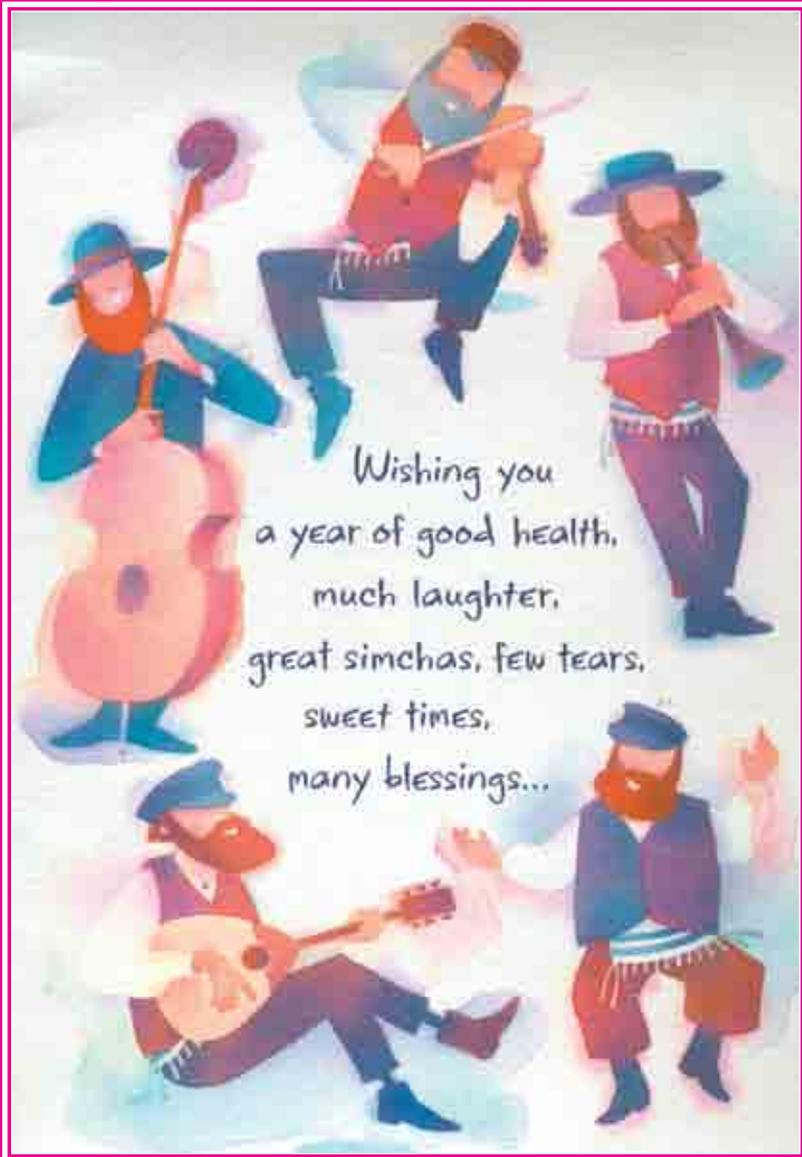


# The Jewish Vegetarian

No. 146 September 2003 Tishrei 5764 £1.50 Quarterly



Wishing you  
a year of good health,  
much laughter,  
great simchas, few tears,  
sweet times,  
many blessings...

**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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Full Page	£100	Half Page	£55	One-third Page	£45	Quarter Page	£30	1"(full width)	£15
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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
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership UK	£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.

The Jewish Vegetarian is published quarterly by The Jewish Vegetarian Society.  
853/855 Finchley Road, London NW11 8LX, England. Subscription price is USA \$20. Canada £20.  
Please note: Periodicals Class postage paid at Rahway NJ.  
Post master: Send address corrections to: The Jewish Vegetarian, c/o Mercury Airfreight International Ltd.,  
365 Blair Road, Avenel, NJ 07001. USPS 001-377.

# SOCIETY NEWS

## NEW LIFE MEMBER

We are very pleased to welcome Donna Levin from USA as a Life Member of our Society and we are hoping that she will be sending us some information about herself for the next issue.

We will always be happy to hear from any other members of the Society who wish to take this step and become a "Pillar of the Society". This not only encourages others but it also secures the future of the JVS.



We have received a letter from Mary and Kenneth Temby, who originally joined the Society nearly twenty years ago. Mary has now decided to become a Life Member, and she writes as follows:

To My Dear Friends,

Thank you so much for the book 'Tree of Life' which is an inspiration to us all. It gives me great pleasure in writing to you and I am only sorry it took so long to decide to become a Life Member.

We used to advertise our furnished cottages 'to let' in The Jewish Vegetarian magazine where we met some very nice people and made lots of friends. We have such a lot of lovely memories.

Kenneth, my husband, now has Alzheimers and is living in a nursing home, and this is one of the reasons why I became a Life Member. With the power of G-d's love I can do all things, and will always cherish the book 'Tree of Life.'

I wish you well and good health.

Mary and Kenneth Temby, Cornwall.



### **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.

£23 Mr. H.P.S. London NW2. £10 Mr. M.Q.H. Suffolk. £6 Mrs. D.Z. Liverpool. £5 Mr. & Mrs. D.L.C. Bournemouth. £5 Mrs. H.C. London NW1. £5 Mr. R.F. London NW7. £5 Ms C.H.A. Bromley, Kent. £5 Mr. E.M.P. London NW11.

## BUILDING FUND DONATION - LONDON

£40 Mrs. R.P. Southampton. £10 Mr. C.J.M. London NW11. £10 Mr. & Mrs. D.S. London NW11. £5 Mrs. J.L. London NW2. £5 Mr. M.L. Ilford, Essex. \$15 M. & L.L. AZ.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:

£100 R.P. Southampton. £20 Dr. & Mrs. S. Redbridge, Essex. £10 Ms M.R.K LondonNW11. £10 Mr. C.J.M. London NW11. £8 Mrs. D.D. Maidstone, Kent. £8 Mr. A.W. Swindon. £5 Mrs. S.H. London NW7. £5 Mrs. J.L. London NW2. \$20 Ms. D.L. PA. USA.

# VEGAN INFANTS

## VEGAN INFANTS – ‘MONITORING’ UPDATE

In 2000, Plamil Foods Ltd published a 16-page booklet on vegan infants case histories. It included 343 infants from 19 families with a photo of each child, together with the date and weight at birth. Each parent set out a typical day's menu at the weaning stage. The booklet carried forward from a medical doctor, a NHS dietitian and a midwife.

A second monitoring of these infants has just been carried out, the importance of which may be judged from the realization that the last published medical research paper on vegan infants, aged 1-5 years, (by Sanders & Purves) was way back in 1981. The booklet and follow-up monitoring fulfil a very necessary gap to demonstrate to the health professional that vegan infants are being brought up most successfully. Indeed, they are being given a healthy start in life in vivid contrast to their omnivore counterparts because the NHS is being stretched at the seams, with adult diseases activated by their faulty dietary upbringing. The vegan infants have higher intakes of vegetables and fruit and, therefore, higher antioxidants and lower intakes of saturated fats compared to their omnivore peers.

The second monitoring provides the weight of each child and shows very satisfactory growth levels that have been maintained. It also indicates that overall good health has also been maintained and it is appropriate to add that so many parents refer to their offspring's strong energy levels! In essence, the monitoring shows that the infants who were fit and well when the booklet was published in 2000 continue to enjoy this healthiness. It is planned to use this group of vegan infants for further research as a guide to health professionals and also to parents.

### BEQUEST TO THE SOCIETY

Ensures its Future Activities.

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

855 Finchley Road, London NW11 8LX.

**Tel: 020 8455 0692**

# CHILDREN'S CORNER

## HOW I LIKE BEING A VEGETARIAN

By JOANNA FREEDMAN – AGED 8



Hello, I am Joanna Freedman writing to tell YOU how I like it being a vegetarian! Now as it happens I am Jewish and Jews have particular rules about only eating kosher food. They don't seriously matter to me because I do not eat meat.

The best things about being vegetarian is getting to LOVE food other kids HATE such as spinach, cabbage, beans and sprouts!!! Honestly for other kids they are YUCK but for me they are YUM!!! And you can always count on being much more healthy as a vegetarian because you never know what that animal has eaten! Would you like to eat grass? No, well that is basically what meat eaters

are eating inside most animals!



### PUDDINGS

Next I will move on to tell you about vegetarian puddings. This time I mean to tell you how to make vegetarian JELLY. So the oldest vegetarian trick in the book is to buy 'veggie jelly powder,' mix it up and put in the fridge. People have often made food out of animal fat. We may just have to risk that but it is always good to ask first!!!

This article you have been reading could only have been written by a vegetarian kid!



### BLACK BEAUTY

**This article was taken from  
The Quaker Concern for Animals Junior Newsletter – David Sox.**

Black Beauty is among the most popular animal stories ever written, and indeed it is one of the most read books of all time. I had never read it until

## CHILDREN'S CORNER

recently and was amazed by its impact, and was only sorry I had not turned to *Black Beauty* earlier. Although read as a children's book, the author actually wrote it for adults, to encourage a more sympathetic treatment of horses.

*Black Beauty* had a profound effect, and heralded a new attitude toward horses and other animals. If you love horses, the book is a must. However there are some sad unpleasant moments in the book – *Black Beauty* was a handsome and sweet-tempered horse, but not all of his owners treated him well.

Quakers can be proud that the author, Anna Sewell (1820-1878), was the daughter of John Wright, a Quaker – and she herself was a member of the Society of Friends for most of her life. She was born in Great Yarmouth. When she was fourteen she sprained her ankle and that left her more or less an invalid for the rest of her life. She was probably suffering from a degenerative bone disease. Ironically, the animal world has good reason to be thankful for Anna Sewell's affliction.

In those days, horses and one's own two feet were the only means of transport, so Anna had to rely upon horse-drawn carts and carriages. Soon Anna noted, what many others had not, how horribly horses were treated.

In 1981, when Anna was 51, her doctors gave her only 18 months to live. Though she had never written a book before, she was determined to publish one promoting sympathy for horses. It was completed and published a year before she died. She would never know of its huge success. At Anna's funeral her mother ordered that the horrid bearing reins should be removed from the horses in the funeral train.

Those reins were one of the horrors in *Black Beauty* as it was the fashion for horses to carry their heads high. This caused great pain and created diseases. One of the many maltreatments in the book was attacked by John Woolman, the great 18th century anti-slavery pioneer. Woolman said "it is common for horses to be killed with hard driving, and many others driven till they grow blind." Although he was ill from smallpox, Woolman refused to go by carriage and walked to York where he died in 1771.

*Black Beauty* is written from the horse's point of view, and has some interesting things to say. Facing being sold at auction, the horse says "I judged a good deal of the buyers by their manner to myself... I believe we horses can tell more by the voice than many men can." Of one master, John, *Black Beauty* says "he thought people did not value their animals half enough nor make

# CHILDREN'S CORNER

friends of them as they ought to do. I am sure he makes friends of them if ever a man did."

After experiences of being a carriage horse on a country estate to being a cab horse in London, Black Beauty worked as a carthorse and that almost killed him. Mercifully, the story ends on a happier note, which I will leave for you to discover.

Indeed, Black Beauty deserves being discovered by children and adults – especially those who love animals.

**WE WELCOME YOU ALL**

to

## **THE 4<sup>TH</sup> ANNUAL PHILIP L. PICK MEMORIAL LECTURE**

on

**SUNDAY 2<sup>ND</sup> NOVEMBER 2003 AT 3.00P.M.**

**at 855 Finchley Road, Golders Green NW11**

**(Speaker to be announced)**

*As this is the 10<sup>th</sup> Anniversary of Philip Pick's passing  
we will be dedicating JVS, 855 Finchley Road as*

*'The Philip Pick House'*

*853 will remain as "Bet Teva"*

**(A tea will follow the talk – Vegan of course)**

**HALF PRICE BOOK SALE**

**Jewish Vegetarian Cooking by Rose Friedman**

**- First Edition -**

**£2.50 including P&P**

## CONSUMER CORNER

### NEW HEALTH FEARS CONCERNING BOTTLED WATERS

Drinking the daily recommended amount of bottled water adds significantly to our intake of cancer-causing fluoride, says a new consumer report published recently by PROOF! – the monthly consumer report which analyses health products. And the situation is set to worsen later this year as new EU directives will allow the fluoride content in bottled water to rise to five times the recommended levels allowed for tap water.

84 billion litres of bottled water are sold worldwide each year. Although dirt-cheap to produce, bottled water is priced at twice the cost of petrol, three times the cost of milk and 10,000 times more than tap water.

We are prepared to pay such a premium for water in a bottle not because of its portability and taste, but mainly for reasons of health. Many consumers swallow the sales hype that ‘mineral waters’ are better for us than tap water – a claim for which there appears to be no evidence. The more knowledgeable, however, wish simply to avoid the toxic chemicals that may make their way into tap water-aluminium, nitrates, pesticides, chlorine and particularly fluoride.

The laboratory tested the fluoride found in 10 leading brands of still bottled water available in the UK. It was particularly worrying that every single bottle of water analysed contained fluoride. Levels were not excessive, but drinking the recommended 1.5L of water a day from a bottle would make a significant contribution to the fluoride intake.

The problem is that only mineral waters (those from a genuinely natural mineral-water source) are required by law to declare all of their contents, leaving spring water and bottled water exempt. In practice, however, the more upmarket brands often declare their mineral contents, although most choose to leave out information on fluoride.

“In our ratings, we have ranked these waters mainly according to fluoride content and price. However, we have also looked at levels of other minerals such as sodium, calcium and nitrates, as well as pH levels if they are given (as slightly alkaline mineral waters are thought to be more beneficial than acidic ones). We have also tried to clarify what type of water it is – mineral water, spring water or simply table water.

Waitrose’s Scottish Natural Mineral Water carried off our “Best Buy” recommendation – a real bargain with excellent potential health benefits.

# CONSUMER CORNER

Readers' offer:

Free copy of this report will be available to download from [www.wddty.co.uk](http://www.wddty.co.uk). Hard copy can also be sent to readers who call 0870 444 9886 or email their full address to [offers@wddty.co.uk](mailto:offers@wddty.co.uk), quoting "BOTTLED WATER report".



## SIMTOM FOOD PRODUCTS – INDIAN STYLE

Vegetarians can now enjoy all the delights of Indian cuisine – Cooking Sauces, Curry Pastes and Concentrates, Pickles, Chutneys and Chilli Sauces, all from Simtom Food Products.

Established in 1977, Simtom Food Products has long since acquired a reputation for the creation and manufacture of some of the UK's finest Indian foodstuffs and with the vast majority of Simtom's products now approved by the Vegetarian Society, vegetarians everywhere can finally take advantage of that reputation.

By looking out for the Vegetarian Society's seedling symbol, consumers and caterers alike can be sure that food products are truly vegetarian. And, with sauces, pastes, concentrates and pickles that range from the mild to the truly tongue-tingling, there's a Simtom Food product for vegetarian curry aficionados everywhere.

So whether it's a creamy korma or spicy vindaloo, Simtom Food Products are the ones to look out for.

## 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.

# EUROPEAN VEGETARIANS

## THE FIRST EUROPEAN VEGETARIAN UNION FESTIVAL TURKEY 21–27 JUNE 2003

By JULIE ROSENFELD



The delightful location of Lake Bafa, in Milas, South West Turkey, proved an ideal setting for the first European Vegetarian Union (EVU) Festival held from 21<sup>st</sup> – 27<sup>th</sup> June 2003. Under the theme, “The Joy of Life,” the event, held at the Club Natura Oliva, certainly lived up to its name, proving a wonderful celebration of vegetarianism.

The event was held on a much smaller scale than the congress originally planned in Istanbul two years ago, which was sadly postponed as a consequence of September 11<sup>th</sup>.

Over 30 participants attended the festival from a number of countries including Turkey, Germany, Austria, Belgium, Denmark and Great Britain, all eager to share their experiences of vegetarianism and to learn from one another.

The festival was divided into a mixture of interesting lectures and enjoyable outings with plenty of time to rest and enjoy the excellent facilities of the centre. Three delicious Turkish vegetarian meals were served every day. The daily breakfast buffet included home-baked rye bread, olives, tahini, grape syrup, salad, and watermelon while lunch and dinner included a variety of bean dishes, couscous, grilled vegetables, vegetable stews, salads and fresh fruit.

# EUROPEAN VEGETARIANS

Every day started with yoga at 7.00am, under the friendly, expert tuition of Margaret Gunn-King of Northern Ireland. Margaret, a favourite of many vegetarian festivals over the years, also offered a separate session on yoga for the eyes, based on the Bates Method, and a most delightful laughter meditation session. Laughter, she explained was important to boost the immune system and it was really important to have a real body laugh! For the session, she began with five minutes of stretching, five minutes of laughter followed by five minutes of stillness to experience the inner vibration. Afterwards, participants reported that they were able to breathe more easily, their eyes felt like they had been massaged, and they found sounds around them, such as those from the nearby lake, more harmonising.

There was a wealth of informative talks on offer from a number of skilled and knowledgeable speakers. Reiner Szcypior, a Turkish resident, formerly of Austria, spoke on Homa Therapy: an ancient method of improving agriculture in areas where soil is poor. This therapy, Reiner explained, was also instrumental in helping his son recover from an incident where he accidentally ate some dangerous mushrooms. Later that day, visiting TV cameras, as part of the coverage of the festival for Turkish Television, filmed Reiner's sunset demonstration of a Homa Therapy ceremony.

Victor Ananias, one of the main organisers of the Festival, talked of the ecological movement in Turkey and the environmental organisation he represents, Bugday: [www.bugday.org](http://www.bugday.org). The word Bugday means wheat and Victor used to run a vegetarian restaurant in Istanbul also called Bugday for many years. Nowadays, his organisation produces a magazine about nature conservation, with 15,000 copies being distributed around Turkey every two months.

Turkey, Victor reported, has the same problems with man-made pollution as other countries. In Turkey, there are many villages with traditions dating back 2000 years using old methods such as using ashes for cleaning materials but things are now changing as everyone now wants to control nature.

Victor himself has seen great changes in the last 30 years. He recalled going as a boy to the local windmill with grains to be ground into flour and then made into bread at the bakery, feeding several families. 15 years ago, in the olive factories, the olives would be cracked using stones. Life was built on time, love, attention and practice. Nowadays there was more mechanisation.

## EUROPEAN VEGETARIANS

On the subject of vegetarianism, he said it was unnecessary to teach Turkish people how to be vegetarian as they had always had the practice of eating fruit, beans and vegetables in their culture. What was really important, however, was to teach them how to protect the environment. He stressed the importance of thinking globally: "The whole world is my land". Ten years ago, Victor started to collect seeds of different plants to start a gene bank and he is noticing today that he can no longer find many of the species.

Victor subsequently led a vegan-cooking workshop on Turkish vegan cuisine. He spoke of the many vegetarian foods to be found in Turkey including beans, wild fruit, and the many varieties of bulghur wheat, so high in protein that there was no need for the people to eat meat. As people moved to the city, however, meat tended to take the place of grain. There then followed an opportunity for participants to learn how to make some of the dishes included stuffed peppers, salads, bean dishes and, in particular, stuffed vine leaves that certainly required plenty of dexterity!

Another speaker was Kirsten Jungsberg of Denmark who spoke on the use of special healing fragrances to help relieve many kinds of illnesses. She explained that pain was not a disease but the body's way of showing that there was a problem. She also demonstrated a method of neutralising water, using a pendulum to demonstrate a change in the water's energy.

Sachio Barrio of Chile gave a fascinating talk on Chinese Medicine and nutrition. He explained how Western medicine was astute but fragmented, whereas Chinese medicine looked at the interaction of all the parts. He spoke about the Chinese methods of pulse and tongue diagnosis that enabled practitioners to spot diseases before they appeared in the body. He said that many patients suffered from damp heat in the liver that revealed itself in insomnia, a bitter taste in the mouth and an irritable gastric reflux. Some patients had a deficient yin syndrome that revealed itself in scanty menstruation, pale nails, fatigue and anaemia. Others had a hyperactive yang syndrome typified by a pulsating headache, irritability and convulsions. Chinese herbs could be prescribed to help with all these conditions.

On the subject of nutrition, he spoke of the alarming increase in sugar consumption in most people's diet and revealed that 53% per cent of all deaths were due to heart disease. He talked of the need to have essential fatty acids as these were the most likely nutrients to be lacking in the diet. It was important to have a regular supply of Omega 3 found in flaxseed (linseed) oil and Omega 6 found in nuts and seeds. The quality of a person's

# EUROPEAN VEGETARIANS

brains could be determined by the type of fats in their diet – thus, he explained, it was possible to have a “potato chip brain!”

As well as attending talks, participants had the opportunity to enjoy a number of excellent trips. These included a visit to Ephesus, the best-preserved classical city of the Eastern Mediterranean. This offered an opportunity to experience a flavour of Roman times, with highlights including the newly-restored façade of the library of Celsus, as well as the remains of the Great Theatre, public baths, and the Temple of Hadrian. Other trips included a boat trip, a visit to the enormous food market of Milas, with fruit and vegetables from 60 local villages, and a sightseeing tour of the ancient city of Labranda and the neighbouring Latmos villages.

Evenings were given over to a leisurely dinner with more talks, such as Brian Gunn-King’s slide presentation on Botanic Philately, or lively entertainment such as traditional Turkish folk music and dancing with an opportunity for everyone to participate.

The first European Vegetarian Union Festival was a huge success and much enjoyed by everyone who attended. Many thanks go to the EVU and all involved in the festival’s organisation, particularly to Victor Ananias of the Bugday organisation, Bora Sari, and all at the Club Natura Oliva for all their hard work, joy and enthusiasm. The Joy of Life was certainly shared and experienced throughout this very special week.

**“To be a vegetarian is to disagree –  
to disagree with the course of things today.  
Starvation, world hunger, cruelty, waste, wars,  
we must make a statement against these things.  
Vegetarianism is my statement,  
and I think it is a strong one”.**

*Isaac Bashevis Singer*

# COOKERY CORNER

## PAREV FRIENDLY RECIPES FOR YOM TOV

BY DENISE PHILLIPS



During the High Holy days a new salad is always welcome. The weather is still quite warm and the following 2 salads survive well if made in advance and refrigerated.

Use as part of a buffet table and keep the recipes for future BBQs or picnics as they transport well.

### ORIENTAL COLESLAW (Can be made in advance)

This salad can be prepared in advance but I like to keep the dressing separate until you are ready to serve so that the vegetables stay fresh and crunchy.

Preparation Time: 15 minutes    Cooking Time: None

Serves: 6 – 8 people

#### Ingredients

300g fresh bean sprouts, 100g radishes- finely sliced, 5 spring onions – sliced, 5 carrots – grated, bunch of fresh coriander, 100g toasted cashew nuts – roughly chopped.

#### Dressing

Juice of 1 lime, 2 tablespoons soy sauce, 1 chilli – deseeded and finely chopped, 3 tablespoons sesame oil, 1 teaspoon honey.

#### Method

- 1) Combine the bean sprouts, sliced radishes, spring onions and carrots together. De-stalk the coriander leaves and mix into the other vegetables.
- 2) Mix all the dressing ingredients together and refrigerate until ready to use.

To serve the stylish way: Pour the dressing over the salad and sprinkle over the toasted cashew nuts.

# COOKERY CORNER

## AUTUMN GREEN SALAD

Make this salad using fresh beans, peas and mint for the best results. However frozen peas and beans will make a very tasty salad. Serve this dish as an accompaniment to vegetable pies, pasta or risotto dishes.

Preparation Time: 20 minutes Cooking Time: 10 minutes

Serves: 6- 8 people

### Ingredients

300g peas – fresh or frozen, 200g broad beans, 2 avocados – stone removed, 250g fresh rocket leaves, toasted sesame seeds.

### Dressing

150g low-fat yoghurt or non-dairy yoghurt, zest of half a lemon and 2 teaspoons of juice, 1 garlic clove– finely chopped, bunch of fresh mint – finely chopped, 1 teaspoon maple syrup or brown sugar, salt and freshly ground black pepper.

### Method

- 1) Cook the peas, drain and set aside.
- 2) Cook the broad beans, remove the skins and set aside.
- 3) Slice the avocado into strips.
- 4) Mix all the dressing ingredients together and refrigerate.
- 5) Combine the peas, beans and dressing and refrigerate until ready to use.
- 6) Place the sesame seeds into a dry frying pan. Cook until they start to turn golden. Turn the light off immediately their colour changes as they continue to cook in a hot pan and burnt sesame seeds taste bitter!
- 7) Assemble by lining a plate with the rocket leaves and avocado. Drizzle with some of the dressing. Add the beans and peas and top with the dressing.

To serve the stylish way: Sprinkle over toasted sesame seeds and serve immediately.

## WILD MUSHROOM AND LEEK SOUP

I like to serve soup as the starter for Rosh Hashanah – with a large family gathering it is easy to serve, can be made in advance and only takes up one ring on my stove and one saucepan! I have used a combination of both fresh and dried mushrooms, which helps to strengthen the truly earthy flavour. Even though, I have used dried mushrooms, which are quite expensive, only a small quantity is required to make this soup.

## COOKERY CORNER

To store mushrooms never put them in a plastic bag as they will sweat and turn mushy. Put them into a paper bag (some supermarkets provide these next to the mushroom shelves) and keep them in the vegetable section of the fridge for no more than 3 days.

Preparation Time: 15 minutes plus 5 minutes soaking

Cooking Time: 20 minutes

Serves: 8 people

### Ingredients

30g dried mushrooms, 3 tablespoons olive oil, 4 leeks – thinly sliced, 1 onion – finely chopped, 4 garlic cloves – finely chopped, 600g fresh wild mushrooms, 2 litres (3¼ pints) stock, 150ml red wine, bunch of fresh thyme, salt and freshly ground black pepper.

### Method

- 1) Put the dried mushrooms in to a bowl; add boiling water and leave to soak for 5 minutes. Drain but keep the soaking liquid for use later.
- 2) Finely chop the fresh mushrooms and set aside.
- 3) Heat the oil in a large saucepan. Add the sliced leeks, onions, garlic and fresh mushrooms.
- 4) Sauté for 5 minutes, stirring frequently until softened but not coloured.
- 5) Pour in the stock, red wine, dried mushrooms and reserved mushroom liquid. Season well with salt and freshly ground black pepper. Simmer for 30 minutes over a low heat stirring from time to time.
- 6) Pour about three quarters of the soup into a blender and process until smooth. Pour this back into the saucepan.
- 7) Check seasoning and reheat when ready to serve.

To serve the stylish way: Serve the soup hot and garnish with sprigs of fresh thyme in each bowl.

### DAINTY ASPARAGUS TARTS

These little tarts are a great starter during Succot. They are quick to make and very successful. Bought pastry does not go soggy if they are made in advance. I have spread non-dairy 'cream cheese' over the base but if you cannot get this, or prefer – use sun dried tomato paste or tapenade, the chopped olive spread. I have made this recipe individually as puff pastry does tend to crumble when cut. If you have time, make double, as there always seem to be extra friends and family joining meal times during this festive period.

# COOKERY CORNER

Asparagus has a relatively short season and is not always available in the supermarket. There are 2 varieties of asparagus, green and white. The green variety is grown above ground so that the entire spear is bright green. They are harvested when they are about 15 cm/ 6 inches high. The fat white asparagus tips are grown under mounds of soil to protect them from the light and harvested almost as soon as the tips appear above the soil to retain their pale colour.

Asparagus starts to lose its flavour as soon as it is cut so cooking it the day of purchase will no doubt produce the freshest results. To prepare asparagus bend the end of each stem until it snaps, which will point where it begins to toughen. I like to steam asparagus, but it can also be cooked in boiling water or the microwave.

Can be made in advance. Makes: 6 tarts

Preparation Time: 15 minutes    Cooking Time: 12 minutes

## Ingredients

300g fine asparagus spears – trimmed to about 10 cm/4 inch lengths (you need 7 spears per pastry rectangle!), 375g ready rolled puff pastry, 150g Tofutti – non-dairy herb cream cheese mixed with 3 tablespoons of fresh herbs – basil, chives, coriander or mint (if you cannot obtain the cheese and want a non-dairy starter, use 2 tablespoon sun-dried tomato paste or 2 tablespoons of tapenade), salt and freshly ground black pepper, 1 egg – for glazing, extra virgin olive oil

## Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Cut the ready rolled pastry in half. Cut each into three rectangles.
- 3) Line a baking tray with baking parchment paper.
- 4) Cook the asparagus so that it is al dente. Drain and set aside.
- 5) Put the pastry rectangles on the baking tray and score a border into the pastry about 2 cm from the edge.
- 6) Glaze the pastry with the beaten egg.
- 7) Add the chopped herbs to the 'cream cheese'. Spread this over the pastry rectangle keeping within the border.
- 8) Trim the cooked asparagus so that they are all the same size and fit well within the border of the pastry. Place 7 spears on top of the 'cream cheese' mixture so that each spear sits at opposite ends. Tail to end, end to tail and so on.

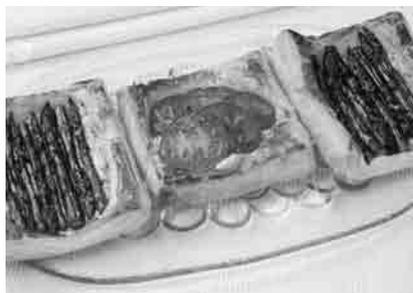
# COOKERY CORNER

- 9) Season with salt and freshly ground black pepper.
- 10) Bake for 12 minutes or until golden brown.

To serve the stylish way: Serve either hot or warm and drizzle over quality extra virgin olive oil and a dusting of black pepper.



*Oriental Coleslaw*



*Dainty Asparagus Tarts*

**New IJVS E-mail Address**  
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# THE HEART OF THE MATTER

## GETTING TO THE HEART OF THE MATTER (PART TWO)

BY DR GINA SHAW

### Omega-3 Fatty Acids

Although Omega-3 fatty acids can normally reduce the level of triglycerides in the blood, which plays a role in heart disease, those that are found in fish are highly unstable. The fatty acids found in fish have the tendency to 'decompose and unleash dangerous free radicals,' which are linked to cancer, arteriosclerosis and premature ageing. According to researchers at the University of Arizona, the Omega-3 fatty acids found in vegetables, fruit and beans are more stable than those in fish, in addition to being coupled with antioxidants, which can help to neutralise free radicals. Fish can also contribute to cancer in other ways, argues Dr Barnard. They carry contaminants from polluted waters and about 40% of fish samples have so much bacterial contamination that they have already begun to spoil before they are sold. Therefore fish, far from being brain food, may actually inhibit the brain and the nerves thanks to the mercury content.

Vegetarians (people who avoid all flesh foods including chicken and fish), suffer markedly lower mortality from coronary heart disease, as compared to non-vegetarians. This reduced risk may be related to the lower blood cholesterol levels of vegetarians. Indeed, according to Peter Cox, as early as 1961, *The Journal of the American Medical Association* reported, "a vegetarian diet can prevent 90-97% of heart diseases (thromboembolic disease and coronary occlusions)". In fact, in recent years scientific studies have shown that a vegan diet can heal the damage inflicted on clogged arteries.

A Japanese study from the National Cancer Centre Research Institute in Tokyo tracked the health of 122,261 people over 16 years. Two lifestyles emerged from this study, one being very low risk and the other being very high risk lifestyles. The high risk being smoking, drinking, meat-consumption and no green vegetables, the low-risk would be the opposite. Deaths from all causes were elevated by 1.53 times amongst those who smoked, drank and ate meat. The scientists found that their risk of heart disease was 1.88 times higher and the risk of any kind of cancer was 2.49 times higher. However, they found that simply by adding one factor – meat consumption – to an otherwise healthy lifestyle had a serious effect on mortality.

So what is it that makes meat so harmful to the circulatory system? The probable reason is that the fats of animal flesh, such as cholesterol, do not

## THE HEART OF THE MATTER

break down in the human body. These fats begin to line the walls of our blood vessels. When there is a process of continual accumulation, the opening inside the vessels gets smaller and smaller as the years go by, leading to arteriosclerosis which places a tremendous burden on the heart to pump the blood through clogged and constricted vessels. As a result of this, high blood pressure, strokes and heart attacks readily occur.

In 1990 the Editor-in-Chief of the American Journal of Cardiology wrote: Although human beings eat meat, we are not natural carnivores. We were intended to eat plants, fruits and starches! No matter how much fat carnivores eat, they do not develop atherosclerosis. It is virtually impossible, for example, to produce atherosclerosis in a dog even when 100g of cholesterol and 120g of butter fat are added to its meat ration (this is approximately 200 times the average amount that human beings in the USA eat each day!). In contrast, herbivores rapidly develop atherosclerosis if they are fed foods, namely fat and cholesterol, intended for natural carnivores.... Thus, although we think we are one and we act as if we are one, human beings are not natural carnivores. When we kill animals or eat them, they end up killing us because their flesh, which contains cholesterol and saturated fat, was never intended for human beings, who are natural herbivores.

Dr David Ryde, an English family doctor (now retired), has demonstrated some amazing results by making dietary changes which include a low-fat vegan diet on patients with heart disease and other degenerative disease conditions. He reported the following: "My first was a patient with severe angina. His condition had been deteriorating for about five years and he'd been into hospital, was taking all the medication and so on. But his condition was, quite frankly, almost terminal. It was really a pitiful sight to see him struggle to walk the few yards from the car to the surgery. Now a person in such a desperate state will listen and they will try anything." Dr Ryde suggested a vegan diet, and reported the following: "Just one month later, he could walk one mile. Three months later he could walk four miles, while carrying shopping. It used to take him a quarter of an hour to climb three flights of steps," his daughter told me. "Now he's up in a few seconds!".

That was Dr Ryde's first success, and it encouraged him to go on to treat many other patients in this way. One case had blood pressure of 185/120 and, upon trying a vegan diet, this came down to 115/75 and she felt fantastic (anti-hypertensive medication often leaves patients feeling exhausted). Dr Ryde argues: "I've seen results such as these in my patients too often to attribute them to coincidence. Really this kind of treatment has no side-effects, and the

# THE HEART OF THE MATTER

benefits are so worthwhile, that there's no reason not to try it."

## **Milk and Heart Disease**

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

Writing in '*Alternative Medicine Review*', Dr. Grant points out that non-fat milk, which contains substantial amounts of dairy protein, is very low in B vitamins. The metabolism of all this protein in the absence of B vitamins contributes to the build-up of homocysteine, a marker for heart disease.

## **Eating like Apes**

Dr. David Jenkins, Canadian Research Chair in Metabolism and Nutrition at the University of Toronto and St. Michael's Hospital stated recently that the less we eat like our ancestors, the more likely we'll succumb to heart disease. "Our genes only differ from our great ape cousins by 3 per cent," says Jenkins. Jenkins recently studied the effects of primeval diets on blood cholesterol levels in healthy volunteers and found dramatic effects.

Participants followed three evolutionary diets, each one for two weeks at a time. The oldest, the Great Ape Diet, consisted of fruits, vegetables, leafy greens and nuts, but no starch or animal foods. Volunteers ate plenty of vegetable protein, little fat and virtually no cholesterol. The next diet represented the Neolithic period, some 10,000 years ago. With the advent of agriculture, our Stone Age ancestors ate starchy foods like oats, legumes and other grains. Participants ate what resembled a low fat Mediterranean diet – whole grains, fruits, vegetables, beans, olives and low fat dairy products were daily foods. Introducing starch into the diet meant eating fewer fruits and vegetables, and as a result, daily fibre intake, although still very high, dropped by more than half. If you've seen a dietitian for high cholesterol, you might be familiar with Jenkins' third diet. It adhered to

# THE HEART OF THE MATTER

contemporary cholesterol lowering guidelines – low in total and saturated fat, and no more than 200 milligrams of cholesterol per day. Compared to the diets of our ancestors, these meals were considerably lower in fruits, vegetables and dietary fibre (25 grams/day).

To Jenkins' surprise, after one week on the Great Ape Diet, participants' LDL (bad) cholesterol levels dropped by 33 per cent. The Stone Age diet was about two-thirds as good, while the modern diet had only a modest effect on blood cholesterol. Jenkins attributes these heart-healthy effects to three key ingredients – soluble fibre, vegetable protein, and naturally occurring compounds called plant sterols – all abundant in the ape diet.

Also in recent times, several large well-designed studies have shown a clear association between homocysteine levels and heart attack and stroke. Homocysteine builds up in some people to detrimental effect. Not only does meat and dairy consumption raise cholesterol, it also raises homocysteine levels, which is now widely seen as a separate risk marker for heart disease. It has also been shown that vitamins and supplements are not as effective as diet in lowering homocysteine levels. This led the American Heart Association last year to make the following statement: Fresh fruits and vegetables, rather than vitamin supplements, are the best line of defence against raised homocysteine levels, an indicator of heart diseases.

## **Clearing up the confusion**

What many people still don't know and what their doctors seldom tell them is that the very best way of eating right for your heart and the rest of your body means adopting an entirely plant-based diet. Plant foods contain very little cholesterol, whilst animal products often contain much cholesterol. For every one percent increase in cholesterol levels, heart attack risks rise by two percent. For every 100 milligrams of cholesterol in the daily diet; the typical amount in a four-ounce serving of either beef or chicken, one's cholesterol level typically zooms up five points. (unlike fat, cholesterol concentrates in 'lean meat'.) Wax-like cholesterol plaque build-up inside your blood vessels, hardening of the arteries, can interrupt the smooth flow of blood and trigger chest pains (angina), blood clots, and heart attacks.

Dr Gina Shaw is an author, health lecturer and health and nutrition consultant who is available for personal consultations both in person or by telephone. She runs health and nutrition courses and also has her own health retreat in the South West of England and can be contacted by email at [DrGinaShaw@aol.com](mailto:DrGinaShaw@aol.com) or by writing to her at: 8 Marston Road, Clayhall, Ilford, Essex, England.

# DEAR SIR

Dear Sir,

May I refer to Richard H. Schwartz's contribution "The Silent Threat to Israel's Survival" in which he points to the many environmental problems that face all nations in the developed world. I have family in Israel and I know that there is much concern regarding these problems. Israel should be open to criticism of course, but let us remember that Israeli citizens also want to enjoy progress that has given us all "La Dolce Vita".

The motorcar gives us all freedom and independence; Israelis too want this freedom. Where would we be without our cars? Israel is a nation and behaves like any other nation. In fact there is no other small country that sends help wherever there is a disaster, as Israel always does, in spite of its many security problems. There are other issues to be proud of, for example, Israel has the largest number of vegetarians after India according to PETA. It also has the only vegetarian village in the world called Amirim. Tival foods are produced on a kibbutz and exported worldwide.

Let us help to encourage awareness of environmental issues, but we should not expect Israelis to behave any different from other nations. In fact Israel sets, in many ways, an example to us all. Criticize by all means but praise where praise is due.

Yours sincerely,  
Margaret Toch, Life Member



Dear Sir,

It is always a happy day when The Jewish Vegetarian arrives. The information contained is of great personal use and very informative.

Of great importance is the article in Issue No.145, p.35. It shows that vegetarians are respected far less and that it is necessary to point out the ethical basis of vegetarianism in the same way that Mahatma K.Gandhi did. Vegetarianism should be considered as something normal and not like something unusual. When one orders wine, one cannot be served vinegar! It is very important that the Hindu family sue as it is their right.

Dr Gina Shaw's writing is excellent. Please send again my best greetings and expression of appreciation to her. To follow her wise advice nowadays is difficult. There is again the problem how to convince the others that

## DEAR SIR

vegetarianism is a normal and thoughtful life. The majority cannot create the truth. Vegetarianism should be shown in connection more with ethics than with health. Divine law exists first and this states the duty to care for your own health and the health of the "next". I read that there was, in Jerusalem, a very old law that nobody is allowed to produce noise or smell when the neighbour declares he is feeling sick. Human beings need health for praying, studying and work.

Important is even the dental report on p.49. It is to add that one should not eat too cold or too hot things. The teeth are surely influenced by outside events, but even from inside (quality of blood). Acidity in blood provokes loss of minerals in the teeth. To my knowledge one can't compensate by drinking strongly mineralised water. The body has only the capacity to absorb minerals from vegetables and fruit. Therefore, mineralised water cannot clean the blood and wash away deposits. I am not convinced that fluorides (indeed a poison) can really help without other disturbances. More importantly, it is to ban all concentrated sugars and cigarettes and to make such behaviour considered normal and not unusual. In any case the teeth show inner health just like the iris.

Please read the letter for Prof. Schwartz and send it to him. Many thanks.

I have written much. English is not my first language and a little out of use. Please do excuse my faults.

With best wishes,

Yours sincerely,  
 Dr Wilfried Lindinger  
 Pirckmayerstr. 4.  
 5020 Salzburg. Austria.



Dear Sir,

Live export has started up again in Dover. I saw it. While coming back from there to Manchester we were so squashed up in the train there was barely space to sit on the floor. But I found it. I sat here with my dog. Above and in front of me sitting on the shelves for luggage and among the suitcases sat a youth in jeans. He had legs stretched out above my head and his feet on the wall. He was a Christian talking about the Bible to a Muslim standing next to him. Someone was taking photographs. With one person eating sandwiches, another drinking out of a bottle, and my dog a biscuit, we must have looked

# DEAR SIR

a comfortable and cheerful lot. We thought it was a bit of a laugh.

I was someone who had just seen the lambs going across the sea and had heard their pitiful cries. I quietly prayed for them and thanked G-d for my safety. I was so glad I knew my Bible. I was well able when, after chatting to the Muslim and the Christian, to quote relevant bits to them. Bits about animals, bits about needing watering and feeding and bits about vegetarianism. That's largely due to The Jewish Vegetarian magazine. Thank you.

Ann Priestner, Cheshire



## AISH HA TORAH

Dear Sir.

As the author of Judaism and Vegetarianism and over 100 articles on the subject at [jewishveg.com/schwartz](http://jewishveg.com/schwartz), and as president of the Jewish Vegetarians of North America (JVNA), I was very pleased to see the article "Where's the beef? Examining the pros and cons" by Rebbetzin Feige Twerski and Rabbi Shraga Simmons at the Aish HaTorah web site. I hope that this comprehensive, clear article will help put a respectful consideration of the many moral issues related to our diets on the Jewish agenda.

As the authors point out, within halachic guidelines, Jews have a choice of diets. Jewish vegetarians believe that this choice should be made while considering how the mass production and widespread consumption of meat conflict with Judaism in at least six important areas:

1. While Judaism mandates that people should be very careful about preserving their health and their lives, numerous scientific studies have linked animal-based diets directly to heart disease, stroke, many forms of cancer, and other chronic degenerative diseases.
2. While Judaism forbids tsa'ar ba'alei chayim, inflicting unnecessary pain on animals, most farm animals — including those raised for kosher consumers — are raised on "factory farms" where they live in cramped, confined spaces, and are often drugged, mutilated, and denied fresh air, sunlight, exercise, and any enjoyment of life, before they are slaughtered and eaten.

## DEAR SIR

3. While Judaism teaches that “the earth is the Lord’s” (Psalm 24:1) and that we are to be God’s partners and co-workers in preserving the world, modern intensive livestock agriculture contributes substantially to soil erosion and depletion, air and water pollution, overuse of chemical fertilizers and pesticides, the destruction of tropical rain forests and other habitats, global warming, and other environmental damage.
4. While Judaism mandates bal tashchit, that we are not to waste or unnecessarily destroy anything of value, and that we are not to use more than is needed to accomplish a purpose, animal agriculture requires the wasteful use of food, land, water, energy, and other resources.
5. While Judaism stresses that we are to assist the poor and share our bread with hungry people, over 70% of the grain grown in the United States is fed to animals destined for slaughter (it takes about 9 pounds of grain to produce one pound of edible beef), while an estimated 20 million people worldwide die because of hunger and its effects each year.
6. While Judaism stresses that we must seek and pursue peace and that violence results from unjust conditions, animal-centred diets, by wasting valuable resources, help to perpetuate the widespread hunger and poverty that eventually lead to instability and war.

In view of these important Jewish mandates to preserve human health, attend to the welfare of animals, protect the environment, conserve resources, help feed hungry people, and pursue peace, contrasted with the harm that animal-centred diets do in each of these areas, we believe that committed Jews (and others) should sharply reduce or eliminate their consumption of animal products.

One could say “dayenu” (it would be enough) after any of the arguments above, because each one constitutes by itself a serious conflict between Jewish values and current practice that should impel Jews to seriously consider a plant-based diet. Combined, they make an urgently compelling case for the Jewish community to address these issues.

I urge Aish HaTorah to do a tremendous kiddush Hashem by helping Jews (and others) to become more aware of the many ethical issues related to our diets.

Very truly yours

Richard H. Schwartz, Ph.D.

# ENVIRONMENTAL AND VEGETARIAN LESSONS

## ENVIRONMENTAL AND VEGETARIAN LESSONS FROM THE SHABBAT MORNING SERVICES

By **RICHARD H. SCHWARTZ, PH.D.**

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

While there has been recent progress on Jewish consideration of environmental issues, much more needs to be done. One approach is to show how central these issues are in the Jewish tradition. This article discusses several statements in the Shabbat morning prayers that point to Judaism's great concern about animals and the environment.

In the Baruch Sheh'amar prayer, it states that, "Blessed is the One (G-d) Who has compassion on the earth; blessed is the One Who has compassion on the creatures [animals and people]". Since Judaism teaches that human beings, uniquely created in G-d's image, are to imitate the positive attributes of G-d and all His creatures. We should also exhibit concern and compassion toward the earth's environment.

G-d is referred to in the Shabbat services as Rachum (the merciful one) and as Av harachamim (Father of mercies). Once again, as we are to imitate G-d, we should be merciful. The Talmud states that Jews are to be rachmanim b'nei rachmanim (merciful children of merciful ancestors) and that one who is not compassionate cannot truly be of the seed of Abraham, our father (Bezah 32b). It also states that Heaven grants compassion to those who are compassionate to others, and withholds it from those who are not (Shabbat 151b).

In the important ashrei psalm, recited twice during the morning service, it states that G-d is good to all, and that His mercies are over all of His creatures. According to Rabbi Dovid Sears, author of *A Vision of Eden: Animal Welfare and Vegetarianism in Jewish Law and Mysticism*, this verse is "the touchstone of the rabbinic attitude toward animal welfare, appearing in a number of contexts in Torah literature. Referring to the Talmudic teaching that we are to emulate G-d's ways, he states, "Therefore, compassion for all creatures, including animals, is not only G-d's business; it is a virtue that we too must emulate. Moreover, compassion must not be viewed as an isolated phenomenon, one of a number of religious duties in the Judaic conception

# ENVIRONMENTAL AND VEGETARIAN LESSONS

of the Divine service. It is central to our entire approach to life.”

Ashrei is followed by a number of psalms extolling G-d that begin and end with “Halleluyah.” The final psalm in that grouping ends with, “Let all souls praise G-d. Halleluyah! Let all souls praise G-d. Halleluyah!” Perek Shira, “A Chapter of Song,” a mystical hymn dating from the 5th – 7th century that even today is found in many traditional siddurs (prayer books) portrays all living creatures singing their individual songs in praise of the Creator. The universe is filled with hymns as cows, camels, horses, mules, roosters, chickens, doves, eagles, butterflies, locusts, spiders, flies, sea creatures, fish, frogs, and many more offer Biblical songs of praise to G-d.

Other Shabbat morning prayers reinforce this concept. The beautiful Nishmat prayer begins with: “The soul of every loving being shall bless Your name, Lord, our G-d; the spirit of all flesh shall always glorify and exalt Your remembrance, our King.” Shortly after the Borchu call to prayer, the Hakol Yoducha prayer indicates that “All will thank You and all will praise You ... All will exalt you.” The Art scroll siddur commentator states, “Thus every facet of the universe will join in thanking and lauding G-d.” The Keil Adon prayer that is generally sung by the chazzan and congregation together indicates that G-d “is blessed by the mouth of every soul.”

There is a very powerful environmental lesson in the second paragraph of the Sh’ma, one of Judaism’s most important prayers:

“And it will come to pass that if you continually hearken to My commandments that I command you this day, to love Hashem, your G-d, and to serve Him with all your heart and with all your soul – then I will provide rain for your land in its proper time, the early rains and the later rains, that you may gather in your grain, your wine and your oil. I will provide grass in your field for your cattle and you will eat and be satisfied. Beware lest your heart be seduced and you turn astray and serve gods of others and bow to them. Then the wrath of G-d will blaze against you. He will restrain the heaven so that there will be no rain and the ground will not yield its produce. And you will swiftly be banished from the goodly land that G-d gives you.”

The message seems clear: if we put teachings of G-d into practice and imitate His ways of mercy, compassion, and justice, we will have blessings of prosperity, justice and peace; however, if we turn to false modern gods

# ENVIRONMENTAL AND VEGETARIAN LESSONS

of materialism, egoism, hedonism, and chauvinism, we will be cursed with many environmental and other societal problems.

If more Jews become aware of the many beautiful Jewish teachings such as those above and strived to put them into practice, it would have great potential to help revitalize Judaism and move our imperiled planet toward a more just, humane, and environmentally sustainable path and toward that time when "no one shall hurt nor destroy in all of G-d's holy mountain" (Isaiah 11:9).



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# OBITUARY

**KATHLEEN VIOLET KELENY WILLIAMS**

**LIFE VEGETARIAN, 1908 – 2003**



Kathleen wished that her passing should be recorded with a sense of thanksgiving and indeed celebration for a long and full life.

James Henry Cook, her father, suffered from very poor health in his boyhood. His health improved dramatically when he converted to vegetarianism, and, with partners, in 1898 he opened an hotel and restaurant serving vegetarian food in Corporation Street, Birmingham. He coined the term "Health Foods" and named the enterprise Pitman Health Foods in honour of the well-known vegetarian Isaac Pitman. The restaurant prospered, serving some 120 vegetarian lunches a day. First a shop was opened, then a small factory to produce health foods, in Aston.

Kathleen was born in 1908 in Ladywood, Birmingham. The background of a family with deeply held beliefs and convictions; health through a correct diet, the sanctity of life and a strong religious belief formed her life's model. She was motorbike mad, and devoted to her father who took her on buying trips to Spain and North Africa. He imported olives and dried fruit to sell in independent health food stores across the country. Pitman Health Foods prospered further and a purpose built factory was launched in Four Oaks in 1929. Kathleen cut the first turf to pave the way for its foundations on her 21<sup>st</sup> birthday.

A chance meeting whilst playing tennis led to her first marriage. Her partner, Frank Kenneth Mayo, happened to mention that he was a vegetarian ... they were married in 1934. They set up a health food store in Birmingham, and later on in the City Arcade, Coventry which ran successfully until the Arcade and all their efforts were reduced to rubble in the blitz. Kathleen's father

# OBITUARY

died during the onslaught, some say of a broken heart seeing his factory requisitioned for armaments, which he could not bear.

Kathleen and Frank moved to Gloucestershire to set up an organic fruit farm. They found Coombe Lodge with 4 acres early in 1951. Tragically, Frank died very soon after the move, leaving Kathleen a widow with 2 young children. In true character, Kathleen soon became involved in Wotton life, joining the Horticultural Society and giving talks for the W.I. She became a president of The Save the Children Fund, and was involved in the Red Cross and many other organizations.

At an International Vegetarian Congress in Sweden she met Dr. Eugene Keleny. Formerly a High Court Judge in Hungary, he had been forced to flee during the war. Kathleen and Eugene married in 1957 and enjoyed a shared love of music and international travel. The Vegetarian Guest House was busy, and Kathleen gave talks at W.I. meetings all over Gloucestershire about the herb gardening which had become rather more than a hobby. She also qualified as a yoga teacher. Sadly, Eugene died in 1972, leaving her a widow again.

A retired Anglican Vicar, Owen Williams came to the Guest House in an attempt to restore his health. He had suffered from TB, and had been told to expect to live only a year or two. Kathleen had other ideas. They were married in 1974, and Owen lived on for 20 more years under her care.

After her 80<sup>th</sup> birthday party, the family tried to get Kathleen to retire. She agreed, but was soon taking on more talks and yoga. However, at that time her son Chris and daughter-in-law Sylvia took over the Vegetarian Guest House and ran it very successfully for some 10 years.

In 1994, Kathleen was widowed for a third time. It was not until December 2000 that she decided to move to a Retirement Home, where she insisted on a room with direct access to the garden. Chris was pressed into setting out flagstones in a chequer-board pattern; herbs were planted between the stones before any furnishings were moved into her room. At nearly 95, Kathleen passed away peacefully in her sleep.

If there is a garden in Heaven, and I am sure there will have to be one, she will have already organized someone to set out some flagstones to make an herb garden.

# OBITUARY

**DR DENNIS MCKAY JONES**

**LIFE MEMBER JVS**



I feel honoured, but very sad at the same time, because the need has arisen to have been invited to contribute an appreciation of Dr. Dennis McKay Jones of Marden to 'The Jewish Vegetarian.'

Henry (my late Husband) and I, met Dennis in 1990 at the International Vegetarian Conference in Israel and we became close friends.

Dennis was dedicated to his profession and will be sadly missed by his many patients. His activities went far beyond his profession. He loved music and on arrival at our house, sat at the piano and it was always a great pleasure to listen to him play.

He also wrote poetry and often visited the Bedford area where he grew up and went to school. Much of his inspiration for poetry came from that part of the country. His love and concern for fellow creatures that inhabit this world, was unique. Whenever we spoke, his first question was "How is Ginny?" – our little dog! He loved his cats and the Mill where he lived. The grounds of which, apart from the garden area, provided for the wild life of which he cared so much about.

When he visited us, it was often with an armful of watercress grown in the stream by the Mill. We often exchanged garden produce. We also exchanged ideas, and although our political persuasion was different, we had friendly and good-humoured discussions and agreed on many things such as opposition to further integration into the EU and, of course, issues concerning Animals.

Dennis was devoted to his father and looked after him. He was a firm and reliable individual and will be greatly missed by his numerous friends.

Margaret Toch.

# REVERSING HEART DISEASE

## LECTURE ON REVERSING HEART DISEASE DR NEAL PINCKNEY

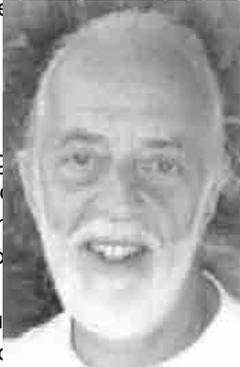
BY JULIE ROSENFELD

On Sunday 1<sup>st</sup> June 2003, it was our very great pleasure to have Dr Neal Pinckney of Hawaii, USA to the JVS Headquarters in London to discuss how changing his diet and lifestyle had enabled him to reverse his heart disease without the need for surgery.

Dr Pinckney, a retired psychologist, revealed a turning point came in 1993. Crossing the road one day on his way to work he suddenly experienced a thumping pain felt as if an elephant was stepping across his chest. On checking into the hospital, the doctor diagnosed him as suffering from severe coronary heart disease. In fact, his most severe coronary artery was 100% blocked and his other two coronary arteries were 90% and 85% blocked. His doctor told him to survive he would need immediate by-pass surgery and offered him an operation first thing on the following morning. However, Dr Pinckney quickly turned this option down citing, he claimed, religious reasons: "I'm a devout ...coward!" he told the doctor.

Dr Pinckney left hospital against medical advice and turned to the Internet to research all he could on heart disease. Through doing this, he soon learned of Dr Dean Ornish, best-selling author of the book, Program for Reversing Heart Disease. He learnt that Dr Ornish had succeeded in reversing heart disease without surgery in his patients, using three elements: 1) dietary change – Dr Ornish advocates a low-fat vegetarian/vegan diet, 2) regular aerobic exercise, 3) stress management –including yoga and meditation. He also found the website of Dr John McDougall, who agrees with the idea of following a vegan diet, saying that: "a vegan diet will affect most diseases in a special way". Dr Pinckney, who had always been an omnivore, was suddenly faced with the task of going "cold turkey" and becoming vegan as well as incorporating exercise and stress management into his life. He soon realised that he would need a local support group to help him with his new way of life but he couldn't find one. Eventually he received offers to run some local groups himself and it wasn't long before he found himself

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# REVERSING HEART DISEASE

facilitating a number of groups and working 40 hours a week in the process. By doing so, he felt he was putting into practice Dr Ornish's philosophy: "If you want to open your heart, you've got to open your heart!"

Dr Pinckney was a member of Dr Ornish's professional team assisting at residential retreats and has set up his own organisation called the Healing Heart Foundation [www.kumu.org](http://www.kumu.org) and wrote a best-selling book called the Healing Heart Handbook.

## **Diet**

Dr Pinckney explained that animal proteins aggravate reactions in the body that cause the heart and arteries to block to form plaque. The absence of animal fats in the diet will, however, reverse blockages and take them out. The American Heart Association recommends that 30% of a person's daily calories be obtained from fat. Currently, however, the average American is actually obtaining 44% of daily calorie intake from fat. Dr Ornish, however, advocates that to reverse heart disease, people should reduce their fat intake to no more than 10%. For people wishing to prevent heart disease in the first place, he advocates a maximum fat intake of 20%.

Dr Pinckney warned that one still had to be careful with fat even in some vegan and vegetarian foods. French fries (chips), for example, were vegan but one chip contained as much fat as an entire baked potato so, as far as fat was concerned, eating 30 chips was like eating 30 baked potatoes! Looking at other foods, many kinds of mayonnaise – even vegan brands – derived 95% of their calories from fat, olives were 88% fat and avocados were 85% fat. Concern was expressed about the meat analogues available in the UK, many of which contained saturated fat and hydrogenated fat. He had even found some vegetarian sausages where the fat content was above 50% and advised people to read labels and be on their guard. He noted that since his last visit to the UK five years previously, the British public had become more corpulent which bodes poorly for heart disease in Britain.

## **Osteoporosis**

Dr Pinckney then turned his attention to another concern for many people – Osteoporosis – the greatest cause of which, he said, is consuming dairy products. When animal proteins are consumed, amino acids have to be neutralised in the body. The body needs to take calcium from the bones to do this and if this is happening on a regular basis, the bones become weakened and bone loss can result. Countries with the highest rates of osteoporosis include Australia, New Zealand, Great Britain, USA and Scandinavia, all

# REVERSING HEART DISEASE

countries with a high consumption of dairy products; and those with the lowest rates of osteoporosis include Thailand and Vietnam where meat is used as a condiment rather than a main course. The difficulty, however, is that where people in these countries are becoming more westernised in their eating habits, they are more liable to contract Western-style diseases. In Japan, there is a low level of heart disease but a higher level of strokes because of the high levels of salt used in soy sauce and the high number of smokers.

## **Cancer**

Dr Pinckney cited the work by Dr Robert Kradjian on helping patients with breast cancer. The single greatest factor for preventing breast cancer and prostate cancer, he explained, was diet. In fact, the two greatest doctors for preventing most diseases were exercise and diet.

## **Weight Loss**

Dr Pinckney explained Dr Ornish's belief that, as long as people kept their fat level down, they could eat as much as they liked without gaining weight. There was also a strong likelihood that if they took up exercise, they would lose weight "until appropriate". Dr Pinckney himself had lost 40lbs since changing his diet and increasing his amount of exercise.

## **Support Systems**

Quoting Dr Ornish, Dr Pinckney said that there was nothing in medicine more effective in overcoming disease than having a close relationship, friends and a support system. Three weeks previously, Dr Pinckney had met someone from Dr Ornish's first research group, a gentleman who had been told he would not survive his heart disease 22 years ago, but who, thanks to the programme, was still going strong.

Another of Dr Ornish's star pupils was the late Dr Benjamin Spock who, in the last edition of his book *Baby and Child Care*, advised every mother to become vegetarian and to keep the whole family vegetarian.

## **Foods**

Dr Pinckney explained that he had a list of foods to avoid on the Frequently Asked Questions (FAQ) section of his website [www.kumu.org](http://www.kumu.org). He himself uses no oil in his cooking except for corn oil, and prefers to cook with water, vegetable broth, balsamic vinegar, shoyu or tamari; he sautes onions and garlic in water instead of oil, makes his own salad dressing and uses agar agar as a thickening agent.

# REVERSING HEART DISEASE

## **Exercise**

Dr Pinckney stressed the importance of regular aerobic exercise in reversing heart disease. He advised 45 minutes of aerobic exercise a day e.g. walking, swimming or cycling, which could be broken up into three sessions of 15 minutes per day. Tennis, he explained, was not a form of aerobic exercise because of the entire stopping and starting involved. For those who felt they did not have enough time, Dr Pinckney suggested setting the clock earlier. Exercise would, he guaranteed, give people more energy for the day and make them sleep better. Dr Pinckney now walks four miles uphill every day before breakfast and often cycles for 25 miles

## **Managing Stress**

Dr Pinckney advocates stress management as an important tool in reversing heart disease. He said there were more sources of stress today than ever before, with the advent of voice mail, telephone, e-mail etc. He advised practising yoga every day for 15-20 minutes along with 15-20 minutes of meditation daily. He suggested seeking the help of others to learn these skills. He cited Fortune Magazine that said that 300 Chief Executives of the top 500 practised meditation daily.

## **Success**

Looking at the above elements to prevent heart disease, he reported the success rates were as follows:

Changing diet alone led to a reversal rate of 47%.

Changing diet plus increasing exercise led to a reversal rate of 64%.

Changing diet, increasing exercise plus stress management led to a reversal rate of 70%.

Seven months after Dr Pinckney completed the Dean Ornish programme, he competed in the 8.2 mile Great Aloha run. His cholesterol level dropped from 372 to 116.

Dr Pinckney then answered a number of questions from the participants on a variety of topics such as the use of Omega 3 oils, how to set up support groups and how to persuade general medical practitioners to take this important information on board.

All too soon, it was time for Dr Pinckney's talk to end. We are delighted that he made time to visit us on his trip to London and we know that he made many new friends during his stay here. Dr Pinckney is a great inspiration and living proof that reversing heart disease can be accomplished through lifestyle changes and without surgery.

# VEGAN TRAVELS

## AN ITALIAN HONEYMOON

BY PAIGE NEWMAN

Why would I, a strict vegan, spend my honeymoon mainly on Sardinia, an island in Italy whose most popular dishes include porceddu (roast suckling pig) and pecorino (aged sheep cheese)? I must say I love a challenge, and from previous trips to Italy I knew I'd be able to find *delizioso* food and sunny, romantic scenery. Also, the island's history appealed to me – a mixture of Italian, Spanish, North African and Sardo, the island's own culture.

I knew eating a balanced vegan diet could be difficult though, so I packed protein powder and vitamins, instant hummus (for those long train rides), and "Luna Bars," my favorite of the zillions of energy bars on the market. Though I found minimal information on the Internet in my search for vegetarian restaurants in Italy, the list of vegetarian phrases in Italian that I found on the International Vegetarian Union website was indispensable. And of course, I brought a few travel guide books that often mention tips and places to eat your veggies, along with an Italian dictionary/phrasebook.

### THE BOUNTIFUL PRODUCE OF ALGHERO

Being vegan hadn't made it big in Italy yet, which became apparent on the airplane to Rome. A nun sitting next to us was curious when she saw our pre-ordered veggie meals. I explained to her my main reason for being vegan and she seemed to respect my values, paraphrasing "You protect the animals." A few minutes later, she told my mostly-vegetarian husband he should sneak ham and sausage when I wasn't looking. She followed with, "The primary animal you should respect is humans." Different strokes for different folks.

Our Sardinian adventure began in Alghero, on the lovely west coast of the island. The local specialty called "pane carasau," a crispy flat cracker with olive oil and salt, was fun for the senses, as was walking through the open air market on V. Cagliari in town. We filled a bag with beautiful fresh apricots and pears for one U.S. dollar. For ambitious travelers, cooking up colorful peppers, potatoes, eggplants and other tasty veggies on a camping stove would be a simple task. Like the Italians in Alghero, we walked along the beach boardwalk at night, and I was happily surprised to find protein sources for sale, in the form of pumpkin seeds and dried garbanzos.

In restaurants I encountered lots of seafood, so I stuck with *ensalada mista*

## VEGAN TRAVELS

(mixed salad) and pizza or spaghetti with “solo verduras (vegetables)” or tomato sauce. I was impressed by gnocchi (potato and flour dumplings), which I ordered with tomato sauce but without the cheese — “senza formaggio.” Some restaurants use chicken or meat broth in their red sauce; saying I was vegetarian (vegan is not a well-known word in Sardinia!) and that I was allergic to cheese usually did the job. Asking in broken Italian for a meal without meat, fish, cheese and eggs was enough to try the patience of most wait staff.

Surprisingly, I came across somewhere I could find more protein — a Chinese restaurant by the popular beach area called Lido di Alghero. Ristorante Cinese Pechino on V. le Europa 41 served up spicy tofu, rice noodles and mixed veggies (I asked for no fish sauce nor eggs) with an Italian touch — breadsticks on the table.

Also on the west coast, in a small town called Milis, I was in heaven to find delectable veggie meals! Agriturismo, a farm stay, is a great way to get to know the locals and their culture. Simple lodging is in Liliana’s 200-year-old Sardo home, and she also rents a few other buildings, like her brother’s more modern and private apartment next door. From the Oristano ARST station, get off at the 3rd bus stop in Milis, by the public telephone, and walk straight up V. San Giorgio a few minutes. She is at V. San Giorgio 69 (tel. 0783/51622). Don’t be afraid to ask locals for “La casa di Liliana;” she is famous in town for being probably the only vegetarian, with all the cats and dogs running around the house. A vegetarian for 20 years, Liliana, as she puts it, “likes animals alive.”

Our meals there included rosemary seitan (wheat meat), pasta with eggplant and parsley fresh from the organic (also rare in Milis) garden, and hand-marinated olives and wild artichokes, of course complimented with salad, bread, and wine. We fell in love with friendly Liliana, graciously giving us tours of her medieval town. Since she doesn’t speak English, my Spanish was invaluable, as was the Italian dictionary. It was well worth the trek out to Milis and the stares from locals unaccustomed to Americans.

Next we headed to the southern port city of Sardinia, Cagliari. Signs were posted for Chinese and Arabic restaurants but we stuck with Italian cuisine. At one pizzeria, I ordered potato pizza, expecting thinly-sliced potatoes like I’d had in Rome. Due to the language barrier, what came to the table was comical — a pizza with greasy French fries on top, the quintessential American meal!

# VEGAN TRAVELS

Another memorable part of my Cagliari adventure was that I finally found soy gelato (ice cream) I'd heard was in Italy! Tutto Gelato at C. Vittorio Emanuele 244 had chocolate and apple "gelato di soia" while L'Isola del Gelato at P.za Jenne N. 32. sold pistachio. At many gelaterias, I had ordered fruity gelato "senza latte" or without milk, but nothing had been as creamy and luscious as soy gelato.

Our last Sardinian stop was in Oliena, the central mountainous part of the island. Staying and eating at the same place was relaxing after so many trains and buses — Cooperativa Enis (tel. 0784/288363) was our retreat. Again, we were the only Americans in sight and I'm sure I was the only vegetarian. Pasta with olive oil, garlic and chili pepper served me well as did pasta and zucchini, salads and fruit. But it was difficult to disregard the fact that people at the next tables were munching on lamb chops, rabbit, veal, prawns, horse and tuna.

Ending the trip with a few days in Rome made travel easier as a vegan because more people speak English and are accustomed to vegetarianism. What was more challenging was crossing the street safely! A splurge for budget travellers was the classy all-vegetarian restaurant Margutta, at V. Margutta 119. Yummy seitan/ grilled veggie skewers and tempura were among the entrees. According to the waiter, vegetarianism was popular in Italy, but not veganism because Italians love cheese so much.

I did fine without cheese, finding the best pizza of the whole trip at Zi Fenizia, V. Santa del Pianto 64 in the Jewish section of Rome. Sun-dried tomatoes, bell peppers and arugula topped this stand-up-and-eat kosher pizza. By the Pantheon, outdoor places served incredible foods like bruschetta, bread piled high with chopped tomatoes, olive oil, basil and salt. People-watching was wonderful from the patio tables — there is a constant stream of zipping mopeds and gorgeous Italians walking with cell phones and gelato.

We also found an early-day open air market at Campo dei Fiori, boasting tables covered with melon, avocados, peaches (I got one for 15 U.S. cents) and more. I excitedly discovered cappuccino, cream and vanilla, among other flavors of soy gelato, at Caffè Fontana di Trevi (in front of the Trevi fountain) and Gelateria Blu Ice nearby on V. del Muratte 18A/19. Buyer beware: too much childlike enthusiasm for large portions of soy gelato causes an upset stomach, at least in my case.

# VEGAN TRAVELS

As much as I love Italian food, as well as the leisurely pace at which it is eaten, after 15 days of hedonism I was ready to go home. Living on the west coast of the U.S. we are lucky to have a superb variety of foods, including soy products and foods from all the over the world, including Italy! And I can rest assured when I order in my native tongue, I'll never get a French-fry pizza.

Paige Newman loves to eat savory foods around the globe.

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



"Our vegan alternatives to milk, both soya and pea (WHITE-SUN) are fortified with essential B2, B12 and D2 as formulated by vegan doctors.

Our range includes egg-free mayonnaises and confections available from health/wholefood stores – see us at Vegan Festival on Sunday 14 September.

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# TSAAR BAAL CHAIM

## **TSAAR BAAL CHAIM** **"THE SUFFERING OF THE ANIMALS" (TALMUD)**

**By CAROLYN HAJ-ASSAD**

Is compassion to be reserved for our own gender/race/species? Or should it perhaps be extended to every sentient being, the whole of creation?

Nobody reading this page is likely to be directly involved in factory farming, vivisection or any other form of animal cruelty. However, most of us are perpetuating various atrocities without even knowing it, simply by the consumer choices we make.

For example, when travelling by air, do you ever wonder what animals are riding in the hold? If the airline is Air France, Lufthansa, North West Airlines or British Midland, your fellow passengers could be wild monkeys trapped in their homelands and sold to the vivisection laboratories of Europe, The USA and Japan.

You will have food, water and space to move around: the monkeys have none of these. More are sent than are "needed", because a percentage are expected to die en route. Bearing in mind their ultimate destination, perhaps these are the lucky ones. (Would you prefer starvation/dehydration, or death by needles, scalpels and electrocution?)

Not all airlines approve of this trade. If companies put profit before principles, we can attack those profits by refusing to fly with them. To make an informed choice, one must first have information.

"A million dollars a year has been spent for more than twenty years to study mother love in monkeys at the University of Wisconsin, involving new born monkeys being removed to isolation pits. Professor Harlow called his experiments 'sadistic' and aptly termed his isolation pit "the well of despair." No known benefit to the human race has accrued from these experiments. "Roberta Kalechofsky, Ph.D., founder of 'Jews for Animal Rights'

### **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.**

# GARDENER'S CORNER

## GARDENER'S CORNER

In the Summer we paid a visit to Sissinghurst, the lovely house and garden of Vita Sackville-West and Harold Nicholson. It sits like a radiant jewel in the lovely Kentish countryside. Kent is the Garden of England and this must be the Garden of that Garden.

The spot has been inhabited for many hundreds of years as a manor and a farm but it was in the 1930s that Harold and Vita bought the property to fulfil



their desire for a garden and somewhere peaceful from which they could write.

The old farm buildings are mellow with time worn red bricks, flanked by Oast houses and an Elizabethan barn. On the wall of the house is the climbing rose Madame Alfred Carriere which Harold planted the year they moved in. It is still growing vigorously and flowering profusely.

At the back of the ancient main house are several stone containers raised up on brick piers. Climbing roses clamber up the walls to the eaves with cascades of pink and red rose blossoms.

Here the lawns are immaculate and take on the appearance of green baize on a snooker table with just the brush tones of the mower making a diamond pattern.

# GARDENER'S CORNER

Across the forecourt is the tower which dominates the site and from which the whole of the grounds can be seen as well as a view of many miles over the Weald.

The gardens around are divided by beautifully clipped Yew hedges into smaller squares each about the size of a suburban garden. These in turn are divided by close clipped Box hedges or parterres.



Each section has its own character – the white garden, as its name implies, has only white flowers and shrubs such as magnolia, wisteria, as well as pyrethrum, verbascum, hostas and clematis and many more. The whites of the blossoms mingle with the greens and grey greens of the abundant foliage to impart an ethereal floral mist.

My favourite was the cottage garden with its crazy paved paths and a riot of golds, reds and pink flowers at all heights from ground cover to the tops of the house walls. The teak garden chair still stands by the front door inviting a moment or two of relaxation when the work of gardening or writing has been done.

Behind this is the orchard, a mosaic of wild flowers in the Spring but now mown and with a solitary hive of bees at its centre. This is flanked by what remains of the old moat which once surrounded the former manor house. Here roach and rudd cruise to catch the caddis fly and the gentle beauty of the old trees shimmer in reflective image. At the corner of the orchard is the Gazebo erected in memory of Harold by his son Nigel who was at the table working on his researches of Kent with his lunch yet part eaten beside him.

Vita liked hosts of flowers in profusion while Harold's taste for formality is shown by the lime walk where pleached lime trees stand sentinel in two rows, the underplanting of Spring bulbs now given way to the lime leaved hedge, hoist on the stately straight trunks.

There is much else to see and take in such as the herb garden and nuttery, the rose garden and the interesting interiors as well as a host of gems just waiting to please the eye in each season.

The property now belongs to the National Trust and is well worth the visit.

## BOOK REVIEWS

The following are two new books by Mollie Katzen, both of which are available from JVS.



### **MOLLIE KATZEN'S VEGETABLE HEAVEN**

Weaving together culinary styles from around the world, Mollie Katzen's *Vegetable Heaven* reveals a new simplicity and sophistication that will transform vegetarian cooking in the new millennium.

Mouthwatering recipes include: Persian Eggplant Dip, Jamaican Salsa-Salad, Tunisian Tomato Soup, Asparagus with Warm Tarragon-Pecan Vinaigrette, French Picnic Tart and Cherry Upside-Down Gingerbread.

This classic book offers over 200 recipes for uncommon soups, tasty bites, side-by-side dishes, and a whole host of desserts.

Illustrated with 50 of the author's richly coloured paintings, this paperback is published by Hyperion and distributed by Turnaround.

Price £14.99 plus P&P.

### **MOLLIE KATZEN'S SUNLIGHT CAFÉ**

Showing you how to prepare delicious, meatless and protein-rich breakfasts of all kinds, Mollie Katzen's *Sunlight Café* covers everything from planning the perfect sit-down brunch for ten to creating a quick and simple on-the-go breakfast treat for one – Mollie will have the perfect (and healthful) choice for you. *Sunlight Café* has sections on yoghurt and cheeses, pancakes and waffles, muffins and biscuits, coffee cakes and protein bars, puddings and flans and much more

Also included are wonderful recipes for quick and easy morning treats with simple instructions on how to freeze and store them.

This book, too, is illustrated with Mollie's own richly coloured paintings and will appeal to all fans of seriously good food.

This hardback book is also published by Hyperion and distributed by Turnaround.

Price £20.00 plus P&P

# BOOK REVIEWS

## **FRESH BREAD IN THE MORNING**

**(FROM YOUR BREAD MACHINE)**

**BY ANNETTE YATES.**

Wake up to the aroma of fresh bread wafting through your kitchen every morning! A dream? No. With your bread machine, it's a reality. Push a button or two and transform what seems like a laborious, time-consuming and skilled process into a spectacularly easy affair.

Most bread machines come with their own recipes. Such recipes vary, sometimes on the high side in the amount of yeast, salt, sugar, fat and dried milk powder they contain. Annette Yates has set about reducing these ingredients and providing recipes for making loaves that are as natural as they are likely to be.

Fresh Bread in the Morning is a book of bread machine recipes that include all the old favourites, White Loaf, Oaty Loaf, Onion Bread, Chelsea Buns, as well as a whole range of more exotic breads, Focaccia with Olives, Spiced Cranberry Bread and Chocolate Loaf to name but a few.

What is special about this book, is that the author believes in 'keeping it simple': minimum ingredients and smaller doses of sugar, fat and milk powder.

Published by Elliot Right Way Books, Price £3.99. plus P&P £1.00. Available from JVS.

## **"MOSAIC"**

**LOOKING BACK – A GLEAM OF HOPE FOR THE FUTURE**

**BY NEA WEISSBERG-BOB**

The artist, photographer and filmmaker Deborah Phillips travelled to Istanbul, Buchara, Samarkand, Fez, Casablanca, Cordoba, Granada, Toledo, Isfahan and Cairo in 1998-99. Searching for common Jewish and Islamic architectural tradition, Phillips captured her impressions in photographs. About 6,000 colourful images came out of her fascination for oriental ornamentation. Lichtig Velag has now published a selection of about 50 pictures full of symbolism.

In Mosaic, a book of photographs, Deborah Phillips portrays Jewish and Islamic culture side by side. Non-figurative calligraphic art, opulently

## BOOK REVIEWS

decorated floral and geometric patterns and ritual objects from synagogues and mosques are presented to the viewer as if the pictures were taken in slow motion. As a Star of David or just as a decorative ornament, the six-pointed star embellishes magnificent medieval mosques as well as a synagogue dome from the 19<sup>th</sup> century.

Pointing to the coexistence of Judaism and Islam in the past, a past that has left traces, exemplified in the language of art, Phillips expresses the hope for reflection on common Islamic and Jewish roots. This book of colourful images transports that hope, its subtle aesthetics contain many layers of meaning, a device that will not miss its mark in its effect on the viewer of the photos and the reader of the text in various languages. In a time of political enmity and deadly discord, an enchanting contribution

The project Mosaic was supported by UNESCO. ©Nea Weissberg-Bob. Translation Sandra H. Lusitig. Translation authorised by Nea Weissberg-Bob 19<sup>th</sup> May 2002.

Mosaic – edited by Deborah Phillips, first appeared in Lichtig Verlag, June 2002. 72 pages, 53 pictures. Price £13.00.

Available from Bookart Bookshop. Old Street, London. EC1. Open afternoons only, Wednesday – Friday.

### THE CRANKS BIBLE

BY NADINE ABESUR

This book is described as ‘A Timeless Collection of Vegetarian Recipes’ and ‘One of the best books of the year’.

The Cranks Bible is now available in paperback, and is the definitive collection of over 250 of the finest Cranks recipes of the talented and highly respected Cranks food writer Nadine Abesur.

These simple but delicious recipes, accompanied by specially commissioned photographs, show the richness and diversity of vegetarian cuisine today and are perfect too for non-vegetarians who want to eat a healthier and varied diet.

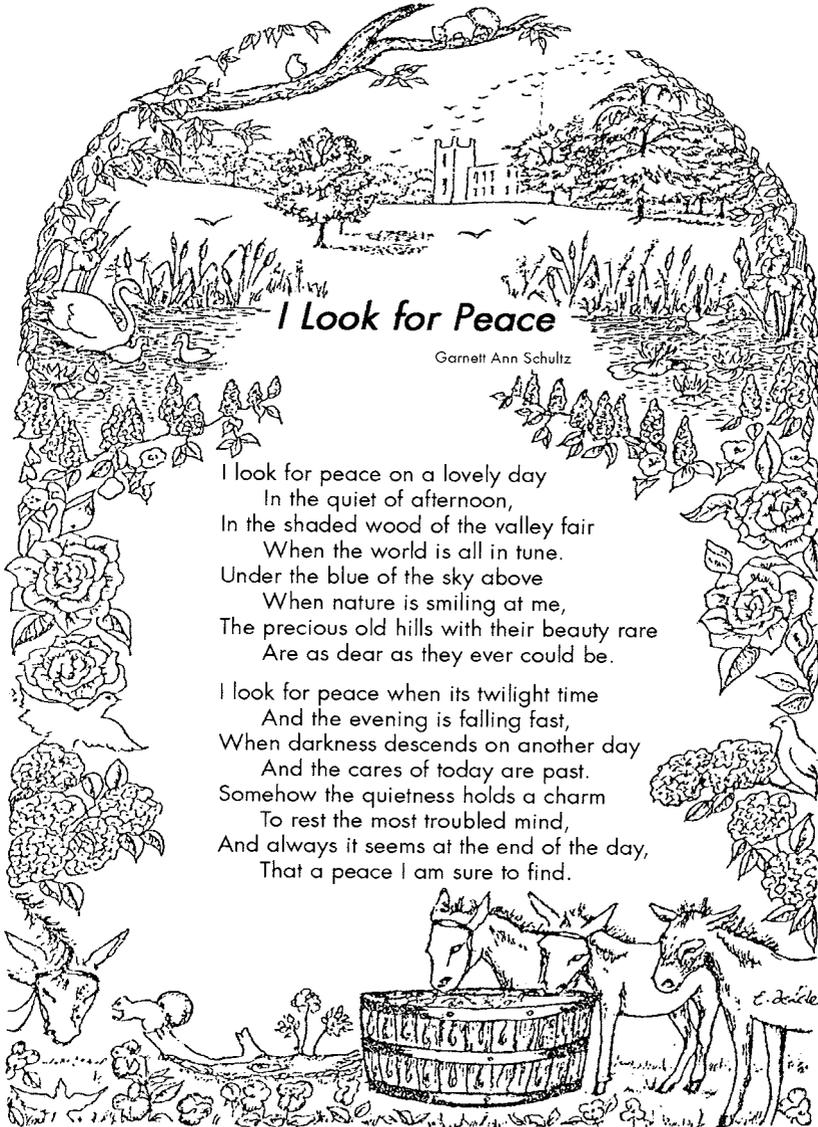
This mouthwatering collection includes many Cranks favourites and has special sections on seasonable vegetables: Spring and Summer vegetables and Autumn and Winter vegetables, as well as chapters on rice dishes, pasta dishes, beans

# BOOK REVIEWS

and pulses and lots of delicious recipes for roasting and baking.

Published in paperback by Weidenfeld & Nicolson

Price: £14.99 plus P&P. Available from JVS



## *I Look for Peace*

Garnett Ann Schultz

I look for peace on a lovely day  
In the quiet of afternoon,  
In the shaded wood of the valley fair  
When the world is all in tune.  
Under the blue of the sky above  
When nature is smiling at me,  
The precious old hills with their beauty rare  
Are as dear as they ever could be.

I look for peace when its twilight time  
And the evening is falling fast,  
When darkness descends on another day  
And the cares of today are past.  
Somehow the quietness holds a charm  
To rest the most troubled mind,  
And always it seems at the end of the day,  
That a peace I am sure to find.

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Please note that as and from 1st December 2003 and due to the high cost of printing etc., our Advertising Rates will be increased as follows:

**Full Page £150 (\$225); Half Page £75 (\$113); One Third Page £65 (\$98); Quarter Page £45 (\$68); 1" Full Width £25 (\$38).**

Our rates were last increased in 1988 and although the cost of printing etc., has gone up on many occasions, we continued to offer the same low rate. We hope we can still count on the support of our current advertisers as well as our new ones.

### 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.



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