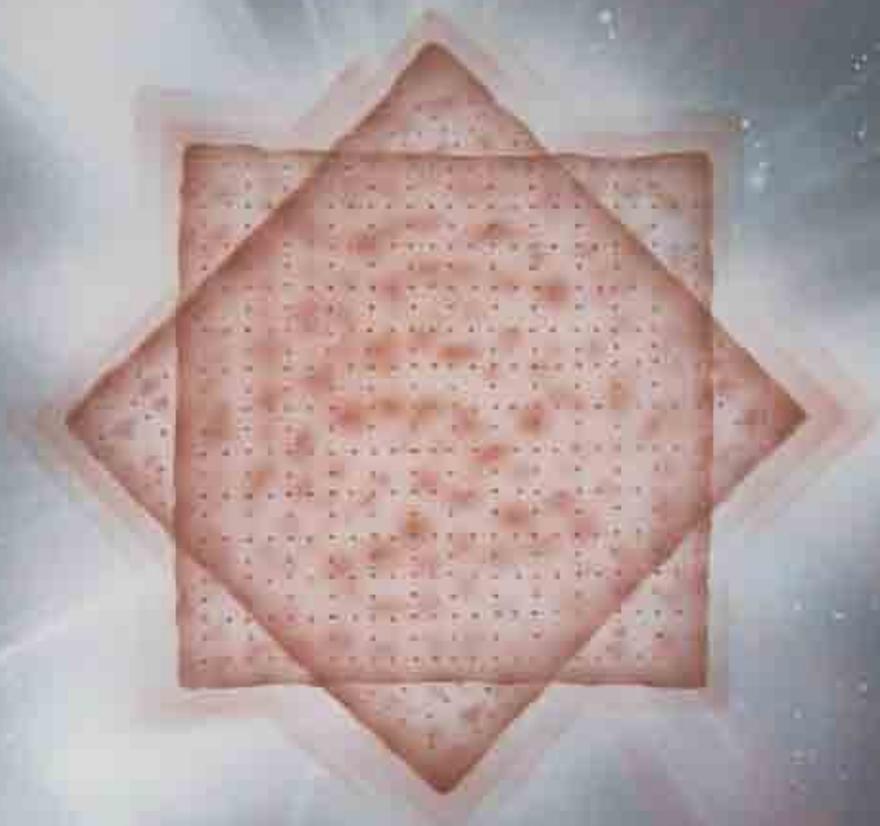


The Jewish Vegetarian



© Front Cover designed by JVS Member David Broadwood

No. 144 March 2003 Adar 5763 £1.50 Quarterly

לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

The Official Journal of the Jewish Vegetarian and Ecological Society
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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)

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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) _____

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

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

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AN INVITATION TO ATTEND
THE INTERNATIONAL
JEWISH VEGETARIAN SOCIETY'S 38TH
ANNUAL GENERAL MEETING

GUEST SPEAKER: JOSEPH GOODMAN
(Past Chairman: IJVS)

'For the past three years Joseph Goodman has served as President of the British Naturopathic Association. Joe also serves as the President Emeritus of the British Acupuncture Council; and Chairman of the International Cranial Association. Recently, Joe has been elected to sit on the Board of Trustees of the new Tyringham Foundation... and will be very pleased to answer any questions you may have.'

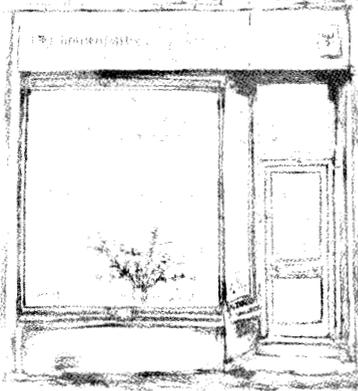
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SOCIETY NEWS

GREETINGS FROM ORR SHALOM, ISRAEL – HAIM FEINGOLD

Greetings to all of Orr Shalom's friends in Israel and around the world.

Many of you have been asking me tough questions lately on the events in the country. Some of you even add gentle, but increasingly clear, expressions of discontent with the behaviour of Israel's leaders and influential figures.

It is hard for me to answer you without entering into the intricacies of local politics, but even if I talk politics – I do not have good answers. I cannot explain why the State of Israel's political, military and diplomatic behaviour is so askew.

And it is even stranger that in the election campaign there was almost no serious reference to the deteriorating economic situation and the social situation.

The economic crisis is deepening.

Social polarization is worsening.

And almost no one addressed this in the election campaign.

As though a people's fortitude depends only on weapons or the power that they should or should not direct towards their enemies and foes.

(Just a few hours ago, the Ministry of Welfare informed us that due to a sharp decrease in the tax collection they will only transfer 80% of their monthly payments to social services like us. And this is only a week after the elections...)

And it is not only for you, my friends, that I have no answers. When my son Daniel joined the army, I was very frustrated. When I was a soldier (in fact strangely enough, I am a soldier to this day), and went time after time to terrible wars, I dreamed that my son would not have to do so. That he would get through his military service peacefully.

And not only is there no peace for Daniel and his soldier friends, but in a month he will be released into a reality of deep recession and unemployment.

Not only is the present difficult, but the future also seems murky and unclear.

And if it is difficult for Daniel, despite having the firm backing of a home and loving family, how will Michal feel, for whom Orr Shalom has been her only home since the age of eight, and is also presently finishing her military service?

SOCIETY NEWS

And in the State of Israel's highly complex reality, our life in Orr Shalom becomes even more complex. On one hand, unemployment and need trouble Israeli society more than ever before (besides, perhaps, in the early years of the state). More and more families drop beneath the poverty line, reduced to distress and need (over a million people in Israel currently live beneath the poverty line, according to updated figures from the Central Bureau of Statistics). On the other hand, the state and the welfare authorities do not have money to fund the increased number of children who cannot live with their biological parents any more, and need a family group home or another kind of residential facility. The welfare services barely succeed in preserving what already exists.

And we should bear in mind: Hunger is not just for food. Education has been hit hard, budgets for culture are gradually shrinking, and more than ever, people are losing their homes It is difficult.

Besides, the traumas that we have all undergone over the past two years surrounding the Intifada, do not just require ambulances, operating rooms and trauma wards, such as the ones that many emergency appeals fund. These do exist. What we lack is whatever will grant society as a whole the social, economic and psychological endurance to cope until victory.

It is you, our friends and supporters from around the world, who understand this and extend a shoulder in these difficult times as well... a shoulder that we could not manage without.

And we are here, in the midst of our people, and not indifferent to the difficulties of the hour. We are trying to cope with them on several fronts:

First of all, we are counting the money over and over, calculating and recalculating every expense. We finished the previous fiscal year (2002) without any debt or deficit!! In Israel's present economic reality, this is nearly a miracle, and a necessary condition for survival. In order to succeed in this task, we have recruited finance personnel and a manager into our executive committee, to help and supervise. On the other hand, we are not closing our eyes to the distress. Today as well, we are attentive to the needs of the communities in which we operate. Cautiously and with much thought, we continue to develop new frameworks for children in need. Slowly and cautiously with an attentive and loving heart to the distress and needs of children. We cannot shut ourselves away in our bubble, only looking after our children, and not hearing the distress of the surroundings.

SOCIETY NEWS

In addition, we are increasingly engaged in counselling, guidance and instruction for other therapeutic and social programs. We try to share the knowledge and experience we have gained with other organizations. This is true in the professional sphere, in treatment of children, youth and their parents, and also in the sphere of the organization's business management. It is surprising and flattering to hear non-profit associations, residential facilities and even foundations approaching us to learn from the experience we have accumulated, to consult with our employees, to receive guidance or to participate in an educational seminar or a study day. We believe that everything we know, all the experience we have gained through much work and effort, belongs to everyone, and everyone is welcome to learn from it.

The future of Israeli society is not self-evident. Only fortitude and honesty will bring us to safe shores. And I allow myself to promise, with all due modesty, that with your help – the Orr Shalom association will continue to stand at the forefront of the battle for justice and social fortitude in Israeli society.

And you, my friends, are in fact our partners. Without your love and support, we would not have achieved the things that we achieved, and would not be able to look forward to the uncertain future with hope and confidence.

Thank you, each of you individually and all of you together, wherever you are. Ilan Ramon, the first Israeli astronaut who died just a few days ago when the Columbia failed to return safely said one morning when he woke up high above us that Israel and the whole world looks so small and simple from so far above. I know that if people with warm hearts like yours had a bigger saying in life the whole world would be a nicer and simpler place. I hope to see you soon in a visit to one of our homes and programs, and at our shared joyous occasions. Until then Shalom.

NEW LIFE MEMBER

We are very pleased to welcome Mrs Marilyn Scott of Scotland as a new life member to our Society and we are hoping that she will send us some information about herself for the next issue of the magazine.

SOCIETY NEWS

NEW LIFE MEMBERS

NORTON & TERRY WHEELER, KS U.S.A.

We would like to welcome Norton & Terry as Life Members to our Society, they write as follows :-

Dear Ms Labelda,

Please excuse our long delay (2½ years!) in responding to your request for photo and personal information (not to mention bringing our life membership pledge up to date). We are enclosing a photo, the unique characteristics of which the following brief autobiographical narrative explains:



Norton & Terry Wheeler

Norty has been a vegetarian for over twenty years, originally seeking health benefits but later feeling more spiritually centred. Terry became a vegetarian about fifteen years ago, not too long after our marriage – partly to simplify cooking, partly to make it easier to keep a kosher kitchen. Through the years, we have both come to share the usual motivations for maintaining the veggie lifestyle – physical health, spiritual health, environmentalism, kashrut – and increased opportunities to cook exciting meals!

Terry has been a criminal defence attorney, a journalist, and now works in medical research project management. Norty is in transition from the corporate world to academia (MA down, PhD to go), studying US-China relations. Three children (from previous marriages) are grown and on their own – meat eaters one and all. Terry enjoys tending her shade garden, Norty riding his bicycle. Next year we are off to China for three years on a business assignment. Maybe we can link up with other Jewish vegetarians there.

With Best Wishes,

Norty & Terry Wheeler

E-Mail: now@ku.edu/twheeler17@aol.com

TURNING WORDS INTO DEEDS

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

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

£15 Mr. G.G.I., London. £10 R.J.V.S. Newbury Park, Essex,
£10 Mr. J.S. Kenton, Middlesex, £10 Mr. W.W. Paignton, Devon,
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The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at POB 1837, 20 Hatzav Street, Mevasseret-Zion 90805, Israel. Tel: 972 2 5337059 (Please note new address) Visitors are always welcome.

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

DONATIONS RECEIVED:

£5 Mrs R.B. Ilford., £15 Mr W.C. Bushey Heath, Herts.,
\$10 Mr J.G. IL. USA., \$13 The R. Family, London W5.

TYRINGHAM

TYRINGHAM – THE FOUNDATION OF GOOD HEALTH

By Dr P G Atherton

The French gourmand, Brillat Savarin is often misquoted as having said “You are what you eat”, when in fact what he said was “Tell me what you eat and I will tell you who you are”, – more a social comment of the day.



Dr P G Atherton

However, it is the misquotation that is the truism; which, together with modern computer speak, that “If you put rubbish in you get rubbish out”, sums up the body’s response to the food it is offered. For food does not only provide the raw materials to build and repair the body’s structure, it is also its medicine. A fact well known to Hippocrates, but rather overlooked by today’s medical profession – How many medical students ever had lectures in nutrition?

The organic farming movement is growing rapidly, which from the point of view of taste, is certainly to be encouraged, but I personally would much rather eat non-organically grown fresh food than organic food that has been chilled, stored and then spent several days on the shelves at Tesco’s (sold as fresh of course). Fruit and vegetables in particular need to be eaten within a few days (preferably a few hours) of harvesting in order to get the best out of them, before the natural degradation process starts to take place, thereby losing the potency of the vitamins, minerals and trace elements, so vital to the wellbeing of our enzyme systems and our subsequent health.

Several authorities feel that the rise in cancer rates is due to increased exposure to the harmful free radicals emanating from the many forms of pollution that affect us, combined with our inability to then fight them. Free radicals cause the very destructive oxidative damage comparable with the effect seen when metal is exposed to the elements and turns to rust. In order to combat the threat we need to be armed with anti-oxidants, not only using our naturally occurring antioxidant enzymes but also those antioxidants ingested in our food, ie. the vitamins A, C & E, minerals such as Selenium and Zinc and the bioflavonoids. Take just one example; cancer of the prostate in males. Its incidence is now fast approaching that of cancer of the breast in women and there is strong evidence that a major factor may simply be Selenium deficiency, for Selenium is the most powerful mineral antioxidant, often lacking in food because it is not present in sufficient quantities in our soils.

TYRINGHAM

The belief in the fundamental importance of our diet and the notion that within every human being is an innate powerful force (*vis medicatrix naturae*) that is capable of healing the body, forms the basis of the multi-disciplinary approach to healthcare called Naturopathy, of which Tyingham was the leading residential Naturopathic clinic in the UK and probably Europe. At Tyingham, the naturopathic medicine was based on its four main principles:

- Recognising the inherent healing potential of the body.
- Identifying and treating the causes of illnesses and not just treating the symptoms.
- Recognising the individuality of each patient.
- Applying treatments that were non-toxic and in harmony with the constructive forces of nature.

The emphasis of its treatment was on clinical dietetics, fasting, applied nutrition, physical therapy, hydrotherapy, rest and exercise, whilst also paying attention to the needs of the psyche to produce a healthy mind in a healthy body.

Naturopathy, whilst being one of the six major primary care disciplines in Complementary and Alternative Medicine (CAM) is an eclectic discipline employing a range of therapies from the other disciplines such as acupuncture, homeopathy, osteopathy, massage, yoga and medical herbalism. All of them have been used at Tyingham at some time since its founding in 1967. Tyingham was set up as a charity by a far-sighted Naturopath, Sidney Rose-Neil, under the patronage of Sir Maurice Laing, who endowed the original clinic at Tyingham Hall, near Newport Pagnell. It prospered over the years eventually providing 83 beds for in-patients, together with day-patients and out-patients.

When I became director of the Clinic in 1998, Tyingham had a very loyal patient base of some 5,000 souls, many of whom visited every year, spending usually a week at the Clinic, but many patients returned two or three times a year to reinforce their commitment to its ethos.

The success of the Clinic was borne out by Tyingham's staggering 87% overall return rate. It is important to understand that you don't have to be ill to benefit from Naturopathy, given that it is mainly a preventative system of healthcare based on the philosophy of "wellness" rather than "illness".

TYRINGHAM

The Clinic was and will remain strictly vegetarian and in addition, alcohol, tannin and caffeine were not permitted in any form in order to enhance the rate of detoxification which each patient experienced during their stay. Tyringham's unique system thus provided detoxification followed by nutrification.

Approximately 60% of all patients were quite well and determined to stay well living by naturopathic principles, whereas 40% had specific problems which they came to address.

It is the quality of life that has to be important and, therefore, I believe that it will be "healthspan" that is regarded more than "lifespan" in the future, ie. putting more life into years than years into life.

The Clinic has always been extremely popular amongst the Jewish community, both from the UK and abroad, attracting patients from Israel and the USA. They always felt comfortable in the knowledge that the type and preparation of the food served, in no way ever conflicted with religious beliefs and customs. It was particularly popular over the Christmas season when Jewish people made up most of the clientele. At that time I must confess to personally having greatly enjoyed a different brand of humour around the Clinic than that to which I was regularly exposed!!

Regrettably, due to the huge amount of money needed for Tyringham Hall's repair and refurbishment necessary to move the Clinic forward, it had to be sold and the Trustees of the Charity tasked me to find a new home. Over the ensuing months I viewed more than 15 grand houses and estates. Eventually I came across Langley Park House near Slough. It is a gem of a property and as I crossed the threshold and imbued its warm friendly atmosphere, I knew I had found the one. Langley Park House is a truly stunning Grade II listed building, previously the headquarters of British Plasterboard, situated in beautiful and tranquil parkland. If there was ever a perfect spot for such a Clinic, this is it.

It is also in wonderful condition and once we have acquired the necessary change of usage, we will convert these offices into a truly magnificent home for Tyringham. The ethos will remain the same but we will provide improved facilities and equipment, whilst helping the less well off and retired folk through an enlarged 'Needy Patients Fund'.

To carry out this work, the Trustees have embarked on a major capital appeal to raise the necessary funds, which will run to several millions of pounds before

TYRINGHAM

the venture is complete. However, it is our intention to open for business in December 2003, so as to offer some treatments to the many hundreds of patients who desperately need treatment and who have been unable to find any equivalent place to go. But, for this first phase to be commenced, we urgently need to raise £1.5m. To achieve this target we will approach grant-making trusts but equally important is to find routes to philanthropic, wealthy individuals who have an interest in Complementary and Alternative Medicine.

It would be hugely regrettable if this very special, popular, unique and empowering institution were allowed to disappear for lack of funds. Its survival will help point the way towards a dimension of medicine, perhaps forgotten over recent years, that in all things balance is vital, food is medicine and which together with inner peace, creates the foundation of good health.

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MY LIFE IN SALFORD

MY LIFE IN SALFORD

BY NANETTE TOFT

'...with apologies to Geoffrey Palmer and Judi Dench'

When we were married some 40 years ago, my husband and I knew very little about vegetarianism, only that we did not want to be a party to the killing of animals.

It is very strange how quickly ones taste buds change! And knowing very little about any kind of cooking, I would take a recipe book to bed and try new things out – not always very successfully, mind you! Little by little things improved.

Shopping some 48 years ago was a very different matter, we used to shop at the Manchester Vegetarian Shop in Wilmslow Road, which belonged to the Vegetarian Society and was run by a very able gentleman called Mr. Wade. What he didn't know about vegetarian food in those days was really not worth knowing! Not that there was the choice that there is today and, oh yes, life was so much simpler.

One would order by telephone or by letter and it would be delivered by carrier with each item individually wrapped in brown paper and packed in a large cardboard box. If we visited the shop in Wilmslow Road one would enter an amazing sight of sacks, jars and bottles, things were never pre-packed and cereals, pulses and grains were all displayed in sacks for our examination. Large scoops and strong brown paper bags were there for one's use, not the flimsy plastic or cellophane bags of today that are so difficult to open! And there was always somebody available to help with a query.

Occasionally, we would go to a small health food shop in the centre of Manchester run by two ladies who did the serving – one didn't help oneself in those days! Advice was freely given and the customer was usually sent home with little samples of food that were on offer.

Shopping for fruit and vegetables was done at the local greengrocers, and I am sure that the food was more wholesome in those days; pesticides were hardly ever used and GMO food was a thing of the future!! For the ordinary housewife, there were very few exotic fruits and vegetables, peppers usually appeared pickled in bottles, aubergines were something one would eat when abroad, and most fruit was sold in their season. Strawberries, for instance,

MY LIFE IN SALFORD

had a short season of about one month and that was it.

As a school girl, during the 1939 war, if I wanted something sweet to eat, I was given a carrot as sweets and chocolates were rationed. There was a big fruit and vegetable shop just near the school I attended and if one had a halfpenny or sometimes one penny (old money) you could buy a beautiful apple. In September the apples were all English and, even today, the smell of Worcester apples bring those memories back to me.

Now, when one shops at the supermarket, the apples are mostly from abroad and, unfortunately, have little or no taste and the old English apples are fast disappearing.

How things have changed, and not always for the better! These days supermarkets have freezers full of ready made foods 'suitable for vegetarians', organic fruit and vegetables at quite high prices and not always of the best quality. Organic dry goods may also be found there, sometimes all together but mostly one has to look through every section to find what you want. Even the local grocery shops seem to keep one or two varieties of vegetarian foods.

Vegetarianism has really taken on now and people seem to be more aware of what we eat, our friends and family will make the effort to prepare a vegetarian meal for us and, sometimes the whole party will eat the same dish. When the plates are removed there is not much food left on them, which is a good indication of the food being good and tasty.

My husband and I have two grown daughters who are very happy to have been brought up as vegetarians, in fact, one is a vegan and the other is an 'almost' vegan. Life for the four of us is not complicated where food is concerned, we all enjoy simple and tasty food in the knowledge that: what we eat and our lifestyle does not inflict suffering on animals. It is a very good feeling!

We find that people do not look upon our family as strange because we do not eat animals, they somehow respect our beliefs and are always curious to know what we do eat.

Are my husband and I healthier due to our lifestyle and can we still do the same things we used to do some 48 years ago before we were married? Our answer is always the same:

1. When one becomes a vegetarian there is no stamped guarantee card

MY LIFE IN SALFORD

promising good health, we have to look at one's lifestyle, such as exercise, smoking and stress.

2. My husband and I still like walking and often do so and whenever practical the car is left in the garage. The Lake District always beckons us and although walking up in the hills may take a bit longer, we can still both do it and get enjoyment out of it.
3. With regards to eating, I do not spend hours in the kitchen cooking. Friday is the main cooking day when I cook for Shabbat and sometimes there is enough left over for Sunday. I must add that a pressure cooker and steamer (stainless steel) are a great help. I do make my own bread, cakes and challah and am happy to do so. Thanks to a freezer, I can make a large batch of each – using organic ingredients.

Apart from cooking, cleaning, washing and ironing, I attend keep fit and sewing classes and at one time I even went to art classes. I have a cupboard full of paintings and, all I'm waiting for now is to be discovered! (Someday!)

4. Although my husband Philip is now retired, he always seems to be busy either gardening or walking and doing lots of jobs around the house. His greatest interest is reading, mostly books on alternative treatments. He is a Reiki 2 and uses its power mainly to help animals.

Helping animals and animal organisations is another way we both spend our time. We are always getting appeals for help from animal charities and try to assist as many as we can financially.

Since our daughters have grown into young ladies and one being vegan, it is not a problem to adapt my vegetarian meals into vegan ones. Even at Pesach we all eat vegan food. If you put your mind to something and you feel that you want to do it, it is not a problem.

My second daughter has recently found out that she has a temporary wheat intolerance, so whenever I make food for her I have to leave out wheat or wheat products, and can usually get round this by substituting rice or soya flour.

As my late mother used to say "6 girls I should have had!" Ah well, it keeps the little grey cells working. All in all, my life in Salford is quite full and interesting and I am always glad when it is Shabbat – a day of rest!!

PERIPATETIC VEGETARIAN

A PERIPATETIC VEGETARIAN

By JEFF FREEDMAN

Vegetarianism is the central focus, downbeat, sine qua non of my life. It is the ethical, spiritual and intellectual reference point of my existence. Carnivores are always saying things to me like, "Ya, but animals kill each other." "People have eaten meat since the stone age." True and also true.

However, I don't live in the Stone Age and I am also an animal, one who chooses not to eat other animals. Even a cursory look at the history of Homo sapiens makes it abundantly clear there is something about our carnivorous, predatory, acquisitive, species-centric nature that has made us the only animal on Earth threatening its own survival and the survival of most life forms on the planet. This is where millions of years of hunting, killing, confining, taming, domesticating, deracinating and lording over other species have gotten us. Can things get any worse by trying tofu and soy for a few million years? A few of the people who wrote me after reading last month's column told me I sounded rather depressed and lonely; that I seemed to have my act together in terms of diet and the uncompromising choices I've made about vegetarianism and my commitment to non-violence but that these lifestyle choices don't seem to have made me very "happy."

Some said I should be as kind to myself as I am to animals; stop eating myself up over past trauma and loss and injustices and cruelty I can't do anything about. 'Can't argue with that!' What I do have a problem with is the assumption that not eating meat should make one as happy and cheerful in a world such as this. Even many of my vegetarian friends make assumptions about what they consider a baseline happiness in life that we should maintain. They don't seem to understand why this continues to evade me despite my vegan diet and dedication to ahimsa (non-violence). I say to them the same things I say to my carnivore friends who assume there is a baseline amount of meat we should consume.

I don't expect or even aspire to be happy in a life that the Buddha said is basically about suffering. I don't expect to walk around with a happy face when the only constants in life are loss and change. I don't know why I'm the only one who seems to get this. Everyone says they all know they're going to die. Why do so many of the people I know act like the only thing they're sure of is that.... I'm going to die? The people who want me to walk around with a happy face all day, mostly carnivores, seem to think they're going to live forever and are in a constant state of denial about animal suffering,

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human misery and the inevitable demise of us all.

Because I'm not one of 'their number' and what I do know about life and suffering doesn't make me feel like doing headstands in the middle of the street, they assume there is something wrong with me. Something that needs fixing.

Is it any surprise so many of us fall prey to the subterfuge that has most of us believing all G-d's creatures are happy and peaceful and things are basically right with the world? They, the factory farmers, food chains, meat packers and the rest of them go to great lengths to make it appear the animals aren't suffering anymore than we do (which isn't saying much). The way they pack meat in grocery stores and dress up meat displays with smiling pigs and dancing cows, it's painfully obvious they don't want us to know it's a dead animal who suffered a miserable life and terrifying death lying in that freezer. But it isn't just the meat industry that is guilty of this. The scoundrels who run the online college who had commissioned me to write a freelance writing course for them, just cancelled it after 61 pages of work had been approved. They claimed it was because of an accumulation of offensive things I had written which made them question my moral/professional turpitude.

Can you believe that, dear reader? Me? The peace-loving peripatetic vegetarian corrupting the youth of America?! It was upsetting enough to make me order a tall, non-dairy, mocha hemlock at Starbucks the next day. I had had trouble with these people from the start. Early on, they had asked me to wear a collar and tie "professional attire" and smile for the photo that was going to be used with my course. I told them that my professional attire consists of a black T-shirt and jeans and I don't equate smiling with writing. As a concession I told them I'd take an extra dose of Prozac before I posed for my professional picture. They said they appreciated the gesture but things went downhill from there. What they really objected to were a number of things I wrote about the reality of the writing-life, life in general for that matter. The last straw seemed to be when I wanted to tell my students that Monica Lewinski got a huge book advance because she 'used her head' in the oval office of the White House. Like, is that news?

What these people really wanted was a sanitized photo of me and a sanitized treatment of the writing-life. The same way the meat packers want to present a sanitized version of factory farming. Most people don't want to know the truth about life, death, meat, animals and the ruthless jungle of the working world, particularly anything like writing, art, music, theatre, anything that

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deviates from conventional corporate means of control. But the subterfuge is most pernicious and causes the greatest pain and suffering in factory farming and other forms of animal exploitation (zoos, circuses, pet stores, fur and leather industries, etc.)

Factory farms and meat packers want people to believe they are eating a steak, not the corpse of a dead animal; they want the consumer to believe that the tender breaded thing on the plate is “veal,” not the remains of a baby calf who was torn from its mother and spent its brief life confined in darkness: in a wooden crate it couldn’t turn around in. I obviously don’t take any pleasure in reading, writing or thinking about these things or telling anyone about them. Nor do I delight in making people morose or depressed. What you have heard about ‘misery loving’ company isn’t always true. When I’m really miserable I don’t even enjoy my own company. But I’m not going to pretend life is better than it is for me or for any other sentient being. I am certainly not going to pretend I don’t think about the misery millions of animals endure or deny that the awareness of this makes it hard to ‘have a nice day.’

We all do what we can to lessen the suffering and misery in the world. Sometimes it doesn’t take much. My former girlfriend and I were having a miserable holiday season in Los Angeles a couple years ago, so we booked a room in a nice hotel in downtown L.A. for a couple nights. This would have meant our two parrots would have spent Christmas alone in their cages. I hated having them in cages at all and I remedied that situation to the best of my ability when I found homes for them with people who have the time to be with them where they would be free from their cages for most of the day. Cancelling the reservations and taking the birds along the Pacific Coast Highway and down to the ocean where we could all enjoy the sea breeze, sun and fresh air was the only way I knew I would enjoy Christmas. And I knew I wouldn’t have if they were home caged up all day.

I’ve been getting e-mails from a friend of mine in Auckland, New Zealand who is about to embark on a very dangerous mission aboard Captain Paul Watson’s vessel, the Sea Shepherd. They’re going to sail to the arctic to intercept and impede, sink if necessary, Japanese whaling vessels on their way to slaughter some of the most magnificent mammals on Earth.

When I get these letters from my friend Dean who volunteered for duty aboard the Sea Sheppard – no pay, no benefits, certainly no guarantee of safety – I feel honoured to know such people. It seems that what I am doing for ‘the cause’ is inadequate and minimal; it makes me feel even more resigned not

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to sanitize what I say or write about the way things are for us and for our fellow creatures on Earth; not to depress anyone or make anyone feel guilty; I do it because I hope and believe if enough of us do it long enough, the torment, abuse, confinement, exploitation and killing of the innocents may cease long enough for us to imagine such a thing as a Happy Christmas and a Happy New Year.

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OUTRAGE AT EU

OUTRAGE AT EU SUPPLEMENT DIRECTIVE

By MARK G LESTER

I attach below the letter I wrote to my Member of Parliament, The Department of Health and the Prime Minister, Tony Blair, concerning the Traditional Herbal Medicinal Products Directive and European Foods Supplements Directive, both passed last summer by unelected officials in Brussels, which are going to decimate our right to take nutritional supplements.

Examples of outlawed nutrients include MSM (sulphur), boron (vital for reducing and reversing menopause symptoms, osteoporosis and arthritis), chromium picolinate, and silicon. However it is worse than you think. Even the allowed nutrients are liable to be capped at ludicrously low levels. Moreover the herbal directive is going to ban ALL unlicensed remedies of more than two herbs. A license will be slow and expensive to obtain, more than the resources of most nutritional companies. Once these nutrients, invaluable to our health are banned, they won't be unbanned. If you think this can't happen, you are mistaken; it already has happened, and our last chance is to fight its implementation. There are only two ways of doing this: 1) Campaigning by writing to your MPs and Euro MPs something along the lines of my letter opposing the two directives, questioning the Europeans' right to take away our right to take whatever supplements we wish, and if possible why the

OUTRAGE AT EU

supplements are vital to you personally; 2) A legal challenge. The former you all know how to do, and it is urgent if you care. The implementation begins within the coming months. The latter is being led by my friend Liam Young and requires whatever financial assistance you may wish to contribute. Please contact him at liam_d_young@hotmail.com for more information.

Meanwhile, if you care, get writing, and don't wait for others to do it. Apathy WILL result in most of your supplements being banned, or to use the technical term 'withdrawn from sale'. For further help you can visit www.healthchoice.org.uk

Example letter to your MP

Dear . . .

I am writing to you to express my horror and anger concerning the passing of the European Foods Supplements Directive. Though ostensibly passed to 'protect' the public, this Directive, together with the proposed Traditional Herbal Medicinal Products Directive, in fact promises to remove from sale the vast majority of the many safe and effective vitamins, minerals and herbal remedies available in the UK. Even the products which will continue to be allowed to be sold, are likely to be capped at ludicrously low levels, based on fractions of the recommended daily allowance (the amount required to prevent gross deficiency) rather than optimal amounts.

The food supplements industry, by improving people's health, takes a huge strain off the NHS. Side effects are extremely rare. This contrasts strongly with conventional medicine. The Clinical Risk Unit at University College, London conservatively estimates that 40,000 people are killed and 280,000 people suffer from medical mismanagement in the UK alone, making conventional medicine the third largest cause of death in the UK. I do not know of such risks from nutritional and herbal supplements – the reason being that the supplements are manifestly non-toxic and very safe indeed compared not only with conventional medicine, but nicotine and alcohol –which continue to be freely available on every high street.

I strongly object to this insult to my right and basic freedom to put whatever substances into my body that I deem beneficial to my health. More to the point, with conventional medicine being the third largest cause of death in the UK, I elect to make responsible health choices for myself, and do not require petty minded, meddlesome, interference and nannying directives concerning my right to make decisions pertaining to my health from the European Union.

OUTRAGE AT EU

I am someone whose health has been transformed by the use of herbal combination remedies, yet under the herbal directive, any supplement of more than 2 herbs will be emasculated or withdrawn from sale (a polite expression for 'banned'). I understand that companies producing herbal remedies will be able to apply to have certain eligible products licensed, but only at a cost that would put virtually all of them out of business. I know from experience that my health will greatly suffer if the products I take are banned.

One obvious example of the insanity of the Directive is the plan to ban organic forms of selenium from sale. It is well known that 1) Organic selenium is safer and more efficacious than inorganic selenium – just speak to any nutritionist 2) Organic selenium is the natural form present in food; and 3) Taking 200mcg organic selenium per day has been shown in a large, randomized double blind study, to reduce the risk of dying of cancer by 50%. How dare the Europeans try to prevent my access to this nutrient?

I look forward to hearing how you propose to defend the basic human right and freedom to choose what to put into one's body for the sake of health, by opposing the implementation of these two ill-considered directives in the UK. For you not to do so would be to acquiesce to harming the health of not only myself, but as a therapist in the natural health field of ten years successful practise, also of my hundreds of satisfied and healthy clients who wish to continue to maintain their right to take the supplements that have transformed their health.

Yours sincerely

Mark G. Lester, BA (Hons)
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We are privileged to have Denise Phillips, the leading Jewish chef, writer and broadcaster providing some more Pesach recipes for this issue.

SIDE ORDERS FOR PESACH!

When it comes to accompanying a main course with vegetables to suit – finding something a little different and simple can be difficult. Colour, texture and size all need to be considered carefully for maximum final impact. The following 3 recipes are all parev and can be doubled accordingly for larger quantities.

Here are 3 recipes:-

Roasting butternut squash simply with olive oil, salt and freshly ground black pepper is delicious.

ROASTED BUTTERNUT SQUASH

Serves: 6 people

Ingredients

1 Butternut squash – peeled, cut in half, and seeds removed, 2 tablespoons olive oil, 2 teaspoons dried coriander, 1 cup raisins, 4 tablespoons red wine, 1 cup water, Salt and freshly ground black pepper

Method

- 1) Pre-heat the oven to 400°F.
- 2) Drizzle the olive oil over the butternut squash. Season well with the coriander, salt and freshly ground black pepper.
- 3) Put the raisins in the empty cavity. Pour over the red wine and water.
- 4) Cook for 40 minutes or until the flesh is soft and sweet.
- 5) Cut width ways into equal slices and serve hot, cold or warm.

COOKERY CORNER

SAUTÉED COURGETTES (ZUCCHINI)

Fry some courgettes (zucchini) in long strips in strong flavoured oil, like hazelnut, sesame or walnut oil. This not only looks impressive but also tastes wonderful. Finish the vegetables fried in hazelnut oil with toasted hazelnuts, vegetables fried in sesame oil with sesame seeds and similarly vegetables fried with walnut oil with toasted walnuts.

Ingredients

3 courgettes (zucchini) – sliced lengthways, 2 tablespoons flavoured oil – hazelnut, salt and freshly ground black pepper.

Garnish

2 tablespoons hazelnuts – roughly chopped.

Method

- 1) Pre-heat the oven to 400°.
- 2) Roast the whole hazelnuts for 10 minutes or until golden. Leave to cool.
- 3) Heat the oil over a medium flame. Add the zucchini strips and fry until browned. Season with salt and freshly ground black pepper.

To serve the stylish way:

Roughly chop the hazelnuts and sprinkle over the cooked zucchini. Serve immediately.

Another favourite vegetable accompaniment I like is roasting tomatoes

ROASTED TOMATOES

Serves: 6 people

Ingredients

6 salad tomatoes, 2 cloves garlic – skin removed and finely chopped, 2 tablespoons finely fresh chopped rosemary, 6 teaspoons olive oil, salt and freshly ground black pepper

Method

- 1) Preheat the oven to 400°F.
- 2) Slice the tomatoes in half. Drizzle a teaspoon of oil on top of each tomato. Add the chopped garlic, rosemary and season well.
- 3) Roast for 10 – 15 minutes.

Serve hot, cold or warm.

For a different flavour alter the chopped fresh herb to suit – try basil, mint, oregano, coriander or even chives!

COOKERY CORNER

AUBERGINE PARCELS

Serves: 6 people

Preparation Time: 40 minutes Cooking Time: 10 minutes

I find that I am cooking non-stop over Pesach as most Kosher restaurants are shut. This recipe is refreshingly simple to prepare and has no complex cooking skills.

Do use it for the rest of the year as it does not feature the normal Pesach ingredients and is perfect for a starter or light lunch any time. Serve with a salad or some spring greens if you are enjoying this dish as part of a main vegetarian meal. It can also be made parev by omitting the Parmesan cheese and spreading over some chopped olives, olive oil, salt and pepper combined with the tomato paste and basil – your own tapenade.

This recipe can be made in stages and assembled later. It can also be completed and just re-heated just before the guests are due to arrive. Why not plate it up in advance giving you time to concentrate on your main course?

Ingredients

1 large aubergine, 6 tablespoons olive oil, 6 tablespoons tomato paste, 1-2 courgettes – thinly sliced, 225g Kosher Parmesan cheese or similar hard cheese – grated, handful of fresh basil, sea salt and freshly ground black pepper.

Method

- 1) Cut the stem end off the aubergine. Slice lengthways in to 5mm (¼ inch) thick slices: you should have 6.
- 2) Sprinkle over the salt between each slice. Leave for 30 minutes. Rinse and pat dry.
- 3) Heat the olive oil in a frying pan. Sauté the aubergine slices on both sides. Drain them on some absorbent paper. Fry the courgettes at the same time.
- 4) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 5) Spread a tablespoon of tomato paste on to each aubergine layer, followed by a courgette layer. Place some Parmesan cheese over the top. Season with salt and freshly ground black pepper and add some basil leaves.
- 6) Roll each aubergine slice up in a cylinder secured together with 2 cocktail sticks. Place on a lined oven tray and bake for 10 minutes to warm through.

COOKERY CORNER

To serve the stylish way:

Sit the aubergine parcels onto a serving plate. Dust with some freshly ground black pepper. Can be eaten hot or warm.

Pesach Dessert – Parev – Will freeze

CHOCOLATE MACAROON CAKE

Preparation Time: 26 minutes Cooking Time: 40 minutes Serves: 10

Chocolate and almonds are very popular ingredients for Pesach – in fact this cake is made up from store cupboard ingredients. It's quick to prepare and is ideal for either a tea or a dessert served with ice cream.

Ingredients

200g sliced almonds – toasted, 160g almond macaroons or other Pesach biscuits, 100g plain dark chocolate, 1 teaspoon almond essence, 200g margarine, 180g caster sugar, 6 eggs – separated, 2 tablespoons caster sugar, 160g cake meal.

For Garnish

Icing sugar, raspberries, mint leaves

Method

- 1) Pre-heat the oven to 180°C/360°F/Gas mark 4.
- 2) Line a loose-bottom cake tin with parchment paper greased with margarine and cake meal. Shake out any excess cake meal.
- 3) Put the macaroons in a food processor and whiz together to form crumbs. Reserve 3 tablespoons and set aside for the topping.
- 4) Melt the chocolate with 1 tablespoon water in a bowl over a pan of simmering water.
- 6) Cream the margarine with the caster sugar and almond essence. Add the yolks one at a time followed by the cake meal and macaroon crumbs.
- 6) Stir in the chocolate and toasted almonds.
- 7) Whisk the egg whites until stiff but not dry. Add the 2 tablespoons caster sugar and whisk again.
- 8) Fold into the chocolate mixture with one tablespoon of egg whites. Fold in the remaining whites.
- 9) Spoon into the prepared cake tin. Sprinkle with the reserved crushed macaroons.
- 10) Bake in the pre-heated oven for approximately 40 minutes or until a skewer pierced into the centre comes out clean.

COOKERY CORNER

11) Allow the cake to cool for 10 minutes. Invert onto a serving plate and remove the parchment paper.

To serve the stylish way:

Dust with icing sugar and garnish with raspberries and mint leaves.

Note from Denise:

Come and learn to cook the stylish way! Cookery Demonstrations

Thursday 13 March 2003

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For more information about my recipes or to purchase a copy of *The Book of Jewish Cooking* published by Salamander Books (\$12.00), log into www.jewishcookery.com.



Chocolate Macaroon Cake

Aubergine Parcels

COOKERY CORNER

Although the following 5 vegan recipes are not for Pesach, we have decided to include them in this issue, (as well as the Pesach ones) as we are continually being told we do not include many vegan recipes. Anai Rhoads can be contacted on anairhoads@rhoadsday.com

ANAI'S GOLDEN CHOWDER

This meal will take roughly 30 minutes to prepare. Serves 2.

Ingredients:

1-1 ¼ cups water, 1 cup thinly sliced carrots, ¼ cup soy milk, 1 cup frozen southern style hash brown potatoes, 1 can (8¾ ounce) cream corn, 1 jar (8 ounces) chopped green pepper.

Method:

Combine water, carrots, green pepper, and potatoes in large saucepan. Simmer 15 minutes or until vegetables are tender.

Add remaining ingredients; heat thoroughly, stir occasionally.

ANAI'S RED PEARS

This meal will take roughly 10 minutes to prepare. Serves 2.

Ingredients:

2 ripe pears, 1 cup cranberry juice, 1 tablespoon sugar, pinch of grated lemon and orange rind 1/8 teaspoon ground cinnamon, 1/8 teaspoon ground cloves

Method:

Peel, core and halve pears lengthwise. In a medium size saucepan, combine all the ingredients; bring to a boil. Reduce heat and simmer, covered, for 15 minutes or until pears are tender. This can be served warm over pancakes or waffles.

WINTER BAKED APPLES

This meal will take 60 minutes to prepare. Serves 2.

Ingredients:

6 large cooking apples, peeled and cored, 2 tablespoons orange marmalade or jelly, ½ cup orange juice.

Method:

Preheat oven to 350°. In a 3-quart casserole dish, place apples; dot with marmalade; then pour orange juice over apples. Cover and bake for 1 hour or until apples are soft. Stir to create the sauce.

COOKERY CORNER

WINTER BREAKFAST MUFFINS

This meal will take 30 minutes to prepare. Serves 4.

Ingredients:

2 cups sifted flour, 1 teaspoon salt, 4 teaspoons baking powder, 1 tablespoon sugar, 4 tablespoons apple sauce, $\frac{3}{4}$ cup natural soy milk (or vanilla soy), $\frac{1}{4}$ cup shredded dates, $\frac{1}{4}$ cup chopped walnuts, 20 vegan marshmallows.

Method:

Pre-heat oven to 450 degrees.

Sift flour together with salt, baking powder, and sugar in a mixing bowl. Add in the apple sauce. Add the soy milk gradually to make soft dough. Place a teaspoon of the dough in small non-stick muffin pan. Place over this a marshmallow, some shredded dates, and chopped nuts. Bake at 450° for 15 minutes, until brown. Serve hot.

RAISIN CINNAMON RICE

This meal will take 30 minutes to prepare. Serves 2.

Ingredients:

$\frac{3}{4}$ cup brown rice (uncooked), 1 tablespoon raisins, chopped, 2 teaspoons ground cinnamon, $\frac{3}{4}$ teaspoon garlic powder, $\frac{3}{4}$ teaspoon onion powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{16}$ teaspoon ground black pepper, 1 $\frac{1}{4}$ cups water, 1 tablespoon toasted, chopped almonds.

Method:

Combine rice, cinnamon, raisins, onion and garlic powders, black pepper, salt and water in a medium size saucepan; bring to a boil. Reduce heat and simmer, covered for 45 minutes, until rice is tender and liquid is absorbed. Sprinkle with toasted almonds.

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THE YO-YO SYNDROME

**THE FOLLOWING ARTICLE WAS WRITTEN BY
DR DAVID RYDE MB.BS,FRCGP MANY YEARS AGO, BUT IS JUST AS RELEVANT
TODAY AS IT WAS THEN. THINGS DON'T CHANGE VERY MUCH!!!**

THE YO-YO SYNDROME IN DIETING.

Attempts to reduce weight are frustrating for doctors and un-rewarding for patients; if it were otherwise there would be few fat people. The cyclical variation in weight that fat people show is a 'yo-yo' variation which can repeat itself over many decades.

Patients, usually women, can lose a substantial amount of weight, including fluid quickly, but time, the great healer, soon restores this loss, even adding to it. They try too hard and fail to maintain their enthusiasm. They cannot go hungry for long.

Many years ago the 'Medical Annual' reviewed a follow-up of 203 subjects who had successfully completed a slimming course at a well known American clinic. More than 80 per cent of subject within two years of slimming had reverted towards or beyond their original weights.

A woman who lost 8st in one year as part of a slimming club contest was weighed weekly on television. It was not reported that she was soon back to 20st and depressed.

Likewise, my original efforts to help patients by diets, exhortation and by hypnotic suggestions of diminished intake and nausea met with a cyclical response. Those to whom I gave appetite suppressing tablets eventually gave up the struggle and years later, I have two very obese ladies who are still hooked on them. Those cases initially helped by hospital dietician also relapsed.

In spite of the proliferation of diet sheets in Sunday newspapers, women's weeklies, slimming magazines, book, slimming clubs, private clinics and appetite suppressants, there are relatively more fat people in the Western world than ever.

In developed countries an excess of food means that obesity is the norm though sexual attractiveness is associated with a trim figure. For the rest of the world the reverse applies.

Early this century each school had its own Billy or Bessie Bunter, although

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by World War Two the incidence of fatties had risen to one a class. Today several such individuals grave each classroom.

In a society immersed in seductive advertising and conditioned to indulgence, the varied dietary needs and restraints are not easy to accept or follow. People do not intend to go hungry for long, hence the yo-yo effect. A basic change in the Western eating pattern is needed if the problems of overeating and obesity are to be solved.

When a patient is motivated to lose weight, she does so without diets and aids; most know what to eat and what to avoid and undertake some exercise. It is not a matter of making a resolution, for a resolution is the deferring of a decision what one will not make now.

My experience confirms that most vegetarians are slim, healthy and active, eat well and do not go hungry, even though some are faddists. Though this article is not based on the ethics of vegetarianism, nor is it propaganda, I believe a shift towards vegetarianism makes for more appropriate eating.

Human teeth resemble in appearance and function those of omnivores but I believe that human nutrition, like that of the apes, is more closely related to vegetarianism than to meat eating. A comparison of the digestive systems is revealing in that our laterally moving jaw and lengthy bowel are characteristics of the herbivore.

Herbivores, such as the horse and cow, spend much of the day chewing grass, yet they maintain health, activity and reproductive capacity. Presumably after a chewing session their jaw muscles achieve satiation, whereas most human jaw muscles are barely used, having chewed easily through a meal of refined food.

The significance of large portions and second helpings is now apparent, for the refined or partly digested food offers little challenge to the jaw muscles and the digestive system.

A novel experiment demonstrated volunteers to be satisfied by progressively smaller quantities of apple juice, apple puree and whole apples. The only difference between the three preparations was the amount of digestive effort required.

I have often discussed this topic with patients and, though not recording results, it is my distinct impression that when overweight patients make a

THE YO-YO SYNDROME

move towards vegetarianism many of them show a slow decline in weight without feeling hungry. They seek extra portions less often and no longer create within themselves a perpetual contest to lose weight, a contest they rarely win.

The contest is intensified by the use of willpower, for the harder patients try and the greater their deprivation and hunger the greater becomes their need for solace. The larder is then attached.

This inner contest carried its own seeds of defeat for people cannot go hungry for long. Instead they become a yo-yo. The bulkier, chewier, lower calorie eating of near-vegetarianism enables people to avoid the incessant contest and to lose weight slowly, so escaping the tensions of the contest.

I find that simple non-specific hypnotic relaxation is helpful to a number of patients. Following a review of their problem they can assess it with an attitude of calmness, induced by the hypnosis.

Patients who frequently weigh themselves and note the small up and down increments, create mood swings alternating between hope and despair, and so scales should be discarded. Scales also remind patients of food: asking people not to think of a lollipop creates the image of one, and not to smoke brings cigarettes to mind. Likewise, calorie counting or dieting reminds patients of food and calories, sometimes almost to an obsessional degree.

Postprandial blood sugar levels are lower in vegetarians than in traditional feeders. Blood sugar is relatively reduced after oat and bran-rich meals and lower still following a meal rich in legumes. There is a direct relationship between refined carbohydrate intake, blood sugar levels and insulin production and this increase in insulin itself stimulates hunger, so creating a vicious circle.

Diabetics eating complex carbohydrates, especially beans and wholemeal foods, are able to increase their carbohydrate intake at the same time improving their diabetic control, and gastrointestinal symptoms and diseases are less frequent.

With this information it should not be too difficult to develop eating styles that are nutritious, satisfying and yet appetising. Vegetarian cookery books are easily available. A weight loss of 4-6 oz a week is not difficult. People who undertake a crash diet can lose easily 10-12lb in the early weeks of dieting, though some of this is fluid, but they cannot maintain this for long.

THE YO-YO SYNDROME

Patients who eat appropriately do so without hunger, need not weigh themselves, and some even slowly forget the whole hassle of weight reduction. Several times a year they might notice an item of clothing needs taking in a little.

Four ounces a week is 1lb a month, roughly one stone a year and several stones in several years. This is not a long time compared with their many previous up-and-down battles. The modest success rate justifies such an approach to overcome, hopefully, the yo-yo syndrome. It requires little effort on the doctor's part.

In conclusion, it seems that so far there is no effective remedy for weight reduction otherwise there would be no fat people. Motivation, exercise, the adoption of appropriate eating habits and a detached and relaxed attitude should help some people to lose weight slowly on a long-term basis.



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VEGANS WIN THE AWARDS

VEGANS WIN THE AWARDS

By JONATHAN S. CLARK

At The Vegetarian Society Awards, at the Waldorf Hotel in London Thursday 7th November, most of the prizes were won by vegans or were for vegan products!

Two Vegan Society patrons, Moby and Wendy Turner, were finalists in the Vegetarian Achievement Awards.

Vegan Golden Promise beer, Redwood's Vegan Fishless Fingers, Swedish Glace vegan ice cream, vegan shoes, vegan falafels by Goodlife, vegan 'Vege Bear' jelly baby type sweets, V1 (who offer great vegan fast food in Nottingham) and www.veganstore.co.uk (an online vegan shop), all won awards, highlighting how easy it's become to adopt a vegan lifestyle.

"It was very inspiring to see so many vegan products and services winning. This proves that standards have been raised and there's more delicious reasons than ever before to provide tasty food that everyone can enjoy," said Tony Weston, a vegan, who picked up the Vegetarian Travel Award on behalf of the Vegetarian Visitor travel-guide, beating Virgin Atlantic.

"It was a great night – delicious vegan food, good company and a great celebration of cruelty free, healthy living. It was also very exciting to hear the gossip on new vegan products in the pipeline from VIP guests from the world of veggie food and drink manufacturing".

Meanwhile The Food and Drink Federation (FDF) have announced they will be launching their new Vegetarian Food Manufacturers' Group in London on 20th November. They say "The latest market intelligence reports indicate that the vegetarian and meat-free food category is worth more than #540 million in the UK and is growing on average by over 15% a year.

The Vegan Society will be attending the FDF veggie event to encourage manufacturers to make more effort to please everyone.

Hits on the Vegan Society Websites have been steadily increasing throughout 2002.! The online survey at www.worldveganday.org suggests that if caterers provided an improved selection of vegan food that everybody could enjoy, then even more people would adopt a vegan lifestyle. 2003 is going to be a great year for vegans with incentives for everyone to turn to a lifestyle free from animal products for the benefit of people, animals and the environment!

Contacts: Tony Weston – media@vegansociety.com Tel 01424 448828 Fax: 01424 717064 Mobile 0794 4068432

HOLISTIC MEDICINE

A lecture entitled 'Alternative and Holistic Medicine' was recently given by Shoshana Savyon at the I.J.V.S. in Jerusalem, and below is a synopsis which we thought would interest our readers.

WHAT IS HOLISTIC MEDICINE?

The American Holistic Medical Association says; "Holistic medicine is the art and science of healing that addresses the whole person – body, mind, and spirit". The practice of holistic medicine integrates conventional and alternative therapies to prevent and treat disease, and most importantly, to promote optimal health. This condition of holistic health is defined as the unlimited and unimpeded free flow of life force energy through body, mind, and spirit.

Holistic medicine encompasses all safe and appropriate modalities of diagnosis and treatment. It includes analysis of physical, nutritional, environmental, emotional, spiritual and lifestyle elements. Holistic medicine focuses upon patient education and participation in the healing process.

Holistic Medicine is far more than the random simultaneous application of a variety of 'alternative' therapies. Holistic Medical Practitioners work with the perspective that each of their clients is a unique individual and therefore require individualized care. The goal is to help them move to a state of full health, as opposed to just being free of symptoms. Holistic Medicine is also concerned with the health of the Community, as we are all inter-connected.

Shoshana Tsohar Savyon received her B.A. and M.A. Degrees in Psychology from New York University and Pennsylvania State University respectively. She completed postgraduate studies in Social Psychology at the University of Southern California. She has had life-long study in Traditional Jewish, Native American, Oriental and various other Alternative Medical systems, which led to her Doctorate Degree in Holistic Medicine. Her practice in Jerusalem centers around individually tailored care that might include treatment using Holistic Homoeopathy, Chinese and Japanese Medicine, Life Issues Counselling, Ecopsychology, Psychoneuroimmunology and Energy Medicine She has over 25 years experience in the care of women and their families and gives special attention to challenging infants and children.

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.**

FATIGUE

FATIGUE

BY DR GINA SHAW

Many people, particularly at this time of year, after a winter of eating heavier foods and having less exercise feel the effects of fatigue, a sort of constant low-energy sensation, where a good night's sleep here and there just isn't enough. Lack of sunlight and daylight is a possible explanation for this, but so are many other aspects of diet and lifestyle. In this article, we will look into the different and common causes of fatigue where people do not have any obvious signs of disease or any known, diagnosed disorders which would reflect a constant feeling of tiredness.

When people come to me and complain of fatigue, I firstly need to find out whether they have been diagnosed with any particular disorder. If they have not, I would often perform an iris analysis to try to uncover any obvious causes which may be causing that fatigue. Often, they are simply not securing enough rest and sleep or emotional problems may be sapping their energy. If this is the case, the remedy is simple; the person simply needs to secure extra rest and sleep and spend some time each day relaxing. A supervised fast may also be in order if they have overworked themselves too much without adequate rest and relaxation.

Next, I would request a full medical history and dietary analysis, so that I may be able to pinpoint any problem areas. Often the drugs that people are taking are responsible for their fatigue symptoms. Do they use depressant drugs – alcohol or other “recreation” drugs? Are they taking doctor-prescribed or over-the-counter drugs that might easily cause fatigue, such as tranquilisers, sedatives, Beta-blocker pills for lowering blood pressure? (The list is endless. If they are taking any medication at all, they should consider it from the very first as a possible cause of fatigue or of any other discomfort they may be suffering.) After ruling this type of causal factor out, and providing that there are no obvious abnormalities from their medical history details or from their iris analysis, I would then take a look at their typical daily diet. We must remember that carbohydrates are the optimum fuel for the human body, indeed a high-carbohydrate diet is helpful even in cases of Type I and Type II diabetes.

Up until the age of about 20 we do not need a high level of protein in our diet, since protein is not required for one of its important functions, namely anabolism (building-up) after this age. Our body's are very efficient at recycling protein, so we do not need huge amounts in our diet anyhow,

FATIGUE

therefore protein is needed only for its other two functions; namely the repair and replacement inside the organism of body cells, tissues, etc. after this age. A diet high in protein or fat, due to the complex digestive processes which are involved in order to break down these type of complex molecules, sap the body of much energy and will often leave us drained and exhausted. However, a diet of easy-to-digest raw and simple foods such as fruit or raw vegetables, on the other hand, will give us much needed, easy-to-digest carbohydrates in order to energise our cells and will allow us to retain our much-needed energy to carry out our body's daily tasks. Of course protein is an essential food factor, but it is one which is very often over-stated and one which we can easily secure on a properly-prepared raw, vegan diet.

Humans, being frugivores, survive best on a diet which is rich in carbohydrates (especially simple carbohydrates) which is our primary fuel. Carbohydrate foods consist of foods rich in starch or simple sugars e.g. pasta, rice, fruits and sweet vegetables. Meats (beef, chicken, fish, etc.) contain little carbohydrate but much fat and protein which are the hardest substances for the human body to digest. The consumption of meat therefore results in much energy being diverted to the digestion of these 'foodstuffs' instead of being freely available for our body's normal daily activities. Even on a lacto-vegetarian diet this can still be a problem, since many people are unable to digest the lactose (milk sugar) as they are lactose-intolerant (they lack the enzyme lactase which is required to break down lactose) and hence they cannot utilise the sugar from these foods. Also, in the preparation of cheeses, bacteria will ferment almost all the lactose in milk thereby making it almost totally devoid of carbohydrates. Of course, dairy products and cheese have many other problems including containing much salt and hydrogenated vegetable fat and, being processed, which renders these often high-fat foods as potentially carcinogenic. Thus, those who eat cheese but no meat are on a diet that may not provide enough carbohydrates to generate sufficient high-quality energy.

Many people find that the effects of a cooked food diet have a detrimental effect upon their health and that, upon adopting a raw, fresh plant-based diet, their energy levels rise quite dramatically. When we consume vast quantities of cooked protein and fat foods (most especially from flesh sources), or lots of cooked food in general (yes, even vegetarian and vegan cooked food!), we are using up vast quantities of available energy in the digestion of these complex foodstuffs. In order to give your energy a boost, eat more raw carbohydrates and less fats and proteins. There are, of course, others factors which may need to be taken into consideration whilst compiling the

FATIGUE

optimum diet for each individual.

You may have some idea of how important carbohydrates are if you are involved in sports. Long-distance runners, before a race, “carbohydrate-load” to provide their body with almost immediate clean fuel – glucose – and fill their muscles and liver cells with a substance called glycogen, that will be converted to glucose for use during a race. Athletes who do not have this store of glycogen can be heard complaining that they’ve run out of energy. Of course, the type of carbohydrates which many athletes use is not the easiest for our body’s to deal with, being processed and, more often than not, grain-based which often does not promote health and may result in allergies. The best diet for any athlete (or any human in general) is one which is largely based upon whole raw, ripe fresh organic produce; chiefly fruits and vegetables and one which is low in fat with adequate, but not copious amounts of protein.

Another cause of fatigue is the sludging of blood that follows a meal high in fats. Do you recall having a meat-based meal and then feeling tired afterwards? This is because the digestion of fats in human beings is a difficult and complex task which takes up a lot of our energy. And after the digestion and absorption of these substances have occurred, molecules of assorted fats from your meal enter the bloodstream from the gut and immediately coat the circulating red blood cells. Uncoated blood cells bounce off each other naturally and are flexible enough to bend and twist through the smallest capillaries, in their zeal to take blood to all the cells in all the tissues. Once the cells are coated with fat, however, they lose that essential elasticity: they stick together in clumps and become relatively rigid. The overall effect is a lowered oxygen content in the blood and worsened circulation to your tissues, which you experience as muscular weakness and lassitude. As mentioned in my latest book ‘The Undigestible Truth about Meat’, the constant consumption of fat causes a build-up of amyloid plaque, a substance which may inhibit the absorption of essential nutrients.

Another well-known cause of fatigue is food allergies/intolerances and malabsorption syndrome, all of which are becoming increasingly common in this modern Western society. The issue of food allergies/intolerances are hot topics in health magazines these days. Some people suffer from food allergies that result in a condition known to the medical profession as “tension-fatigue syndrome.” The most common allergens are milk, eggs, chocolate, wheat, corn and citrus fruits. It seems credible that such an unnatural substance as

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the milk of another species such as a cow would be capable of causing problems in our digestive tracts, but what is sad is that, after years of abuse, sometimes our bodies can no longer function well enough to absorb even the most natural foods such as fruits. In malabsorption cases, a person can eat constantly but still feel the need to eat more due to cellular starvation. The food this type of person is eating just isn't being absorbed due to some kind of organ dysfunction which can have its roots in a multitude of factors. If people aren't absorbing or assimilating the nutrients sufficiently, their bodies are constantly hungry and in desperate need of nourishment. After a modified eating regime, cases such as these really reap the benefits of a supervised fast and, often, the fast can provide huge benefits even though it may have been of quite short duration. Simply by allowing the body a period of rest and healing, our bodies can repair in a way that only they know how!

Depression is another, sometimes less obvious cause of fatigue. The two things which use up more energy than any other physiological process are the digestion of foods (particularly complex and cooked foods) and the process of conducting emotions. Emotions such as anger, fear, jealousy, etc. deplete our nervous energy and indeed our emotions are even linked with our immune and endocrine function. In fact, modern day scientists are now open to the fact that our minds and bodies are not such separate entities as was thought up until recently.

To conclude, if the body is in a constant state of fatigue, which may sometimes be due to a combination of factors, a closer inspection of one's dietary and lifestyle habits may need some modifications and supervised fasting may well be a good idea, as it greatly aids the body in it's depleted and often over-burdened state, to hasten the elimination of its accumulated toxic matter thereby encouraging superior healing, detoxification and repair which it may be in desperate need of. As is often the case, the fast will also allow emotional, physical and sensory rest, as well as the physiological rest which we would think of as more obvious. Indeed, a period of abstinence from food often works wonders in cases of fatigue including chronic fatigue. It is also often the case that a person who has malabsorption syndrome and has had great difficulty in digesting, absorbing or assimilating nutrients prior to the fast and so has low energy levels, would then be able to digest, absorb and assimilate nutrients much more readily in their rejuvenated and healthier state of being.

Dr Gina Shaw is a health and nutrition consultant, health lecturer, author, iridologist and fasting supervisor. She has a health retreat in South Devon

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and is available for telephone and face-to-face consultations as well as personal retreats. She also runs a natural health course. If you would like more information, please contact her on (01626) 352765 or email her at: DrGinaShaw@aol.com/http://www.vibrancy.homestead.com/pageone.html.

BEARS OF SLOVENIA

PLEA FOR THE BEARS OF SLOVENIA!

"The Earth isn't dying, it's being killed. And those who are killing it have names and addresses!"

Dear Friends

More than one hundred bears have been killed in Slovenia since the hunting season opened on October 1 and the hunt is yet to stop. The slaughter of 104 bears represented more than a quarter of the total Slovenian bear population and about one third of its adult bears. This cull may seriously affect the status of bears not only in Slovenia, but also Croatia, Austria and Italy.

Since October 1993, large carnivores have been protected throughout the year in Slovenia.

Please write and protest to these people:

Minister, Franc But, franc.but@gov.si Head of the Minister's Office, Bostjan Praznikar, bostjan.praznikar@gov.si Forestry, Hunting and Fishing, Joze Sterle, joze.sterle@gov.si Tell them how you feel about this slaughter. Slovenia will soon enter EU and then will be forced to follow European rules but since then bears need your help. Please advise them that you will boycott their country and products as long as they have such inhumane policies.

For more information please visit:

<http://large-carnivores-lcie.org/news84.htm>

Please forward a copy of your sent mail to vargarnas@hayoo.se as we would like to know how many protests are being sent to the Slovenian decision makers.

Thank you all!

NEGLECTED DOCTRINE

JUDAISM'S NEGLECTED DOCTRINE

BY LAURA AARON STITT

MACLAURA@NETZERO.NET

Having lived outside Connecticut for many years. I returned home to visit my sister, and found "Temple Topics" in the kitchen. It has been a long time since my Bat Mitzvah at Beth El in 1967. The lifelong learning experiences I have had since then shed light on things never even discussed in Hebrew school, or in my family's discussions around our meat-laden dinner table. At this critical time, both for Judaism and the world, our diets and how we produce our food need to be addressed from religious, environmental, physical, and ethical standpoints. Judaism urges us to feed the poor, take care of our bodies, and be kind to animals. Yet today, in many ways, we are doing the opposite and wondering why our health is suffering, our environment is so threatened, and violence is escalating.

The animal kingdom has become a major source for research, food, clothing, and entertainment, and this is perhaps our greatest tragedy. We would not eat a dog, a cat, or a parrot, so why do we eat cows and chickens? We shudder to hear how Koreans eat animals that we consider pets. Yet our own meat industry butchers helpless cows, lambs, calves, chickens, pigs, even horses. It is like the slavery described in the book of Exodus, but now we are the oppressive and inhumane Pharaohs.

This is especially disturbing in view of Judaism's powerful teachings on compassion to animals. For example, there are many Torah laws mandating proper treatment of animals; Moses and King David were deemed suitable to be Jewish leaders because of their compassionate treatment of animals when they were shepherds; the book of Proverbs indicates that the righteous person considers the welfare of his or her animals; and the psalmist indicates that G-d's mercies are over all His creatures.

We have condoned suffering in order to satisfy our consumptive habits. These habits are destroying this planet, using grains for animals that humans need desperately, and using chemicals that are creating huge health problems for humans. Our environmental crises of global warming, droughts, increased pollution of precious water ways due to agricultural chemicals and waste lagoons, and species extinction can all be linked to western over consumption of animal products, whose production uses vast amounts of grain, water, energy, and toxic chemicals. Since Judaism teaches that we are to be partners

NEGLECTED DOCTRINE

with G-d in protecting the world, it is essential that we move toward a plant-based diet that requires far less water, energy, and other scarce resources, and is far less harmful to the environment.

While the preservation of our health is a very important mitzvah, even requiring that other mitzvot be violated if that is necessary to save a human life, heart disease, many forms of cancer, and other chronic, degenerative diseases have all been linked to animal-based diets.

Another issue that is seldom thought about is the worker abuse, injury, and violence that result from consumer demand for animal products. If we are complacent about the butchering of billions of sentient, helpless animals when animal products are not essential for proper nutrition, can we be surprised when predatory acts of violence occur so often in our society, and sometimes are perpetrated against someone we love?

We must not take these effects lightly. If we are to ever become a more humane, less addictive, abusive civilization, it **MUST** begin by eliminating foods that are significant causes of disease, starvation, and violence. It is the year 2002 and, in many ways, the Jewish people are still lost in the desert. We have been chosen to be leaders, not sheep. Leaders will choose sacrifice over self-indulgence, life over death, substance over symbolism, tikkun olam (healing and repairing the world) rather than apathy. All of our consumer choices must lead to life.

When our dinners and brunches, celebrations and festivals are planned, perhaps the "chicken nugget" that is full of salmonella, antibiotic residues, cholesterol, and other disease causing agents, should be replaced by alternative menu items that do not require violence, unnecessary pain and suffering, death, and environmental destruction. We should be educating our children about the many wonders of animals, rather than treating them as a source of food. If we love nature and the vision of a baby chick hatching, why would we then allow that chick to have her beak seared off, be jammed into a battery cage, and be fed manure and ground up live birds, so that the poultry industry can make greater profits? Since we have such powerful Jewish teachings re compassion toward animals, preserving our health, protecting the environment, and many more, shouldn't we apply them in our choice of diet and in all aspects of our lives?

May our hearts be open to end all suffering in our power, and our choices merit the true spirit of Judaism.

NEGLECTED DOCTRINE

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VEGAN TRAVELS

VEGAN ON KAUAI- IT'S A BREEZE!

BY PAIGE NEWMAN

When I received an invitation to visit my family on the island of Kauai, Hawaii, it didn't take much to convince me. I knew I was in store for ten days of collecting purple and peach seashells on my favourite beach, flirting with a magnificent view of the lush, green Bali Hai mountains. I was also raring to swim alongside rainbow-coloured fish in the jade green, warm ocean. I couldn't wait to walk around in a sundress, leaving behind the fleece jacket I'd been clinging to for the last six months in chilly Seattle. Lastly, I was eager to return to some of my favourite restaurants.

In addition to the many trips I have made to Kauai in the last seven years since my parents have lived there, I was fortunate to spend six months on the island two years ago. That extended visit gave me a strong sense of what it is like to live and/or vacation on the "Garden Island," as Kauai is dubbed. Being vegan on Kauai is refreshingly easy compared to many places I have travelled to both in and out of the U.S.

For one, the mild climate allows for an abundance of fresh produce year-round. Follow the signs to the farmers' markets held weekly in most main towns, with pick-up trucks and tables filled with tropical fruits like papaya, star fruit and avocados, and fresh vegetables.

Be sure to try the local staple, "poi," pounded and fermented taro root made into a nutritious paste, available at grocery stores. In Kauai a few years ago, for lack of much else to do on a Friday night, a group of us sat in a parking lot squeezing poi out of a plastic tube and into our mouths. Poi can also be found at the tourist luaus, if you're willing to brave the pig carcass being

VEGAN TRAVELS

barbecued upside-down right before your eyes.

Each time I go to Kauai I notice a new fruit stand along the highway, selling produce and blended fruit drinks. My favorite and the one I remember being around the longest is Banana Joe's [828-1092], on the main highway (Kuhio Highway) between Kilauea and Kalihiwai. I usually order the papaya, pineapple and banana "frosty," which consists only of frozen fruit, run through a juicer to create an ice cream-like consistency. Banana Joe's also sells smoothies, salad greens, locally baked cookies and other tropical goodies.

You'll also find health food stores serving both local and tourist populations, which on the health-conscious Hawaiian islands often include vegetarians and vegans. Prices are higher than on the mainland, but if you think of all the transportation involved in shipping certain products to the island, it makes sense to pay an extra sixty cents for a bag of chips. Start your search for tofu with a visit to Hanalei Natural Foods [826-6990] in Ching Young Village in the small town of Hanalei on the North Shore.

Most health food items you'd want can be found squashed onto tight little shelves. Heading south to the more developed town of Kapaa, you'll come across an outdoor mall called Kauai Village. In the back, next to Wyland's Art Gallery, is Papaya's [823-0190], a natural foods store with a deli to boot. Vegan entrees include a grilled veggie sandwich with pesto sauce; they sell baked goods and the ever-popular Indian spicy tea called "chai."

In addition to health food stores and fruit stands, Kauai boasts some of my favourite restaurants! Hanalei is the proud home to Postcards Cafe, [826-1191] the charming first building on the left side of Kuhio Highway after you cross the bridge from Princeville. For breakfast, vegans will love the unique "Florentine" — grilled tempeh with steamed greens and a mock hollandaise sauce on a whole grain English muffin. Those visiting for dinner may wish to devour the "Shanghai," a stir fry of grilled tofu with veggies and cashews. I like sipping a banana soymilk shake, filling up on a few appetizers, such as the taro fritters and Thai summer rolls, and finishing off with the heavenly chocolate silk pie. Animal lovers will be happy to find a cuddly cat keeping an eye on things.

Kilauea Bakery and Pau Hana Pizza [828-2020], in the Kong Lung Shopping Center in the small town of Kilauea, is a nice place to munch on fresh-baked bread at a sunny outdoor table. Better yet, order the "abrezone," seasoned veggies with olive oil and herbs on a baguette.

VEGAN TRAVELS

In Wailua, across from Kintaro on the Kuhio Highway, is the fairly new Caffe Coco [822-7990]. I found pleasure in the tofu foccacia sandwich with banana chutney in an artsy tropical style patio; they were also serving silver noodle salad and thai curry pumpkin soup for vegans. A delightful store filled with Hawaiiiana is next door; the restaurant owner told me Caffe Coco was not a career, but "love, art, passion . . . !"

Another great place for veggies is on the far side of the island in a tiny town called Hanapepe. Hanapepe Cafe [335-5011] is a find, with an art gallery, live music and one vegan dish at all times on the menu, like the vegan lasagna with fresh veggies and garlic sauce. Many places in Kauai have sporadic hours, so I suggest calling first, and in this case, asking for directions, since Hanapepe is not on the main tourist track.

Kauai is something to marvel at, between the amazing scenery, a variety of tourist activities from kayaking to hiking to a waterfall to scuba diving, and the relaxed way of life. Not to mention the scrumptious food — vegans can have an easy time, so by all means buy a plane ticket and start planning your next vacation before too many more people "discover" Kauai!

Copyright © Paige Newman. Originally appeared on Vegan.com, 1999

(Paige Newman has been a vegetarian for 28 years (most of her life), and vegan for the last 10 years. She runs a branch of the Vegetarian Society of Colorado in Durango, Colorado, and loves international travel and all things veggie. Her articles have been published in Vegan.com, Vegsource.com and other publications.)

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BOOK REVIEWS

HEALTHY VEGETARIAN COOKBOOK

By JANE DONOVAN

Delicious and Inspirational Recipes
for Every Occasion.



Whether you are a strict vegetarian, or someone who is looking to cut down on meat and enjoy different types of cuisine, *Healthy Vegetarian Cookbook* offers a wide variety of inspiring and delicious recipes using fresh ingredients. Both classic and innovative dishes from around the world are brought together: mouth-watering spiced vegetables and pulses from India, fiery hot chilli dishes from Mexico, traditional Chinese cooking and creative ideas for meat-free pizzas.

The recipes focus on using fresh ingredients for maximum taste and nutritional benefit. A helpful introduction gives ideas and advice on eating healthily and reducing the fat intake, as well as tips on buying and preparing the ingredients..

Beautifully illustrated, with coloured photographs on each page the book would make an attractive gift and enhance any kitchen shelf.

Published by Apple Press, Price £9.99 plus P&P £2.00. Available from JVS.

A VEGAN TASTE OF THE MIDDLE EAST By LINDA MAJZLIK

This is the eighth volume in the acclaimed series of vegan cookbooks by Linda Majzlik and contains over 100 recipes, all without animal ingredients.

The contents page reads as follows: Mezze, Soups, Main Courses, Grains, Sauces and Dressings, just to name but a few. Each recipe is set out very clearly and uncomplicated, with lots of line drawings.

This is just one of the many Vegan Cookery Books already published, i.e. *Vegan Dinner Parties*, *Vegan Barbecues and Buffets*, *Vegan Taste of Italy*, *Vegan Taste of India*, *Vegan Taste of Mexico*. For a free up-to-date catalogue of these and other publications of interest to vegans and vegetarians, telephone the publisher direct, on 01689 8704327.

Published by Jon Carpenter, Alder House, Market Street, Charlbury, OX7 3PQ, Price £5. 99. post free.

BOOK REVIEWS



NEW EDITION – ANIMAL FREE SHOPPER

This handy little book has been produced by The Vegan Society for over ten years now, and is still as popular as ever. The book although small in size, is deliberately so in order that it may fit into your pocket or handbag. So when you're lost in a list of E numbers or confronted with unspecified flavourings, you can just reach into your pocket, pull out your Shopper and indulge in some hassle-free animal-free shopping.

The Vegan Society contacted thousands of manufacturers of food, drink, toiletries, cosmetics, footwear, clothing, etc., – the list is endless, and asked them which of their products satisfy their animal-free criteria. They were all then put together into one easy-to-use guide.

Published by The Vegan Society, Price £4.99. plus P&P £1.00. Available from JVS.

Whilst on the subject of The Vegan Society, we would mention that the first World Vegan Day was held in 1994 to celebrate the 50th Anniversary of the invention of the word 'vegan' and the founding of the first Vegan Society by Donald Watson in November 1944. Veganism is now celebrated worldwide on the 1st November every year.

NEW EDITION – VEGETARIAN VISITOR 2003 WHERE TO STAY AND EAT IN BRITAIN

Winner of the 2002 Vegetarian Society Travel Award, this edition is completely updated and the only annual guide to private homes, guesthouses and hotels in England, Wales and Scotland offering hospitality to the vegetarian or vegan traveller and holiday maker, with some 120 entries for 2003.

This handy A5 paperback, gives descriptive information on establishments, as well as codes indicating whether they are exclusively vegetarian/vegan or also serve traditional food, whether they are licensed, allow smoking and how close to public transport. Plus nearly 200 cafes, restaurants and pubs that serve vegetarian and/or vegan food.

Edited as previous editions by Annemarie Weitzel, and available from bookshops or post free from the publisher. Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, Sandy Lane, St Paul's Cray, Kent. BR5 3HZ. Tel/Fax 01689 870437. Visa/Mastercard accepted. Price £2.50.

GARDENER'S CORNER

AN APPLE A DAY KEEPS THE DOCTOR AWAY

An apple a day keeps the doctor away. This is one of those old sayings which has much to commend it. A healthy diet includes five portions of fruit a day and how better to provide one of those than from our own garden.

The apple tree is a staple of the English countryside and should be present in every garden. Its blossoms in April/May are the herald of Summer. They produce copious nectar and pollen and are much loved and appreciated by honey bees, bumble bees and their cousins. The great orchards of commercial growers are, alas, disappearing as uneconomic since cheaper, though less tasty fruit can be imported from the continent. At the time of blossoming, the apple grower would contract with a bee farmer to move hives of bees into the orchard to the start of blooming in April each year. The bee farmer was paid the going rate of about £5 per colony and these were placed 3 to the acre. The pollination is essential to the production of a good crop as only then will the tree bear to its full potential, so important to the orchard owner. In addition to receiving payment, the beekeeper's colonies would be stimulated by the intake of the apple blossom nectar and pollen, leading to increase in the colony size and thus its honey potential. It is often at this time that swarms appear. Usually towards the end of the blossoming and perhaps following a few rainy days when the bees do not forage and begin to be aware of their increased numbers and overcrowding.

Often old trees were large and difficult to harvest. Today's smaller gardens do not lend themselves to big trees. Varieties are therefore available on dwarfing root stock, referred to as M9 for very small trees and M26 for slightly larger trees. This means that where one stately old tree would grow, now 2 or 3 small ones can be planted and the fruit will be more easily harvested without the need of ladders and long-armed picking devices. People sometimes wonder why their tree does not crop – this is often because it is important to ensure that a pollinator tree is planted in the vicinity which is compatible to its companion. Apples need cross pollination from suitable varieties, although a few are self fertile.

It is worth going to a good nursery to buy your trees as they will advise you on the eventual size of the tree and whether compatible pollinators are required.

We lost a beautiful old tree in the October gales. It had passed its best for fruiting but still produced abundant blossom to delight the senses; the cascades of pink blushed white flowers; the fragrance of its perfume and the

GARDENER'S CORNER

relaxed onomatopoeic hum of the bees brought pleasure to sight, smell and ear every Spring.

We are now going to replace this with three new varieties grown on dwarf root stock. We have chosen Scrumptious – a full flowered red apple ready to pick in September, Park Fans Pippin – a new variety which is resistant to scab and mildew, which is an early fruiter and Red Falstaff which can be picked in October and will also store well through the winter. All these varieties are compatible pollinators.



We already have a Bramley in the garden which is the ideal cooker and which can also be stored throughout the winter for mouthwatering stews and crumbles. It has just the right amount of acidity to enhance its flavour when cooked.

In preparation we are digging over the new little orchard and incorporating as much home-made compost as we can. The ground should be deeply dug to allow the roots plenty of ease to spread themselves. As we are planning to grow our trees as cordons – that is on a single stem supported by wires – we will be able to plant at 3 foot intervals and hope to make an attractive display as well as a productive one.

We will also plant a couple of pears and plums to complete our new orchard.

Incidentally, the word "Paradise" comes from the Hebrew word פֶּרְדֵּישׁ (pardess) meaning an orchard – how apt.

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