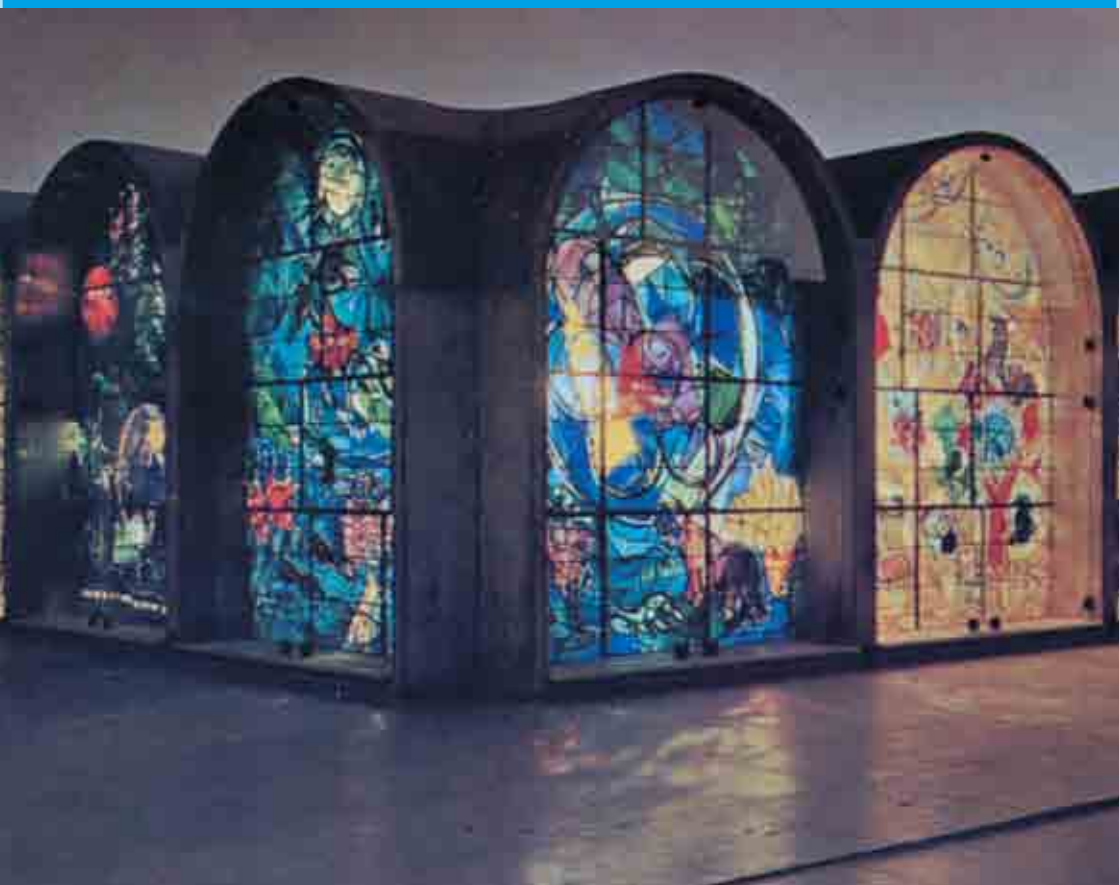


The Jewish Vegetarian



The stained glass windows by Marc Chagall represent the sons of the Patriarch Jacob from whom descended the twelve tribes of Israel. (The Hadassah Hebrew University Medical Centre. Jerusalem).

No. 142 September 2002 Ellul 5762 £1.50 Quarterly

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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



שנה טובה תכתבו ותחתמו
A Happy, Healthy and Peaceful New Year to all our Residents



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

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	\$200		\$110		\$90		\$60		\$30

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WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

Support the International Jewish Vegetarian Movement - a worldwide fellowship

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

Non-vegetarians who are sympathetic to our aims are invited to join as associate members.

There are two grades of Membership as follows:

A. Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.

B. Non-Vegetarians who are in sympathy with the Movement.

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

Junior Membership £5 (\$7.50)

Israel Membership \$15 or Life Membership \$250

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

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

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

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

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

Address (clearly) _____

Occupation _____ Fee enclosed £ _____

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

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

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

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

Please note: Periodicals Class postage paid at Rahway NJ.

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

SOCIETY NEWS



Photograph by Mike Poloway.
Manchester.

DEBORAH BLOOMERG & DAVID GILBERT

Deborah and David were married recently in London and the superb Kosher Vegan and Vegetarian Catering was arranged by Beverley Borsch with Toby Levi - Celebration Catering.

Deborah is the daughter of Rita and Terry Bloomberg. Rita has been a Life Member of The Jewish Vegetarian Society for many years, as well as VEGA (Vegetarian Economy Green Agriculture and Animal Aid) and campaigns for the welfare of farm animals.

I am sure our readers will remember the interesting and informative article, written by Rita, which appeared in the March 2001 issue of The Jewish

Vegetarian.

We extend a Hearty Mazeltov to Rita and Terry, as well as to Deborah and David and wish them a long and happy life together.



GRACE LEVY



Grace who celebrated her 91st Birthday on the 21st July last, is not only a Life Member but also one of our founder members. She has been with the Society since 1967 and has seen many changes since that time.

Although Grace is well in herself, it is now not possible for her to leave her flat without help.

It is only in the last couple of years or so that she has stopped doing all her own housework, and although she has a very active mind, she is as

stated, unable to get about.

She is living in South London, and unfortunately we don't have any members in her area that could pay her a visit from time to time. Her very good friend Rita Bloomberg tries to visit her whenever possible, but as with everybody these days, she has her commitments.

All of us here at J.V.S. wish Grace a belated very Happy Birthday.

SOCIETY NEWS

NEW LIFE MEMBER – BRUCE M. SOLOMKIN. USA.

Dear Friends.

Thank you so very much for your kind letter welcoming me as a new Life Member. I am not usually a “joiner” but through IJVS have gained a sense of belonging to a community, which embraces many of my values. Often, people are drawn to an organization by an Agenda, but for me it was the openness of dialogue and respect for each members contribution to a Jewish Vegetarian way of life.

I gradually followed my wife and daughter to a vegetarian diet, then lifestyle, then commitment to a global movement, starting perhaps 25 years ago. In the beginning, health concerns prompted me to forego meat, then an awareness of the exploitation of animals and impact on the environment, led me to consider issues around living as a Jew.

What may be most important about being a vegetarian are the choices: Choosing to listen to a growing number of voices, choosing to speak up.

My son, a vegetarian from birth and recent BarMitzvah, is a gifted rock climber. Increasingly, we meet fellow climbers who extol the benefits of going meatless. Talk about being part of a unique demographic...Jewish, Vegetarian, animal rights advocating and rock climbers!

Hope to visit the UK and meet other members. Anyone climb?

Be well, sincerely,
BRUCE M. SOLOMKIN



We are very unhappy to learn of the passing of two of our dear members, Mrs Margaret Shepherd and Mr Alfred Soldinger. Although of course we were extremely sad to learn that they had passed away, we are most grateful to them both for including in their Wills' a bequest to the Society.

Mrs Shepherd left £10.000 and Mr Soldinger £8.819.44. and this money will be put to good use. We intend to double glaze the whole of the front of the building, which will include two main doors. Hopefully we will have some money left over to have the front drive made good.

It is gestures like these that make us feel all the hard work and effort put into the Society, is well worth while, ED.

SOCIETY NEWS

We would like to extend a Hearty Mazeltov to Bertha (Bee) Klug on receiving the MBE in the Queen's Honours List.

This was awarded not only for all the hard work and dedication she has given to the Wessex Healthy Living Foundation over the last 25 years, but also for her work and involvement in the organisation called the Anne Frank Educational Trust, of which she is Honorary Life President.

This very remarkable women has so much energy and 'get up and go' that there seems to be no holding her, and every day brings a new project, talk about retiring, never!!!

Our sincere best wishes go to Bee, as we cannot praise her enough and are honoured to have her as one of our Founder Life Members. May she go from strength to strength.

See article elsewhere in the magazine. ED.



ANNOUNCEMENT

The International Jewish Vegetarian Society
is pleased to announce

The 3rd Annual Phillip L. Pick Memorial Lecture
will be held on

Sunday 3rd November 2002 at 3.00 p.m.
at 855 Finchley Raod, Golders Green NW11.

(Speaker to be announced)

The talk will be followed by a tea (vegan of course)

THANK YOU...

We would like to say a heartfelt thank you to the following Golders Green businesses and Carmel in Hendon Central who so generously sponsored prizes for the raffle draw held at our recent Super Supper Quiz:

WARMAN-FREED PHARMACY

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– Not satisfied we refund!

Our new look labels have been designed 'for your unique lifestyle':

 suitable for vegetarians and vegans  suitable for vegetarians

and  Healthy Balance - All Sainsbury's products are GM free

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Compilation and Layout: Valerie Allan

SOCIETY NEWS

RECEIVED FROM THE IJVS JERUSALEM CENTRE

The following is an extract of a lecture given by Hadassah Harr-Ell at the Office of the Society – 8 Balfour St, Jerusalem.

BE CAYENNE TO YOURSELF

Cayenne Pepper is made from the dried pods of pungent chilli peppers. This fiery spice adds flair to dishes from Asia, the Americas, and the Middle East. Cayenne Peppers were grown for thousands of years in the West Indies, Africa and Central and South America. Spanish explorers looking for black pepper misnamed them as pepper, and introduced them to the rest of the World. One of Columbus' passengers, de Buneo, wrote how the Native Americans ate pepper like fruit "like we eat apples."

The Topics discussed were:

- a) Its Origin
- b) Hadassah's Family Experiences with Cayenne
- c) Excerpts from Experts on Cayenne
- d) Medicinal Properties
- e) Therapeutic Recipes with Cayenne
- f) Cayenne in Different Forms

The Lecture was held in English.



granoVita MAYOLA! The delicious mayonnaise from granoVita that is both egg and dairy free.

These thick and creamy dressings contain no added sugar, preservatives or artificial additives. Available in three delicious flavours – Lemon, Garlic and Original. The Original variety is also available in an organic version.

Available in all good health food shops and also in Sainsbury's supermarkets.

granoVita offers you an extensive range of vegetarian and vegan health foods. For further details about the granoVita range of products visit our web-site at: www.granovita.co.uk.

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

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

Dr. & Mrs. T. Bloomberg. Mr. C.J. Mendick, London NW11.
Ms. G. Sigel, M.E., 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.

£25 Dr. & Mrs. T. Bloomberg. £13 Mr. M. Q-H Suffolk. £10 Ms C.H. London N8.
£10 Mrs. R.M.P. Southampton. £10 Dr. & Mrs. J.C.W. & Family, London SW10. £5
Ms. C.B.A. Manchester. £5 Mr. & Mrs. D.L.C. Bournemouth, Dorset.
£5 Mrs. H.C. London NW1. £5 Mr. R.F. London NW7.
£5 Mrs. Y.F. London N14. £5 Mrs. R.J. Durham.
\$85 Ms. N.C.C.O., U.S.A. £10 Ms E.F. M.A., U.S.A.

BUILDING FUND DONATION - LONDON

Dr. & Mrs. T. Bloomberg. Mrs. M. Temby, Cornwall.
Mr. C.J. Mendick, London NW11. Mr. & Mrs. D.L. Cohen, Bournemouth, Dorset.
Ms. E. Feinsod, M.A., U.S.A. Ms. G. Sigel, M.E., 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 Dr. & Mrs. T. Bloomberg. £25 Ms. E.M. DaC. Worcs.
£10 Mrs. D.D. Maidstone, Kent. £10 Mrs. R.M.P. Southampton.
£5 Mr. A.W. Swindon. \$15 Mrs. B.T.C.A., U.S.A.

A RABBI'S DREAM

RECEIVED FROM JANINE BRONSON - LOS ANGELES.

A RABBI'S DREAM

RABBI ED FEINSTEIN'S SPEECH

Relax, and take a quiet moment to "dig in" to the following:

Every first Sunday of the month we have a gathering of the Jewish Vegetarian Society - Los Angeles Chapter at Valley Beth Shalom Synagogue in Encino, California, on Ventura Boulevard, at the corner of Densmore Avenue. The very last momentous talk on Sunday 06 January 02, which was held on the same day that the Jewish National Fund celebrated with a rally, playing splendid Israeli Folk Dancing Music and distributing free handouts of colourful brochures was very interesting, (as you can read for yourselves).

Education is of paramount importance! We need to be guided as to how we can make a difference and make our actions count. Discussed were ways about how, together, united, we can show that we really do care to change, and can begin by educating our children, for Bnei Israel the children of Israel are teachable, as is the whole human race, right?

How can we promote our nation, Am Isra'el? By morally supporting our Real Holy Land, Country of Origin, Our Homeland, Israel, and being proud to be Jewish, and come on "...right out of the closet!" We have not turned our backs on Israel. By supporting Israel, here, in the Western World of the Diaspora, we also feel a sense of the heroic.

What is the duty of all Jews to fulfil, in recognizing Ha'aretz? (Our Land). By living a full hopeful life, are we not simply making a commitment to something much bigger, by deeply believing in something eternal, ancient, holy, and strong?

O' Mighty G_d, realising the moment of truth, when can we say we truly support not only our Country of Residence's economy of the USA, by travelling, and boosting the aviation industry, but, at the same time, supporting our People of Israel, Am Isra'el?

The easiest answer is by either going to walk around in Israel, and perhaps visit a Kibbutz, or by buying some Israeli products and support the economy in Israel! Fly to Tel Aviv on E1 Al. Perhaps it is recognized now as the Safest Airline in the World!

What better way, than to demonstrate that "Ki MiZion Tezei Torah, O'dvar Hashem M'Yerushalayim?" Study our Holy Bible emanating from Jerusalem,

A RABBI'S DREAM

The Holy City. Until you have visited Jerusalem, you cannot fully comprehend the meaning of Hakotel - the Wall.

In Jerusalem, we also have a Jewish Vegetarian Society meeting place, and centres in Tel Aviv and the surrounding areas as well. We shall spread the word of ethical veganism and obliterate terrorism, which is in part due to the cycle killing, which is not only limited to humans, but begins with the taking of another sentient being's life for food.

Lehem in Arabic means meat, Lehem in Hebrew means bread, a fundamental difference! Milhama in Hebrew means war! All words come from a similar Semitic root, the three letters 'Lamed,' 'Heh,' and Mem.

We, as vegans, would like to be able to imagine replacing the desire for any of the products of animal origin with those from fresh live produce, all coming to us from vegetable kingdom, vibrant sources, all these raw natural foods promoting rejuvenation and vim, vigor and vitality!

ORR SHALOM CHILDREN'S HOMES

ORR SHALOM CHILDREN'S HOMES

We have received the following letter from Orr Shalom, which speaks for itself.

"Thank you for the recent donations on behalf of Friendship House and we have sent letters to all those listed thanking them for their kind donation. We also thank you for keeping Orr Shalom's Children at the forefront of your thoughts and efforts. It is most appreciated.

Whilst writing we would also like to share with you our joy and excitement. Orr Shalom has just been awarded the prize for the year 2002 from the Adler Academic Institute of Research at the Bob Shapell School of Social Work, Tel Aviv University, for the advancement towards welfare and well being of Israeli children-at-risk. The prize has been awarded to us for providing children who would otherwise never have known a loving home, to experience the warmth and love of family life.

Once again, thank you and your members for the continual support and therefore in turn making the above prize possible." (Eileen F. Steinberg. Director of Development.)

So very nice to read of the above, it makes all the hard work, time and effort all worthwhile. Long may they continue to go from strength to strength in this worthy cause. ED.

ANNE FRANK TRUST



Lord Taylor and Bertha (Bee) Klug

ANNE FRANK TRUST

On the 13th May 2002 a surprise 'tea party' was given in the Jubilee Room at the Palace of Westminster in London to honour Bertha (Bee) Klug and the 25th Anniversary of the Wessex Healthy Living Foundation. (See article in the March issue of The JV).

Bee (as she is affectionately known to her many friends) has another string to her 'bow'.

She is the founder and Honorary Life President of the Anne Frank Trust, having been inspired by meeting Anne Frank's late father Otto Frank in the 1960s and hearing of his wish to see an educational organisation in his daughter's name in Britain.

Along with her late husband Sid, Bee hosted the launch of the Trust at the House of Commons in 1991; the reception following the historic 50th Anniversary memorial service for Anne Frank at St. Paul's Cathedral in London and the launch by the Prime Minister and Mrs Blair of the Anne Frank - A History for Today exhibition at Southwark Cathedral in 1997. The travelling Anne Frank exhibition has already touched the lives of over two million British people.

Since 1998, Bee has also taken a very active role in the Anne Frank Declaration initiative. Bee helped present the Declaration to the UN Secretary General Kofi Annan at the United Nations, to the Commonwealth Secretary General at Marlborough House in London and to the Presidents of the European Parliament and European Union in Strasbourg.

Bee gives talks to community groups on the work of the Trust and has personally helped to plant some of the 500 Anne Frank Trees in town and cities in Britain that commemorate all children killed through wars and persecution in the twentieth century.

Bee inspires everyone she meets with her energy and enthusiasm for her mission to break down barriers of bigotry and prejudice.

PRODUCT REVIEW

JOHN NEVILLE

INDEPENDENT DISTRIBUTOR FOR FOREVER LIVING PRODUCTS

Product review of Forever freedom.

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

Its breakthrough formula has assembled the most complete team of nutrients on the market today, essential in the maintenance of healthy joint function and mobility.

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(This product is not intended to diagnose, treat, cure or prevent any disease. You should consult your own doctor if you are experiencing a medical problem).

NON-ANIMAL TESTING STRATEGY

BUAV LAUNCHES NON-ANIMAL TESTING STRATEGY FOR CHEMICALS

Last year the British Union for the Abolition of Vivisection (BUAV) revealed plans by the European Commission to test thousands of new and existing chemicals. The Commission's proposals, outlined in a White Paper published earlier this year, confirmed our fears that the proposed testing strategy will be the largest animal testing programme ever undertaken in Europe's history unless it is substantially revised to incorporate non-animal testing methods.

The BUAV has now produced a key report called, 'The Way Forward – A Non-Animal Testing Strategy For Chemicals,' which offers a complete in vitro alternative strategy to the proposed chemicals testing programme. With some estimates of the number of animals needed to conduct the Commission's proposals now reaching as high as 50 million animals, the need for such an alternative strategy has never been more urgent.

Our document is a complete non-animal alternative strategy for testing chemicals. It includes all of the required test areas such as eye irritancy, acute toxicity and carcinogenicity, and for each it proposes reliable, repeatable and fast techniques without animal testing.

Promoting the alternative strategy

We are now working hard to promote "The Way Forward" strategy document both in the UK and in Europe. Copies of the report have been sent to all relevant UK government ministers and members of the UK Chemical Stakeholders Forum, (a government advisory forum set up to make recommendations for and assist with the implementation of the UK's Chemicals Strategy). In addition, we have also sent our strategy to all Members of the European Parliament, to Environment Commissioner, Margot Wallström and to every other relevant party who will play a part in forming the final testing strategy to be adopted. So far, our report has been very well received, but we will continue to lobby hard over the coming months to ensure our message reaches as many people as possible.

Time and time again decision-makers, or those involved in animal research, excuse the perpetuation of vivisection by saying that they would ideally like to use non-animal alternatives, but they simply do not exist. Our alternative strategy proves that these alternatives do exist – what is needed to bring them into regular, mainstream use is the political will and necessary funding to ensure that all of these alternative techniques are officially validated. At

NON-ANIMAL TESTING STRATEGY

present, many of the alternative methods relevant to toxicity testing have not been fully validated. Many are currently going through but have not completed the validation process. The BUAV believes that greater priority timing must be made available to facilitate faster and targeted validation; in particular, a fundamental review of the process by which non-animal methods are validated and accepted would provide the opportunity to prioritise specific testing methods relevant to chemical testing which could replace the existing animal-based procedures. The BUAV has made recommendations for promising non-animal methods for each of the traditional areas of animal toxicity.

There are already a number of validated non-animal methods that are in use and have replaced many animal tests. These include in vitro tests for skin corrosion, for light-sensitive skin irritation, for skin absorption and for mutagenicity. However, a number of tests are still awaiting validation. They include: an in vitro method to identify moderate eye irritants; a non-animal test for skin allergy; cell culture and target tissue tests for acute and repeat dose testing; the SHE cell transformation assay for carcinogenicity; computer simulation and in vitro studies for toxicokinetics; a test for reproductive toxicity; and in vitro endocrine disruptor tests.

The BUAV has estimated that, many of the non-animal tests already in use at Member State level or by industry, could be validated in 1 – 3 years time, certainly allowing them to be ready in time for implementation of the Chemicals Strategy. Lack of funding for the development and validation of alternatives, and the length of time it can often take to complete validation and regulatory acceptance, are just two of the barriers that can often result in the continued use of the flawed animal test regime when non-animal tests are more useful in determining the toxic properties of substances.

Most of the animal tests still used today have never been scientifically validated to prove their accuracy, relevance and repeatability. By contrast, before acceptance, non-animal alternatives are subjected to extremely detailed validation studies which, even then, may lead to years of discussion by bodies such as the OECD before full implementation.

Most in vitro tests provide results within days, rather than the weeks, months or years that are more typical of animal tests. Many of the tests proposed in our strategy are already familiar to industry, being used routinely as in-house screening methods and to understand mechanisms of toxicity. Some tests provide not only qualitative measures (is it toxic or not?) but also quantitative estimates of hazard (how toxic is it?).

NON-ANIMAL TESTING STRATEGY

The replacement of animal tests with a modern, non-animal alternative testing strategy would lead to a number of improvements. It would tell us more about the toxic properties of chemicals, be cheaper to perform and therefore more cost-effective to run, and produce results more quickly than traditional animal methods. This would both encourage innovation and benefit all stakeholders concerned with human safety, environmental protection, animal welfare and consumer confidence.

Opposition to the European plans

The European Commission's proposals have been criticised on many levels by many different groups. The animal toxicity tests proposed by the Commission are cruel and unreliable and cannot be used to properly predict how human beings will react to a chemical. Critical differences in anatomy, physiology, metabolism and biochemistry make extrapolation of results from one species to another at best unreliable and at worst dangerous.

Without the use of non-animal alternatives the Commission's testing programme will cause enormous animal suffering to a variety of species. Toxicity tests, to determine short and long-term poisoning effects can involve dogs, cats, rabbits, rats, mice, guinea-pigs, primates, birds and fish. Typical examples are tests for carcinogenicity where animals, usually rats and mice, are used in life-time feeding studies to test for substances which cause cancer. Teratogenicity testing for birth defects are also commonly used, where chemicals are forced into pregnant animals to study the effects on the foetus or offspring.

Shorter-term toxicity testing will also be used. These cruel tests can cause animals to suffer convulsions, severe abdominal pain, seizures, tremors, and diarrhoea; they may bleed from the eyes, mouth or genitals, vomit uncontrollably, become paralysed, lose kidney function and fall into coma.

The Commission's plans have also been questioned by those who believe the time and money needed to execute the strategy have been considerably underestimated – most recently in a report written by the Institute for Environment and Health, commissioned by the Department of the Environment, Transport and the Regions (DETR), now DEFRA.

Get Active

It's now vital that our alternative strategy is promoted as much as possible. You can help us to do this by:

* writing to your MEP asking them to support 'The Way Forward, A Non-

NON-ANIMAL TESTING STRATEGY

Animal Testing Strategy for Chemicals.' For our UK supporters, contact BUAV Campaigns on campaigns@buav.org to find out your MEP.

* contacting the BUAV for a special campaign postcard which you can send to your MEP asking them to read and support the alternative strategy.

Members of the public can purchase a printed copy of "The Way Forward" from the BUAV for £5.00, by calling us on 020 7700 4888 or writing to – The BUAV, 16a Crane Grove, London, N7 8NN. Please make cheques payable to The BUAV. Alternatively, the full document will shortly be available on the BUAV/PETA campaign web site at www.stopeuchemicaltests.com

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

COOKERY CORNER



Denise Phillips, mother of 3 children is the leading Jewish chef and cookery writer on modern stylish food. Although her two cookery books 'Modern Jewish Cooking with Style' and 'The Book of Jewish Cooking' are not vegetarian, her recipes are creative and sophisticated and show how a busy person can prepare designer dishes around a busy schedule. She has been writing for the London

Jewish News for 2 years and now writes fortnightly for The Jewish Press, New York.

Rosh Hashonah is a busy time for entertaining in large numbers. September is the height of the season for both cooking and eating apples. Here we have the flavours of Yom Tov all wrapped up in circular bread dough.

APPLE, HONEY AND RAISIN CHOLLAH

- Preparation time: 10 minutes, plus 1½ hour rising time.
- Cooking Time: 30 minutes.
- Makes: 2 medium sized loaves.

INGREDIENTS:

600 strong white bread flour, 1 tablespoon dried yeast, 2 teaspoons salt, 1 egg, 1 heaped tablespoon clear honey, 2 eating apples, peeled and cored, 30g cup raisins, 2 teaspoons cinnamon, 100 ml vegetable oil, 150 ml warm water.

METHOD:

- 1) Combine the flour, yeast, salt, egg, honey, raisins and cinnamon in a mixing bowl. Using a dough hook, if available, mix the ingredients together.
- 2) Place the raw eating apples into a food processor and mix to semi puree.
- 3) Add this to the bread mixture together with the vegetable oil and warm water.
- 4) Continue to mix the dough for 2 - 3 minutes so that it is smooth and the mixing bowl is clean.
- 5) Remove the dough from the bowl. Lightly grease this bowl with some olive oil. Knead the dough lightly and return it to the mixing bowl to rise. Cover with some cling film.
- 6) Leave in a warm place for 1 1/2 hours or until doubled in size.

COOKERY CORNER

- 7) Pre-heat the oven to 200 C / 400 F / Gas Mark 5.
 - 8) Knock back the dough and knead into a long sausage shape. Curl this into a spiral or shape as desired.
 - 9) Glaze with egg yolk.
 - 10) Bake for 30 minutes or until golden and sounding hollow when tapped underneath.
- To serve the stylish way: Dip into honey and dust with some cinnamon. Serve slightly warm - if possible!

HONEY BISCUIT ICE CREAM CAKE

- Parev - Must be made in advance.
- Preparation Time: 15 minutes.
- Cooking Time: 5 minutes.
- Serves 10 - 12.
- 4 Hours freezing or overnight.

INGREDIENTS:

6 egg yolks 150g (5 oz) caster sugar, 4 tablespoons water, 2 tablespoons clear honey, 570ml (1 pint) soya whipping cream (Riches) or Greek Yoghurt, 500g plain chocolate biscuits - roughly crushed, 2 teaspoons vanilla essence, 2 tablespoons Kiddush or sweet dessert wine.

GARNISH:

- 1 red apple - sliced
- 1 green apple - sliced

METHOD:

- 1) Line 2 loaf tins 900g (2lb) with bakewell paper and grease with a little vegetable oil.
- 2) Place the sugar and cold water in a small saucepan.
- 3) Simmer until the sugar starts to crystallise and reaches a sticky consistency.
- 4) Whisk the egg yolks in a food mixer until they form a creamy white texture.
- 5) Add the sugar syrup while the mixer is running and continue whisking until thick and creamy.

COOKERY CORNER

6) Add the honey.

7) In a separate bowl whisk the soya cream until thick and lightly whisk the Greek yoghurt. Add the Kiddush or dessert wine and the chopped biscuits and the vanilla essence.

8) Combine the two mixtures and pour into your prepared tins.

9) Cover with cling film and freeze for 4 hours or overnight.

To serve the stylish way: Invert the ice cream cake on to a glass dish and place the sliced apple in alternating colours along the top of the ice cream just before serving.



The next cookery courses are taking place at The Art of Hospitality, London. W14 (near Olympia) as follows:

Wednesday 9th October 2002. Stylish Vegetarian Cookery.

Thursday 7th November 2002. A Taste of Italy.

Wednesday 4th December 2002. Party Entertaining.

Time: 10.30 am - 1.30 pm. Cost £50. per class. To confirm bookings please call Denise Phillips on 01923 836 456.

PESCETARIAN OR VEGETARIAN

PESCETARIAN OR VEGETARIAN? THE DIFFERENCE COULD BE FATAL

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

Many people are under the mistaken impression these days that fish and chicken are the healthier dietary options when choosing to feed themselves or their families, as opposed to the consumption of red meat. In this article, I will challenge this idea with some of the latest scientific evidence.

Firstly though, it is also important to note that contrary to the myths about fish leading free lives before they are caught, increasingly more and more fish are reared under artificial conditions. For instance, in salmon farms fish are confined in underwater cages (breeding grounds for disease and parasites) and fed a diet of pellets impregnated with dyes to colour their flesh pink. One of these dyes canthaxanthin is banned in the U.S.A. and Japan, because it is a known cancer-causing agent. There is also the mistaken belief that fish don't feel pain, however, all animals need the ability to feel pain in order to survive, and to help them to escape danger, or to encourage immobility of a wounded part of the body as an aid to healing. Fish possess a nervous system and do feel pain. Fish often die slowly without being slaughtered from asphyxiation; they literally drown out of water as we would drown in water. In fish farms, they are hauled in from the sea in their wriggling thousands and left to suffocate or to freeze to death when they are packed in ice. Some fish, like trout for instance, are caught by a line and fight furiously for their lives with a hook impaled through their sensitive lips.

Around 30,000 tonnes of farmed salmon are slaughtered each year in Britain. After a period of starvation (of up to two weeks), salmon are hit on their heads or placed in a tank with carbon dioxide bubbling through, or sometimes with an electric current before being bled to death. At sea, dynamite is sometimes used to render the fish unconscious in a particular area and the edible ones are selected. Poisons such as cyanide may replace the dynamite, in which all fish and corals are killed, whether edible or not.

On fish farms, pesticides are used regularly, the most toxic of which is Aquaguard, which is used to control sea lice. The active ingredient in Aquaguard is one of the most poisonous to be found on the Department of the Environment's dangerous substances red list.

FISH OILS

Although fish and fish oils are often touted as health promoters, they certainly are not when you consider the facts. Fish oils are extracted from the liver of

PESCETARIAN OR VEGETARIAN

fish. Just as with the liver of humans, a fish's liver is the central organ for processing chemicals, so accumulations of toxins in the fish such as mercury and other heavy metals, PCB's, radioactive material, DDT, dioxin, sewage, antibiotics, oestrogen's, etc., mainly concentrate in the liver. Do you really want to be consuming this?

Fish oils are said to protect arteries, but what isn't publicised is that they decrease the blood's ability to coagulate and stop bleeding! Eskimos are often said to be free from heart disease due to the huge amount of fish they eat, but did you know they suffer from the world's highest rate of cerebral haemorrhagic strokes, nosebleeds and epilepsy? They also have the highest rate of osteoporosis in the world.

THE CHOLESTEROL CONNECTION

Fish eating also contributes to gall bladder disease and the flesh of most fish is high in cholesterol (cholesterol concentrates in the lean part of animal flesh). According to Dr Neal Barnard, many people believe that fish is good for the heart but fish are definitely not a healthy food to consume. He quotes in his article a study published by 'The New England Journal of Medicine' that those who followed a diet emphasising poultry and fish found that their cholesterol levels changed very little. The reason for this is that fish flesh contains plenty of cholesterol and fat, just like beef! Fish also contains approximately 15-30% saturated fat, which is lower than the saturated fat of beef and chicken but still much higher than truly low-fat vegetarian foods. In fact, Dr Barnard argues that the only diet which actually reverses arterial blockages is a low fat vegetarian diet.

Dean Ornish, M.D., carried out a study of patients suffering from heart disease and compared patients on the chicken and fish diet recommended by the American Heart Association (AHA) as against those following a strict vegetarian diet only including small amounts of skimmed milk as an optional extra. The majority of those following the AHA guidelines got progressively worse, while those who made intensive changes to their diet got progressively better.

OMEGA-3 FATTY ACIDS

Regarding the much-touted Omega-3 fatty acids, Dr Barnard argues that although omega-3 fatty acids can normally reduce the level of triglycerides in the blood which plays a role in heart disease, those that are found in fish are highly unstable. The fatty acids found in fish have the tendency to decompose and unleash dangerous free radicals, which are linked to cancer, arteriosclerosis and premature ageing. According to researchers

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at the University of Arizona, the omega-3 fatty acids found in vegetables, fruit and beans are more stable than those in fish, in addition to being coupled with antioxidants, which can help to neutralise free radicals. Fish can also contribute to cancer in other ways, argues Dr Barnard. They carry contaminants from polluted waters and about 40% of fish samples have so much bacterial contamination that they have already begun to spoil before they are sold. Therefore fish, far from being brain food, may actually inhibit the brain and the nerves thanks to the mercury content. A healthful alternative to fish oil is, of course, flax seed oil although a better bet altogether would be to take in good quality EFA's from our diets in the natural occurring forms without artificially extracting these oils and inevitably subjecting them to heat.

DIOXINS FROM EATING FISH

Recently, the British Dietetic Association have advised people not to eat more than one piece of oily fish a week because of high levels of poisonous chemicals (obviously they would not advise people to stop eating fish entirely, due to financial interests). Dioxins and PCB's have been detected in all fish, but are particularly high in mackerel, herring and other species where oil is distributed throughout the animal's flesh. They can cause cancer, are thought to have a 'gender bending' effect and can cause birth defects. Consumer Reports found PCB's in 43% of salmon, 50% of whitefish and 25% of swordfish.

According to a recent article in the New York Times, fish oil and fishmeal have the highest level of dioxins out of all foods. Dioxins, which are produced as a waste product by industrial plants and waste incineration, have been linked to hormone changes, cancer in animals and other severe disorders. Scientists have called for changes in the levels of dioxin considered acceptable for human consumption.

The warning about fish comes as Europeans are already panicking about the spread of mad cow disease and the consumption of beef is dropping drastically. According to the new report, fish meal and fish oils of European origin have dioxin levels up to eight times as high as similar products from non-industrial regions. The fishmeal and fish oil also contain up to 10 times more dioxins than are found in meat and eggs. This is troubling because the fishmeal is used in the diets of farmed fish and other food animals like chickens and pigs.

As if the above isn't enough, a very recent report by The Pesticide Action Network UK states that mysterious fish kills in Sussex's River Ouse have been linked to a bacterial infection caused by contamination from the

PESCETARIAN OR VEGETARIAN

organophosphate pesticide Chlorpyrifos. Environment Agency Sussex Area Fisheries Manager, Stuart Taylor, believes that just half a pint of this pesticide has caused tremendous environmental damage. The pesticide has killed riverbed invertebrates, has weakened fish immune systems and has attached to their flesh. Obviously this type of contamination is present in many marine life habitats these days, and will inevitably lead to some degree of poisoning if the fish are still alive when caught. Chlorpyrifos poisoning causes a weakened immune system, as well as a whole range of neurological disorders and can easily be mistaken for a vitamin B 12 deficiency.

Dr Gina Shaw is a health and nutrition consultant and an iridologist. She currently runs a health retreat in South Devon, England and is also available for personal health and nutrition consultations by telephone or email. You may contact her by email at Ginashw@aol.com or <http://www.vibrancy.homestead.com/pageone.btm> or telephone 01626 352765.

VEGETARIAN CONGRESS

35TH WORLD VEGETARIAN CONGRESS
EDINBURGH, SCOTLAND - 8TH - 14TH JULY 2002

BY JULIE ROSENFELD

Under the theme, "Food For All our Futures", the 35th World Vegetarian Congress took place at Heriot Watt University, Edinburgh, Scotland.

The congress organised by the Vegetarian Society UK for the International Vegetarian Union, attracted people from over 27 countries including Israel, USA, Australia, Russia, India, and Japan.

It was a particular pleasure to meet up again with Dan Arbel of the JVS in Israel, and Roberta and Bob Kalechofsky of Jews for Animal Rights (JAR), Marblehead, USA.

Each day offered the chance of an early morning exercise session: either yoga with Margaret Gunn-King or a run with the incredible Ironlady, Ruth Heidrich. An early morning session, which I particularly enjoyed, was one on Women and Planetary Healing with Roz Gruben.

There was much to learn from some very distinguished speakers. Dr Hans Diehl gave a number of presentations including how to use a knife and fork to reverse the effects of heart disease and the ecological consequences of diet. Ruth Heidrich explained how to use green leafy vegetables and exercise

VEGETARIAN CONGRESS

to reduce the risks of osteoporosis. Joyce De Silva of Compassion in World Farming and Juliet Gellatly of Viva! were both informative and moving in their presentations on the treatment of animals.

Delicious food was plentiful at the congress. All the food was vegan so it could be enjoyed by everyone and there was always a wide choice of hot dishes at every meal, eg vegetable curries, vegetable kebabs, pastas and pizzas as well as salads. The university staff worked very hard to ensure that all were fed and are deserving of our gratitude.

Equally, there was flavoursome food available at the many cookery demonstrations. These included a demonstration of raw desserts by Gerry Coffey - the memory of whose raw banana and strawberry ice cream lingers on! Also of great inspiration were Rose Elliot with her suggestions for tasty meals to be made in thirty minutes and ideas for dinner parties. For something a little different, Peter Wright was on hand for some suggestions for Swedish cooking. He instructed us on how to make a vegan "rollmop herring" by pickling a thin slice of aubergine!

Wednesday and Friday afternoon were designated as free time with many participants enjoying optional coach tours to the city of Edinburgh and Loch Lomond. Some people also stayed on after the congress to take part in a five-day tour of Scotland to include the Isle of Skye and Findhorn.

Entertainment was laid on for most evenings and included a fun quiz, a talk on colour therapy, a singing, magical chef and a delightful Scottish harpist.

All too soon, the congress came to an end and it was time for one of the highlights of the congress - the Gala Dinner and Ceilidh. Delicious food and energetic dancing were enjoyed by all and made a delightful conclusion to a wonderful week.

Many thanks to Tina Fox and all at the Vegetarian Society UK for organising the Congress. It was a joy to meet so many friends old and new. I will cherish happy memories of Bonnie Scotland for many years to come.

For details of the next Congress, and for more reports and photos of the Congress in Edinburgh, please visit the International Vegetarian Union website at <http://www.ivu.org/congress/2002/>.

HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

£2.50 including P&P

ARGAN OIL

ARGAN OIL

Argan oil is a nutritious food oil, or is made into a skin care serum for cosmetic use. Its health giving properties are numerous, predominantly through its high content of Vitamin E and essential fatty acids. It can be used internally to lower cholesterol and protect the heart and externally to rejuvenate, repair and protect against free radicals. In addition, the Argan Skin Care Beauty Serum is used for dry eczema, acne, scars, stretchmarks and psoriasis.

Although it is being heralded as the newest oil on the market, to inspiring chefs around the world, Argan Oil has been in daily use in Morocco where its distinctive rich, nutty flavour has been an essential ingredient in North African cuisine.

Argan trees once covered most of North Africa but are now found only in a small corner of Morocco. It takes 30kg of nuts and ten hours work to produce just one litre of oil. Traditionally Argan Oil is eaten for breakfast with freshly baked bread to ensure a healthy start to the day. It is also enjoyed sprinkled on salads, tomatoes, grilled peppers, roasted vegetables and as an addition to soups, couscous, and tagines. It is also used in bread making and is delicious on it own as a dip for bread or vegetables.

The health benefits of eating Argan Oil are numerous. It is high in mono and polyunsaturates (total 80%), containing both oleic (44%) and linoleic acid (36%). Linoleic acid is an essential fatty acid, which cannot be synthesised by the body and must be obtained from the diet. The oil is richer in Vitamin E and anti-oxidants than olive oil. It also contains rare plant sterols which have anti-inflammatory properties, beneficial for rheumatic and arthritic joint pain.

Produced from cold pressed organic Argan nuts, Argan Skin Café Beauty Serum is a rich nourishing and moisturising skin food containing no artificial colouring, perfumes or preservatives to irritate the skin.

For centuries Argan products have been a well-kept secret known only to Berber women in Morocco. Its anti-ageing properties, due to high levels of Vitamin E and saponins, are well documented. Help to reduce wrinkles by restoring the skin's water lipid layer and increases the skin cells' nutrient levels. It also contributes to the neutralisation of free radicals, particularly useful in the polluted Western hemisphere.

It can also be used as follows:

As a nourishing facial treatment and night oil, or as a skin protector in cold weather.

ARGAN OIL

For extra dry skin apply over the body 30 minutes before a bath or shower, or add a few drops to the bath water.

To strengthen nails, mix with lemon juice and soak nails for 15 minutes.

Apply 30 minutes to dry, damaged or fragile hair before shampooing.

For skin problems such as acne, dry eczema, psoriasis and unsightly, raised scars, gently massage on a regular basis.

As a massage aid, its anti-inflammatory properties help combat painful rheumatic joints, aching muscles or sports injuries.

Further information can be obtained from wildwoodgroves.com 6. Wildwood Grove. London. NW3 7HU. Telephone: 0020 8458 2738. Email: info@wildwoodgroves.com

HEALTHY LIVER

A HEALTHY LIVER COULD NIP HAY FEVER IN THE BUD

If you are suffering the annual hay fever hell of runny nose and streaming eyes it could be worth taking a tip from the Chinese - and looking after your liver!

In Chinese medicine, it is believed that allergies and sensitivities are often related to a congested liver. So hay fever sufferers are advised to take herbs such as milk thistle, fennel and cramp bark to decongest the liver, promoting good health and freedom from allergies.

The liver has many important roles, from storing nutrients such as glucose and vitamins A and D, to helping digest food and neutralising toxins in the body. Similarly, it is the liver's natural function to "de-toxify" allergens. Allergens are particles of protein- such as pollen - which cause an "allergic reaction". Such a reaction may lead to inflammation, cramping, red eyes and tears.

UK herb expert Malcolm Simmonds, of Specialist Herbal Supplies, recommends keeping your liver in tip top shape to avoid conditions like hay fever developing in the first place, "From the preventative point of view it is sensible to avoid too many fatty foods, eat plenty of fruit and vegetables, especially salads, and avoid stress and anxiety, all of which have an effect on the liver," he says.

For a free fact sheet on herbs that can help maintain a healthy liver call Specialist Herbal Supplies on 0800 542 5212.

CONSUMER CORNER



REDWOOD MAKES WAVES WITH NEW "FISHLESS" FINGERS

Children and adults alike will love delicious new Vegetarian Breaded FishStyle Fingers from the award-winning Redwood Company, producers of the popular Cheatin' meats range.

With all the taste of the ocean but totally free from fish, Fish-Style Fingers are simple but special and ready in minutes - perfect for busy parents with families to feed in a hurry.

Part of Redwood's new Making Waves range, Fishless Fingers are made from soya and wheat protein and cost £2.49 for 215g. You will find them in good health food stores.

All Redwood products are totally free from animal ingredients, low in saturated fats and free from cholesterol and lactose, making them suitable for a wide range of special dietary needs.

Further information can be obtained from The Redwood Company, Tel: 01536 400557.

NEW ORGANIC BISCUIT RANGE FROM DOVES FARM

Doves Farm Foods, the organic biscuit specialist, has re-launched their entire range with a number of new biscuits and cookies. These are just four of the range. There are two new cream sandwich biscuits, Vanilla Swirls and Cocoa Swirls, three new, rather special Cookies, Ginger Jazz, Raisin Honeys and Seven Secrets, two gluten free cookies and new look Fruity Oat Biscuits and traditional Digestives.



All the biscuits and cookies are made with organic ingredients, certified organic by the Soil Association, whose symbol appears on the packets. None of the biscuits contain dairy products, processing aids or any additives other than those listed in the ingredients panel. They are also suitable for vegans.

The company's biscuits which appear on multiple and independent retailer shelves, all feature a distinctive green wave on the front designed with the aroma of baking in mind. Recommended retail price vary from 69p for 200g Digestive to 139p for the gluten free cookies.

CONSUMER CORNER



ORGANIC VEGGIE HEAVEN FROM CAULDRON FOODS

One in two people in the U.K. are now avoiding meat and turning to vegetarianism. Cauldron Foods, one of the country's leading chilled veggie specialist have come up with two new products 'Organic Spicy Bean Burgers' and 'Organic Mushroom Burgers'.

Sophisticated ingredients such as Black Turtle beans, healthy tofu, tomato puree and pumpkin seeds are combined with spices and garlic to provide the irresistibly tasty Organic Spicy Bean Burger.

Vegetarians as well as others have always enjoyed mushrooms as a key ingredient to their diet, as they have a strong and satisfying savoury flavour. The Organic Mushroom Burgers, made from mushrooms, onions, potato and tofu, flavoured with a blend of spices and garlic, are juicy and succulent.

Both these full-flavoured burgers deliver a good level of protein with the added attraction of their organic provenance. All Cauldron Foods products are GM-free.



VEGETARIAN NON-DAIRY PARMESAN STYLE SEASONING

Ready grated parmesan cheese is a great standby, and Parmazano, is a versatile addition to the kitchen store cupboard for vegetarians, vegans and healthy eaters. A non-dairy product, Parmazano is very popular with those who have a lactose intolerance.

Unlike regular parmesan cheese, which contains animal rennet, Parmazano is non-dairy and is based on cultured non-genetically modified soya milk.

Approved by the Vegetarian Society, Parmazano comes in 60g shaker packs and available in the main supermarkets as well as health food stores.

No pasta, spaghetti, pizza, risotto or baked potato is the same without a sprinkling of cheese on the top, so why not try some today.

LETTER TO A DEAR FRIEND

LETTER TO A DEAR FRIEND OF MANY YEARS STANDING

I have been mulling over our recent conversation during which you made some very serious points which merit careful thought. You challenged me on my use of the adjective "Ultra-Orthodox" and suggested that the term could be considered derogatory; that there was no such thing as "Ultra-Orthodox" and asked which of the mitsvot the so-called "Ultra-Orthodox" should give up. Upon reflection, I suggest that the term "Ultra-Orthodox" is an appropriate one; I certainly did not intend to denigrate anyone by its use; there is no question that anyone need give up performance of any mitzvah if he wishes to be Orthodox rather than "Ultra-Orthodox". The dictionaries to which I have referred generally agree that: "Ultra" means extreme, uncompromising opinions in politics and religion. "Orthodox" implies the holding of right and accepted views, approved, accepted and not theoretical or heterodox, retention of traditional observances.

Since you mention that Kishrut is among the more important of the Mitsvot, I will use this aspect to try to explain my use of the expression "Ultra". There are, incidentally, probably more Mitsvot concerning the proper treatment of man by man.

MILK

Our Beth Din ruled many years ago that milk produced in the UK and sold through the major suppliers, conforms to our dietary laws. The majority of Orthodox Jews use it. Many drink only supervised milk. By reference to the above definitions, this can be described as Ultra.

MEAT

The United Synagogue has its own Shechitah supervised by our Beth Din. The majority of London's Orthodox Jews eat it. A minority eat only Glatt. This too can be described as Ultra. Worse! Some will eat Glatt but only supervised by the Rabbinic Authority to which they owe allegiance. The Rabbi of the synagogue to which I belong in Netanya describes this as Sinat Chinom; the distrust of one group of Jews by another.

CHEESE

Many years ago, when I was young, Dayan Abramsky, Ab Beth Din, accepted that ordinary English Cheeses were acceptable, I believe I know his reasoning. If you refer back to the days before artificial rennet, rennet for Kosher Cheese was derived from a kosher animal and mixed with milk to produce hard cheese. But we must not deliberately mix meat and milk.

LETTER TO A DEAR FRIEND

The explanation is that, since rennet has changed its character it was no longer considered meat. Therefore, it could be used in cheese making. If such rennet was not considered meat, then all rennet was deemed not to be meat and, therefore, Cheddar cheese for example, was considered acceptable. How much more acceptable then is cheese made with vegetable rennet. I understand that some people may wish to use only kosher cheese, but to describe vegetarian cheese as unacceptable is ultra.

BREAD

Rabbis of the Yeshiva which I attended in my youth, on a Sunday morning, used to buy their bread from a non-Jewish baker whose ingredients and baking utensils they had checked out. They did this because they feared that a Jewish baker might have begun the preparation of his bread on Shabbat. Indeed, the use of bread from non-Jewish bakers is explicitly permitted in Shulcham Aruch. There are some today who say that such bread is forbidden. Such people are Ultra.

GELATINE

Some 30/40 years ago, Dayan Grossnas researched the production of gelatine and pronounced that, even this type of food, does not conflict with our dietary laws. His findings were never published but his decision shows how much leeway there can be. Why are lenient interpretations so rare? Rabbi friends suggest that it is, perhaps, a case of "one upmanship", or people believing that they should strive to attain a higher level of observance in order to achieve a closer communion with God, or some wishing to build a fence around the law. Such people should remember the sayings of two of our Talmudic sages: Rabbi Hiyya bar Abba and Rabbi Shimon ben Gamliel. The first said, "Do not build the fence taller than the object it is intended to protect lest it topple over and destroy the freshly planted shoots." He also said, "Do not add to God's words lest he prove you a liar." The second said, "Not everyone who wishes to assume a persona of Godliness is at liberty to do so." A more recent leading Rabbi said, "They fear the Kitsur Shulhan Aruch more than they fear God."

During my stays in vegetarian guesthouses and hotels over many years, I have met many Ministers, both Rabbis and Reverends, who were brought up in the English or German tradition. In the 1930s/40s there was a well-known vegetarian restaurant known as "Shearns" in Tottenham Court Road, which was patronised by countless numbers of Orthodox Jews including Rabbonim whose integrity and religious knowledge cannot be doubted. We all patronise

LETTER TO A DEAR FRIEND

such establishments only because we wish to observe the Jewish dietary laws. These establishments have been scrutinised and have been found not wanting. If they are acceptable to such Orthodox persons, then those who describe staying at such establishments as unacceptable, can be considered Ultra. It is currently fashionable to denigrate the knowledge, commitment and sometimes the integrity of such religious leaders but I suspect that they had a better understanding of "how tall to build the fence."

It is sometimes suggested that food, which is marked "suitable for vegetarians" or the like, is questionable because it is unsupervised. Today, with strict consumer protection, it is highly unlikely that "Hovis", "Cadburys" or "Marks & Spencer" would offer their food as being "suitable for vegetarians" if it were not so. Such firms employ hundreds, if not thousands, of employees and would be instantly "shopped" if they were found to be misrepresenting the truth. Indeed, often-identical foods are sold in Israel but with a Hechsher. I recall being taught that, if reliable establishments stated that their food conformed to our dietary laws, and then we were permitted to accept their word, unless we had reason to doubt their integrity.

And how often have kosher butchers been found selling non-Kosher meat even though they are under supervision? There have been a number of major scandals both in the UK and in Israel when "highly respected" suppliers of kosher meat were found to be in breach. Human nature being what it is, I have no doubt that there are elements throughout our community who would act in breach if they thought that they could get away with it. It is not a new phenomenon.

Please understand that I accept and recognise that every person is entitled to do precisely as they wish, but to my mind, Ultra is divisive. It hinders social intercourse; the less knowledgeable amongst "Ultras" erect barriers between themselves and the community and I feel that we would be best served if all accepted ordinary Kushrut standards. It is also arguable whether we may add to Torah laws but those who do so should not then complain on being described as Ultra.

I started out by trying to show that, in the field that you nominated, namely food, it is possible for an Ultra-Orthodox to be plain Orthodox without giving up any Torah. Inevitably, my reasoning went on to show just how wide a range of food there is which does not conflict with our dietary laws. I realise that my reasoning will not satisfy everyone in all of its aspects. For example, I personally will not eat say, yoghurt, if it contains gelatine, even though I know that Dayan Grossnas found that it is acceptable and does not conflict

LETTER TO A DEAR FRIEND

with our dietary laws. I also realise that some may interpret my reasoning as an excuse to start on the slippery slope of eating non-Kosher food. I doubt it!

The underlying principle should be that one should check out the Standards and Integrity and not rely upon just 'hope'. Just as meat sold by supervised Kosher butchers occasionally turns out to be non-Kosher, so food, which is marketed as "suitable for vegetarians", might occasionally be a misrepresentation. But that's life and we live in an imperfect world within which we must do our best.

I believe that, if our Rabbis were to clarify the perimeters of Kishrut then many people who, for various reasons, must eat out because of say, their livelihoods, and eat food mistakenly believing it to be inoffensive, would revert to eating cold food such as fruit, salads, smoked salmon, cheese etc., if the position were explained.

FRUIT AND VEG ADVICE

FRUIT AND VEG ADVICE IS ENOUGH TO DRIVE YOU NUTS

VIDE THE SUNDAY TELEGRAPH

Five years ago, a newly founded quango called the Food Standards Agency, advised that all fruit and vegetables should be washed and peeled prior to consumption, in order to rid them of harmful pesticides. But now we learn that the risk turns out to be so low that "washing is not required as a protection" How can this be?

There is no new scientific evidence to show that the putative danger of pesticides has turned out to be less than expected. Rather, the residues in fruit and vegetables are still measured, just as they were five years ago, in parts per billion- quantities so minuscule as to be only detectable by the most sensitive chemical analysis. No, the reason that the FSA has been forced to reconsider the alleged pesticides hazard turns out to be, predictably, political expediency as it creates difficulties with the implementation of a new Government initiative to give every primary school child a portion of fruit each day.

This might seem a trivial matter, but it well reflects the law of unintended consequences. Cry wolf about the non-existent dangers of pesticides in our

FRUIT AND VEG ADVICE

food supply - teach children in the classroom that they must wash and peel before consuming - and you will discourage some of those children from eating something that is perfectly good for them. Indeed, more than that: for the FSA now claims that everyone should consume five portions of fruit or vegetables a day as a protection against serious illnesses like heart disease and cancer.

It is progress of a sort that children should be encouraged to eat fruit and vegetables without worrying about the possibility of being poisoned by pesticides, but it must be said that the "five portions a day" mantra is about as flaky as the "wash and peel" admonition of five years ago.

If, for example, we compare the relevant statistics for middle-aged vegetarians and meat-eaters, we find that, over a 12-year period, 99 per cent of carnivores will not succumb from a heart attack, compared to 99.4 per cent of the lettuce-nibblers. For cancer, the relevant figures are 98.2 and 98.8 per cent. Thus a decade of pure vegetarianism improves one's likelihood of survival by an earth-shattering 0.7 per cent.

Now it may be that this modest benefit of vegetarianism can be replicated by eating five portions of fruit or vegetables a day, but the fact remains that no one knows. Not indeed is it at all clear what constitutes a "portion"- or what parents should do if their children fail to consume their quota.

So the Food Standards Agency, financed by the taxpayer to the tune of millions of pounds, ends up replacing one set of unwarranted concerns with another. Five years ago it was perilous to eat unwashed apples and pears - now it is compulsory.



All our 5 vegan alternatives to milk i.e. 3 soya and 2 pea protein (called WHIT-SUN) are fortified with the essential vitamins B2, B12 and D2.

Sold exclusively in health/wholefood stores.

For literature on range of vegan products, with a published medical research paper on virtues of pea protein, s.a.e. please to Plamil Foods, Folkstone, Kent, CT19 6PQ.

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.

COPING

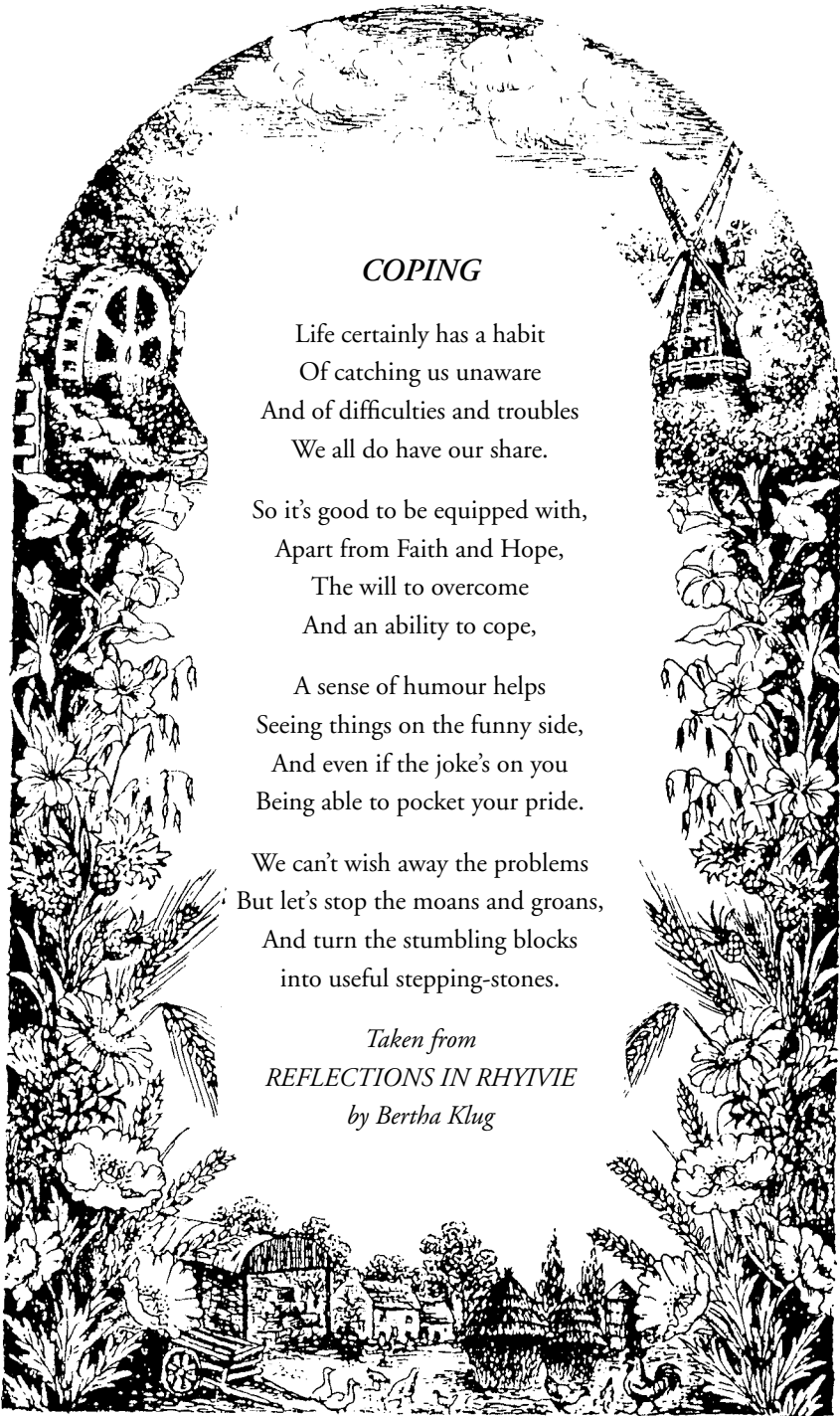
Life certainly has a habit
 Of catching us unaware
 And of difficulties and troubles
 We all do have our share.

So it's good to be equipped with,
 Apart from Faith and Hope,
 The will to overcome
 And an ability to cope,

A sense of humour helps
 Seeing things on the funny side,
 And even if the joke's on you
 Being able to pocket your pride.

We can't wish away the problems
 But let's stop the moans and groans,
 And turn the stumbling blocks
 into useful stepping-stones.

*Taken from
 REFLECTIONS IN RHYMIE
 by Bertha Klug*



ANIMAL RIGHTS

Dehorning without anaesthesia is banned in Israel. A directive by the veterinary service also prohibits Tail-Docking in cows. Disturbing video footage of animal abuse in the milk industry has been stirring Israeli public opinion recently, and has already resulted in a ban on a painful agricultural procedure, prevalent in the milk industry in Israel.

THE PICTURES: BLOOD AND FIRE

The video was shot by a group of Jerusalem activists of Anonymous for Animal Rights. It showed branding and dehorning of young cows, reared for milking in Kibbutz Gat. The heifers were violently restrained between metal bars. Then, their heads were stretched forcefully to the side, using a nose-ring. The heifers' backs were shaved, and the worker clutched metal numbers, taken from a container filled with liquid nitrogen, to the exposed skin. The footages show the heifers struggle desperately to escape the obvious pain of the burn. After having gone through this trauma the heifers were dehorned. Dehorning was done by huge cutter, with no anaesthesia or analgesia, and with no veterinarian around. Blood burst from the wounds left after the horns were cut. This was treated by naked fire. Some heifers were struggling but they had no chance to run away. Others were screaming in pain but got no empathy from the workers, who only strengthened their hold, and stretched the nose-ring more. A picture that cannot be forgotten is a tear running down from a heifer's eye.

THE GOVERNMENTAL GUIDANCE

The footage was shown on national TV last January. The next morning, responding to the public outcry, the Director of the Veterinary Service guided all cow breeders that dehorning and debudding after the age of 10 days should only be done under anaesthesia, and should only be performed by a veterinarian. However, the Director recommends debudding with a salve containing caustic soda, in the first 10 days after birth, which causes the heifers pain and distress. The Director also prohibited tail-docking other than for necessary individual medical reason. The guidance continued to the issue of branding, which is permitted, provided that it is done by a capable person and with the outmost effort to prevent unnecessary pain, suffering and stress. The Director stresses, that failing to obey these guidelines would be considered as a violation of the

Animal Protection Act.

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.**

ANIMAL RIGHTS

OTHER RESPONSES

Meanwhile the Israeli police launched an investigation into the offences documented in Kibbutz Gat. Anonymous for Animal Rights and another organization Let the Animals Live as well as MP Yossi Sarid, filed criminal complaints. The Ministry of Environment promised to make all efforts to bring those responsible for the documented dehorning to court. The Minister of Agriculture denounced the exposed procedure. The issue was also the subject of a special meeting of the Economic Committee of the Parliament. Representatives of the two major dairy products companies in Israel were also invited to the meeting. They were seen holding fliers distributed by Anonymous for Animal Rights in Tel-Aviv titled "there is blood in my milk".

THE LEGAL SITUATION IN OTHER COUNTRIES

Few countries have specific rules regarding dehorning of cows. In Switzerland, for example, dehorning and debudding require anaesthesia, except for debudding of calves under 2 months old. In Germany, anaesthesia is required unless the animals are under 6 weeks old. In Norway, only a veterinarian may perform surgical operation when animal suffering is expected, and anaesthesia is generally required when great pain may be inflicted. Dehorning is generally prohibited, but exceptions may be granted. A report of the Scientific Veterinary Committee of the European Union stated in 1995 that: If dehorning is carried out, adequate anaesthesia and analgesia should be used and it should be undertaken using a heated disbudding iron at 1 to 3 weeks of age. The heated disbudding iron is preferred as the use of caustic potash as a cauterisation agent can continue to produce pain after the operation is completed.

For pictures of the Dehorning exposure and additional information please contact campaign coordinator Naama Harel at naamah@post.tau.ac.il

BEQUEST TO THE SOCIETY

Ensures its Future Activities.

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

855 Finchley Road, London NW11 8LX.

Tel: 020 8455 0692

ESPERANTO

By BRIAN BURNETT

A great way to spread vegetarianism around the world is to have a pen friend! In any part of the world you will be able to spread the message. I've had pen friends in Africa, Poland, Russia and Hungary. Don't worry if you can't speak the language very well, you can enclose the Esperanto leaflet.

Esperanto is an international language founded by a man called Zamenhoff. Born in Poland during the winter of 1859, the country at that time was largely ruled by Russia. He started showing talent for languages from early childhood. He could speak at least three - Polish, Russian and Yiddish - all of which were spoken around him. But not everyone could speak them and he witnessed a lot of brawling out on the streets due to the misunderstandings. When he tried to resolve it he would be jeered at, chased away and even sometimes considered a street fighter himself. When he was a school he learned about the Tower of Babylon and it upset him dreadfully. For one thing, he felt that people were made to be discriminated against on account of what they spoke. Although he felt that they should be free to speak their own language or dialect he also felt there should be one they could all understand. These days with languages dying so much I think Esperantists feel more than ever languages should be kept alive. If there is one reason for having an international, it is once you know it it's so much easier to learn another one. On top of this, politicians at European meetings have put so much time in arguing as to which one should be spoken. The Germans say it should be German, the French say it should be French, the Spanish, Spanish, and so it goes on. Even if they don't agree at the moment it is currently English that is regarded as the international language. However it is one of the hardest languages of all. The discussion of which language should be spoken has caused a lot of discontent and maybe even contribute towards war. For example, the Dutch settlers in South Africa felt resentful that it was mainly English that was spoken.

Zamenhoff started to make up Esperanto when he was still only a teenager. It reminds me of what happened in Italy. They looked at all dialects together and then took time deciding what could be considered "Italian" and also what you could use as a dialect. Zamenhoff made certain that the grammar was as easy as possible, but as far as the vocabulary was concerned he'd done the same thing. He wanted to make a career out of it but his father wanted him to be a doctor of medicine. So this was the career he followed for the rest of his life. Still a teenager when he went away to study, he left the manuscript with his father to look after. As a family of Jews, his father started becoming afraid as the Russians were becoming very anti-semitic. He feared that if found, they would say it was some sort of code. He didn't dare risk it so he destroyed the manuscript. Zamenhoff was very upset when

ESPERANTO

he came back from university, yet it didn't take him all that long to write it all again. He had remembered everything. To begin with people didn't agree with him much but as time went by they did and by 1917, when he died, he'd had achieved a fair amount of success.

Then during the war Hitler made Esperanto illegal and there was a death sentence for it. It is written in "Mein Kampf" that it was a "Jewish plot to rule the world." Nothing could be further than this. Esperantists are peace loving people and the idea of it is to keep peace and justice everywhere. It's a good way of meeting people and they're more likely to be vegetarians.

Wedgewood College in Barlastone, Stoke on Trent, where they do residential and day courses on it, is a sweet little village very near the country. It is a big old fashioned house within spacious grounds featuring an abundance of trees and a bungalow at the bottom of the garden. In fact I call it "the house in the woods." We did lodge there for one weekend with our dogs. A place which kids would especially love. The railway station was just at the bottom of the garden.

LIFE MEMBERS

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

UK Life Membership
£150

Israel Life Membership
\$250

American Life Membership
\$250

or 5 annual payments of
£35 (\$60)

RED WINE MOLECULE RESEARCH

RED WINE MOLECULE WHICH PROTECTS AGAINST CANCER

RED WINE contains a natural product that can help in the fight against cancer, according to research carried out at De Montfort University in Leicester. In a study headed up by Professor Gerry Potter, researchers found that red wine contains a molecule which is converted in the body into a known anti-cancer agent, and that it can selectively target and destroy cancer cells.

The molecule called resveratrol is also present in grapes, mulberries, peanuts and beansprouts.

The study, which was published in the British Journal of Cancer, is the first time that scientists have gained insight into the underlying molecule's anti-cancer properties.

Professor Gerry Potter said "We suspected this red wine derivative may be beneficial for health and have cancer preventative properties, but this research shows just how it can prevent tumours developing by producing these anti-cancer molecules within the cancer cells themselves."

The research, which took place in the School of Pharmacy, found that resveratrol, is processed by an enzyme found in a wide variety of different types of tumours.

Because this process takes place inside the tumour itself, the toxicity is limited to the cancer cells and serves to selectively destroy them.

Before this research scientists previously believed that this enzyme was among the causes of cancer, because it is only found in tumours and not in healthy tissue and they now believe it's there to fight it instead.

The De Montfort University team, headed up by Professor Potter, hit the headlines last year with their groundbreaking cancer research which has included developments of potential drug treatments. Now the research team will continue their efforts by looking at ways to help the molecule and enzyme carry out their cancer-destroying work. It may prove, for example, that giving patients red wine derivatives might be an effective anti-cancer treatment.

Professor Potter added "Since resveratrol is a defensive molecule against fungus in grapes it is found in lower concentrations in wines where fungicides are used, but in higher amounts where traditional viticulture techniques are used. So it's a good excuse to splash out on a nice French drop."

RED WINE MOLECULE RESEARCH

Professor Gordon McVie, Joint Director General for Cancer Research UK says "This is good news, and not just for red wine drinkers. The discovery that this enzyme creates an anti-cancer agent within a tumour has important implications for cancer research."

Sir Paul Nurse, Joint Director General of Cancer Research UK says: "Specifically targeting cancer cells in order to destroy them is an important area to be looking into and we are very encouraged with the results of this study."

For media enquiries please contact De Montfort University Press and Public Relations office press office on 0116 257 7021 or 0116 257 7351.

Notes to editors.

The De Montfort University team is also looking into the beneficial effects of brassica family vegetables (e.g. broccoli, cabbage etc.) as they contain a molecule that activates the enzyme in question.



This is the Universal Symbol for Vegetarianism.

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

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

NOTICE

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

VEGAN STORIES

VEGAN STORIES

A new book called *Vegan Stories*, published by the Vegan Society, was launched in Edinburgh at the 35th World Vegetarian Congress in Edinburgh in July 2002. The book - a collection of over 80 stories and poems by vegans around the world - was the inspiration of JVS member, Julie Rosenfield. Julie takes up the story

It is often said that we all have a book inside us. Well it's certainly true that each of us has our own unique story to tell. In particular, anyone who has been a vegan for any length of time soon learns to become a master storyteller. Questions from other people swiftly set the scene for the story: "Why are you a vegan?", "What do you eat?", "What do you do about dining out?", "What happens when you go on holiday?", and "Where do you get your calcium?" are just some of the many often repeated themes.

Happily, with the growing spread of veganism around the world, there are many books and websites devoted to the practical aspects of the vegan lifestyle such as vegan recipes, restaurant locations and the related areas of animal welfare and health issues. Books can tell us all we need to know on the what, how, where, when and why of veganism. But two questions, which until now have received less attention in books than they deserve, are: "Who is a vegan?" and "What is it like being a vegan?"

In order to track down some of the many vegans around the world and find out their stories, I posted appeals on the internet and in vegan publications, and distributed many leaflets calling for stories during Vegan and Vegetarian Festivals in London, England and Toronto, Canada. The resulting response was both huge and gratifying. Stories and poems came pouring in from people all over the world, from vegans aged 2 and 92, all eager to donate their personal life stories and experiences.

The result is *Vegan Stories*: a collection of stories and poems from vegans from 2-92, drawn from the five continents, on topics covering health and fitness, travel, dining out, animals, raw food, biographies, romance and much, much more.

"Read them and find out why the butcher's son went vegan; why Lucky the chick did not live up to his name; what the vegan hospital patient was given for dinner and how two very special ladies fought cancer and won major fitness championships by going vegan.," said Benjamin Zephaniah, vegan poet and contributor.

Here are a couple of extracts that will be of particular interest to readers of

VEGAN STORIES

The Jewish Vegetarian:

THE SPEAKER

A long time ago, back in 1985, I went to St Albans in Hertfordshire to visit my friend. That night, she was going to her community centre for a Ladies Guild meeting.

The speaker was the late Mr Philip Pick of the International Jewish Vegetarian Society. He spoke quietly and with such tremendous sincerity about the shameful treatment of animals in the farming industry and the detrimental health consequences of eating meat that the effect of his talk was to have long-lasting and profound ramifications for many in that room long into the future.

The poor hostess had unwittingly put on a spread of non-vegan cakes and dips - the tables remained untouched, the food uneaten. Nobody wanted to put cruelty and suffering into their mouths. So much for all her hard work.

However, this was a springboard for many of the ladies then. Some went organic, others, like my friend went vegetarian and organic, but I went overnight from carnivore to vegan!

My stomach is much happier now. I no longer have any heartburn, indigestion or that awful heavy tiredness I used to have after a meat meal. And I've made lots of new friends through the London Vegans group. That one night really changed my life!

Debbie Green. London, England.

SAM

At the Passover seder, it is customary for the children to ask "The Four Questions". When it was time for Sam, our two-year-old to talk, he started by asking the traditional question: "Why is this night different?" He did it well. But then, he went on to ask each person at the table, "Do you eat animals? Do you eat animals?"

It wasn't part of the script or the rehearsal but he wouldn't stop. But everyone knew he was normal when he asked for the chocolate-covered matzoh cracker!

And talking of crackers ... we publish Vegetarian Journal, which is a vegan magazine. We mentioned a vegan animal cracker (in the shape of animals), which we thought was great for the kids, and we like to support vegan companies. One subscriber sent us a note that she loved our magazine, but was cancelling her subscription since we were promoting the eating of

VEGAN STORIES

animals. Our editor said, "It's a good thing she didn't see the next issue - we have a recipe for a gingerbread man!"

Charles Stahler, The Vegetarian Resource Group, Baltimore, Maryland, USA
www.vrg.org.

"Storytelling is part of every culture", said Julie Rosenfield, who collected and edited the stories. "This volume gives a voice to vegans everywhere. I hope that people will share my delight in reading these wonderful stories of compassion, courage, humour and determination by exceptional individuals whose stories will inspire, amuse and entertain vegans and non-vegans alike."

"Vegan Stories" edited by Julie H. Rosenfield, ISBN 0-907-33724-4, published by the Vegan Society for £7.99 plus postage and packing. Available from JVS or from The Vegan Society, 7 Battle Road, St Leonards on Sea, East Sussex, TN37 7AA, UK. Tel 01424 427393. Fax 01424 717064. E-mail: info@vegansociety.com. Website: www.vegansociety.com

BOOK REVIEW



'THE LOW-FAT INDIAN VEGETARIAN COOKBOOK'

BY MRIDULA BALJEKAR

India has a great tradition of vegetarian cooking so there is no shortage of delicious meat-free dishes. Naturally low in saturated fats, and with maximum use of fresh ingredients, Indian cooking is the natural healthy option.

THE LOW-FAT VEGETARIAN COOKBOOK is a substantial and comprehensive illustrated guide to Indian vegetarian cooking. The recipes, both traditional and modern, have been specially modified to be super low in fat.

With recipes to fit every occasion, there is something for everyone.

Mridula Baljekar is a popular broadcaster and restaurateur. Her restaurant 'The Spice Route' in Windsor has attracted excellent reviews.

Published by Thorsons, Price £12.99 plus P&P. Available from JVS.

BOOK REVIEW



THE JOY OF VEGAN COOKERY

BY AMANDA GRANT

This new book by Amanda Grant contains over 100 mouth-watering dishes that are both inspiring and appetising. The recipes use a host of exciting ingredients including a variety of vegetables, grains, pulses and herbs and spices to create meals that will satisfy both your hunger and your need for a balanced, healthy diet.

They are delicious, exciting, easy, healthy and totally vegan! The introduction to the book contains three separate sections, (1) Why Vegan? (2) The Vegan Diet and Nutrition and (3) Essential Ingredients.

The book provides a vast range of dishes, including starters, soups, main courses, desserts and even gives invaluable menu planners and advice on essential supplies for the vegan store cupboard.

Among the variety of recipes is Vegetables in a Crispy Chick-Pea Batter, Warm Tomato and Aubergine Stacks, Thai Vegetables in Fresh Herb Bread, Potato Cakes with Peach and Lemon Grass Chutney, Pecan and Butternut Squash Tart just to mention a few of the tantalising dishes.

Published by John Blake Publishing Ltd. Paperback. Price £8.99 plus P&P £1.00. Available from JVS and Health Food Shops.

VEGETARIAN MEALS FOR PEOPLE ON-THE-GO

BY VIMALA RODGERS

This book is designed for busy people who have little time to spend in the kitchen, and contains 101 recipes. The recipes are delicious, versatile and above all, quick and easy to prepare. This is Vimala's personal invitation to you to create outstanding meals that will please the palate ... and bring you rave reviews!

There is a lovely quote at the beginning of the book "Nothing will benefit human health and increase the chances for survival on earth as much as the evolution of a vegetarian diet." Albert Einstein.

The book is beautifully illustrated with lovely colour pictures and the recipes are easy to follow. I would highly recommend this book for your own kitchen



BOOK REVIEW

bookshelf or as a special gift when visiting a special friend.

This is an American book, published by Airlift Book Company, Hardback, Price £9.99 plus P&P f,2.00. Available from JVS.

WE HAVE BEEN ADVISED OF TWO NEW VEGAN COOKERY BOOKS BY LINDA MAJZLIK

1. A VEGAN TASTE OF INDIA

From snacks and starters, dhals and soups to breads and rice dishes, from salads and raitas to chutneys, desserts and drinks, the 120 recipes in this book remain true to the authentic flavours of India, but avoid animal ingredients.

Indian cuisine is very flexible and there are numerous ways of presenting a meal. Traditionally, a spicy appetiser or snack is served, followed by two or three spiced dishes, a dhal, and bread or a rice dish. These dishes are placed in the centre of the table for guests to help themselves to.

When entertaining, Indian-style meals are an ideal choice as many spiced dishes actually benefit from being prepared in advance, to allow the flavours to develop. They can simply be reheated before serving.

Although three-quarters of India's vast population is believed to be vegetarian they do rely heavily on dairy products. However, by using vegan substitutes fore these it is possible to enjoy a truly authentic taste of India.

2. A VEGAN TASTE OF MEXICO

Soups, dips and snacks, authentic sauces, salsas and rice dishes, recipes for main course and vegetable side dishes, together with salads, desserts, cakes and cookies these 130 recipes remain true to the tasty culinary traditions of Mexico, but avoid animal ingredients.

The Mexican style of cooking can be very frugal and nothing is ever wasted. Stale tortillas find their way into soups and casseroles and left over beans and vegetables will be wrapped in tortillas and eaten at other meals. With its emphasis on fresh fruit, vegetables, grains, beans, lentils, nuts and seeds, this vibrant and nutritious cuisine is one which should appeal greatly to vegans.

Both books are published by Jon Carpenter, Alder House, Market Street, Charlbury, OX7 3PQ. Price £5.99. post & packing is free.

BOOK REVIEW

THE CLASSIC 1,000 VEGETARIAN RECIPES

BY CAROLYN HUMPHRIES

This new book as its title suggest, has more than enough dishes to choose from. The ultimate source book for vegetarians absolutely stuffed full of goodies that will suit any mood, circumstance or occasion. Hundreds of exciting new concepts and combinations to turn your everyday eating into something really special!

Entertaining vegetarians and meat-eaters at the same table is a challenge to the best of cooks - juggling with two menus to please everyone. One way to make it simple is to create a tempting vegetarian meal with various flavours and textures that will surprise your carnivorous friends.

There is a wonderful range of original vegetable ideas that will open new vistas to anybody who wants exciting, appetising vegetable eating.

There are variations on all of the old favourites, like ratatouille and tabbouleh and, of course the classic nut roasts and veggie burgers.

Every occasion is catered for, whether you're looking for a quick snack or preparing a gourmet meal for guests.

Published by Foulsham, Price £6.99. plus P&P £2.00.
Available from JVS.

NEW FOOD FOR THOUGHT

BY JANE NORAIKA

New Food for Thought is a cosmopolitan blend of over 200 recipes from London's oldest vegetarian restaurant Food for Thought in Covent Garden. It has stood in the heart of London's Covent Garden for nearly 30 years, and has maintained a reputation of innovative and delicious vegetarian food, within a friendly and family-run atmosphere. The basic formula has not changed in those three decades - but as people are becoming more and more concerned about what they eat, the food at this quirky little place as evolved and is a representation of today's current eating trends.

Jane Noraika first published Food for Thought in 1994, it offered over 150 of the most popular recipes served in the restaurant. The paperback has been fully revised and updated to reflect the changes in the restaurants menu, with over 200 recipes at under £10.

BOOK REVIEW

Each chapter includes brand new dishes, the existing popular specials, offering mouth-watering recipes for occasion dining, quick stir fries to gourmet meals, sumptuous cakes and desserts to vegan and wheat-free dishes. *New Food for Thought* draws on vegetarian cooking from all over the globe using fresh ingredients, all easily available from local supermarkets. The book will appeal to all levels of cooks and enthusiasts and comes in a really, simple, easy-to-follow format.

Published by Carlton Publishing Group, price £9.99. plus P&P £1.00. Available from JVS.

THE COMPLETE VEGETARIAN COOK BOOK

BY SARAH BROWN

An inspirational cookery book and invaluable reference guide in one.

Explore all the mouth-watering possibilities of meat-free cooking with *The Complete Vegetarian Cookbook*. Highly acclaimed chef, food writer, broadcaster and teacher Sarah Brown has used her 20 years of vegetarian expertise to write this comprehensive guide to vegetarian food. Drawing inspiration from all over the world, the 250 delicious, healthy recipes incorporate a wide range of flavours and ingredients, tantalise even the most reluctant taste-buds!

Packed with masses of practical information on nutrition, ingredients, techniques and equipment, this book adopts a user-friendly and pragmatic approach to cooking. It also includes a guide to entertaining, which offers menu-planning advice together with a timetable of preparation - an invaluable aid for every dinner party.

A comprehensive section provides information on over 350 ingredients; discover what goes well with tarragon or tofu, or what to combine with celeriac or mushrooms to bring out the best flavour. The intention here is to instruct and inspire, so cooks of all levels will have the confidence to work their own magic in the kitchen.

Whether you are thinking about becoming vegetarian, have been vegetarian for years, or simply enjoy meat-free meals, here is a book you will turn to again and again for inspiration and information. It would make a welcome gift as well as being quite at home on the kitchen bookshelf.

Beautifully illustrated, this hardback book is published by Reader's Digest Association Ltd. Price £24.99.

BOOK REVIEW

GREAT HEALTHY FOOD FOR VEGETARIAN KIDS

BY NICOLA GRAIMES

Quick, delicious recipes to satisfy your vegetarian child at all ages or a 'picky eater' who won't eat any vegetables.

There are dozens of good vegetarian cookbooks for adults but despite the huge demand, almost none for children. Whether you are vegetarian yourself, or your child has decided to give up meat, this book will provide you with lots of ideas for food that your child will really want to eat, along with nutritional guidelines to ensure that your child is getting everything he or she needs for healthy growth. The number of parents and children eating a vegetarian diet is growing and with the increasing number of food health scares, this market will continue to develop.

Nicola Graimes is a vegetarian and a new parent who practices what she writes. This book shows that it is possible to provide a good, balanced diet for children, without spending hours in the kitchen. Striking full-colour photographs, cute kids and an attractive layout make Great Healthy Food for Vegetarian Kids an inspiration,

All the recipes are easy to prepare, and many can be made with the assistance from children. Each recipe is shown with nutritional information, and suitable for children of all ages, from babies upward - with guidelines for when to introduce certain foods and which foods to avoid.

Published by Carroll & Brown Publishers, Price £12.99. plus £2 P&P
Approved by The Vegetarian Society and available from J.V.S.

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.

Jewish Male Vegetarian Pacifist, 55, 5'9" 140lbs. Lover of the outdoors, nature and animals in search of a female 35-45 who has a kind heart and gentle soul for love, marriage and children. Young children accepted.

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To: The Jewish Vegetarian, 853/855 Finchley Road, London NW11 8LX, England.

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