

The Jewish Vegetarian



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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
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WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

Support the International Jewish Vegetarian Movement - a worldwide fellowship

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

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

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

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

Junior Membership £5 (\$7.50)

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

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

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

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

Address (clearly) _____

Occupation _____ Fee enclosed £ _____

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

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

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A LETTER FROM THE CHAIR

Dear Members

This letter was initially going to be solely to tell you about the events we have held at the JVS over the last few months, but world events have overtaken and as I sit and write this the news still dominated by the aftermath of the terrible incidents of 11th September. So before I write about anything else would like to extend the sympathies of all the Honorary Officers and Members of the Council to all our members in the United States of America and elsewhere who have lost family or friends in the terrorist attack, or in the more recent anthrax outbreaks. Our thoughts and prayers are with you all.

Back to my original intention to let you know about our activities here, in the early summer we were pleased to welcome Tom Salsberg of Toronto and his hostess Sandie Grossman from Liverpool, to London. A group of us met for dinner at the Gate restaurant in Belsize Park, for a delicious meal and a very enjoyable evening out. We were also lucky that Tom agreed to address a meeting at the JVS to talk about his road to vegetarianism in Canada.

We are always pleased to meet and welcome members who are visiting London, let us know if you are going to be in town!

Other events that we held over the summer and autumn, include a "Poetry & Picnic" afternoon, when approximately 20 people enjoyed an afternoon of poetry reading and good food. Unfortunately, it rained and picnic took place in the JVS building instead of in the garden, but it was a very enjoyable afternoon. We hope to repeat this in early December, but this will definitely take place indoors. If you are interested in poetry, either your own or some of the more famous, contact the office to find the date for the next poetry afternoon.

On the Sunday of August Bank Holiday weekend, we invited people to come and help us tidy the garden here at "Bet Teva". Once again, the weather conspired against us – it rained! But a hardy group of 5 battled against the elements to spend a few hours working on the garden. We still need volunteers to help us sort out the garden, again if you are interested please contact the office. I would like to thank Alison Pelikan for her expertise in the garden.

We have been holding monthly Friday night dinners, when we regularly get between 20-30 people enjoying a good meal and good company. In October we were delighted to be able to welcome Brook Katz, author of "New Favorites" which was reviewed in the last issues of "The Jewish Vegetarian" to speak at the Friday Night Dinner (some of Brook's recipes are featured in this issue – try the Tofu Cheesecake, it is to die for!). Brook's arrival in the UK had been delayed by an injury he suffered in the summer and then the

A LETTER FROM THE CHAIR

events of 11th September, and we were very pleased that he finally made it to the UK. By the time this is published, Brook will be back home in Hawaii but this is another chance for me to say 'thank you' for coming to visit us and I hope that everyone at the dinner found your talk as interesting as I did.

The 2nd Annual Philip L Pick Memorial Lecture took place in October, a report on this is also included in this issue. Unfortunately, I was unwell on the day it took place and was unable to attend. I would like to thank everyone who did make the effort to go on that wet and dismal October afternoon and to thank Arthur Ling of Plamil Foods for his speech.

On a personal level I spent much of the summer dealing with the purchase of and moving into my new home. I am pleased to say that I am settling into my house and although there are a lot of things I need to do, I am looking forward to spending many happy years here.

We are planning more events at the JVS, some of which are already organised, for example in November, Julie Rosenfield as Playful Spirit held an afternoon of fun and games for adults, of mayhem, mirth and magic!

If you have any ideas for any events or functions which you would like to be held at the JVS, please contact me. Also, if you have any time that you can commit to helping with the organisation of the events we run please get in touch.

As this is going out in December 2001, I would like to take the opportunity to wish all our members a happy and healthy 2002.

Yours sincerely

Naomi Fellerman
Chairperson – Jewish Vegetarian Society



MEMORIAL LECTURE

THE SECOND ANNUAL PHILIP PICK MEMORIAL LECTURE

SUNDAY 21ST OCTOBER 2001

BY JULIE ROSENFELD

On Sunday, 22nd October 2001, the second annual Philip Pick Memorial Lecture took place at the JVS headquarters in London. The event, to pay tribute to the memory of the much-missed founder and president of the JVS, the late Philip Pick, was attended by thirty friends and members of the Society with guest of honour, Minna Pick. We were delighted to welcome as our speaker for the afternoon, Mr Arthur Ling of Plamil Foods.

Michael Freedman, Honorary Treasurer of the JVS, began the occasion with an address of welcome. He was delighted to introduce Arthur Ling as the speaker who had travelled from Folkestone in Kent to be at the event. Mr Ling was, he explained, the founder of the vegan company Plamil, which is well-known for its manufacture of vegan milks and other vegan food products. Mr Ling had recently won the James Henry Cook award for his work in developing new foods.

Arthur Ling began the memorial tribute by expressing gratitude for the opportunity to pay tribute to Mr Pick. He had known him for 30 years, and had a good knowledge of him, his sincere belief in vegetarianism and his wish to spread the word about it. In all those years of numerous contacts, there had always been complete harmony between the two of them and he wished to pay tribute to Mr Pick's dedication.

PLANT MILK

Mr Ling then spoke about his own life and told of how he came to form his company Plamil.

He said that the Vegan Society had been founded in the UK in November 1944 by Donald Watson. Mr Ling was one of the earliest members of the Society, and maybe even one of the oldest.

In the 1940s and 50s in the UK, he explained, there was no alternative to dairy milk so those people who were vegan did not have anything to put on their breakfast cereal. The Vegan Society formed a sub-committee to look into the possibilities of creating some sort of "vegetable milk" – the idea of using a milk made from soya beans had not yet been put forward – and Mr Ling joined this sub-committee.

In the mid-1950's, a meeting of the sub-committee was convened in the Friends' Meeting House following a public notice in the Vegetarian Society's

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Journal. Thirty people attended and Mr Ling was invited to take the chair.

It was decided at that meeting to form a separate society called the Plant Milk Society which would, in turn, hold meetings and report on progress. However, despite contacting two leading manufacturers of health foods and asking if they were interested in exploring the possibility of producing vegetable milk, neither of them was interested as they said there would be no demand!

Year after year, the society was unable to report progress, with one company after another turning them down. At a subsequent meeting, Mr Ling proposed that the Society form a company themselves which they duly did, and which was incorporated, under the name of Plant Milk Ltd, on 13th January 1961.

The next few years were occupied with research and experimentation. Dr Hugh Franklin, a research chemist, offered to carry out experiments in the laboratory. He tried to make vegetable milk from cauliflower, cabbages and peas.

Mr Ling was impressed with the taste of the pea milk but, unfortunately, because of the green peas being used, the milk had a green appearance and, for that reason only, they did not go ahead with pea milk at that time.

Some time later, Dr Frey Ellis, President of the Vegan Society, went on holiday to Hong Kong and returned from there with a tin of soya milk which he invited Mr Ling to taste. Mr Ling was disappointed: he found the product too thin, a bit like coconut milk.

He then consulted Dr Franklin, who thought that although the product from Hong Kong would not impress people in the UK, it was at least a start and he then devoted his time to developing a more favourable soya milk. It was agreed that the new type of soya milk should contain vitamins B12 and D2.

In 1965, Plamil made its first commercial run – it was only a small run of 84 tins (Tetrapak cartons had not yet been invented). Mr Ling recalls the Plamil staff looking at each other and wondering “Who is going to buy it?”

When they approached health food stores, the response was often, “What’s wrong with ordinary milk?” The people in the health food stores did not realise the cruelties involved in dairy farming so Plamil had to educate them.

Mr Ling met Philip Pick in Swansea in the early 1950s. Philip always put details of Plamil’s progress in the JVS magazine and was always very co-operative. Mr Ling expressed gratitude for the way Philip had promoted Plamil in the way he had.

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Although nowadays, Mr Ling explained, there were other soya milks available, unlike Plamil, they were not imbued with vegan values. He had even seen a carton of one brand of soya milk where they offered a recipe on the carton for using soya milk in a meat dish! Plamil were, he said, the only manufacturer of soya milk to have a Vegan Society trademark on their carton. He encouraged people to ask for Plamil in their health food stores and to remind the owners that the products were based on vegan values.

In 1965, Plamil had a small factory. They started with a huge capital of £100 – with 10 people holding shares. It was based in a garden centre in Langley, which had been bought by developers, and they knew that they could only rent the property on a month-to-month basis.

In the end, however, they stayed there until 1972 when they started looking for alternative factory premises. Eventually, they learned through an advert in a Building Society journal of a possible venue in Folkestone – a property which had been purpose-built as a dairy factory. It was particularly suitable as it had a sloping floor which would help with the flow of water when washing the machines. The owners, however, would only agree to sell rather than rent the factory.

In order to raise money to buy the factory, they set up a series of debentures: a collection of loans from different people to last over a period of time.

Private limited companies were not then allowed to advertise for investment. So Jack Sanderson, editor of the Vegan magazine at that time, suggested putting a note in the magazine saying that it would be nice if vegans had a factory and anyone willing to help with a loan should get in touch and he would forward the replies to Mr Ling.

16 people came forward and between them they raised the money to buy the factory and that is how Plamil moved to Folkestone in 1972/73.

There were some problems in recruiting the right staff, even with 15% unemployment in Folkestone, but eventually they overcame that problem.

Incidentally, Mr Ling announced, he would also be setting up a series of debentures in 2002 to acquire some new machinery.

In 1972, with some ten-year debentures, they were able to acquire the freehold of the factory which helped them through the first few difficult years.

Over the next few years, Plamil developed product after product. Although Plamil do not launch a new product every year, nonetheless, they still do come out with quite a few new products.

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HALF-MARATHON

When Plamil had been in existence for 21 years, they welcomed ideas on what to do to mark the occasion. A meeting was held in the London offices of the Vegetarian Society and a suggestion was made to hold a half-marathon. The meeting was attended by over 40 people and a committee was subsequently formed. Sandra Hood volunteered herself as secretary and it was through her that the idea of the half-marathon went ahead with entrants from all over the UK.

The purpose of the half-marathon was to demonstrate that vegetarians and vegans had stamina. It was not just an ordinary race, it was the first ever half-marathon between vegetarians and vegans. The half-marathon, he explained, was 13.5 miles long. They would have preferred to have held a full marathon but it proved impossible to have certain streets closed for that to take place.

It was decided that the event, which would be held over two days, would take place in Folkestone in St Mary's Bay at a holiday camp which would provide both accommodation and catering. Sandra helped with the menus and made sure that the breakfasts contained sufficient carbohydrate.

51% of the entrants were vegetarian and 49% vegan. On the application forms, entrants were asked for their previous experience and times. It looked, on paper, as though the vegans would not stand a chance against the vegetarians.

Everyone came along on Friday and the vegans were given a special speech of encouragement to motivate them to do well, "If you try and stimulate people, they do better," explained Mr Ling.

On the Saturday, the vegans took all the winning places, helped no doubt by Friday's pep talk. Two of the vegan entrants, Sally Eastall and Kate Fitzgibbon, then went on to represent Great Britain in half-marathons. The half-marathon had been a very successful way of marking Plamil's 21st anniversary.

EUROPEAN UNION

The next event was in 1995. The European Union (EU) brought out regulations that soya milk should no longer be called soya milk but "soya drink". Plamil objected to this for many reasons, one of which was that as a drink rather than a milk it would attract Value Added Tax. Mr Ling also argued that it was a milk: rather than a drink, as people did not, for instance, put a

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“drink” into their tea and coffee – soya drink, he felt, was not an adequate way to describe the product.

He approached his local Member of Parliament who in turn contacted the Parliamentary Under-Secretary at the Ministry of Agriculture, Food and Fisheries (MAFF) but, unfortunately, a way could not be found to overcome the problems.

He then approached his local Member of the European Parliament (MEP), Mark Ross, who offered to help by convening a seminar in the Brussels Parliament and inviting 87 MEPs to attend. Mr Ross also suggested that other soya milk manufacturers be invited to participate which led to the heads of two leading companies taking part. Mr Ling, however, was disappointed to see that these two individuals both opted to have meat at the seminar lunch.

Not all 87 MEPs could attend but a petition was organised to be sent to Franz Fischler, the EU Agriculture Commissioner, and was duly signed by over 70 of the 87 MEPs and delivered to Mr Fischler who promised to look into it.

Dr Jackson, MEP, South West, discussed the pros and cons of the issue with a broad section of political parties.

Angela Browning, the Parliamentary Secretary, then held meetings with the Minister of Agriculture, which Mr Ling only learned about from a report in one of the English newspapers in Brussels.

Mark Ross and Dr Jackson attended one of the meetings on a Tuesday morning and disappointingly only 2-3 minutes of the whole meeting were spent discussing the soya milk issue, with the result that the request to keep the name “soya milk” was turned down. Mr Ling was very disappointed after all his hard efforts during the previous months.

As a result, Mr Ling suggested a compromise: not to continue calling it soya milk but to compromise with “Soya alternative to milk” which the EU agreed. Consequently, although people nowadays still think that the product is called soya milk, legally the label must state “Soya alternative to milk”.

GMOs

The next problem, a few years later, concerned that of Genetically Modified Organisms (GMOs). “We were against it because we were of the feeling that it would interfere with nature. We wanted to work with nature,” Mr Ling explained. Mr Ling was pleased that there was a general opposition to GMOs in the UK.

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Strenuous efforts were made by Plamil to find alternative sources of plants which did not contain GMOs. During their search, they found a source of yellow peas which were grown in France and Belgium and which produced a white liquid. This overcame the problem of the green-coloured pea milk in the 1960s. Plamil gave the product the name "White Sun" to emphasise its white colouring. Additionally, according to a medical research paper, he reported that the benefits of pea protein are higher even than those of soya.

SPECIAL AWARD

In February 2001, Mr Ling was invited to a meeting of the Health Food Retailers Association where he was awarded a special certificate, the James Henry Cook award, for his life's work in producing vegan foods and the first vegan milk in the UK.

CO-OPERATION

Mr Ling recalled Philip Pick's degree of cooperation with different societies. He said that, in the past, the main UK vegetarian society had not always been favourable to the idea of vegans, considering their ideas to be a little extreme. They had, however, now accepted veganism as being the logical conclusion to vegetarianism.

Philip Pick was, he said, in advance of the main vegetarian society. He recalled that the JVS and the Vegan Society had put on a joint event in November 1966 called "The Event of the Season" which was a Brains Trust. There were seven panel members answering questions including Philip Pick and Arthur Ling. Sadly, Mr Ling is now the only surviving member of that panel.

Mr Ling would like to see this idea of co-operation extended and suggested a similar event be organised in the future between the two societies. Such an event would be a tribute to Philip Pick, not just from the point of view of what he did for vegetarianism but to stress what he did to cooperate with the Vegan Society.

Mr Ling then answered a number of questions from those present ranging from coconut milk to the question of arranging kosher supervision of Plamil products.

Michael Freedman thanked Mr Ling on behalf of the audience for his most interesting lecture as well as for his hard work in producing delicious vegan products that we can all enjoy.

SOCIETY NEWS



NEW LIFE MEMBER

RACHEL WAKEHAM

I began to adopt a vegetarian diet at the age of ten, after a school trip to a chicken slaughter factory. The teachers thought it would be fun for us to see where food comes from. I was shocked and horrified to see these defenceless, terrified birds being sent to their barbaric death. The place was one deafening cacophony of squawks of panic, terror and fear. I knew that they knew what was about to happen. They were strung up by their feet, travelled along to some water and then electrocuted, which only seemed to

cause them pain as they cried out even louder rather than being stunned. Squawking and struggling, they continued their terrible journey to have their head chopped off. I still remember it so vividly.

About seven years ago, it seemed a natural progression to become vegan. I now have an almost totally vegan diet, still occasionally eating cheese, mainly because people don't know what to feed me when they invite me to eat with them!

Vegetarianism/veganism is something which is very important to me. It is a vital part of my life and who I am, and goes way beyond merely just what I do or do not eat. I once saw the sentence ""Do as you will but harm none."" I think this is a wonderful statement. I do not want to impose my beliefs on anyone, nor do I have the right to do so. But our freedom of choice should have limits. We are all animals (well, we're not plants, are we?) and we all have the right to life. To quote a phrase, animals are not ours to eat, wear or experiment on.

I work at the tourist office in Penne. Although I don't envisage a career in tourism, I enjoy the job and find it interesting. I consider myself fortunate to have a job where I look forward to going to work, when so many of my friends are swamped by their negative thoughts of having to get up to go to jobs they dislike. I have also worked as translator for various people including La Chambre de Commerce and a film producer. Again, I enjoy the work, however where I would truly like to find success is as a poet. Writing under a pen name, I have appeared in six anthologies and have produced

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three books. Although the subjects of my poems are diverse, some touch on vegetarian issues and Israel.

I live in a beautiful part of the Southern French countryside with my parents and brother Daniel, who is also vegetarian, in a village with about ten other families. The village is on the edge of a vast forest, which has an abundance of flora and fauna. It is an unspoilt, tranquil area. I grow a lot of our own organic vegetables, herbs and fruit, also there are many wild fruit and nut trees, I feel close to nature here, and at one with our planet.

NEW LIFE MEMBER



DAVID KNEE – NEW YORK, USA

Thank you for welcoming me as a Life Member of the Society. I am very pleased to have become 'one of you'. Thanks also for your kind inquiries about myself, and my reason for joining.

I'm not a vegetarian but I have been one at intervals during my life and I've been consuming less meat as the years go by.

I've always been moved by the arguments (moral, religious, humanitarian, spiritual, ecological, health) for vegetarianism, as so often and eloquently put forth in your magazine but haven't committed myself to it nor do I know if I ever shall. I admire and appreciate the goals and activities of the Society, am pleased to support them by my membership and hope such an onlooker to vegetarian as I am is still acceptable as a member and that you don't feel I've joined under false pretenses.

I'm a semi-retired professor at Hofstra University on Long Island where I still teach a little Mathematics and Tai Chi Chuan. I'm married, live in Queens, New York and spend my free time sitting in on a variety of courses at the University (languages, lately) and, with my wife, strolling our wonderful and lately beleaguered city. I enclose a photo.

With good wishes for the Society's continued success

Yours, David Knee

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

The Jerusalem Centre

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

Anonymous. Mr. R. Frank, London NW7. In Memory of Julius Frank. Family Moscovisch, London NW7

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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.

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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.

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IS FUR A JEWISH ISSUE?

IS FUR A JEWISH ISSUES?

BY RICHARD H. SCHWARTZ AND DAVID SEARS

Jewish worshippers chant every Sabbath and festival morning, "The soul of every living being shall praise G-d's name" (Nishmat kol chai tva'rech et shim'chah). Yet, some come to synagogue during the winter months wearing coats that required the cruel treatment of some of those living beings whose souls praise G-d.

To decide whether the use of fur is a significant Jewish issue, we should consider several related questions:

1. What does the Jewish tradition say about the treatment of animals?
2. How much suffering do animals raised or trapped for their fur experience?
3. Does the wearing of fur coats have redeeming factors that would over ride Jewish teachings related to the proper treatment of animals?

JUDAISM AND ANIMALS

Judaism has beautiful and powerful teachings with regard to showing compassion to animals. The following are a few examples:

Moses and King David were considered worthy to be leaders of the Jewish people because of their compassionate treatment of animals, when they were shepherds. Rebecca was judged suitable to be a wife of the patriarch Isaac because of her kindness in watering the ten camels of Eliezer, Abraham's servant. Rabbi Yehuda the Prince, the redactor of the Mishna, was punished for many years at the hand of Heaven for speaking callously to a calf being led to slaughter who sought refuge beside him.

Many Torah laws mandate proper treatment of animals. One may not muzzle an ox while it is working in the field, nor yoke a strong and a weak animal together. Animals, as well as their masters, are meant to rest on the Sabbath day. The importance of this concept is indicated by the fact that it is mentioned in the Ten Commandments and on every Sabbath morning as part of the kiddush ceremony.

The psalmist indicates G-d's concern for animals, stating that "His compassion is over all of His creatures" (Psalm 145:9). And there is a mitzvah (precept) in the Torah to emulate the Divine compassion, as it is written: "And you shall walk in His ways" (Deuteronomy 28:9). Perhaps the Jewish attitude toward animals is best expressed by Proverbs 12:10: "The righteous person considers the soul (life) of his or her animal." The Torah prohibits Jews from

IS FUR A JEWISH ISSUE?

causing tsa'ar ba'alei chayim, any unnecessary pain, including psychological pain, to living creatures. Rabbi Samson Raphael Hirsch, an outstanding 19th century philosopher, author, and Torah commentator, eloquently summarizes the Jewish view on treatment of animals:

Here you are faced with G-d's teaching, which obliges you not only to refrain from inflicting unnecessary pain on any animal, but to help and, when you can, to lessen the pain whenever you see an animal suffering, even through no fault of yours. (Horeb, Chapter 60, #416)

THE PAIN OF FUR-BEARING ANIMALS

Fur is obtained from animals who are either trapped or raised on ranches. Both involve treatment of animals that appears to be far from the Jewish teachings that have been previously discussed:

Animals caught in steel-jaw leghold traps suffer slow, agonizing deaths. Some are attacked by predators, freeze to death, or chew off their own legs to escape. It has been said that one can get a "feel for fur" by slamming your fingers in a car door. A Canadian Wildlife Service report gives an idea of the terror that trapped animals face and their desperate efforts to escape:

The stomachs of [trapped] arctic foxes., often contain parts of their own bodies. They may swallow fragments of their teeth broken off in biting the trap, and sometimes part of a mangled foot; almost every stomach contains some fox fur, and a considerable number contain pieces of skin, claws, or bits of bone.

Over 100 million wild animals are killed for their pelts every year. Many species of animals killed for their furs have become endangered or have disappeared completely from some localities. Millions of animals not wanted by trappers, including dogs, cats, and birds, die in traps annually and are discarded as "trash animals." Many trapped animals leave behind dependent offspring who are doomed to starvation.

Treatment of animals raised on "fur ranches" is also extremely cruel. Confined to lifelong confinement, millions of foxes, beavers, minks, ocelots, rabbits, chinchillas, and other animals await extinction with nothing to do, little room to move, and all their natural instincts thwarted. The animals are simply a means to the maximizing of production and profit, and there is no regard for their physical, mental, or emotional well-being. Because of the enforced confinement and lack of privacy, naturally wild animals often exhibit neurotic behaviours such as compulsive movements and self mutilation. The animals

IS FUR A JEWISH ISSUE?

finally suffer hideous deaths by electrocution by rods thrust up their anuses, by suffocation, by poisoning, which causes painful muscle cramping, or by having their necks broken.

According to the International Society for Animal Rights, Inc., to make one fur garment requires 400 squirrels; 240 ermine; 200 chinchillas; 120 muskrats; 80 sables; 50 martens; 30 raccoons; 22 bobcats; 12 lynx; or 5 wolves.

IS FUR NECESSARY?

Judaism puts human beings on a higher level than animals and indicates that animals may be harmed and even killed if an essential human need is met. However, is the wearing of fur truly necessary for people to stay warm during wintry weather?

There are many non-fur coats and hats, available in a variety of styles, that provide much warmth. Imitation fur is produced at such a high level of quality that even among Chasidim there is a small but glowing trend to wear synthetic "shtreindach" (fur-trimmed hats).

Based on the prohibition of tsa'ar ba'alei chayim, Rabbi Chaim Dovid Halevy, Sephardic Chief Rabbi of Tel Aviv issued a p'sak (rabbinic ruling) in March 1992, indicating that Jews should not wear fur. Rabbi Halevy asked: "Why should people be allowed to kill animals if it is not necessary, simply because they desire the pleasure of having the beauty and warmth of fur coats? Is it not possible to achieve the same degree of warmth without fur?"

In his book, *The Jewish Encyclopaedia of Moral and Ethical Issues*, Rabbi Nachum Amsel, a modern Israeli educator, states: "If the only reason a person wears the fur coat is to "show off" one's wealth or to be a mere fashion statement, that would be considered to be a frivolous and not a legitimate need. Rabbi Amsel also points out that hunting for sport is prohibited because it is not considered a legitimate need (Avodah Zarah 18b).

OTHER CONSIDERATIONS

The Talmud teaches that Jews are "rachamanim b'nei rachamanim," compassionate children of compassionate ancestors (Beitza 32b). One has to wonder if the wearing of fur is consistent with that challenging mandate.

Are the words of Isaiah valid today if we fail to show compassion to animals?

Even though you make many prayers,
I will not listen.

IS FUR A JEWISH ISSUE?

Your hands are full of blood. (Isaiah 1:12-15)

What kind of lesson in Jewish values are young people getting when they see worshippers coming to synagogue in fur coats on the Sabbath day?

Not only do animals benefit from our compassion and concern – we, too, benefit by becoming more sensitive and more humane, as Jews and civilized human beings.

Richard H. Schwartz, Ph.D., is the author of *Judaism and Vegetarianism* (Micah: 1988) and *Judaism and Global Survival* (Atara: 1987). He has approximately 100 articles on the internet.

David Sears is the author of *The Path of the Baal Shem Tov: Early Chasidic Teachings and Customs* (Jason Aronson: 1997) and *Compassion for Humanity in the Jewish Tradition: A Sourcebook* (Jason Aronson: 1998).



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VEGANISM AND VITAMIN B12

BY PAULINE GOLDBERG

The issue of where vegans obtain vitamin B12 from always raises concerns, particularly with health care professionals. However, much of this is due to ignorance. Properly armed with reliable information, vegans can make sound decisions regarding their health and that of their families. This applies to all aspects of vegan health and nutrition, not only with regards to vitamin B12.

In its active form, vitamin B12 is known as cyanocobalamin. It is needed for normal red blood cell growth, all cell division, nerve function and it is essential for normal growth of height and weight.

A vitamin B12 deficiency results in irreversible nerve damage, although deficiency cases are rare, even in vegans. The human body needs this vitamin in extremely small amounts. An average of 1 millionth of a gram (1 microgram) is needed daily. With an added safety margin built in, this figure rises to 2 micrograms daily. Children need proportionately less.

Normal blood levels of vitamin B12 are within the range of 145-914 picograms/ml. A simple blood test can determine your vitamin B12 status. It is important to note that the central nervous system levels and blood levels of vitamin B12 can differ quite a lot. The latter levels could be low, but a sufficient store could exist in the CNS. However, in the case of an increased requirement, such as pregnancy, a daily intake is needed as the body cannot readily meet the demands of pregnancy from the CNS stores. A vitamin B12 blood level of less than 145 picograms/ml indicates that one requires a supplement.

Where does vitamin B12 come from? It is made solely by bacteria. Any animal that people eat does not manufacture its own vitamin B12. A cow obtains her vitamin B12 from bacteria in the soil particles that cling to the grass she eats. Her vitamin B12 is stored in her muscles and liver. However, a cow being killed in order for us to obtain our needed vitamin B12 is not justifiable. There are gentler ways of doing this. Meat is not the only source of vitamin B12.

Vegetarians obtain vitamin B12 from the dairy products that they eat. Vegans can obtain vitamin B12 from the following source: fermented foods (miso, tempah, shoya), nutritional yeast, vitamin B12 enriched cereals, vitamin B12 enriched soya drinks and meat analogues, marmite or vegemite, root vegetables that are not thoroughly washed, certain brands of tofus, seaweeds (kelp, nori, dulse), bacteria that exist within smooth saliva, liver bile and in the small intestine.

VEGANISM AND VITAMIN B12

It is important to note that with the above the available amount of vitamin B12 depends on the amount of processing the product has undergone (eg. in the case of miso). One's body should ideally be well balanced to obtain vitamin B12 from the bacteria that reside within it.

Using an anti-bacterial mouthwash would eradicate the bacteria from the mouth, for example. There is also controversy surrounding the fact that our bodies' bacteria manufacture vitamin B12. These bacteria reside in the large colon, and it is uncertain as to whether vitamin B12 is re-absorbed into the body from here. However, people require such small amounts of vitamin B12 that the small amounts bacteria could meet the requirements.

The RDA for vitamin B12 was determined by studies done on highly toxic people (living in the polluted environments of today, eating typical western diets). RDAs for vegans are probably much lower than for the general population. It is interesting to note that vitamin B12 deficiency rarely occurs amongst vegans. The overwhelming majority of deficiencies occur in meat-eaters. This has to do with the intrinsic factor levels being disturbed when one eats meat. Intrinsic factor is needed for vitamin B12 absorption from the food we eat. So meat-eaters have a harder time absorbing vitamin B12 from their diets because the acidity from the meat destroys the intrinsic factor. Vegans, on the other hand, have normal levels of intrinsic factor and thus absorb vitamin B12 readily from their diets.

The food sources containing vitamin B12 should be included on a daily basis in the vegan diet. Again, the amounts are variable and one can never be entirely sure if one is meeting the RDA for vitamin B12. This would be of concern in the case of pregnancy and lactations, or with growing children. Supplementation is indicated in these cases.

People who turn to veganism after eating meat have at least a 5 year supply of vitamin B12 stored in their livers. This acts as a buffer supply for the body. Most long term vegans have never had a problem with their vitamin B12 levels.

Prudent vegans should get their vitamin B12 status checked with a blood test. Pregnant and lactating women are recommended to take B12 supplements daily. Growing children should take supplements thrice weekly. Doses are written on the label of the supplement, or your pharmacist or local health shop could advise you.

Supplements are available in the form of injections, sublinguals or pills. Concern has been shown over the injection form of vitamin B12 supplementation however, as it delivers a megadose to the body at one time, it is

VEGANISM AND VITAMIN B12

thought to interfere with female hormonal levels. Sublinguals are very safe. They dissolve and are absorbed through the mucous membrane under the tongue. A word of warning: Check labels on supplements to make sure that the vitamin B12 has been obtained from non-animal sources. Many supplements are derived from animals.

GETTING ENOUGH VITAMIN B12 SHOULD NEVER BE AN EXCUSE FOR EATING MEAT

As a vegan with 2 small vegan children, I have researched vitamin B12 over the past years through books, research papers, magazines, the internet and vegan societies. We get our vitamin B12 levels checked every year with a blood test, and we all take Solgar's Vitamin B12 1000mg sublingual supplement which works well for us. We regularly encounter concerns from health care professionals, but this usually stems from ignorance regarding a well-managed vegan diet. However, our way of life is of the utmost importance to us. I find the vegan diet to be ethically uplifting and full of health benefits.

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NOTICE

35TH WORLD VEGETARIAN CONGRESS

8-14TH JULY 2002

The Vegetarian Society of the United Kingdom is encouraging vegetarians around the globe to join them in Edinburgh, Scotland for the 35th World Vegetarian Congress.

From the 8th to the 14th July 2002 Scotland's vibrant capital city will be the centre of a celebration of vegetarianism, where ideas and views will be explored and shared, with the focus being Food for all our Futures

To find out more about the congress online visit www.vegsoc.org/congress or contact Tina Fox, Chief Executive VSUK on 044 (0)161 925 2000 or mail to congress@vegsoc.org

DEAR SIR

Dear Editor,

I became a J.V.S. member this summer, having changed to vegetarianism on moral grounds ten years ago and was impressed to experience the enthusiasm and camaraderie within the London branch.

I should like to extend peaceful greetings for 5762 to all Patrons, the respective Honorary Presidents and their committees, Shirley, Naomi, all other Honorary Officers and to members worldwide.

Two of my study years were spent in Manhattan and at this difficult and emotionally charged time, I hope that the following will give some added fortitude and spiritual sustenance to all those applicable.

ELEGY TO N.Y.C.

Land of the free and liberty;
 Your innocents now slaughtered,
 Your stately towers reduced to nought
 With loss of sons and daughters,
 No words can possibly express
 One atom of your gross distress.
 Yet, from the rubble and the grime
 Will be avenged this heinous crime,
 The world cries out in sympathy
 And joins in solidarity,
 While Lincoln, Roosevelt, J.F.K.
 Look down with bended heads and pray.

You will arise; you will succeed;
 Your spirit never broken
 And from the ashes roots will sprout --
 Humongous towers will come about
 That represent your land of might;
 That isolate the wrong from RIGHT.

In mondial flight let gentle doves
 Engulf mankind with freedom's love.
 Then, tragedy and turmoil passed
 G-d grant you peace, to EVER last.

Sybil Esmore – Email: sybil@punk2opera.com

(Member of the National Union of Journalists)

Honorary member of the Luciano Pavarotti Society of Gt. Britain

DEAR SIR

Dear Sir,

As member of the Jewish Vegetarian Society here in Israel, I have been quite pleased to receive THE JEWISH VEGETARIAN. Many of the articles, especially those relating personal experiences, have been interesting and informative. However, some of what the author of the B12 article said didn't make sense to me, so I asked my husband, who is a chemist, to address those issues.

The article on vitamin B12 in the September issue was so packed with anger, self-aggrandizement and outright misinformation that it was impossible to allow it to pass without comment.

Although presented ostensibly as a scientific report, the misuse of references alone would indicate otherwise. More than half-a-dozen names dropped with no footnotes and an impossible to consult "bibliography" clearly point to a less than technical structure. It is difficult to believe that if the author indeed possesses a master's and a doctor's degree as stated that her theses would have been accepted with such a sloppy presentation.

Prejudices and unsubstantiated opinions abound throughout the report.

Hospitals, health professionals, clinics and any other "financially-oriented" sources are eliminated as reliable sources, leaving only the author, herself as the source of all wisdom – on a voluntary basis ? And death is the alternative!

Simple mathematics also falls by the wayside: 40 milligrams is not one-seventh of the 500 mg in an aspirin. And 100 g of raspberries contains 1 microgram of K? – that is, 300 grams for a day's requirement? That is amazing, especially since it is stated two paragraphs before that "No food naturally contain vitamin B12 – neither plant or animal foods." Incidentally, perhaps, but the name of the vitamin is "cyanocobalamin", not as stated.

Technical points and questions:

How is it possible that organic materials are "inorganic" ?

What is "deeply fermented" and how is it any different from "fermented"

How can "chemically pure" substances be described as contaminants?

Since everything can be described as a chemical, how can "all chemicals" be described as "toxic"? And does this include plastic implants?

How can one logically state that "ninety percent of all nutrients are as yet undiscovered"? Maybe 5%, maybe 75%, maybe, maybe, maybe – it is logically impossible to measure what you have not yet found.

DEAR SIR

We're supposed to eat dirt ? Just what is the RDA ?

The statement "...strictly of nutritional supplements" is an oxymoron.

Dr. Herbert's is the only reference out of over a dozen which was properly given. References in the "bibliography" are given without page, publisher, city, etc

The article, if it has a valid or logical point, hides it well.

Sincerely

Edward Cogan, 25 Sinai Ave, 34332 Haifa, Israel



Dear Editor

I am a recent graduate of Mount Holyoke College, an elite liberal arts college for women in the western part of Massachusetts, USA. Over my final year enrolled in the school, I lead a student committee that worked to institute a dining hall that would serve the special dietary needs of observant Jewish and Muslim students. The work that we did in gaining this dining hall led to a unique implementation where Jews and Muslims will eat the same food at the same tables. It is also unique in that it will serve both dairy and meat meals (most USA colleges and universities with kosher dining serve meat-only, a few serve dairy-only).

What is most important about the process of creating this dining hall is the incredibly cooperation that it brought forward. Jewish and Muslim students worked closely with Christian staff and administration to create a process where we all understood each other's needs. Jewish and Muslim students engaged in dialogues and education with each other than could be a model for inter-ethnic relations projects across the world. Life-long vegetarians worked with ardent meat-eaters to come to an agreement about what types of food would be served. More observant and less observant students were able to compromise about the level of rabbinical supervision (some wanted Orthodox supervision, which entails such modifications as separate steam vents for meat and dairy cooking; others wanted us to create and apply our own standards) and employ a Conservative supervisor.

One of the turning points in this project was when we created and distributed a survey asking people about the need for a Kosher/Halal dining hall and the types of foods that should be served there. Before this survey, the question was primarily whether meat or dairy foods would be served. After this survey, everyone realized that both types were necessary (on an alternating basis, of course). All of the participants began to take very seriously the needs

DEAR SIR

of vegetarian Jewish students. The dining hall also takes into account the needs of vegetarian and vegan students across campus. This is especially true because the dining hall staff have a commitment to providing vegan main course options at all meals. Some examples of how Kosher dining is helping non-Jews:

- Assurance of no red meat or poultry products in any dairy meal
- Assurance that cheeses contain no rennet
- More vegetarian and vegan choices
- Knowledge that vegetable sides (like mashed potatoes) served on meat nights are dairy-free (they are not always)
- Provision of vegan desserts on a regular basis

The process of creating this dining hall also gave vegetarian Jewish students a chance to explain to their peers the ways in which Judaism and vegetarianism go hand in hand. While I can not say that we converted anyone to vegetarianism, we have definitely increased the sensitivity of the Jewish community on campus to vegetarian needs. As an example, during the past year (without a Kosher dining hall) Shabbos meals were either catered or cooked by student volunteers. At the beginning of the year, there were often no vegetarian options. By the end, student-cooked meals were often entirely vegetarian and even the most dedicated meat-eaters rose up in support of vegetarians when the caterers failed to deliver vegetarian food.

I have truly appreciated my involvement in this process, It has given me many life lessons in compromises, mediation, and cooperation, just as it has reaffirmed my dedication to standing up for what I believe in terms of my Jewishness and my life-long vegetarianism. The Kosher/Halal dining hall, opening in a beautiful old dormitory on the center of campus this September, will give other Jewish and Muslim students a chance to do just that. The Jewish community at Mount Holyoke College is somewhat small, but it is dedicated and hardworking (in contrast, the vegetarian/vegan community is quite large). Hopes are that this unique dining facility will pave the way for an unprecedented increase in Jewish student representation.

For more information, see <http://www.mtholyoke.edu> or email dhenness@mtholyoke.edu (director of dining services) or mbsimon@mtholyoke.edu (student representative).

Mikaila Mariel Lemonik Arthur is pursuing her Ph.D. in sociology at New York University. She can be contacted at jveg@maritov.cjb.net.

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DEAR SIR

Dear Editor,

My book, "Judaism and Vegetarianism" attempts to show that a switch toward vegetarianism is both a Jewish imperative and a planetary imperative. It documents the many ways that animal-based diets contradict basic Jewish values and also shows how plant-based diets can play a major role in responding to current threats, including environmental problems, global climate change, water shortages, and widespread hunger. As the four very favourable book reviews below show, the book is being very well received.

I hope that you will consider reviewing the book or including an article about the increasing interest in connections between Judaism and Vegetarianism in your publication. I would be happy to debate with anyone in your pages on "Should Jews Be Vegetarians?" I believe that your coverage of my book and related issues would be a kiddush Hashem in helping make more Jews aware of the many health and other benefits of plant-based diets.

If you need any further information, or if I can help in any other way, please let me know. Thank you for your kind consideration.

Best wishes,

Richard Schwartz



Dear editor,

I would like to respectfully respond to Sandra Buseli's letter on page 16 of the September, 2001 issue, which criticized me for going along "with the false claim that Jewish law does not forbid the eating of meat " Of course, I agree with her assertions that Jews should not eat meat, wear fur, or knowingly take part in any activities that involve the mistreatment of animals. Indeed, for over 20 years I have been actively promoting this view through books, articles, classes, talks, letters to publications, and in other ways.

However, I disagree with Ms. Buseli's assertion that, in effect, if Judaism does not now condemn the eating of meat, the wearing of fur, etc., we should just reject Judaism. I suggest instead that we can do far more to promote vegetarianism and animal rights by using the many beautiful and powerful Jewish teachings on compassion toward animals, preservation of our health, protection of the environment, and many more, to respectfully challenge the

DEAR SIR

Jewish community to put these teachings and mandates into practice. We have an incredibly powerful case for vegetarianism and it is increasingly clear that a switch toward vegetarianism is a societal imperative as well as a Jewish imperative.

Where we are failing is in effectively getting our message out. I urge all readers of the Jewish Vegetarian to react with the same justified passion as Ms. Busell, but to channel our outrage and frustration into practical action. Please see my 100 articles at jewishveg.com or read the new edition of my Judaism and Vegetarianism, and use the facts and concepts there to write letters to editors and to bring up the issue of vegetarianism to rabbis and other influential Jews as well as your family, friends, and co-workers.

One essential question that we should ask is: "In view of important Jewish mandates to preserve human health, attend to the welfare of animals, protect the environment, conserve resources, help feed hungry people, and pursue peace, contrasted with the harm that animal-centered diets do in each of these areas, shouldn't committed Jews (and others) sharply reduce or eliminate their consumption of animal products?"

Ms. Busell has performed a valuable service by reminding us of the need to see and act on the inconsistencies between Jewish teachings and the realities of animal-centered agriculture and diets. I believe that this should be a regular feature in every issue of the wonderful, unique Jewish Vegetarian. Please send the publication your suggestions re effectively promoting vegetarianism in the Jewish community, as well as any responses you get when approaching rabbis and other Jewish teachers and leaders with vegetarian arguments.

Very truly yours,

Richard Schwartz

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DEAR SIR

NEW LIFE MEMBER

We are pleased to welcome David Knee of USA and Warren Davis of Essex to our Society and hope that they will send us some information about themselves for our next issue.

We will always be happy to hear from any other members who wish 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.



Dear Sir,

It's becoming easier and easier to travel and be a vegetarian, even sometimes a vegan.

My husband and I, Christian not Jewish (although I am a Life Member of the J.V.S.) went with our dog to a vegan gathering in Exmouth, Devon and then onto a vegetarian hotel in Tiverton, also in Devon. We had glorious weather. The hotel which was

very nice, was called 'Riverside' and rightly so, as it was by the river. We had a full breakfast and lunch outside, and so close to it we could have fallen in! We went to the Salvation Army's Harvest Festival, had a good old sing song to the band and I sat next to a salvationist who was also a vegetarian. They told the parable which Jesus told about the sown and how some seed fell on good land and some of it not. But what struck me was it finished up with hope. What I wish for is this, that the word could be spread around more that vegetarianism isn't just about animals, it's also about taking grain from third world.

It worries me that a lot of people don't know, or if they do, say it's our choice whether or not we take this grain. For how much longer is this going to be? These poor countries are not going to have it, in some way or other, maybe a trade war, they're going to revolt. We don't know how these big dictators get in but we know when, it's when people are kept very poor.

Yours faithfully,

Ann Priestner

BEATING M.E.

THE FOLLOWING ARTICLE WAS WRITTEN BY DULCIE KRIGE, AUTHOR OF A BOOK ENTITLED 'BEATING M.E.' DULCI HAS BEEN ON A RAW FOOD DIET FOR 10 YEARS, ADN RUNS WORKSHOPS, GIVES LECTURES ADN DOES FOOD DEMOS IN DURBAN, SOUTH AFRICA.

Toxins in the body come from the food we eat, the medicines we use, the air we breathe, the water we drink (but of these food is the most under our control).

Many of the 'foods' we eat are so full of toxins, chemical additives (preservatives, colourants, mould inhibitors, anti-oxidants, emulsifiers, colourants), and poisons that they cannot be called 'foods'. Alcohol, coffee, foods high in refined sugars and fats (eg chocolate and chips) all add to the body's toxic load. But even nutritious foods, (if they are overeaten or eaten too frequently so that tile digestive enzymes cannot cope), overload the digestive system and give off toxins.

Also important is our body's ability to dispose of the toxins which result from metabolism. Each cell is in effect a minute energy producing factory and as such gives off waste products. Stress and fatigue play an important role in preventing the body from expelling waste since the body's vital energy is depleted and this is essential for cellular exchanges. Thus adequate rest and stress reduction are vital for body healing.

An excessive toxin load, which builds up over time and hence causes mere problems with advancing age, will cause different problems in different people depending on inherited weaknesses and on abuse to different organs (eg the kidneys if protein consumption has been excessive).

The body, if its vitality is unimpaired, will expel excess toxins naturally through, for example, a fever, hayfever or diarrhoea. However if the cleansing process is suppressed by medication, as is the norm, the toxins remain in the body and will be lodged where they are least in the way eg in fat cells or in a weak spot in the body (eg calcium in the arteries.)

An acidic body, the result of a high intake of animal products and refined carbohydrates (flour and sugar) will have difficulty in expelling toxins. Increasing the consumption of alkali forming foods (fruit and vegetables) enables the body to expel toxins and cleanse itself. This is why many people report feeling unwell when they suddenly increase their intake of fruit and vegetables – the toxins are loosened and circulating prior to being excreted.

A body which is not vibrantly healthy will lack the energy to expel toxins and so will appear not to suffer from acute illness (flu, colds, tummy upsets)

BEATING M.E.

but will in fact be developing chronic illness such as heart disease, arthritis or cancer. Thus it follows that the first stage of illness is exhaustion.

Besides the physical (chemical) toxins which I have concentrated on here, negative emotions (anger, resentment, fear) also have a toxic effect on the body as the interplay between the interplay and the emotions is extremely strong, and results in our thoughts causing changes in the body's chemical messengers, the hormones, which control how our bodies function.

So the biblical injunction – 'Let not the sun go down upon your wrath' is as fundamental to your physical well being as it is to maintaining sound relationships.

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TRAVEL CORNER

TOP HONOURS FOR B&B WITH A DIFFERENCE

Fraser Cottage, Bed and Breakfast on High Street, Bangor-on-Dee was shortlisted for and award in the Vegetarian Society Awards 2001 recently. Fraser Cottage was one of the finalists.

Proprietor Winny Huybrechts was thrilled but also a little shocked by the nomination.

To quote Winny "Business is good at the moment. As well as vegetarians choosing to stay here we get the tourists visiting Wrexham and North Wales, and even businessmen from Wrexham Industrial Estate. Not everyone who comes here is a vegetarian. Some are meat eaters who come to enjoy the different taste and style of vegetarian food. We allow meat eaters into Fraser Cottage, but only if they promise not to bring any meat with them."

Winny, originally from Belgium, opened Fraser Cottage two years ago. So if you are in that part of the world, which is very beautiful with lots to see, why not pay her a visit, I am sure you will be made most welcome.



At this time of writing, I'm having a most pleasurable fortnights holiday rest at THE ASHLEY PARK, Jewish Residential and Holiday Home. Having been here many times I found it to be a really wonderful place to stay. It has dairy and vegetable cuisine with many impressive varieties of food, what is more, nobody goes hungry it's always plentiful! For those seeking a restful holiday, long or short, or just for respite, I highly recommend the proprietors, the partners, Charles and Christine, who will even provide door to door transport, so you have no travelling worries to bother about!

The rooms are warm and bright, with added T.V. and most comfortable. There are also organised outings, and entertainments. I can honestly say, I'm indeed most fortunate in finding such a desirable holiday home, and if I ever needed special residential help, I would most certainly be happy and content to be in their care. What more could one wish for?

Oh! dear, I nearly forgot, 'They' even light the SHABBOS CANDLES. I'm certain you would go back again and again, as I do, so go and see for yourself, and "ENJOY"!

A most satisfied visitor, Eve Ross, Bournemouth.

ASHLEY PARK JEWISH RESIDENTIAL HOLIDAY HOME Tel: 01202 431990.

COOKERY CORNER

BROOK KATZ COOKS UP A STORM AT 'COUNTRY LIFE'

Hailing from the USA, Brook Katz, nutritionist, cuisine master and author of "New Favorites" cookbook, has recently spent one month sharing and demonstrating his culinary wizardry at various venues in and around London.

Armed with the knowledge that Brook has cooked for Royalty, Heads of State as well as eager diners around the world preparing his magnificent and nutritious low-fat cholesterol-free delights, and myself being an ardent lover of good wholesome and healthful food, this writer set out in 'eager' anticipation for 'Country Life' vegan/vegetarian restaurant, situated in the heart of London's West End. On arrival, I ventured downstairs to the function restaurant and joined thirty other good food enthusiasts waiting for the presentation to begin.

And begin it did! Brook Katz dressed in chefs attire, treated his audience to two and a half hours of the most entertaining reparte whilst conjuring up a fare of delicious and imaginative tastes, textures and treats.

Brook treated his audience to a superb three-course meal consisting of a rather mouth watering Walnut and Tofu pate served with slightly toasted 'Country Life' home made bread sliced into finger sized portions, the main course was a delectable Vietnamese Stir Fry served with Noodles and Rice and the 'piece de la resistance' was the dessert 'Mama's good old fashioned Cheesecake' made with Tofu – outrageously delicious! If audience participation and reaction is anything to go by Brook's cookbook 'New Favorites' is a must for all good food enthusiasts.

Please sir, can I have some more ?

and here is some MOREwith the compliments of Brook Katz

EGGPLANT BABA GANOUSH

(6 - 8 servings)

"Here's a Middle-Eastern favorite. Make it thick and put it on a platter with humus, tabouli, and tomato wedges. Put it in a pita bread and have a sensory explosion in your mouth"

INGREDIENTS

2 large eggplants, 4-6 Tbsp. lemon juice, ¼ cup firm tofu – drained, ¼ cup tabini, 2-3 cloves garlic – minced, Sea salt and fresh ground black pepper to taste, 2 Tbsp. fresh parsley – chopped Cayenne pepper to taste.

PREPARATION

Cut the eggplant in half and place it on a it on a lightly oiled baking tray. In a 425 degrees oven, place the eggplant in and bake until soft, around 30 minutes (or you can steam until soft). Remove from the heat and allow a few minutes to

COOKERY CORNER

cool. Scoop out the eggplant from the skins and set aside. In a food processor, combine the eggplant with the rest of the ingredients except the parsley and blend until smooth.

Place in a bowl, garnish it with parsley and chill. Serve with your favorite dipping veggies, or on crackers or fresh pita bread.

VIETNAMESE STIR FRY

(Makes 6-8 servings)

"If chefs were diplomats there'd be no wars. We'd just sit everyone down, and make them eat until they surrendered of there own free will. So enjoy this wondrous gift of peaceful food"

INGREDIENTS

1 lb firm tofu – drained well and cubed, 1 tbsp canola oil, ½ cup green onions – chopped, 2 carrots – slice Julienne style, 2 cups broccoli florets, 1 cup broccoli stems – sliced thin, 2 cups mung bean sprouts, ½ pound sliced mushrooms, ½ cup each hot peppers, bamboo shoots and water chestnuts – all optional

MARINADE

4 cloves garlic – minced, ¼ cup San-J tamari, ¼ cup water, 1 Tbsp. ginger – fresh grated, 1 Tbsp. rice vinegar, 2 Tbsp. Mirin/or 1 lbsp. maple syrup.

PREPARATION

In a shallow dish, place the tofu in a single layer. In a mixing bowl, combine the marinade ingredients together. Mix well and pour over the tofu. Allow it to marinate for at least 30 minutes (the longer the better), taming at least once. In a wok or skillet, heat the oil and cook the carrots for two minutes. Next add the broccoli stems and cook for 1 minute. Add the florets, cook for one more minute, and set aside. Drain the tofu, reserving the marinade. Add the tofu to the wok with a Tbsp of the marinade. Cook, stirring frequently, until browned. Add the onions and mushrooms and cook for one more minute. Add all the other ingredients and the remaining marinade. Cover for 2-3 minutes until the veggies are tender and serve with your favorite rice.

TOFU CHEESECAKE

(Makes 1 cake)

"This cheesecake recipe is 5 star! I can sit this on any dessert cart in any fancy restaurant world wide and defy anyone to tell the difference!"

INGREDIENTS

1 lb. soft or silken tofu (you can omit any oil and water) OR 1 LB. firm tofu – add 1 tsp oil (optional) and additional water until creamy, 34 Tbsp. lemon juice, ¼ tsp. sea salt, 1 Tbsp. arrowroot, ½ – ¾ cup raw sugar or fructose

COOKERY CORNER

(can also use maple syrup if a maple taste is desired), ½ tsp. vanilla (optional), ½ classic pie crust

PREPARATION

Blend all the ingredients together in a food processor until smooth, except the crust. Pre-heat the oven to 350 degrees. Bake the crust for 5-7 minutes, remove from the oven, and allow to cool for 5-7 minutes. Fill the crust with the filling and remm it to the oven for 15-20 minutes or until the tofu sets and roms a pale yellow. Remove from the oven and allow to cool, then refrigerate and serve. Top with fresh fruit or garnish before the cake cools.

CLASSIC PIE CRUST

(Makes two 8-9 inch crusts)

"As its name indicates, you can use this crust for almost any recipe. Make a few at a time and freeze the extras. Just put wax paper in between each crust, place them in a plastic bag, and seal it."

INGREDIENTS

2 cups whole wheat flour (pastry or sifted), 1/3 cup canola oil, 1/8 cup maple syrup, ¼ cup granulated sweetener (i.e. fructose, Sucanat, raw cane etc), 1 tsp baking powder (non aluminium!), ¼ tsp sea salt, 2 Tbsp water or juice as needed, (i.e. Apple, orange, pear etc.)

VARIATIONS

- * Try different flours (i.e. buckwheat, graham, oat etc)
- * Try different spices (i.e. cinnamon, nutmeg, allspice, ginger etc.)
- * Remove the sweetener and increase the salt and pepper and make a savoury crust. Use this with quiches, pot pies and shepherd pies.
- * For a lighter crust use 1 cup of unbleached flour to 1 cup of whole wheat flour

PREPARATION

Combine all the dry ingredients together and mix well. Add the wet ingredients and mix into a crumbly dry batter. (Note: In the place of the maple syrup, you can use ¼ cup of dry sweetener instead (will make a drier batter.) Press ½ the batter into each pie pan. Do Not Roll! Bake in a 350 degrees oven for 5-7 minutes, cool, and add desired filling.

'New Favorites' cookbook available from JVS:

Price £9.00 + P&P £1.00

HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

£2.50 including P&P

FOREVER LIVING PRODUCTS

JOHN NEVILLE

INDEPENDENT DISTRIBUTOR FOR FOREVER LIVING PRODUCTS

PRODUCT REVIEW OF FOREVER FREEDOM

With millions of people suffering from arthritis, the all new Forever Freedom Orange flavoured aloe vera drink, the goodness of aloe in a unique formula, promises to be a sure fire winner. Discover the amazing benefits of this new nutritional drink.

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ONE RABBI AND HIS DOG

By JONATHAN WITTENBERG

RABBI OF NEW NORTH LONDON MASORTI

(This article first appeared in the London Jewish News.)

I believe I'm often called behind my back "The rabbi with the dog". There are many worse fates, as I shall go on to prove for my life, including its Jewish and spiritual side, is enriched by the companionship of my canine quadruped.

He arrived in our home some seven and a half years ago after being rescued from the streets by members of the congregation. We called him "ASAF", or "SAFI" for short, because he is a 'scavenger', and because of a Jerusalem rabbi of the name, apparently known for the love of his dog who followed him everywhere.

SAFI loves to come to shul [synagogue]; furthermore, unlike many humans, he regards it as a travesty to travel there by car. SAFI attends every shiur (lesson), where I'm afraid he sets a rather bad example by yawning loudly and falling asleep at the first word of Hebrew. But then, he's probably nervous lest he stand out by showing too different an attitude from so many others. He loves Shabbat [Sabbath] and the festivals, and is troubled only by Pesach (Passover) when, because all or almost all, dog foods contain chametz (leaven products), he suffers from the same dietary restrictions as everyone else. But, to be serious, I have learnt a great deal from that dog. I think it was Harav She'ar-Yeshuv Cohen who said when he was Chief Rabbi of Haifa that every Jewish family should have a pet, to teach the children compassion.

He is right. Judaism, without being sentimental, or equating animal with human life, understands that "G-d's mercy extends to all G-d's works", that to inflict suffering on bird and beast is wrong and that we should value the whole of creation as G-d's work. In our urbanised communities, focused on cyber and screen, studying the texts of Torah (Jewish teachings), we should not forget the great text of creation itself, nor our responsibility towards it. I have learnt about fidelity and affection from that dog. Every dog owners says it, but it's true. Whenever you come home, there he is wagging his tail. I sometimes come back in a bad mood and go straight to my study; I sometimes don't greet the family because I'm busy, bothered or bad tempered.

ONE RABBI AND HIS DOG

But SAFI is always there with a bark and a lick and a sniff. 'The great principle is equanimity' taught the Be'al Shem Toy, founder of Hasidism; SAFI often shows a more even state of mind than his owner, something from which the latter tries to learn?

People talk about 'puppy love', but his love is not contingent on what you bring him. He doesn't have to agree with you to like you; he sits on no committees, holds no ideological positions, conducts none of the arguments over trivia that so often prevent people from treating each other with a modicum of warmth and welcome. He is the perfect undogmatic dog, the ideal postmodern, post-denominational creature. Maybe that's why he did such a good advert for Limmud (learning) a couple of years ago. He teaches me to try to be welcoming always and to see the person in the person, whatever his or her beliefs or state of mind. I try to follow this in my life, appreciating the wealth I gain from all my teachers be they Reform or Hasidic.

I have learnt about trust from SAFI. The trust of children, and animals may be Absolute. To be trusted is chastening; it is an honour and a great responsibility. We are rightly outraged when trust, especially that of children, is undermined. So albeit this is a small matter in comparison, when I see how that dog trusts me for everything, for food, for walks, for affection, I take it to heart. It leads me to reflect on the wider meaning of trust: on how we as human beings are entrusted with the welfare of one another, how G-d has entrusted us with caring for this world that is, not ours.

I have learnt about compassion. SAFI can't abide crying. Some years ago, a man came to see me and, while talking of his troubles, burst into tears. Before I knew it, the dog was sitting on his lap licking them away. It's not, perhaps the ideal approach – I think it's called shock therapy – but I wish we all cared about one another's sorrows quite as much. Anyway, SAFI's pastoral skills have improved over the years and he now just sits quietly and listens, maintaining a perfect confidentiality.

Sadly, I am aware that I shall also learn about grief. Already I regret the speed with which the old boy is going grey. I supposed his ageing marks the passage of my days too; for the last seven years, I have measured out my life in dog food tins. On several occasions, I have been consulted by Jews in and out of my congregation on what to do when ... Again, a pet is not a person, but it is both inevitable and appropriate to feel sorrow.

ONE RABBI AND HIS DOG

Not everything has been perfect, of course. SAFI is sometimes rather better with people than with his fellows, just as some Jews manage interfaith relations better than cross-communal ones. Though actually SAFI himself hasn't always been good with other religions, as on the inauspicious day when he saw a Christmas tree for the first time and deciding he must be in the safety of the woodlands, did a wee all over the beautifully wrapped presents. But don't we all make mistakes?

In the end, I agree with the words of the Indian Chief who reputedly wrote to the President of the USA that if it weren't for the animals, we should die from loneliness of the spirit. With that I must stop, because SAFI's waiting for his dinner and it's a mitzvah (honour/privilege) to feed him before I myself eat.

GARDENERS CORNER

Forecasting the season ahead has long been in fashion. Today, the 1st of November, I was told that we were in for a Siberian Winter. We have not seen a harsh winter with much snow and frost for many years. A cold winter is good for the gardeners as it will kill off pests which otherwise over winter snugly. Also, it serves to break up the soil and make it more permeable in springtime, more able to breathe and soak up rain rather than "puddling" where the rain runs off leaving a hard smooth impenetrable surface.

Some of the signs portending weather are of interest and may carry useful pointers.

"If the hedgerows in autumn are heavily laden with nuts and berries, this presages a hard winter". It certainly permits small creatures to feed on into the coming cold season or lay up stores for the weather ahead and so enable them to survive harsh conditions which may lie ahead. This autumn there have been abundant fruits in the hedges and waste areas – we shall see!

"March comes in like a lion and goes out like a lamb". This refers to the stormy weather that we often have in the early part of this month which follows "February filldye".

This is traditionally an important time for gardeners for the sodden soil of late winter suddenly dries out in the lengthening days of Spring making this the month to prepare and set the vegetable garden as the soil can be worked to a fine tilth for sowing and planting. Also the heat of the sun begins to warm the ground to germinate the newly sown seeds.

Animal behaviour is also a good sign of things to come. Earthworms dig

GARDENERS CORNER

themselves deeper into the ground instinctively avoiding the deepening frosts. Country folk would examine this phenomenon to gauge the need to lay in stocks of food and fuel in days gone by.

Some animal behaviour indicated more immediate weather changes. Bees returning to their hives in a flurry is a sure sign of impending rain. This may be discerned by them due to sudden drops in air pressure which these highly perceptive creatures can detect along with a gradual increase in air humidity otherwise imperceptible to humans.

Most of us know that when cows lie down it is going to rain. Cattle spend all of their time in the open exposed to the elements and so are finely tuned to climatic variations. When they sense rain is coming they are more comfortable lying on a dry piece of meadow rather than a wet one and being ruminants can happily chew the cud till brighter weather appears.

Animal hypersensitivity to natural signals are also recognised in many amazing ways. Dogs can warn sufferers of illnesses such as epilepsy when an attack is about to occur before any outward sign appears – this can be a lifesaver. In earthquakes by their behaviour which can and does save lives when observed.

More and more modern man has become desensitised to his environment and fails to recognise the value and importance of the balance of nature and the significance of sharing a common habitat to the advantage of all.

In the garden, now is the time to shape the beds and borders by trimming hedges and overgrown shrubs to let in light and air. Clumps of herbacious plants which have expanded can be dug up and split with a spade and replanted either for increase or just to encourage more compact and healthy growth. Roses can be half-pruned to help prevent winter wind damage and then in Spring pruned again down to three buds to encourage vigorous healthy strong growth.

An article in 'Which'? – the consumer magazine – reported that when tested most fruit and vegetables bought in shops contained pesticide residues. For example, 56% of lettuce contained some residues and in one sample eight different residues were present including "dimenthoate", an insecticide which is not approved for use on lettuce.

The message rings clear that if we can we should grow as much as possible in our gardens and harvest chemical free produce for our table. It's enjoyable, recreational, provides good exercise and can give us safer food to eat.

CONSUMER CORNER

HEALTHSPAN LAUNCHES NEW GELATIN-FREE CAPSULES

Healthspan, one of the UK's leading mail order suppliers of vitamin and mineral supplements (VMS) based in Guernsey, has launched a ground-breaking new range featuring gelatine-free capsules at a fraction of the cost of high street alternatives.

Formerly all supplement capsules containing oils or liquids contained gelatine, most frequently made from bovine (cattle) sources. Amid continuing scientific debate over the safety of gelatine made from cattle bones, Healthspan's new gelatine-free capsules are made from a vegetable (starch) base so they are healthy for everyone to take, including vegetarian and those who for ethical or religious reasons find that gelatine of animal origin is unacceptable.

NATURAL SOURCE VITAMIN E

Healthspan's Natural Source Vitamin E is made wholly from vegetable oils, which possess a higher biological activity than the synthetic Vitamin E more frequently found in supplements. This allows the vitamin to be absorbed and retained more readily by the body.

120 capsules – £7.95p including postage and packing.

240 capsules – £14.95p including postage and packing.

EVENING PRIMROSE OIL

Obtained from the seeds of the wild evening primrose plant from North America, Healthspan's Evening Primrose Oil is extracted using mechanical presses. Evening Primrose Oil contains an important fatty acid called Gamma Linolenic Acid, which is needed by the body to regulate the immune system, circulation and menstrual cycle and in turn control cell growth and maintain hormonal balance and healthy skin.

180 capsules – £4.95p including postage and packing.

360 capsules – £7.95p including postage and packing.

These are just two of the products, for a complimentary brochure or to place an order, call Healthspan on FREEPHONE 0800 731 2377 or log onto www.healthspan.co.uk

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.**

CONSUMER CORNER

TARTEX ORGANIC PATE

If you are looking for something healthy to spread on your crackers, the new Tartex Organic pate in three different flavours could be the answer.

A tasty vegetarian alternative to meat-based products, the new Tartex Organic flavours are: Mexican – with pepper and mild chilli to give an authentic spicy taste; Italian – with garlic and basil for a real Italian pesto flavour; and Shiitake Mushroom – made from the popular Japanese mushroom.

Free from GMO and animal ingredients, artificial colours and preservatives, Tartex Organic can be used as an hors d'oeuvre on canapes, as an entrée, in sandwiches or as an alternative ingredient for creating versatile vegetarian dishes.

Tartex Organic is priced at £2.19p for a carton of three handy-sized tubs and is available from major retailers and selected health food stores.

SOYA MILK AT TESCO CAFÉ

We received the following from the Vegetarian Society and thought our members would be interested to learn of this.

The Vegetarian Society write as follows:-

"We had a letter from a member who was very pleased with the coverage the local Tesco gave to National Vegetarian Week.

Whilst having a cup of tea in the Tesco café, she remarked that life would be a lot easier for vegans if soya milk was available, it would save her having to buy a carton and carry it around.

The manager came up to her while she was drinking her tea and promised that in future, anyone who required soya milk could just ask, and a carton would be brought from stock if there wasn't one already in use.

She told the Tesco Hotline about this, and the lady at the other end said it was a very good idea and she would take it up with all the other branches. So, it would be a good idea for vegans to go and ask for soya milk, next time they are having a cup of tea in a Tesco café, to thank them for taking the trouble and encourage them to continue by showing that it's a service their customers need!

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.

FASTING FOR HEALTH

BY DR GINA SHAW, MA AIYS (DIP. IRID.)

You may have heard a little about the tremendous health benefits of fasting before now, but perhaps you do not know very much about it. In this article, I will seek to explain to the reader about the main points surrounding the issue of fasting, and discuss how- fasting allows the body superior healing and detoxification.

WHAT IS A FAST?

The word 'fast' is often used very misleadingly. People often say that they are on a 'juice fast' when they are living on juices for a set period of time. If they were truly on a juice fast, they would not be partaking in any juices! The true meaning of the word fasting is actually 'to abstain from' something. Fasting, therefore, in its true sense, means abstaining from food. We must always bear in mind, of course, that water is very much a necessity to life, and must always be consumed whether an individual is fasting or not, in some form or another. The purest water is distilled water.

THE HISTORY

Fasting was introduced by the earliest natural hygienists (hygiene meaning health derived from the Greek Goddess of Health, Hygiea). Fasting has been practised for many thousands of years. Many of you will, of course, have observed your own companion animals fasting (refusing to eat) when they have been unwell. This is natural and instinctive behaviour – something which unfortunately many humans are far removed from nowadays! In the wild, animals will instinctively fast when they are not feeling well.

WHY FAST?

A true fast, when we only take pure, distilled water into our body, enables our body to enjoy a complete physiological rest. During this time, our bodies are able to conduct a much faster healing process than at any other time because we are saving energy by not consuming foods. During the processes of consumption (ingestion), digestion, assimilation and absorption of food, our bodies work very hard (with some food items bearing a much heavier burden on the body particularly meat, fish, fowl and animal products). So, in the normal process of events in our everyday lives, our bodies do not have the available energy, nor the opportunity to conduct advanced house-cleaning and it is often enough for it to carry out the functions necessary to life itself.

During our time of fasting, we need to rest in bed to allow the most superior healing to take place on all levels – we rest ourselves mentally, physically,

FASTING FOR HEALTH

physiologically and emotionally. This can only be obtained in a stress-free and peaceful environment, a place far away from the interruptions and disturbances of modern living. Emotional poise during the fasting period is of utmost importance. It is only under these conditions that we can maximise the benefits of the fast and allow enhanced cellular functionality.

INDICATIONS FOR FASTING

The following are a few points which may indicate your need to fast:

1. Do you generally wake up feeling tired in the morning?
2. Do you have problems digesting raw, natural foods?
3. Does eating leave you feeling tired or in pain?
4. Is your skin spotty, dry, over-oily or otherwise not in perfect condition?
5. Do you often have a runny nose or a cough?
6. Do you have bad breath?
7. Are your bowel movements often smelly or too runny?
8. Are your bowel movements infrequent or constipated?
9. Do you often feel depressed?
10. Have you been getting a lot of headaches just lately? (This could mean other things, apart from internal toxicity)
11. Do you feel uncomfortable when you miss a meal?
12. Are you overweight or underweight? (In some circumstances, fasting can heal the very conditions which are preventing people from gaining weight)
13. Do you suffer from acute or chronic disease?
14. Do you have an important decision to make in your life, but feel unable to do so? (Fasting is an amazing way of clearing our heads and allowing us more clarity of thought.)

Answering yes to more than one of these questions does indicate that a fast may be in order.

WHAT DOES THE BODY DO DURING A FAST?

During a fast, our body will often take a much-needed opportunity to catch up on the elimination of toxic debris which has inevitably accumulated in different areas of our body, in particular, our liver (this process is called detoxification). Detoxification will be speeded up heavily during a fast, in fact, more so than at any other time. Your body will heal and repair itself generally, working on the most important 'repair jobs' there are. It may rid itself of blood clots or heal bodily organs – in fact, there is no end to what a

FASTING FOR HEALTH

body can do during a fast! Often, shortly after a fast, a person will feel very invigorated and 'high' _ quite euphoric in fact. They will often look and feel years younger! The body will take every opportunity to gear itself toward health on every level; it just needs the right conditions to do so.

A competent, trained fasting supervisor must always be obtained for a fast of longer than 1 ½ days duration. This is imperative as various bodily activities must be monitored during a fast. Please note that there have been people in the past who have fasted themselves and ended up killing themselves through lack of bodily awareness and knowledge! Do not attempt to fast yourself unless you are very skilled and experienced in this process and indeed properly trained in its supervision (even then it is often also advisable to have somebody on hand should any emergencies arise).

As mentioned, I do not in any way advocate people fasting on their own aside from very short fasts. Also, and for proper therapeutic fasts, I am of the opinion that it is not necessarily profitable that people who have certain cancerous conditions, chronic heart conditions or other severe degenerative conditions fast. If you do intend to fast, you are strongly recommended to seek the services of a qualified and skilled fasting supervisor such as the author who will need to have full details of your medical and dietary history.

If you would like to learn more about my fasting services, why not send for a free brochure? As well as providing supervised fasting, True Health provide health and nutritional consultations, iridology sessions, personal emotional healing sessions, stress management consultations, a course in natural health and books and tapes about various health issues. For further more information, please contact Dr Shaw on (+44) 020 8351 0086/020 8550 0374 or e-mail her on GinaShw@aol.com. Visit her website at www.vibrancy.homestead.com/pageone.html.

Medical Disclaimer: Please note that True Health do not claim to cure, mitigate, treat or alleviate symptoms of any kind in the medical sense. Dr Gina Shaw is not a medical doctor, but is a Doctor of Complementary Medicine, a qualified health and nutrition consultant, a lecturer in Nutritional Science and an iridologist and fasting supervisor. True Health only claim to aid in a client's healing process by teaching them to provide the conditions for health to occur or re-occur. Re-education is often all it takes for our own body to reverse ill-health, be it in the form of obesity low energy levels, hypertension, depression, skin problems, or any other acute or degenerative disease.

BOOK CORNER



JUDAISM AND VEGETARIANISM

BY RICHARD H SCHWARTZ PH.D

New Revised Edition

From G-d's first injunction – "Behold, I have given you every herb yielding seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed – to you it shall be for food" (Gen.1:29) - the Hebrew Bible offers countless examples of how G-d intends a compassionate and caring attitude toward animals, our health, and the health of the planet. This attitude, as Richard Schwartz shows in his pioneering work, now fully revised, has been a constant theme throughout Judaism to the present day.

It would be difficult to understand how anyone ethically minded, would read this book and not take up the vegetarian cause.

This book is a book of outstanding merit – A classic that should find its way into every Jewish bookcase and certainly of interest to all others who love to widen their knowledge of the ancient and compassionate philosophies.

Many difficult questions are asked of vegetarians who take the Jewish tradition seriously. These include: Don't we have to eat meat on the Sabbath and to celebrate joyous events? Isn't it a sin not to take advantage of pleasurable things like eating meat? Weren't we given dominion over animals? What about sacrificial Temple services? These and other questions are considered in this book.

Judaism has much to say about solutions to the critical problems that face the world today. This volume attempts to show how vegetarianism is consistent with Jewish ideals and can play a role in reducing global problems such as hunger, pollution, resource depletion, poverty and violence.

As with previous editions, it is hoped that the present edition will lead to a long overdue respectful dialogue in the Jewish community and beyond on the many moral issues related to our diets, and that thereby it will help speed the arrival of that vegetarian time when "... no one shall hurt nor destroy in all of G-d's holy mountain" (Isaiah 11:9)

Published by Lantern Books USA and distributed in the UK by Airlift Book Co.. Price £12.99. plus P&P £1.00. Available from JVS.

BOOK CORNER



WHAT'S COOKING JAMELA

BY NIKI DALY

This beautifully illustrated book will delight children and adults alike, whilst providing children with a carefully constructed introduction to the ideas of vegetarians and animal welfare.

An eagerly awaited follow up to JAMELA'S DRESS, tells the tale of a little girl's compassion for the chicken which is intended to be part of her family's Christmas meal. As the story progresses, the reader becomes aware of Jamela's attachment to the chicken, and they begin to wonder, as does her mother, how the chicken will be got "away from Jamela and into a pot".

Animal lovers everywhere will appreciate Jamela's bid to save her new found feathered friend. As everyone in Miss Style's hair salon agrees: "You can't eat friends", so some delicious sounding vegetarian alternatives are prepared for the family to feast upon.

This lovely hardback book is published by Frances Lincoln Ltd and contains lovely pictures to accompany the story. Price £10.99 plus P&P £1.00. Available from JVS.

SLOW YOGA

BY BRIAN PAYNE



For enhanced fitness, strength and health

SLOW YOGA exercises are unique in incorporating slow, sustained muscular contractions to increase strength and endurance, so improving joint stability and decreasing the risk of sprains and strains. The scientific background to the way breathing works and how joints and muscles function is explained briefly and clearly. Every step in each exercise is illustrated with a thumbnail picture. There are some harder variations of the exercise for those who like a challenge, modified exercises suitable for the frail and disabled, and advice about the suitability of exercises in pregnancy. Brian Payne's medical background is evident in the chapter of exercises that benefit specific medical conditions such as repetitive stress injury and the carpal tunnel syndrome. He recommends dairy SLOW YOGA exercises to improve general fitness and well-being, decrease the risk of disease and reduce stress.

Published by Souvenir Press Ltd, Price £10.99. plus P&P £3.00. Available from JVS.

BOOK CORNER



BEE PROPOLIS – NATURAL HEALING FROM THE HIVE

BY JAMES FEARNLEY

Manufactured by the bees from plant resins to keep their hives free of harmful bacteria, propolis is rapidly acquiring recognition as a natural product with vast potential for human health. Although its antiseptic properties were known in ancient times, only recently have scientific studies shown that it could be of help in treating a wide range of conditions.

Most importantly, propolis contains powerful antibacterial properties which are capable of destroying strains that have become resistant to conventional antibiotics. Could it be the natural antibiotic of the future?

Worldwide research has found that propolis is effective in the alleviation of joint and muscular pain, arthritis and rheumatism, as well as a treatment for skin complaints such as eczema and psoriasis, relieving asthma, bronchitis and other respiratory problem and as a healing agent for wounds and bums.

Published by Souvenir Press Ltd, Price £7.99p. paperback plus P&P £1.00.



THE ANIMAL DIARY – 2002

**THE ESSENTIAL DIARY FOR EVERYONE CONCERNED WITH
ANIMALS AND THEIR WELFARE**

**COMPILED BY MARK GOLD WITH
PHOTOGRAPHS BY IAIN GREEN**

Features on animal issues, including;

EU proposals to test 100.000 chemicals on ten million

animals.

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BOOK CORNER



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BY JACKUM BROWN

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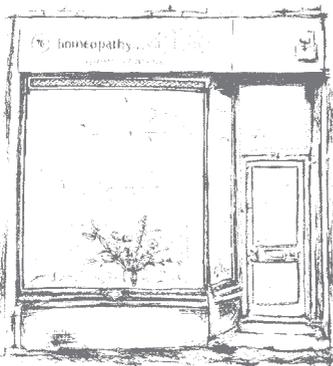
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