the opportunity to be viewed as a valid alternative to other cuisines.

Why not go along and see for yourself, it certainly is well worth a visit. The address is 59. Park Road. Crouch End. London. N.8. Tel: 020 8442 9222.

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.

JUST NOW



Never mind about tomorrow
It always is today
Yesterday has vanished
Wherever, none can say.
Each minute must be guarded
Made worth the while somehow
There are no other moments
It always is just now.

Just now is the hour that's golden
The moment to defend
Just now is without beginning
Just now can never end
Then never mind tomorrow
'Tis today you must endow
With all that's true and noble
And the time for this is
Now!

Anonymous

HOLISTIC COUNSELLING

PSYCHOSYNTHESIS THERAPEUTIC COUNSELLING

BY CLAIRE HANNAH MARCUS

POST GRADUATE DIPLOMA IN THERAPEUTIC COUNSELLING

The Psychosynthesis approach to counselling is a holistic way of working, which acknowledges human experience in all its facets: physical, emotional, intellectual and spiritual.

Doctor Roberto Assagioli (1888 – 1974), an Italian physician was the founding father of Psychosynthesis. He was among the first to bring psychoanalysis to Italy. In addition to Assagioli's psychoanalytical and medical background he also studied various religions including Hinduism, Buddhism, Judaism and Christianity. He practised Hatha and Raja yoga and had an abundance of eminent contacts including philosophers, Sufi mystics and psychologists, all of whom inspired and motivated him to create his wide perspective and vision which he called Psychosynthesis. It is a synthesis of many traditions.

Assagioli felt that psychoanalysis was incomplete. He said that psychology must embrace the soul as well as the libido. He postulated that the soul is the source of psychological health. Psychosynthesis has often been described as 'psychology with a soul', which values times of despair as well as periods of joy. Difficulties are seen as also having potential for growth. Suffering moves us forward and through our wounds we open to the light. To quote Jean Houston: "In times of suffering, when you feel abandoned, perhaps even annihilated, there is occurring – at levels deeper than your pain – the entry of the sacred, the possibility of redemption. Wounding opens the doors of our sensibility to a larger reality. Pathos gives us eyes and ears to see and hear what our normal eyes and ears cannot".

Assagioli recognised that there was a lower unconscious where painful memories as well as our most primitive drives are buried and repressed. However, he also believed that there was a higher unconscious, which contains our deepest potential and uniqueness. Part of the therapeutic process is for the client to tap into their own higher unconscious and discover their purpose in life.

What particularly distinguishes Psychosynthesis from other psychotherapies is its emphasis on the Will. The Will enables a person to decide and to initiate action. Assagioli informs us that the Will directs, regulates and differentiates. The Will is involved in our decisions, choices and actions. When the Will is trapped from our history it leads to our reactions, our inertia and our habitual patterns. My task as a therapeutic counsellor is to identify with the client where their Will is trapped and help facilitate the client to free their Will and make conscious choices and take appropriate action. So the Will has a lot of value in relation to change and

HOLISTIC COUNSELLING

potential for self-actualisation. Piero Ferrucci, a well-known Psychosynthesis writer and therapist sums up the Will as 'the key to human freedom and personal power'.

As a Psychosynthesis therapeutic counsellor, I enable individuals to explore their issues using a variety of tools including imagery, dreams, drawing and dialogue work. Visualisation is another technique used to gain awareness of hidden parts of ourselves. Clients are also encouraged to acknowledge their different subpersonalities including all aspects of themselves that they see as negative. Each subpersonality has a set of behaviours, belief systems, values and own energy. Clients learn to accept subpersonalities and co-ordinate any conflicting parts so the various needs of the individual can be met. When we face up to the different parts of ourselves we free up much repressed energy which can be used to allow more creativity in our lives. Clients are guided to make their own choices and take responsibility for their lives.

Individuals often reach a stage where they lose meaning and purpose in their lives. From a Psychosynthesis viewpoint, these times are opportunities to take stock of one's life and connect to what really matters.

Apart from its contribution to counselling and psychotherapy, Psychosynthesis can be woven into other spheres of everyday life. Whether employed in commerce, trade, education or healthcare, whatever your profession, skills or role in life, Psychosynthesis brings a dimension of awareness to empower each individual. Psychosynthesis can help people to see where they are, where they have come from and therefore where they need to go next. It can help us live better, more fully according to the best, which is within us.

Claire is a qualified Therapeutic Counsellor (post graduate diploma). She has spent five years completing an intensive degree programme in Psychosynthesis Psychotherapy & Counselling with the Institute of Psychosynthesis (a course recognised by Middlesex University) and three years studying under the auspices of the Westminster Pastoral Foundation where she originally obtained her Certificate in Psychodynamic Counselling. If you would like to speak to her about counselling you can contact her in the UK on 020 8207 3115. Concessions made in special circumstances.

Should you wish to find out more about Psychosynthesis you could try reading:

'What we May be, The Vision and Techniques of Psychosynthesis' by Piero Ferrucci or 'Care of The Soul, How to add depth and meaning to your meaning to your everyday life' by Thomas Moore

OVER-EATING

BY GINA SHAW MA
HEALTH AND NUTRITION CONSULTANT

There are many reasons why people eat, but not many are related to true hunger. Many people say that they have a large appetite, but this rarely equates to true hunger. In this article, we shall examine some of the reasons why people eat, when true hunger has not arisen.

Diabetics are told to eat frequently to avoid going into a diabetic coma. Every two hours many diabetics force down a concoction of usually wrongly-combined, nutritionally-deficient foods in an effort to avoid this dreaded coma. They are not told what types of foods to avoid e.g. meat and animal products, or that they should be eating nutritionally-sufficient foods (whole, raw fruit and vegetables as an optimum). These people are continuing to keep themselves in a diabetic condition, and are not helping themselves. Here in Britain, the British Diabetic Association (BDA) now agree that diabetics don't have to avoid fruit, even sweet fruit as previously thought. However, the condition of the diabetic may be such that they should withhold from sweet fruit for a while and gradually increase their intake in the diet when health improves. It is now becoming common practice amongst orthodox dietetic associations to encourage diabetics and those with heart disease to eat more fruit and vegetables. Giving reference to the Glycaemic Index, however, the BDA do advise that items high on the GI should be taken less frequently. Fruit, with all its fibre, is a fine food for people with diabetics. Of course, fruit should only ever be eaten on an empty stomach and left to digest before other foods are taken.

However, non-diabetics continue to make all sorts of excuses for eating and over-eating in their everyday lives. Some blame it on boredom, some on worry about food going off, some eat 'to be sociable' but when we are more honest with ourselves we realise it is usually due to other reasons. Many people eat when they are not hungry due to lack of love in their lives either from internal sources (self-love, self-approval, etc.) or a perceived lack of love from others. It is important to be aware of our feelings and emotions when we do eat without true hunger. When changing to a healthier diet, for instance an avoidance of meat, dairy products etc., although it is more beneficial physically to change quickly, psychologically and emotionally it is often better to change over a little more slowly! A transition period is what I would recommend, coming off the worst offenders first, unless chronic illness is present. It is also important to have strong motivations for switching over to a healthier diet and not just second-order desires.

What I want to emphasise is that the only reason that we should ever be eating is to satiate a true need for food by the body. When one does not follow this rule,

OVER-EATING continued

excess food will be treated as poison and will need to be eliminated, or it may ferment or putrefy due to the delay in the digestive process, and cause toxins in the bloodstream. Either way, our body will be poisoned to some degree and drained of vital energy. Toxaemia (a saturation of body tissues with poisons) arises from the taking of excess food, improper food combinations, unsuitable foodstuffs and this, in turn, gives rise to more over-eating and eating without the presence of true hunger. We must gain control of our emotions and our eating habits.

When we have toxins circulating around in our bloodstream, our thinking becomes clouded and we are unable to deal with outside stress and negative feelings which may arise, and this leads to further poor food/poor food quantity choices. When we abide by the essentials of health and provide our bodies with pure raw fruits and vegetables, organically-grown and in correct combinations and quantities, we find ourselves more disciplined as our heads are clearer and our bodies freer of toxins. Excuses like 'It'll have to be eaten or it will go off' and comfort eating will disappear as we learn to confront our feelings and frustrations and challenge them more effectively due to a cleaner bloodstream and a clearer mind.

I believe that eating when there is no real hunger is usually a love substitute, although it can be a form of self-punishment. Be honest with yourself: **Do you need food or love?** Filling the emotional gap by feeding our stomachs only abuses our gastrointestinal tract and will not solve our problems. Treating our stomach as an organ of pleasure rather than as nature intended, leads to more displeasure in the long-run. When we need love, we must work out how to find it; either within ourselves or from external sources. But we should love ourselves first and foremost and then everything else will fall into place. So learn to love yourself unconditionally and you will find the solution to over-eating!

Gina is available for personal health and nutrition and iridology consultations and also provides emotional healing sessions and courses in natural health. Contact her at True Health, c/o 8 Marston Road, Clayhall IG5 0LZ, England. Telephone: 020 8351 0086.

NOTICE

WE ARE DESPERATELY SEEKING CONTRIBUTIONS/ARTICLES ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE CAN YOU HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

HEALTH CLAIM DENIED

NUTRITIONIST DENIES 'MEAT ESSENTIAL FOR HEALTH' CLAIM

In a bizarre saga of denial and counter denial, the director general of the British Nutrition Foundation (BNF), Professor Robert Pickard, claims never to have said that meat is essential for health. It was one of several pro-meat claims attributed to him in a widely-reported press release issued last July by the Meat & Livestock Commission (MLC). The MLC however, insists their press release was accurate. This extraordinary disagreement has been revealed in a series of letters between the two organisations and the animal charity Viva!. The BNF's principal officers have remained silent in the face of this embarrassment.

The press release quoted Pickard as saying that vegetarians risked damaging their health because lack of meat resulted in pathogens taking hold in the gut and causing illness. But the BNF's vice-president, Prof. Ian Macdonald, now claims: "The comments did not emanate from the BNF or Prof Pickard but from the PR people working for the MLC". The MLC press office denies this and insists that the release was written by the BNF and approved by Pickard.

While disclaiming them to Viva!, Pickard and the BNF have refused to issue a public retraction. They have used the media to help sell meat on the basis of phoney science, despite an avalanche of research linking meat and animal products to strokes, coronary heart disease, cancer and premature death.

For further information and copies of the correspondence, contact Tony Wardle. Viva! on 01273 777688 or write to 12, Queen Square, Brighton. E.Sussex BN1 3FD.

HELP!!!

We are in desperate need of someone to
'man' the office, one day a week
(day to be arranged) preferably the same
day each week, on a voluntary basis.

Typing or computer skills would be an asset.

Please contact the office on 020 8455 0692
between 10.00am – 4.00pm.

GOOD FOR YOUR HEART

SOYA IS 'GOOD FOR YOUR HEART' VIDE METRO NEWSPAPER

Eating soya can reduce cholesterol and the risk of heart disease, experts said yesterday. The United States Heart Association added the beans to its list of recommended products for healthy eating. John Erdmna, a nutritionist at the University of Illinois, said many Asians - who have a high intake of soya - had half the rates of heart disease as Europeans and Americans. A recent United States study showed eating 20 grams of soya a day could reduce cholesterol levels in only nine weeks.

PRESS RELEASE RECEIVED FROM VEGETARIANDIET.CO.UK

One in ten people in Britain are now vegetarian. Thousands more give up meat every day. The health benefits are enormous (meat is now known to cause cancer) and each new vegetarian means a few more animals saved from the horrors of the slaughter house.

Anyone who wants to know more about vegetarian eating can now visit www.vegetariandiet.co.uk for all the advice and information they need. The site also carries dozens of vegetarian recipes.

All information on the site (prepared by Dr Vernon Coleman) is provided completely free of charge - and the site carries no outside advertising.

www.vegetariandiet.co.uk is endorsed by the EMA - European Medical Association.

For more information contact Sue Ward: Tel: 01271 328892. Fax: 01271 328768. e-mail: sue@makeyourselfbetter.net

BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from
the Society's Honorary Solicitors Communications
to Headquarters "Bet Teva",

855 Finchley Road, London NW11 8LX

Tel: 020 8455 0692

TRAVEL SICKNESS

THE NATURAL SOLUTIONS BY ADAM JACKSON

Of the millions of people travelling to their holiday destinations this summer, nearly one third will suffer from travel sickness. Many resort to over-the-counter medications such as Dramamine, others turn green and bear it, but a growing number of travellers are seeking natural alternative treatments.

Who is affected?

A national study carried out on 56 mainland UK bus and coach journeys revealed that 28 per cent of bus and coach passengers experience travel sickness in varying degrees. Measuring the effects of vehicle motion on over 3256 passengers, Researchers at the Institute of Sound and Vibration Research, University of Southampton, found that 28.4% of all passengers reported feelings of illness, 12.8% reported nausea and 1.7% reported vomiting during coach travel.

The solutions

Certain factors have been found to make travel sickness worse. For example, feelings of nausea and illness are worse when passengers look out of the side windows during the journey, and when the ride is faster and more jerky in motion. Travel sickness has also been shown to be worse on routes classified as being predominantly cross-country and those travellers sitting towards the back of the bus or coach experienced significantly worse feelings of sickness than those sitting near the front.

Therefore, the first steps to take when travelling on long journeys is to try to sit as near to the front as possible, and look forward rather than sideways out of the window.

More travel, less travel sickness

According to a report from the Department of Psychology, Humboldt State University, California, USA, you can reduce the effects of travel sickness by travelling more often! It seems that the more we travel, the less likely we are to suffer from travel sickness.

Simulating the motion associated with travel sickness, researchers demonstrated that travel sickness can be significantly reduced by up to ninety per cent within one month simply by travelling more often. Using an optokinetic drum to replicate the symptoms of motion sickness, the researchers monitored thirty four men and women who suffered from travel sickness. The subjects were repeatedly exposed to the motion of the drum until there were no detectable symptoms of travel sickness.

The results revealed that, four weeks after their initial exposure, travel sickness had been alleviated by an average of ninety per cent. When the subjects were tested a year later, the patients susceptibility to travel sickness had begun to return but was

TRAVEL SICKNESS continued

still, on average, 25 per cent better than their original test.

The report suggests that people do tend to adapt to motion sickness to the extent that within just one month, symptoms are virtually gone and that the effects last to a limited degree for a year.

Deep slow breathing: an effective cure for travel sickness

It is no coincidence that opening the window of a car when someone is feeling travel sick generally seems to alleviate their condition. Researchers at the Department of Psychology, Pennsylvania State University, in the USA investigated the causes and effects of motion sickness and found that slow, deep breathing does indeed help reduce travel sickness.

Forty six healthy men and women were each, in turn, put in a rotating optokinetic drum and all were found to be susceptible to motion sickness. They were then asked to count a slow deep breathing exercise during a sixteen minute period before going back in the drum. This time, however, the symptoms of motions sickness was significantly reduced.

The researchers concluded that, in those situations known to provoke stomach and motion sickness such as air, car and boat travel, slow, deep breathing exercises can significantly decrease the onset of the stomach and motion symptoms. The deep breathing exercises are especially effective if they are carried out before you start travelling and at regular intervals during the journey.

The Herbal remedy

Ginger taken as a tea or as a crystallised stem helps stimulate stomach movement and reduce nausea and vomiting. In fact, it is so effective in reducing nausea and sickness that it has been used successfully in clinical studies to help alleviate morning sickness in pregnant women.

Acupressure wristbands

Another natural remedy for travel sickness comes from Chinese medicine – acupressure. Controlled clinical studies have shown that wearing specially formulated wrist bands which apply pressure to acu-points on the wrist can help to significantly alleviate feelings of nausea and vomiting. These acupressure wrist bands are safe and easy to use and have been successfully used in hospitals to alleviate post-operative nausea and vomiting. Within five minutes of putting one on each wrist, you don't even feel that it's there. They are now commercially available from all good chemists and health food stores throughout the UK and are well worth trying if you suffer from severe travel sickness.

Summary

continued on page 30

TRAVEL SICKNESS continued

Travel sickness affects 1 in 3 people.

To prevent or treat it naturally and effectively try:

1. Sitting as near to the front of the vehicle as possible
2. Looking forward rather than sideways out of the window
3. Doing deep breathing exercises before you start your journey and at regular intervals
4. Take crystallised stem ginger or ginger tea before you travel
5. Wear acupuncture wrist bands

Finally, the good news is that the more often you travel, the less likely you are to suffer from travel sickness.

Wherever you go, have a safe, enjoyable journey!

[Ó Internet Health Library](#)

SAFE HAVEN FOR RESCUED CHIMPANZEES IN WAR-TORN SIERRA LEONE

A group of 22 rescued chimpanzees in Sierra Leone, Africa, have been given safe haven with the help of British charity the World Society for the Protection of Animals (WSPA). The chimpanzees had been kept illegally as pets by local and foreign workers who abandoned them when they left Sierra Leone, or neglected them once they became unmanageable.

WSPA has funded the construction of a new home for these chimpanzees at the Tacugama Chimpanzee Sanctuary, near the capital of Freetown, which consists of three interlinked enclosures covering an eight-acre area.

In the coming weeks, the new arrivals will be joined by two adult chimpanzees and six infants who are currently being prepared for the move into their new home, which is situated within 100 acres of prime forest set aside for it by the government. The sanctuary is run by Bala Amarasekaran, a former accountant who has been working for over a decade to provide a semi-wild home for rescued chimpanzees.

Every chimpanzee has its own tragic story to tell. One, 'Tito' witnessed the slaughter of his mother and was sold into the pet trade. He was forced to drink alcohol and smoke cigarettes and was regularly beaten. Tito was eventually discovered abandoned in an old trailer and had to go through 'cold turkey' to rid his body of its addiction to alcohol and nicotine. Happily, Tito made a full recovery and is now living in the sanctuary.

Miike Pugh, WSPA's Regional Manager for Africa, said, "With peace restored to Sierra Leone after years of civil unrest, the sanctuary offers a secure future for these chimps and hope for others who have become victims of the pet trade."

JUICE

We arrived in Dublin's fair city on a drizzly early evening and set out to get our bearings and to find a vegetarian meal. Passing by many ethnic restaurants and innumerable 'pubs' where the ubiquitous 'Guinness' reigns supreme, it was refreshing to come across the simply named 'Juice' on South Street St George. With its light wood flooring, and touches of steel, and understated interior, the tables set with a single fresh flower, its ambience was just right.

'Smoothies', a combination of fruits blended together, and really freshly squeezed juices made to order are its forte, and it was difficult to choose from such a mouthwatering selection. I began with a cooling banana lassi (made with yoghurt), whilst 'M' chose a red apple juice. The menu was mainly vegan and wholly vegetarian, garnered from many parts of the world. Our starters were stuffed vine leaves (with brown rice, feta cheese, olives, lemon, herbs and garlic) and a selection of 'home-made' dips which were a lovely combination of tastes. Hummus and Tapenade (an olive paté) and Baba Ganush (aubergine and Sesame pate), all served with strips of warm pita bread and salad. Surely this is what vegetarian food is all about! The main dishes were just as imaginative: Ratatouille (French-style vegetables in tomato sauce served with cous-cous), Crespeline (organic flour crepes filled with spinach and mushrooms and brie cheese topped with creamy mustard sauce and lettuce leaves), Thai curry, Asian noodles in a sweet and spicy sauce, Risotto, and the intriguingly named 'Juiceburger and Chips' (organic aduki beans and oats blended with herbs and vegetables served with potato wedges and salad). How could we possibly leave Dublin without trying the freshly cut chunky potato chips? We were spoilt for choice.

By then, sadly neither of us had room for dessert, which promised to be equally exciting, but that would surely provide us with yet another reason to return to 'Juice'.

ARTISTIC?

Committed nature lover and serious environmentalist?

Spiritually traditional? Tolerate and compassionate?

Male, writer/photographer.

Vegetarian, Global Traveller. British/Israeli background.

Welcomes like minded lady of any positive biological/psychological age.

ZVI. QUEST AUCKLAND. 263 QUEEN STREET. AUCKLAND. NEW ZEALAND.

GARDENERS CORNER

The sun arcs low and slants its rays across the land blessing the season with its brevity.

The westerly gales bring rain aplenty as once again nature asserts her authority over man's technology.

Once again we have seen flood disasters and tragic scenes of ruined homes. How much of this has been due to the actions of our society? Once the fields were encompassed by hedges and ditches – too many of these have been eradicated taking with them habitat for flora and fauna and the first line of defence against run-off-water. The removal of trees and the shrinkage of heathland takes away a natural reservoir and removes precious vestiges of irreplaceable aspects of our once rich and varied countryside. Rivers are canalised and so their slow meanderings give way to a torrential rush and the flood plains and water meadows try to reassert themselves.

As the new “plague” of C J D Variant begins its ravages, Government scientists were heard to say that they could find no link with B S E while in contradiction ex ministers were apologising for having said that beef was completely safe! A few weeks earlier the same scientists were saying that organically grown food was in no way better than non organic food. This assumes that pesticide residues are acceptable and that the use on the land of chemical fertilisers can be tolerated when they help to remove body and fibre from the soil (making the ground less water retentive) and washing harmful nutrients into our rivers causing untold damage and helping to leach the soil of its good heart.

Many of us in a small way can have an impact on the larger picture by the practice of good husbandry in our gardens. This involves the absence of chemicals to “enrich” the soil for our crops instead incorporate as much as possible of organic material which will help the soil to breath and slowly release nutrients into the rootbase of our fruit, flowers and vegetables – also it will greatly encourage earthworms – the great aerators – and provide our birds with something to peck over – in doing this removing harmful bugs and slugs the natural way. Leaves in the autumn, weeds and vegetable tops the year round and plants when cut back and annuals when finished should provide ample food for the garden when composted.

This winter we intend to divide our vegetable bed into smaller plots divided by grass paths – just a mower's width. Now that there are just two of us to feed we need less quantity and more variety and succession by making our veg bed into three strips about 15 by 30 feet, so we will be able to plant shorter rows of carrots, beetroot, spinach and salads but with more frequency so that we reduce the effect of glut in the high season and also make our crops more accessible without having to tread across the soil so much. Also this will help our rotation system where

GARDENERS CORNER

potatoes succeed cabbages which succeed peas and beans. We will report later how successful we have been.

Jobs to be done now include the final clearing of autumn debris to the compost bins and rough digging the vegetable bed so that the frost can break down the clods to a fine tilth once raked for spring seeding.

Keep bird tables well provisioned throughout the cold months to help the survival of our feathered friends.

Enjoy the garden in the year ahead for recreation, food and beauty which we share with nature's kingdom.

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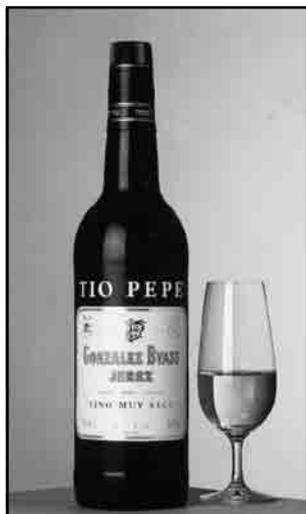
For further information contact:

Mr Victor Ananias, Bugday Ecologics| Life Services.

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CONSUMER CORNER

TIO PEPE LAUNCHES KOSHER FINO SHERRY BRAND



Made under its present name by the Gonzalez family firm, Gonzalez Byass, since 1844, TIO PEPE is the world's most famous dry Fino Sherry. It is widely considered by Sherry connoisseurs to be the very finest Sherry of its type - and perhaps that is why TIO PEPE can, today, be found in the best restaurants and hotels of over 100 countries around the world.

Now with the launch of TIO PEPE's Kosher Fino Sherry, this unique taste experience, previously unavailable to the Jewish community, can now be enjoyed by a wider range of connoisseurs than ever before. Great care has been taken to ensure that this newest TIO PEPE has the most impeccable Kosher credentials. Gonzalez Byass has been

fortunate to secure the involvement of Dayan Chanoch Erthentreu.

As a further seal of approval, the label will also carry the hechsher from the London Beth Din, as well as the personal hechsher of Dayan Chanoch Erthentreu.

The manual work involved in its making, the pressing, vinification, racking and systematic blending in the 'solera' is undertaken under the strictest orthodox supervision of the said Dayan Chanoch Erthentreu assisted by Rabbi Roni Hassid, Head of the Gibraltar Kollel. All additives used during the process are certified Kosher. All work in making the Sherry has been completed by a Shabbat observant labour force.

The new Kosher TIO PEPE Fino Sherry will be marketed as Kosher Le Menhadrin. It is also Kosher for Passover. It will not be mevushai.

The recommended retail price is £9.99 for a 75cl bottle.

For further information, please contact Joseph Sandler at Kedem Europe Ltd. on tel: 0161 708 9909.

PRUNE JUICE: A GLASS A DAY HELPS KEEP HUNGER AWAY!

A glass of prune juice between meals is not only a healthy addition to your daily diet, but may also help keep “snack ATTACKS” at bay, according to The Cancer Research Campaign.

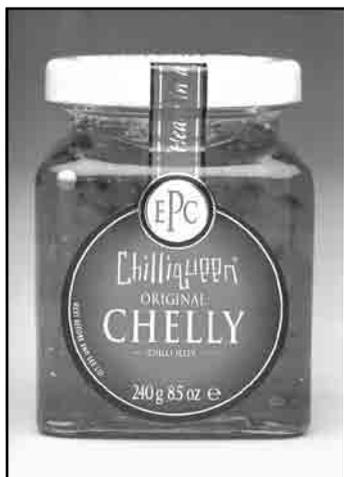
Britain's foremost cancer charity has teamed up with Australia's gourmet fruit juice company, Sunraysia, in an effort to inform the British public of the potential health benefits of prune juice.

It is widely acknowledged that prunes contain high levels of antioxidants which, according to research scientists believe block damage to cells and protect against cancer. However, a lot of people are not aware that prunes are also an excellent source of dietary fibre and that one 250ml serving of Sunraysia Prune Juice is both delicious and filling and can help to keep hunger at bay between meals.

Sunraysia Prune Juice comes in handy 250ml bottles, ideal to slip into your bag or keep on your desk at work and with no need to refrigerate the bottle, it is the perfect healthy fruit drink for today's hectic lifestyles. Sunraysia Prune Juice is also perfect for those following a vegetarian or kosher diet.

Sunraysia has pledged £250,000 through sales of Sunraysia Prune Juice, which is available in selected supermarkets. For every 250ml and 1 litre bottles sold, 5p and 15p respectively will be donated to The Cancer Research Campaign.

LEE EVERETT LAUNCHES CHILLIQUEEN CHELLY



Lee Everett has launched through English Provender a new concept in savoury jellies, CHILLIQUEEN CHELLY - a deliciously hot and spicy chilli jelly. This chilli jelly can be used as a condiment, glaze, baste, marinade or dip - the list is endless.

This fantastic new idea was developed by Lee Everett, and adds a different dimension to most meals. It appeals even to 'chilli-virgins' as it is sweet and tangy with just a hint of heat from the chilli and peppers.

The ideas are endless, try it as a hot crumpet topping, or liven up that plain old pasta, add a kick to your rice, or even spoon it straight out of the jar!

CHILLIQUEEN CHELLY is available in two varieties, Original and Chelly with Ginger and Lime. They are sure to appeal to all the family, and are available in Tesco, Waitrose, Sainsbury's and independent grocers, priced at £1.79 for a 240g jar.

COOKERY CORNER

The following recipes are just a few of the 150 Delectable vegetarian recipes for the Jewish Holidays, taken from the book 'THE JEWISH VEGETARIAN YEAR COOKBOOK' by Roberta Kalechofsky and Rosa Rasiel, published by Micah Publications, Inc. 255. Humphrey St. Marblehead. MA 01945.

Chanukah is a holiday for children and parties, full of lights and small presents. For each of the eight nights, after candle lighting, children search for a small gift which is hidden away. The gift can be modest, it is the search that makes the gift memorable.

Enjoy the Festival and the recipes.

POTATO LATKES

INGREDIENTS

Ingredients: 2 cups stale bread, torn in medium size pieces. 2 raw baking potatoes. 1 to 2 teaspoons salt. ½ small onion, grated. Pepper to taste. Oil for cooking.

METHOD

Soak bread in cold water for a few minutes, then squeeze out the water. Grate potatoes by hand or in food processor. If using processor, first use the grating disk, then empty work bowl and reprocess briefly, using the steel cutting blade. Combine potatoes, bread, onion and seasonings in medium bowl. Heat thin layer of oil in skillet. Drop batter by spoonfuls, using back of spoon to shape the latkes neatly. Fry until crisp and brown on both sides. Makes 6-8. Recipe can easily be doubled.

Variations: Grate a zucchini and/or two scallions into the grated potatoes to make a lighter, spicier latke.

GOURMET APPLESAUCE FOR LATKES

With a sprinkling of nutmeg on top, this is a happy childhood memory. And of course it is the essential complement to latkes.

6 apples (Cortlands, Granny Smiths or Macs) Water: ¼ cup sugar, or less. Lemon juice to taste (optional).

Quarter the apples and place in pot with water almost to cover. Bring to a boil over medium high heat, reduce to simmer, cook until tender, about 10 minutes. Put through a food mill. Add sugar and lemon juice to taste, if needed. Simmer about 3 minutes or until slightly thickened. Makes about 4 cups.

Variations: 1) Pare and core the apples, and you will not need to put them through the food mill. Just mash them with a potato masher until smooth. 2) Add a 2" piece of cinnamon stick to the apples during cooking. Remove before mashing or milling. Use brown sugar, or a mixture of brown and white sugar.

BLACK BEAN SOUP

INGREDIENTS

1 lb back beans, 2 tablespoons olive oil. 1 ripe medium tomato, 1 bay leaf, ½ medium onion, ½ medium green pepper, seeded. 1 garlic clove crushed, not peeled, 8 cups water. 4 tablespoons olive oil, ½ medium onion, chopped. ½ green pepper, seeded, deribbed and chopped. 1 garlic clove, minced. 1 teaspoon crushed oregano, ½ teaspoon cumin, 2 tablespoons wine vinegar, 2 tablespoons salt or to taste. ½ teaspoon hot sauce or chilli oil, 2 tablespoons dry sherry, optional. 1 cup chopped raw mild onion, optional, 2 cups cooked white rice (1 cup raw).

METHOD

Pick over the beans, discard foreign matter or shrivelled beans. Soak beans overnight in a deep bowl, in water 2" above the beans.

Drain and rinse beans, place them in a 3 or 4 quart pot. Add 8 cups water, the olive oil, tomato, bay leaf, onion half, green pepper half, and crushed garlic. Bring to boil, reduce heat to simmer and cover. Cook about 1 hour or until beans are tender. Stir occasionally.

When beans are tender, remove the bay leaf, the onion and pepper halves, and tomato with a slotted spoon, pressing their juices into the pan as you do so. If possible, mash the garlic clove into the soup. Remove 2 cups or more of the soup, purée it in a food processor or blender, and return to pot. (If a thicker soup is preferred, purée a larger amount).

In a small skillet, heat 4 tablespoons olive oil, and sauté the chopped onion and pepper until onion is transparent and pepper is limp. Add the garlic, oregano, cumin, wine vinegar and salt. Stir briefly, cook 2 minutes longer and add to soup. Add the hot sauce, cover and simmer half an hour. Correct seasonings, add sherry, if desired. Serve over white rice.

Garnish with raw onion, if desired. Serves 8.

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CLASSIC BORSCHT

COOKERY CORNER continued

INGREDIENTS

3 large or 4 medium fresh beets, peeled, diced or coarsely grated. Juice of 1 lemon, approximately, divided in half. Salt, pinch of sour salt (or up to 2 teaspoons, to taste). 1 onion, chopped. 1 tablespoon to 1/3 cup sugar, or to taste. Optional garnishes: boiled potatoes, chopped scallions, minced fresh dill.

METHOD

In 2 quart saucepan, bring to boil beets, onion, juice of half a lemon, dash of salt and sour salt. Reduce heat and simmer covered until beets are tender, about 40 minutes.

Add juice of another half lemon. Taste and add lemon and sugar as needed, until the flavours are balanced. Cook another 10 minutes. Taste again. Adjust seasonings as needed.

Cool soup, put through processor or blender to obtain texture preferred. (Best if not puréed too fine). Serve hot with potatoes, chopped scallions and dill. Yields approximately 1½ quarts. Variation: Can be made with canned beets.

SPICY PEANUT PASTA

INGREDIENTS

¾-1 cup chunky peanut butter, 8 tablespoons soy sauce or tamari. 6 tablespoons dark sesame oil, 4 tablespoons red wine vinegar, 4 teaspoons sugar. 2-4 teaspoons chilli paste with garlic, 6-8 tablespoons hot pasta cooking water. 1 lb thin spaghetti, ½ lb scallions, trimmed, ¼ cup chopped roasted peanuts.

METHOD

In a large bowl, combine peanut butter, soy sauce or tamari, sesame oil, red wine vinegar, sugar, and chilli paste with garlic. Mince half the scallions. You should have about ½ cup. Set aside. Mince the rest of the scallions, keeping white and green parts separate.

Cook spaghetti al dente, following package instructions. When done, ladle out ¾ cup of cooking water and reserve. Drain pasta, rinse briefly under cold water, drain again.

Add 6-8 tablespoons of reserved cooking water to mixture in bowl, stirring the mix thoroughly. Add the pasta and the mixed-colour scallions to the sauce. Toss gently until the strands are uniformly coated with sauce. If sauce is too thick, add a little more cooking water.

Remove to a large serving bowl. Make an attractive bull's eye pattern on top of the pasta with the white and green parts of the scallions and the chopped peanuts. Serve at room temperature. Serves 6-8. Tip: Avoid salty peanut butter.

ONION TART

INGREDIENTS

COOKERY CORNER continued

Crust for Pizza Shell: 2 $\frac{3}{4}$ cups bread flour, 1 teaspoon salt, 1 teaspoon active dried yeast, 1 teaspoon sugar, 1 cup warm water, 1 tablespoons olive oil.

METHOD

Stir flour and salt into a medium bowl. In another small bowl combine yeast, sugar and $\frac{1}{4}$ cup water; let stand until frothy. Add this yeast liquid, remaining water and the oil to flour mixture. Mix to a soft dough. Knead on a floured surface 10 minutes until smooth. Place in a greased bowl, and cover with a plastic wrap. Let rise in a warm place 45 minutes or until doubled in size.

Filling: 6 cups sliced onions, 1 clove garlic chopped (optional) $\frac{1}{4}$ cup olive oil, salt and ground pepper, $\frac{1}{2}$ green bell pepper, cut in strips, $\frac{1}{2}$ red or yellow bell pepper, cut in strips, 16 pitted black or green Mediterranean olives.

Make a 10" pizza shell and partially bake. In a large, heavy saucepan, cook the onions and garlic in oil very slowly for 30-35 minutes or until completely tender and golden brown and sweet.

Season with salt and pepper. Cool. You should end up with approximately 3 cups of onions. Scatter onions over the tart shell. Arrange pepper strips, fanning them out from the centre. Place olives as you like. Bake for 15-20 minutes, or until filling is hot and pastry is browned. Cut into wedges and serve hot. Serves 8-10.

SWEET AND SOUR RED CABBAGE

INGREDIENTS

4 lbs red cabbage, $\frac{1}{3}$ cup vegetable oil, 1 apple, preferable Granny Smith, peeled and diced. $\frac{1}{3}$ cup vinegar, $\frac{1}{2}$ cup currant jelly mixed with $\frac{1}{2}$ cup water. $\frac{1}{2}$ teaspoons salt, $\frac{1}{4}$ cup sugar.

METHOD

Discard any tough outer leaves, and shred cabbage fine. Warm the oil in a large, heavy pot. Add cabbage and apple. Cover and cook 5 minutes, shaking the pan frequently. Add the vinegar, currant jelly mixed with water, salt and sugar. Stir to combine thoroughly. Cook, covered, over low heat for 2 hours, stirring frequently and adding a little water if necessary. Taste and adjust the balance of sweet and sour to your liking. Serves 8-12.

BANANA FUDGE ROLL

INGREDIENTS

continued on page 40

COOKERY CORNER continued

$\frac{3}{4}$ cup light unsweetened carob powder, 2 teaspoons unsweetened apple or orange juice, 2 cups crunchy peanut butter, $\frac{1}{2}$ cup honey, 1 ripe banana, mashed. 1 cup coarsely ground unsweetened coconut, handfuls of additional coconut and granola, optional.

METHOD

Combine carob powder and juice in large bowl. Mix in peanut butter and honey, mash in banana. Stir in coconut and distribute evenly. Refrigerate for $\frac{1}{2}$ hour.

On a wax paper-lined cookie sheet, shape dough into an 18" log. Sprinkle granola or coconut on the log. Roll log to cover evenly. Re-wrap in the waxed paper used for shaping.

Chill for several hours, slice with a sharp, wet knife. Makes about 48 pieces (3 slices per inch). Serve immediately.

APPLESAUCE MUFFINS

You can prepare the dry and wet ingredients separately the evening before baking these. Refrigerate the liquid mixture. Cover the dry ones in the mixing bowl. A good dish for breakfast, lunch or Chanukah party.

INGREDIENTS

1 cup applesauce, $\frac{1}{2}$ cup molasses, $\frac{1}{4}$ cup oil, 1 $\frac{1}{2}$ cups flour, $\frac{3}{4}$ teaspoon cinnamon, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon salt. Pinch of salt. $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ cup raisins, $\frac{1}{2}$ cup chopped walnuts or pecans.

METHOD

Preheat oven to 375 F. Grease 12 2" muffin tin cups. Sift dry ingredients into a large bowl. Combine applesauce, molasses and oil and add to bowl. Stir just to combine. Do not heat.

Fill muffin cups about $\frac{2}{3}$ full. (A small ladle is a good tool for this). Bake about 25 minutes, or until a toothpick tester comes out dry.

A TRIO OF SOUPS

Growing up in the late 1940's, I remember my Mother trundling backwards and forwards to the market in Ridley Road to buy fresh meat, fish and vegetables to cook all the traditional Jewish dishes. She seemed to be forever standing in the tiny kitchen cooking, peeling and chopping, salting and mincing.

Today, of course there are supermarkets with their endless ready-made meals, packets of this and tins of that, yet they lack something. We all lead busy lives, and often there is little time or inclination for 'real' cooking, but on the next rainy Sunday afternoon, or boring T.V. evening, why not be creative and cook a soup or two? They freeze well in a strong plastic freezer bag and keep for many weeks, and on the cold winter evenings to come, will provide the basis of a comforting meal complete with that vital missing ingredient! All the equipment you need, are a blender and off you go.

TOMATO SOUP

1 large onion (peeled and finely chopped)
1lb fresh tomatoes (steeped in boiling water for a few minutes their skins will peel off easily)
1 lge clove garlic
2 tins organic tomatoes
1 heaped tbs of cornflour
1 heaped tbs of fresh parsley or basil leaves and one bay leaf
1 pint of water and half a pint of skimmed milk (or soya milk)
Salt and freshly ground black pepper to taste.

1. In a large saucepan, gently fry the onion, in two tbs of olive oil, adding the clove of garlic.
2. Add the fresh and tinned tomatoes with their juice and cook gently with the lid on for about 10 mins (stir once or twice).
3. Mix the cornflour with a little of the water or soya milk to form a paste, and add to soup.
4. Add bay leaf and parsley or basil.
5. Pour in rest of water and soya milk.
Stir once and cook for about 15 mins with lid off.
6. Take out bay leaf, liquidize soup in blender, in batches if necessary, and heat through just before serving.

This soup is delicious with some grated cheese sprinkled on top, and some French bread. Just add a large mixed salad and you have a complete meal.

LEEK SOUP

1 large onion (peeled and chopped roughly)

2 tbsp vegetarian margarine

About 6/8 leeks if they are large (more if they are small). Cut off the growing end and most of the rest of the green stalk, slit down the middle, cut into chunks and wash carefully.

Half a pound of potatoes (peeled and chopped roughly)

1 pint water and three quarters pint skimmed milk (or soya milk)

Salt and white pepper to taste

One or two tbsp chopped chives

1. In a large saucepan gently fry the onion in the margarine, (do not allow to brown).
2. Add leeks and potatoes and stir once cooking gently with lid on for about 5 mins.
3. Add water and milk and cook for about 15 mins until potatoes are soft.
4. Liquidise and heat through adding salt and white pepper to taste. Just before serving soup add chives to individual bowls.

You might like to serve this soup with garlic croutons. Just take one or two slices of brown bread and cut into small squares, finely chop a clove of garlic. Heat 3 or 4 tbsps Vegetable Oil until hot. Put in the bread and garlic and keep turning 'til brown, drain on kitchen paper, and add to soup bowls when serving.

VEGETABLE AND BEAN SOUP

The night before you intend to make this hearty soup soak 4 heaped tbsps of mixed dried beans in water, next day wash thoroughly.

1 large onion finely chopped

2 tbsp vegetable margarine

1 fat clove garlic

1 large tomato (or two or three small ones) skinned and chopped

1 large mushroom washed and chopped roughly

Selection of root vegetables all finely chopped (about 4 or 5 heaped tbsps of each) eg. Carrots, parsnips, swede, potato, celeriac, turnip, celery, cauliflower, courgette etc.

Two pints water

1 tsp Vegemite

Salt and pepper, a few parsley leaves and one bay leaf.

COOKERY CORNER continued

1. Sauté the onion, tomato and mushroom in the melted margarine, adding the garlic clove, stir once and put on the lid, cook until the vegetables resemble a sauce-like mixture.
2. Add the rinsed and washed beans, the chopped vegetables, parsley, and bay leaf, vegemite and water, salt and pepper, and cook over a moderate heat (stirring once or twice) until the beans are soft.

If you prefer chunky soup, remove bay leaf (you can put it back later if you like) liquidize about one third of the vegetable and beans then add it to the rest of the soup. This will help to thicken it. Heat through before serving. This soup is very hearty, (I usually make it only in the winter months). It makes a lovely supper dish served with dips and pitta bread, celery, cheese and fruit. Have fun, and enjoy your cooking. Oh! And have you guessed the secret ingredient that makes these soups different from those on the supermarket shelves? It begins with 'l' and ends with 'e', my Mother had it and so will you, when you serve these delicious soups to your family and friends.

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BOOK REVIEWS



OAT CUISINE BY RITA GREER

This new book by Rita Greer gives classic and new recipes for cooking and baking with oats. For years we have been advised to eat more oats for a healthy heart. This book, written by an inventive cook with over twenty years experience of devising special diets, now opens all kinds of new and tasty doors on the oats scene.

All the recipes feature oats and each one has been awarded between one and five heart symbols so that the reader can see at a glance how healthy the recipes are. For example oat and cashew ice cream gets only one heart, while oaties (breakfast drinks) are awarded five.

This handy paperback is published by Souvenir Press
Price £9.99. plus P&P £1.00. Available from J.V.S.



'THE ANIMALS DIARY' 2001 BY MARK GOLD

This new publication is packed with news, information and stories about the animal kingdom.

Inside, you can learn about some of the brilliant work done by animal sanctuaries and special heart warming stories of how animals have been saved from abuse or even death by caring individuals. There is also the latest information about campaigns to protect battery hens, laboratory animals, foxes, whales and other wildlife - and how you can help them to succeed. There is a special feature on India and its unique cultural attitudes to animals.

All this, plus original photographs by wildlife photographer Iain Green, delicious recipes, and a comprehensive directory of animal protection organisations.

Published by Jon Carpenter, Alder House, Market Street, Charlbury, OX7 3PQ, Price £5. post free. Available either direct from Jon Carpenter or from J.V.S.

BOOK REVIEWS continued



'REAL FOOD FOR VEGETARIANS' **BY CAROL PALMER**

Whether you are completely vegetarian or just enjoy the imaginative new approach to vegetarian cooking, you will find what you are looking for in this collection of straightforward, tasty and health-conscious recipes.

REAL FOOD FOR VEGETARIANS shows how a vast range of recipes can cleverly combine a host of fresh and store-cupboard ingredients into great eating. Unlike the restricted veggie choice of the past, the dishes are colourful, nutritious and bursting with flavour. Front starters, main meals through to side dishes, salads, desserts and bakes, the focus is on easy to produce and quick to cook.

All the quantities are listed in metric, imperial and American, with one recipe per page.

There is something for everyone - children's favourites, such as 'sausages', pancakes and rarebit - casseroles and turnovers for the heartier eater, as well as an array of mouthwatering side dishes to complement the main course.

Along with the recipes, REAL FOOD FOR VEGETARIANS has some good advice and great tips on store-cupboard secrets. Quality eating starts with your supermarket trolley!.

Published by Foulsham, price £3.99. paperback, plus P&P £1. Available from J.V.S.



CHRISTMANS AGAIN, ALREADY **BY GRAY JOLLIFFE**

From this master of wit comes a new edition of his bestselling re-telling of the Christmas Story, as it happened the Jewish way. Complete with five new cartoons and jacket illustrations, this little book is a must for everyone with a sense of humour.

Gray Jolliffe has written and illustrated many books, and created the bestselling MAN'S BEST FRIEND and now works as a freelance cartoonist.

Published by Souvenir press, Price £6.99. plus P&P £1.00. Available from J.V.S.

BOOK REVIEWS continued



BECOMING VEGAN

BY BRENDA DAVIS, & VESANTO MELINA

Two of North America's foremost vegetarian dieticians present up-to-date findings in this new book, which is a follow up to **BECOMING VEGETARIAN**.

This new volume explores the benefits of a vegan diet. Learn why more and more people are being motivated to become vegans because of the impact of their nutritional choices on their health, the environment, animal rights and human hunger.

Every day, more people are shifting toward a plant-based diet without meat, eggs and dairy products, and avoiding animal products in their cosmetics, clothing and other household items. Whether you are concerned about your health, the preservation of the environment, or the suffering of animals, **BECOMING VEGAN** provides the information you need to eat well on a vegan diet and provide nutritious vegan meals for your family and friends.

There are 17 different chapters each one full of interesting and informative information.

It is a complete guide to adopting a healthy, plant-based diet, and contains the latest nutritional information, for you and your family,

Published by The Book Publishing Company, and distributed by Airlift Book Company. Price £14.99. plus P&P £1.50. Available from J.V.S.

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BOOK REVIEWS continued



THE VEGETARIAN BISTRO BY MARLENA SPIELER

This new book by Marlena contains 250 authentic French Regional recipes. This extraordinary culinary journey unites two French traditions: the rich heritage of cuisine du terroir and the casual elegance of bistro dining. Each region in France prides itself

on its agricultural specialities, Normandy is famed for its artichokes, Auvergne for its crisp lentils, the Perigord for its wild mushrooms, and Provence for its tomatoes and garlic.

Now you can enjoy this fresh French homestyle cuisine in your own home. Marlena, food lover and francophile extraordinaire, journeyed throughout France collecting bistro recipes for the home cook.

From a light Salad of Frisee, Roquefort Paté and Sautéed Apples to a hearty Parisian-style Onion Soup with Gratineed Cheese Topping, THE VEGETARIAN BISTRO presents an array of robust dishes to delight vegetarians and non-vegetarian alike, and brings the market-fresh bounty of regional French cooking into your own kitchen.

Published by Chronicle Books, Price £10.99 plus P&P £1.50. Available from J.V.S.

We have just received news from Plamil Foods Ltd. of a delightful little book entitled **“VEGAN INFANT CASE HISTORIES”**.

It is the most comprehensive cover of vegan infants ever published, and it will be of tremendous interest to young families, expectant mothers and those about to start a family, and will serve as a reference guide for years to come.

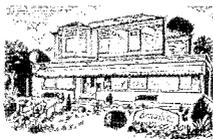
The booklet brings out interesting statistics e.g. that there are an increasing number (compared with previous records) not being vaccinated and there are half a dozen children who were initially vaccinated but whose parents then decided against having MMR etc.

Other interesting points arise from the overall dietician's review by Sandra Hood when she says “studies in the past have shown lower rates of growth in vegan children compared with standard values”, and Donald Watson in his epilogue shows how much easier it is these days to wean vegan babies compared with the first 20 years lifetime of the Vegan Society. However although veganism has grown many of the parents point out that their health care professionals have little knowledge of a vegan diet.

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