

The Jewish Vegetarian



No. 140 March 2002 ADAR 5762 £1.50 Quarterly

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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

Administrative Headquarters: 853/855 Finchley Road, London NW11 8LX, England.
 Tel: 020 8455 0692 Fax: 020 8455 1465
 E-mail: ijvs@yahoo.com

Assistant Editor: Shirley Labelda

The Jerusalem Centre: Rehov Balfour 8, Jerusalem 92102, Israel

Tel/Fax: 972-2-561-1114. E-mail: ijvsjlem@netmedia.net.il

Friendship House (Children's Home): POB 1837, Mevasseret-Zion 90805.
 Tel: 972-2-5337059

Hon Solicitors for the IJVS Israel: Shine, Hunter, Martin & Co. 119 Rothschild Boulevard.
 65271. Tel Aviv

Australasia Convener: Dr Myer Samra
 Victoria Secretary: Stanley Rubens. 12/225 Orrong Road, East St Kilda. Vic 3183.
 NSW Secretary: Victoria Nadel. 6/3 Ocean St Bondi, 2026, NSW

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

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WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

Support the International Jewish Vegetarian Movement - a worldwide fellowship

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

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

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

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

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

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

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

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

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

Address (clearly) _____

Occupation _____ Fee enclosed £ _____

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

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

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

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

Please note: Periodicals Class postage paid at Rahway NJ.

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

ORR SHALOM

REPORT RECEIVED FROM ORR SHALOM CHILDREN'S HOME

To all our friends all over the universe, Shalom.

It's shabbat evening and I have just returned home from a weekend seminar on Jewish identity in a guest house near Jerusalem. When I entered my room in the guest house I saw flowers on the table, a bottle of wine, some fruits and a small package of candies. A short note was attached: "To Haim, the director of Orr Shalom – a small gift for you for my many wonderful years in Orr Shalom – Hagit."

I went out to the lobby where I saw this marvellous young woman. Hagit finished her army service a few month ago. She is spending this year waitressing in the restaurant of this guest house to earn some money and make up her mind what she wants to do in the future, possibly even studying. Hagit was with us for 8 years, a daughter of a mother who could neither make a penny, nor care for her and her younger sister (who is still with us at Orr Shalom), and a father who disappeared when Hagit was 3 years old. Hagit had a slow and troubled start, she needed lots of care, discipline and motivation. At the age of 18 Hagit joined the army, serving 2 years as a social worker, what an accomplishment! And now to see her earning some money for her future. What a joy!

Last weekend my son Daniel and some of his best friends were 10 meters from the terrorist who blew himself to death in the pedestrian mall of downtown Jerusalem. Daniel is safe and so are his friends. They happened to have just turned onto a "lucky" corner. Other kids were not so lucky. The bomb took the lives of 17 innocent children, injured dozens more and left many many more shocked and traumatized. Life goes on. Will we forget it a day later? The show must go on, the pain and trauma adds yet another layer of grief.

But who will answer the prayer for peace? Are we in the trail of bloodshed again and forever? Nobody knows. We can only pray and keep pushing for peace. We must keep the flame of hope and belief burning and not let everything and everyone around give up. At Orr Shalom, we specialise in keeping hope moving. Hope for all those kids who come to us desperate and bitter, learning slowly to trust and to believe.

Isn't this the story of Hannuka? The story of the few fighting the many? The story of the jar of oil that was good for a day and lasted a week? What made the miracle? Probably the hope and the belief of the people. And in Orr Shalom we have plenty of hope and belief. This is what we give to our kids. This is what cures them.

ORR SHALOM

And where do we find this hope?

We get it from the kids, from each other and from the love and affection we receive from you, our friends from all over the world.

Our new chairperson Alisa Olmert and I, have just returned from the US and Canada, meeting people, donors, foundations, hoping to get more support for Orr Shalom for the future. Even though America (as well as Canada) after September 11th is very different, nevertheless, the love and support that we encountered there were so encouraging and fulfilling.

This Hannuka let's remember the miracles.

And let's remember the courage.

Let's light the candles and hope and pray for all the misery and abused children and adults everywhere on earth.

As many of you are our partners during the tough moments, I wanted to share the nice ones with you too. A few exciting fulfilling moments like the minute I saw the flowers in my room are a must nowadays. Hagit's thank you was a thought to let me know that she made it.

Wishing you and yours, a holiday filled with hope, peace, love, laughter and light.

Haim Feingold



APOLOGY

MEMORIAL LECTURE ARTICLE DECEMBER ISSUE PAGE 10.

Due to an unforeseen error Mr Mark Watts, Member of the European Parliament (MEP) was inadvertently referred to as Mr Mark Ross. We extend our sincere apologies to Mr Watts.

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.

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

The Jerusalem Centre

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

William & Gloria Bennett, New York, U.S.A. Mr. Julius Groner, IL. U.S.A.
Nancy Appleby, New York, U.S.A. Mr. Don Keller, Colorado, U.S.A.

DONATIONS RECEIVED

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

£12 Mr. U.M. Tel Aviv, Israel. £10 Miss F.M. London N14.
£8 Mr. & Mrs. B. Pinner, Middlesex. £8 Mr. & Mrs. W.S. Jerusalem, Israel.
£5 Ms. P.S. Pinner, Middlesex. \$82 Mr. J.S. New York, U.S.A.
\$20 Mrs. J.P. FL, U.S.A. \$5 Ms N.A. New York, U.S.A.
\$5 Mr. G.G. Ontario, Canada.

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Mrs. R. Drake, Ilford, Essex. Robert & Phyllis Grant, Poole, Dorset.
Mrs. Lee Alexander, Enfield, Middlesex.
William & Gloria Bennett, New York, U.S.A. Nancy Appleby, New York, U.S.A.



FRIENDSHIP HOUSE

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

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

DONATIONS RECEIVED:

£25 Mr. L.A. Thatcham, Berkshire.
£10 Mr. C.B. London, N8. £10 R. & P.G., Poole Dorset.
£10 The R. Family, London W5. £10 Mr. & Mrs. D.S. London NW11.
£5 Miss L.J. Edgware, Middlesex. £5 Mrs. S.H. London, NW7.
\$10 Mr. R.A. Washington DC, U.S.A.

TU B'SHVAT SEDER



BY SUE (YAFFA) TOURKIN-KOMET

Sue (Yaffa) Tourkin-Komet lives in Jerusalem and is a freelance writer and artist. She is a widowed divorcee, mother of one, matchmaker, swimmer and poet. Her e-mail address is: yaffasue@netvision.net.il and she would welcome correspondence with eligible single Jewish males.

Last night I had a choice of five different Tu B'Shvat "Seders" to attend, to the best of my recollection – one in my suburb of Gilo at an Ashkenazi French-German "Yekkie" Shul, one cross-town in Ramot with a Green Group activating against the high power lines in the nearby Shu'afat valley next to Ramat Eshkol, one in Rechavia at the IJVS [International Jewish Vegetarian Society], one in Beit HaKerem at: the Ziv/Sieff Community Center [with the "Forest Guardians," "Shomrei HaYa'ar"] and one at the Hebrew Uni. Givat Ram campus at the JDC, "Joint" Distribution Committee building with "Du-Siach," an Israeli Tolerance/Dialogue group that I've been attending for several years.

It seems that I had as many Seders to chose from, as the amount of, l'havdil, terrorist attacks that happen per week in Israel recently, so it was incumbent upon me to attend as many as I could, so that the sap would continue to flow in the trees just as the blood should continue to circulate in my living body.

Because, one of the Genesis of our Tu B'Shvat "Seder" tradition is that man is likened to being as a tree of the field – with seeds, roots, branches, and growth and decay.

And, not to count, but 150 persons were wounded in yet another suicide terrorist's act on Jaffo Road, Main Street Jerusalem, hours before I was due to set out for the Seders that I would attend anyhow.

For millions of us Jews in all millennia, in all lands and all diasporas with differing levels of religious and non-religious observance who do know about Seder Night for Pessach/Passover, how many can say they know of Seder Night for Tu B'Shvat, the New Year of the Trees, for more than the recent past decade? I'd surmise that very few Ashkenazic Jews, except for some Chassidim and some Kabbalistic types, and some Sepharadic Jews, would have known about Tu B'Shvat Seder so recently. It has made its' "Comeback" only in recent years.

I first attended a Tu B'Shvat Shabbat Weekend, called a "Shabbaton" in Hebrew, in 1987, some 15 years ago, sponsored by religious academics

TU B'SHVAT SEDER

from Bar Ilan University at a hotel in Jerusalem on Lincoln Street. The “icing on the cake” of the whole weekend was the Tu B’Shvat Seder held on the Saturday night concluding that Shabbat, which was a first Seder of its kind for the grand majority of us foreign-born [and also Sabra] participants.

I learned then, which perhaps a few million other Jews have learned since then, that the four cups of wine (or juice) at the Tu B’Shvat Seder are parallel to the Four Cups of wine at a Passover Seder, but not quite the same. Space is too scanty to elaborate on the differences, and indeed, in our high-tech times, I got hundreds if not thousands of words in e-mail essays of “lists” that I “belong to” elaborating on the different meanings and the different practices of the Four Cups of Wine at the Tu B’Shvat Seder! One tradition favors going from a cup of fully white wine (or grape juice) down the path of mixtures thereof, with the fourth cup being of fully red wine (or grape juice), exemplifying the Four Seasons of the Year. Another tradition, more Kabbalistic, insists that even the fourth cup should not be 100% red, but have a bit of white in it, representing the spiritual element that is ever-present in the “bloody” red of the physical world.

And bloody red is the color of spilt blood in the Land of Israel, or in any land.

The beauty of each different Tu B’Shvat Seder is the different emphasis that each sponsoring group may chose, in its own eclectic fashion. The “Shomrei HaYa’ar” – Forests’ Guardians Seder that I attended last night in my first shift, emphasized ecology, the ardent desire to save the Jerusalem Forest (which is 60% smaller than it once was, due to real estate development, road and highway building, and a dangerous site of fuel storage right below the densely populated Har Nof mostly ultra-Orthodox neighborhood). That Seder also emphasized the contributions of the Jewish National Fund, Keren Kayemeth L’Yisrael, which is the grand-daddy of Tree Planting in Israel, in which year of 1906, the (pre-State) Israeli Teacher’s Union officially adopted the idea of Tree Planting on Tu B’Shvat, the New Year of the Trees, as a national holiday for the schoolchildren of the Land of Israel—and such tradition is almost a century old.

Each Tu B’Shvat Seder I have attended, more than 20 Seders in 15 years, has always emphasized that we have Four New Years’ dates in the Calendar Year in Judaism, the three other ones all being more famous than is the New Year for the Trees—Rosh HaShanna, Rosh Chodesh Nissan before Passover, and Rosh Chodesh Elul, the month before Rosh HaShanna.

The Tu B’Shvat Seder I attended last night, in my “second wind,” at the “Joint” ironically was religiously more observant than the one I attended

TU B'SHVAT SEDER

right beforehand with the "Forest Guardians," yet it was dedicated to the ongoing dialogue between the Secular and the Religious, and indeed it too had a very eclectic crowd. As each cup was raised and blessed and was given a name and a theme, at both of those Seders, some of the expressed themes were non-abuse of our G-d-given ecological environment, love of Eretz Yisrael, love of Tolerance amongst the People of Israel, love of the fruits, the trees, the seeds, as well as the symbolic meaning that a seed must flourish in order to become what it must become, just as a person must flourish to fulfill his/her G-d-given potential.

And, every different Tu B'Shvat Seder has its own Haggadah text "telling over" its' customs, Biblical and Rabbinic quotes, prayers, legends, songs, poems, and moral/environmental themes. Some of the songs are modern classics, from Naomi Shemer and the genre of Israeli beautiful nationalistic songs in the wake of the Six Day War of 1967, and some of the songs are from the time of Saul Tchernikovsky, one of the Poet Laureates of earlier years, and some of the songs are from our ancient Hallel prayers.

And giving credit where credit is due, the practice of Tu B'Shvat Seders, previously called "Tikkun Leil Tu B'Shvat" [fixing/correcting the Eve of the 15th of the Month of Shvat] by the Kabbalists of S'fat (Safed, in the Galilee) was kept alive the past 5-6 centuries in the Diasporas of Spanish Jewry around the Mediterranean Basin, as they were physically closer to the Land of Israel than my own (and many other's) grandparents in Eastern or Northern Europe. Such Sefaradic Jewry had local Mediterranean limits of grapes, figs, dates, pomegranates, olives, oranges and so forth available to them in their backyards in Salonicki and Istanbul, when my grandparents were still "dining" in poverty on potatoes and onions in the Shtetls of Pinsk, White Russia.

And mentioning Russia, at the first Seder for Tu B'Shvat that I attended more than 10 years ago with the IJVS, International Society of Jewish Vegetarians, held at the stately Zionist Confederation House behind Yemin Moshe, during the 1991 Gulf War, the Seder was conducted in Hebrew, English, and Russian, as a large contingent of new Russian immigrants had made their way to that Seder.

One thing we had in common, besides being Jewish and Vegetarians and Jerusalemites, was that we each all had our gas mask kits with us that evening, which providentially, we did not have to use that particular night, which we used many other nights for that six week time period.

"Mah nishtanah ha'leylah ha'zeh, m'kol ha'leylot?"

TU B'SHVAT SEDER

Why is this night different from all other nights?

Because I decided to attend a multiple-choice of Seders, rather than stay home and be intimidated by terrorists at any street corner in my city of Jerusalem.

VEGGIE PRIDE

INVITATION FOR THE NEXT VEGGIE PRIDE!

The second Veggie Pride will take place in Paris on 18th May 2002. All vegetarians and vegans of the world are invited to demonstrate with us.

Veggie Pride is intended for those refusing to kill animals for consumption. They make their existence known and by that, contribute to start a debate on the legitimacy of cattle-farming and slaughter.

Veggie Pride requires the recognition of vegetarian and vegan rights (right to adequate meals in communities, right to objective and correct medical information, granting of fair speaking time in media where their convictions of their practices are attacked, right to refuse employment involving participation in animal-exploitation, right to refuse that their taxes are used for subsidies in cattle-farming and fishing).

The law grants rights to human animals. Non-human animals do not enjoy this privilege. So one of the aims of Veggie Pride consists in using our legal privileges to prove solidarity by exercising pressure for the benefit of other animals – whilst waiting for a better world in which animals also will have rights.

The first Veggie Pride took place on 13th October 2001. This very first V.P. was a surprising success considering that we could start preparations only very late and that we did not have any experience in organising demonstrations like that. The next Veggie Pride is going to be much bigger – and better.

Jean-Pierre Oldenbourg and Corrine Bordonove, on behalf of the organisers of Veggie Pride, can be contacted at avea@swing.be

DEAR SIR

Dear Editor,

I was surprised to see in The Jewish Vegetarian [December 2001, p. 35] an article promoting a non-vegetarian product.

Although it is true that aloe vera is vegetarian (even vegan), the additional ingredients mentioned in the article, although "natural", according to my sources, are quite inappropriate for promotion in a vegetarian journal. Glucosamine Sulphate, I've been told, is usually obtained from crustaceans such as crabs, although it might be obtained from some other source where an animal did not meet a violent death at the hand of man (coral sands, perhaps?). Chondroitin Sulphate, I've been told, is always obtained from animals, usually calf stomach.

Since I entered into the field of marketing nutritional products in 1995, I have had to be quite vigilant to determine the sources of ingredients the various companies I've worked with as a distributor have wanted me to promote. I make this effort to be vigilant out of respect for my prospective clients, especially those who are, like myself, vegan. I have no control over what the companies I work with put into the products they want me to market, but I have nearly complete control over which of their products I choose to promote or not promote, and how, when and to whom. I would respectfully request all your authors and advertisers to do the same when considering writing about products in the form of an article or an advertisement to be published in a vegetarian magazine such as yours.

To this end, I suggest that one excellent reference source can be found on the internet at: <http://www.all4vegan.net/shoppersguide.htm>

Sincerely yours,

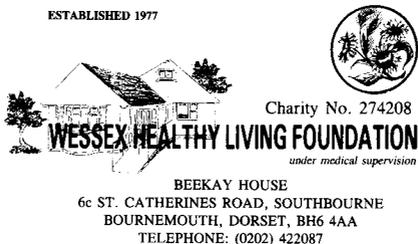
Tom Salsberg (Toronto, Canada)



NEW LIFE MEMBER

We are very pleased to welcome Dr. Sheri Meisel from U.S.A. as a new life member to our Society and we are hoping that she will send us some information about herself for the next issue of the magazine.

WESSEX HEALTHY LIVING



"Your Health in Your Hands"

THE WESSEX HEALTHY LIVING FOUNDATION CELEBRATES 25 YEARS

Bertha Klug who formed the W.H.L.F. in 1977 didn't realise exactly what she was taking on, she only knew that something had to be done, and that she was the one to do it.

In 1969 she underwent major surgery for the repair of a hiatus hernia. The operation was performed in one of London's most reputable teaching hospitals, and although the actual operation was successful, she felt that the operation was quite unnecessary and could have been treated by alternative medicine.

It was through a well-known local naturopath, the late Tom Moule of Bournemouth's Alum Chine, that Bee (as she is affectionately known to her many many friends) switched to vegetarianism and to a nature cure regime that finally put her happily back on the road to good health.

Her efforts, supported by local dedicated vegetarians and therapists, and under the supervision of a Medical Doctor, led to the opening of the first clinic in Bell Vue Road, Southbourne.

But even this was not enough for Bee. She pressed on, raising funds with social events and donations etc., until the present larger, much better equipped W.H.L.F. (a registered charity,) was able to open in St. Catherine's Road in September 1991.

"YOUR HEALTH IN YOUR HANDS" is the motto of the W.H.L.F. Since it's inception there has been a greater awareness by people of all ages of the importance of natural therapies. They are dealing daily with enquires by letter or telephone from all over the British Isles (and overseas) seeking assistance or advice on personal health problems, or for opening Centres such as the W.H.L.F. in their own towns. Education Classes, Lectures and Public Meetings are organised, and speakers are provided for other Societies, all for the

WESSEX HEALTHY LIVING

purpose of achieving and maintaining good health.

The treatments and fees are in three categories: non-members, members and members concessionary, and are most reasonable and easily affordable.

W.H.L.F. offer to the young a programme of prevention and to those of more mature years, an opportunity to attain and maintain a better quality of life, enabling them to cope with the stresses of modern living, i.e. anxiety, headaches, insomnia, lethargy, depression, constipation, overweight, smoking, drinking and other conditions.

Among her other achievements, Bee has written a book of poems entitled Reflections in Rhyme which can be obtained direct from the Clinic at a nominal cost. We hope to include some of the poems in subsequent issues of The Jewish Vegetarian.

To quote Bee "People can be divided into three groups – those who make things happen, those who watch things happen and those who wonder what happened".

good earth

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COOKERY CORNER



I wanted to write a recipe that was substantial (as all too often with meals at Pesach because of the restricted choice variety of carbohydrates), one tends to fill up on more matzahs which by day 3 or 4 does have its side effects!

I used the food processor to slice the potatoes, which certainly put some speed into its creation. If time is of the essence you can cook it in advance and reheat

later. The salad adds both colour and texture and requires no last minute touches so is perfect for easy entertaining!

In my experiments, I served this to some friends who rarely eat vegetarian food and they thoroughly enjoyed their meat free meal.

Leeks are a popular vegetable particularly in soups, but they are quite versatile with their distinctive onion flavour. Try steaming, stir frying, roasting with other vegetables or simply boil in salted water.

When preparing leeks, ensure that you trim the root end and coarse top. The easiest way to clean leeks is to slit them lengthways and rinse under cold running water to remove any grit.

This recipe is perfect for lunch or supper and will freeze.

CRUNCHY LEEK AND POTATO GRATIN

SERVED WITH A FENNEL AND ORANGE SALAD

Preparation Time: 25 minutes Cooking Time: 50 minutes Serves: 6

INGREDIENTS

3 leeks – trimmed and sliced, 1 red onion – peeled and sliced, 250g leaf spinach – cooked and well drained, 900g potatoes – finely sliced, 3 cloves garlic – peeled and finely chopped, 2cm root ginger – peeled and finely chopped, 100ml vegetable stock, 50ml double cream, Salt and freshly ground black pepper

For the topping

25g Parmesan cheese – grated, 50g walnuts – roughly chopped.

For the Salad

4 oranges – peeled and cut into segments, orange pepper – roughly chopped, 2 fennel bulbs – roughly chopped, 4 tablespoons olive oil, 1 teaspoon honey, Salt and freshly ground black pepper.

METHOD

COOKERY CORNER

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Place half of the sliced leeks and half of the sliced potato into a large casserole dish. Add the onion, cooked spinach and season with the garlic, ginger and salt and freshly ground black pepper.
- 3) Layer another row of the sliced leek and sliced potato so that the potato is on top.
- 4) Pour over the vegetable stock and cream. Season again and bake in the pre-heated oven for 40 minutes.
- 5) Remove the gratin from the oven and sprinkle over the grated Parmesan and chopped walnuts.
- 6) Return the dish to the oven for a final 10 minutes or until the potato is cooked.
- 7) Mix the olive oil and honey together. Place the orange segments, orange pepper and fennel in a salad bowl.
- 8) Dress the salad just before serving.

To serve the stylish way: Slice a portion of gratin onto a large plate with a portion of orange and fennel salad to the side.

Whether you are hosting a Seder or you just want a tasty starter/lunch during Pesach this is the recipe for you. It is perfect for a large crowd as it can be plated up in advance and the dressing and nuts added at the last minute. Exceptionally quick to make and not an egg in sight!

I rolled the goat's cheese in black pepper to add a little spice to the dish but leave it plain if you prefer. I used my favourite nuts, but shelled hazelnuts, walnuts, or even macadamia nuts would work well. They can be prepared in advance as can the dressing.

GOAT'S CHEESE, MIXED LEAF AND NUT SALAD

Preparation Time: 10 minutes Cooking Time: 10 minutes Serves: 6 people

INGREDIENTS

For the salad

250g (8oz) Goats cheese – sliced and rolled in coarsely ground black pepper, 250g (8oz) mixed salad leaves e.g. Lollo rosso, lamb's leaves, baby spinach, frisee, rocket, or red oak leaves.

For the dressing

Juice and zest of 1 lime, 6 tablespoons olive oil, 2 teaspoons honey, Salt and freshly ground black pepper.

COOKERY CORNER

For the nuts

30g (1oz) butter/margarine, 55g (2oz) blanched almonds, 55g (2oz) pecan nuts, 2 tablespoons pine nuts or chopped hazelnuts, 1 teaspoon cumin or mixed spice, 1 teaspoon cinnamon, Pinch of salt

METHOD

- 1) Melt the butter in a saucepan. Add the cumin, cinnamon and salt and cook for 1 minute.
- 2) Add the nuts and continue to cook stirring from time to time until the nuts are nicely toasted. Remove and set aside to cool. Be careful not to let the butter burn as the nuts will have a bitter taster
- 3) For the dressing, mix all the ingredients together. Refrigerate until ready to use.
- 4) Mix the salad leaves and cheese in a large bowl.

To serve the stylish way: Spoon over the dressing, toss to coat the leaves, then scatter the spiced nuts over the top.

A last minute Pesach dessert is always welcome especially when there is still a long list of jobs to do before Yom Tov.

When it comes to Pesach cooking, think positively about what you can have rather than what you can't. You will find the list and variations are endless!

Dates are the fruit of the date palm tree. They have firm sweet flesh and a long inedible stone. They are mainly cultivated in the deserts of Israel and other hot countries.

Fresh dates should be plump and shiny with smooth golden brown skins. Remove the skin if tough, then slit open the date and remove the stone with the point of a knife.

Dates can be eaten raw, used in salads, or sweets or they may be stuffed with cream cheese, patés or pastes.

Pesach Friendly, Parev Friendly, Must be made in advance.

CHOCOLATE AND DATE DELIGHT

Preparation Time: 20 minutes plus soaking 2 hours chilling, Serves: 4,
Cooking Time: 5 minutes plus.

INGREDIENTS

100g (4 oz) Chopped dates or apricots if preferred, 3 tablespoons – kosher for Pesach Brandy, 125g (4½oz) Plain dark chocolate, 1 large egg –

COOKERY CORNER

separated, 30g caster sugar, 200ml (7fl oz) whipping cream or Rich's non-dairy cream, 50g (2 oz) Grated chocolate – for dusting

METHOD

- 1) Put the dates in a small bowl and cover with the brandy. Leave to soak for a minimum of 2 hours.
- 2) Transfer the dates and the brandy to a food processor and whizz together until a paste has formed.
- 3) Melt the chocolate in a double-boiler or microwave. Remove from the heat and set aside.
- 4) Beat in the egg yolk and sugar. Stir in the melted chocolate and date mixture.
- 5) Whip the cream until it holds its shape. Add to the chocolate mixture.
- 6) In a separate clean bowl, whisk the egg white until firm peaks form. Carefully fold into the chocolate delight.
- 7) Spoon into individual glasses or one large bowl.
- 8) Place in the refrigerator to chill for a minimum of 2 hours or overnight.

To serve the stylish way: Dust with grated chocolate and serve with your favourite plain Pesach biscuits.

For further detail about my recipes or my new book *The Book of Jewish Cooking* published by Salamander books, £8.99 and *Modern Jewish Cooking with Style*, £16.95, please click into www.jewishcooking.com

New Season's Cookery School at The Art of Hospitality, London, W14 will be on:-

Monday 4th March 2002: Stylish Cooking of breads and pastries. Demonstration 10.30am-1.30pm

Thursday 16 April 2002: A Taste of the Orient. Demonstration 6.30pm-9.30pm.

Wednesday 1 May 2002: A taste of the Orient 'Hands on' cookery class 10.30am-1.30pm.

To book your place please call 01923 836 456 or deniseskitchen@easy.net.co.uk.

DATELINES

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

DAIRY PRODUCTS

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

“There is compelling evidence, now published in top scientific journals and some of which is decades old, showing that cow’s milk is associated, possibly even causally, with a wide variety of serious human ailments including various cancers, cardiovascular diseases, diabetes and an array of allergy-related diseases. And, this food contains no nutrients that cannot be better obtained from any other far more nutritious and tasty foods.” Dr Colin Campbell

“Inclusion of milk will only reduce your diet’s nutritional value and safety. Most of the people on the planet live very healthfully without cow’s milk. You can too.” Robert M. Kradjian M.D.

“I no longer recommend dairy products...there was a time when cow’s milk was considered very desirable. But research along with clinical experience has forced doctors and nutritionists to rethink this recommendation.” Dr. Benjamin Spock

Over the years, there have been many conflicting stories in the news, in scientific journals and from nutritionists regarding dairy products, and it is often difficult for people to decide quite what to believe about them. However, there has been much research to-date which has shown dairy products in a very unfavourable light. In this article, I will attempt to overview some of this recent research and also uncover the main problems with dairy product consumption.

According to Dr. Julian Whitaker in his ‘Health & Healing’ newsletter in an article entitled ‘Tomorrow’s Medicine Today’ (October 1998 Vol. 8, No. 10), the notion that milk is healthy for you is “udder” nonsense. While eating fruits, vegetables and whole grains has been documented to lower the risk of heart attack, high blood pressure and cancer, the widely touted health benefits of dairy products are questionable at best. In fact, dairy products are clearly linked as a cause of osteoporosis, heart disease, obesity, cancer, allergies and diabetes. He argues that dairy products are anything but “health” foods.

Those who advocate milk consumption do so, not on the basis of its supposed macronutrients, but because of its supposed micronutrients: calcium and supplemental vitamin D. However, other more healthful sources of calcium and vitamin D are available. More importantly, calcium balance involves far more than calcium intake. Dietary changes that reduce calcium losses are probably much more important for us.

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CALCIUM

Many people think that cow's milk builds strong bones and teeth and that it is essential for good health due to the calcium content, however, this is not the case. The calcium in cow's milk is pasteurised and therefore inorganic which means that it is largely unusable to the human body. The only type of milk which is fit food for humans (in particular baby humans of course) is the milk of our own species. Cow's milk is designed to build a small calf into a cow which is often why children on cow's milk grow big so quickly. Cow's milk is for calves, and goat's milk is for kids – not human kids but kids of the goat variety!

From the age of about 3 years, humans in nature would no longer require the enzymes to break down the milk sugar or milk protein (lactose or casein) in milk, as their weaning period normally comes to an end at about this time. Therefore, from around that age many children no longer secrete those enzymes (lactase and rennin) and they become what's referred to as 'lactose intolerant'. Many people around the world have known allergies to milk and milk products and are unable to digest such substances. In particular, many, many black and Chinese people are known to be unable to consume milk products due to such intolerances.

We do, of course, need a good supply of calcium in our diet and there are many sources of calcium which are far more beneficial than that of animal milk, without all the dangers to human health. Good non-dairy sources of calcium include green leafy vegetables, root vegetables, figs, raw nuts (especially almonds) and seeds. In fact all vegetables contain calcium and so do many fruits. Nevertheless, the amount of calcium you need from your diet will decrease when you eliminate salt and animal protein from your diet. Regular exercise and adequate vitamin D (from light and the sun) are also important factors.

MUCUS-FORMING

Cow's milk is notoriously the most mucus-forming food we can consume. Casein, the protein component in milk, is a very thick and coarse substance and is used to make one of the strongest glues known to man. There is 300% more casein in cow's milk than in human's milk. The casein in cow's milk can clog and irritate the body's entire respiratory system. Dairy products are implicated in almost all respiratory problems. Hay fever, asthma, bronchitis, sinusitis, colds, runny noses and ear infections can all be caused by the consumption of dairy products. Dairy products are also the leading cause of allergies.

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EXCESS PROTEIN CAUSES CALCIUM-DEFICIENCY

In 1930, the first study was published that showed that, in humans, a diet with a high meat content caused the loss of large amounts of calcium and a negative calcium balance. Eskimos consume one of the highest protein diets in the world and they also have one of the highest incidences of osteoporosis in the world. They are already stooped over in their mid-twenties. The incidence of osteoporosis is lowest in the countries where the least amount of dairy products is consumed and where protein consumption is highest, osteoporosis is most common. It has been shown clearly that when calcium is lost from the bones, which is often caused by excess protein in the diet, it is not just eliminated from the body. This calcium in the body is picked up by the blood and deposited in the soft tissues – the blood vessels, skin, eyes, joints and internal organs. Excess calcium combines with fats and cholesterol in the blood vessels to cause hardening of the arteries, the excess which ends up in the skin causes wrinkles; in the joints calcium crystallises and forms very painful arthritic deposits; in the eyes it takes the form of cataracts and in the kidneys it forms hard deposits known as kidney stones.

The calcium-depleting effects of proteins are not lessened, even when large doses of calcium are ingested. What must be remembered is that calcium is found in all foods grown in the ground and that they supply a sufficient amount of calcium to meet the requirements of both growing children and adults. Animals consume the plants and absorb the calcium – THAT'S WHERE THE COW GETS CALCIUM!

IRON

Whilst there is iron in milk, only five to ten percent of it is available to the body and infants fed on cow's milk can suffer iron deficiency anaemia (Paediatrics, Volume 75, 1985, pp182). In fact, dairy milk has a harmful calcium/magnesium balance and high intakes of calcium depress calcitrol formation (a hormone produced in the body as a result of vitamin D absorption).

Conversely, the massive amount of dairy products that pregnant women are routinely brainwashed into consuming is the reason why huge amounts of excess mucus coat infant's lungs and prevent them from developing properly. Ever wondered why it's necessary to have a suction tube at every birth to suck the thick mucus from the infant's throat and nose immediately upon delivery so it can breathe? The January 1960 issue of 'The Lancet' identifies the substance "muco-protein" in the lungs of infants who die of respiratory disease syndrome. This protein is precisely what develops in the body when dairy products are consumed and this substance coats the lungs of infants. It

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follows that the respiratory disorders in young children and babies are often caused by dairy products.

From their extensive research, Harvey and Marilyn Diamond conclude that dairy products aggravate ulcers, contribute to colitis, colon and prostate cancer, sudden infant death syndrome (SIDS), etc. They argue that the list of ailments that can be linked to dairy products is so extensive there is hardly a problem it doesn't at least contribute to. Further, the Physician's Committee for Responsible Medicine argue that dairy products are not required in the human diet. The main caloric constituents of dairy products are animal fat, animal protein, and lactose, none of which are required in the human diet. They argue that lactose maldigestion is biologically normal for adults of all mammalian species, and is common in most human populations. The potential health risks of the products of lactose digestion, particularly the role of lactose in the etiology of cataracts and ovarian problems, are an area of ongoing research.

CANCER

Recent research into cancer of the ovaries has established a connection between animal fat and cancer. The PCRM say that there was a significant trend towards the increasing risk of ovarian cancer with increasing animal fat consumption and one study found that women who consume the most animal fat in their diet run double the risk of contracting ovarian cancer when compared to those who consume the least. In a recent article published by the PCRM, Saroja Koneswaran M.D. and Gowri Koneswaran argue that dairy products have been linked to breast cancer. Apparently, the hormone oestrogen increases the risk and milk is filled with the oestrogen of the mother cow who produced it.

DIABETES AND MULTIPLE SCLEROSIS

One book that presents a most convincing and thorough indictment of dairy products is Don't Drink the Milk by Oski and Bell. Included in the host of diseases and maladies which the authors attribute at least in part to dairy products are Lou Gehrig's disease and multiple sclerosis. Multiple sclerosis is most frequently found in areas of the world where children are raised on dairy products, rather than breast milk. Many doctors and alternative practitioners are now helping MS victims by putting them onto a low-fat vegetarian diet with some amazing results.

More recently, studies have more shown links between drinking cow's milk and both juvenile diabetes and multiple sclerosis in Canada. In an article entitled 'Researchers Link Cow's Milk to Juvenile Diabetes and MS', it was

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reported that drinking cow's milk may be a risk factor for multiple sclerosis as well as juvenile diabetes, two diseases Canadian researchers have discovered as being remarkably similar. Dr. Michael Dosch, Senior Scientist at the Hospital for Sick Children in Toronto said he and other researchers suspect that infants who are genetically predisposed to diabetes are at greater risk of getting the disease if they are given formula – which is usually based on cow's milk – before they are three months old. The researchers aren't sure at which age the drinking of cow's milk has an impact on multiple sclerosis, however, they do know that both MS patients and diabetics in recent tests shared an abnormal immune-system response to cow's milk. In both diseases, scientists believe there are long, silent years before any symptoms appear. It is estimated that about 30 in 100,000 Canadians get juvenile diabetes every year, while five in 100,000 get MS each year.

OSTEOPOROSIS

The PCRM state that 40 million American women suffer from the effects of bone disease. In their research, they refer to a Harvard study of 78,000 nurses who drank three or more glasses of milk per day and still did not reduce fractures at all. An Australian study showed the same thing. They also quote a study from the *Journal of Epidemiology*, a case-controlled study of risk factors for hip fractures in the elderly. The study concludes: "Consumption of dairy products, particularly at age 20 years, were associated with an increased risk of hip fractures." The Australian study provides the mechanism for such a high correlation. The authors explain that the metabolism of dietary protein causes increased urinary excretion of calcium.

A study published in the January 2001 edition of the *American Journal of Clinical Nutrition* examined the diets of 1,035 women, particularly focusing on the protein intake from animal and vegetable products. Deborah Sellmeyer, M.D., found that animal protein increases bone loss. In her study, women with a high animal-to-vegetable protein ratio experienced an increased rate of femoral neck bone loss. A high animal-to-vegetable protein ratio was also associated with an increased risk of hip fracture.

She also found that meat-eaters have more hip fractures. Sellmeyer's remarkable publication reveals: "Women with high animal-to-vegetable protein rations were heavier and had higher intake of total protein. These women had a significantly increased rate of bone loss than those who ate just vegetable protein. Women consuming higher rates of animal protein had higher rates of bone loss mid hip fracture by a factor of four times." Incidentally, milk has been called "liquid meat." The average American eats

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five ounces of animal protein each day in the form of red meat and chicken. At the same time, the average American consumes nearly six times that amount (29.2 ounces) per day of milk and dairy products. How ironic it is that the dairy industry continues to promote the 'cause' of bone disease as the cure!

"In only two generations, the rate of hip fractures in the U.S. has quadrupled, and it is currently one of the highest rates in the world.

Americans are also near the top of the chart for dairy consumption. Would someone out there please tell me why we keep telling our children that dairy foods strengthen their bones? Excess protein intake – not only from milk but all animal protein sources increases the need for calcium to neutralise acidic protein breakdown products, destroying bone in the process. A lifetime of a high-protein-diet usually eats away at your bones.

Lower protein vegetarian diets are associated with significantly higher bone mineral density..." Dr Julian Whitaker

NON-FAT MILK

Milk has also been clearly linked as a cause of heart disease, obesity and other health problems, and is anything but a health food. The association with heart disease is particularly strong. While we've known for a long time that high-fat dairy products such as whole milk and cheese are significant contributors to high cholesterol levels and heart disease, William B. Grant, Ph.D., summarizes the mounting evidence that non-fat milk is also a major player in bringing on heart disease. In his study, Dr Grant, writing in *Alternative Medicine Review*, points out that non-fat milk, which contains substantial amounts of dairy protein, is also very low in B vitamins. The metabolism of all the protein in milk and the absence of B vitamins contributes to the build-up of homocysteine, a marker for heart disease.

OUR CHILDREN'S NEEDS

Human breast milk is very different in consistency to that of cow's milk, which is intentionally produced for a calf in order for it to grow into a big strong cow. Cow's milk fed babies are more likely to develop infant diabetes, respiratory diseases including asthma, SID's, etc. The protein and fat content of cow's milk is higher, and the carbohydrate content is lower in cow's milk, making it particularly unsuitable for humans. Indeed, human milk contains much more of the important amino acids: Cystine and tryptophan which render it much more suitable to the needs of a human infant. Cow's milk is deficient in iodine, iron, phosphorous and manganese (and pasteurised cow's milk contains largely unusable calcium due to it's being cooked and therefore inorganic). A human mother's breast milk is normally exactly right for her

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child, containing the exact nutrients her child needs.

Dr Whitaker argues that there are three reasons kids and milk do not mix. First, milk is the leading cause of iron-deficiency anaemia in infants, and in fact, the American Academy of Paediatrics now discourages giving children milk before their first birthday. Second, it has been shown that milk consumption in childhood contributes to the development of Type-I diabetes. Certain proteins in milk resemble molecules on the beta cells of the pancreas that secrete insulin. Thirdly, in some cases the immune system makes antibodies to the milk protein that mistakenly attack and destroy the beta cells.

Dr Whitaker argues that milk allergies are very common in children and cause sinus problems, diarrhoea, constipation and fatigue. They are a leading cause of the chronic ear infections that plague up to 40% of all children under the age of six. Milk allergies are also linked to behaviour problems in children and to the disturbing rise of childhood asthma. (Milk allergies are equally common in adults and produce similar symptoms.) Even so august an authority on children as the late Dr. Benjamin Spock changed his recommendations in his later years and discouraged giving children milk.

Indeed, Professor E. V. McCollum stressed the fact that cow's milk is not an essential in the diet of man and pointed out that the inhabitants of Southern Asia never drink milk and that they have exceptionally well-developed physiques and exceptional endurance and work capacity. They escape skeletal defects in childhood and have the finest teeth of any people in the world. Their diet is made up of rice, soya beans, sweet potatoes, bamboo sprouts and other vegetables. This is in sharp and favourable contrast with milk-drinking people.

Dr Gina Shaw is available for personal health and nutritional consultations, iris diagnosis, fasting etc and now has a healing retreat in Devon, England. Contact her on (01626) 352765 or email Ginashw@aol.com to receive a free brochure.



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

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

JUDAISM & VEGETARIANISM

KEY POINTS FOR PROMOTING JUDAISM AND VEGETARIANISM

RICHARD H. SCHWARTZ, PH.D.

It is very easy to be discouraged by the failure of the Jewish community (and other communities) to respond to our powerful vegetarian arguments. But, as the evidence of the very negative effects of animal-based diets and agriculture become increasingly apparent, it is essential that we continue and increase our efforts. I would like to suggest ten key points and approaches that we should focus on in presenting our case. I welcome suggestions for additional important points and arguments.

1. A switch toward vegetarianism is a spiritual imperative today because of the many inconsistencies between basic Jewish values and the realities of animal-based agriculture and diets.
2. A key question we should address to meat eaters is: In view of strong Jewish mandates to take care of our health, treat animals compassionately, preserve the environment, conserve resources, help hungry people, pursue peace and non-violence, and the very negative effects that animal-based diets and agriculture have in each of these areas, shouldn't Jews eliminate or sharply reduce their consumption of animal products?
3. Vegetarianism is not only an important individual choice today it is a societal imperative because of the enormous economic and environmental costs of animal-based diets and agriculture.
4. A shift to vegetarianism is arguably the most effective way to:
 - 1) reduce disease rates sharply;
 - 2) halt soaring medical costs;
 - 3) reduce the mistreatment of animals;
 - 4) protect the environment;
 - 5) conserve resources;
 - 6) help hungry people;
 - 7) reduce violence.
5. It is essential to make people aware of the insanity of a diet that is inflicting an epidemic of disease on millions of people and contributing substantially to serious environmental crises, global warming, scarcity of water and other resources, and widespread hunger, while mistreating billions of farm animals.

JUDAISM & VEGETARIANISM

6. While there are 6 billion people in the world today, there are 45 billion farmed animals and raising them contributes significantly to soil erosion and depletion, water pollution, destruction of tropical rain forests and other habitats, scarcities of water and other resources, global climate change, and other environmental threats. To make matters worse, livestock agribusiness, along with the World Bank and other international groups are planning to double the number of farmed animals by 2020.
7. It is urgent that vegetarianism be put squarely on the Jewish agenda, and on other agendas, because the revitalization of Judaism and the sustainability of the global environment depend on a shift to plant-based diets.
8. At a time when there are daily news reports related to such issues as mad cow disease, foot and mouth disease, a variety of degenerative diseases, soaring health care costs, a multitude of environmental threats, increasingly severe effects of global climate change, and widening scarcities of water and energy, it is essential that vegetarianism be on the Jewish and other agendas.
9. We are trying to get the issue of vegetarianism onto the Jewish agenda (and other agendas). We are willing, ready, and able to discuss or respectfully debate "Should Jews (and everyone else) be Vegetarians?"
10. We are also calling for the formation of a commission of rabbis, other Jewish scholars, health experts, nutritionists, environmentalists and other objective experts to investigate the realities of the production and consumption of animal products and how they impinge on basic Jewish values.

We should also point out that additional information may be obtained at jewishveg.com, from my book *Judaism and Vegetarianism* and from books by Roberta Kalechofsky including *Vegetarian Judaism*.



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REDUCE TERRORISM

VEGETARIANISM: ESSENTIAL TO REDUCE TERRORISM?

RICHARD H. SCHWARTZ, PH.D.

The terrorist attacks on the World Trade Center and the Pentagon are horrific acts of dehumanisation and not recognising the sanctity of human lives, and visible symbols of an increasingly irrational world. There is never any justification for acts of terror against innocent civilians. We join all people of goodwill in expressing our shock, outrage and sadness at these unspeakable acts of terror, and our hearts, condolences, and prayers go out to all those affected.

These barbaric acts changed the world in countless ways. Steps must of course be taken quickly to defend against additional terrorism and to punish those who plan and carry out these crimes against humanity.

In this context, it might be thought that considerations of dietary choices are inappropriate and even offensive. However, although seldom discussed, animal-based diets and agriculture constitute what Jeremy Rifkin called "cold evil," a form of indirect, unconscious terrorism, and they result in realities that make future terrorism more likely. For a safer, more stable and sustainable world, it is essential that, along with other steps to defend against evil and irrational acts of terror, the effects of the mass production and widespread consumption of animal products be considered.

In 1992, over 1,670 scientists, including 104 Nobel laureates – a majority of the living recipients of the Prizes in the sciences – signed a "World Scientists' Warning To Humanity." Their introduction states:

Human beings and the natural world are on a collision course. Human activities inflict harsh and often irreversible damage on the environment and on critical resources. If not checked, many of our current practices put at serious risk the future that we wish for human society and the plant and animal kingdoms, and may so alter the living world that it will be unable to sustain life in the manner that we know. Fundamental changes are urgent if we are to avoid the collision our present course will bring about.

The scientists' analysis discussed threats to the atmosphere, rivers and streams, oceans, soil, living species, and forests. Their warning:

We the undersigned, senior members of the world's scientific community, hereby warn all humanity of what lies ahead. A great change in our stewardship of the earth and the life on it is required, if vast human misery is to be avoided and our global home on this planet is not to be irretrievably mutilated.

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Many of the problems that the scientists are warning about, including hunger, water shortages, demand for sufficient energy, desertification, global climate change, and a culture of violence, are already having major negative effects and also have the potential of resulting in future acts of terrorism. Fortunately, these can be substantially alleviated through a shift to plant-based diets:

*The magnitude of world hunger is staggering: More than a billion people, over one out of 6 people in the world, are chronically hungry or suffer from malnutrition. Children are particularly victimized by malnutrition. Throughout the world, over 12 million children under the age of 5 die every year – about 34,000 each day – from diseases brought on or complicated by malnutrition. Each year, almost 8 million children die before their first birthday, largely due to malnutrition. Malnourishment also causes listlessness and reduced capacity for learning and work, thus perpetuating the legacy of poverty.

Numerous factors, including rapidly increasing world population and affluence, environmental strains, climate changes, and significant decreases in clean water, arable land, fish catches, and land productivity all threaten the world's food security. Providing enough food for the world's rapidly increasing population will be a critical issue for many decades.

Extensive hunger and malnutrition in so many parts of the world make rebellion and violence more likely. Professor Georg Borgstrom, international expert on food science, fears that "the rich world is on a direct collision course with the poor of the world... We cannot survive behind our Maginot line of missiles and bombs. Unless the problem of global hunger is fully addressed soon, the outlook for global stability is very poor.

Can a shift to vegetarian diets make a difference with regard to world hunger? Consider these statistics:

It takes about 16 pounds of grain to produce one pound of edible beef from animals raised in feedlots. Over 70 percent of the grain produced in the United States and over one-third of the world's grain production is fed to animals destined for slaughter. If Americans reduced their beef consumption by 10 percent, it would free up enough grain to feed all of the world's people who annually die of hunger and related diseases. According to the Council for Agricultural Science and Technology, an Iowa-based non-profit research group, the grain fed to animals to produce meat, milk, and eggs could feed five times the number of people that it presently does if it were consumed directly by humans.

Land that grows potatoes, rice and other vegetables can support about 20

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times as many people as land that produces grain-fed beef. Feeding grain to livestock wastes 90% of the protein, almost 100% of the carbohydrates, and 100% of the fiber of the grain. While grains are a rich source of fiber, animal products have no fiber at all. This evidence indicates that the food being fed to animals in the affluent nations could, if properly distributed, end both hunger and malnutrition throughout the world.

Unfortunately, the world is moving increasingly to animal-based diets as people in nations that have been becoming more affluent, such as China, India, and Japan, move up the food chain. Because of a shift toward meat from grain-fed animals, China shifted in 1995 from a grain exporter to a major grain importer. If this trend continues, it will have very serious implications for future food security.

Due to heavy demand for water, there are serious shortages in about 80 countries (including Israel) which contain 40 percent of the world's population. According to a report released recently by Population Action International, over the next 25 years, the number of people facing chronic or severe water shortages could increase from 505 million to more than 3 billion. The report said water shortages would be worst in the Middle East and much of Africa. Globally, 2 billion people live in areas with chronic water shortages. A combination of population growth, drought, desertification, waste of water, and global warming is causing a serious water shortage in China that experts say could induce environmental and political crises. Officials are blaming drought for a 9.3 percent drop in the summer grain yield, and water rationing has been imposed on residents and industries in nearly 100 cities.

Pollution of lakes, rivers, and groundwater further limits supplies of usable water. In the past few decades, industrialization, population growth, and the heavy use of chemical fertilizers have doubled the amount of nitrogen in circulation, contributing to environmental problems worldwide and possibly to human health problems like cancer and memory failure. Hardest hit are coastal bays and oceans – deadly algae blooms are cropping up from Finnish beaches to Hong Kong harbors, massive unexpected fish kills are occurring from Maryland's Chesapeake Bay to Russia's Black Sea, and coral reefs are in decline around the globe.

Once again, a shift toward vegetarianism can make a significant difference. The standard diet of a meat-eater in the United States requires 4,200 gallons of water per day (for animals' drinking water, irrigation of crops, meat processing, washing, cooking, etc.) A person on a purely vegetarian (vegan) diet requires only 300 gallons per day.

REDUCE TERRORISM

Animal agriculture is the major consumer of water in the U.S. According to Norman Myers, author of *Gala: An Atlas of Planet Management*, irrigation, primarily to grow crops for animals, uses over 80 percent of U.S. water. The production of only one pound of edible beef in a semi-arid area such as California requires as much as 5,200 gallons of water, as contrasted with only 25 gallons or less to produce an edible pound of tomatoes, lettuce, potatoes, or wheat. Newsweek reported in 1988 that "the water that goes into a 1,000 pound steer would float a (Naval) destroyer."

Mountains of manure produced by cattle raised in feedlots wash into and pollute streams, rivers, and underground water sources. U.S. livestock produce an astounding 1.4 billion tons of manure per year (this amount works out to almost 90,000 pounds per second!), or about 130 times the amount excreted by the U.S. human population. Food geographer, Georg Borgstrom has estimated that American livestock contribute five times more organic waste to the pollution of our water than do people, and twice as much as does industry.

About 70 percent of the world's 13.5 billion acres of agricultural dry lands – almost 30 percent of the Earth's total land area – is at risk of becoming desert. Over a billion people in 135 countries depend on this land for food. Loss of agricultural land as well as the destruction of other ecosystems cause an increase of migration into cities, where increasingly crowded conditions lead to disease, hunger, and other negative effects of poverty, including greater potential for crime and violence.

As in every other threat considered in this article, there is a dietary connection. Grazing animals have destroyed large areas of land throughout the world, with overgrazing having long been a prime cause of erosion. Over 60 percent of all U.S. rangelands are overgrazed, with billions of tons of soil lost each year. Cattle production is a prime contributor to every one of the causes of desertification: overgrazing of livestock, over-cultivation of land, improper irrigation techniques, deforestation, and prevention of reforestation. According to mathematician Robin Hur, nearly 6 billion of the 7 billion tons of eroded soil in the United States has been lost because of cattle and feed lot production.

At current rates of destruction, the world's remaining rain forests will virtually disappear by about 2031. According to a study published in the journal *Science*, as little as 5 percent of the Amazon rainforest in Brazil may remain as pristine forest by 2020. Researchers fear that roads, new homes, logging, and oil exploration will devastate the 1.3 million-square-mile Amazon forest,

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which makes up 40 percent of the Earth's remaining tropical rainforest.

Animal-based diets and agriculture again plays a major role in rainforest destruction. Largely to turn beef into fast-food hamburgers for export to the U.S., the earth's tropical rain forests are being bulldozed at a rate of a football field per second. Each imported quarter-pound fast-food hamburger patty requires the destruction of 55 square feet of tropical forest for grazing. Half of the rainforests are already gone forever and at current rates of destruction the rest will be gone by the middle of the next century. What makes this especially ominous is that half of the world's fast disappearing species of plants and animals reside in tropical rain forests. We are risking the loss of species which might hold secrets for cures of deadly diseases. Other plant species might turn out to be good sources of nutrition. Also, the destruction of rain forests is altering the climate and reducing rainfall, with potentially devastating effects on the world's agriculture and habitability.

Global climate change may be the most critical problem the world will face in the next few decades. There is a growing scientific consensus that we are already experiencing the effects of global warming, and that human actions are playing a significant role. Global average temperatures have increased about one degree Fahrenheit since 1900. This doesn't sound like much, but it is causing major changes in our weather patterns. The warmest decade in recorded history was the 1990s. The ten warmest years on record have all occurred since 1983, with seven of them since 1990. The global temperature in 1998 was the warmest in recorded history.

In the year 2000, in its Third Assessment Report, the Intergovernmental Panel on Climate Change (IPCC), a U.N.-sponsored organization composed of leading climate scientists from over 100 nations, made two momentous revisions in its previous forecasts of global warming. It estimated that by 2100, the average world temperature could rise between 2.5 and 10.4 degrees Fahrenheit, a range significantly higher than the 1.8 to 6.3 degree rise predicted by the IPCC in 1995. Also, the group became far more emphatic that it is human activities, rather than natural planetary cycles, that are "contributing substantially" to the increase, and they indicated that they expect these human contributions will continue to grow. The IPCC report, which runs to over 1,000 pages, was written by 123 lead authors from many countries who drew on 516 contributing experts and is one of the most comprehensive produced on global warming. Hence, the conclusions of the report represent an unprecedented consensus among hundreds of climate scientists from all over the world. This makes their summary statement that "Projected climate changes during the 21 st century have the potential to

REDUCE TERRORISM

lead to future large-scale and possible irreversible changes in Earth systems," with "continental and global consequences" especially ominous.

While recent increased concern about global warming is very welcome, the many connections between typical American (and other Western) diets and global warming have generally been overlooked. Current modern intensive livestock agriculture and the consumption of meat contribute greatly to the four major gases associated with the greenhouse effect: carbon dioxide, methane, nitrous oxides, and chlorofluorocarbons.

The burning of tropical forests releases tons of carbon dioxide into the atmosphere and eliminates the ability of these trees to absorb carbon dioxide. Also, the highly mechanized agricultural sector uses an enormous amount of fossil fuel to produce pesticides, chemical fertilizer, and other agricultural resources, and this also contributes to carbon dioxide emissions. Cattle emit methane as part of their digestive process, as do termites who feast on the charred remains of trees that were burned to create grazing land and land to grow feed crops for farmed animals. The large amounts of petrochemical fertilizers used to produce feed crops create significant quantities of nitrous oxides. Likewise, the increased refrigeration necessary to prevent animal products from spoiling adds chlorofluorocarbons to the atmosphere.

In 2001 a series of brownouts (rolling blackouts) in California and rapidly rising gasoline prices thrust the energy issue back into the foreground. Announcing the recommendations of his energy task force headed by Vice President Dick Cheney, President George W. Bush argued that if America failed to act now, "this great country could face a darker future, a future that is, unfortunately, being previewed in rising prices at the gas pump and rolling blackouts in the great state of California." Bush stated that "America needs an energy plan that faces up to our energy challenges and meets them." The White House task force's report cited a "fundamental imbalance between supply and demand" and depicted the potential for a very gloomy energy picture, including high gasoline and electricity prices across much of the country, soaring natural gas prices causing havoc with farmers and the possibility of power blackouts in the West and Northeast. Responses to the Bush task force energy recommendations were predictable, with Republicans and oil, gas, and nuclear interests strongly supporting it, and Democrats and environmentalists loudly opposing it.

Whatever methods are used to produce energy, a shift to plant-based diets can sharply reduce demand for energy. In the United States, an average of 10 calories of fuel energy is required for every calorie of food energy

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produced; many other countries obtain 20 or more calories of food energy per calorie of fuel energy. To produce one pound of steak (500 calories of food energy) requires 20,000 calories of fossil fuels, most of which is expended in producing and providing feed crops. It requires 78 calories of fossil fuel for each calorie of protein obtained from feedlot-produced beef, but only 2 calories of fossil fuel to produce a calorie of protein from soybeans. Grains and beans require only two to five percent as much fossil fuel as beef. The energy needed to produce a pound of grain-fed beef is equivalent to one gallon of gasoline.

Animal-based diets and agriculture also have implications re the possibility of the spread of anthrax and other deadly bacteria, as well as our ability to resist these bacteria through antibiotics. The October 2001 issue of the *New England Journal of Medicine* reported that three independent studies found that up to half of supermarket meat and poultry samples were contaminated with antibiotic-resistant bacteria that each year kill thousands and sicken millions. All this is in spite of the implementation of the new, highly touted USDA meat inspection program and without the workings of anyone wishing us ill.

Now, consider the opportunity that a slaughterhouse provides to a bio-terrorist. US slaughterhouses have a very large turnover of undocumented aliens. It would be relatively easy for a bio-terrorist to enter the country legally or otherwise, join the slaughterhouse staff, and slip a powerful pathogen into a vat of ground meat destined for hamburgers or hot dogs (frequently eaten uncooked). The culprit would be long out of the country before the contaminated product reaches supermarket shelves and thousands of his victims begin dying. Anyone really concerned with anthrax or other form of bio-terrorism would be well advised to lay off meat and poultry for a while.

There are also threats to our ability to respond to diseases because of the decreasing effectiveness of antibiotics. Over half the antibiotics produced in the United States are routinely fed to animals in their feed. It would be impossible to maintain healthy animals under the cramped conditions of "factory farming" without these drugs. Further, for reasons which are not fully understood, the antibiotics also seem to act as "growth promoters" leading to heavier animals and thus more weight for the market, providing even greater incentive to administer drugs.

Unfortunately, this practice places enormous "selective pressure" on the bacteria which inhabit these animals to develop resistance to the antibiotics in the feed. Genes which neutralize the effects of antibiotics arise as a result of

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this selective pressure (i.e., in the presence of antibiotics, only those organisms which have the capability of neutralizing the antibiotics will survive). These resistant genes are easily transferred from one bacterium to another, and they may protect germs which cause human disease from antibiotic treatment.

There has already been a tremendous increase in antibiotic resistance in common food poisoning bacteria like salmonella,⁴⁵ but the problem is even worse than simply the antibiotic-resistant bacteria in the food animals themselves. Bacteria also have the capability of rapidly transferring and spreading the antibiotic-resistant character to other bacterial species, including those which cause other diseases. Therefore, diseases which are not even related to food consumption may become resistant to antibiotics, and hence a much greater threat. For example, staphylococcus bacteria have been isolated in recent years which are resistant to every known commercially available antibiotic. If this organism gets into one's blood stream, the person will very likely die.

As a result, there is a scientific consensus that the extensive use of antibiotics to produce meat and other animal products, along with their over-use in medicine, has increased resistance among bacteria and jeopardized human health by causing diseases that are difficult or impossible to cure. For example, in 1997, the World Health Organisation called for a ban on the routine use of antibiotics in livestock feed. In 1998, the journal *Science* called the meat industry "the driving force behind the development of antibiotic resistance in certain species of bacteria that cause human disease," and later that year, the Center for Disease Control blamed the use of antibiotics in livestock feed for the emergence of salmonella bacteria resistant to five different antibiotics. Joshua Lederberg, M.D., a Nobel Laureate, stated "we're running out of bullets for dealing with a number of these infections. Patients are dying because we no longer in many cases have antibiotics that work."

The widespread use of antibiotics in animal feed is thus a global threat to human health for every individual on earth. People need prescriptions for these drugs, yet the animal industry uses them casually. This irresponsible misuse of antibiotics is unilaterally disarming our species from a last line of defence, and devastating epidemics may well be the legacy of the hunger for inexpensive meat.

Another benefit of a shift toward plant-based diets is a reduction in the current widespread violence in the world. Presently 10 billion animals in the US alone and 45 billion animals worldwide are cruelly treated on "factory farms" and then slaughtered for consumption. Many practices are particularly shocking:

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the force-feeding of huge amounts of grains to ducks and geese to produce pate de foie gras; the raising of veal calves who are taken away from their mothers almost immediately after birth, and are kept in narrow pens, where they are denied exercise, and fed a diet deficient in iron and other essential nutrients; the killing of over 250 million male chicks immediately after birth because they can't lay eggs and have not been genetically programmed to produce much meat.

In view of these many negative effects of animal-based agriculture, it is scandalous that U.S. meat conglomerates, aided by the World bank and other intentional financial institutions, are promoting food policies and trade agreements that would double world production and consumption of meat and other animal food products in the next 20 years. Most of this expansion would take place in less developed nations, through massive factory farming operations similar to these currently being used in the developed world. This would have very severe consequences for the poor countries and worldwide: more hunger, more poverty, more pollution, more animal suffering, less self-determination for the people in low-income nations, and less water for everyone.

When we consider all of the negative effects of animal-based diets, it is clear that animal-centered diets and the livestock agriculture needed to sustain them pose tremendous threats to global survival and increase the potential for future terrorism. (The direct negative effects on human health of high fat, high cholesterol, low fiber animal-based diets should also be considered,) It is not surprising that the Union of Concerned Scientists (UCS) ranks the consumption of meat and poultry as the second most harmful consumer activity (surpassed only by the use of cars and light trucks). It is clear that a shift toward vegetarianism is imperative to move our precious but imperilled planet away from its present catastrophic path and to reduce the potential for future terrorism.

Richard H. Schwartz,
Ph.D. Professor Emeritus, Mathematics,
College of Staten Island, 2800 Victory Boulevard, Staten Island,
NY 10314, Room 1S-106

Author of Judaism and Vegetarianism, Judaism and Global Survival, and
Mathematics and Global Survival

Phone: (718) 761-5876 FAX: (718) 982-3631. Over 100 articles on the
Internet at jewishveg.com/schwartz

REPORT FROM BUAV

EU VOTE ON ANIMAL TESTING FOR COSMETICS CONDEMNED AS A “TOTAL SHAM”

Europe's leading anti-vivisection campaign group, the British Union for the Abolition of Vivisection (BUAV), have condemned EU Ministers for rejecting the best opportunity yet for a total Europe-wide ban on animal testing for cosmetics.

The Council of Ministers were sent a very clear message by MEPs in April this year when they voted overwhelmingly in favour of a complete EU ban on cosmetics animal testing plus a ban on the sale of new animal tested products. Whilst a stand-alone testing ban would only stop animal testing within the EU, the addition of a sale ban would also have world-wide implications, stopping companies outside Europe from animal testing if they want to continue selling their products in the EU market. However, Ministers today rejected this combined “testing and sale ban” and instead voted in favour of much weaker proposals that will make very little difference to laboratory animals.

The Ministers voted and supported (26 Nov 2001) proposals put forward by the Belgian Presidency. They have supported an EU animal testing ban, but only where non-animal alternative test methods exist. However, the mandatory replacement of animal tests where non-animal methods are available already exists in EU legislation, so this proposal adds nothing new whatsoever and allows a total ban on animal testing for beauty products to be delayed. Ministers did pass a proposal to ban the sale of animal tested cosmetics and ingredients, but once again, only where non-animal test methods have been accepted into international regulatory guidelines, a process which itself can take many years.

BUAV Campaigns Director, Wendy Higgins said:

“Once again EU Ministers have betrayed laboratory animals on the cosmetics testing issue. They had an opportunity to support an end, once and for all, to animal testing for cosmetics and toiletries across Europe and to stop animal testing companies world-wide selling their products in the EU. Instead, this vote is a total sham.

It is particularly outrageous that the UK government has ignored the wishes of the UK public and voted for a set of proposals that do nothing more than pay lip-service to animal protection whilst keeping the door open for animal testing for many years to come.

MEPs and European citizens have been united in their support of a total testing and sale ban, without compromise. But Ministers have ignored this

REPORT FROM BUAV

and missed the best opportunity we've had so far to put an end to animal suffering for vanity."

MEPs will now meet in the new year to vote once again on the issue. The BUAV will be urging MEPs to reject the Ministers' proposals and hold firm to their original combined "testing and sale" ban.

GET ACTIVE

As disappointing as this vote by the Council of Ministers may be, it is not the end of the story. The BUAV's campaign to end animal testing for cosmetics goes on, and we now have to focus on lobbying our MEPs. This is because the issue will now return to the European Parliament for a second reading some time in the new year.

Please write to your MEP to say how disappointed you were by the Council of Ministers' vote and urge them to vote in support of the combined testing and sale ban at the upcoming second reading in the European Parliament.

To find out your MEP, visit

<http://www.europarl.org.uk/uk-meps/MembersMain.htm>

or contact the BUAV for a Cosmetics Campaign Pack at info@buav.org



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GARDENERS CORNER

Silently in the winter months the Heron paid us his usual visit. Gliding in on his great wings – now fully outstretched with legs trailing, next wings tightly furled and undercarriage down as it swooped into the garden to see if we might have carelessly left the pond uncovered. With its long neck and closed scissor beak it carefully picks its way to the pond looking like a creature from Jurassic Park. Unluckily for the Heron but lucky for the pond fish, frogs etc, the net is secure and protecting this aquatic community. I watch from the upstairs window, motionless as can be, but then the sharp eye of the great bird catches a glimpse of me and with a single flap of its four foot wingspan it wheels into the air with neck tucked into its chest and slow but steady wing beat to find some other hunting ground where it can strike like lightning at its prey. In its more natural habitat of a reed bed, a few weeks earlier, I had watched several Herons standing like sentries in an estuary with infinite patience and certain knowledge that some tasty morsel would pass by for a short but fatal acquaintance.

In early January a deep hard frost set in and the pond froze over but we had installed a small heater which just kept a small area of water open and unlike an earlier year, no fish or frogs died.

Now is the time to spike the lawn and let air into the root system – this will help to get rid of moss and encourage the grass roots to spread for a rich green sward in the coming months.

We acquired a load of farm yard manure for the first time in many years. We referred to this as “The Gardener” as we dug it into the vegetable beds and spread it among the roses. We hope for even better results this year as a result.

Last year our onions were awarded second prize in a produce show. We had not grown them for this but we were very gratified at this recognition and with this encouragement have sown our onion seeds in the greenhouse in boxes to plant out again in late Spring. Growing from seed produces larger bulbs, fewer onions run to seed and stored in the winter, they kept firmer than crops grown from sets. However, if you have not the space and equipment to grow from seed early like this, it is not too late to plant sets or sow seed directly into the ground. If seed is planted outside then thinning is the most important aspect of cultivation. A cramped bed will produce small elongated bulbs. Thin to 6-9 inches replanting the thinnings which will soon catch hold. Rows should be one foot apart to allow for hoeing to keep weeds down.

Throughout the winter we have kept our bird table well stocked with nuts and seeds. This has helped many of our feathered friends survive the harsh

GARDENERS CORNER

weather with resident tits, finches, black birds, thrushes, wren and robin all partaking as well as a family of jackdaws which live in a disused chimney of our house, or is it that we live in a house under their chimney.

We were disappointed with our tomatoes last year and put the failure down to tired soil. This year we intend to dig out all the old soil down to about two feet and then replace this with a combination of home-made compost, manure and if we can get some, a layer of straw all topped by some fresh soil from another area of the garden. The seeds were sown in February for planting in the new bed in the green house in April. We will keep the plants growing in uncramped conditions to encourage sturdy and stocky plants which can be planted two feet apart when the first flowers appear. Tomatoes can be left to get root bound before replanting and then plant them deep so they are up to the bottom leaves in the soil. To cultivate tomatoes, keep them tied to canes loosely every six inches. Pinch out sideshoots to keep the main stem strong. When the first flowers set begin feeding at weekly intervals. When six trusses have set take out the growing shoot.

For continuity, some seeds can be sown later and if you have a space in the garden which is sunny and sheltered, a follow-on crop can be grown outside. You will notice quite a difference in the flavour of the outdoor grown fruits.

We wish you good growing in 2002.



FIERY FELINE HERO

Submitted by JVS member Dave Godin

SCARLETT – THE FIERY FELINE HERO

Scarlet and her five small kittens lived in an abandoned building in Brooklyn, New York. On 29 March 1996, the building caught fire. A nearby resident called the fire department. The firefighters didn't know that Scarlett's family lived in the burning building, so Scarlett had to save her babies. She picked one up, carried it out of the building and across the street. She went back into the burning building and carried another to safety, then went back three more times until all five offspring were out. The raging fire had burned her horribly. Her eyes were blistered shut, burns covered her feet and stomach. She curled up next to a building near her kittens.

Firefighter David Giannelli heard the kittens crying. When he crossed the street, he saw Scarlett and her kittens huddled on the slush-covered sidewalk. He took her and the kittens to a hospital, where doctors immediately started to work on her burns. When news of her heroism spread, Scarlett and all of her kittens were adopted by loving families. On 19 September 2000, Scarlett received the first Scarlett Award for Animal Heroism, an award created in her honour.

TRAVEL CORNER

VEGETARIAN RESTAURANT – TEL AVIV

For visitors to Israel, Jonathan Danilowitz has recommended Café Birenbaum at 31, Nachlat Binyamin Street, Tel Aviv, as a good place to eat.

Although they do sometimes have fish, it is a vegetarian restaurant in all other respects, and is under supervision for kashrut.

It is a fun place to eat lunch and very casual with people helping themselves at the rich and varied buffet, with Sima behind the counter and Pnina (her sister) the cook.

Breakfasts are a real treat, and being kosher, it is closed on shabbat.

Don't confuse this restaurant with the similarly named and much pricier steakhouse on Roschschild Boulevard. For more information and opening hours, call (03) 560-0066.

DETOXIFICATION & DIET

DETOXIFICATION AND THE RAW FOOD DIET

BY DAVID KLEIN

Many, if not most people, begin transitioning to a raw food diet when they are severely ill; some do so when they are attempting to recover from minor nagging illness symptoms; and still others make the change when they are free of symptoms. In all of these conditions, once the body begins to assimilate a higher proportion of natural raw foods, it initiates detoxification and health-building actions since it is always striving to establish a higher state of wellness.

The new enzymatically-active live raw foods with their nutritious, energizing sugars cause the body to spring into action, utilizing much of its energy in cleaning house: purging debris, shedding old inferior cells, and using the new raw nutrients to build a completely new, healthier body. It is recommended that the transition be made gradually, to avoid triggering the uncomfortable symptoms that can accompany a drastic cleansing process. As long as there is vitality, the opportunity exists for the body to rejuvenate to a far more vigorous level of health. Results are often noticed within 24 hours of beginning a new healthful regimen.

Detoxification is a self-purifying process which the body carries out at all times, but most aggressively during the early to late morning hours. It is advantageous to eat lightly in the morning. Heavy foods eaten at this time suspend the cleansing process, keeping us toxic, and, in some cases, overweight. The process of "detox" entails: 1. the cells off-loading metabolic wastes and environmental toxins into the bloodstream for filtering by the liver and kidneys for elimination, and 2. the organs of elimination (bowels, kidneys, lungs, skin, vagina) releasing metabolic, environmental and residual food wastes via faeces, urine, breath, sweat and menses. Toxins are also expectorated in mucus via the throat and sinuses.

Under normal conditions of healthful living and natural diet, the body is able to eliminate metabolic wastes and other environmental pollutants through its normal organs of elimination. However, under chronic excessive bombardment with unnatural dietary fare, environmental pollutants, emotional stress, and/or overeating on even good natural foods, the body's eliminative capacities are not equal to the task and a build-up of toxins increases as the days and years go by. This condition, called toxicosis, leads to accelerated aging, fatigue, illness, and, in many cases, to obesity. In this condition of toxicity, which is particularly likely if one has lived on a diet of foods such

DETOXIFICATION & DIET

as cooked meat, dairy, bread and junk foods, the body harbours sticky and insoluble debris and waste matter on artery and bowel walls, as well as in the bloodstream, tissues, bowels and organs.

Fortunately, the body is a magnificently designed masterpiece of self-regulation and self-healing, always striving to establish and maintain purity and wellness.

When a toxic load becomes too dangerous for the body, it intelligently enacts a detoxification/elimination/purging/housecleaning event or phase, manifested by any of these "symptoms": sore throat, inflammation, fever, skin outbreaks, coated tongue, mucus expectoration, body aches, nausea, vomiting, and diarrhoea. Malodorous body wastes and underarms are signs that toxic putrid fermented matter and acids are being eliminated. During the detoxification phase, many people experience lightheadedness and headaches as the body stirs up and dumps toxins into the bloodstream for processing and elimination. During a thorough detox, unhealthy fat, cysts and even tumours are also broken down (autolysed) and eliminated. As toxins are stirred up and released, the body relaxes and people also typically experience short-term symptoms of mental-emotional detox: mood swings, depression, sadness, anger and crying. When the organs of elimination are weak and/or overloaded, the body will resort to eliminating toxins through any convenient outlet it can find: e.g., the eyes, ears, throat, vagina, skin (sweating, rashes and suppurations), sinuses and scalp. When we experience any of these signs of elimination, we typically feel fatigued and sleepy, as the body is directing much of its energy toward accomplishing the housecleaning. At such times, it is always wise to assist the body by heeding the calls for extra rest and sleep. All of these "symptoms" will diminish and then vanish when the body is sufficiently cleaned out, providing we adhere to a healthful lifestyle regimen.

In conjunction with the heightened detoxification action, the body works at repairing any damage, regenerating new cells, rejuvenating and restoring wellness. The repair work mostly occurs when we sleep. When there is damage to be repaired and rejuvenation to be accomplished, the body needs extra sleep. We typically feel weak and need plenty of extra sleep in the beginning stage of the rejuvenation phase.

If the toxemia, physical damage, degeneration and emotional distress are severe, this phase may last for weeks or months. It is important to understand that the symptoms of the detoxification and rejuvenation process signify the workings of the awesome rejuvenative power of the body. It will help the process if we appreciate the workings of the body and do everything possible to assist it in its healing processes. We can do this by taking a break or a sabbatical from our normal routines, obtaining plenty of extra sleep and

DETOXIFICATION & DIET

rest – if necessary, complete rest – as well as eating simply until the work is sufficiently accomplished and we experience new vigour and vitality. It would be ideal to take the sabbatical at a comfortable health centre or retreat with fasting supervision, juicing, deep rest and hygiene education. If we persevere through the uncomfortable detox symptoms, get extra sleep and rest when feeling tired or unwell, and resist covering up symptoms with medicines (which only add more toxins to the system), we will arrive at a wonderful state of well-being in the quickest time possible, and in the process, we will learn invaluable lessons about how the body works to restore health. Some of the rewards include freedom from illness, sweet smelling breath, no body odours, easy and inoffensive elimination, shinier, thicker hair, clearer eyes and skin, more mental energy and clarity, better memory, more joie de vivre, slimmer belly, no cellulite, greater stamina, deeper connection to spirit, and finding a mutual attraction with healthy, vivacious people like ourselves. Through healthful living practices which keep our bodies clean inside and free of energy-robbing toxic matter, we can ensure a healthier, longer, more vital and youthful life. Free yourselves from disease and aging, and tap into the wellspring of joy within.

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Now is the time to start taking herbal hayfever remedies, not once the itchy eyes and sneezes have begun.

That's the message from the Herbal Advice Line (tel: 0906 802 0117), the country's leading provider of independent, professional herbal advice.

"We find that the earlier you take herbal hayfever remedies, the better the results," says Elaine Lightfoot (MNIMH), manager of the advice line.

"There are plenty of ways to treat hayfever naturally, by using herbs such as chamomile and nettle. Even if your hayfever has already begun, we can advise on how to minimise its symptoms," she adds.

The Herbal Advice line is staffed by qualified Medical Herbalists who have completed four years training in Herbal Medicine and are members of the National Institute of Medical Herbalists (MNIMH).

"All of our advisers are fully qualified to answer any health query, and at this time of year hayfever is our number one enquiry," Elaine says. "Where appropriate we can refer callers to a qualified herbal practitioner in their area."



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DOVES FARM FOODS



Doves Farm Foods Ltd, Salisbury Road, Hungerford, Berkshire RG17 0RF
Tel: 01488 684880 Fax: 01488 685235 E-mail: mail@dovesfarm.co.uk

ABOUT DOVES FARM FOODS

Doves Farm Foods is one of Europe's largest producers of organic and speciality flour and grain products, selling ranges of home baking flour, breakfast cereals, bread, biscuits and cakes. All products are vegetarian, quite a few are vegan and several of the company's products are also suitable for those on gluten free wheat, or diabetic diets.

The home baking flour range offers 14 different flours starting with the traditional wheat flours; Strong for bread, Self Raising for cakes and multi purpose Plain flours in both Wholemeal and White varieties. Moving on to more unusual flours such as Spelt, Rye, Malthouse and Pasta flour, these and other Doves Farm organic products are easily identified by a distinctive green 'organic' banding. Those wanting gourmet flours or on special diets will find an eye catching blue 'wheat free' banding on the top of Buckwheat, Gram, and Rice as well as the Gluten Free flour blend.

A recent addition to the Doves Farm home baking range is a 125g vacuum packed block of Quick Yeast. It is ready for the cook to use straight from the pack, adding it directly into the mixing bowl, with all the other baking ingredients, without any need to activate or rehydrate. Quick Yeast is suitable for use in traditional bread and yeast cookery as well as in domestic bread making machines.

Doves Farm organic cakes and biscuits are made with wholemeal flours and without hydrogenated fat. The extensive range includes a traditional digestive, milk and plain chocolate coated digestives, sandwich creams, fruity oat digestives, rye crackers, a range of cookies and a range of flapjacks.

The organic breakfast cereal range includes Corn Flakes, a raisin sweetened mixed cereal flake called Multi Flake, Bio Biz a whole wheat breakfast biscuit, and two children's products; chocolate Noughts and Crosses, and vanilla glazed Rice Pops.

Clare Marriage, marketing director commented "When we set up Doves

DOVES FARM FOODS

Farm Foods in 1978, we wanted to make natural, great tasting cereal foods, produced without artificial ingredients or pesticides. Although some people questioned our approach, consumers told us clearly that they did want nutritious healthy foods, and our range of organic products has been growing ever since. At Doves Farm Foods we are committed to the challenge of maintaining product integrity and demonstrating the traceability of each individual lot of raw material, no matter what the end product may be. For many years we have sourced our ingredients and raw materials from known small and large farmers, insisting that organic products are fully certified to national and international standards."

Organic standards detail a method of food production which is sympathetic to the environment rather than dominating it. An organic farmer must plan a system of crop rotations designed to naturally develop soil fertility while controlling pests and diseases. A balance of 'exploitative' crop production and the 'input' of fertility building phases will be interwoven with conservation and protection of the general environment and the highest animal welfare standards.

Food manufacturers, packers and restaurants must, by law, demonstrate to a certifying body, how they have handled the organic raw materials ensuring that;

- Storage & processing of organic food is kept separate from non organic material.
- Only limited processing aids & food additives permitted from specified list.
- A few listed ingredients not yet available as organic can be used up to 5%.
- Minimal & sympathetic processing aims to retain natural nutrients in food.
- Genetically modified ingredients are not permitted in organic food.
- Documented identification & traceability of all ingredients is required during processing into the food product.

For further information contact Clare Marriage on 01488 684880.

FOOD TESTING

FOOD TESTING INADEQUATE, SAYS FRIENDS OF THE EARTH

A new report from Friends of the Earth reveals that checks for pesticide residues in UK Food are inadequate to guarantee food safety, with most food not tested at all.

Most other countries in the EU test more samples of food than the UK Government. For example, Italy tested more than 8,000 samples of fruit and vegetables in 1998, Germany tested more than 6,000, but the UK only tested 732. Only four countries tested fewer samples of food than the UK.

With so few samples taken, the vast majority of food is not monitored for pesticides, including imported food which many contain residues of pesticides not allowed in the UK. Bananas have not been tested since 1997 and even then Friends of the Earth estimates fewer than one in every 100 million imported bananas were checked.

Friends of the Earth also found the selection of food tested did not reflect peoples' real diets. Only bread, milk, potatoes, apples and carrots were tested annually between 1994 and 1999. Food eaten regularly by children, such as bananas, yoghurt and chocolate is rarely monitored. Children are particularly vulnerable to the effects of pesticides in food.

When chocolate was tested the samples did not include children's chocolate but looked instead at continental chocolate and cooking chocolate. The incidence of pesticides found should have prompted a regular follow up, but this was not done.

Sandra Bell, Real Food Campaigner at Friends of the Earth said:

"These findings raise real concerns about the government's attitude to food safety – and suggest that they may be putting the costs of monitoring above public health.

"Friends of the Earth has real concerns about the levels of pesticides in UK food. Some pesticides have been shown to be linked to cancer and other health effects – young children are particularly vulnerable to exposure to these pesticides through food.

There is a real need to improve monitoring in this country – parents need reassurance that the food they buy for their families is safe."

Friends of the Earth is calling for an increase in monitoring and for retailers to publish details of their own residue testing.

For further information contact Sandra Bell 0113 389 9956 or Helen Burley 020 7566 1702 or write direct to 26-28 Underwood Street, London, N1 7JQ

BOOK CORNER

HERBS THAT WORK



THE SCIENTIFIC EVIDENCE OF THEIR HEALING POWERS BY DAVID ARMSTRONG

Herbs are back – Echinacea and St. John’s Wort are to be found in most people’s medicine cupboard, as many herbs are good for more than seasoning food.

Herbs That Work are based on scientific evidence of herbs’ healing powers, proving which anecdotes, wishful thinking and superstitions are right and which were wrong.

Herbs That Work is the definitive guide to herbal remedies, with profiles of the 75 most useful, popular and potentially most useful medicinal herbs. The profiles are presented in plain English, including advice on dosages and cautionary notes. Objective and factual, David Armstrong has written an incredibly useful handbook for any home, and for anyone who feels that their doctor subscribes antibiotics too soon.

HERBS THAT WORK

Blackberry Leaf: The dried leaf of the Blackberry is used to treat acute diarrhoea and for soothing sore throat.

Eucalyptus Leaf and Oil: When it’s inhaled, eucalyptus clears the lungs of mucus. It’s used externally in ointments to ease rheumatic complaints by improving local circulation.

Ginger: Prevents motion sickness.

Goldenrod: Used to treat urinary tract infection, kidney and bladder stones.

Lavender: Used to lighten restlessness and end insomnia.

Mistletoe Herb: Used to treat degenerative inflammation of the joint, that is, rheumatoid arthritis. Also used to lower blood pressure.

St. John’s Wort: Used as a treatment for mild depression and anxiety. Can also treat burns.

Published by Vermillion (The Random House Group Ltd.) Newline Price £8.99. Plus P&P £1.00. Available from JVS.

BOOK CORNER



VEGETARIAN VISITOR 2002

WHERE TO STAY AND EAT IN BRITAIN
ANNEMARIE WEITZEL

This new book, again in popular paperback format, is the sixteenth completely updated edition of the only annual guide to private homes, guesthouses and hotels in England, Wales and Scotland offering hospitality to the vegetarian or vegan traveller and holidaymaker, with well over 130 entries for 2002. All entries are fully checked just before publication.

All establishments have descriptive information, as well as codes indicating whether they are exclusively vegetarian/vegan or also serve traditional food, whether they are licensed, allow smoking or are close to public transport.

Plus nearly 200 cafés, restaurants and pubs that serve vegetarian and/or vegan food.

Illustrated with photos and line drawings. Price £2.50. from bookshops or post free from the publisher – Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, Sandy Lane, St., Paul's Cray. Kent. BR5 3HZ. Tel/Fax: 01689 870437.



DIGESTION

BY DR JOAN GOMEZ

Dr Gomez gives a clear and comprehensive answer to the top 100 questions relating to Digestion. How to maintain a healthy digestive system and what to do when things go wrong. Some of the questions frequently asked are:-

1. I have always known that the digestive system converts food into energy, but how does it do it?
2. How can I avoid getting food poisoning?
3. What herbal remedies are there for constipation?
4. What complications might affect me after a stomach operation?

There are so many questions that need to be answered, and this title gives the inside story to the digestive system and leaves you with a clear understanding of how your system works.



JOINT PAINS

BY PENELOPE ODY

A Guide to Successful Herbal Remedies.

Whether described as arthritis, fibrositis, lumbago, myalgia, aching muscles and joint pains are the most common reason for seeking medical help, especially as one ages.

Orthodox medicine tends to use simple remedies to provide symptomatic relief, such as anti-inflammatories to reduce swellings or analgesics to ease pain. At times, herbal medicine can be equally symptomatic in approach, especially for the sprains and strains associated with traumatic injuries. But for chronic conditions, such as rheumatism or osteoarthritis, it takes a more holistic approach, linking many of these various twinges to the whole person and seeing them in terms of excess systemic toxins, energy imbalance or emotional disturbance.

This book looks at the various sorts of joint and muscle pains that are so common in Western society and reviews the various herbal treatments that could be appropriate, drawing on the healing traditions from both East and West as well as examining some of the many dietary approaches that are recommended.

Published by Souvenir Press Ltd. Price £7.99. plus P&P £1.00. Available from JVS.



BONES

BY DR CAROLINE SHREEVE

Dr. Caroline Shreeve explains with the aid of diagrams the intricacies of bones. How to keep them healthy and what to do when things go wrong. A few examples are outlined below:-

1. How long do bones take to heal when broken?
2. Why do bones become fragile after menopause, and does anything else weaken adult bones?
3. My doctor told me I have Tennis Elbow, but how could I have? I don't play tennis!

4. My five year old daughter is a real tomboy but despite of numerous falls she has not broken anything. Can you explain this?

This title is invaluable to anyone who is serious about keeping healthy or solving their existing bone problems.

The three books are published by Newleaf, an imprint of Gill and Macmillan Publishers. Price £7.99p. each plus P&P £1.00. Available from JVS.



BACK

BY DR ANTHONY CAMPBELL

Dr. Anthony Campbell gives practical answers to the most commonly asked questions relating to backs. From keeping your back healthy and avoiding problems to practical steps to when things go wrong. A few examples of which are outlined below:-

1. I have been told that a harder bed prevents backache. Is this true?
2. What can I do to prevent back and neck problems from spending long hours at my desk?
3. I often get low back pain and worry in case it is something serious.
4. I have been told I am to have a laminectomy. What is this and how does it work.

This title gives insight into the workings of our backs and answers all of worries and queries comprehensively.

HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

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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.**



IMPROVE YOUR EYESIGHT

BY JONATHAN BARNES

The Bates Method for Better Eyesight without glasses is a Holistic System widely and successfully practised.

If you wear glasses you maybe doing so unnecessarily, but you know that 75 percent of those who try the Bates method find their sight noticeably improves? Many can even stop wearing glasses altogether.

IMPROVE YOUR EYESIGHT presents the Bates method for today – simply, concisely and practically. No specialist knowledge is required, no complicated equipment. All you need is in this book, including a set of graded eye-testing charts and a series of excersises that will help you to re-educate your eyes safely and naturnally.

Published by Souvenir Press Ltd, Price £10.99 plus P&P £1.00. Available from JVS.

NEW GUIDE FOR VEGETARIAN AND VEGAN MOTHERS

TV presenter Wendy Turner-Webster, and her baby son Jack, adorn the front cover of the new 24-page VEGETARIAN & VEGAN MOTHER & BABY GUIDE. Carefully researched and written by vegetarian author, Rose Elliot, the guide has every practical tip and piece of information any pregnant veggie or nursing mother could ever want. Just as importantly, it is packed with reassurance from other mothers, doctors and nutritionists. Is it healthy to bring up babies as vegetarians and vegans? You bet it is – it's the healthiest possible way, say a chorus of voices.

The guide starts with advice on increasing nutrients for pregnancy before touching on food and drinks to avoid, interspersed throughout the guide are glowing testimonies from veggie/vegan mothers – complete with pictures of them and their bouncing bonnie babies – telling how easy it all is and how healthy and perfectly behaved their babies are!

The Vegetarian & Vegan Mother & Baby Guide costs just £1.90 plus 50p P&P and is produced by the health charity The Vegetarian & Vegan Foundation in collaboration with the vegetarian campaign group Viva!

Available from JVS or direct from Viva! 12 Queen Square, Brighton, East Sussex BN1 3FD

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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

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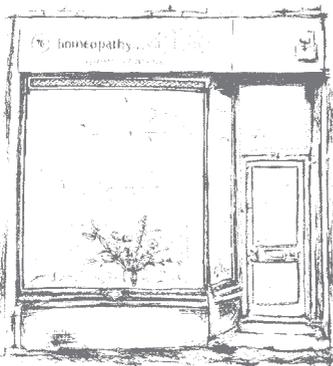
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