

# The Jewish Vegetarian



© Front Cover designed by JVS Member David Broadwood

No. 136 March 2001 ADAR 5761 £1.50 Quarterly

**לא ירעו ולא-ישחיתו בכל הר-קדשי...**

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

The Official Journal of the Jewish Vegetarian and Ecological Society  
 Founded by Philip L. Pick Registered Charity No. 258581  
 (Affiliated to the International Vegetarian Union)

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Full Page	£100	Half Page	£55	One-third Page	£45	Quarter Page	£30	1"(full width)	£15
	\$200		\$110		\$90		\$60		\$30

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# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

Support the International Jewish Vegetarian Movement - a worldwide fellowship

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

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

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

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

Junior Membership £5 (\$7.50)

Israel Membership \$15 or Life Membership \$250

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

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

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

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

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

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

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

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

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

The Jewish Vegetarian is published quarterly by The Jewish Vegetarian Society.

853/855 Finchley Road, London NW11 8LX, England. Subscription price is USA \$15. Canada £15.

Please note: Periodicals Class postage paid at Rahway NJ.

Post master: Send address corrections to: The Jewish Vegetarian, c/o Mercury Airfreight International Ltd., 365 Blair Road, Avenel, NJ 07001. USPS 001-377.

# SOCIETY NEWS

## BECOMING A LIFE MEMBER OF THE IJVS

RICHARD H. SCHWARTZ



I am very proud to be a Life Member of the IJVS. I only regret not taking this step years ago. I decided to become a life member during the process of preparing and delivering the first annual "Philip Pick Memorial Lecture." In organizing my thoughts and doing research for the talk, I realized more fully how much the IJVS does, how important it has been to my vegetarian writing and activities, and how great is its potential for continuing and expanding efforts to

get vegetarianism onto the Jewish agenda.

It was the Jewish Vegetarian magazine and the wonderful articles and cogent editorials by Philip Pick that provided the valuable background information and inspiration that enabled me to make the "leap of faith" that led to my writing Judaism and Vegetarianism and to my other Jewish vegetarian activities. When I finally visited Bet Teva and met current IJVS leaders including Naomi Fellerman, Michael Freedman, Shirley Labelda, and Laurie and Harry Binstock, and chatted with Julie Rosenfield and Dan Arbel whom I had previously met, I recognized their great dedication to the Jewish vegetarian cause and how this gives tremendous potential to the IJVS.

We have a most difficult task because of the tremendous power and financial resources of the various industries who profit greatly from the continuation of the mass production and widespread consumption of animal products. But the future of Judaism and of our imperilled planet are at stake. We must make others aware that a switch toward vegetarianism is both a societal imperative and a Jewish imperative, because of the very negative effects of animal-based agriculture and diets and how they violate basic Jewish mandates to preserve our health, treat animals with compassion, protect the environment, conserve resources, share with hungry people, and pursue peace.

I urge all readers of the Jewish Vegetarian to become actively involved with the IJVS and its programs. Everyone can find a way to help. Whether it be by contributing financially, making suggestions, joining or starting a project, bringing in new members, contributing material to the Jewish Vegetarian, and so on. The time is short and the work is great...

It is not our obligation to complete the (entire) task, but we are not free to desist from doing all that we can." (Pirke Avot)

# SOCIETY NEWS

## NEW LIFE MEMBER

We would like to extend a hearty welcome to Dr Jonathan and Nicola Freedman of St Albans, Herts on becoming Life Members of the Society. We are hoping they will send us more details about themselves for the next issue. 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.

## OBITUARIES

### HENRY TOCH – AN APPRECIATION



I first met Henry and Margaret at the 1990 World Vegetarian congress in Israel, and we soon became close friends. He was born in Vienna, arriving here in 1938 by Kindertransport. His mother later escaped, settling in Chicago. His father perished in a concentration camp in 1943. Following wartime disruption of his grammar school education, Henry worked for a while as an errand boy in the clothing industry, before joining the Jewish Brigade. On its dissolution, he transferred to the Royal Army Education Corps as a teacher.

Attaining the rank of sergeant, he became a war crimes interpreter, which took him all over war-torn Germany. After the war, he studied for three years at the London School of Economics, gaining his B Com, then passed the Civil Service examination to become a trainee inspector with the Inland Revenue. Peripatetic life with the IR did not suit him, and he went on to teach at St Alban's College for Further Education, then on to City of London Polytechnic (now London Guildhall University), remaining there for 32 years and retiring as Senior Lecturer.

He met Margaret in 1953, and they married in 1958 at Burnt Oak Registry Office. Initially, they made their home in Edgware, in 1969 moving to rural North Mymms. As befits thoroughgoing Shavians, they named their new house at 49 Hawkshead Lane "Candida".

Henry was a political animal, being Old Labour, a respecter of Royalist tradition, concerned for human and animal welfare, vegetarian, and a Zionist. He was four times Labour parliamentary candidate: Poole; Ruff and

# SOCIETY NEWS

Stamford; Norfolk SW (twice). He was the author of seven books: How to Pay Less Income Tax ('59 - 4 editions); Tax Saving for the Businessman ('61 - 2 editions); Income Tax ('66 - 11 editions); Economics for Professional Studies ('74 - 2 editions); How to Survive Inflation ('77); Cases in Income Tax Law ('81); Essentials of British Constitutional Government ('83); and numerous magazine articles. He was a Parish Councillor for North Mymms, and a District Councillor for Welwyn Hatfield, a member of Hertfordshire Valuation Tribunal, auditor for both the Shaw Society and the Campaign for an Independent Britain, treasurer of the Josephine Buffer Society, on the Council of the JVS, and a supporter of Pro-Dogs and Pets as Therapy. He was an active and true Co-operator, serving on the board of the Enfield and St Alban's Branch of the CWS for a number of years. He also ran his own taxation consultancy.

Henry's work was his life, leaving little time for hobbies or travel – apart from frequent visits to his mother in Chicago. He nevertheless enjoyed music, especially Mozart, and bird-watching. In the hall of their house, wherein hang portraits of heroes Aneurin Bevan and George Bernard Shaw, one is always welcomed by the excited skittering of their beloved papillon Ginny – successor to Penny and Bonny.

In 1989, Henry had a cardiac bypass at the Wellington. Making a good recovery, he enjoyed an active and happy retirement. Margaret was a devoted wife and companion. Together, they campaigned doughtily, against cruelty and injustice, further integration into the European Union and joining the European Single Currency. Visiting their lovely home – its garden a haven for song birds - was always a great pleasure. When we first met I was curious that he might have been related to composer Ernst Toch. Such was not the case - although he had an opera-singing aunt! Inasmuch as we are creatures of our genes, Henry had a political gene. Whilst we differed on many things, our arguments were always good-natured and instructive. Experience of immediate post-war Europe deeply affected him. He was a firm and good friend, whose life and achievements demonstrate the true wisdom of one who has triumphed over adversity.

Dr Dennis M. Jones

We are most thankful to Dr Dennis Jones for writing this Obituary for the magazine for, although we knew Henry for a number of years, as together with his wife Margaret he was a IJVSCouncil Member, he was a very private person.

He will be sadly missed by his friends at the Society, as well as all the other organisations he was associated with.

# SOCIETY NEWS

## SIR DAVID BAIRD BART

6 July 1912 – 15 November 2000



Sir David passed away peacefully on 15 November 2000. He was born and buried in the little village of Bolton in the Haddington area of Edinburgh.

He was a member of the Jewish Vegetarian Society, and Order of the Cross, and lifelong member of the Vegan Society. As a result of joining The Order of the Cross in 1946 he became a pacifist, and it was not easy for him to take this step having ancestors noted for their military backgrounds, including a General of the same name. He was

saddened by the Falklands war and felt so many lives on both sides could have been saved by greater diplomatic efforts.

I had the pleasure of his friendship for over 50 years i.e. long before he became a member of Plamil Foods at its inception, when he was instrumental in it pioneering British made soya milk in 1965. He became a director of Plamil Foods in 1976 and was very dedicated to the work of the Company and its commitment to producing exclusively vegan foods.

Although he was educated at Eton and Cambridge, he had modesty in abundance and only those close to him knew of his peerage. He was most compassionate and always preferred to help anyone and any animal welfare body in an anonymous fashion. He had a most unassuming character and the vegan movement is poorer for his passing.

We are indebted to Arthur Ling of Plamil Foods Ltd in writing this obituary – Sir David Baird Bart. Although Sir David Baird Bart had been a member of The Jewish Vegetarian Society since 1980, unfortunately, we had never had the pleasure of meeting him although we had been in contact by letter many, many times.

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

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

# SOCIETY NEWS

## IRVIN DEAN 1925 – 2000



It is with deep regret that we report the passing of Irvin Dean of Manchester.

Irvin was the younger son of his parents and in 1943, volunteered for the RAF, where he worked as a flight mechanic until his discharge in 1946. He then worked as a cutter in a raincoat factory for many years and was always very adept at using his practical skills.

Irvin became a vegetarian over 40 years ago, as he abhorred the killing of animals. He never married but

remained close to his brother's family and had a wide circle of friends. He loved music and the theatre and thoroughly enjoyed many holidays travelling all over England and abroad.

Irvin was a quiet, unassuming man who would never speak ill of anyone and would always strive to be totally fair. This characteristic is illustrated by the terms of his will which was divided equally among 18 beneficiaries, one of those being The Jewish Vegetarian Society, for which we are eternally grateful.

Irvin was a caring, gentle man who will be dearly missed by his family and friends.

### **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.

# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

### The Jerusalem Centre

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

Mr Julius Groner, Chicago, IL, USA. Ms Cheryl Kleefeld, W.Orange, 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.

£20 Mr & Mrs J.S.D. Herts.

In memory of our late Committee Member, Henry Toch.

£15 Mrs S.U.A. Borehamwood, Herts. £10 R.J.V.S. Newbury Park, Essex.

£10 Mr W.C. Herts. £10 Ms M.S. Paignton, Devon. £8 J. & D.D. Derbys.

£8 Mr & Mrs W.S. London NW11. £8 Mr E.T. Wivenhoe, Essex.

£5 Mr & Mrs W.A. Chigwell, Essex. £5 Mrs R.K. London N20.

£5 Ms D.K. London NW11. £5 Mr M.G. London N10

£5 Mrs I.V. Saltdean, East Sussex. \$35 Ms M.G. MA, USA. \$18 D & F.L. IL, USA.

\$15 Mr D.K. CO, USA. \$10 Ms C.R. CA, USA. \$10 Ms B.L. CA, USA.

## BUILDING FUND DONATION - LONDON

Robert & Phyllis Grant, Poole, Dorset. Anthony Whitehead, Swindon, Wilts.  
Cheryl Kleefeld, W. Orange, NJ, USA.

## FRIENDSHIP HOUSE



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

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

## DONATIONS RECEIVED:

£25 Mr L.A. Thatcham, Berks. £10 Mrs P de M. Canterbury, Kent.

£5 Mr C.L. London NW4. £5 Ms P.S. Pinner, Middlesex.

\$50 Ms F.B. NY, USA. \$10 Ms C.K. NJ, USA.

# DEAR SIR

Hi Everybody!

Haggadah for the Sabbath? Does it connect to vegetarianism? Wasn't it traditional on Shabbat davka to have meat and not on the other six days? Well, we now say no to that and here's why.

Richard Schwartz says, "The Shabbat Vegetarian Haggadah should connect as many things as possible (such as Birkat Hamazon, taking the knife off the table) to vegetarian themes. For example, re the traditional blessing of children on Friday evening, since we want our children to be blessed with good health, we want them to have a healthy diet, so vegetarian food is very appropriate.

The vegetarian Shabbat Four Questions :

Why is this Shabbat different than other Sabbaths?

1. On other Shabbatot, most Jews eat food that contributes to disease, cancer and other degenerative diseases; on this Shabbat, we eat food that is good for our health.
2. On other Shabbatot, most Jews eat food that involves raising animals under very cruel conditions in closed, confined spaces, where they are denied fulfillment of their instinctual needs; on this Shabbat, we eat a diet consistent with Jewish teachings that "G-d's mercies are over all His creatures" and that does not cause any tsa'ar ba'alei chayim (cruelty to living creatures).
3. On other Shabbatot, most Jews eat food produced by modern intensive livestock agriculture, which contributes substantially to soil erosion and depletion, air and water pollution, overuse of chemical fertilizers and pesticides, the destruction of tropical rain forests and other habitats, global warming and other environmental threats; on this Shabbat we eat food that is consistent with Jewish teachings that "the earth is the L-rd's" (Psalm 24:1) and that we are to be G-d's partners and co-workers in preserving the world.
4. On other Shabbatot, most Jews eat food that contributes to widespread world hunger since over 70% of the grain grown in the United States is fed to animals destined for slaughter (it takes 8 to 12 pounds of grain to produce one pound of edible beef), while an estimated 20 million people worldwide die because of hunger and its effects each year; on this Shabbat we eat food that requires a minimum of land, water, energy, and other resources, and thus best shares these resources with poor and hungry people."

This response Richard shared with me when I e-mailed him regarding Rabbi Harold Schulweis, our newest Los Angeles Chapter at Valley Beth Shalom Synagogue of the Jewish Vegetarian Society (the newest group formed) .

# DEAR SIR

Rabbi Schulweis posed questions to us at our monthly Jewish Vegetarian meeting on the first Sunday of the month. At the December meeting, we gladly accepted his challenge to form a literary committee to put together a Vegetarian Haggadah for the Shabbat (promoting a sumptuous raw food vegan feast, if possible) giving reasons for making this very special and of course researching torah quotes and traditions worldwide that might be taken in support of it!

We need all the assistance to help back us up in any way so please send me your comments.

Thank you,

Janine Bronson, 1800 S Robertson, PMB 252, Los Angeles, CA, USA



## **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.

## **EMERGENCY BUILDING FUND**

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

# SHAVUOT AND VEGETARIANISM

BY RICHARD H SCHWARTZ

There are many connections between vegetarianism and the Jewish festival of Shavuot:

1. Shavuot is described as “z’man matan Toratenu” (the season of the giving of our law (the Torah)). It is this Torah that has in its very first chapter G-d’s original, strictly vegetarian, dietary law: “And G-d said: ‘Behold, I have given you every herb-yielding seed which is on 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’” (Genesis 1:29).

2. To honour the Torah, many Jews stay up the entire first night of Shavuot to study Torah teachings. It is some of these teachings – to guard our health and our lives, to treat animals with compassion, to share with hungry people, to protect the environment, and to conserve natural resources, that are the basis for Jewish vegetarianism.

3. Shavuot is also known as “Chag Hakatzir” (the Harvest Festival), since it climaxes the year’s first harvest. Hence, it can remind us that many more people can be sustained on vegetarian diets than on animal-centred diets. While the Torah stresses that farmers are to leave the corners of their fields and the gleanings of their harvests for the hungry, over 70% of the grain grown in the United States is fed to animals destined for slaughter, as 15 to 20 million people worldwide die annually because of hunger and its effects.

4. The Talmudic sages also referred to Shavuot as “Atzeret” (the closing festival of Passover). This name implies not only that Shavuot completes the harvest begun at Passover time, but also suggests that the Torah completes the physical liberation celebrated during Passover. Yet, while the Torah has many teachings on compassion toward animals and indicates, as part of the Ten Commandments, that animals are also to be able to rest on the Sabbath day, most farm animals are kept in cramped confined spaces where they are denied exercise, fresh air, sunlight, and the fulfilment of their instinctual needs.

5. There are several other Torah teachings that are seriously violated by animal-based diets:

a) While the Torah mandates that people should be very careful about preserving their health and their lives (Deuteronomy: 4-9, 4-15), animal-centred diets have been linked to heart disease, stroke, several forms of cancer, and other illnesses.

b) While many Torah teachings are concerned with protecting the

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environment, modern intensive animal agriculture results in soil erosion and depletion, extensive air and water pollution related to chemical fertilizer and pesticides, and the destruction of tropical rain forests and other habitats.

c) While the Torah mandates bal tashchit, (Deuteronomy 20:19, 20) that we are not to waste or unnecessarily destroy anything of value, livestock agriculture requires the wasteful use of food, land, water, energy, and other resources.

6. Shavuot is a festival of thanksgiving to the Creator for His kindness. The full Hallel, psalms of praise and thanksgiving from Psalm 113 to 118, are chanted during morning synagogue services. Since one must be in good health and have a clear conscience in order to fully rejoice and be thankful, the many health benefits of vegetarian diets and the knowledge that such diets are not harmful to hungry people or animals are factors that can enhance thankfulness.

7. On Shavuot, Jews read the Book of Ruth in synagogues. One reason is that its barley-harvest setting echoes the harvest just ending as Shavuot arrives.

One of Ruth's outstanding attributes was her acts of kindness. Vegetarianism is a way of showing kindness, because it best shares food with hungry people and it doesn't involve the mistreatment and death of animals.

8. The Book of Ruth begins with Naomi, Ruth's future mother-in-law, and her family leaving Israel because of a severe famine. Today, major shortages of food in the near future are being predicted by the Worldwatch Institute, a Washington DC think tank, and others, and one major reason is that people in China, Japan, India, and other countries where affluence has been increasing, are moving to animal-centred diets that require vast amounts of grain.

9. The Book of Ruth indicates that Naomi's family suffered the death of her husband and her two sons because the family fled in the time of famine rather than using their leadership to help others in need.

In contrast to this selfish act, vegetarianism considers not only personal well being, but also encompasses broader concerns, including the global environment, the world's hungry people, animals, and the efficient use of the world's resources.

10. According to the Talmud, Shavuot is the day of judgment for fruit trees and there is an obligation to pray for them. Yet, to create pasture land for cattle, tropical forests are being rapidly destroyed. The production of just one quarter-pound fast food hamburger can require the destruction of almost

# SHAVUOT AND VEGETARIANISM

55 square feet of tropical rain forest along with much animal and plant life.

11. Shavuot involves the highest spiritual teachings (the revelation of the Torah on Mount Sinai) and down-to-earth considerations - the wheat harvest and the offering of the first fruits in the Temple.

This reminds us that, ideally, we should relate heaven to earth and translate the Divine laws to our daily lives. Vegetarianism is an attempt to do this because it applies Torah teaching to our sustenance needs.

In view of these and other connections, I hope that Jews will enhance their celebrations of the beautiful and spiritually meaningful holiday of Shavuot by making it a time to begin striving even harder to live up to Judaism's highest moral values and teachings by moving toward a vegetarian diet.



## **WHY NOT COME ALONG AND PAY A VISIT TO HQ IN GOLDERS GREEN**

where we have a large selection of books, many of which are less than half the original price? Come and have a cup of coffee and browse through. The office hours are 10.00 - 4.00 Monday to Thursday but please telephone before coming as there are classes taking place in the main hall at certain times. Tel: 020 8455 0692

## **THE 8TH EUROPEAN VEGETARIAN UNION CONGRESS.**

This is being held from the  
29th September - 4th October 2001  
in the 5-star Crowne Plaza Hotel, Istanbul, Turkey.  
For further information contact:  
Mr Victor Ananias, Bugday Ecologicst Life Services.  
Purtelas Mah, Perizat Cik, 2/1 D:3 Cihangir, Istanbul, Turkey.

# A JEWISH VEGAN IN FLORENCE

## DIARY OF A JEWISH VEGAN IN FLORENCE

BY ORNA KLEMENT

Entry 1 "Dinner" - 21 February 2001

"Absolutely!" was my answer when Jonathan told me that there was a chance he would be sent by his company to Florence for 18 months, and asked if we should go.

Florence, in addition to being a stunning city, full of beautiful art & architecture, and set on the river Arno surrounded by mountains, is quite vegan-friendly.

Last night, we met the local vegan activists who call themselves "Vivere Vegan." We were extremely impressed with their enthusiasm and hard work - especially in a country where hunting and fur-wearing (not to mention meat-eating) are really popular. There seems to be virtually no consciousness of animal rights as an issue. Vivere Vegan have published some very professional and informative vegan information packs in Italian.

I asked my vegan Italian teacher how to say "your fur is disgusting and cruel" in Italian. She must have thought I was joking because she just laughed and did not answer. I have never in my life seen so many fur coats. I sneer and give dirty looks to all the fur wearers. But everyone just thinks I'm insane.

Since we arrived one month ago, we have only made it to one of the handful of local vegetarian restaurants. It is called Corte Armonica, a new, very large establishment set in a stunning recently refurbished ancient building. It is a beautiful place and the food was delicious. They have a selection of starters, "ethnic food" - which comprised curry and rice, macrobiotic food (Chinese-style tofu and vegetables) and some other dishes which weren't vegan - so I didn't pay much attention. The restaurant has a shop next door which sells organic produce - wholefoods, clothing, toiletries, candles, jewellery, books, tapes etc etc..

You don't have to go to vegetarian restaurants to get a delicious meat-free meal. There are many local specialities which just happen to be vegan. Ribollita is a soup/stew made with vegetables, beans and bread. Zuppa di faro is a vegetable soup made with spelt. You can get crostini with pomodoro or porcini mushrooms (toast with tomatoes or mushrooms). Bruschetta (pronounced broosketta) is toasted bread with olive oil often served with tomatoes and basil on top. Many restaurants have spinach with olive oil and garlic as well as roast potatoes and beans either in oil or tomato sauce. I have found The Vegan Passport, available from the Vegan Society to be

## A JEWISH VEGAN IN FLORENCE

extremely useful. The trick to finding a good restaurant from the thousands of Trattorias within the city walls is to avoid anywhere on the tourist trail. Menus in English, German and Japanese, staff who greet you with "Hello", harsh lighting and Elton John playing in the background are all signs of places to avoid.

Vegan ice cream is available at some gelaterias. It is designed as a health product, but is usually delicious, particularly on a hot day. The larger supermarkets sell Valsoia ice creams. You can get tubs, ice cream sandwiches or vanilla on a stick, covered with chocolate - all wonderful. They are always very, very nice. Valsoia also sell soya yogurts, soya milk, and puddings.

The "bars" – really cafes, sell spremute, fresh squeezed orange juice, as well as coffee, alcohol and snacks. I bring soyamilk in a water bottle to my local bar and they very kindly make me soya cappuccinos. Heaven. The cafes also sell candied chestnuts and dark chocolates, some of which are vegan – great with coffee. Some cafes have vegan sandwiches with olive oil, slices of roast aubergine and tomatoes, but these are rare. Many bakeries sell vegan pizza-topped with either potatoes, onions, tomatoes, mushrooms or peppers.

It would be an enormous understatement to say that there is a lot more to Florence than food, but it's delightful to be in a city where finding something genuinely delicious and animal-free to eat is not an issue.

NEXT ENTRY: The synagogue, its vegetarian restaurant "Ruth's", and the local Jewish community.



### 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.

# FARMING, FOOD, ANIMAL WELFARE

REPORT RECEIVED FROM DR. ALAN LONG (VEGA)

NEW SCIENTIFIC REPORT DAMNS ROUTINE IN THE DAIRY/ BEEF / VEAL INDUSTRY

Unremitting cruelty shames the veterinary profession, farmers, and so-called animal welfarists implicated in the workings of an evil industry.

Dr Alan Long of VEGA Research noted the publication of a report by Dr Toby Knowles and colleagues of the School of Veterinary Science, University of Bristol, on "changes in the blood biochemical and haematological profile of neonatal calves with age", commented – "Research by Dr Toby Knowles et al, tracking the development of the immune system of the dairy-calf, found that it had not completed within two and a half months of birth. This confirms the toll taken by the industry, in which BSE erupted and continued, on these frail animals".

Quoting authoritative sources on the husbandry and welfare of farm animals, Dr. Long stated, "The young calf is particularly vulnerable to disease. About 170,000 of calves born alive each year die in their first month of life. Scouring (diarrhoea) is the main factor contributing to their death. Respiratory infections are particularly common in calves between eight and twenty weeks of age. The calf is taken from its mother within 48 hours of birth and abruptly weaned on to milk substitute, an inadequate replacement often fed from a bucket at a wrong temperature and necessitating a sudden change from maternal suckling to unnatural lapping. Leaving a calf with its mother until weaning and separation occur naturally may be ideal, but is not practicable within the present modern dairy industry. This 'ideal' time is 6 months or more.

Most beef-calves from the dairy-herd are moved off their farm of origin at about one week of age into specialist rearing units. This may entail trips through dealerships, markets and transport, sometimes for the full length of the country. Such animals are deprived of food, water and physical comfort and are confused, exhausted and exposed to a wide range of feckious organisms, of which the most important are the Salmonella bacteria. By the time they reach their rearing unit, they are likely to be infected, dehydrated and stressed and need special care if they are to survive. Within their first couple of months they could also be subjected to the stresses of castration, disbudding (dehorning) and vaccinations, performed by non-veterinarian workers in conditions far removed from surgery practice.

Objection arises to dispensing drugs wholesale to farmers for the treatment of all bought-in calves because of the fear that this will lead to an increasing

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incidence of drug-resistant strains of these organisms. This concern has intensified with the spread of *Salmonella typhimurium* types carrying multiple resistance to antibiotics essential in treatment of outbreaks of serious diseases in the human population. Movements of baby calves through markets, especially because they are a low-value by-product of the dairy industry, subject them to a callous rupture of the maternal bond and to ruthless stresses on a newborn animal. Dr Knowles explained the relevance of the findings he reported as follows: "Vets use a variety of blood biochemical and haematological measurements as an aid to diagnosing disease in animals. They do this by comparing the values found in a sick animal with values from a healthy population of animals. However, in newborn animals, levels are naturally different from those in adults. We tracked the changes in a selection of variables in calves from birth to 83 days of age. This work will act as a guide to veterinarians, showing how the values found in healthy newborn animals differ from those found in adults and will enable the identification of unusual values in sick calves.

Present legislation within the UK allows lone calves to be sold through markets or dealers at seven days of age. Previous work has shown that following market, mortality amongst calves can be high. However, it appears that mortality decreases the older the calves are when sent for sale. Our work shows that many of the blood variables are changing rapidly over the first two months of life suggesting that perhaps mortality amongst calves sent for sale could be reduced if the minimum age at which they could be marketed were increased to one or, preferably, two months."

Dr Long also commented, "In beef suckler-herds calves run with their dams for 6 months or more. The cows do not have to suckle human milksops. BSE is not a problem in closed suckler-herds. Cow and calf suffer much less than in the dairy/beef/veal system. Organisations such as the Soil Association and RSPCA seeking to approve 'farm-assured' methods of husbandry must overhaul their standards in the light of the scientific findings from Dr. Knowles' group. Non-meaters turning into cheesy-tarians must ponder their complicity in practices they abhor.

Cereals and soyabean can yield dairy produce with estimable properties and can be available in supermarkets without stuffing such crops and concentrates into Britain's limping population of mucky, miserable, mastitic cows and pitching baby calves into a hell of modern farming," stated Dr Long.

# IT'S UP TO US

## IT'S UP TO US: PROMOTING JEWISH VEGETARIANISM

BY RICHARD H. SCHWARTZ, PH.D. (PATRON AND LIFE-MEMBER OF THE IJVS)

Promoting vegetarianism from a Jewish perspective can revitalise Judaism and can help shift our precious planet from its present perilous course! I state this because animal-based diets and agriculture have very negative effects on human health, on animals, on the environment, on resource usage, and on hungry people (since so much grain is fed to farmed animals while millions die of hunger and its effects each year); hence the production and consumption of animal products violates basic Torah-based Jewish mandates to protect our health, treat animals with compassion, preserve the environment, conserve resources, and help hungry people. Thus, it is essential that we proclaim loudly and clearly that a shift toward vegetarianism is both a societal imperative and a Jewish imperative!

I am planning a major campaign to get vegetarianism onto the Jewish agenda, and eventually other agendas. I hope to begin this campaign in March 2001, when the new, revised edition of my book "Judaism and Vegetarianism" is published. I believe that this book brings up issues and raises questions that can help effectively further vegetarianism if it is properly promoted. Fortunately, I am not dependent on this book for income, since I will probably spend more promoting it than I will make on sales and royalties. If I do make a profit, I will use it to promote the Jewish vegetarian cause and groups like the IJVS.

Your help in this campaign is essential, and I urge you to please consider ways that you can get involved. I would like to make the following suggestions:

1. Please send me ideas for promoting the book, including contact information for key rabbis, editors, media producers and interviewers, and people who might be interested in reviewing the book. Also, please let me know if there is a publication for which you could review the book. My e-mail address is [rschw12345@aol.com](mailto:rschw12345@aol.com).

2. It is essential that our Jewish vegetarian-related groups are strengthened. Hence, please consider supporting the HVS through submitting an article, volunteering to help out, and/or making a financial contribution. Also please consider helping our other important groups, including Jewish Vegetarians of North America (JVNA) ([www.orbyss.com/jvna.htm](http://www.orbyss.com/jvna.htm)), Jews for Animal Rights (JAR) ([www.micahbooks.com](http://www.micahbooks.com)), Micah Publishers, the main publishing arm of our movement ([www.micahbooks.com](http://www.micahbooks.com)), Concern for

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Helping Animals in Israel (CHAI) ([www.chai-online.org](http://www.chai-online.org)), Anonymous (Israel's largest animals rights group) ([reyo@netvision.net.il](mailto:reyo@netvision.net.il)), as well as other groups.

3. Help make others aware of my 100 or so articles and book reviews on the Internet at [schwartz.enviroweb.org](http://schwartz.enviroweb.org). Please feel free to forward any of these articles to others who might be interested and to use these articles as background for letters, articles, and calls to the media.

4. Please consider contacting local rabbis and other Jewish leaders. You might raise questions, such as:

(a) In view of Judaism's strong teachings with regard to preserving human health, treating animals with compassion, protecting the environment, conserving resources, and helping the hungry, and the very negative effects that the production and consumption of meat has in each of these areas, shouldn't Jews eliminate or sharply reduce their consumption of animal products?

(b) Since Jews can only mistreat or kill animals to meet an essential human need, and it is not necessary to consume animal products in order to maintain good health (the contrary is the case), how can we justify the slaughtering of animals for food? Many rabbis are frustrated because most of their congregants perform religious acts mechanically and do not probe for deeper understandings. They will probably be thrilled when they are approached with serious questions.

5. If you have any special skills re speaking, writing, editing, using computers, etc., that you are willing to utilise to help in this campaign, please let me know. Below are several areas where volunteer help could be extremely valuable:

I. Creating E-mail lists of rabbis, synagogues, Jewish groups. This could be very valuable re sending vegetarian-related articles to these people and groups periodically.

II. Letter-writing campaign a. Co-ordinating a group of people who would be willing to send letters out to publications from time to time. b. Daily newspapers and other publications have articles on health, animals, ecology, nutrition, and other vegetarian related topics that merit responses, either of praise or criticism, c. Since I have a lot of vegetarian-related material stored on my computer, I can quickly compose letters. So, please send me info about articles that should be responded to, along with the appropriate e-mail address to send the letter to.

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III. Media co-ordination a. Setting up radio interviews b. Contacting newspapers and other publications to try to place articles and reviews, c. The potential here is very great since there are many radio talk and call-in shows and so many other media outlets

IV. Get vegetarian articles by me and others linked to many websites (websites with connections to Judaism, health, animals, ecology, and other vegetarian related topics).

V. Getting resolutions introduced at rabbinic and other Jewish groups' conventions The Reform Rabbinic group, "Central Conference of American Rabbis" (CCAR) is already considering a resolution. We could certainly provide background information for rabbis interested in bringing up resolutions. If you have suggestions re rabbis who might be interested, please let me know.

VI. Fundraising: unfortunately, the groups who gain from a continuation of animal-based diets have far more financial and other resources than we have. If we had the money, we could do much more to get our message onto Jewish and other agenda. There are many foundations that might be interested in helping make people aware of the benefits of vegetarianism. If you have any suggestions re potential sources of income or about potential contributors, please let me know.

VII. Liaisons with other groups establishing connections with health, ecology, hunger, peace, and other vegetarian-related groups.

VIII. Research group: to look into sources and respond to questions. There is much internet help available in this area. Also, people with excellent Judaic backgrounds could be very helpful in finding additional sources and strengthening and expanding the analyses of vegetarian-related source material.

IX. Actively promote vegetarianism in Israel. There are many great possibilities related to Israel, but we need people with the time, ability, and interest to take on various roles there. One need not be living in Israel to be involved, as much can be done through E-mail.

X. Help improve our Judaism and Vegetarian website ([jewishveg.com](http://jewishveg.com)). It would be great to have all Jewish/vegetarian material at one site, with links to many related groups.

# IT'S UP TO US

In conclusion, I believe that it is essential that we be more diligent and creative in promoting vegetarianism in the Jewish community and beyond. Your help and suggestions will be most appreciated.

Many thanks.

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## THAI MASSAGE

### STUDYING THAI MASSAGE IN THAILAND

BY KEN MORGAN

I recently had the enjoyable and rewarding experience of studying Thai Massage for ten weeks in Chiang Mai. I was very glad to leave the hustle and bustle of Bangkok where I had spent a few days to look up an old friend. Chiang Mai is a smaller and more manageable town in north Thailand which has become an important centre for the study of Thai Massage.

There are several different schools of Thai Massage there. Particularly well known are the Old Medicine Hospital and the International Training Massage. I spent the first six weeks studying at International Training Massage run by Chongkol Setthakom and his wife Atchara along with a team of assistants. Chongkol (also known as 'John') was originally head teacher at the Old Medicine Hospital before going to the USA as a visiting instructor at the International Professional School of Bodywork, a famous school of massage in San Diego, California for six months to teach Thai Massage. On his return, he set up International Training Massage (ITM) which basically teaches the same syllabus as the Old Medicine Hospital. He is a small man who is always smiling and helpful. The focus at ITM is on stretching the client into yoga-like postures with not so much emphasis on acupressure techniques. It is more relaxing than the style taught at the famous Wat Pho in Bangkok, where the emphasis is more on acupressure and less on the stretching.

Thai Massage traces itself back to a physician, Chivaka Komarabhacca, at the time of the Buddha. He is described as providing free medical care to the Buddha and other monks and donating his mango grove at Rajagaha for the use of the monastic community. Tales of his fame as a healer and his

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medical feats can be found in the Buddhist scriptures. From India, Ayurvedic Medicine and Yoga are the basis of Thai Massage and Thai Medicine but later, there have been influences from Chinese Medicine and from Burma. At ITM, prayers are offered at the start and end of every day.

Chongkol Settakom describes Thai Massage as having elements of yoga, acupressure, meditation, exercise, reflexology and a healing art. It has been described as yoga for lazy people! At ITM, there are six levels of training, each lasting a week. The first level teaches the techniques with the client lying on his back and in a sitting position. The second level teaches techniques with the client lying on his front and side. Level three teaches therapeutic methods based on the ten Sen. The Sen are energy channels similar to the Chinese acupuncture meridians. The method is to balance the energy flows as in Chinese acupuncture. Generally, points are pressed along the whole length of a Sen line but particular points known to aid in a particular problem may be focused upon. After six weeks at ITM, I studied with Mama Nit, an old Thai lady of Chinese ancestry, who started learning from her grandfather when she was thirteen years old. She said that the Sen and the Chinese meridians are different when talking about them but in practice they are the same. One of Chongkol's sayings was also "Same but different. Different but the same."

Level four at ITM teaches therapeutic methods for particular problems such as back pain, shoulder pain, neck pain etc. Levels five and six are teacher training and deal with learning to teach levels one and two.

ITM is very much geared up to the international community: it is in an air-conditioned school and Chongkol is a very clear teacher, speaking fluent English. In the first two weeks, a very clear sequence of massage is taught and thoroughly practised with no variations. This forms a solid foundation for the subsequent levels. Since ITM is so well-known, it can get crowded in the height of the season. So it is a good idea to check on numbers before starting there.

After helping to teach levels one and two for two weeks, I moved on to study with the aforementioned Mama Nit who, as well as studying with her grandfather, had also qualified at Wat Pho in Bangkok. She is a very warm and caring lady and there is very much a family atmosphere in her school which is the house where she used to live in Chiang Mai until the noisy karaoke bar next door encouraged her to move to the outskirts. It is not air-conditioned and I was prone to getting some mosquito bites there at certain times of the day. She had some netted doors and windows added while I was there - so it may be mosquito-free now. She speaks very little English

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but is assisted by an Englishman, Michael, who has been with her for two years and speaks very fluent Thai. I was fortunate in starting my study there at the same time as a young Thai lady, Lek, who spoke fluent English and could clarify any points for me with Mama Nit. Starting study with Mama Nit involves taking part in a traditional ceremony following which Mama Nit draws a cord along your left arm and then ties it around your wrist where it is to remain for at least three days. The study can then commence!

Study at Mama Nit's is a more personal and intimate affair than at ITM. In the first week, there was only Lek and I with the full attention of Mama Nit and Michael. We would usually get to feel each technique from Mama Nit, see it in action and then get to practise it. There was no classroom structure as at ITM.

Mama Nit's style of Thai Massage is somewhere between the styles of Wat Pho and the ITM style and has a lot of massaging and acupressure techniques on the Sen lines along with the yogic stretching. She specialises in a technique called Jap Sen which involves focused pressure along the Sen lines in order to relieve ailments of various kinds. This technique is not used in a general relaxing massage but is for a particular therapeutic purpose where a particular problem is being addressed. It can be quite painful but is very fast in producing relief compared to more gentle methods. Mama Nit's style is more complicated than at ITM and more Sen lines are worked with. She incorporates the Chinese meridians as well as the Thai system. I spent a month with her which was the highlight of my trip. I will definitely be going back to study with her again. She is certainly one of the treasures of Chiang Mai.

Thai Massage has certain distinctive features. It is performed with the client in loose, lightweight, comfortable clothing such as cotton T-shirt and trousers. A session can last anywhere from an hour to three hours. The session has a meditative quality as the practitioner slowly moves the client into various stretches or rhythmically presses along the Sen lines. The pressing is done with various parts of the body from hands to feet to elbows and knees. There is a feeling of deep relaxation and exhilaration on the part of the client. The practitioner also is in a meditative and relaxed state. My personal experience of Thai Massage is that it is one of the most enjoyable, relaxing and at the same time invigorating types of bodywork.

Ken Morgan is a yoga teacher and Thai Massage practitioner in London and can be contacted by telephone on 020 7820 3487 or 07740 434612 or by e-mail at kundrolpawo@hotmail.com.

# ART COMPETITION

## The International Jewish Vegetarian Society

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



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

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

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

Art Competition  
IJVS, London NW11 8LX  
UK

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

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

# ANY CONNECTION?

## JUDAISM AND VEGETARIANISM, ANY CONNECTION?

BY STEPHEN MARCUS

When I was asked to write an article for the Jewish Vegetarian, I was not sure whether to write something about Judaism, something about vegetarianism or both. Just before the end of December it came to me, how, apart from the biblical evidence, the two practices can be linked. I hope that my ideas at least provide food for thought.

### ABSTINENCE

In Judaism, one is asked to abstain from practices which one might otherwise feel tempted to indulge in, adultery for instance. It might superficially seem attractive to be able to sleep with whoever one wanted but there are consequences. It is hard to develop a trusting relationship with a partner if there are other people involved.

In a similar way, it might seem attractive to eat meat (at least before BSE, now it seems foolhardy) but again there are consequences. It may lead to problems with digestion (as was the case for me) and it has implications for the ability of other people to feed themselves, as meat production is inefficient.

### EFFORT

In the practice of Judaism, one has to expend extra effort. There are mitzvot to keep, prayers to say, and thoughts to give to one's actions. A Jew is meant to struggle to do the right thing as Jacob struggled with the angel. Some might see the need for prayers before and after eating as an imposition. I admit that I do not say prayers after meals, and not always before them, but when I do make the effort, it feels worthwhile.

To be a vegetarian, one has to make an extra effort to ensure that one gets enough protein and to make food interesting. Vegetarian food can be dull but the most delicious food I have ever tasted was vegetarian.

### AWARENESS

In Judaism, awareness is important. A Jew is meant to be aware of his history, his responsibility to others and the consequences of his actions, among other things.

A vegetarian, if they are making a moral choice to be so rather than just on health grounds, is aware of the responsibility they have to animals as well as other people. They care about where their food has come from, not just whether it tastes good.

# ANY CONNECTION?

## REWARDS

The rewards for an ethical Jewish life are subtle. There is no promise of a million pounds. There is not even the promise of a place in heaven. There is the gentle feeling of knowing that one is making a choice that one feels good about.

In vegetarianism, the rewards are also subtle. There is not the anticipation of the strong flavours of a hamburger with tomato ketchup. I remember when I went on a macrobiotic cookery course where we were encouraged to focus on cutting up the food we would eat and then spend time chewing our food in silence. There was a feeling that I got from eating that food which was spiritual in that I felt a connection to a power outside of me. The flavours in the food were subtle and I felt good a long time after I had finished my meal.

To sum up, I would say that neither being a Jew nor being a vegetarian are intrinsically positive. You can be an unconscious Jew going through the motions of the religion while doing evil things to others and you can be an unconscious vegetarian, eating lots of pre-cooked food and not bothering to make your food interesting. In both those cases, I would say that it was not worth the effort. It is not clever to make yourself ill in being a vegetarian.

However, Judaism and vegetarianism are both practices that, if followed consciously, can benefit the individual and the society they live in.

Stephen Marcus is a massage therapist and a primary schoolteacher. If you would like to contact him with your feedback on the article or to find out more about what he does you can contact him on 020 8207 3115 or on email: [stephenmarcus@talk21.com](mailto:stephenmarcus@talk21.com)



### 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.

## COOKERY CORNER



We are privileged to have Denise Phillips, the leading Jewish chef and writer, providing recipes for the cookery section this issue.

Denise's recently published book "Modern Jewish Cooking with Style", although not a vegetarian cookbook, contains a host of vegetarian recipes, which are modern, stylish and creative. I hope you will enjoy the following recipes she has prepared for us.

Seder night is a time for traditional food and familiar customs and rituals. I have focused on modern stylish Chol Hamo'ed recipes when perhaps a change is most welcome. Pesach food often includes some form of nuts, so I thought a few handy tips about buying, storing and toasting them would be helpful.

- 1) Ideally, nuts should be bought in their shells and freshly-prepared as they tend to go stale within a few weeks.
- 2) Shelled, flaked and chopped nuts are best bought loose in small quantities or vacuum packed.
- 3) Store them in airtight containers in a cool place and use reasonably quickly.
- 4) Toasting nuts enhances their flavour especially almonds and hazelnuts. The easiest way to toast whole, chopped or ground nuts is to spread them out on a baking tray and place in the oven at 180°C/350°F/gas mark 4 for about 10 minutes. (Put the timer on as they will burn quicker than you think!).

# COOKERY CORNER

## MIXED NUT TERRINE (Serves 6)

Preparation Time: 25 minutes

Cooking Time: 40 minutes plus 5 minutes cooling time.

This is a great parev dish that can be served as a lunch or supper. The terrine freezes well so make two and be prepared for those unexpected guests.

### INGREDIENTS

- 2 tablespoons vegetable oil – for frying
- 150g (5oz) ground almonds
- 110g (4oz) mixed nuts – eg. hazelnuts, pistachios, cashews – roughly chopped
- 2 large eggs – lightly beaten
- 1 medium onion – peeled and finely chopped
- 3 cloves of garlic – peeled and finely chopped
- 2 large carrots – grated
- 2 large courgettes – grated
- 110g (4oz) medium matzah meal
- 2 tablespoons tomato puree or sun-dried tomato paste
- Salt and freshly ground black pepper

### FOR THE GARNISH

- 2 lemons – cut into slices
- Mixed lettuce

### METHOD

- 1) Pre-heat the oven to 180°C/350°F/gas mark 4.
- 2) Grease a loaf tin with a little vegetable oil or margarine and line the base with baking parchment/non-stick paper.
- 3) Heat the oil in a frying pan.
- 4) Lightly saute the onions, garlic, carrots and courgettes until soft. This will take between 5-10 minutes.
- 5) Mix together the eggs, ground almonds, mixed nuts, matzah meal, tomato puree and salt and freshly ground black pepper.
- 6) Combine the two mixtures together, stir well and check the seasoning.
- 7) Spoon the mixture into the prepared loaf tin and cover it with a piece of well-greased aluminium foil paper.
- 8) Bake for 35-40 minutes. Remove and cool for 5 minutes before inverting

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the loaf on to a plate.

## **TO SERVE THE STYLISH WAY**

Using a serrated knife, cut the loaf into 6 portions and place on to a warmed plate with slices of freshly cut lemon and some mixed lettuce leaves.

## **RECOMMENDED WINE**

I have chosen a Muscadet which is from the French selection of Baron Herzog. It is described as a delicious, crisp very dry wine. Cost £5.75 – £6.00

## ***NEW SEASON'S COOKERY COURSES***

Denise Phillips, in conjunction with Books for Cooks, is holding new one-day cookery demonstrations in May and June. For further information please call 01923 836 456.

For the latest culinary advice, listen to Denise Phillips on Spectrum Radio 558 AM on Thursday 30 March at the new time 3.40pm.

Fennel is a white bulbous vegetable with green feathery leaves. It is also known as the Florence fennel to distinguish it from the herb of the same name. It resembles celery but has an aniseed flavour. I think it is extremely versatile – try it in soups, stews and salads or grilled, steamed, roasted or sauteed in olive oil/butter.

Choose well-rounded, white or pale green bulbs – a dark green indicates bitterness. Allow 125g – 150g (4-5 oz) per person. To prepare fennel trim both the root and stalk ends, reserving the feathery leaves if appropriate for garnish. Halve, quarter, slice or chop.

## **FENNEL POTATO AND TOMATO GRATIN (Serves 6)**

Can be made in advance

Preparation Time: 15 minutes

Cooking Time: 1 hour

### **INGREDIENTS**

2 large fennel bulbs – trimmed and finely sliced.

2 beef tomatoes – finely sliced

900g (1½lb) potatoes – finely sliced

3 cloves of garlic – peeled and finely chopped

Bunch of basil – roughly chopped

300ml (½ pint) vegetable stock

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150ml (¼ pint) single cream  
55g (2 oz) grated parmesan cheese  
2 tablespoons – olive oil  
Salt and freshly ground black pepper

## METHOD

- 1) Pre-heat the oven to 200-°C/400-°F/Gas mark 6.
- 2) Place a layer of sliced potatoes on the base of a large casserole dish and season with salt and freshly ground black pepper. Add half of the sliced tomatoes, and half of the chopped garlic and basil. Season again.
- 3) Add all the finely sliced fennel, the remaining tomato, garlic and basil. Season again at each layer and complete with the sliced potato.
- 4) Mix the stock with the single cream and pour over the casserole dish.
- 5) Bake in the pre-heated oven for 40 minutes or until the potatoes are soft. Remove from the oven.
- 6) Sprinkle with Parmesan cheese and drizzle with olive oil. Return to the oven for a further 10 minutes until the cheese melts and starts to caramelize.

## TO SERVE THE STYLISH WAY

Serve with a green salad. Garnish with parsley and serve in wedges.

## RECOMMENDED WINE

I have chosen Chenin Blanc from the Baron Herzog Californian selection, which is described as a nicely balanced wine that is slightly sweet and crisp. Cost £5.99

New Season's Cookery demonstrations at Books For Cooks, London W11 will be on Thursday 1 March 2001. Price £55 including lunch and a copy of my new book, 'Modern Jewish Cooking with Style' For more information call 01923 836456 or click into my website, [www.jewishcooking.com](http://www.jewishcooking.com).

*Halter*

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# COOKERY CORNER

## **RICH CHOCOLATE AND HAZELNUT CAKE** (Serves 8)

Will freeze/Pesach friendly/Can be made in advance

Preparation time: 20 minutes

Cooking time: 30 minutes

This is a chocoholics delight - the toasted hazelnuts gives the fudge-like sponge a little crunch in every bite! A great dessert or serve for tea.

### **INGREDIENTS**

225g (8 oz) plain chocolate

125g (4½ oz) butter – use margarine for a parev option 125g (4½ oz) caster sugar

200g (7 oz) ground almonds

100g (4 oz) toasted whole hazelnuts – roughly chopped

4 eggs – separated

### **FOR THE CHOCOLATE GLAZE**

75g (3 oz) plain chocolate

50g (2 oz) butter – use margarine for a parev option.

5 tablespoons apricot jam

### **FOR THE FINAL GARNISH**

8 strawberries – thinly sliced

Icing sugar – to dust cake

### **METHOD**

- 1) Pre-heat the oven to 180°C/350°F/ gas mark 4.
- 2) Line the base of a 22cm (8½ inch) loose-bottom spring-form cake tin with baking parchment and grease the sides with butter or margarine.
- 3) Melt the chocolate over a double-boiler or very carefully in the microwave. Set aside.
- 4) Cream together the butter and sugar until light and fluffy. Stir in the ground almonds and chopped toasted hazelnuts, egg yolks and melted chocolate. Beat until together until smooth.
- 5) Whisk the egg whites until stiff. Fold one tablespoon of egg white into the cake mixture carefully using a metal spoon. Gradually, fold in the rest.
- 6) Pour into the prepared cake tin and cook for 30 minutes or until firm to touch.

# COOKERY CORNER

- 7) Leave for 5 minutes before turning out on to a wire rack to cool.
- 8) Spread the apricot jam over the top of the cake.
- 9) Melt the butter and chocolate together in a double-boiler.
- 10) Spread the mixed chocolate glaze over the top of the cake, allowing it to run down the sides.

## **TO SERVE THE STYLISH WAY**

Place a slice of cake onto individual plates with a sliced strawberry, dust with icing sugar and a helping of your favourite icecream.

## **RECOMMENDED WINE**

Moscato d'Asti part of the Baron Herzog selection of Wines. This is described as a slightly effervescent semi-sweet dessert wine. Cost £5.95.

## **COOKERY SCHOOL**

Come along and learn to make Modern Jewish Food with Style with Denise Phillips. Cookery demonstrations will take place on Wednesday 8 May and Thursday 10 June at Books for Cooks, London W11. Cost £40 including lunch.

For all the latest handy tips on making Pesach with stylish Chol Hamoed recipes listen to Denise Phillips on Spectrum Radio 558 AM at the new time of Thursday 3.40pm on Thursday 13 April.

### **LIFE MEMBERS**

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

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**Israel Life Membership**  
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**American Life Membership**  
\$250

**or 5 annual payments of**  
£35 (\$60)

# 21ST CENTURY METHODS

## NON-INVASIVE TREATMENT METHODS FOR THE 21ST CENTURY

BY MARK G LESTER

My name is Mark G. Lester and I run The Finchley Clinic in North London. I am involved with alternative medicine in my work, though I currently use some of the less well-known therapies. They are not well-known, not so much because they are less effective, but because they lie at the leading edge of alternative medicine. They offer such a threat to vested interests within the conventional field that attempts have been made, often with great success, to suppress the therapies (I will go into the sad history of medical suppression in a future article).

If I may share something of my background, I have been brought up as a lifelong vegetarian. My father has been a vegetarian since 1956 and was one of the founders of the JVS. He was the first vice-chairman of the organisation and my mother, the first secretary. Some of the early meetings of the JVS took place at my parent's house (this was before I was born). My three siblings, eight nieces and nephews, my father's sister and two sons are vegetarian too so we are quite an extended family of veggie's. My family has not been actively involved with the JVS however since the 1960's, so when I was invited to be a regular contributor for the magazine, I felt not so much as though an imposition had been laid upon me, but that I was coming home.

Having gleefully accepted the request to write, the inevitable happened as I thought, "oh my goodness what am I to write about?" That barrier overcome, I thought I would introduce my very unusual work in the healing arts, by way of reference to specific conditions and some case histories based on patients at my clinic. On this occasion, I have chosen davka osteo-arthritis. On future occasions, I will discuss other ailments.

I am not going to patronise anyone reading this article by describing the well-known symptoms of this debilitating condition. Everyone is familiar with the increasing pain and loss of joint mobility that characterises arthritis. Mainstream medicine focuses on pain-relieving and anti-inflammatory drugs while ignoring the fact that the temporary relief obtained masks the insidious progress of the disease (indeed some of the drugs such as anti-inflammatory steroids DIRECTLY speed up the long term deterioration which accompanies this disease). Conventional doctors more or less assume that as we age, we WILL develop arthritis, yet in my clinic I have seen many people diagnosed with this supposedly intractable condition become completely symptom-free and for all intents and purposes, cured. The regime I am about to describe is not the cure for arthritis, different things work for different people, however my experience is that providing that I) the patient is a patient patient; II) they

# 21ST CENTURY METHODS

have a predominantly wholefood vegetarian diet; III) the fog of conventional medicines is not so overwhelming as to make healing impossible, then the majority of people can improve beyond recognition and often be cured. Even people who are breaking the three rules above often improve significantly.

Massage (and for that matter any therapy which reduces stasis and increases circulation) will help reduce pain and inflammation, and help to slow or stop the condition from getting worse. This is valuable but will not reverse the condition and, consequently, I rarely use massage any more for arthritis.

The first therapy I usually use for arthritis is Electro-Crystal therapy. I will not venture into what this therapy is in detail in this article except to say that this is a treatment that uses electromagnetic frequencies and crystal oscillations to promote healing (I will write in more detail on what the therapy actually involves in a future article, though anyone who cannot wait can either visit my web site [www.thefinchleyclinic.co.uk](http://www.thefinchleyclinic.co.uk) or call my clinic for posted literature). I find that alternating between calming frequencies for pain and inflammation, and stimulating frequencies to regenerate the damaged tissues is often very effective. An open-minded rheumatologist has found that this regime alone has given more than just pain relief and X-ray scans have shown arthritis to have reversed. In the words of one female patient, who was completely symptom-free within eight sessions, (a Jewish vegan as it happens), "Electro-Crystal therapy has totally changed the quality of my life." Another patient, actually a musician whose hands were so painful that her career was under threat, is now symptom-free.

Secondly, Ozone therapy. This is a naturopathic method dating back to the 1860's, which works by flooding the body with Oxygen to promote detoxification. Science has verified the efficacy of Ozone in treating arthritis with Ozone: at the Centre of Medical-Surgical Studies in Havana, sixty patients with osteoarthritis (mostly affecting the knee) were given one interarticular injection of ozone per week for a total of ten weeks. Of the sixty patients, only four experienced the return of painful symptoms after two months, while the majority (93.3%) were symptom-free. The researchers concluded that this easily-applied and low-cost therapy produced "disappearance of pain after the first several ozone applications, as well as diminished clinical inflammation of the joints and restoration of normal joint movement." Many other papers have been published reporting similar success. Again, I will write about this therapy in detail in a future article. My own experience is that ozone is as effective as is suggested both for oatco-arthritis and rheumatoid arthritis. I remember the wife of one man who came phoning me up last year to thank me for "giving me a new husband" – and that was after one session!

## 21ST CENTURY METHODS

Thirdly, bodywork: I am sure that many forms of bodywork are helpful though I can only write about the ones I have direct experience of and I have already mentioned massage in this regard. I usually use Bowen technique rather than massage as it is gentler, and in my experience, more effective. I have seen Bowen technique give an enormous amount of pain relief for long periods and get crippled people moving again. Bodywork will not cure arthritis, but it is enormously helpful. It can increase range of movement and mobility, reduce pain and stiffness, get the blood and interstitial fluids moving around affected areas, and help to clear away stasis. Bowen technique is a method, which is unique in that it re-sets the body to heal itself. It is non-invasive to the degree that clients often wonder whether I am doing anything. When they start improving, they soon realise!

Lastly, the Rife machine, which is another electro-magnetic healing device (of which I am only one of a handful of practitioners in the UK) seems to have enormous potential. My machine was imported from Canada and was accompanied by a video of personal case histories narrated by the patients themselves. Many of the patients were arthritis/rheumatoid arthritis sufferers and there seemed to be some pretty dramatic results. Of the therapies I use, this is the one I have least experience with, however, there is one lady who, within a few sessions of being exposed to this instrument, described it as her "miracle cure". She was someone for whom I had tried everything else and nothing had helped. I used the machine as a last resort. The results have actually amazed me!

Lastly, the diet needs to be vegetarian (the meat-eaters diet is far too acidic), and as free of white anything as possible (rice, wheat, sugar etc) with a significant percentage of raw food. Effective supplements include nutritional MSM (I 'lost' one patient of mine as a result of this supplement - she was improving already with my treatment but the MSM left her completely symptom free). Colloidal minerals can also be very effective. Another lady who again was already 90% better with the treatment at my clinic became symptom-free within one month of getting her on an appropriate colloidal mineral supplement. In my experience, calcium supplementation as recommended by conventional doctors on its own is not effective at all. The thing is that one can supplement with calcium until the cows come home but arthritis is NOT caused by calcium deficiency – it caused by calcium leaching out of the bones and lodging into the joints. However, as an alternative to the colloidal minerals, taking a supplement of calcium with magnesium and boron can make a big difference over a three to six month trial period. This is because these minerals prevent calcium loss from the bones. Vitamin C (1 gram per day) is anti-inflammatory, de-toxifying and helps deliver oxygen to the joints

# 21ST CENTURY METHODS

and helps as well. Lastly, essential fatty acids, in the form of Udo's choice oil or essential balance oil, are also useful.

It should be noted that everything written in this article could be equally applied to osteoporosis, which responds equally well to the methods and therapies described in the article. I have seen total recoveries from osteoporosis within a few months with a combination of Electro-Crystal therapy and mineral supplementation.

In conclusion: most people suffering with arthritis can be greatly helped by many different alternative approaches. Many can be cured. The treatments described in this article are methods that I have seen deliver a great deal of success over the last seven years that I have been in practice. I have come to the conclusion, after seeing many people get better who had been told that their condition was 'irreversible' that, contrary to conventional dogmas, arthritis is not merely manageable with conventional increasing doses of ultimately toxic and ineffectual pain relieving drugs, but curable using non-toxic health-promoting alternative therapies.

Mark G. Lester is a holistic therapist who runs the Finchley Clinic in North London. Because of the unique nature of the therapies offered at his clinic, patients come to his clinic from all over the UK and Europe. He has appeared in the Sunday Times, Time Out, Sky Television, Viva Radio, local newspapers, What Doctor's Don't Tell You, Scene magazine, Caduceus magazine and has written articles in Positive Health Magazine and asked to give talks all over southern England. His web site which contains detailed information on the therapies he uses is [www.thefinchleyclinic.co.uk](http://www.thefinchleyclinic.co.uk). Mark can be contacted on 020 8349 4730.

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## GUILDFORD'S LIVESTOCK MARKET

BY RITA J BLOOMBERG



Sheep in overcrowded pen in the lairage without water.

Cattle, calves, sheep, lambs, pigs, piglets, goats and kids, were sent to Guildford's Livestock Market on the Slyfield Industrial Estate. They came from 8.30am and were driven down the ramps of transporters and lorries into pens which were often overcrowded. The cacophony of bleating, bellowing, squeeling

and crying made us acutely aware of the animals' distress. How different from the contented sounds of communications heard in an animal sanctuary. At the market, the animals were often hit to drive them along narrow passages and into and around the auction ring. Most went to slaughter, sometimes to the slaughterhouse next door, but often to the Midlands and occasionally Scotland. Visitors and school groups coming to the market in 1986 saw that the animals had no access to water. During the summer months, temperatures in the sun in the pens were often over 24°C (75°F) and occasionally soared to 40°C (104°F) and yet, although there was no shade for the cattle and sheep outside, there was still no water.

It was particularly sad to see lactating animals languishing there without water, for example, the mother goat, tethered by her neck and unable to lie down being suckled by two kids for many hours.

Animal Welfare groups collected money on the High Street from concerned members of the public, bought a water trough and presented it to the Auctioneers, quoting the legislation, the "Welfare of Animals Market Order 1990" which states that "It shall be the duty of the person in charge of an animal to ensure that the animal is provided with an adequate quantity of wholesome water as often as is necessary to prevent it suffering from thirst."

The Auctioneers refused to accept the water trough and said that they were abiding by the law in supplying water on the site.

Fourteen of us wrote an open letter, a plea for water, to the local

# GUILDFORD'S LIVESTOCK MARKET



Sheep in an overcrowded pen without water

newspaper addressed to two Surrey MP's. During the 14 years of campaigning for improved conditions, water, shade and bedding, we were fortunate that Ann Dent MBE, a well known journalist at the Surrey Advertiser, took an active interest and covered the matter fairly.

Marjorie Pooley, Maureen Burde, myself and others attended the livestock market regularly, wrote to the local newspaper and spoke on local radio stations.

We were concerned by the number of very young calves that went to slaughter from the market at about 7 days old as a waste product of the dairy industry. These calves, many, whose mothers' milk had been appropriated for human consumption, appeared desperately thirsty and would sometimes suck the bars of the pens and often suck each other.

In 1990, we had regular meetings with a representative of the Auctioneers, an RSPCA Official and Dr Alan Long who attended to inform and advise on animal welfare. Animal Aid's director, Mr Andrew Tyler visited Guildford and several other markets and wrote a report "Auctioning Animal Flesh" in 1993. Since then there have been two further reports "A Brutal Business" (1997) and "Bartered Lives" (2000) which have included information gathered from a network of volunteer monitors known as "Marketwatch" covering 36 livestock markets.

Two vets supported the campaign for water and wrote to the Surrey Advertiser. Mr David Coffey, who founded a Centre for Animal Welfare Studies, wrote emphasising the moral responsibility human beings have for the welfare of animals under their protection and said "It is a basic tenet of animal management that water be provided at all times." Vet, Mr William Jordan, who founded the charity "Care for the Wild", wrote a letter pointing out that animals travelling to market are under a certain amount of stress and that causes thirst, which, if it cannot be satisfied, causes suffering.

We petitioned Surrey County Council in 1994, requesting that all the

## GUILDFORD'S LIVESTOCK MARKET

animals at the market should have direct access to water and over 3000 local people and Linda McCartney signed. The County Trading Standards Officer, wrote a report "Water at Guildford's Livestock Market" after he and the County Councillors visited it. Suddenly, water troughs appeared in the lairage where animals were held if they stayed overnight. Most pens in the market still did not have water. Then we sent out a letter with accompanying photographs to Surrey County Councillors describing conditions. At a meeting of Surrey County Council's Fire and Consumer Protection Committee held on November 25th 1994, I was allowed 3 minutes to state our case. The motion was defeated in spite of the spirited support of Councillor Mike Bruton who then put forward the compromise motion drafted by Professor Webster that "calves under 3 months and lactating females (cows, sheep, goats) should be given easy access to fresh water if held in market pens for periods longer than three hours". This motion was defeated by only one vote! We despaired.

This set back prompted two peaceful demonstrations. One was held outside the livestock market on 17th January 1995 and was supported by Vivien Biggs and Richard Marks, both Guildford Borough Councillors and the latter a former Mayor of Guildford who became chairman of the Planning Committee. The local paper continued to cover the matter sensitively. In April, we wrote a letter to each Guildford Borough Councillor describing the harsh conditions at the livestock market and advocated that animals should go direct from the farm to slaughter to shorten their ordeal.

We were pleased and surprised to read in the Surrey Advertiser in February 2000 that the company running the market said that it was no longer viable and would close down. Guildford Borough Council had decided to raise the nominal rent for the six acre site to a realistic level and that had prompted the company's decision.

Over 100 farmers protested at the Council's office. Market closed on the 2nd June 2000.

I would like to thank Dr. Alan Long, formerly Research Advisor to The Vegetarian Society of the U.K. and now founder and director of VEGA (Vegetarian Economy Green Agriculture) for advising on animal welfare throughout the campaign.

Thanks for enthusiasm, encouragement and letter writing to Pat Corr, Leonora and John Nokes, Mila Ashenden, Irene Reece, Elizabeth Showy Christine Clapshaw, Dereca Trevail, Julie Roxburgh, Deborah Ratnicks and Monica Lilley.

# ANIMAL AID REPORT

**WATER PLEA:** Animal welfare at Guildford Livestock Market was the subject of a petition presented to Don Shearly, the chairman of Surrey County Council's Fire and Consumer Protection Committee.



From left to right: Mila Ashenden, Rita Bloomberg, Marjorie Pooley, Irene Reece, Elizabeth Shaw and Julie Roxburgh

Animal Aid's ultimate objective is to encourage as many people as possible to abandon eating the flesh and secretions of animals. but for as long as animal products are consumed, our goal must be to minimise the pain and trauma involved. The journey to market simply adds another unnecessary layer of torment. It is time for Britain's 'livestock' auctions to be consigned to history.



# ANIMAL AID REPORT

## EXTRACT FROM THE ANIMAL AID REPORT BARTERED LIVES (2000)



Guildford: Taken from their dairy cow mothers – usually within one or two days of birth – desperate calves will try to suckle anything, including a raincoat...



a gloved hand...



the bars of a pen...



another calf.

'There are no fluids for them at the market and some suck the metal bars, some suck each other's ears and ear tags and some, after looking in vain for an udder, will suck another calf's under side, which can cause a hernia in the other animal. The calves often look frightened and bewildered with the journey, the steep ramps, the lack of fluids and the general noise of the market. Many calves have scour (diarrhoea).' (Guildford)

'We become very concerned about the Friesian bull calves, with some being sold for as little as 25 pence. They are often extremely thin and neglected.' (Colchester)

'Particularly distressing to see the calves and have them suckle on my fingers – really brings home the cruelty involved in the meat/dairy trade.' (Northampton)

# STRONG BONES

## SOYA-RICH DIET MAY HELP POST-MENOPAUSAL WOMEN RETAIN STRONG BONES

The Vegetable Protein Association (VPA) has welcomed new research from Japan which suggests that post-menopausal women who consume a soya-rich diet have stronger bones. The findings, supporting the claim that soya foods may help protect bones after the menopause and reduce the risk of fractures and osteoporosis, are set to boost consumer interest in soya and its potential health benefits.

The research published in January's 'Obstetrics and Gynaecology', adds weight to existing research indicating that plant estrogens or phytoestrogens found in soya can help to alleviate some of the symptoms of the menopause. During menopause, estrogen levels drop, increasing the risk of bone thinning and other side-effects including hot flushes, depression and aching joints. However, isoflavones - compounds found in soya with a similar chemical structure to the female estrogen hormone, estradiol - are believed to imitate the effects of natural estrogen and reduce some of the associated symptoms.

The study on the isoflavone intake of 478 post-menopausal Japanese women indicated that those who consumed the highest levels of isoflavones in both early and late postmenopausal periods, had significantly thicker bones than women who consumed the lowest levels of isoflavones. The research concludes that high consumption of soya products is associated with increased bone mass in post-menopausal women and may also be useful for preventing the effects of low estrogen levels.

Dr. Dominic Dyer, executive secretary at the VPA comments: "These latest findings from Japan will help to raise awareness amongst consumers of the potential health benefits of eating soya as part of a balanced diet. It has never been easier to incorporate soya in the diet, a wide-ranging variety of soya products, such as soya milk and meat-free roasts, are now readily available to consumers. Our members are now planning to make it even easier for consumers to eat a healthy amount of soya by labelling products with a high soya content - good news for consumers and manufacturers alike."

Source: *Obstetrics and Gynaecology* 2001; 97:109

For press information, please contact; Emma Edwards / Emma Dixon, Barrett Dixon Bell, Craig Court, 25 Hale Road, Altrincham, Cheshire, WA14 2EY, UK. Tel: +44 (0)161 925 4700. Fax: +44 (0) 161 925 4701. Email: [emma@bdb.co.uk](mailto:emma@bdb.co.uk) / [emma2@bdb.co.uk](mailto:emma2@bdb.co.uk)

# GARDENERS CORNER

**SPRING 2001**

As I write this, the floods of Autumn and Winter continue into Spring, with unabating rain accompanied by chill winds. Yet the days are perceptibly lengthening and the snowdrops and aconites triumphantly toss Winter into memory and herald the coming Spring.

Already the dawn chorus loudly proclaims the undeniable approach of mating, nesting and the rearing of new chicks. The birds now are smartly turned out in their new plumage – all of last year’s feathers have been replaced and their new “clothes” are neat and shining. Soon, the first nests will be built in secret places as yet the leaf buds clasp themselves tightly on the twig waiting for the frosts and icy winds to abate. Even now, the sap is rising in the sycamore oak and ash, as they prepare to don their pastel raiment. Last year, I closely observed our beech tree which put on all its new leaves in less than a week throwing off the over-wintering dry brown leaves of the previous year which acted as protection to the dormant buds.

Just as water conservation in dry periods is vital so also good drainage can make a big improvement to a garden. Plants like to be watered regularly but do not like to be constantly submerged – which stops the roots from “breathing” and can cause die back. Drainage is easy to instal and once in place will last for generations. What is needed are clay pipes – bought for the purpose - they are about 15 inches in length and 6 inches in diameter. A series of trenches are dug from the highest to the lowest point in the garden. At the lowest point, a large sump is dug about 3 feet in depth. This is the soak away and is filled about 2 feet with rubble and stones – course shingle will do nicely. Leading away from this the pipes are laid end to end. They are covered with stones or shingle to a depth of about 6 inches and then all the topsoil is replaced. Gardening on top of this takes place as normal but the rain runs into the drains through the soil and soak away, making the garden better to walk on and sweetening the soil for growing plants.

March and April are the halfway house between Spring and Summer. Cloches of glass or plastic will warm the soil for early sowings of beetroot, carrots, turnips and onions. Parsnips can be sown in February without protection. Early lettuce will reward added warmth from cloches. Broad beans can be sown in November but, if this was not done, an early spring sowing will produce a good crop if the ground is well-prepared by digging one spades depth - half filling with compost covered with finely raked soil. The seeds should be sown on a flat bed, not a vee drill, and covered over about 2-3 inches. In our garden, mice love the pea and bean seeds so we start most of ours in

# GARDENERS CORNER

the greenhouse and transplant from boxes when about 3 to 4 inches high.

Our potatoes now lie chitted in trays – greening in the light to be ready to plant in March/April.

Remember to rotate crops, plant potatoes where cabbages grew last year and cabbages where peas and beans grew. Each crop is helped by the previous one which helps to feed nutrients – as in nitrogen nodules left by peas and beans – as well as reducing soil borne pests and diseases specific to the previous crop.

Now prune roses to promote strong flowering shoots. If rambling roses have grown old and gnarled, cut back, hard to encourage fresh new growth. If the roots are well founded some varieties can put on 20 feet in a year.

At the last Chelsea Flower Show, we bought some prize varieties of sweet peas from a champion grower, these were sown in the greenhouse at the beginning of February and will be planted out in April. Some of our other much-loved old and repeated varieties will also be grown to compare.

Early in January, shrouded by the half light of morning, the heron visited our pond. Fortunately, we had netted the pond and so all he could do was to look and admire our fish before winging away like some primeval creature from the swamps of time.

I wish all our readers a good start to the growing season and a year of health and plenty to come.



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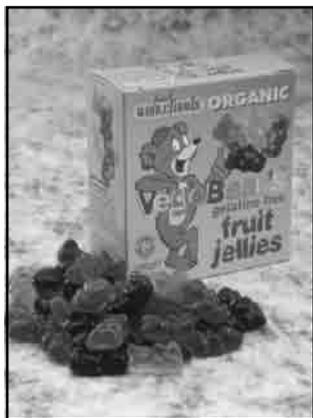
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**HON AUDITORS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY**

# CONSUMER CORNER

## NEW ORGANIC VEGBEAR'S FRUIT JELLIES



This new product from Just Wholefoods is gelatine-free, and recently won the Organic Food Award for best confectionery.

Made using juice from pineapples, blackcurrants, raspberries and apples, and free from all animal products and artificial additives, this is perfect for parents who only want to give their children the very best tasting treats.

The soft jelly consistency and relatively low level of sweetness ensures that they are appealing to small mouths and utterly moreish to tastebuds of all ages.

With continued concerns over food safety and with parents ever-more conscious of the quality of the food their children eat, Organic VegeBear's Fruit Jellies offers a contemporary variation on traditional jelly sweets made with the finest organic ingredients. They are also free from all artificial sweeteners, colours and preservatives and are GMO-free.

Winning the confectionery category in the year 2000 prestigious Organic Food Awards, underlines the quality and taste of VegeBeans gelatine-free Fruit Jellies, as well as their appeal to adults and children alike.

Available from healthfood stores nation-wide, 100g boxes, Price £1. 25p.

Just Wholefoods is a leading producer of organic vegetarian convenience foods suitable for vegans and those with special dietary requirements. The company's range includes a selection of organic meal mixes, six different organic instant soups, three organic stuffing mixes and a range of organic cooking ingredients ideal for the vegetarian store cupboard. As well as All Natural Custard Powder and Real Fruit Jelly, available in four flavours, Strawberry, Tropical Fruit, Lemon and Raspberry. These too are available from healthfood stores nation-wide.

## ORGANIC PASTA

DELVERDE, makers of Italian pasta, has launched a new range of organic foods in the U.K. Five different pasta shapes, (Spaghetti, Penne, Rigate, Elcoidali, Mezzi tubetti, and Tagliatelle nidi) as well as 100% extra virgin olive oil made with selected olives, cold-pressed according to the finest tradition.

Last September, Delverde signed an agreement with the World Wildlife Fund

# CONSUMER CORNER

(WWF) to promote and develop activities to safeguard the environment. Each packet of Delverde products will be clearly marked with the WWF Panda logo and a percentage of all Delverde fine food product sales will be donated to WWF's conservation work.

The Delverde range of organic pasta and extra-virgin oil is distributed in the UK by Annessa Imports Ltd. Annessa is a London-based family business with offices and warehouses in North London. Pasta Delverde can be found in the kitchens of the most famous and prestigious London restaurants, and will soon be on the shelves of retailers across the country.

For further information, please contact Maria Balsama on Tel: 0208 349 3196.

## NEW – FRY'S SPECIAL



These products are the brain child of Satya Norris, and are manufactured at a factory at Westmead, which is just outside of Durban, South Africa. They are pre-cooked and then blast frozen at the factory before being shipped to the E.U. in refrigerated containers. The temperature of the containers is set below minus eighteen degrees centigrade.

They are free from any animal ingredient, and are therefore suitable for both vegans and vegetarians. As well as being approved

by the Beth Din of Johannesburg and The Vegetarian Society of the U.K., they carry both the respective symbols. The main ingredients are hydrated vegetable protein (soya) wheat and vegetable protein, and needless to say, all products are GMO-free. They can be heated from frozen, and preparation instructions are clearly marked on all the packs.

To date, the following products are available in the U.K: Schnitzels, Cutlets, Asian Blend Patties, Burgers, Sausages and Polony (Slicing Sausage) and can be found in the freezer section.

They are all easy and quick to prepare, and delicious in a variety of 'tastes'. and as mentioned, are completely vegan, cholesterol free and Kosher.

Consumer and distribution information – Mrs Subya Norris, Avid Veg Food (Tel: 01923 675054) and Trade – Foundation Foods (Tel: 020 8420 1010)

# BOOK REVIEWS



## VEGAN BAKING

BY LINDA MAJZLIK

This new book by Linda Majzlik has over 100 brand new recipes for cakes, loaves, biscuits, tray bakes, no-bake cakes and savoury baking – all free of animal products, tried and tested. Enjoy the strawberry and almond sponge or a

spiced carrot and nut loaf, a plate of mincemeat muffins or pear and ginger oaties. There are many cakes you don't need to bake, try the sherry and nut truffles, date and mocha biscuit wedges or carob crispies.

The third book in a series of cookbooks for the increasing number of people who follow a meat-free and dairy-free diet.

Published by Jon Carpenter, Price £5 including P&P. Available from either JVS or Jon Carpenter direct (credit card orders 01689 870437)



## THE GARDENING WHICH? GUIDE TO GROWING YOUR OWN VEGETABLES

BY LIZ DOBBS

Growing vegetables does not have to mean straight dull rows of green in a labour-intensive vegetable plot. Vegetable growing can fit into

a modern lifestyle. Even if garden space is at a premium, vegetables and herbs can be grown in pots on the patio, tucked into flower borders or up fences and trellis.

Sales of vegetable seeds have been steadily rising in recent years, as consumers have become more concerned with healthier lifestyles and are demanding organic foods. Growing your own means you can be absolutely sure your vegetables are free from chemicals. It can also mean more choice. The variety of vegetables available to gardeners has increased dramatically since the mid-1990s – at the last count this included over 450 varieties of tomato.

Liz Dobbs, author, said: "Our advice is distilled from 18 years of research. For each vegetable or herb, a calendar leads you through the year from sowing through to harvesting, while throughout the book our tried-and-tested tips will help you avoid problems such as pests and diseases. Harvesting a crop of super-fresh vegetables you have grown yourself gives you a great sense of achievement, not to mention saving you money."

THE GARDENING WHICH? GUIDE TO GROWING YOUR OWN VEGETABLES is published by Which? Ltd. it can be ordered on Freephone 0800 252100 Price £18.99 (P&P free) or at [www.which.net](http://www.which.net) or from bookshops.

# BOOK REVIEWS



## **NEW EDITION – VEGETARIAN VISITOR 2001**

### **WHERE TO STAY AND EAT IN BRITAIN**

This is the fifteenth edition of the only annual guide to private homes, guesthouses and hotels in England, Wales and Scotland offering hospitality to the vegetarian or vegan traveller and holidaymaker, with more than 130 entries this year.

All establishments have descriptive information, as well as codes indicating whether they are exclusively vegetarian/vegan or also serve traditional food, whether they are licensed, allow smoking, and are close to public transport. Plus nearly 200 cafes, restaurants and pubs that serve vegetarian and/or vegan food. Published by Jon Carpenter Publishing, 2 Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent BR5 3HZ, UK. Price £2. 50. Paperback, includes P&P. Available from JVS or Jon Carpenter Publishing direct.



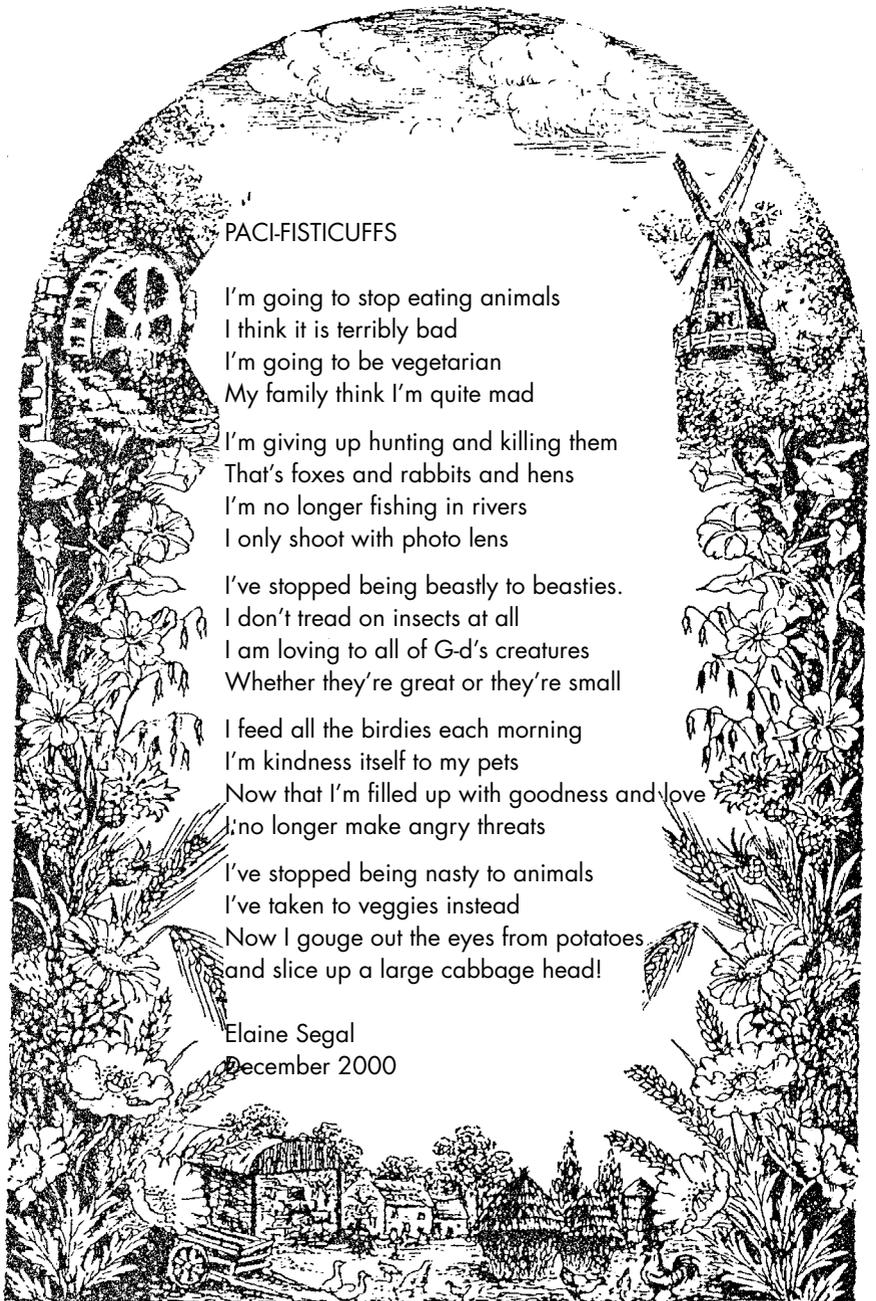
## **SAVE ANIMALS, SAVE MONEY WITH VIVA'S NEW VEGGIE GUIDE**

The brand new, second edition of its indispensable VIVA! GUIDE TO VEGETARIAN BRIGHTON is now available at just £2.99 direct from Viva!, or from tourist shops and good book shops in the city. It's a must for veggie visitors and locals alike – and this year there's a great financial bonus which will ensure the guide pays for itself.

Brighton embraces vegetarianism and has an astonishing number of restaurants – this guide having over 200 entries. There are sample menus, full details of opening times, prices and facilities. It is the ultimate pocket book for anyone who wants to eat delicious, vegetarian food. It also includes shops, a greatly expanded hotel and guest house section, pubs and cafes and takes in Hove and the country town of Lewes.

Good discounts are available in some restaurants who appear in the guide. Anyone carrying a Viva! Supporter's Card can look forward to as much as 25 percent off the cost of meals. And by supporting Viva! they are helping to save animals.

Jo Lacey, the guide's editor says: "With health scare after health scare – all involving meat or fish – vegetarianism is increasing rapidly and our new guide will encourage the change." For further information please contact the editor, Jo Lacey on 01273 777688.



## PACI-FISTICUFFS

I'm going to stop eating animals  
I think it is terribly bad  
I'm going to be vegetarian  
My family think I'm quite mad

I'm giving up hunting and killing them  
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I've stopped being beastly to beasts.  
I don't tread on insects at all  
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Whether they're great or they're small

I feed all the birdies each morning  
I'm kindness itself to my pets  
Now that I'm filled up with goodness and love  
I no longer make angry threats

I've stopped being nasty to animals  
I've taken to veggies instead  
Now I gouge out the eyes from potatoes  
and slice up a large cabbage head!

Elaine Segal  
December 2000

# SACRED COWS & GOLDEN GEESE

## SACRED COWS & GOLDEN GEESE THE HUMAN COST OF EXPERIMENTS ON ANIMALS

BY DR. C.RAY GREEK MD & JEAN SWINGLE GREEK DVM.

Author and physician, Dr. Ray Greek is the USA's most knowledgeable scientific voice against animal experimentation. As such, he is frequently called to debate members of the animal experimentation community. No one is as familiar with their argument and the medical events they claim relied upon animal models. Dr. Greek and his wife, veterinarian Jean Swingle Greek, have gone to great ends to demonstrate that these claims either misrepresent actual events or that researchers used animals when other means could have provided more accurate, expeditious and less dangerous results.

This comprehensive book takes a critical look at the actual contributions made by animal experimenters on a case-by-case basis, from AIDS research, to cancer therapies. The references refute the merit of animal experimentation, not from the animal rights perspective, but from that of the hundreds of scientists who have endured its inadequacy. Time and time again, their experience proves how animal experimentation has hindered medical progress and endangered humans.

It is this danger that makes reading SACRED COWS AND GOLDEN GEESE imperative. Its content is, in many respects, bleak. However, the situation is far from hopeless and the course of medical research can be re-directed. The Greeks suggest a very different, much more science-based and healthful future for medical investigation.

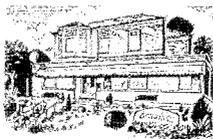
This book is a beginning, the first exhaustive compilation of evidence representing the scientific fallacy of animal experimentation. It has the potential to be a watershed publication, because by encouraging more people to question the track record and efficacy of the animal experimentation industry, it fortifies the campaign against this cruel and duplicitous convention.

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