

The Jewish Vegetarian

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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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
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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 £

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

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TURNING WORDS INTO DEEDS

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

Dr. & Mrs. T. Bloomberg

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

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

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

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SOCIETY NEWS

APOLOGY

In the June issue of the JV we inadvertently quoted in the article Vegan Infants "343 infants from 19 families" This of course should have read "33 infants from 19 families" We apologize to Plamil Foods Ltd for the error.

New IJVS E-mail Address
jewishvegetarian@onetel.net.uk

UK: FIRST EVER INTERNATIONAL VEGAN COOKING COMPETITION!

Can you cook? Do you know someone who can?

The search is on for talented cooks to take part in the first ever international vegan cookery competition at Hotelympia, Salon Culinaire International de Londres London, UK Feb 2004. The competition is a diamond opportunity for new chefs to sparkle and outshine many well-established chefs who are not so well versed in this new dynamic market.

The competition will feature as part of The Vegan Society's Diamond Jubilee celebrations 1944 -2004. The competition will be an open class with no age restrictions and will be held in the Live Theatre.

Thirty minutes will be allowed to prepare, cook and present two plated portions of a main course dish that complies with Vegan Society Criteria. Competitors to supply all ingredients. Recipes and brief method must be enclosed with entry. Email catering@vegansociety.com or Telephone 0845 4588244 for more information about Vegan Society standards.

Entry forms from Peter Griffiths +44 (0)1564 776842 Salon Director
Email peter.griffiths@freshrm.co.uk

It's an excellent way for manufacturers and catering establishments alike to promote the ability to provide delicious foods that EVERYONE can enjoy. See more <http://www.worldveganday.com> or www.hotelympia.com

PHILIP L. PICK MEMORIAL LECTURE

FOURTH ANNUAL PHILIP L. PICK MEMORIAL LECTURE JVS HQ, LONDON, SUNDAY 2ND NOVEMBER 2003

By JULIE ROSENFELD

On Sunday 2nd November 2003, the fourth annual Philip L. Pick Memorial Lecture was held at the JVS headquarters in London. Over 30 people including guest of honour, Minna Pick, attended the lecture, held annually in memory of the much-missed founder and president of the JVS, the late Philip Pick.

This year, it was a particularly special event. Not only did it feature Eli Pick, Philip's nephew, as the guest speaker but it also included a special dedication ceremony to change the name of part of the JVS building – No. 855 Finchley Road – to "The Philip L. Pick House". The other part – No 853 Finchley Road – will keep Philip's chosen name of Bet Teva.

Michael Freedman, Honorary Treasurer, opened the meeting and invited all those present to attend the consecration ceremony outside the building.

During the consecration ceremony, Eli Pick reflected that renaming the building in this way would ensure that Philip's name and the hard work he had put into promoting vegetarianism, both within Judaism and beyond, would always be remembered.

A plaque, which was much admired, had now been placed on the side of the building with the inscription: "This house is dedicated to the memory of Philip L Pick 1910-1992. Philip founded the society in 1966 and worked tirelessly to promote the cause of vegetarianism".

After the ceremony, all those present went inside to listen to an excellent presentation by Eli Pick.

Eli recalled that Philip was a public figure who had worked tirelessly and conscientiously in promoting the vegetarian cause. He had worked from an office in Muswell Hill and later bought one of the houses, which occupies the present day JVS building. He praised Philip's tenacity, stamina, determination and perseverance in carrying out his objectives.

Eli recalled that Philip had influenced his own choice of career. Following a conversation with him back in 1970/71 about surveying, he had been influenced to take a BSc degree course in Estate Management at Reading University, which led to him becoming a chartered surveyor.

PHILIP L. PICK MEMORIAL LECTURE

As well as being a public figure, Eli remembered Philip as being a loving and caring uncle who was always there for him and was always willing and ready to offer advice. When Eli was young, Philip had been living in Swansea but once he moved to London with Minna, Eli was able to spend more time with him.

Eli reflected that the name Pick is still very much associated with vegetarianism. On a number of occasions in his surveying career, when giving his surname as Pick, he had often met with the response: "You must be the vegetarian!"

Eli's parents had brought him up as vegetarian as a family matter. Once, he was intrigued to meet a Rabbi who was a vegan. On questioning him, the Rabbi said that although he did not speak about it publicly, he and his wife had taken the decision to embrace veganism as a way of life well worth adopting.

Eli then considered the question of vegetarianism and the Torah. If, he asked, everything in the Torah was right, and that everything God had given was perfection, should we add to it? "Why isn't the Torah instructing us to practice vegetarianism?" he asked.

In response, he recalled a favourite book of his from childhood, "Black Beauty" by Anna Sewell. This was a story about a horse that remembered all the people who had treated him either kindly or cruelly in his life.

The book led Eli to wonder how animals really feel and what is actually going on inside the minds of G-d's creatures.

He recalled that the reason why Noah was called a "righteous man" because during the flood, he would work through the night feeding the animals which all needed to be fed at different times.

There are many important rules in Judaism about being kind to animals. One is to feed ones animals before one sits down. Another is to chase away the mother bird before, if necessary, taking her young or eggs to spare her the distress of seeing them being taken away. The reward for doing so is long life, one of the very few times that this is offered in Judaism, apart from when honouring ones parents.

Another injunction is that when an animal is in the threshing floor, it should not be muzzled but allowed to feed.

One should not eat meat from a living animal. Also two animals of uneven

PHILIP L. PICK MEMORIAL LECTURE

strength should not be yoked together as it causes hardship for the weaker animal.

Talking on shechitah, Eli said that Maimonides acknowledged that the practice did cause the animal some pain although it did seek to minimise that pain.

If an animal is killed, it must not be killed on the same day as its offspring.

We should rest on the Sabbath and so should our animals.

He then considered the question of cruelty to fish. Halachic sources say that on the Sabbath, one should not handle a corpse. However, if one has a fish tank, and there is a dead fish in the tank, you are allowed to take it out of the tank, to avoid the rest of the fish the distress of seeing the dead fish.

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IMPORTANT - AMERICAN & CANADIAN MEMBERS

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

DEAR SIR

Dear Sir,

With regard to the report in the June issue of The Jewish Vegetarian: "Hindu Family Sues U.S.", may I point out that an observant Jew, adhering strictly to the laws of Kashrut, would only eat in a vegetarian restaurant which is exclusively vegetarian, i.e. where there is no possibility of any contents (or any cooking vessels, cutlery, crockery, etc.,) coming into contact with prohibited substances.

In view of the report mentioned, it is obvious that such precautions are essential, as well as the fact that cooking vessels used for non-vegetarian products would render the food being "treif".

Perhaps we can enlighten the non-Jewish vegetarian world of the above situation.

With best wishes.

Sincerely,
Pessy Simmons, London, N16



Dear Friends of Orr Shalom

We are now at the end of an extremely tough working year. Just to remind us, the Intifada, the war in Iraq, the terrible deterioration of the world and the Israeli economy are just a few factors that made our lives and our work very complicated. However, our end of year debriefing meetings with the staff, with the children, and with our social welfare workers has shown us that this has been a very good year professionally and many many of our Orr Shalom children have shown significant progress

I am sending you this short note to tell you of a few new developments both in Israel and in our activities in the US in order to keep you updated about Orr Shalom.

In Israel, we have acquired two new homes in Mevaseret Zion, a small town near Jerusalem. Each of these homes was made possible by a donation for this purpose. We are pleased that this will allow us to bring 20 of our Orr Shalom children into a much higher housing standard in this area.

DEAR SIR

Orr Shalom has been requested by the Ministry of Labour and Social Affairs to assist the Ministry to develop a plan to more effectively meet the needs of the children it serves. This gives Orr Shalom a further opportunity to assist a great number of children and again demonstrates that Orr Shalom is recognized as the pre-eminent child-care organization in Israel.

We have just received the results of a study of our graduates which we will use to determine how our children may best be served after they reach the age of 18 and move out of an Orr Shalom home. This study will provide us with the information needed to help us continue to guide our children as they make their way in life as independent and productive members of society. We will tell you more about this as time goes on.

In the US, our American Friends organization remains busy and effective. Aliza and I recently visited the US in behalf of AFOS and met with a number of influential people and organizations. Such contacts and meetings are very effective in presenting the Orr Shalom message about children-at-risk in Israel. We have found that many people and organisations are receptive to hearing us and many of them lend a helping hand.

Again, we appreciate your support and interest in the work of Orr Shalom and we invite you to visit us when you are in Israel. For those of you who intend to be present at the UJC General Assembly or the Jewish Agency Board of Governors meetings this November, please let us know when you will be available to join us for a visit to one of our homes. I am sure that you will find it interesting.

With all best wishes,
Haim

Please note our change of email address! kids@orr-shalom.co.il



Dear Sir,

I want to commend you for continuing the tradition of providing a wide variety of wonderful material in The Jewish Vegetarian.

As a quick response to Life Member Margaret Toch's letter regarding my article, "The Silent Threat to Israel's Survival" (June 2003 issue), she states:

DEAR SIR

"Criticism [of Israel] by all means, but praise where praise is due." I agree, and this is why my article discussed the positive things that Israel's environmental groups are doing, and why my article stated: "The State of Israel has accomplished amazing things in its few decades, in agriculture, education, law, social integration, technology, education, Torah study, human services, and academics. But simultaneous (and sometimes related) neglect and ruthless exploitation of its land, water, air, and resources have left Israel ecologically impoverished and endangered."

In my article, I also wrote, "Because of our love and concern for Israel and the very serious nature of the environmental threats, I urge Jewish communities to make improving Israel's environment a central concern."

Very truly yours,
Richard H. Schwartz, Ph.D. – Life Member

ADVERTISING RATES

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.

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where we have a large selection of books, many of which are less than half the original price? Come and have a cup of coffee and browse through. The office hours are 10.00 - 4.00 Monday to Thursday but please telephone before coming as there are classes taking place in the main hall at certain times. Tel: 020 8455 0692

NEW YORK

JEWISH RIKERS ISLAND INMATES' RIGHT TO EAT 'MEATLESS'

New York — The Jewish Vegetarians of North America (JVNA) announced their support of the federal lawsuit of three Jewish inmates at Rikers Island who claim their constitutional rights are violated by prison officials' refusal to provide them a balanced vegan diet, which the inmates claim their religious beliefs require. In a lawsuit filed on July 3, 2003, the three inmates who are serving jail sentences on Rikers Island assert "animal-based diets ... are in conflict with Jewish mandates to preserve human health and attend to the welfare of animals."

The lawsuit, filed in the U.S. District Court for the Southern District of New York in Manhattan, claims that repeated denials of requests by inmates Joshua Schwartz, Jennifer Greenberg, and Benjamin Persky to be served vegan meals (without meat, dairy products or eggs) "have prevented plaintiffs from practising their sincerely held ethical, moral and religious beliefs, thereby causing severe and continuing physical, psychological and emotional harm." The suit seeks a court order requiring vegetarian meals for the inmates and unspecified damages. People for the Ethical Treatment of Animals (PETA) are paying the defendants' attorneys' fees.

Richard H. Schwartz, President of the Jewish Vegetarians of North America (JVNA) author of the book, "Judaism and Vegetarianism," Coordinator of the Society of Ethical and Religious Vegetarians (SERV), and a professor emeritus at the College of Staten Island has filed an affidavit supporting the inmates, and he will testify at a court hearing on July 9, 2003. "I applaud the dietary stand of the Jewish inmates," stated Schwartz. "A switch toward vegetarianism is a Jewish imperative because animal-based diets and agriculture violate at least 6 basic Jewish mandates, and it is imperative because the widespread production and consumption of meat and other animal products contributes substantially to global climate change; destruction of tropical rain forests, coral reefs and other important habitats; rapid loss of biological diversity; widening water shortages; an epidemic of chronic degenerative diseases and many additional threats to humanity."

JVNA urges Jewish groups to support the inmates' efforts to apply Jewish values to their diets, and to put the many moral issues related to the production and consumption of food on the Jewish agenda.

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Further information about the JVNA can be found at jewishveg.com, including over 100 articles on vegetarian issues by Richard Schwartz at jewishveg.com/schwartz. The JVNA is offering a complimentary copy of the book "Judaism and Vegetarianism" to rabbis and other Jewish leaders who will consider using it for a synagogue or other Jewish programme.

Here is the affidavit of Richard H. Schwartz:

1. I am President of the Jewish Vegetarians of North America (JVNA) and Professor Emeritus of Mathematics, College of Staten Island at 2800 Victory Boulevard, Staten Island, NY 10314.
2. I am author of *Judaism and Vegetarianism*, *Judaism and Global Survival and Mathematics and Global Survival*, as well as over 100 articles concerning Judaism and vegetarianism. See, for example, Schwartz, 18 Reasons Jews Shouldn't Be Vegetarians (And Why They're Wrong), *TIKKUN*, May/June 2003, at 80, attached hereto and incorporated as Exhibit A.
3. The facts stated herein are within my own area of expertise. I am competent to testify to these facts and will do so if called as a witness.
4. Vegetarianism is consistent with the teachings of Judaism as modern animal agriculture and the consumption of meat is in conflict with Judaism in at least six important areas:
5. 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.
6. 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.
7. While Judaism teaches that "the earth is the Lord's" (Psalm 24:1) and that we are to be G-d's partners and co-workers in preserving the world where modern intensive livestock agriculture contributes substantially to soil erosion and depletion, air and water pollution, overuse of chemical

NEW YORK

fertilizers and pesticides, the destruction of tropical rain forests and other habitats, global warming and other environmental damage.

8. While Judaism mandates bal tashchit, that we are not to waste or unnecessarily destroy anything of value or 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.
9. 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.
10. While Judaism stresses that we must seek and pursue peace and that violence results from unjust conditions, animal-centred diets, wastage of valuable resources, which help to perpetuate the widespread hunger and poverty that eventually lead to instability and war.
11. 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, committed Jews (and others) should sharply reduce or eliminate their consumption of animal products.
12. While any of the arguments above constitutes by itself a serious conflict between Jewish values, the consumption of meat, should impel Jews to seriously consider a plant-based diet. Combined, they make an urgent compelling case for the Jewish community to address these issues.

I certify under penalty of perjury that the foregoing statements made by me are true and correct.

Dated: Staten Island, New York July 2003.

DEADLINES

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.

DANGEROUS WEIGHT LOSS DIETS

DANGEROUS WEIGHT LOSS DIETS!

BY DR GINA SHAW, MA AIYS DIP. IRID.

There has been a craze sweeping across America, Britain and the rest of Europe over the past several years, both for a weight loss diet and a diet being 'prescribed' for diabetic patients – and you most probably know all about it – yes, its the high-protein diet, or as named by one of its most prominent advocates 'The Atkins Diet'. It's certainly a very controversial subject, as the views of supporters and non-supporters of this diet are often represented in the media. Indeed, hardly a day goes by without some publicity about this diet either on the TV or in the newspapers these days.

However, without going into too much detail about the diet, very briefly, the diet advocates large quantities of protein, omitting in a big way, carbohydrate foods. A typical meal will be bacon and eggs for breakfast and, for lunch, chicken and vegetables – without potatoes, rice or pasta. What does happen at first is that weight loss will occur, but this is neither an indication of its healthfulness, nor is it a safe way of dieting. Indeed, over the years there has been much scientific data which denounces time and time again the justification and reasoning behind this type of diet.

In this article, I would like to point out, firstly, that this diet can be fatal and, secondly, that it will not promote health or diabetes-control in the long-run, in fact, on the contrary. Indeed, the author contends that an adherence to this type will lead only to ill-health; as all unnatural diets would.

In order to consider the facts about this type of diet, we must bear in mind certain physiological and biological facts. The first is that the human body's primary fuel is carbohydrates. This means that our body best runs on carbohydrates, i.e. carbohydrate foods are 'burned' with more ease than any other foodstuff. Indeed, our brain cannot function without an adequate glucose supply. This is a well-established biological fact. Furthermore, when insufficient glucose supplies are reaching the brain, the body will break down fat in order to supply its needs. This is why ketone levels are measured in our urine to test for diabetes, as when the body cannot for any reason supply glucose to its vital cells, it will have no alternative but to break down fat in order to supply this crucial substance. To put it simply, carbohydrates therefore are an absolutely essential item in the human diet, indeed one which we cannot survive without for long periods of time.

Having said the above, we must also take into consideration the fact that most

DANGEROUS WEIGHT LOSS DIETS

people in the Western World are slowly, and some cases quickly, dying from malnutrition – that’s poor nutrition. The large majority of hospital in-patients, as well as the general populace routinely over-feed on high-protein foods and this, in turn, has repeatedly been shown to lead to all manner of degenerative disease conditions such as coronary heart disease, many types of cancer, diabetes mellitus (Type I and II), kidney disease, osteoporosis, etc. I repeat, most people in the Western World consume an excess of protein (and fatty) foods, mainly in the form of animal proteins.

Of course, good quality protein is essential for growth and tissue maintenance particularly during infancy, childhood, adolescence and pregnancy. However, excess protein creates acidity and puts a strain on the kidneys which will later affect the heart. On a healthy vegetarian (vegan) diet, ample protein can be consumed by ensuring that good quality nuts, seeds and legumes are consumed.

Why the Atkins Plan?

According to the Physician’s Committee for Responsible Medicine, high-protein, low carbohydrate plans differ in details, but they share some common claims:

- Myth 1: If we eat too many carbohydrates, we’ll have too much insulin in our bodies. Excess insulin places us in what one writer calls ‘carbohydrate hell’.
- Myth 2: Human beings originally enjoyed a diet that was high in protein. Our bodies are genetically used to this way of eating.
- Myth 3: You can lose weight quickly and permanently by consuming more protein and eating fewer carbohydrates.

These diets instead advocate a high animal-protein diet, rich in all flesh foods, eggs and milk, etc., but low in carbohydrate foods like fruits and vegetables.

The Facts

High-protein foods are likely to be high in cholesterol and saturated fats – substances which have been proven over many decades to promote heart disease, various cancers, etc., etc. Weight loss from high-protein diets comes at first from losing water. However, long-term weight control means losing fat, a goal that calls for changing eating habits to a much healthier eating regime and from taking more exercise. On high-protein diets people can

DANGEROUS WEIGHT LOSS DIETS

temporarily lose large amounts of weight, and can even lower their blood cholesterol, sugar, and triglycerides, says John McDougall, M.D., but the method is unhealthy. The reason blood cholesterol, sugar and triglyceride levels may be reduced is that people are eating much less because of their loss of appetite, and sometimes nausea. This is because, on a very low-carbohydrate diet like the Atkins diet, the body burns fat and by-products of this are ketones, which suppress the appetite and can cause nausea. In general benefits are temporary because it is too unpleasant to be sick – so people go back to their old way of eating! McDougall points out that this same condition of ketosis occurs when people are ill; so they are freed to rest and recuperate, rather than be forced by hunger to gather and prepare food – because they simulate a state seen with serious illness.

These diets contain significant amounts of the very foods, i.e. meats, that the American and British cancer societies and heart associations tell us contribute to our most common causes of death and disability. It is important to note here that manipulation of symptoms through diet is not the same as healing and, furthermore, it does not address the cause of the problem. Of course, we know that certain individuals who eat carbohydrates may experience a sudden drop in blood sugar, the symptoms of which include lethargy and fatigue, poor concentration, mood swings, “foggy” brain, misperceptions, panic attacks, hot and cold sweats and heart palpitations. The cause of this could be an inappropriate insulin response – too much insulin being secreted bringing the blood sugar levels down too much. Unfortunately, these sufferers are recommended by some doctors to eat high protein/low carbohydrate diets. Although the symptoms may abate because protein doesn’t stimulate such a strong insulin release as carbohydrate, but continuing on such a high-protein diet is what caused the diabetes or blood-sugar imbalance in the first place and this will certainly not make us any healthier, in fact, quite the contrary!

Conversely, high-fat and high-protein meals are also linked to depression. A high-protein meal (full of meats, dairy foods and eggs) provides amino acids that compete with tryptophan for entry into the brain; the end result is less tryptophan passing into the brain and a decrease in the synthesis of serotonin. (In my latest book ‘Nutrition and Emotions: How to Transform your Life Through Optimum Nutrition’, I go into greater detail about the links between nutrition and its links with our emotional health.)

In recent years, there has been a new wave of what’s called “hyper-insulinaemia”, where we have moved on from hypo-glycaemia (low blood

DANGEROUS WEIGHT LOSS DIETS

sugar) to high amounts of insulin in the blood stream. Alexander argues that the symptoms appear to be more-or-less the same, along with the discovery of excess insulin in the blood stream. And what's the current trend of treatment? Reduce the secretion of insulin by omitting carbohydrates and increasing your protein intake, of course! Once again, manipulation of symptoms with diet – but as soon as you go back on the carbohydrates, the symptoms return. In fact, not only this – six months down the line on such a diet, you start to experience new symptoms of a more chronic nature...

True Health

In order for the body to heal, no matter what the imbalance or disease condition, it has to release its toxic load and rebuild its nutrient status. When a person eats a healthier diet and fulfils the other necessary requisites for health, their vitality rises and healing begins. The body's intelligence will determine which areas will be healed and in what order. The answer to disease lies in a plant-based diet and not in a calorie-rich, nutrient devoid, animal-based one.

References

Physician's Committee for Responsible Medicine – 'High-Protein diet' article by Dr Neal Barnard – www.pcrm.org

Gerson Healing Newsletter Vol. 16, No.2, Mar-April 2001

Dr Gina Shaw is an author, health and nutrition consultant and iridologist. She also organises group fasting events and health retreats and runs a correspondence course in Life Science.

She may be contacted at DrGinaShaw@aol.com. Her website address is: <http://www.vibrancy.homstead.com/pageone.html>.

Disclaimer: If you need medical advice, it is important that you attend a consultation with a qualified health practitioner. This article is not in any way meant to take the place of medical treatment. If you would like to change your dietary habits, it is important that you have a full consultation with a qualified nutritional consultant.

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.**

CRUELTY IS ON THE NOSE

CRUELTY IS ON THE NOSE

By DAVID HORTON

People who are cruel to animals are hard to tolerate, especially because of the hard-nosed way they practise cruelty. Who are these people?

Perhaps the most cruel and cold are the vivisectors with their sharp scalpels; or maybe the chicken farmers who cage hens; or maybe it's all of us who consume the products they sell. We want the goods so we finance the business of exploiting animals, we all make up the same cruel society. So, okay, we humans have a cruel gene! So what if we play out a game of do it and damn it. The trouble is, weakness and recklessness go hand in hand, and what we do for now eventually makes us feel ashamed. There's payback!

Some people find shame to be so debilitating that they decide to do something about it. They summon up all their will power and break free of cruelty-based lifestyles. The environmentalists, to some extent, follow a code that keeps them living in a friendly way with the environment but vegans who purge habits and cut out great chunks of normal lifestyle do the most comprehensive disengaging; they dramatically alter patterns of behaviour by restricting their food and clothing to items composed entirely from the plant kingdom. By not eating or using animal products they seek to ameliorate this overwhelming sense of shame. They may think they do it for the animals but in truth they probably do it in order that they can pursue a freer life and, by way of a 'clear conscience', speak with a truer voice.

For the vast majority, who are not yet vegan, a contortion of thinking has to take place on a daily basis in order to prevent shame from continually knocking them down. They have to learn to pretend, to achieve a desensitisation to what's happening in the world. Now, for intelligent, educated and sensitive people this is almost impossible. You can numb the nerves, so if the body is in pain a painkiller will dull the sensation, but there are no pills to dull conscience. The conscience is a relatively pristine machine, and needs to be because it's the HQ for most of our main decisions; it's here that we make all the 'yes' and 'no' choices. So, pretending about fundamental things is a tricky business; to pretend that all this cold cruel stuff isn't in fact happening at all, (i.e. the killing and imprisoning of about 40 billion animals each year), is almost impossible. The only hope for the adult human is to pretend not to know and then switch off to any further information coming in.

Of course none of this is possible if you happen to be one of those people

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who are looking for truths and sensitive into the bargain. There's really only one course of action to consider: the reality of becoming a vegan.

In the end it all comes down to willingness or unwillingness to be party to the imprisoning and hurting and killing of creatures, who incidentally have done nothing to deserve their treatment. We can't fool our conscience. We have to consider some obvious propositions:

- Perhaps hens don't give us their eggs joyfully
- Perhaps the rat doesn't bravely volunteer itself for experimentation
- Perhaps the lion does not willingly incarcerate itself in a zoo

Apart from the fact that the most 'benefit' we derive from animals is in the form of food, we must acknowledge that this product is often poisonous to the body and damaging to the environment. The wasting of our own health and the cruelty we practise on animals are reasons enough for vegans to avoid buying and enjoying these 'benefits'. We're talking here of a pernicious industry that needs no support from any of us. In the boycotting of the cruelty industries, in this one statement of principle and apparent act of self-denial, vegans tap directly into what is called 'good luck'. What?

Yes, perhaps it is really just good fortune all round that the idea exists: that humans are better off avoiding anything from the abattoir i.e. beefsteaks, eggs or leather jackets.

It is luck that causes vegans to have stumbled over their own inner kindly feelings. On the face of it a vegan lifestyle appears less than gratifying, but as it turns out the regime is decidedly liberating. It is really only when the weight of something so familiar is lifted that we appreciate what we've shaken off. Once the conscience is relieved it pays back so generously that very few ethically driven vegetarians ever go back to eating animals.

When we stop ingesting society's main poisoning agent, i.e. meat and dairy produce, we get a better energy from our food, a feeling of zip never felt previously. Plant energy is a relatively clean energy and enters the body in balance forms. It makes for energy both mental and physical, not to speak of its 'good' conscience-energy.

In contrast, the animal industry supporters, eating rich and chemically laced foods, often eventually find health deteriorating prematurely; minds become blunted, arteries constrict and humours decline. If meat and animal by-

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products do kill us, (by means of heart attacks and cancers and diseases associated with obesity), vegan-vegetarians can probably avoid most of that by making just the one simple dietary decision – to stop eating the stuff.

Plant Eaters even smell okay

Being 'cleaner' and more physically healthy, and being of a greater compassionate sensitivity – all this translates back to our relationships with other humans and of course to the animals themselves.

To some extent what vegans are saying is this: that there is another world, a world which is such a pretty, sweet world, with no hard-nose and no bad smells... why not have a piece of it?

Speaking of smells, we can imagine why it is that almost every animal can smell things better than humans. They live (when non captive) in a natural state where smelling the enemy and their food and the weather is vital to survival.

Animals aren't olfactorially challenged! And by smelling us, they know they're near a potential danger, by contrast a plant-eating herbivorous smelling human would trigger off a non-danger reaction.

Imagine if they trusted us (and had reason to). The world would certainly be a pleasanter place for all concerned – living freely amongst each other. But it isn't like this yet. For most of us, apart from our dogs and cats, we have little or no contact with animals. Somehow we are encouraged to believe in a nonsense, that if we love our pets then we must love animals and that makes it okay to eat some of them. True gobbledygook of course, but any old argument will do when it comes to food and indulgence. Both fashion clothing and yummy animal foods set out our senses ringing, enough for many people to drown out the obvious shame of it all.

We say, "shame about the hens", then, nicely expiated, we set about eating our egg sandwich. We push the shame down with every mouthful and it rises up again like bile in the throat. "Shame about the mink in their isolation cages. Pass me my fur wrap please".

It is all of these (unnecessary) problems that vegans don't have to put up with. We don't have to visit the 'shame-points' so often. And that's such a relief. We can afford to regard animals as angels, all innocent and shining and an example of peaceful interactive behaviour, as we watch them peacefully being with others of their own kind. How humans secretly envy and admire their placidity. Of course, these 'angels' when crammed into a cage or a

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concrete pen for a life sentence, cooped up tight with others of their kind, are bound to go nuts and quarrel, but even in the least extensive 'free range' farms the animals do interact with each more beautifully than humans do in groups, and this example that animals set, especially in their wild state, is surely one of the great lessons we humans are here on Earth to learn. And we can't learn it when we resist it.

Eating animals! Who ever heard of such a ridiculous thing? You'd have thought that as soon as we found out it was safe to do so, plant food and clothing would be made the norm for humans and the whole ugly abattoired mess scrapped there and then.



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Jewish Vegetarian Cooking by Rose Friedman

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TIKKUN OLAM

TIKKUN OLAM: A JEWISH IMPERATIVE?

RICHARD H. SCHWARTZ, Ph.D.

When G-d created the world, He was able to say, "It is very good." (Genesis 1:31) Everything was in harmony as G-d had planned, the waters were clean, and the air was pure. But what must G-d think about the world today.

What must G-d think when the rain He provides to nourish our crops is often acid rain, due to the many chemicals emitted into the air by industries and automobiles; when the ozone layer He provides to separate the heavens from the earth to protect all life on earth from the sun's radiation is being depleted; when the abundance of species of plants and animals that He created are becoming extinct at such an alarming rate in tropical rain forests and other threatened habitats; when the abundant fertile soil He provided is quickly being depleted and eroded; when the climatic conditions that He designed to meet our needs are threatened by global warming?

Our precious planet is endangered as perhaps never before. There are almost daily reports about global climate change; the destruction of tropical rain forests, coral reefs, and other habitats; soil erosion and depletion; air, water, and land pollution; acid rain; desertification; droughts; severe storms; widening water shortages; and many more threats.

The Intergovernmental Panel on Climate Change (IPCC), a group composed of the world's leading climate scientists, is projecting a temperature increase of from 2.5 to 10.4 degrees Fahrenheit in the next 100 years. Since we are already seeing major effects of global climate change although the temperature has only increased about one degree Fahrenheit in the past 100 years, if the IPCC's projections occur, there will be extremely severe repercussions for the world.

There is a need for major changes if the world is to avoid increasingly severe threats. In 1992, over 1,670 scientists, including 104 Nobel laureates — a majority of the living recipients of the Prizes in the sciences — signed a "World Scientists' Warning To Humanity". Their introduction states: Human beings and the natural world are on a collision course. Human activities inflict harsh and often irreversible damage on the environment and on critical resources. If not checked, many of our current practices put at serious risk the future that we wish for human society and the plant and animal kingdoms, and may so alter the living world that it will be unable to sustain life in the manner that we know. Fundamental changes are urgent if we are to avoid

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the collision our present course will bring about.

One of the main reasons that we have so many environmental problems is that there are sharp deviations between the values and methods of the world and basic Jewish teachings:

1. While Judaism stresses that “the earth is the Lord’s” and that we are to be partners in protecting the environment, many corporations consider the earth only in terms of how it can be used to maximize profits, with only minor regard for negative environmental effects.
2. While Judaism mandates *bal tashchit*, that we are not to waste or unnecessarily destroy anything of value, our economy is based on waste, on buying, using, and disposing. Advertising constantly tries to make people feel guilty if they don’t have the newest gadgets and the latest styles. Every national holiday has become an orgy of consumption.
3. While Judaism established a Sabbatical year in which the land is allowed to lie fallow and recover its fertility and farmers may rest, learn, and restore their spiritual values, today, under economic pressure to constantly produce more, farmers plant single crops (the same crops in the same land, with no crop rotation) and use excessive amounts of chemical pesticides and fertilizer, thereby reducing soil fertility and badly polluting air and water.

As co-workers with G-d, charged with the task of being a light unto the nations and accomplishing *tikkun olam* (healing, repairing and redeeming the earth), it is essential that Jews take an active role to reduce pollution and the wasteful use of natural resources. We must proclaim that it is a desecration of G-d’s Name to pollute the air and water, to slash and burn forests, and destroy the abundant resources that G-d has so generously provided. We cannot allow whatever other needs or fears we may have, however legitimate, to prevent us from applying fundamental Jewish values to the critical problems of today.

Judaism demands passionate concern and involvement in society’s problems and requires protest against the current destructive forces that threaten humanity. We should make *tikkun olam* a major focus of our synagogues, Jewish schools, and other Jewish groups and institutions. I hope this article will contribute to and help expand the ongoing dialogues about Jewish teachings concerning these critically important issues, and will play a part in moving our precious planet away from its present perilous path and

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toward one that is more just, humane, and sustainable. Changing will not be easy, since our society and economy are based on consumption and convenience, using and discarding. But it is essential that we make supreme efforts. Nothing less than human survival is at stake.

Phone: (718) 761-5876 Fax: (718) 982-3631
E-mail address: rschw12345@aol.com

A VEGETARIAN CHRISTMAS

A VEGETARIAN CHRISTMAS – ‘SNOW’ PROBLEM!

This Christmas take your taste buds on holiday with a Caribbean inspired feast that is sure to delight vegetarians and omnivores alike. Created by the chefs at the Vegetarian Society's internationally renowned Cordon Vert School, the easy to prepare recipes prove that cooking an exciting Christmas meal without turkey really is 'snow' problem!

Melt away the winter chill with Jamaican Ginger and Coconut Soup, then, unwrap a Tobago Parcel – sweet potato, plantain, spinach and creamy melted cheese encased in filo pastry and served with a sensational papaya sauce. Accompanied by Black Bean and Yellow Rice Pitons, Jerk Vegetables and a Mango and Tomato Salad, you will wonder why you have never had a Caribbean Christmas before. End your meal with a rich Jamaican Rum Cake served with a truly indulgent White Chocolate and Vanilla Sauce, or experience the carnival of flavour that explodes with every mouthful of Pistachio and Citrus Ice-cream.

A free recipe booklet featuring all the Caribbean Christmas recipes and advice on catering for vegetarians over the festive period is available from The Vegetarian Society, telephone:

0161 925 2000 and request your copy. The booklet also offers a chance to win a two-week holiday at 'The Lodge' – the exclusive, vegetarian haven on the beautiful Caribbean island of Grenada.

Date for your diary: National Vegetarian Week 2004 will take place from the 24th – 30th May.

COOKERY CORNER



We are privileged to have Denise Phillips, the leading Jewish chef, writer and broadcaster providing some more Chanukah recipes for this issue.

CHANUKAH RECIPES

BY DENISE PHILLIPS

At Chanukah it is customary to enjoy cheese-based desserts. In the Apocrypha we read that Judith gave the Greek general salty cheese to feast on. As a result of his thirst he drank too much wine and she was able to behead him in his drunken state!

My cheese recipe needs nothing stronger than a good cup of tea to enjoy with it! In my family we get together on Chanukah Sunday to exchange our gifts and share tea together. This cake is a reliable favourite – and no crumbs when you slice it!

ALMOND AND CREAM CHEESE SPONGE CAKE

Preparation Time: 20 minutes Cooking Time: 40 minutes

Can be made in advance. Can be parev.

150g unsalted butter or margarine; 175g caster sugar; 3 eggs; 200g self raising flour; 250g light cream cheese, natural yoghurt or non-dairy cream cheese; 125g ground almonds; ½ teaspoon almond essence. For the syrup: 250g caster sugar; 150ml water; juice of half a lemon.

Method:

- 1) Pre-heat the oven to 180°C/350°F/ Gas mark 4.
- 2) Line and grease a rectangular tin approximately 30cm x 25cm (12 x 10 inch) with non-stick baking paper.
- 3) Cream the butter or margarine and sugar together until light and fluffy.
- 4) Add the eggs one at a time, adding a tablespoon of flour with the second and third. Mix in the cream cheese.

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- 5) Fold in the flour, ground almonds and almond essence.
- 6) Turn into the prepared tin.
- 7) Bake for 40 minutes or until the centre springs back when lightly pressed.
- 8) To make the syrup, heat the sugar and water until dissolved. Bring to the boil and simmer for 2 minutes. Add the lemon juice. Pour over the cake and leave to cool in the tin. If there is more syrup than you need, keep and pour over the cake. Alternatively if you would like to use this sponge cake as a dessert, serve it with ice cream or custard!

To serve the stylish way: Invert the cake and cut into small triangles.

TRIO OF TOMATO RISOTTO

The days are beginning to draw in and warming comforting food is definitely welcome! With the addition of some fruity Merlot, trio of tomato risotto is just delicious – quantities for this are hard to judge, as seconds need to be catered for! I have used fresh tomatoes, sun-dried tomatoes and a touch of tomato purée to give this risotto its irresistible flavours.

The secret of good risotto is not to stop stirring, as this helps to develop the starch and make the risotto properly, authentically and deliciously creamy. In addition to this, an excellent stock, preferably home made gives the perfect flavour. Salt is added at the end, earlier in the cooking would toughen the rice.

Preparation Time: 15 minutes Cooking Time: 25 minutes

Serves: 6 people – starter, or 4 people for a main course

Ingredients:

400g Arborio Italian risotto rice; 1.5 litres vegetable stock – hot; 100ml Merlot or other red fruity wine; 300g fresh salad tomatoes – skinned, deseeded and roughly chopped; 1 onion – peeled and roughly chopped; 2 garlic cloves – peeled and roughly chopped; 2 tablespoons olive oil – for frying; 1 tablespoon sun-dried tomatoes in olive oil; 1 teaspoon sun-dried tomato puree; 2 tablespoons basil – roughly chopped; salt and freshly ground black pepper

Garnish: Sprigs of basil, chopped sun-dried tomato, drizzle of extra virgin olive oil.

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Method:

- 1) Plunge the fresh tomatoes into boiling water for 2 minutes. Pierce the skins and remove them. Cut the tomatoes in half, deseed and roughly chop. Set aside.
- 2) Heat a deep frying pan with the olive oil. Sauté the onions and garlic for 5 minutes. Add the rice and cook for a further 2 minutes.
- 3) Add a ladle of hot stock. Add the wine.
- 4) Continue cooking and stirring the rice so that it does not stick to the bottom of the saucepan. Add more stock as the rice absorbs the liquid.
- 5) When the rice is half cooked stir in the tomatoes, sun-dried tomatoes and tomato puree.
- 6) Season to taste. Cover and leave for 2 minutes before serving.

To serve the stylish way: Sprinkle with freshly chopped basil, roughly chopped pieces of sun-dried tomato and a drizzle of extra virgin olive oil. Serve immediately on warmed plates.

For a more sophisticated presentation: grease and line the base of 6 ramekins and spoon in the risotto. Cover with some greased foil and bake in a bain marie for 15 minutes on 200°C/400°F/Gas mark 6.

BANOFFEE PIE

This is the dessert that I dream of with passion as it never fails to live up to its expectations – a combination of banana and toffee within a biscuit base. Whenever I see this dessert on a restaurant menu I look no further – it's my favourite choice. Traditionally the pie is topped with cream and I feel that this spoils it. It's the toffee and banana part that is divine, so I have written this recipe for all those who do not like thick cream but prefer Greek yoghurt!

This recipe is so popular that there is even a website about it! There are endless variations and hopefully my variation will become 'one of your favourites.'

Must be made in advance. Will not freeze.

Preparation Time: 20 minutes plus 1 hour and 15 minutes chilling time.

Cooking Time : 2 hours

Serves: 6 – 8 people

COOKERY CORNER

Ingredients:

(For the base) 400g plain digestive biscuits; 160g unsalted butter.

(For the filling) 2 x 400g tins condensed milk; 3 bananas – peeled and sliced; 2- 3 tablespoons clear honey; 500g thick Greek yoghurt.

Garnish: Grated chocolate

Method:

- 1) Melt the butter. Place the biscuits in a food processor and whizz until they are completely crushed.
- 2) Add the melted butter.
- 3) Remove and use to line a 22 cm (9 inch) loose-base pie dish.
- 4) Refrigerate for a minimum of 1 hour.
- 5) Place the 2 tins of unopened condensed milk into a pan of simmering water for 2 hours. Extra water may need to be added from time to time to ensure that the tins are always completely covered.
- 6) Drain the water away and carefully open the tins.
- 7) Mash the bananas and spoon into the thickened condensed milk. Pour over the biscuit base and level with a knife. Leave to cool for 15 minutes.
- 8) Mix the honey into the thick Greek yoghurt and pour over the pie.

It can be chilled for up to 4 hours.

To serve the stylish way: Dust a little grated chocolate over the pie just before serving.



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COOKERY CORNER

SPANAKOPITA

Greek Spinach and Feta Cheese Pie

Will freeze: Freeze raw. Can be made in advance.

This summer I spent my holiday in Vounaki, a beautiful town situated on the west coast of mainland Greece. The views across the Ionian Sea were breathtaking and the culinary delights a treat. I thoroughly enjoyed their speciality of Spanakopita with a Greek salad. The recipe below is a variation on the original but captures extra flavour with the addition of peas seasoned with dried cumin and coriander. It is perfect to eat all year round!

I have used frozen spinach and frozen peas for convenience but when in season use fresh as I always like to promote 'Fresh is best'! The sizes of filo pastry vary according to the brand but essentially you need 6 large sheets or 12 if they are small!

I like to serve this with some grilled sliced red peppers and some black olives. Very simple and very Greek!

Preparation Time: 25 minutes Cooking Time: 35 – 40 minutes

Serves: 8 people

Ingredients:

6 sheets of filo pastry; 100g unsalted butter – melted; 2 tablespoons sesame seeds; For the Filling: 500g frozen leaf spinach or 900g fresh spinach; 200g fresh or frozen peas; 1 tablespoon olive oil – for frying; 2 eggs; 450g feta cheese; 4 spring onions – finely sliced; 1 teaspoons dried cumin; 2 teaspoons dried coriander; salt and freshly ground black pepper.

Method:

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) To make the filling, prepare and cook spinach in the usual way. Drain well and squeeze out the excess liquid. If you are using frozen, defrost and similarly squeeze out the excess liquid. Set aside.
- 3) Cook the peas in boiling water for 5 minutes. Drain and set aside.
- 4) Heat the olive oil in a frying pan. Sauté the spring onions until just soft.
- 5) Place the cheese, eggs, spring onions, spinach, peas, cumin, coriander and salt and freshly ground pepper into a food processor. Whizz until well combined.
- 6) Line a large baking tray with baking parchment paper.

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- 7) Place a sheet of pastry on top of the tray. Brush with melted butter and cover it with another sheet. Repeat this with the remaining sheets of pastry.
- 8) Spoon the filling along the length of the pastry leaving a 4 cm gap from the edge nearest to you.
- 9) Fold the lower edge of the pastry to enclose the filling, and then roll up like a Swiss roll. Brush with more melted butter and sprinkle the top with sesame seeds.
- 10) Cook in the pre-heated oven for 35- 40 minutes or until the pastry is golden.



To serve the stylish way: Slice in wedges and serve with the red peppers and black olives.



DATE ON A PLATE

You are invited to a dinner party with a difference.

Are you single and would like to improve your culinary skills?

From Saturday 8 November 2003, Denise Phillips, International chef will be teaching hands on style cookery classes in an informal setting for groups of 6 men and 6 women. You will have fun learning to cook a 3-course meal with wine. All the ingredients and equipment will be provided. The evening commences with an opportunity to meet the group with a glass of Champagne and a chance to chat and get to know your fellow guests, followed by 1½ hour cooking. We will then relax, wine and dine the stylish way!

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Cost: £50.00

Telephone: 01923 836 456 to book

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Age: Mid 30s to late 40s (Places can only be secured by payment in advance)

COOKERY CORNER

Future Dates:

Saturday 6 December 2003

Saturday 28 January 2004

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Saturday 3 January 2004

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Thursday	11 December 2003	Winter Warmers
Wednesday	11 January 2004	Healthy Dining
Thursday	12 January 2004	Healthy Dining
Wednesday	11 February 2004	Romantic Dining
Thursday	12 February 2004	Romantic Dining
Wednesday	17 March 2004	Vegetarian Gourmet Cooking
Thursday	18 March 2004	Vegetarian Gourmet Cooking
Wednesday	24 April 2004	Pesach Cooking

Time: 10.00 am – 1.30 pm Cost: £50 per class.

How to Book:

Please call Denise Phillips at Denise's Kitchen on 01923 836 456 or email deniseskitchen@blueyonder.co.uk

To confirm bookings please send a cheque payable to Denise Phillips.

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CONSUMER CORNER

NEW ORGANIC BREAKFAST CEREALS



Doves Farm Foods launch two great new cereals as part of their organic breakfast range. These new cereals compliment the already varied selection of morning foods that Doves Farm Foods Offer.

Chocolate Stars are delicious wheat free cereal stars made with real organic chocolate. They will no doubt be a great success with children and have the added benefit of being gluten free and suitable for vegetarians. Packed in an exciting stellar themed cereal box, Chocolate Stars provide a little breakfast time education and facts about stars, on the back of the pack.

Bio Bran is 99% fat free and high in wheat fibre. The natural dietary fibre in Bio Bran is great for keeping your digestive system healthy and makes an excellent low fat breakfast. Bio Bran cereal is sure to appeal to the health conscious and includes some ideas on how to look and feel your best. Bio Bran is suitable for vegetarians and vegans.

Doves Farm use only naturally wholesome ingredients and avoid the use of hydrogenated fat, gluten and wheat wherever possible.

Chocolate Stars come in a 375g box and retail at around £2.19, while a 375g box of Bio Bran retails at around £1.99. Available from all good Health Food Stores.

“EAT AND TWO VEG”

“EAT AND TWO VEG”

A new vegetarian eatery has opened in Marylebone ‘village’ High Street, just up the road from the Conran Shop. Its shiny trendy minimalist décor reflects its new neighbour. ‘Eat and Two Veg’ should appeal to both vegetarian and non-vegetarians alike. It is open from early morning to late at night, 7 days a week, so if you are in the vicinity, you need never go hungry again!

On the evening we visited, the restaurant was buzzing. Families were sitting at large tables, and there were booths, regular seating and bar-stools. The menu was large and eclectic with dishes including veggie sausage and mash, pesto and pizza, tofu and soya dishes, salads and a selection of Thai and Chinese food and yes, even hummus, felafel and pitta bread were a feature.

There were the classic breakfast dishes and great sounding sandwiches for lunch. The puddings included the sinful dark chocolate mousse cake and whipped cream, bread and butter pudding and Green and Black’s ice cream.

As well as the usual alcoholic drinks there was an excellent selection of fruit and yoghurt Smoothies and also non-alcoholic cocktails.

Now that restaurants like ‘CRANKS’ are no more and with so few purely vegetarian restaurants in the capital, ‘Eat and Two Veg’ is a welcome addition and is well worth a visit especially with its promise to use organic and non-GM products where possible.

150 Marylebone High Street, London W1. Tel: 0207 258 8595.

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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

VEGETARIAN SOCIETY AWARDS

THE VEGETARIAN SOCIETY AWARDS 2003

The prestigious Vegetarian Society Awards, sponsored this year by Verteseä, are known and respected by both consumers and the food trade. Being put forward for such an Award by members of the public is an accolade in itself.

This year the Awards ceremony took place at London's Magic Circle on Thursday 30th October and was attended by celebrity guests Rose Elliot MBE, Richard Cawley, Ron Stagg and Wendy Turner Webster who presented the awards.

The winners of each category are as follows:

BEST VEGETARIAN CAFÉ OR RESTAURANT

Joint Winners:
Quince & Medlar, Cumbria
Manna, London

BEST VEGETARIAN PROVISION IN AN OMNIVOROUS CAFÉ OR RESTAURANT

Winner: Arisaig, Glasgow

BEST RETAILER FOR VEGETARIAN PRODUCTS

Winner: Fresh & Wild, London

BEST VEGETARIAN READY MEAL

Winner: Get Real! Ambleton Pies

BEST MEAT OR FISH SUBSTITUTE

Winner: Cauldron Foods Lincolnshire Sausages

BEST VEGETARIAN WINE OR BEER

Winner: Grolsch.

Congratulations were extended to the winners and to all those who were nominated. The evening came to an end with a delicious finger buffet and refreshments.

SIX JEWISH REASONS TO BE A VEGETARIAN

SIX JEWISH REASONS TO BE A VEGETARIAN

By RICHARD H. SCHWARTZ PH.D

There is a widely accepted aspect of modern life that contradicts many Jewish teachings and harms people, communities, and the planet: the mass production and widespread consumption of meat. High meat consumption and the ways in which meat is produced today 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 for slaughter on “factory farms” where they are confined in cramped spaces; often drugged and mutilated; denied fresh air, sunlight, and exercise... and any enjoyment of life.
3. While Judaism teaches that “the earth is the Lord’s” (Psalm 24:1) and that we are to be G-d’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 climate change, and other environmental damages.
4. While Judaism mandates *bal tashchit*, not to waste or unnecessarily destroy anything of value, or use more than is needed to accomplish a purpose, animal agriculture requires the wasteful use of land, water, fuel, grain, and other resources.
5. While Judaism stresses that we are to assist the poor and share our bread with hungry people, an estimated twenty million human beings worldwide die each year because of hunger and its effects—a horror which could be partly alleviated by feeding grain to people rather than animals destined for slaughter. More than 70% of the grain grown in the U.S. is given to animals that will be killed, and it takes up to sixteen pounds of grain to produce just one pound of edible beef.

SIX JEWISH REASONS TO BE A VEGETARIAN

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, perpetuate the widespread hunger and poverty that often lead to instability and war.

Clearly, Jewish values and meat consumption are in serious conflict. Jews should therefore seriously consider shifting toward a plant-based diet; so, too, should the Jewish community play a leading role in advocating vegetarianism as a moral and ecological imperative.

CHILDREN'S CORNER

ALL ABOUT ME

*My name is Rebecca.
 My cat is called Sox.
 I am 6 and three-quarters.
 My favourite colour is purple.
 I go to St Albans High School for Girls.
 My favourite TV show is Scooby Doo.
 My best friends are called Olivia and Kara.
 My mum is called Niki.
 My dad is called Jonny.
 My hen is called Milly.
 There are five people in my family.*



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

WHAT'S UP WITH THEM?

WHAT'S UP WITH THEM?

By ANN PRIESTNER

I wonder so often why people jump to the conclusion that vegetarians and vegans are saying "animals are more important than human beings". It's made as a statement, something that goes unsaid even before I have been given a chance to speak; it is as if they have been brainwashed, giving no thought as to what it means – one woman told me "I hear it so often I get immune to it."

A young woman once told me that she agreed and would never eat animals again. I had heard she was a notorious stranger to the truth and I am ashamed to admit that I didn't believe her and dismissed it as nonsense. That was until she started telling me about some of the comments that had been made to her. They were so typical, good ones and bad ones; but one thing she kept hearing was "you should be thinking about people".

The answer is 'it depends'. While demonstrating at Dover Docks recently, we would hear this comment at least ten times a day. Someone would walk by and shout out "you should be thinking about people, not animals!" and so often they would say "it's children we should be helping" yet they can never answer the question "what are you doing about children?" It was usually the people who had come off the ships and had been drinking, not the people we had approached to sign a petition or anything like that.

We once had a note put on our car which said "it's a pity that you people are not thinking about the NHS and doing something about that!" How did he know we were not? We didn't have a chance to ask him what he was doing about the NHS! What we knew was that he had just come out of the pub where he had been drinking, smoking and eating a big beef dinner probably full of salt. I wonder if he knew how much he might be costing the NHS.

In Manchester I even had a stall tipped upside down, leaflets scattered everywhere and an ornament broken. The police had to be brought in and, once again, the guilty party had been drinking. The whole episode was a result of his being asked "What are you doing about children?"



ZINAXIN®

A NATURAL WAY TO EASE OSTEOARTHRITIS

The simple herb of ginger could hold the key to giving hope to millions of arthritis sufferers. Zinaxin® is a unique natural remedy based on highly concentrated extracts of ginger.

Nine million people in the UK suffer from arthritis. The most commonly prescribed drug treatments are Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) and can sometimes have such severe side-effects that they are often ruled out as a long-term treatment for arthritis sufferers, particularly those aged over 65. Zinaxin® has no known side effects and has therefore become a lifesaver to many.

Zinaxin® is the first natural, medical and scientifically proven treatment for arthritis and joint pain. Each Zinaxin® capsule contains 255mg of a patented standardized ginger extract EV.EXT, based on the active ingredients of specially selected and extracted ginger species – *Zingiber officinalis* and *Alpinia galanga*. EV.EXT Ginger Extract works by inhibiting the body's production of substances that are responsible for acute symptoms such as pain, swelling and inflammation. EV.EXT Ginger Extracts also prevents further tissue deterioration in the joints and may improve the reconstruction of cartilage tissue of the joints.

In an unusual procedure for a dietary supplement, an extensive clinical trial was conducted on Zinaxin® by leading rheumatologist Professor Roy Altman, of the University of Miami School of Medicine. Over two hundred and fifty patients with osteoarthritis of the knee and moderate-to-severe pain were involved in the study. For six weeks, the participants received either two Zinaxin® capsules a day or control capsules with no active ingredients (placebo). The trial was carried out following recognized scientific principles so that neither the researcher nor the patients knew in advance who received which treatment. The results showed a statistically significant decrease in pain and discomfort for those taking the supplement, compared to those taking the placebo. The clinical trials indicate that Zinaxin® produced a pronounced benefit in 2 out of 3 patients, and many supplement or in some cases replace conventional drugs to alleviate stiffness and restricted movement in osteoarthritis sufferers.

A month's supply of Zinaxin® costs £14.99 and is available from leading retail pharmacies, independent health food stores or by mail order – telephone 0800 496 3837.

GARDENER'S CORNER

GARDENER'S CORNER

The hills around Jerusalem are covered in a mist of white and pink around April time, when the Peach and Plum trees blossom. On the slopes of Mt Carmel at this time the spring flowers are abundant.

This is where many of our well-known garden and greenhouse plants originate. Perhaps that was because of the siting of the Garden of Eden, so it would be natural for these beautiful blooms to have been present. On a recent visit, we were delighted to see cyclamen in delicate shades of white, pink and red with their petals held as if they were the skirts of ballerinas. Red Anemones with black-eyed centres and black pollen take on the appearance of poppies in our own cornfields.



Lilies proudly trumpet their heads as if to say "here we are too" orange sweet peas weave in and out of the thickets of thorn bushes. All play their part in the myriad extravaganza of spring.

Thanks to these original plants we have the many cultivated varieties which grace gardens all over the world.

Even though our spring starts just a bit later than the North of Israel, I have noticed our peach trees in bloom at the same time of year as those around Jerusalem and our hedgerows are full of sloe blossom in April, which is our wild plum, these are the true harbingers of summer to come.

I always think it is a miracle that as soon as the first January snow has melted our first snowdrops and aconites appear from their long summer and autumn slumber, we look forward to another show of this winter spectacular soon. On fine days honeybees will venture forth to the snowdrops and gather the first pollen as well as that from the Hellebore Niger, which in 26 years has never failed to bloom in our garden at the end of December.

The seeds of the Hellebore soon ripen and will sow themselves and self-sown plants will come up. Some of these can be potted up and brought on and will make ideal gifts to propagate friends' gardens and spread even more

GARDENER'S CORNER

pleasure. We even have enough blooms in the depth of winter to bring some into the house and brighten the darkest days. Our clump of winter Hellebore was originally growing in our garden in Northumberland and when we moved 27 years ago, I split it up and brought some with me proving that it can easily be propagated in this way and will tolerate all types of soil – it grows best in a shady spots.



If you have a greenhouse, now is the time to plant and sow for the spring and summer. Annual bedding plants such as Pansies, Alyssum, Lobelia, Begonia, Tagetes, Ageratum, bedding Phlox and all your favourites can be sown under glass so long as you can keep them frost-free. Also, vegetables including early tomatoes, aubergines and

capsicums enjoy a long growing season and will fruit well in well-enriched beds in the summer. This year, perhaps partly because of the long hot summer, we had marvellous aubergines from July through to October. My wife's mother was Romanian and passed down to her a wonderful recipe for Aubergine Paté which we call "Potligelly", probably a corruption of the Romanian word. It was nice to have this for 3 months from our own produce. You will find the recipe at the end of this article.

This year we doubled the benefit of our greenhouse in investing in some cold frames. This meant we could remove the young plants from the greenhouse to harden-off in the cold frames and we could use the space in the greenhouse much sooner for planting out the tomatoes, aubergines, peppers, cucumbers and melons, giving them a good early start. Later in the season we used them for the winter pansies and bellis daisies, which now brave the cold months and provide winter and spring colour.

RECIPE FOR POTLIGELLY:

Ingredients for 4 servings: 2 medium or 4 small aubergines, 2 tablespoons of olive oil, 1 small onion, 1 fat clove of garlic, salt and pepper, 2 heaped tablespoons of mayonnaise

Method: Wash the aubergines and cut off the stalks, place in a saucepan

GARDENER'S CORNER

whole with the olive oil and a pinch of salt. Cover with the lid and sauté on medium heat until completely soft and collapsed (usually takes about 20 minutes).

Carefully remove from pan and place on chopping board. Peel and cut up onion and add the garlic, mayonnaise and seasoning, then thoroughly chop or place in a blender to combine all the ingredients until creamy and well integrated.

Serving suggestions: Pile into a serving dish and garnish with fresh parsley or chives or olives. Delicious with plain cholla or pitta bread or if you are counting calories, on a dry cracker.



“TZAAR BAL CHAIM”

“TZAAR BAAL CHAIM”

“THE SUFFERING OF THE ANIMALS” (TALMUD)

This article was originally published by the Bromley & District Reform Synagogue in their magazine HIGHLIGHTS in October 1994, and sent to us by Carolyn Haj Assad.

Everyone who eats eggs has a choice between battery, barn/perchery or free range. Next time you make that choice, please consider the following.

At 18-20 weeks, the battery hen enters an 18 inch by 20 inch cage, which she will share with four other hens until slaughter. A hen's wingspan is thirty inches.

In their natural state hens are rarely still pecking and scratching in the ground for food, dust-bathing to clean their feathers and nest building are all activities denied to battery hens.

Bored, overcrowded and frustrated, they turn to pecking each other's feathers and even cannibalism. To prevent this, many are “de-beaked” with a red-hot

“TZAAR BAL CHAIM”

blade. A hen's beak is as sensitive as the quick of a human nail. Besides the agony caused by the operation, research in the UK and USA has shown that de-beaking causes long-term interference with feeding and behaviour patterns equivalent to “phantom limb” syndrome in human amputees.

A battery hen's working life lasts one or two years. Farmers who want a second year of laying “force moult” at the end of the first year. This means withholding food, water and light for 24 hours, the stress causes the birds' feathers to fall out. Lack of activity causes brittle bones. Over laying (genetically induced) causes cancer of the oviduct.

Innumerable diseases go unnoticed in the dimly lit sheds and every year two million battery hens die in their cages.

By the year 2000 battery cages will be illegal in the Netherlands, Sweden and Switzerland. In 1981 our own House of Commons recommended phasing them out within five years. Thirteen years later, the RSPCA is still pressing for their abolition. If domestic animals were kept in the conditions endured by battery hens, their owners would be prosecuted for cruelty.

Do barn/perchery hens have a less miserable life? Not much. Each has 8 inches by 8 inches of floor space, six inches of perch space and no access to fresh air or sunlight. (Remember their wingspan is thirty inches.)

To quote the Farm Animal Welfare Council: “We object to the term ‘barn eggs’ being used at all. It conjures up the old picturesque farmyard image of the barn alongside the pretty farmhouse nestling amongst field, with straw on the floor and plenty of room for the birds to move around, perhaps even access to the farmyard or fields outside. The EEC Commission is allowing the term to be used for almost the opposite way of keeping birds in a tightly stocked and usually windowless building. This is deliberately misleading and we cannot endorse it.”

Look carefully at the next egg box you buy. If it does not say “free range eggs”, it does not contain them. “Farm fresh” eggs are battery eggs and now you know exactly what that means.

“Is it right to raise animals in closed, cramped spaces, where they are denied exercise, fresh air, sunlight and emotional stability?” Cantor Zvi Slotki.

TRAVEL TOPICS

WESTERN STATES – USA

By RACHEL WAKEMAN

Having seen the Notice in the latest magazine saying you are in need of articles, I am sending you an article I thought might be considered for possible inclusion in a future issue of The Jewish Vegetarian Magazine. I wrote it because I felt I wanted to share my experience of visiting the Western USA, which is an incredible and beautiful place. I also thought it might be interesting to have a vegan perspective. Before I went, I had no idea of what to expect where food was concerned. I had no reference book or guide to what I would find there, and frankly I was quite worried about coping with what I imagined to be hostile territory as far as vegans go. This is not a Vegan Guide with lists of named restaurants or cafés. I hope it can be a general guide, and a reassurance to respective travellers, telling them that it is perfectly possible to eat well. I would have been glad of knowing in advance that finding vegan food is not a problem, so I thought it might be helpful to let other people share in this knowledge.

I recently went on a trip to the Western United States, and I have to admit I was rather concerned about going. Not only am I scared of flying, but also I was worried I wouldn't find anything to eat. I would be visiting California, Nevada and Arizona. In California I knew I would be all right; lots of healthy eating for all those sun-soaked people. But cowboy country? I imagined nothing but steaks and steakhouses and, well, more places serving up dead cows. I thought I would offend everyone, or they would think I was crazy because I don't eat animals. I would either have to live on fries (fried in what though), or starve. I duly packed survival rations in my carry-on bag, so at least I could eat on the plane... bottles of water, snacks, sandwiches and candy (I also figured if I kept my head down and ate the entire time, I may not notice I am in an airplane). As it happens, I was plied with salads, fruit and fresh orange juice the whole way, so much so I had to cram some of it in among my untouched squashed supplies. When I timidly asked if one of my numerous salads was suitable for vegans, instead of the question; what are vegans? or how should I know? the response was not what I expected, I got a big smile and a "Oh sure, hon"...

We landed at LAX and I went on to a motel in Los Angeles. The bus journey along the freeway gave me an opportunity to lighten my load, and I munched through my now totally squashed but still pleasant salads and such. There was a TV the size of most peoples' cars in the motel room, a shower hanging

TRAVEL TOPICS

off the wall, which had icy cold water come out the hot tap, and boiling water from the cold (this was found out the painful way). Then came evening, and food time. The motel only did breakfasts, the little store was shut, and so I had no choice but to venture out into the vast city to seek out food. Across the road was Sammy's Steakhouse. Down a bit further was some kind of Wild West place where you could watch a show and eat as much steak as you liked, for only \$40. A Burger King was opposite. I had noticed a wrapped candy on my pillow, but I didn't think it would make much of an evening meal, and it had suspicious brown stripes and no list of ingredients anyhow. I had no choice. Burger King obviously hadn't heard of 'small', the fries started at large. So I took my bucket of fries back to the motel and tried doing the Simpsons quiz printed on the card wrapper while I waded through six million fries. I decided to keep the other four million for breakfast next day.

From L.A., I went on to the Edgewater Hotel in Laughlin, Nevada. It is in the desert, literally right on the banks of the Colorado River, so that I had to press my face against the window of my luxurious 14th floor room just to see the river. The hotel was lovely, in every way possible. My room was large and had a table with two chairs, a bedside table, lots of drawers and hanging spaces, and a fantastic shower. The hotel has more places to eat than most major cities. On the first evening I went into one of the restaurants and chose a nut burger. Not very adventurous, but I was glad to find something familiar. Having asked, I was told all the burger fillings come separately, so yes, it was fine I didn't want mayo or any other sauce or dressing. The fillings really did come separately. There was my burger in a bun, and next to it were little piles: lettuce, onions, tomatoes and so on. It all tasted great, even if I couldn't eat it all. Then I discovered buffets. You pay, you get seated, you get back up and serve yourself to as much or as little of whatever you want, as many times as you want. It was so cheap!

I visited lots of towns, but the best buffet was at the Luxor in Las Vegas. A great deal of thought and money had obviously gone into the decor. And the food was out of this world. It has the biggest choice I have ever seen, the salad bar alone was about a mile long. Then there were vegetables: raw, steamed, boiled or fried. Nothing was cooked too much or too little. I ate some gorgeous red potatoes the sweetest melons ever. The Bright Angel Lodge at Grand Canyon also served some mouthwatering mushrooms and zucchini.

Back in California again, after several days in Nevada and Arizona, I

TRAVEL TOPICS

found all kinds of vegan friendly eateries. I guess the motel of the first day was stuck in a slightly less heavenly part of the city of angels.

Anyone would think I only talk and care about food. Obviously, as a vegan, it is perhaps more of a consideration than it would be for my non-vegetarian friend, whose generosity and companionship allowed me to take this vacation. But the West is much more than mere food. The people everywhere were genuinely welcoming and friendly, the landscapes were breathtaking and the towns were clean and tidy. The best place I went to is a little village in the middle of the desert, on Route 66. It has been forgotten by time and is unchanged since being built in the 19th century, with wooden buildings and sidewalks, and burros (wild donkeys) ambling along the dusty road. Most people don't even know it exists (the reason for me not naming it!) The desert is magical, mystical, full of cacti and Joshua trees, and the silence is so intense it was deafening. The people in this village were warm and sincere. I felt I had come home.

I learnt a lot during my stay, including the fact a vegan will not starve in the Wild West. I was worried about going because I thought I wouldn't be able to eat anything. Hopefully I can reassure anyone else who also has such doubts because it is a life changing experience to be in the desert, and this magnificent country has so much to offer. Including great food. I can't help much with the fear of flying, but the airline does provide a cushion, which is quite handy to cry into should you feel the need.

BOOK REVIEW

LIFTING THE SPIRITS
NATURE'S REMEDIES FOR STRESS AND RELAXATION
 BY **PENELOPE ODY.**



The major health problems of our time are stress-related. As our lives get more hectic the methods we use (caffeine, alcohol, nicotine) to get through often reinforce those feelings of anxiety, fatigue and depression that characterises stress. It is, therefore, natural that millions of Britons are turning to traditional herbal remedies to alleviate twenty-first century illnesses.

BOOK REVIEW

Herbal remedies have been used for centuries to make us feel better, more focused and energetic. At a time when many people are looking for safe, effective alternatives to conventional medical treatments, they are a natural choice. An example is St. John's Wort, which a study in the 'British Medical Journal' in 1999, found to be as effective in treating depression as conventional anti-depressants and also to be virtually free of side effects.

Herbal medicines while acting on the symptoms of stress take a more holistic approach than conventional medicines. After all, herbal remedies date from a time when 'happiness' was the goal of a life, not meeting sales targets or completing your paperwork.

In *Lifting the Spirits* Penelope Ody has collected remedies from cultures all round the world, remedies that work on the physical symptoms of stress and also the spiritual and emotional imbalances in our lives. In this book there is a clear informative and practical guide to identify which herbs can help with particular conditions, how to take them safely for the best results and full resource listings of where to obtain herbal remedies easily.

Published by Souvenir Press, Price £8.99. plus P&P £1.00. Available from JVS.

GET WELL WITH THE HAY DIET

BY JACKIE HABGOOD

Many people go through life feeling vaguely unwell, fatigued or with illnesses that seem to have no identifiable cause, and which conventional medicine cannot cure. Illnesses such as Irritable Bowel Syndrome, Candida and food intolerances plague tens of thousands but their impact can be greatly reduced by a simple change in diet.

The Hay Diet, or food combining, is one of the most popular diets in the world and as an essential part of a healthier lifestyle can help anyone to eat their way to good health and vitality. The Hay Diet encourages a healthier and more organic diet, which can cleanse and heal your body. The aim of the Hay Diet, uniquely among popular diets is not only weight loss but to achieve optimum good health, weight loss is only part of that. This book will help to identify any particular medical condition that affects overall health and provides recommendations for recovery, recommendations that can easily and safely become part of anyone's daily life.

This is a practical, accessible guide to using the Hay Diet to achieve natural good health and help the body recover from the many mystery illnesses of

BOOK REVIEW

modern life. Following the Hay Diet allows the body to heal itself and it can be used with other complementary therapies.

Published by Souvenir Press, Price £9.99 plus P&P £1.50p. Available from JVS.

365 VEGETARIAN SOUPS

BY GREGG GILLESPIE

Hearty, nutritious, refreshing and delicious soup has always been the original comfort food. From light consommés to thick country style, tangy curries to chilled fruit concoctions; you will find the perfect dish to fit any occasion.

Tasty meals-in-a-pot abound from recipes inspired by regions as far flung as Japan, Italy, Russia and New Zealand and American regional recipes from New York, New England and the Southwest. So why not chase the cold away with Hot & Sour Tofu Soup, Acorn Squash and Chunky Potato Leek Soup.

Delicious vegetarian soups will nourish you, body and soul. Whether you want to make vegetables a larger part of your diet, looking to expand your repertoire, or just simply love soups, you will find hundreds of great-tasting recipes in this book.

With tips on making vegetable stocks, hints on blending complimentary flavours and suggestions for ways to substitute ingredients that may be hard to find, this is a practical and inspiring resource.

Published by Chrysalis Books Group, Price £9.99 plus P&P £2.00. Available from JVS.

PLANT-BASED NUTRITION AND HEALTH

BY STEPHEN WALSH PHD

This long-awaited publication contains everything you need to know about healthy vegan and vegetarian nutrition. The book, which contains the most up-to-date scientific studies, was written by Stephen Walsh PhD, Chair of the Vegan Society and Science Coordinator of the International Vegetarian Union.

Following many months of study, this book successfully challenges current nutritional myths with hard scientific evidence. All the recommendations are based on human studies, often involving many thousands of people. None of the recommendations is based on information obtained from experiments

BOOK REVIEW

on animals

Studies show that vegetarians live years longer than the general population. With the right choices, vegans could live even longer than vegetarians. Whether you wish to follow a wholly plant-based diet or simply to improve your current diet, how you go about it is crucial. We all know we should eat plenty of fruit and vegetables and make sure we get our B12, but after that it gets confusing.

The book addresses some of the following vital questions:

Which foods help us to achieve and maintain an ideal weight? How can we reduce the risk of diabetes, heart disease and cancer? We've all heard of cholesterol, but what about homocysteine? Where should we get our omega-3 fatty acids? Which foods protect our bones and which guard against dementia? Why do the Japanese live so much longer? What about the Mediterranean diet? Do we need a host of expensive pills and potions to achieve a balanced diet?

Throughout the book, the emphasis is on support for individual choice rather than any uniform prescription. For those who want a balanced, healthy and enjoyable diet, there are simple guidelines indicating the best approach. For those who want all the details, there are full explanations and a wealth of scientific references. No expensive supplements or exotic foodstuffs are required and everything recommended can be easily and cheaply obtained.

Published by the Vegan Society. Hardback £12.95 Paperback £7.95. Available from the Vegan Society, Donald Watson House, 7 Battle Road, St Leonards on Sea, East Sussex TN37 7AA Tel: 01424 427393 e-mail: sales@vegansociety.com, www.vegansociety.com.

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.

SEMI-DISPLAY & CLASSIFIED ADVERTISEMENTS

PLEASE MENTION "THE JEWISH VEGETARIAN" when replying to adverts

Pre-payment only.

Rates:- UK: 20p per word (minimum £2.00)
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 Box Number £1.00 extra

USA: 30 cents per word (minimum \$4.00)
 Semi-display \$8.00 per single inch
 Box Numbers \$3.00 extra.

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

HOLIDAYS

DEVON, Dartmoor (Lydford). S/C for N/S visitors in bungalow in nature reserve (Vegfam's headquarters). S.A.E. to "The Sanctuary" Nr. Lydford, Okehampton EX20 4AL. Tel/Fax: 01822 820203. £10 per night or £49 per week per person. Reductions for children.

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