

The Jewish Vegetarian



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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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

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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 Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
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Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

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

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

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

Address (clearly) _____

Occupation _____ Fee enclosed £ _____

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

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

Please send me details of the necessary wording.

4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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REPORT FROM THE CHAIR

REPORT FROM THE CHAIR

IJVS 38TH ANNUAL GENERAL MEETING HELD ON SUNDAY 23RD MARCH 2003

BET TEVA, 855 FINCHLEY ROAD, LONDON NW11

It was my pleasure to welcome everyone who attended the AGM.

The minutes of the last AGM were read and approved.

Michael Freedman, the Hon. Treasurer, presented the accounts to the year ended 31st December 2001. After the completion of the building works, we received net property receipts of £37,328 and reduced the bank loan to £86, 824.

During the year we received two bequests from long-standing members which enabled us to have double glazing installed to the front of both 853 and 855. Both front doors were replaced and a new entry phone system was installed.

Michael gave his thanks to Shirley and Ruth in the office for their work during the year.

It was reported that during the year we had gained 24 new members and we hope to increase our membership this coming year.

Monthly 'Friday Night Dinners' have continued and we intend to hold a Seder Night on the second night of Pesach. (A report on this is included in this edition of the magazine.) During this year we have started a social group for the people in their 20's-40's called VegOut, we have been on several restaurant visits. We hope to arrange days out and possibly weekends away in the future.

Last June the society held a very successful supper quiz and we are planning to hold another on 13th July this year. There is a further announcement elsewhere in the magazine.

The 3rd Annual Philip L Pick Memorial Lecture was given last November by Bertha Klug MBE which was extremely well attended. The next lecture will be held in October/November, please watch for announcements in the magazine.

My thanks went to Shirley and Ruth for all their hard work in the office

REPORT FROM THE CHAIR

throughout the year and to Valerie Allan for her assistance as a volunteer in the office.

I also had to announce that unfortunately our guest speaker Joe Goodman was unwell and unable to attend the meeting, but Martin Shaw from the Tyringham Clinic was there and spoke to us about the new clinic after the AGM. We sent out best wishes for Joe's speedy recovery.

All Hon. Officers and members of the Council were re-elected. John Schlackman was elected to the position of Vice Chairperson. We do have a need for new members on the Council. Since the AGM I have sadly received the resignation of Jeff Goldberg from the Council, I would like to thank Jeff from his contribution in the past. If you are interested in joining the JVS Council, please contact the office. Please remember that the Society exists for the benefit of its members and without Council members, all activity would cease.

We have received a proposal from Leeora's Vegetarian Foods to sell their products from the JVS. They would provide us with a freezer and we would sell a range of their vegan patés and ready meals. All Leeora's products are purely vegan, and it is hoped that we will be able to start this project in the near future.

The subject of the restaurant was raised, and whilst we would be delighted to be able to open the restaurant once again, there is no-one willing to take this on at the moment.

Thank you to everyone who attended the meeting and I look forward to seeing you and many more people at next year's AGM.

Once the formal business of the AGM was completed, Martin Shaw spoke to us of the new Tyringham Clinic which will be opening in December 2003, see the article in the March edition of the magazine.

IMPORTANT - AMERICAN & CANADIAN MEMBERS

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

THIRD ANNUAL SEDER NIGHT

THIRD ANNUAL SEDER NIGHT, JVS LONDON

BY: JULIE ROSENFELD

On Thursday 17th April 2003, the JVS held its third annual vegetarian seder at its London headquarters.

John Schlackman, Vice Chair of the JVS, welcomed the 18 participants, many of whom were attending a JVS event for the first time. He strongly encouraged all those present to join in with reading aloud from the Haggadah, both in Hebrew and English, as well as to share any of their own experiences of seder traditions.

John then explained that everything on the seder plate was completely vegan. The traditional shankbone and egg had been replaced by a mushroom and an avocado stone. It was explained that because the inclusion of these items was for symbolic purposes only, it was perfectly acceptable to replace them with other things.

Once the aphikoman had been well hidden and Mah Nish Tanah had been delightfully performed by two of the youngest participants, it was time for the story of the Exodus from Egypt to unfold.

Each portion of the Haggadah was read out in turn by everyone taking part and where necessary, further explanation was requested and offered. A lively debate took place with, perhaps not surprisingly at a vegetarian seder, one participant expressing concern for the welfare of the Egyptians' animals during the plagues. An explanation was offered that each plague had to become progressively worse to persuade Pharaoh to let the Jews leave Egypt.

A rousing rendition of Dayenu soon afterwards meant that the first half of the seder was almost completed.

Whilst waiting for the meal to be served, there was an interesting discussion by the participants on special vegetarian foods served on Passover. Delicacies recalled included traditional sweet foods such as imberlach (carrot candy) and eingemacht (beetroot and almond jam) as well as modern day savoury dishes such as mock chopped liver (made solely from walnuts, mushrooms and onions!) It was commented that the books Jewish Vegetarian Cooking by Rose Friedman and No Cholesterol Passover Recipes by Debra Wasserman were always invaluable at Passover. There was also some keen questioning of one of the Sephardi participants on the foods which he could eat during

THIRD ANNUAL SEDER NIGHT

Passover that the Ashkenazim could not, such as rice, peas and many pulses.

A delicious vegan seder meal, prepared by JVS Chair, Naomi Fellerman, was then served to great acclaim. A tasty borscht soup was followed by some flavoursome nut roast with roasted vegetables and salad. To round off the meal, there was the option of any, or even all three, of some delicious desserts: rhubarb fool, orange surprise and chocolate matzah pudding! It was a most enjoyable feast and very much appreciated by everyone present.

Once the meal had finished, it was time for the aphikoman to be retrieved from its hiding place, and the second half of the seder could resume with benching. Special guest, Elijah, was invited to enjoy a glass of vegan Carmel wine and soon it was time to conclude the seder with the traditional songs.

The JVS seder was very enjoyable and a great success, serving as a wonderful example of how special a vegetarian seder can be. Very many thanks go to John and Naomi for their hard work and unfailing enthusiasm. Next year in Golders Green!

LIFE MEMBERS

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

UK Life Membership
£175

Israel Life Membership
\$275

American Life Membership
\$275

or 5 annual payments of
£60 (\$80)

DATELINES

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

SOCIETY NEWS

TEST YOUR WITS ONCE AGAIN



AT OUR

SUPER SUPPER QUIZ

On Sunday 13th July 2003

Loads of fun and great prizes to be won!!

**Venue: Jewish Vegetarian Society
855 Finchley Road
Golders Green, NW11**

Time: 7.00pm

Tickets: £15 in advance (£18 at the door)

**For further information and bookings:
Tel: 020 8455 0692 or Email: ijvs@yahoo.com**



This is the Universal Symbol for Vegetarianism.

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

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

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

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

Mr. R. Howard, Paignton, Devon.
Dr. S.E. Novins, New York, USA.

DONATIONS RECEIVED

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

£25 Mr. L.A. Thatcham, Berks., £15 Mr. H.H. Guildford, Surrey. Z15 Mr. R.H. Paignton, Devon. £10 Mr. P.C-B. Coverack, Cornwall. £10 Mrs. B.P. Radstock, Bath. £5 Mr. M.B. London NW3. £5 Mrs. B.J. London NW11. £5 T. & J.J., London SE22. £5 Ms T.L. Cuffley, Herts. £5 Ms P.S. Pinner, Middlesex.

BUILDING FUND DONATION - LONDON

Robert Howard, Paignton, Devon. Robert & Phyllis Grant, Poole, Dorset.
Elaine Mogul, CA, USA. Dr. S.E. Novins, New York, USA.

FRIENDSHIP HOUSE



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

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

DONATIONS RECEIVED:

£20 Ms T.L. Cuffley, Herts. £15 Ms R.H. Paignton, Devon.
£10 R. & P.G. Poole, Dorset. £10 Hr. A.R. Hadley Wood, Herts.
£6.75 Ms V.R.E. Bristol. £5 Mrs. R. D. Ilford, Essex. £5 Mrs S.H. London NW7
\$50 Ms J.R. Or. USA, \$10 Dr. S.E.N. NY. U.S.A. \$10 Ms H.Z. Fl. USA.

SILENT THREAT TO ISRAEL

THE SILENT THREAT TO ISRAEL'S SURVIVAL

By RICHARD H. SCHWARTZ PhD

Jews are properly concerned about the well-being of Israel and wish her to be secure and prosperous. But what about security, and prosperity of another kind — the quality of Israel's air, water, and ecosystems? What about the physical condition of the eternal Holy Land? Environmental dangers and degradations have increasingly become serious issues that will affect Israel's future.

The State of Israel has accomplished amazing things in its few decades in agriculture, education, law, social integration, technology, education, human services, and in building strong yeshivot and Torah institutions. But simultaneous neglect and ruthless exploitation of its land, water, air, and resources have left Israel ecologically impoverished and endangered.

Among the contributing factors to Israel's severe environmental problems are some seemingly positive changes that most Israelis hope will continue: rapid population growth, widespread industrialization, and increased affluence, resulting in a sharp increase in the use of automobiles and other consumer goods. However, the environmental impacts of these factors have been largely ignored, mostly because of the need to consider security the top priority.

Israel's environmental crises today include:

AIR POLLUTION: Israel's major cities, Jerusalem, Tel Aviv, and Haifa, as well as industrial centres like Ashdod, face severe air pollution problems, primarily from industrial and automobile emissions. Israel's Ministry of the Environment and other environmental groups recently conducted a study indicating that in Tel Aviv and Ashdod alone 1,400 Israelis die each year from exposure to air pollution. This is almost twice the number of Israelis who have died per year due to traffic accidents and terrorist acts since the intifada began. The report also indicates that all Israeli monitoring stations report air pollution values double or more the Israeli standard and estimates that this will lead to a doubling of the air pollution death rate in the near future. One out of six Israeli children already suffers from asthma.

Professor Menachem Luria, Chair of Hebrew University's Environmental Science Department, has stated that if current trends continue, some aspects of the air quality in Jerusalem could be as bad as those in Mexico City by 2010. The problem of pollution from automobile emissions is compounded

SILENT THREAT TO ISRAEL

because of the overwhelming dependence on diesel fuel, which is cheaper than alternate fuels, but more harmful as a pollutant.

WATER SHORTAGES: Severe water shortages potentially threaten Israel's existence. Israel is a semi-arid country where no rain falls for at least six months a year. Israel's main water sources are expected to continue to decline, endangering drinking water quality, and raising the spectre that it will soon not be possible to supply sufficient drinking water

Israel's worse drought in 100 years caused Lake Kinneret to be at its lowest level in recorded history and Israel's two other main fresh water resources, the coastal and mountain aquifers, to be at equally precarious levels. This resulted in water cuts of 70 percent for farmers and a major drop in tourism around the Kinneret, with prospects for painful prohibitions on water use for individuals, cities, and businesses. Fortunately, Israel had much rain this winter, and she has taken steps to start constructing desalination plants, but obtaining sufficient water remains a long time problem.

WATER POLLUTION: A recent nationwide survey found that more than half of Israel's drinking water wells are significantly polluted. Most of Israel's streams and rivers are much more polluted than rivers in North America and Europe. The critical state of Israel's water is indicated by the fact that more than a dozen former commandos in an elite Israeli naval unit are suing the government because they were stricken with cancer after training in the heavily polluted Kishon River.

WASTE DISPOSAL: Israel faces a solid waste crisis due to increasing amounts of garbage and the country's meagre land resources. Many garbage disposal sites were poorly designed and managed. Many are also at or near their full capacity. Yet, over 90 percent of Israel's solid waste is still buried in landfills, left to rot in garbage dumps, or burned in open air pits throughout Israel. Only about five percent of the country's garbage is recycled. In 2000, then Israeli Environmental Minister Dalia Itzik stated that she regards garbage disposal as Israel's number one environmental problem. In February, 2003, a break in an old pipe resulted in the release of thousands of tons of raw sewage into the Mediterranean sea near Jaffa.

POPULATION DENSITY AND OPEN SPACE: Israel is one of the world's most densely populated countries. Its population density is greater than that of India, and it is quickly approaching that of Japan. This has resulted in a shortage

SILENT THREAT TO ISRAEL

of open space and recreational areas. A recent nationwide demographic and developmental study prepared for the government concluded that some 60% of the Galilee would be under asphalt in less than 25 years, compared to only 12% today. Municipal and industrial development has encroached the borders of the Jerusalem Forest, the largest planted forest in Israel and one of the last green areas around Jerusalem.

TRAFFIC CONGESTION: Israel's roads are very congested due to the rapid increase in motor vehicles. There was over a hundred-fold increase in private cars from 1950 to 1998. At current rates, the number of cars will double every 10 years. Relative to the population, which has also been increasing sharply, the number of private cars is doubling every 20 years. This is occurring even though Israel has a very extensive bus system.

The Society for the Protection of Nature in Israel (SPNI) and other Israeli environmental groups are increasing their efforts to raise the public's environmental awareness through hikes and other educational activities. The Israel Union for Environmental Defence (IUED) seeks to reduce pollution by promoting new legislation and taking polluters to court. Like many other aspects of Israeli society, these Israeli environmental groups have suffered recently as the nation's attention and funding has shifted even more to immediate security issues. Because of our love and concern for Israel and the very serious nature of the environmental threats, I urge Jewish communities to make improving Israeli's environment a central concern. Here are some ways:

- Have an event annually (or more often) devoted to increasing awareness of threats to Israel's environment, and possible responses. This event could be co-sponsored by local synagogues, schools, and other Jewish groups.
- Have programs in schools at which speakers discuss environmental issues. Schools can also have projects, such as letter writing campaigns, devoted to environmental issues that Israel faces.
- "Sponsor" an Israeli environmental group, such as IUED or SPNI, making available information and membership forms for the organization. Speakers from these organizations could present guest lectures.

Whatever methods are adapted, it is essential that we begin to work for a sustainable environmental future for Israel.

THE HEART OF THE MATTER

GETTING TO THE HEART OF THE MATTER (PART ONE)

BY DR GINA SHAW

Did you know that...

- Heart and circulatory disease is the UK's biggest killer.
- Death rates from coronary heart disease in the UK are among the highest in the world.
- Almost twice as many women die from heart and circulatory disease as they do from cancer.
- Over 1.5 million people in the UK have angina, half a million have heart failure and these numbers are rising.
- Someone has a heart attack every two minutes.

Cardiovascular disease (CVD) accounts for over 250,000 deaths a year in the UK, more than four out of ten of all deaths. The main forms of CVD are coronary heart disease (CHD) and stroke. Approximately 40% of premature deaths in men and 30% of premature deaths in women are from CVD. CHD by itself is also the most common cause of premature death in the UK: 26% of premature deaths in men and 16% of premature deaths in women are from CHD. Nearly all deaths from CHD are because of a heart attack. Over 270,000 people in the UK suffer a heart attack each year. About half are fatal. In about 30% of heart attacks the patient dies before reaching hospital. Approximately 1.5 million people are suffering from angina: the most common form of CHD. About half a million people have heart failure. Morbidity in older age groups has risen by over a third over the past ten years. Indeed, death rates from CHD in the UK are still among the highest in the world. Higher rates are concentrated in the countries of Eastern Europe and the former Soviet Union, where death rates have been rising rapidly in recent years.

Surgical Intervention – We're Losing the War on Heart Disease

"If you add up the in-hospital death rates from bypass surgery and angioplasty... you're looking at 33,000 deaths per year. These patients did not die from heart disease. They did not die in the throes of heroic measures to save their lives. They died from a surgical procedure. And, even more tragic, many of them were quite healthy, and did not even need the procedure to begin with. The 33,000 deaths brought about by these procedures are roughly equal to the annual number of deaths attributed to AIDS." —Dr Whitaker, M.D.

Each year nearly 300,000 bypass surgeries and 250,000 angioplasties are

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performed in the United States. Furthermore, nearly twenty thousand deaths occur each year as a result of these procedures. In 1992, Nortin Hadler, MD, Professor of Medicine at North Carolina School of Medicine, wrote that none of the 250,000 angioplasties performed the previous year could be justified and that only 3-5% of the 300,000 coronary artery bypass surgeries done the same year were actually indicated.”—Gary Null.

Misleading Dietary Information Surrounding Cardiovascular Disease

Cholesterol is a substance which is necessary for many functions of the body; the human body secretes about 2,000 milligrams of cholesterol daily, and the body uses it in all of its tissues. The body will secrete its needs daily whether or not you take any in with food, because only its own can be utilised. Indeed, cholesterol taken in via the diet is a severe health hazard. Animal products are very high in fat, very high in cholesterol and very low in fibre. Animal protein raises blood cholesterol and saturated fats from animal products raise cholesterol levels and increase your chances of dying of heart disease. Our liver produces all of the cholesterol the body needs. Cholesterol and fats move through the body in protein packages called lipoproteins. Low density lipoproteins (LDLs) carry cholesterol to the organs through the arteries. The LDLs deposit their loads through the inner walls of the arteries. This process encourages the growth of deposits, called plaques, on the artery walls which narrow the artery and obstruct the flow of blood. This is atherosclerosis, where an atheroma develops.. If the blood flow to the heart is blocked, a heart attack can occur. If the blood flow to the brain is blocked, a stroke can occur. Since LDLs promote atherosclerosis, they are known as “bad cholesterol.” The higher the LDL level, the higher the risk of heart problems. “Good cholesterol,” found in high density lipoproteins (HDLs), moves back to the liver where it is disposed of. There needs to be a good ratio between the LDL and HDL for us to be healthy.

Many factors are responsible for heart disease including poor diet, stress, lack of exercise, smoking, genetic factors, etc. but many people are in a state of confusion as to what to do for the best. They hear that they should be avoiding red meat, cutting down on cigarettes, doing more exercise, etc., etc. but is only half the story being told, and are vested interests to blame for this mass confusion? For instance, The British Heart Foundation, in their leaflet ‘Eating for your Heart’, suggest that fish is a good food for your heart but when you examine their leaflets more thoroughly, you will see that they admit themselves that the polyunsaturated fats contained in fish oil, aside from containing the supposedly beneficial omega-3 fatty acids, also lower

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HDL cholesterol (the so-called protective cholesterol). Therefore, consuming fish actually contributes further to an already ailing health situation. Fish actually lowers our protective cholesterol.

In recent years certain groups have been promoting fish oil supplements as a means to reduce blood cholesterol. However, studies show that they do not lower cholesterol levels. While they may affect triglycerides (fats in the blood), they also may change the overall pattern of lipoproteins in one's blood in a way that is not beneficial. The idea that fish oils are healthy and that they protect arteries is based on the notion that Eskimos do not suffer heart disease or strokes, but what is seldom mentioned though is that they decrease the blood's ability to coagulate and stop bleeding! Eskimos are said to be free from heart disease due to the huge amount of fish they eat, but did you know that they suffer from the world's highest rate of cerebral haemorrhagic strokes, nosebleeds and epilepsy? Simply put, the fish oil that reduces platelet stickiness and clotting and the incidence of heart attacks in Eskimos is also responsible for their commonest cause of death: cerebrovascular haemorrhage; their blood taking up to an hour to clot. They also have the highest rate of osteoporosis in the world.

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

Indeed, Dr Dean Ornish carried out a study on patients suffering from heart disease and compared patients on the chicken and fish diet recommended by the American Heart Association (AHA), as against those following a strict vegetarian diet only including small amounts of skimmed milk as an optional extra. The majority of those following the AHA guidelines got progressively worse, while those who made intensive changes to their diet got progressively better (indeed over 82% experienced a reversal of their original condition).

To be Continued next issue

CLEVER CARNIVORES?

CLEVER CARNIVORES?

BY: NORMAN F. POLLACK
(LIFE MEMBER – MELBOURNE)

For around three decades I have been a vegetarian (not Vegan) and for about half of that I have also been a member of an international social club named Mensa, whose members score at the top in Intelligence Tests. The principal activity of this group is dining.

Over the years I have been to dozens of dinners, where my proclaimed Vegetarianism is consistently greeted with derision and ridicule from these intelligent people. They demand convincing proof, irrefutable justification and a scientific explanation for my eccentricity. In the early years, I actually attempted rational debate on the issue, but quickly discovered that I was confronting blind, subconscious prejudice masquerading as rationality.

Eventually, I concluded that it was impossible to provide entirely consistent reasoning. Perhaps it is an example of Kurt Godel's "Incompleteness Theorem", which proves that a closed-system cannot be internally complete, as Russell and Whitehead learnt when they tried to describe the entire Principles of Mathematics, and found their work was endless. Perhaps this is why Vegetarianism so easily extends to Veganism, as it is impossible to "draw the line in the sand" (and also why the Rabbis of Blessed Memory created such a "fence round the Torah").

The only conclusion that one can draw is that intelligence and Vegetarianism do not correlate. What ever the "awareness" that leads to being Vegetarian, it has nothing to do with intelligence, and the ratios of each within the other match the ratios in the population as a whole.

Now, when the issue arises at a Mensa dinner, I smile and just tell people that it wasn't a rational choice at all, but that I do it because it feels right for me. No one can logically dispute a feeling! It was a right-brain decision, not a left-brain. Of course there are plenty of benefits from Vegetarianism, both personal and global, which should be reasons to adopt it, but generally they do not persuade many people, not even intelligent people who should understand them best.

Later in the dinners, the topic invariably turns to comparing illnesses; a topic that I know is not confined to Mensa dinners. Everyone seems to have some ailment, often lacking precise diagnosis, and usually lasting years with

CLEVER CARNIVORES?

gradual deterioration. The Medico-Scientific treatments, which they admit to receiving, rarely do more than treat the symptoms, or make the complaint bearable. I just sit there in silence, marvelling at their stupidity!

Nowadays, I am wonderfully well (touch wood), but was not always so. When I was young, I was endlessly sick, with all sorts of ailments that stopped me playing any sport and kept me home from school most years more than I attended. (It was a bore anyway!) Only after I became a Vegetarian, did I abandon Medical Science, and take control of my own life, and with the assistance of a few alternative therapists, became well.

My case makes it clear that Vegetarianism is definitely not a hindrance to maintaining good health, and it is clearly possible while being a Vegetarian to attain good health after chronic illness. I never go as far as to claim that I owe my health to a vegetarian diet, but deep in the core of my being I have little doubt that it is true. However, there is no way that I could logically prove this.

Perhaps Vegetarianism is like playing music or plastering walls: it is easy and requires no understanding when you can do it, but makes no sense and is impossible to people who cannot.

If only we could convince others to stop asking "why" and just do it, and afterwards they would find out the benefits. Being vegetarian may not be "intelligent", but it is certainly life-affirming, inexplicably excellent and unquestionably correct.

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

COOKERY CORNER

COOKERY CORNER

The following are just a few of the recipes taken from our own 'Jewish Vegetarian Cooking' by Rose Friedman which can be purchased from the office at £2.50, including postage and packing. (This is the original, first edition, of the book).

MARAK AVOCADO (Avocado Summer Soup)

Imperial (Metric)

2 medium-sized ripe avocados, juice of ½ lemon, 4 cups vegetable stock, Sea salt and freshly ground black pepper.

American

2 medium-sized ripe avocados, juice of ½ lemon, 5 cups vegetable stock, Sea salt and freshly ground black pepper.

1. Liquidise the avocado pulp (mash it or put it through a sieve if you do not have a liquidiser)
2. Combine all the ingredients and blend well together.
3. Chill well and serve cold. This soup may also be served hot, in which case it is heated up, but not boiled, and a little dry white wine may be added. Serve garnished with a slice of lemon floating on the surface.

ZIES EN ZOYER HOLISHKES (Sweet and Sour Cabbage Rolls)

Imperial (Metric)

1 medium cabbage, 1 klops recipe (pages 46-48), 1 medium potato, grated, ¾ pint (425ml) hot vegetable stock, 2 medium onions, grated, 3 ripe tomatoes, skinned and chopped, 6 pitted prunes, cut into quarters, Sea salt and freshly ground black pepper, juice of 1 medium lemon, 1 ½ tablespoons honey.

American

1 medium cabbage, 1 klops recipe (pages 46-48), 1 medium potato, grated, 2 cups hot vegetable stock, 2 medium onions, grated, 3 ripe tomatoes, skinned and chopped, 6 pitted prunes, cut into quarters, Sea salt and freshly ground black pepper, juice of one medium lemon, 1 ½ tablespoons honey.

1. Place the cabbage in boiling, salted water for about 5 minutes, just

COOKERY CORNER

- long enough to soften leaves.
2. Separate leaves and wash carefully under running, cold water.
 3. Mix grated potato into klops mixture. Moistened and soften with a little hot vegetable stock.
 4. Place spoonful of this mixture into the centre of each cabbage leaf and roll up carefully, closing the sides underneath and the final fold, to prevent filling from coming out.
 5. Sauté the grated onions, together with leftover smaller cabbage leaves and place in the bottom of a greased ovenproof dish.
 6. Arrange the cabbage rolls on top of this mixture.
 7. Arrange the prunes and tomatoes on top of the rolls and season with salt and pepper.
 8. Mix the lemon juice and honey with the vegetable stock and pour over the rolls (make sure that the rolls are not completely covered with the stock).
 9. Cover with a lid and leave in the oven at 300°F/150°C (Gas Mark 2) for about 1½ – 2 hours, checking periodically to add more stock as required and basting. Brown with the lid off during the last 20 minutes. Add more honey or lemon juice if required. Serve with brown rice and salads.

MAJEDRA (Rice and Lentil Pilaff)

Imperial

1½ lbs (225g) brown rice, Sea salt, 1 teaspoon mixed dried herbs, hot vegetable stock, 3 onions, thinly sliced, 1fl oz (30ml) sunflower oil, or slightly more if needed, 2oz (55g) blanched, chopped almonds, 2 tablespoons raisins, 1½lb (225g) continental (brown) lentils soaked overnight, freshly ground, black pepper.

American

1 cupful brown rice, Sea salt, 1 teaspoon mixed dried herbs, hot vegetable stock, 3 onions, thinly sliced, 2 table spoons sunflower oil, or slightly more if needed, ½ cup blanched, chopped almonds, 2½ tablespoons raisins, 1 cup continental (brown) lentils, soaked overnight, freshly ground black pepper.

1. Place the rinsed rice in a pan with 1 teaspoon sea salt, half the dried herbs and 2½ times its volume of hot vegetable stock. Bring to the boil, then simmer gently until all the stock is absorbed (about 30 minutes). Set aside.
2. Saute two onions in the oil until they are golden-brown.

COOKERY CORNER

3. Add the chopped nuts and fry gently for a few minutes.
4. Rinse the raisins under hot running water and add to the onion and nut mixture. Set this mixture aside.
5. Gently fry the remaining onion in a little oil in a saucepan, add the lentils, the rest of the herbs and enough vegetable stock to cover.
6. Bring to the boil and simmer until the lentils are soft (about 1 hour).
7. Combine the cooked rice and lentils, add a little hot stock, sea salt and black pepper and bring to the boil again.
8. Simmer on a very slow heat until all the liquid has been absorbed. Serve with the onion, almond and raisin mixture piled on top.

CABBAGE AND CARROT SALAD

Imperial (Metric)

6oz (170g) grated carrots, ½lb (225g) shredded cabbage, 1 spring onion, finely chopped, A few lettuce leaves, shredded, 2 tablespoons chopped almonds, 2 tablespoons raisins, 2 ½ tablespoons sunflower oil, Juice of ½ a lemon, Celery salt, Sea salt and freshly ground black pepper. Orange slices for decoration.

American

1 cup grated carrots, 2 cups shredded cabbage, 1 scallion, finely chopped, a few lettuce leaves, shredded, 2 tablespoons chopped almonds, 2 tablespoons raisins, 2½ tablespoons sunflower oil, juice of ½ a lemon, Celery salt, Sea salt and freshly ground black pepper. Orange slices for decoration.

1. Combine the grated carrots, cabbage, spring onion (scallion), lettuce leaves, nuts and raisins, mixing well.
2. Mix the oil and lemon juice with a little water and celery salt and pepper, and pour over the salad.
3. Decorate with slices of orange.
4. Serve cold.

TABOOLI

Imperial (Metric)

4oz cracked wheat (bulgur), ½ pint (285ml) boiling water, 1 tomato, finely chopped, ½ cup fresh parsley, finely chopped, 2 spring onions, finely chopped, ¼ cup fresh mint finely chopped or 1 tablespoon dried mint, juice of 1 lemon, 2 fl oz (60ml) olive oil, Sea salt and freshly ground black pepper, Lettuce and tomato, for garnish.

American

2/3 cup cracked wheat (bulgur), 1 1/3 cups boiling water, 1 tomato, finely

COOKERY CORNER

chopped, ½ cup fresh parsley, finely chopped, 2 scallions, finely chopped ¼ cup fresh mint, finely chopped or 1 tablespoon dried mint, juice of 1 lemon, ¼ cup olive oil, Sea salt and freshly ground black pepper, Lettuce and tomato, for garnish.

1. Rinse the cracked wheat under cold running water.
2. Pour the boiling water over the wheat and let it soak for about 1 hour until the water is absorbed and the wheat is tender. Drain off and squeeze out excess water.
3. Mix together all the chopped ingredients and combine with the wheat, mixing well.
4. Blend together with the oil, lemon juice, salt and pepper and pour over the salad.
5. Serve chilled on lettuce leaves, decorated with tomato slices.

TAPUZIM (Orange Surprise)

Imperial (Metric)

½ pint (285ml) water, 3oz (85g) light Demerara sugar, 4 large sweet oranges, 1 – 2 tablespoons brandy or apricot liqueur.

American

1 1/3 cups water, ½ cup light Demerara sugar, 4 large, sweet oranges, 1 – 2 tablespoons brandy or apricot liqueur.

1. Gently heat the water and sugar, and simmer for about 10 minutes.
2. Peel one orange very finely, taking care not to cut any of the white pith. Finely slice the peel and add it to the simmering syrup.
3. Peel the other three oranges, cutting away the pith. Cut the pith from the first orange.
4. Slice the oranges and remove any pips. Arrange in a dish.
5. Add the brandy or liqueur to the syrup and peel. Remove from the stove and pour over the sliced oranges. Turn the slices to keep them moist.
6. Serve chilled. Alternatively, this dish may be heated gently and served hot.

DOLPHIN SAFE TUNA – ISN'T

DOLPHIN SAFE TUNA – ISN'T

BY ANAI RHODS

The Mexican tuna industry is said to be responsible for a dramatic decline of dolphins in the eastern Pacific ocean. This is according to an August 2002 report published by U.S. government scientists.

A December 5th (2002) release stated eastern Spinner dolphins are only 35% of their pre-fishery levels. North-eastern off-shore spotted dolphins are only 20%. Neither population is recovering at a rate consistent with the levels of depletion. An estimated 6 million dolphins have been killed since the 1950s, reportedly because of current tuna fishing techniques.

In 1972, the Mammal Protection Act (MMPA) (see: <http://www.mms.gov/envd-bea/mmpa>) was passed by the U.S. Congress to protect mammals who dwell in the world's oceans by prohibiting capture, injury, harassment or killing of ocean animals.

Under the 1994 amendments [2], the Congress statutorily defined and divided the term "harassment" to mean any act of pursuit, torment, or annoyance which: – Level A Harassment- has the potential to injure a marine mammal or marine mammal stock in the wild; or – Level B Harassment- has the potential to disturb a marine mammal or marine mammal stock in the wild by causing disruption or behavioural patterns, including, but not limited to, migration, breathing, nursing, breeding, feeding, or sheltering.

In 1997, Congress considered legislation, called the Dolphin Conservation Act (DCA), that would undermine the MMPA's ban on imports of tuna that involved the entrapment of dolphins. Environmental and conservation activists were alarmed that the U.S. sought to appease Mexico by weakening the "Dolphin Safe" label.

A hundred page report was prepared by NOAA Fisheries' Southwest Fisheries Science Centre [3] and based on research conducted from 1997 up to 2002, cites contributing factors as to why the dolphin populations are not recovering. Scientists clearly suspect the eastern Pacific tuna industry as a major factor.

There are no current reports that state the Mexican tuna industry have any plans to update labels from Dolphin Safe to something more appropriate.

Urge Secretary of Commerce Donald Evans to protect the "dolphin-safe" label on tuna by signing this: <http://www.workingforchange.com/activism/action>.

DOLPHIN SAFE TUNA – ISN'T

cfm?ItemId=13929 Contact information for the advocacy group working on this issue: Defenders of Wildlife National Headquarters, 1101 14th Street, NW #1400, Washington DC 20005. <http://www.savedolphins.org/>

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EAT OR DRINK

A GARDEN YOU CAN EAT OR DRINK

The Herb Society presented at this year's Chelsea Flower Show a garden that plays to your senses of taste and smell – a veritable feast of herbs!

A striking fresh pallet of soft and variegated greens, bronzes and creams created not only by familiar herbs such as parsley, rosemary and thyme, but also enlivened by the more unusual varieties such as shisho perilla and red orach greeted the visitors to the garden.

This imaginative garden has been laid out in an organic theme to reflect the diverse role of herbs in gastronomy, while at the same time providing a haven of tranquillity and a source of inspiration to visitors.

Cheryl Waller, Director of the Herb Society and garden designer says: "recycled materials were used throughout and featured an alternative way of feeding your plants. The garden was full of surprises and generated much interest on herbs and inspired people to use them more imaginatively".

At the end of the show the garden was dismantled, and the materials will be recycled yet again. The herbs will be given a new home in the society's herb garden at their headquarters in Sulgrave Manor.

Contact Maurizio Fantato at The Herb Society, Tel: 01295 768899

Email: info@herbsociety.co.uk

EMERGENCY BUILDING FUND

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

CONSUMER CORNER



NEW FROM PLAMIL

87% ORGANIC RICH DARK CHOCOLATE BAR

This latest organic chocolate bar was recently launched at the Health Food Trade Exhibition, in Brighton, as well as the Organic and Natural Products Exhibition in London.

There are three unique factors about the bar:

1. It is remarkably high in cocoa solids of 87% which compares most favourably with the highest cocoa solids bar on the market of 70%. It is, therefore, in keeping with Plamil's innovative role and shows, once again, that Plamil leads the way.
2. It is distinctly labelled "87% cocoa" and chocolate connoisseurs who like a dark rich smooth chocolate will find it very satisfying. Plamil make all their own chocolates at their own premises, so are therefore able to guarantee that they are completely free from any dairy ingredient.
3. Another interesting feature of the bar is that its lecithin content is from sunflower instead of soya for the benefit of those who are either allergic to soya or prefer a change from soya. Plamil is, as far as we know, the only company to make chocolate with sunflower lecithin.

Available from all good Health Food Shops.

Realfood found out that the following companies stock vegan friendly soya margarine:

Jarvis Hotels, Warner Hotels, Pontins, and John Lewis in store restaurants. In addition, all of the 'Welcome Breaks' chain stock them.

If you are in any of these establishments, please drop a thank you note in the suggestion box, congratulating them for providing a soya alternative and ask them to extend their range by also stocking soya milk. Ask them to get in touch with Realfood if they need advice on where to source the products from.

It is also important to remember that Welcome Break will be having a product review in November, so we must show them before then that there is a demand for the product. It's out there – please use it!

CONSUMER CORNER

GLUTANO & BARKAT – THEY'RE KOSHER

Today's consumer is a lot more discerning and drives the food industry to provide better quality, ethically farmed, organically grown products suitable for all members of society. Just look round the local supermarket or high street health food store and see the wide variety of goods on offer. This competitive industry means suppliers and manufacturers



strive for an edge whether by producing different foods or better quality foods that contain, less salt, less fat, less this or less that!

One sure way of making a product stand out from its rivals is to receive the accreditations from respected food standard organisations as they play an important part in food retailing and a sure-fired method of having production standards confirmed.

In line with its aggressive marketing strategy, Gluten Free Foods Limited, one of this country's foremost suppliers and manufacturers of gluten-free and wheat-free foods has gained Kosher Certification for most of its products. The accreditation is another string to the successful bow of the company's plan to become one of Europe's leading suppliers of specialist everyday foods for people with food intolerances.

The Kosher Certification sits alongside other accreditations including approval by The Vegetarian Society and the national organisation, Coeliac UK.

Gluten Free Foods supplies a comprehensive range of naturally gluten-free and wheat-free foods under the Glutano and Barkat brands, including breads, pasta, flour, cereals, crackers and cookies, biscuits and snacks. This accreditation supports the company philosophy of providing the consumer with ethical, top quality, tasty alternatives.

For further information and nearest stockist details, contact the company on 020 8953 4444, email info@glutenfree-foods.co.uk or visit the company website on www.glutenfree-foods.co.uk

GOOD NIGHT ALL . . .

GOOD NIGHT ALL . . .

BY SHOSHANA SAVYON PHD

Sleep is a major requirement of the body for good health. Regeneration of tissues, psychological stability, cognitive function and more, are all impacted by lack of sleep. Certain disorders, such as fibromyalgia, are directly connected to improper sleep patterns.

The American-based National Sleep Foundation conducted a comprehensive survey of American sleep patterns. Their findings are similar for Israel. They found that 60 percent of the adults surveyed reported some sort of sleep problem and that thirty eight percent of all Americans sleep less now than five years ago. Insomnia was the most reported sleep problem for adults. Fifty one percent of all those surveyed reported experiencing one or more symptoms of insomnia, at least a few nights a week. Symptoms included difficulty falling asleep, frequent waking, waking too early with inability to fall sleep again, and unrefreshing sleep. Sleep loss occurred more in households with children, particularly among single parents. Forty seven percent of married and fifty five percent of the single parents surveyed reported sleeping less at the time of the survey than five years prior. In short, a large chunk of America was found to be sleep deprived.

Studies of the affects of sleep patterns on health indicate that most adults require 8.25 hours of sleep to complete three full sleep cycles. This is considered the needed amount for optimal functioning. Sleepiness during the day, impaired work function, an increased number of accidents, lowered cognitive ability, unhealthy dietary cravings and muscle pain are but a few of the effects of continual adult sleep loss. Children need at least 10 hours and infants up to 18 hours. Childhood accidents, behavioural difficulties and poor school functioning can often be attributed to sleep deprivation. Medications for sleep frequently further disrupt the long-term functioning of the natural cycle. Trying to "catch up" on lost sleep frequently only further mangles the normal sleep cycle.

Holistic Medicine has a substantial role to play in educating people about sleep and how to get it. It can offer comprehensive assistance in helping patients to schedule properly, value sleep, educate their children for good sleep habits, teach relaxation and stress relief and provide medications that are not disruptive to the normal sleep cycle.

GOOD NIGHT ALL . . .

Some Questions and Answers?

'I can get by on 6 hours sleep. Isn't that enough?' It's true that you can probably "get by" but that is exactly what is happening. Your body is still not receiving the time needed for regeneration and you could be setting yourself up for health problems in the future.

"I go to bed in plenty of time but it takes me a long time to fall asleep." For a full answer, we would need to overview your lifestyle and schedule but here are some basic tips: Don't use caffeine products for 5 to 6 hours before bedtime, ditto for a heavy meal. Exercise helps but should not be done within a couple of hours of bedtime. Create and value a good bedtime routine – an hour of quiet time before bedtime, calm music, skip the late night news, don't take the page-turner book to bed, have a warm bath or shower (lavender oil is calming but may conflict if you are taking homoeopathic remedies), make your bedroom sleep smart (pleasant, quiet, uncluttered, low light). Try counting sheep to calm your thoughts – picture a beautiful green field with a rustic wooden fence, a herd of fluffy white sheep are slowly – one by one-jumping over the fence and playing in the field. If you aren't asleep, try gazing at the top of a beautiful tree and watching the birds fly over.

"We have a new baby and want to establish a good sleep routine. Any tips?" Make bedtime a fun time with relaxing activities and a calmed-down house. If there is a household slow-down, bedtime routine, your baby will find it easier to "grow into" a positive sleep cycle. Put baby in the crib while still slightly awake to help her learn to fall asleep alone. Have lighting in the baby's room the same that it will be all night. If you need to care for the baby at night, do so with minimal light, fuss, and a soft tone of voice, returning the baby to bed as soon as care is finished.

Dr Shoshana Savyon, Doctor of Holistic Medicine – 02-622-3192, 067-508055. e-mail: savyon-a@inter.net.il

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NO PAROLE

NO PAROLE

BY DAVID HORTON

I summoned up my courage and visited Taronga Park Zoo in Sydney the other day, with note pad and tape measure. It turned out to be a harrowing experience. I hear people say that the animals are better off in the zoo than being hunted in the wild. I say they're better off dead.

At zoos like this one, for these once free animals, each day brings deadly boredom and barren surroundings. It occurs to me that the local concrete company did very well out of Taronga because, apart from the animals, that's all you see – whether it's a mock mountain for the goats, a pool for seals, or high walls to enclose the lions. Odd they call it a zoological garden. What little greenery there is tends to be separated from the inmates by electric fences.

It isn't supposed to be a nice place for them. And it's not. But it wouldn't be so bad if they called them amusement parks, or even plain old 'animal prisons', but they insist on portraying it as a garden.

Zoos busily justify themselves on the grounds that they provide 'captive breeding programs' and constitute a 'lifeline' for endangered species, implying a sort of protective custody with a chance of parole. But with diminished habitats there is little likelihood of a return to the wild either for present or future generations. It seems that in reality the zoo is here for our diversion only.

I was too ashamed to look directly into the animals' faces, but I noticed the lion giving me a stare that will guarantee nightmares for the rest of my life – it wasn't hatred or anger, just the look of a ghost; a once mighty creature reduced to a zone between life and death.

I went on to see a parade of terrible things; a clouded leopard with merely six square metres of flooring and no exposure to any sunlight; great apes reduced to walking about like depressed old men; kodiac bears, their fur rubbed to the skin from lying on concrete all day. And in this so-called garden I came upon a black swan swimming in a shallow concrete pool, its wings clipped to prevent escape – at least the keeper looked guilty when he answered my question about "what if the swan wanted to fly off".

My favourite bird, Australia's only crane, the mysterious dancing brolga, was certainly not dancing when I was there. Here it was alone, cooped up in a 4 metre high cage. Nearby I found a 3 metre-wingspan Andean condor

NO PAROLE

imprisoned in similar caged conditions. And if that was unbelievable so too was the nightlife show. Inside a concrete bunker there was a row of glassed-in cages, containing some of Australia's nocturnal animals and birds. They are being kept here in perpetual dim blue light, (to simulate night in the bush), and to give atmosphere these creatures endure a continuous ghostly drone of a dingo howling. I doubt if a few blue lights and a tape recorder use that much power, so I wasn't surprised to find that The Australian Nightlife exhibit was sponsored by Energy Australia.

This display must surely have arisen from a particularly sadistic imagination. What message must it give to the thousands of students taken to Taronga each year by their school teachers or parents. If I pity the animals I also pity the kids, who are conned into believing that keeping animals to a half-life behind wired-on plaques is educational. If our society considers it 'educational' for children to accept that bored animals should be caged in debilitating and aberrant circumstances, then it's small wonder animal factories and human rights abuses also continue to flourish.

By the time we are adults, we have become too obstinate to see what our own eyes show us. So just what do we get when we pay to get into Taronga to see the exotic creatures? Certainly not a better future or more habitat. Certainly not an inspiring message for our children. Mind you, if you like horror, Taronga is just the ticket.

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GARDENER'S CORNER

GARDENER'S CORNER



Wind and weather are two of the main influences of any garden. Much has been handed down of the four winds. Because our islands are in the Gulf Stream brought to us by the prevailing wind from the west, the south and west winds bring us mild and sometimes wet weather. Although we are some hundreds of miles north in latitude than say New York State, we have mild wet winters while they have huge amounts of snow and ice with which to contend. When our winds do come from the north or east we too experience a touch of the arctic although we get very little snow. Sometimes we get all four seasons in one week. This happened this year when in April, on the 9th, it snowed while a few days later we were basking in the 80°s and then back to more seasonable weather as the bank holiday and Pesach came.

This brings me to the point of this article which is about walls which face in each direction and so either receive or are protected from the effects of the winds and what they bring.

Take a South facing wall. This offers warmth when the sun shines, also it gives off heat in the night when it cools down and so helps warmth loving plants. It also shields them from the cold North Winds and driving sleet, snow and cold rain.

GARDENER'S CORNER

We have a South facing wall and on this we have planted and trained peaches and apricots. These trees are pruned and tied in to wires on the wall to keep them close to this source of reflecting heat, absorbing heat and general protection. Although these trees blossom early in April when there are still frosts in abundance, the south wall just provides that extra counter effect to allow the blossoms to set fruit in most years. (Our garden lies at 500 feet altitude so gets more weather than many).

A North wall can be just as valuable to those that like shade and a moist environment. We have Chaenomeles or the Quince apple which just loves this spot – as I write this at the end of April they are in full and magnificent blossom. This will be followed by the production of the Quince fruit which almost exactly resembles a cooking apple but is not as edible. In fact Quince jelly can be made from them and is much prized. (Any recipes please for the cookery pages).

Also on our North wall are Camellias which thrive here. They like a dressing of manure or compost each winter to reward us with a dazzling display of blooms in the Spring. Both will grow up to 10 feet and provide good cover to hide the wall while the wall helps to support them. At the foot of these we grow members of the Primula family which like moist conditions – the base of the North wall is the last to dry out. Another great plant is the Hellebore – the Christmas and Easter Roses. Ours never fail to blossom in late December and are a mass of bloom in March/April.

On our West wall we grow a Fig tree – we do not get that many fruits but always some come to ripeness before the late Autumn frosts bite off its leaves.

Facing an East wall is ideal for soft fruit such as Raspberries or Blackcurrants.

In short, every aspect North, South, East and West can provide ideal conditions for the right plants and the above are just some of these.

Elderberry and Apple Jelly

3lb tart cooking apples (windfalls are particularly good);

2 quarts elderberries, picked from their stalks;

peeled rind of 1 orange and stick of cinnamon, tied together with cotton;

2 pints water; sugar.

Wash the apples well and remove the blemished parts. Cut into pieces and put into a pan with the elderberries. Add water, cover the pan and simmer to a pulp. Turn into a cloth or jelly bag and leave to drip. Measure juice and

GARDENER'S CORNER

allow 1lb sugar to 1 pint juice. Put together into a pan, stir over moderate heat until dissolved, then add the orange rind and cinnamon. Boil rapidly until a little will crinkle on a saucer when it is cold and pushed with the finger. Remove flavouring, turn into warm jars and tie down.

This jelly should be of a soft, rather than too firm a consistency. The above recipe could be used for blackberry and apple jelly.

Quince Jelly

6lb quinces; water; pared rind and juice of 2 lemons; sugar.

Wash quinces and remove all blemished parts. Cut up and put into a pan with cold water to come barely level with the fruit. Simmer until pulpy. Turn into a jelly cloth or bag and leave overnight. Measure the juice and allow 1lb sugar to 1 pint of juice. Put together into a preserving pan, add strips of lemon rind tied together and the strained juice. Bring to the boil slowly, stirring from time to time to dissolve the sugar. Boil rapidly, skimming occasionally, until it will set when tested. Fill into warm jars and tie down. A piece of the peel may be put into each jar if wished.



WHY I'M A VEGAN

WHY I AM A VEGAN

JEFFREY M. FREEDMAN

Being vegan is about more than what I do or do not eat. For me, it is a prayer, a petition asking why animals and people suffer greatly in a Universe created by a benevolent and loving G-d. The question and the answer both led me to a lifestyle that is focused primarily on abstaining from the consumption or use of anything that comes from or contains animals or animal products. Veganism is a corollary of ahimsa, the universal principle of compassionate, non-violent living, the a priori maxim of Judeo-Christian ethics and Eastern spiritual philosophies.

Veganism, for me, is not so much about dietary abstinence as it is about spiritual sustenance; spiritual sustenance that fills the dark and empty spaces I feel lost in when I witness animal and human suffering; anything that is an affront to what is Holy or good in the world. It is, for me, a lifestyle imperative that flows from my love of animals and a reverence for life I seemed to have been born with. It wasn't until I got to university, on my own for the first time, that I realized there was a disconnect between what I felt in my heart (love for animals) and what I was putting in my body (corpses of animals), and that my spiritual life would have to mediate between and reconcile the two. It did. I stopped eating meat and chicken and after I realized fish are not plants with gills, seafood went too.

Becoming vegetarian made me feel I was doing something to lessen the suffering of animals; or that at least I wasn't contributing to it. But it also felt like an inadequate-human- response to a spiritual dilemma. I read something in the news this morning about the ongoing abduction and breaking of baby elephants in Thailand. They are taken from their mothers, tied by their feet so they can't move, beaten with sharp instruments on their head till they bleed and kept awake by loud noise, sometimes for days. This torture goes on until they either go mad or become docile enough to perform in circuses and tourist attractions. Two blocks from where I live and work an injured pigeon has been cowering under a store ledge trying to avoid the prowling cats, blinding snow and wind and other urban predators. Hundreds of people have passed by and ignored him the way they ignored the mangled pigeon I found during one of last summer's most unbearably hot and humid days. He was attacked by a cat, couldn't fly, hobbled on one leg, looked unbearably sad and worn out. When I take these animals to the local wildlife rehabilitation center I am as much pained by the indifference of the people who saw their

WHY I'M A VEGAN

suffering and did nothing as I am by the suffering itself.

For anyone sensitive to the suffering of animals and people who cannot defend or fend for themselves, these are the things that rend the heart and are a call to action and a call to prayer; a call to action because to do nothing is to court helplessness and depression and defeat; prayer because, in an imperfect world suffering, which is a symptom of separation from the Divine, must exist. Prayer then becomes the last refuge of those who suffer greatly as a result of bearing witness to great suffering.

Being vegetarian felt like praying with half of a heart and half a hope. When I stopped eating meat and chicken and sometimes eggs and dairy, I felt empowered and in some way empowering. I was making a statement about what my conscience cannot live with and what my body can live without. Ironically, when I eradicated all animal products from my diet, my clothes, and every aspect of my life, when I adopted a vegan lifestyle, I was making a statement about my powerlessness. I was and I am admitting that what I don't eat isn't going to have a major impact on the suffering of the innocents or the violence in the world; that it would take more than my abstinence from eating animals to bring about a state of ahimsa to the world.

And so, like a fast at Yom Kippur or Christian Lent, I am trying to make myself ready to petition G-d to rid the world of suffering and violence I can't eradicate or change in any lasting or globally significant way. I am asking Him to do something about the baby elephants and the wounded pigeons and the broken hearts in the world.

I can't bring myself to ask these things if what I eat, what I wear, what I do knowingly contributes to suffering in this world. This means that all of the products and bi-products that can't be produced without causing suffering to animals, including meat, eggs, milk, fur, leather, wool, down and cosmetics or chemical products tested on animals, had to go. (I include circuses, zoos and all other institutions that confine or exploit animals in this list). To the extent they don't cause suffering, in any way, I consider consuming, wearing or watching them acceptable.

This ethical standard I try to live by is based on two things: my desire to decrease or at least not contribute to the suffering of any sentient being, and the interrelatedness and common origin of all life on Earth. If she, he or it suffers, I suffer. What constitutes suffering, as far as I understand it and the way most Buddhist's define it, is that everything/everyone wants to live

WHY I'M A VEGAN

and nothing/no one wants to feel pain. Anything that causes pain or death causes suffering.

Veganism, for me, is asking G-d to do what I am incapable of doing. Why G-d' s creation suffers and how and when this suffering will cease is a question that has always tormented me; a mystery only G-d has the answer to. I had to become vegetarian before I felt worthy of asking the question; vegan before I felt worthy of receiving the answer. The longer I live vegan, the more it seems this is the answer.

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HINDU FAMILY SUES U.S.

HINDU FAMILY SUES U.S. EATERY FOR SERVING BEEF

By: MAYNARD S. CLARK

New York, February 2003. A Hindu family has sued a restaurant in California for an unspecified amount, enough for them to travel to India for a cleansing ritual in the river Ganges, after they allegedly found chunks of beef in the food they ordered, despite their repeated reminders that they are strict vegetarians and were ordering the food from the vegetarian menu.

Keshav Pabbi was quoted by an ethnic newspaper as saying that he and his family were horrified to find beef in the vegetarian burrito they had ordered. "It tasted different", he said.

The suit, filed by attorney Ashwin Ladva of San Francisco on January 28th last, asks for an unspecified amount of damages.

"If a person told their server that their kid was deathly allergic to peanuts, the server would take it seriously. The same premise should apply to a devoutly religious vegetarian!"

VEGAN TRAVELS

VEGAN VENTURES IN OAXACA, MEXICO

BY PAIGE NEWMAN

Buying a few of the brightly-colored, locally woven tapestries was half the reason for our trip to Oaxaca; I also wanted to feel the dry Mexican sun on my skin, doing the typical get-me-out-of-rainy-Seattle winter vacation. After a day in four airports, I was hungry and curious as to what vegan fare I'd find as I walked around the city of Oaxaca, Mexico. Endearingly-broken English called to me from a handwritten sign in a phone booth, "If you are a vegetarian and don't eat with us, you aren't a good vegetarian people." A few blocks away a smiling local standing in front of another restaurant attempted to win my business saying, "Vegetable food. Very good."

The phone booth sign won my heart, so we made our first venture to "Restaurant Manantial Vegetariano," found at Tinoco y Palacios #303. "Manantial" refers to a spring or source. As this was the only all-vegetarian restaurant I had heard of through the Lonely Planet Mexico book, I hoped it would be a valuable source of sustenance for me, since I planned to be in Oaxaca for a week! Before my trip, I had done a bit of web research as well, coming up with no results when seeking vegetarian information on Oaxaca.

We ended up eating almost every day at "Manantial," due to the wonderful service, the peaceful courtyard setting, and the healthy, diverse meals we were fortunate to try! My favorite was a \$2 (U.S. dollars) breakfast of Swiss enchiladas (stuffed corn tortillas) with soy meat (texturized vegetable protein) and tomatillo sauce. In another meal they replaced chicken with shredded vegetables and topped the enchiladas with the rich Oaxacan specialty — black mole "mole negro" sauce (made from chilies, chocolate, bananas, pepper, cinnamon and other spices). This candlelight dinner included several courses: mixed green salad, fresh watermelon juice, bread, garbanzo vegetable soup, fruit with honey for dessert, and fresh herbal tea for a whopping \$3!

Though the restaurant was vegetarian, they were very accommodating to my vegan needs, leaving cheese off most dishes and making sure not to give me cereal with yogurt in it. I tried several other restaurants suggested in Lonely Planet as having vegetarian options but found none offering as many vegan options as "Manantial." At many places I would order a side of rice and steamed vegetables, or a tlayuda (a crisp corn tortilla) with guacamole and beans, lettuce and salsa. Delicious, but for someone like me who does best

VEGAN TRAVELS

eating significant amounts of protein each day, these meals were not enough to fill me. Since protein-rich snacks like soy yogurt, tofu burgers or dogs, and nuts were hard to come by, I felt limited and tired, and usually went back to Manantial needing some more calories. I feel vegans who do well with less protein than I would do fine in Mexico, as an abundance of fresh vegetables, fruits and grains are available at the street markets, like rice, beans, tortillas, and bread, among other staples. For variety, try a local vegetable called nopales (prickly-pear cactus ears) , with a slimy crunchy texture. There are also various unique fruits like the guayaba (guava) and zapote (sweet, from the chicle tree) for the experimental types.

In addition to limited vegan options, another thing to watch out for are hidden ingredients like the lard used in beans, and the chicken or beef stock used in soups. Tourists also need to read their guidebooks for health cautions about particular areas, and always make sure to eat vegetables and fruits that have been peeled and disinfected. The water should only be drunk if bottled and labeled as purified, or well-boiled if drunk in tea. Manantial uses chlorine and disinfectants to purify all produce and water so tourists won't develop bacterial infections.

Speaking Spanish is highly useful in vegan travel abroad, not only for avoiding certain ingredients and ordering carefully, but for enjoyably communicating with the locals. I got to talking with Elioth, the son of the Meza Vivanco family that owns Manantial, wondering how in a culture where vegetarianism is so rare they ended up with a restaurant serving no meat. Surprisingly, the whole family had one-by-one become vegetarian after finding out their father had diabetes and felt much healthier once he switched to a vegetarian diet. Equally unexpected was that Elioth, though claiming vegetarianism was not a part of their culture, was not only vegetarian but a professional bodybuilding instructor. He looked very healthy and radiant to boot.

When the family opened the restaurant about 2 1/2 years ago, not many Mexicans came, but today some locals frequent Manantial daily. Still, 80 percent of the business they do is to tourists. Elioth claims many locals don't come, because like in the U.S., there is a stigma attached to vegetarian food that implies all people will find at the restaurant is salad rather than anything filling, which is untrue.

Though I never made it out of Oaxaca on this visit, I felt the vegan choices were similar to what I found in my five months last year in Ecuador, Costa Rica, Colombia and Venezuela. In general, the bigger cities had several vegetarian

VEGAN TRAVELS

restaurants and stores, and the smaller the city was, the lesser your chances of finding something to eat, especially as a vegan. Overall, I feel the U.S. (at least the West Coast), with its plethora of health food stores and ethnic restaurants, offers more vegan options than the Latin American countries I have visited. But the rich cultures, spirited people, beautiful scenery and inexpensive travel of Latin America keep me going back to more of the Spanish-speaking world, as does the salsa (both the hot sauce and the dance)!

ANY ONE FOR MANGO?

ANY ONE FOR MANGO?

BY VALERIE ALLAN

Spring has sprung, summer is in the air and the delectable and succulent Keitt mango, from the land of Salsa rhythms, Puerto Rico, will be adorning our fruit shelves here in the UK, until September.

Having been invited to the 'Mango from Puerto Rica' presentation, held at Good House Keeping Institute in London, this writer set off in anticipation to learn all about her favourite fruit... the mango. In particular, the 'Keitt' variety (one of the most widely available mango varieties in the UK) to discover, namely, how to 'hedgehog' or spoon my mango, pick up serving suggestions created by international award winning Puerto Rican chef and restaurateur Wilo Benet, to speak to the experts who really 'know their mangoes', and, very importantly, to sample the Mango delights on offer – from wonderful 'wake-up' tofu smoothies and classy cocktails to sumptuous summer-style salads!

On arrival, I was welcomed by two delightful PR ladies and was promptly escorted to the kitchen area and introduced to Chef Wilo Benet who had prepared a feast of culinary delights, which succeeded in tempting my already salivating taste buds.

The tasting.....

As an appetiser, a cheerful and chatty Chef Wilo Benet served me with a delectable portion of fresh and mildly sweet Keitt mango, and thereafter, a delicious Mano-Berry Tofu Smoothie, followed by a neat portion of Mango

ANY ONE FOR MANGO?

& Potato Salad (which I thoroughly enjoyed), and, for a perfect ending to a perfect meal, for dessert, I was treated to a rather moorish Mango and Almond Tart.

The verdict.....

The above recipes, and more, are well worth a try and can be found under the heading 'Mango Recipes & Serving Suggestions' at the end of this article.

My appetite satiated, I was very keen to learn all about this tasty and nutritious fruit ..the mango, its origins, nutritional value, freshness and appeal and who better to give me this information was the Puerto Rican mango grower's representative and expert, Jorge, who for a fascinating half an hour filled me in on.....

Puerto Rico's Juiciest Export

Puerto Rico "The island of Enchantment" is located in the North-eastern corner of the Carribean. This tropical paradise, famous for its white sandy beaches, rum and salsa music, is captivating the world with its juiciest export – mangoes. Mangoes were introduced in Puerto Rico in the late 18th – early 19th century The natural characteristics of the Southern coast of the Caribbean paradise of Puerto Rico, home to Martex Farms and its Tropi Mango, Pango Mango and Mango Rico Brands, provide the ideal conditions of perfect balance of sun, soil, trade winds and pure water that yield a truly premium mango. Today, Puerto Rico produces for export 10,000 tons of mangoes a year of which the Keitt variety, a green mango with a slight reddish blush, non fibrous flesh and a mild sweet taste is one of the most widely available in the UK. Interestingly, the UK buys £22 million worth of mangoes each year.

About the mango

The evergreen mango which is also referred to as the 'King of the Tropical Fruits', is one of the finest and most popular of the tropical fruits. Originally from India, the magifera indica has been cultivated for over 4,000years. The mango is a member of the cashew family of flowering plants; other species within the same family include the pistachio tree, the Peruvian pepper tree and poison ivy. There are over 400 varieties of mango throughout the world of which over 20 million tons of mangoes are grown in the tropics and sub tropics.

The health benefits of mango?

ANY ONE FOR MANGO?

1. About 95 calories per 250ml/160grams
2. Very low in sodium and fat – ideal for adding flavour without fat.
3. Loaded with vitamin A
4. High in calcium and fibre
5. Rich source of potassium, which helps to provide an energy boost
6. Mangoes have carotenoids. These are proven to help ward off colds and reduce the risk of cancer and heart disease
7. Great Source of Beta Carotene, Vitamin C and Vitamin E
8. High in Fibre but low in calories and sodium
9. We are advised to eat at least five portions of fruit and vegetables a day. Half a mango counts as one portion
10. A small mango provides more than the daily required Vitamin A for children.

About the Mango Grower

The western hemisphere's largest single mango grower, Martex Farms, situated in the Southern coast of Puerto Rico, is a family owned business established since 1989, by brothers Venancio and Gustavo Marti who are dedicated to the growing, processing, packing and shipping of tropical fruits and plants.

Martex farms learned long ago, what is now common knowledge in the top European supermarket chains, that there is a better way to enjoy mangoes and that way is of the Keitt variety. Martex is purposefully committed to the Keitt variety (up to about 80% of their mango production).

In an era where consumers have rediscovered the health benefits of fruit, and where they are most conscious about their produce, Martex Farms is a business that cares for the environment and its people and offers the highest quality produce. The orchards are irrigated with pure water sources from their seven reservoirs and spring-fed deep wells and are independently tested for purity. As they have control of the fruit from tree to market, Martex sells only what they grow; the fruit from the tree to container is processed in under 12 hours and is shipped to a European port in nine days (door-to-door), under refrigerated conditions. A time span of 21 days lapses from picking-to-platter, juicy-ripe and ready to eat. Martex offers a clearly defined mission: Healthy Trees...Premium Fruit...Passionate Customers!

As a USA territory, Martex Farms fully complies with all the USDA, EPA, OSHA and Labor Department regulations and, since 2001, Martex has been certified to comply with all EUREPGAP standards, becoming the first mango

MANGO RECIPES

farm in the world to receive EUROGAP certification.

To learn more about mangoes visit www.martexfarms.com
And www.mad4mango.com

MANGO RECIPES & SERVING SUGGESTIONS

Chef Wilo Benet

Pikayo Restaurant – San Juan, Puerto Rico

Internationally-acclaimed chef Wilo Benet, Mango from Puerto Rico has developed a range of delicious recipes, from rum cocktails to summer salads. The emphasis of these recipes comes from Wilo's speciality - traditional Creole cooking.

MANGO FREEZE (FREEMAN)

Ingredients (1 serving)

45 ml white rum
160 g chopped fresh ripe mango
160 g chopped ice
3 mint leaves

Method: Combine the rum, mango and ice and blend until smooth. Pour into a chilled glass and garnish with mint leaves.

MANGO-BERRY TOFU SMOOTHIE

Ingredients (2 servings)

160g chopped fresh ripe mango
250ml low fat milk/ sweetened soya milk
160g fresh raspberries or strawberries
125g soft Tofu, cut up and drained
5-10ml honey
5ml vanilla
6 ice cubes

Method: In a blender or food processor, place mango, milk, raspberries, tofu, honey and vanilla. Cover and process until smooth. Through hole in lid of blender or feed tube of food processor, with machine running, add ice cubes; process until blended. Pour into two glasses; serve immediately.

MANGO GAZPACHO

MANGO RECIPES

Ingredients (? servings)

- 4 – 6 ripe mangoes – flesh scooped out
- 1/2 small onion
- 1 garlic clove
- 1/2 cucumber peeled & seeded
- 200ml good olive oil
- 125ml of rice vinegar
- Sugar to taste
- 2-3 Tbsp freshly chopped tarragon
- 2-3 Tbsp of freshly chopped coriander
- Salt & Pepper
- Chives for decoration

Method: Place first four ingredients in a blender and puree until free of lumps. While the blender is still running start drizzling the oil to form an emulsion. Season with the vinegar until your preference of sharpness which later will be balanced with the sugar. Add the Tarragon and Cilantro then pulse blend to integrate. Finally, season with salt & pepper. Serve Chilled.

MANGO & POTATO SALAD

Ingredients (4 servings)

- 1 fresh ripe mango
- 1 large potato
- 470g cherry tomatoes
- ½ sliced thinly red onion
- olive oil
- rice vinegar
- salt
- black pepper

Method: 250g rocket leaves (or a mix of peppery salad leaves) Peel the potato and the mango. Dice both into small cubes and set aside. Boil the potatoes in salted water until tender but firm. Keep them at room temperature. Combine the mangoes, potatoes, onions and tomatoes in a bowl and toss lightly with olive oil and rice vinegar to taste. Sprinkle over salt and pepper then add the rocket leaves and toss. Serve at room temperature as an appetizer or in a bowl for a buffet.

MANGO & ALMOND TART

Ingredients (6-8 servings)

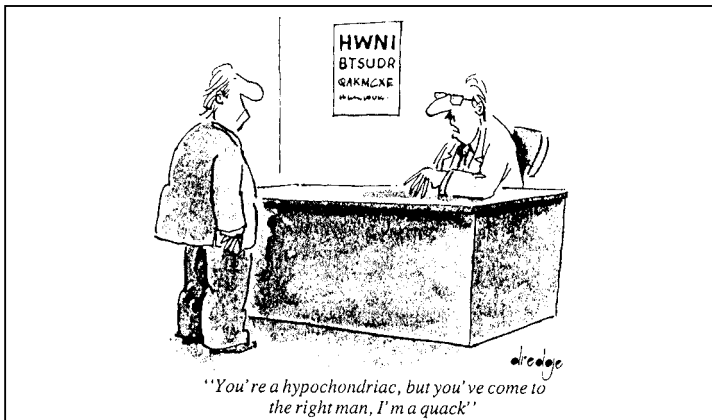
- 1 fresh ripe mango
- 1 piece of puff pastry of 225 g
- 450g dry beans

MANGO RECIPES

250 ml almond paste or marzipan
1 egg white
250ml pistachios, ground
125ml apricot bakery glaze or jam with a little water added to create a glaze
(A pre cooked 9" pastry case can be used instead, if preferred)

Method: Either use the precooked pastry case or...in a pie oven tray with removable bottom place the already flatten puff pastry dough. Cover the cavity with dry beans to reduce the possibilities of growing in volume. Heat the dough for 30 minutes at 180° C or until crisp and slightly gold. Remove the beans and set aside. Peel the mango preserving as much flesh as possible. Slice the mango into very thin slices and cut in half. Set aside in refrigerator. In a bowl beat vigorously the almond paste and egg white until creamy and well incorporated. Set aside. Place the apricot bakery glaze in a stainless steel bowl and this on top of a pan of simmering water, in order to achieve a consistency that will allow applying later uniformly with a brush. Pour almond batter into tart and distribute uniformly. Place the mango slices in a spiral until the tart has been completely covered and no almond batter is exposed. Set aside refrigerated for 15 minutes. Remove from refrigerator and apply apricot glazing evenly assuring that the borders are also glazed and later covered with ground pistachio. Serve with whipped cream.

Let's face it; whether you suck it, slice it, dice it, tenderise with it, serve it in a curry, a salsa or a salad, in delicious pudding treats or just get messy with it...Who doesn't love a Mango?



NEW ATTITUDE

NEW ATTITUDE MARKS GREAT PROGRESS FOR ALTERNATIVE TREATMENT AND THERAPY

Despite incredible medical advances Holistic therapies are being adopted by modern medicine in the UK, as consultants and GPs increasingly send patients for Alternative treatment with genuine hope.

From Aromatherapy and Feng Shui to Zen Buddhism, the "Health and Happiness" industry is growing worldwide.

Thirty years ago the thought of having needles strategically poked into the human body would have probably been seen as outrageous, but today Acupuncture is a highly respected form of alternative treatment that has helped thousands of people overcome illness and eased suffering.

Another unorthodox therapy that is now winning plaudits and gaining further credibility with physicians is the spiritual health science of Ayurveda, or "Life Knowledge."

This ancient art of healing and health maintenance, originating from India, uses a combination of yoga, herbal supplements and a wide range of therapeutic massage using special oils, based around individual consultations.

Antonio Dacosta, owner and proprietor of one of the first Holistic centres of its kind in the UK, The Ayurvedic Shop, based in Hammersmith, West London, said: "We have two fully qualified Ayurvedic doctors on site, and I myself am a consultant. Our expertise has helped many people and we believe deeply in the powers of Ayurvedic medicine and treatment."

He added: "Ayurveda particularly works well because we can establish lifestyle changes on an individual basis. The treatment works on your three constitutions, Vatta, Pitta and Kapha and depending on which category a person falls in to, we can tell which foods, herbal supplements, exercises and techniques would help that individual maintain a healthy life status."

Ayurvedic knowledge has been passed down from generation to generation for more than 5000 years and when conventional medicine doesn't work modern day doctors are increasingly sending patients to undergo alternative therapy.

This change in attitude demonstrates great progress for those who believe in

NEW ATTITUDE

the powers of Holistic treatment and Anthonio considers this to be the dawn of a new era for complimentary methods that work effectively alongside conventional medicine.

Although the proprietor is now seeking offers from potential buyers for the business due to other commitments taking priority he would like to hand the reins over to someone with high integrity that can make further progress in this growing industry.

For more details please contact Moe Lokat or Glen Hearnden at Affinity PR: Tel. 0208 426 2000, Fax: 0208 426 2022, Email: info@affinity.pr.com

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NOTICE

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

BOOK REVIEWS

TOWARDS PERFECT POSTURE

By BRIAN DOOR.



Towards Perfect Posture reveals how, with an easy-to-follow combination of Alexander technique and yoga movements, you can correct your posture at home and at work, and be left feeling fitter and happier. It also reveals how good posture improves your life, with hints and tips on how to use it in everyday life – from sitting at a keyboard to vacuuming and from washing your hair to surviving a long haul flight in economy class – preventing injury and boosting energy.

Brian Door is Training Course Director of the Professional Association of Alexander Teachers and teaches full time. He has also run courses in London, New College Durham, at the University of Newcastle upon Tyne and at the University of Birmingham, and he founded the ongoing course at DeMontfort University. He trains teachers in this subject and is the author of a number of training manuals on movement in general.

Published by The Orion Publishing Group, Price £4. 99. plus P&P £1.

Available from JVS.

FOODWISE

**UNDERSTANDING WHAT WE EAT AND HOW IT AFFECTS US.
THE STORY OF HUMAN NUTRITION.**

By WENDY E. COOK.

Wendy Cook's fascination with nutrition began during her war-time childhood. In the midst of deprivation and food-rationing, the rich abundance of her mother's organic garden made a profound impression. In her twenties, married to Peter Cook, she discovered the artistic and magical effects that food could have in creating a convivial atmosphere. During this period she cooked for many well-known names, including John Lennon, Paul McCartney, Dudley Moore, Peter Ustinov and Allan Bennett. But it was only later, through her daughter falling ill, that she came to study and understand deeper aspects of nutrition, and in particular the effects of different foods on human health and consciousness.

BOOK REVIEWS

In *Foodwise* Wendy Cook begins the volume with biographical glimpses relating to her experience of food and how it has influenced her life. She then presents an extraordinary perspective on the journey of human evolution, relating it to changes in consciousness and the consumption of different foods. In the following section she considers the importance of agricultural methods, the nature of the human being, the significance of grasses and grains, the mystery of human digestion, and the question of vegetarianism. In the next section, she analyses the 'building blocks' of nutrition, looking in some detail at the nutritional (or otherwise) qualities of many foodstuffs, including carbohydrates, minerals, fats and oils, milk and dairy products, herbs and spices, salt and sweeteners, stimulants, legumes, the nightshade family, bread, water and dietary supplements. She ends with practical tips on cooking, planning menus, children's food, sharing meals and some mouth-watering recipes.



Published by Clairview Books, Price £16. 95. plus P&P £3. Available from JVS.

THE GREAT VEGETARIAN COOKBOOK

By ROSAMOND RICHARDSON.

Stuck for vegetarian inspiration, or wondering how to get your all important five portions of fresh fruit and vegetables per day?

Rosamond Richardson is one of the most highly respected vegetarian cooks in the UK, and her *Great Vegetarian Cookbook* shows exactly why. Taking her inspiration from around the globe and incorporating a delicious variety of vegetables, herbs and spices, she has created a vegetarian 'bible'.

The book includes a section on seasonal vegetables, equipment and cooking techniques as well as tasty dressings. Rosamond covers, starters, soups, snacks, dips and breads, tortillas, pancakes, frittatas, side dishes, main courses, potatoes, pasta, pulses, rice, polenta, savoury pies, salads and desserts as well as a section devoted to entertaining. She caters for the novice cooks as expertly as for the adventurous, with clear and accessible recipes which are quick and easy to prepare.

BOOK REVIEWS

Rosamond was food consultant to Linda McCartney on Linda's Kitchen, a 1995 bestseller. They also collaborated on Linda's last book, Linda McCartney on Tour, published posthumously in 1998. She is an experienced broadcaster, and as well as a qualified yoga teacher.

Published by Kyle Cathie, Priced £10.99. plus P&P £3. Available from JVS.

EYEWITNESS JUDAISM

WRITTEN BY DOUGLAS CHARING.

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Published by Dorling Kindersley. Price £9.99. plus P&P £2. Available from JVS.

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Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

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POOR ORAL HYGIENE

BRITISH DENTAL HEALTH FOUNDATION WARNS OF HEALTH RISKS ASSOCIATED WITH POOR ORAL HYGIENE

A leading UK dental charity is warning that poor oral health might increase your risk of illness, disease and even an early death!

The relationship between oral health and heart disease has been investigated more fully. The link is particularly clear in men aged over 40, who in one study showed a 3.6 times increase in the likelihood of coronary heart disease.

However, recent studies have found that everyone is at potential risk if they do not maintain a good oral health regime. Associations between poor oral health and strokes, diabetes and pre-term low weight babies have been identified.

The mouth can suffer from a number of different conditions if it is not looked after properly. Mouth cancer, gum disease, erosion, decay and bad breath are some of the problems, but it is possible to help prevent them.

- Brush teeth twice a day with fluoride toothpaste - Fluoride can substantially benefit dental health by strengthening the tooth enamel, making it more resistant to acid attacks that can cause tooth decay. Brushing with a powered toothbrush may also help.
- Floss after brushing - This can remove up to 40 percent more plaque than brushing alone
- Use a mouthwash after flossing - This can help to dislodge food debris and help improve gum health and prevent bad breath
- Chew sugar-free gum - After eating chew for 20 minutes to help stimulate saliva that neutralises acids which can cause tooth decay. It can also help to prevent bad breath
- Cut down on how often you have sugary snacks and drinks - try to limit them to mealtimes and choose safer options such as cheese, nuts, breadsticks and plain popcorn
- Visit your dentist at least once a year for a check-up. During a dental check up your dentist should examine the soft tissue in your mouth, to identify conditions such as oral cancer, as well as your teeth and gums. A thorough examination could alert your dentist to other health conditions such as anaemia and even symptoms of stress

For more information contact the Foundation's press office on 0845 063 1188 or look at the website www.dentalhealth.org.uk

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

HOLIDAYS

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