

# The Jewish Vegetarian

No. 148 March 2004 Adar 5764 £1.50 Quarterly



TWIN REFLECTIONS IN A LAKE  
- The Fund for Animals (Poem see page 19)

**לא ירעו ולא-ישחיתו בכל הר-קדשי...**

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

The Official Journal of the Jewish Vegetarian and Ecological Society  
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 (Affiliated to the International Vegetarian Union)

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## JVS MAGAZINE

Editor: Shirley Labelda

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# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

Support the International Jewish Vegetarian Movement - a worldwide fellowship

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

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

- A. Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.
- B. Non-Vegetarians who are in sympathy with the Movement.

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

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

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

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# TURNING WORDS INTO DEEDS

## FREEHOLD PREMISES

### THE JERUSALEM CENTRE

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

Dr & Mrs T. Bloomberg

## DONATIONS RECEIVED

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

£38 Mr I.R. Ilford, Essex. £10 Mr & Mrs W.S. Jerusalem, Israel.  
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## HOUSE

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

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

## DONATIONS RECEIVED:

£50 Ms E.M. d. C. Kidderminster, Worcs.  
£25 Mr L.A. Thatcham, Berks. £20 The R. Family, London W5.

# SOCIETY NEWS

## TU B'SHVAT SEDER

The IJVS Jerusalem held a Tu B'Shvat Seder on Thursday February 5<sup>th</sup> 2004 at the Society Center – 8 Balfour St. Jerusalem.

The Seder Leader, Steve Kelter, asked that each participant bring an unusual fruit together with a song, poem or reading that relates to nature that could be shared during the Seder. The Seder was held in English and Hebrew.

This is just one of the many activities that is held at the Center. For further information Tel/Fax 02-561-1114 or Email: [ijvsjlem@netmedia.net.il](mailto:ijvsjlem@netmedia.net.il)

### ***AN INVITATION TO ATTEND***

#### **THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY'S 39<sup>TH</sup> ANNUAL GENERAL MEETING**

**GUEST SPEAKER: MARK LESTER  
(Of The Finchley Clinic)**

**TIME: 3.00PM DATE: SUNDAY, 14<sup>th</sup> MARCH 2004**

**VENUE: 855 FINCHLEY ROAD, GOLDERS GREEN,  
LONDON NW11**

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OF YOU AS POSSIBLE TO A MOST INTERESTING  
AND INFORMATIVE AFTERNOON.***

**'Refreshments Will Be Served'**

**New IJVS E-mail Address  
[jewishvegetarian@onetel.net.uk](mailto:jewishvegetarian@onetel.net.uk)**

## DEAR SIR

Dear Editor/Reader.

I hope the following will be of interest to our readers.

I grew up in the East End of London (Stepney) entirely populated by emigrant Jewish people, who had fled the pogroms of Eastern Europe. I had lovely caring parents and we were always well fed and clothed, whereas most people around us were not quite so lucky. Our diet was the usual chicken soup, lockshen, kneidlach, cholent and the different types of meat available. Of course this diet consequently resulted in constipation, and in my case, haemorrhoids of which I suffered for many years.

Around 1963 the diet in our lives began to change. My late wife Sara, bless her, would notice when she received her order from the butcher that the liver of which she would make the favourite version (chopped) was not the colour of reddish brown, but was grey in colour. When she asked the butcher about this, she was told these poor little birds were given antibiotics. We would also notice that the legs had blue marks on, which indicated the confined area in which they were reared.

Taking all this into consideration, together with the free Vegetarian newspaper that was around at that time, we thought we would find out more about this and gradually veered in this direction, especially as Sara had, over the past number of years been hospitalised with Surgery and Thyrotoxicosis. Also at this time she had a skin condition in the anus. We were sent to several dermatologists, but none were helpful. We saw in the Vegetarian newspaper an advert for the Nature Cure Clinic in London. We decided to go along and saw a Dr Sharma, an Indian gentleman. After examining Sara he prescribed the following drink, a cup of carrot juice each day, and also put a handful of Camomile flowers in the bath water. This we did, and after about three weeks of this medication, the condition went, and did not re-occur. With regard to myself, after about a year or so of being vegetarian my haemorrhoids also disappeared.

As time went by, I began to feel somewhat spiritually uplifted regarding what Judaism and God meant to me. I found that I did not have to kill some of God's creation in order to sustain my diet for living my life, especially when you realise that it takes ten pounds of grain to produce one pound of meat, and with this ten pounds of grain, 30 people can be fed, instead of two or three people. So you see, by being vegetarian, I am not only helping myself, I am not denying other people the chance of survival in this brutal world.

Summing up, I may be wrong, but I feel I am doing what The Almighty expects

# DEAR SIR

of me, and that is to try and make this wonderful world for all of creation, a much better place. I would like to quote Isaiah "They shall not hurt nor destroy in all my holy mountain".

**Ian Rodin**, JVS Member

Dear Editor,

I am very glad to have recently joined The Jewish Vegetarian Society and found my first copy of The Jewish Vegetarian together with Rose Friedman's Vegetarian Cooking most interesting.

My mother was raised in Russia prior to W.W.1. and had close relatives living in a Jewish farm village near the city of Mogilev, whom she visited each summer. They ate an almost exclusively vegetarian diet of very wholesome food. As a child, I felt sorry for them because they only had meat once a week, on the Sabbath. Now I know that there was no reason to feel sorry for them because a vegetarian diet can be nutritionally adequate and tasty as well!

Their food was completely organic, raised in an atmosphere free from air, earth and water pollution. We must all work to get back to that way of life!

I would be pleased to receive letters from other members of The Jewish Vegetarian Society and will reply to any letters that I receive.

Yours sincerely,

**Sylvia Berk**

605. Mill St. Apt. 608  
Windsor. Ontario. Canada. N9C 4B7

Dear Editor,

I was so impressed with the article by Professor Mark Nagurka in a past issue of The Jewish Vegetarian entitled "Response to a Friend" which I have read and re-read, that I felt I had to join the JVS.

I have been running a Vegetarian Club in Century Village, Boca Raton, Florida, together with my husband Herman, for over 11 years. We have a membership of over 75 people (not all vegetarians) but all interested in nutrition. I also write once a month a column in our condo community newspaper "A VEGETARIAN'S VIEWPOINT" and "OUR FOODS – FACTS

## DEAR SIR

– FICTION and MYTHCONCEPTIONS”.

Max Thum was the originator of our club, a Life Member of the Jewish Vegetarian Society. He introduced us to vegetarianism. I am inspired by Professor Richard Schwartz and Roberta Kalechofsky whom I have had the pleasure of meeting at an Animal Rights Convention two years ago.

I look forward to receiving your quarterly and thank you so much for all that you are doing to make this a better world.

**Judy Lipman.**

### 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.

### 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.

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# GREETINGS FROM ORR SHALOM

We received the following article from our good friend Haim Feingold. It arrived too late for our December issue and although Chanukah has been and gone, it is still of interest.

To all of Orr Shalom's friends and colleagues in Israel and around the world: Just a few days ago, we lit the eighth candle of Hanukkah.

All over the world, people were celebrating their respective holidays, in accordance with their different faiths and traditions. In spite of the differences, our faiths all have something in common, something that goes beyond a candle or a tree.

For me, Hanukkah is a family celebration. Every evening, we pause for a moment in our daily routine, and gather round to light the family Hanukkah menorah. When we all stand together in front of the candles, I always feel thankful for the spirit of togetherness, for the privilege of celebrating with my family a holiday which is shared by an entire community, (albeit a community which is dispersed around the globe), and for the opportunity to express a wish for peace and happiness – for us and for the entire world.

In my family, the significance of lighting the candles is that each family member lights one candle, and together we light an entire Hanukkah. Each day, another candle is lit, and another small flame joins the struggle against darkness. I wish you and your families a happy holiday, a holiday of light and peace. May we all be able to continue in our struggle to bring more light into the world this year!

As we embark on this New Year, my joy is tinged with sadness. Recently published statistics on the state of children in Israel reveal a situation that has never been bleaker: 40% of the children in our country live below the poverty line. For 40% of Israel's children, the Hanukkah candles did not represent the triumph of light over darkness. 10% of these children joined the ranks of the poor just last year.

And the worst may still be before us. Recently, troubles have finally hit the area of out-of-home treatment. Single-mother families and child allowances have been slashed. Pensions of the elderly who saved their pennies during a lifetime of hard toil, and placed pension funds under the management of state-appointed officials have been cut. The budgets for education and medical care have been reduced significantly, leaving them at a level so low that our inner strength is endangered. The budgets of nursing care hospitals were slashed, thus leaving hundreds of old people to be cared for by their families,

## GREETINGS FROM ORR SHALOM

many of who are collapsing under the weight of this added financial burden and responsibility. The poor and the needy have been the most to suffer in an attempt to fight the economic recession that stems from the Intifada, and from the inability to stop the endless war with the Palestinians. And now the blade of financial cuts has finally reached its latest target: children who have been removed from their homes due to abuse or neglect by their biological parents, and placed in residential facilities and foster homes.

About a month ago, the Ministry of Social Affairs announced that on August 31, 2004, any child who was removed from his home more than 3 years ago (in the case of teenagers – 4 years ago) will be returned to his biological parents. An unequivocal and sweeping decree. The intention is to return 2000 children, out of 9000 who have been placed in out-of-home care. These children, who were taken from their parents due to neglect and abuse, will not come home due to successful treatment of their families, which enables them to return to their natural environment. They will return virtue of an order by the Ministry of Labor and Social Affairs.

Is this done out of cruelty? Not really.

About 70% of Israel's Children and Youth Services budget is currently spent on treating children who were removed from their homes due to neglect or abuse, and placing them in residential facilities or foster homes. Only 30% of this budget is devoted to treating the children within the community, in their homes, and preventing their removal from the family. This slice of the budget, which is dedicated to the creation and maintenance of community services, is also subject to severe cuts by the Ministry of Finance. (Today, only 15% of the communities in Israel offer services for children in distress). This, of course, is a mistake. A society should utilize most of its funds to prevent the removal of children from the home, and not to care for children after they have been removed. Thus, due to lack of community funds, the out-of-home care facilities have grown and multiplied, while the community services have crumbled and shrunk. It often happens that a child is removed from his family not because the situation at home is hopeless, but because the community does not have any programmes for helping the parents care for the child.

The Ministry's decision to return children to their homes is meant to rectify this unfortunate situation. However, it is not accompanied by any attempt to deal with the tragic consequences of this mass return, or develop community services, which will replace the out-of-home care.

# GREETINGS FROM ORR SHALOM

Who will light a candle for these children?  
Who will bring them light?

Even before the order was issued, we at Orr Shalom decided to utilize our accumulated knowledge and our wonderful staff, in order to open services in the community. From now on, we will not only offer family homes, therapeutic foster care, and Reut homes for children with severe behavioral problems, but also day family facilities, centers for parents and children in distress, domestic violence treatment centers, and all sorts of programs geared to helping children and families in distress, and to prevent the removal of children from the home. This is a change in our mission, and it is naturally undertaken in collaboration and with the full approval of the Children and Youth Services in the Ministry of Labour and Social Affairs. We do not act under the delusion that we can solve all the problems of children in distress. But just as we entered the area of residential facilities to become a standard bearer of quality, professionalism and innovation, so we plan to enter the area of community programs, and set new, higher, standards of quality.

I admit that we undertake this move with a great deal of apprehension. We will have to expand, add new areas of activity, and acquire new skills. We will have to invent and renew ourselves, without lowering the high (and correct) standards that we generally demand of ourselves; I have faith in the success of this move, for two reasons: The high professionalism and high commitment levels of the Orr Shalom staff, and the staunch support that we receive from you, our friends in Israel and around the world.

Last year, like always, you saw us through happy and difficult times, celebrating with us in our moments of joy, and weeping with us in moments of sadness and crisis, lending your strength to our sacred mission. With such wonderful partners, we should not hesitate to enter the arena of community services.

Thank you all in Israel and abroad, and let me repeat my standing invitation to visit us and witness our work. This year, let us hope that we will again be able to come together like many little flames, which together form a great light, illuminating the world with peace and hope.

Haim Feingold & the Orr Shalom Family  
Visit our new website [www.orr-shalom.org.il](http://www.orr-shalom.org.il)  
Orr Shalom Children's Homes Ltd, POB 1837, Mevasseret Zion 90805  
Israel. Tel: (972)2 5337059 ext 283

# HOW I BECAME A VEGETARIAN

## HOW I BECAME A VEGETARIAN

BY DERRICK COHEN

This article is dedicated in everlasting memory of the late Ruth and Gerry Cohen. Through them I was introduced to a vegetarian way of life and was shown that the Jewish religion and vegetarianism are compatible.

They exemplified this way of life in the highest possible manner and showed the world a unique path. It was indeed our privilege to know them and I am forever grateful. Before describing how I became a vegetarian and explaining the impact that it had upon my thoughts, my attitude and me, I would like to tell you about my Pre-Veglife that had been with me for more than forty years. Food plays a big part in peoples' lives; it is our sustenance and without it we cannot exist; 'we witness the millions starving in the world through lack of grain.' More than that, food has to be enjoyable, although to those unfortunate souls suffering from malnutrition, any type of food would be enjoyable and welcome. Nevertheless, the western world, where an abundance of food prevails, is more concerned with the taste of the cooking than the benefits that can be obtained from the nourishment that food offers and, I am afraid that for the first three decades of my life that was also my attitude. At that time in my life I would relish the wonderful cooked dishes presented. Nevertheless, there were always times when perhaps the cooking was not up to scratch and the meal not so enjoyable. Whether the food was of any nutritional benefit was of no concern.

It was in my thirties when I began to think in terms of health and health foods and to explore balanced diets and the effects of proteins, carbohydrates, vitamins and sugars etc whilst still retaining my love of well-cooked animal flesh. Through this health efficient type of diet, I became leaner, fitter and much more alert. The thought of vegetarianism played no part in my mind. That was just for cranks! But in 1974, unbeknown to me my life, as food was concerned, was about to change. It was when our dear friends Ruth and Gerry asked us if we would like to join them on a holiday in Cornwall staying at a vegetarian establishment that they highly recommended. We were a little sceptical, but seeing that we were already hooked on health foods, and being lovers of salads anyway, it would be only meat, fish and fowl that we would be missing, and then only for two weeks. It was worth a try! Well, I want to tell you that never in my life had I tasted such delicious and nutritious food as was served at Woodcote. It was not a question of quantity but quality, the portions appeared small but were more than adequate. We

# HOW I BECAME A VEGETARIAN

experienced a sense of complete satisfaction after every meal and, coupled with the delightful atmosphere and scenery that Cornwall has to offer plus the excellent company of our dear friends, our holiday was a complete success, in fact, we actually booked Woodcote for the following year and even went there for three years running.

So that is how the romance began and has continued to this very day. For what can be better than being courted by the very food that one is eating. There and then, during that first encounter, I decided to give vegetarianism a try for I felt that this lifestyle had a meaning, somehow it had penetrated my soul... or was my soul crying out to me? The only problem that I had in my mind was whether, because of such a drastic change in my eating habits, my body would be deprived of what it was used to eating and I would become extremely ill from the effects. But man has free will and lives and dies by his own choice and I was willing to face the consequences. I must say it was a hard decision. My wife, Anita, also went along with this change but was unable to keep up the pace and could now be called a semi-vegetarian, whilst eating meat and fish sparingly. In fact, there is an amusing story to tell. Just after we returned from Cornwall, in 1974, we dined at an Italian restaurant one evening, ordered an Anchovy Pizza and after consuming, proclaimed "we shouldn't have eaten that, we are vegetarians!" I am pleased to say that this has been my one and only lapse. I have no regrets regarding this decision, whether I would have been a healthier person I do not know. One thing is for sure I am much more contented with my food than previously.

Another interesting thing that happened around that period of time, which seems to be in with my present way of life, was, that in 1976 we both decided to become a "Baal Teshuvah" and pay more attention to the details of the Jewish religion and obey G-d's commandments, starting to enjoy the benefits of two different worlds. Adhering to a vegetarian diet has opened my eyes to the cruelty and suffering that goes into the slaughter of animals and other methods that man uses to obtain food for his consumption. I have come to the conclusion that G-d's wish is for man to be a herbivore, for the Bible quite openly states that He has provided all fruits and the produce of the earth for man's sustenance. Unfortunately man has been led astray by the dictates of his own mind.

Being a vegetarian has opened up opportunities of sampling delicious cooking at many vegetarian restaurants and Guest Houses around the country. We have also savoured fine hospitality and toured some beautiful places, ranging from 'The Trossachs' in the north of Scotland to the most southerly part of

# HOW I BECAME A VEGETARIAN

England at Land's End. We have been fortunate to have met many wonderful people from all walks of life; race, culture and creed, which goes to prove that given a common denominator people from diverse backgrounds can bond.

Today as I reflect on both my lives I give thanks to our Creator for showing me the way and giving me the courage of my convictions, thus enabling me to combine two ways of life that are opposite yet united. No longer do I have the blood of an animal on my conscience and I behold delicious raw foods and fruit on my plate. Saying a prayer before and after meals, I feel that G-d is looking down upon me and smiling.

It has been said many times throughout the centuries that in every generation there are people on this earth who are the forerunners of the future world. We the Jewish people have been given the Torah to beat the path towards the 'Light of Salvation' showing mankind the way. I strongly believe that the vegetarians of this world are the foundation stone that shows man a path that will lead to the time when man will learn to recognize the true part that the animal world plays in the Almighty's creation... Then the wolf will lie down with the lamb and man shall dwell in the Garden of Eden again and enjoy the bounties of this Earth that is provided for Him without resorting to the killing of animals.

I am humble and thankful to be allowed to journey on both paths.

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# A MARATHON FEAT

## A MARATHON FEAT

By **HELEN MYERS**

Just to prove that a vegetarian diet is sufficient to sustain a runner over 26 miles, and for other reasons too, I have decided to attempt the Flora 2004 London Marathon on April 18th this year. It has been a lifelong ambition of mine to run the London Marathon and with the kids a bit older (and me too, at the ripe old age of 44) I feel it's now or never.

I'm a keen tennis player but running is completely new to me and I was literally starting from scratch. I started training in September 2003 and it has required complete commitment and a lot of time and sacrifice from my family, and me but I am enjoying the challenge and fully believe it is never too late to fulfill those lifelong dreams!

I did not get an automatic place in the general ballot and so I am running for a charity, John Grooms, who do valuable work for the physically disabled in the UK. I have to raise a minimum pledge for my chosen charity and would appreciate donations from JVS members who feel so inclined!

You can donate through my website at [www.justgiving.com/helenjaneagain](http://www.justgiving.com/helenjaneagain) If you want to see the work that John Grooms does in more detail their website is [www.johngrooms.org.uk](http://www.johngrooms.org.uk)

Thank you and wish me luck!

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**HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY**

# SHALOM EVERYONE

## SHALOM EVERYONE

I wanted to explore with you my proposed speaking/meeting tour of Israel from April 22 to about May 12, 2004.

### **Rationale for trip:**

In the past ten years, my wife and I have visited our 2 daughters and their families an average of twice per year, generally for periods of two to three weeks. During this time I have tried in many ways to promote the Jewish vegetarianism message, and, to a lesser degree, increased environmental awareness and activism. I have spoken many times at the Orthodox Union's Israel Center in Jerusalem and at the Israel Jewish Vegetarian Society Headquarters in Jerusalem and several times to Anonymous for Animal Rights groups in Tel Aviv. I have also spoken to other groups in Tel Aviv, Ra'anana, Beit Shemesh, Ma'alei Adumim, and Efrat. I have appeared a few times on Israel radio and been interviewed by several Israeli publications for articles. While I believe these activities have had some positive results, the reality is that no major breakthroughs occurred, and far more needs to be done.

My belief is that a well-organized three week speaking/meeting tour, along with additional speakers, the use of Anonymous's excellent film segments, so well narrated by Rabbi Adam Frank at the recent Jewish Vegetarian Society center seminar, and letters to editors, op ed articles, and press releases can have a major impact in challenging the establishment to consider our issues. I hope that the contacts that I have made with Israeli vegetarian and animal rights activists will be valuable in planning and carrying out the tour.

I believe that Israel is the ideal place for focusing much attention in getting vegetarianism and better treatment of animals onto the Jewish agenda. Among the positives are Israel's relatively small size, national newspapers, laws against the mistreatment of animals, concentration of yeshivas, synagogues, rabbis, and other Jewish institutions and leaders, active animal rights and vegetarian groups and, of course, powerful Jewish teachings on vegetarian-related issues, including the proper treatment of animals.

### **Key Issues to be Brought Up**

My main purpose would be to open up respectful dialogues, not to tell Israelis what to do. The talks and discussions would try to stress that a shift toward vegetarianism is:

- \* A Jewish imperative, because animal-based diets and animal agriculture violate at least six basic Jewish mandates;

# SHALOM EVERYONE

- \* A societal imperative, because of the many severe economic, environmental, and health effects of producing and consuming animal products;
- \* An essential for the revitalization of Judaism, because it shows the relevance of Jewish teachings to everyday life and to current critical issues.

I would also try to increase consideration of Israel's and the world's critical environmental issues, and how Jewish values can and should be applied in responding. While the horrible mistreatment of animals would be an important argument for vegetarianism, I would also try to stress the negative health and environmental effects of animal-based diets and agriculture for individuals and the planet.

## **Hoped for Outcomes**

I hope to speak at a wide variety of synagogues, Yeshivas and other Israeli schools, at institutions like the Israel Centre, the Yakar Centre, and Pardes, at the JVS Centre and the Anonymous center, and possibly in other settings. I would try to arrange meetings with chief rabbis, other rabbis, educators, politicians, environmental experts, ministers of health and education, and other potentially influential people. I would encourage Israeli activists to also be involved through talks, meetings, letters, articles, etc., to increase the tour's effectiveness. I would be happy to work with others on joint programs, panels, etc.

To increase the effectiveness of the speaking/meeting tour, messages would be sent well before the tour to key Israeli rabbis, educators, and others, seeking their input and involvement. If our concerns and arguments are ignored and they are unwilling to meet with us, there is a possibility of some very peaceful, respectful demonstrations to try to shine spotlights on the issues. This would be done only after much consultation and planning.

I think that such a widespread campaign would elicit interest from Israeli publications and radio and TV programs, as well as the general Jewish media in the US and other countries.

## **Other Background Ideas**

To further interest, we could pose a very respectful challenge, asking if any Israeli rabbi or scholar would be willing to debate with me publicly on "Should Jews Be Vegetarians?" or on related questions. Certainly there are many thousands of Israelis with far greater Torah knowledge than I have, but I wonder if anyone would be willing to have a public dialogue/debate on the issues.

## SHALOM EVERYONE

In preparation for the speaking/meeting tour, I suggest that we send material to chief rabbis, the Orthodox Unions' Israel Centre, Yeshiva administrators, other rabbis, health and environmental ministers, and others, asking them to consider the issues (perhaps our draft letter to the RCA that is being worked on might be a model for similar appeals), and that we try to arrange appointments for meetings and lectures.

I am already preparing for the tour by working to improve my physical condition (I will, G-d willing be 70 years old when the tour starts), my Hebrew (although all my talks and interviews would have to be in English), and my knowledge of all aspects of vegetarianism and environmental issues, in Israel and in general.

I am very excited about the potential of this proposal, and look forward to your comments and suggestions, including suggestions for contact people and potential places to give talks. If you have other ideas re promoting vegetarianism in the Jewish community, please also let me know.

If you would like to be part of a sub-group working directly on the proposed tour, please let me know.

I, of course, recognize that Israel faces many great threats today and it may not be a great time to raise these issues. But, there never seems to be an ideal time, and I believe that the issues that I plan to discuss also are extremely important for Israel, for the future of Judaism, and indeed the entire world.

It is a new year and, I believe, time for new initiatives.

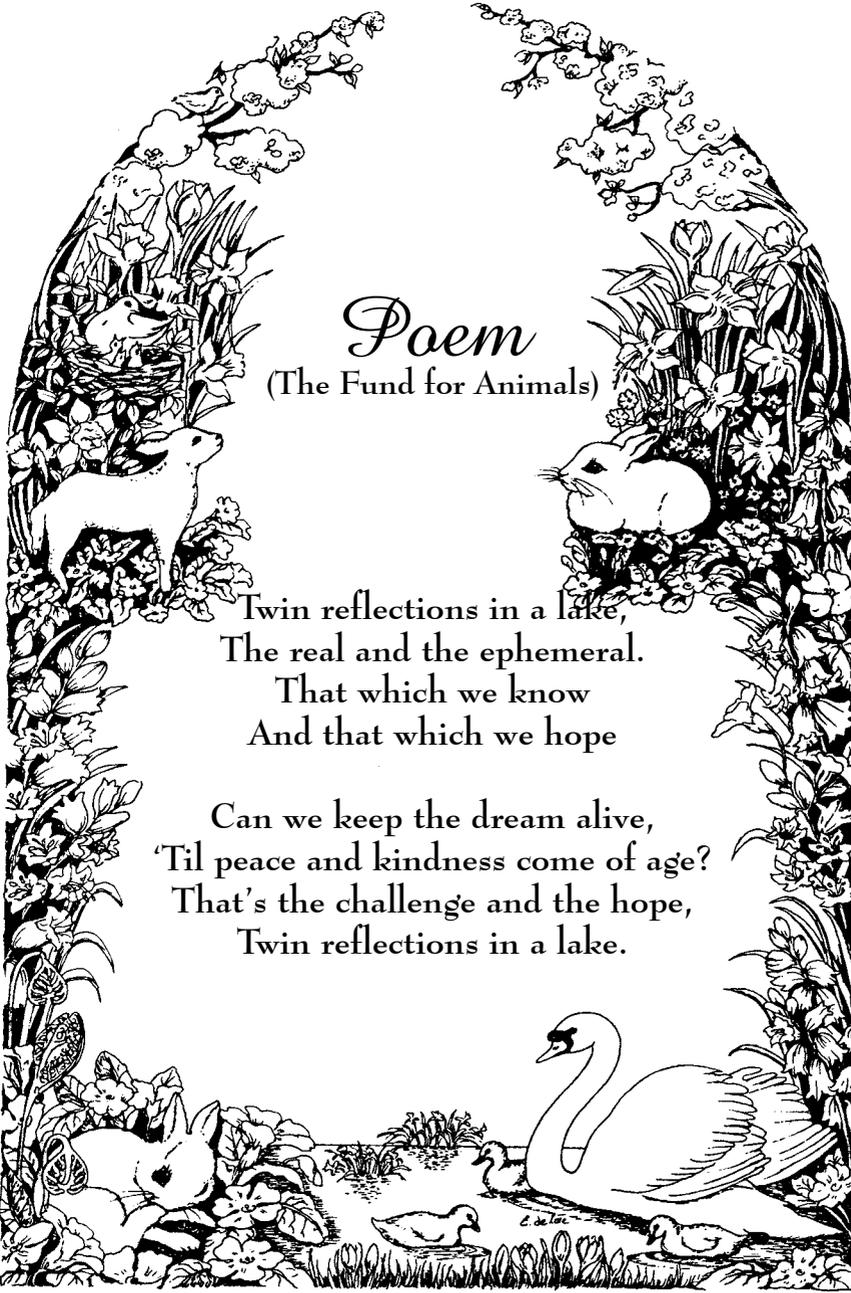
Many thanks,

Richard

Richard H. Schwartz, Ph.D.

Author of Judaism and Vegetarianism, Judaism and Global Survival, and Mathematics and Global Survival, and over 100 articles at <http://jewishveg.com/schwartz>. President of the Jewish Vegetarians of North America (JVNA) Professor Emeritus of Mathematics, College of Staten Island 2800 Victory Boulevard, Staten Island, NY 10314  
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 E-mail address: [rschw12345@aol.com](mailto:rschw12345@aol.com)

# POEM



*Poem*  
(The Fund for Animals)

Twin reflections in a lake,  
The real and the ephemeral.  
That which we know  
And that which we hope

Can we keep the dream alive,  
'Til peace and kindness come of age?  
That's the challenge and the hope,  
Twin reflections in a lake.

# BATTERY CAGES

## BATTERY CAGES

**– The torture that threatens to go on. –**

As many readers will know, the EU has agreed on a ban on battery cages by the year 2012. But there is a major loophole in the Directive, which could spell permanent incarceration for the battery hen. The nightmare world of cages has been disguised under the word “enriched”, or, less emotively “modified”.

So what is the so-called enriched cage, and will it give laying hens the good life they deserve as living, feeling and essentially active creatures? FAWN believes it to be a cynical measure that will fail to improve the lot of the cruelly abused battery hen in any significant way.

The extra space (floor area) per hen required by law in the “enriched” cage amounts to about the size of a typical post card. How can that be called adequate for a bird that is by nature busy from dawn to dusk? A bird who has strong legs to kick back soil when looking for food, who likes to walk, run and even fly short distances?

A nesting box must be supplied. Professor Konrad Lorenz, the renowned animal behaviourist, described the lack of a nest as the worst torture to which the battery hen is exposed. “It is truly heart-rending to watch how a chicken tries, again and again, to crawl beneath her fellow cage mates to search there in vain for cover.” Yet in the enriched cage environment one small nesting box between four or five hens will involve competition. Hens tend to lay their eggs early in the day and don’t mind sharing a nesting box, but are stressed if they must wait to lay their eggs.

A perch must be provided and should be for roosting at night, not relief from discomfort. The claws of hens in batteries can grow long and distorted, owing to the grim lifestyle.

Finally, hens in enriched cages must have litter, “such that pecking and scratching are possible” says the Directive. So far nobody seems to have come up with anything better than Astroturf. Truly friable litter apparently gums up the machinery in any intensive unit (hens kick soil or any litter provided around when they dust bathe), human workers present in the unit would soon be coughing and spluttering amid the dust that would be raised.

FAWN has pledged to do all it can to alert the public to the welfare disaster if the UK (and the rest of the EU) retains enriched cages. They produce post

# URGENT APPEAL

cards on the subject and pre-drafted letters as well as a detailed fact sheet. Anyone wishing to help should write to: Farm Animal Welfare Network. PO Box 40. Holmfirth. HD9 3YY. UK, who will be pleased to send a supply of postcards etc. Please indicate how many you would like and any contributions towards postage will be much appreciated.



## **URGENT APPEAL TO SAVE SANCTUARY FOR FARM ANIMALS.**

Sheila and Ray Barber have been running an animal sanctuary for the last 40 years. They have about 50 animals mainly rescued from livestock markets and slaughterhouses. Cattle (some were rescued just after their mothers had been slaughtered), sheep, donkeys and horses and two rescued dogs. Sheila and Ray have to spend on average £2,500 a month to give the animals food, bedding, shelter and veterinary care.

Now Sheila and Ray are both 76 years of age and have done a wonderful job of looking after the animals, but because both have some health problems themselves, they need someone to help them with the animals for a few hours a day in the winter months.

They are thinking that they might have to give up the animal sanctuary because of financial difficulties. This would be a great shame because the lives of the animals would be lost and that would be very sad for Sheila and Ray, and also because many journalists are interested in the way that the animals live to a ripe old age. One of the cows, Dolly, is 40 years old and some of the animals are in their family groups.

Could you help by sending a donation, any amount will be much appreciated to: Sheila and Ray Barber. Court Lodge Farm. Burwash. Sussex TN19 7BD.

Further details are on the website: [www.info@vegaresearch.org](http://www.info@vegaresearch.org)

# COOKERY CORNER

## PESACH WITH DENISE PHILLIPS



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

### AUBERGINE SALAD WITH OLIVES

Can be made in advance – Parev – Pesach friendly

This is an appealing starter or side dish for a parev meal. Roast the aubergine and red peppers in advance and combine with the salad leaves just before serving. I like to salt the aubergines first as this ensures that less oil is absorbed during cooking.

Preparation Time: 25 minutes plus 20 minutes to salt the aubergines.

Cooking Time: 20 minutes Serves: 6 people

#### Ingredients

2 medium sized aubergines – sliced in circles, 2 tablespoons salt, 6 tablespoons olive oil, 2 red peppers – cut into quarters and deseeded, 2 yellow peppers – cut into quarters and deseeded, 150g pitted olives, salt and freshly ground black pepper, 225g bag of mixed salad leaves.

#### Method

- 1) Salt the aubergines and leave for 20 minutes. Rinse well.
- 2) Pre-heat the grill to its highest setting.
- 3) Brush the peppers with some olive oil and place under the grill. Leave until the skins are blistered.
- 4) Remove and place in a dish. Immediately cover with cling film for 10 minutes. This will guarantee that the skins come off easily.
- 5) Discard the pepper skins and cut the peppers in to strips.
- 6) Brush the aubergine with the remaining olive oil. Place them under the

# COOKERY CORNER

grill and cook until nicely browned. Remove and set aside.

7) Mix the peppers, aubergine and olives together.

To serve the stylish way: Mix in the salad leaves, season with salt and freshly ground black pepper and place on a white plate. (This sets off the great combination of colours!)

## **TOMATO AND COURGETTE FRITTATA**

Can be made in advance – Pesach friendly

I think that one of the most difficult times for meals during Pesach is breakfast/brunch time. Matzah does not really fill you up and one is constantly munching on yet another piece of the 'crumbly stuff' to satisfy the hunger pangs! This recipe sets you up for the day and is extremely tasty and filling. It can also be served as part of a lunch with a salad, either hot or cold. This will keep up to 3 days and should there be any leftovers, cut it up into slices and use as part of a packed lunch!

Preparation Time: 25 minutes Cooking Time: 40 minutes

Serves: 6 –8 people

### Ingredients

500g peeled potatoes – sliced, 6 salad tomatoes – sliced, 3 courgettes – sliced in rings, 2 cloves garlic – peeled and finely chopped, 3 tablespoons – olive oil, 2 onions – peeled and roughly chopped, 3 tablespoons fresh coriander or other chosen herb, 5 eggs – lightly beaten, 150ml double cream, salt and freshly ground black pepper

Garnish: Coriander leaves, Dusting of black pepper

### Method

- 1) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 2) Cook the potatoes so that they are just soft. This will take about 10 minutes. Drain and set aside.
- 3) Heat the olive oil in a large frying pan. Sauté the onions, garlic and courgettes until they are just cooked.
- 4) Grease and line a 22 cm (9 inch) loose base tin.
- 5) Mix the eggs and cream together.
- 6) Combine the potatoes, tomatoes and courgettes. Season well. Add the chopped herbs.

## COOKERY CORNER

- 7) Spoon into the prepared tin. Pour over the eggs and cream.
- 8) Bake for 40 minutes or until set.
- 9) Invert the frittata from the tin and remove the paper.

To serve the stylish way: Sprinkle over some chopped coriander leaves, a dusting of freshly ground black pepper and serve immediately.



*Tomato & Courgette Frittata*



*Aubergine Salad with Olives*

### **INDIVIDUAL POTATO KUGEL**

A tasty potato kugel is Jewish comfort food. I have made mine for Pesach with less oil and no egg yolks so it is healthier than usual. You can make one large kugel – using a loaf tin makes serving in slices easy. To be successful with this recipe drain the potatoes well, line and grease the ramekins well and don't skimp on the seasoning!

Preparation Time: 20 minutes Cooking Time: 25 minutes Serves: 10 people

#### Ingredients

3 tablespoons olive oil, 1.3kg potatoes – peeled and grated, 2 onions – peeled and grated, 6 large egg whites – lightly beaten, 100g medium matzah meal, 1 tablespoon potato flour, 3 tablespoons extra virgin olive oil,

# COOKERY CORNER

1 teaspoon Passover baking powder, large bunch of fresh basil or parsley – roughly chopped, pinch of sugar, salt and pepper to taste.

## Method

- 1) Pre-heat the oven to 200°C/400°F/ Gas mark 6.
- 2) Line the base of 10 ramekins with non-stick baking paper and lightly grease the sides with some olive oil.
- 3) To grate the potatoes use a food processor. Squeeze out any excess water with some kitchen paper.
- 4) Add the onions, matzah meal, potato flour, baking powder, egg whites, extra virgin olive oil and sugar to the potato mixture.
- 5) Stir in the chopped herbs and season well with salt and freshly ground black pepper.
- 6) Spoon into the prepared ramekins.
- 7) Bake for 25 minutes or until golden.

To serve the stylish way: Invert the potato kugel from the ramekin and place on a side plate.

## PECAN MACAROONS

Parev

Pesach is not Pesach unless we are munching on almond macaroons, coconut pyramids and cinnamon balls – the traditional favourites. I have made these using pecan nuts instead of almonds to give them a pleasant twist! As this recipe uses 5 egg whites – it is interesting to remember that you can freeze egg whites and 1 egg white is equivalent to 1 tablespoon/ 1 fl oz. When I am making pastry or glazing bread the egg yolks are used but the egg whites are then frozen for an occasion like this!

Preparation Time: 10 minutes Cooking Time: 25 minutes Makes: 48 biscuits

## Ingredients

Topping: 24 split pecans

5 egg whites, pinch of salt, 225g roughly chopped pecans, 225g brown sugar or caster sugar if not available, 1 teaspoon vanilla essence

## Method

- 1) Pre-heat the oven to 180C/ 375F/ Gas mark 5.
- 2) Line 2 baking sheets with bakewell paper.
- 3) Whisk the egg whites in the mixer with a pinch of salt on a slow speed. Gradually increase the speed. Slowly add the sugar and beat until the

## COOKERY CORNER

eggs are stiff but not dry.

- 4) Add the vanilla essence, and stir in the chopped pecans
- 5) Place a tablespoon of the mixture on to the baking sheet.
- 6) Flatten the biscuits by sitting one pecan half on top of each.
- 7) Bake 25 minutes or until golden.
- 8) Cool on a rack and store in an airtight container.

### 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?

On Saturday 27<sup>th</sup> March 2004, 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 1 ½ hours cooking. We will then relax, wine and dine the stylish way!

Place: Northwood, Middlesex

Time: 7.30 – 11.00 pm

Cost: £50.00

Age: Mid 30s to under 50!

Telephone: 01923 836 456 to book

Email: [denise@jewishcookery.com](mailto:denise@jewishcookery.com)

(Places can only be secured by payment in advance)

Future Dates:                      Sunday 18th April 2004  
    Saturday 15th May 2004  
    Sunday 13th June 2004

### 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**

# HEALTHY HEART RECIPES

Following the talk given by Dr Neal Pinckney, there is below a selection of recipes taken from his website [www.kumu.org](http://www.kumu.org), with his kind permission. There are many more recipes on the website.

## POTATO PEARLS

These tasty appetizers can be prepared in advance, frozen, and baked later

1 pound potatoes, ½ cup chives or green onions, finely chopped, ½ cup wheat germ, ½ t paprika, Salt and pepper to taste.

Preheat oven to 375°F. Cover potatoes with water and boil until soft. Peel and mash adding onions, salt and pepper. Shape into 1-inch balls. Mix the paprika and wheat germ together in a dish and roll potato balls in mixture until coated. Coat baking sheet with 1 second of a non-stick spray and spread with a paper towel. Bake for about 20 minutes. Serve hot, a toothpick in each.

10 servings, each: Calories 54, Fat: 0.64g (10% cff), Carbohydrate 10.02g, Protein 2.46g (18%)

**Healing Heart Hint:** Many foods that were formerly fried can be baked or broiled. Vegetables can be coated with a savoury coating and heated till golden brown. For an easy shake-bake coating mix 1/2 cup corn flakes, finely crumbled, 1 t light seasoned salt, 1/2 t each: paprika, sage, onion powder, 1/4 t each: garlic powder, thyme, pepper. The foods to be coated can be moistened or dipped a mixture of 4 T EnerG egg replacer and 8 T water, beaten to a foam, bake at 375° F. for 15 minutes or until browned and crispy. Serve and eat immediately.

## LEMONY ASPARAGUS SOUP

Light and creamy treat with a hint of the Mediterranean

1lb (about 24 medium spears) asparagus, chopped, 1 cup celery, chopped, 3 cup no-salt fat-free veggie broth (made with powder or cubes), 2 T lemon juice, ½ t lemon peel, grated, pinch white pepper (or finely ground black pepper), ¾ cup soy or rice milk (see Hint below), 2 T flour

Mix flour in a small amount of cool water. In a large saucepan, combine with asparagus, celery, and broth and bring to a boil. Reduce heat to low and cook 10 minutes. Pour into a blender or processor and blend until smooth. Pour back into the saucepan; add remaining ingredients and mix, heating until warm (but do not boil again).

# HEALTHY HEART RECIPES

5 servings, each 106 calories: 10% from fat (1.15g), 60% from carbohydrates (18.2g), 30% from protein (8.1g). Sodium 48.9 mg, Fibre 1.66g.

**Healing Heart Hint:** Powdered soy or rice milk is preferred for this recipe, using twice the amount of powder than usual, making it creamier. Do not use vanilla or flavoured soy or rice milk.

This soup can also be served cold. Refrigerate at least 3 hours. Keeps about a week, tightly covered and refrigerated. For an interesting taste variation, add 2 cloves of chopped garlic

## RICE TREAT LOAF

A meatloaf alternative from whole grain rice

1¾ cup cooked brown rice, ¼ cup cooked wild rice, 1 cup celery, finely chopped, 2 T salt-reduced tamari or soy sauce, 1 cup low-fat 'lite' soy or rice milk, 2 T chopped fresh parsley (or 1 T dried), 1 t dried basil, 2 cup whole-wheat bread crumbs, ½ t sage, ¼ t paprika, 1½ cup onions, chopped, 3 cloves garlic, chopped finely or pureed, ¼ t black pepper, 1 T egg replacer.

Add egg replacer to ¼ cup soy or rice milk and beat with a fork until foamy. Place all other ingredients in a bowl and mix well. Fold in foamy liquid mixture. Press firmly into a non-stick loaf pan. Bake at 350 degrees for 1 hour. Let cool and turn upside-down on serving plate to remove from pan (separating edges at the side of pan with a knife often helps). Serve with mushroom gravy, ketchup or barbecue sauce.

8 servings, each 157 calories: 9% from fat (1.6g), 78% from carbohydrates (31.1g), 12% from protein (4.9g). Sodium 337mg, Fibre 2.2g.

**Healing Heart Hint:** This loaf can also be used as a stuffing. Small squares of whole wheat bread can be substituted for breadcrumbs. Do not pack the pan as firmly and break apart when cool. If desired, any variety of vegetables can be added. Peas, chopped bell peppers, asparagus, zucchini, broccoli are just a few suggestions.

## MIGHTY MUSHROOM GRAVY

Heart-healthy quick gravy for any dish

1 12oz (large package) button or other mushrooms, 1 T salt-reduced soy sauce or Bragg's Liquid Aminos, 2 T whole-wheat flour or cornstarch, 1½ cup vegetable stock or broth black pepper, to taste.

# HEALTHY HEART RECIPES

Slice mushrooms and sauté until soft in ½ cup stock (about 5 minutes). Mix flour with ¼ cup of stock or water until smooth. Add remaining stock to the mushrooms, add soy sauce and about ½ cup flour/starch mixture. Bring gravy to a simmer for 3 to 5 minutes, stirring continually. Add small amounts of the remaining flour/starch mixture and continue heating and stirring until gravy thickens to the desired degree. Serve immediately.

6 servings, each 30 calories: 10% from fat (0.37g), 67% from carbohydrates (5.7g), 23% from protein (1.9). Sodium 105mg, Fibre 1.3g.

**Healing Heart Hint:** This gravy can be made with any combination of mushrooms. For an exotic flair, use shiitake or oyster mushrooms. At a pinch, canned mushrooms will work, but the flavour is much milder.

## VERY BERRY LEMON CAKE

Choose your berry for a tangy dessert

2/3 cup soy milk, 2 T lemon juice, 1 ½ cup whole wheat pastry flour, ½ cup oat flour, ½ cup sugar or other sweetener (Succanat), 4 t baking powder, 1 t dried grated lemon rind (or 1 T fresh), 1 T EnerG egg replacer + 4 T water, whipped to foam, 1 ½ cup fresh or frozen berries (see Hint below)

Topping: ¼ cup quick cooking oats, 1 T toasted wheat germ, 1/8 t ground nutmeg, 2 t honey.

To make the topping, combine the oats, wheat germ, and nutmeg. Stir in the honey until the mixture is moist and crumbly. Set aside.

Preheat oven to at 350°F. Combine the milk and lemon juice, and set aside. Combine the flours, sweetener, baking powder, and lemon rind, and stir to mix well, Stir in the lemon juice mixture and egg replacer. Fold in the berries. Spread the batter evenly in an 8-inch non-stick baking pan and sprinkle with the topping.

Bake 35 to 40 minutes, or until a wooden toothpick inserted in the centre of the cake comes out clean.

8 servings, each 206 calories: 7% from fat (1.63g), 82% from carbohydrates (44.2g), 11% from protein (6.1g). Sodium 11.8mg, Fibre 4.1g.

**Healing Heart Hint:** Any berry or tart fruit, even cherries, can be used. Your favourite combination of berries will work well in this recipe. If using frozen berries, do not use the sweetened variety.

# MY LIFE IN JERUSALEM

## MY LIFE IN JERUSALEM

By NANETTE TOFT

In November 2003 we were in Jerusalem for just three weeks visiting our daughter (who has been living in Israel for the last 16 years). I thought our readers would be interested in our personal experiences as Vegetarian/Vegan tourists in these troubled times.

Our journey from Manchester to London by British Midland was very smooth and uneventful. When checking in our luggage at the El Al security, I was pleased that they were so careful. I had to open all my bags, as they had seen on the x-ray machine an interesting shape, which turned out to be a kilo tin of vegetable bouillon that I was taking out for my daughter. They also found a book that I had bought as a surprise for my husband, which they also thought was suspicious! It was in fact a "Book of Peace". It all went swiftly until we found there were no vegetarian meals on the plane for us. Eventually they did manage to find something, which was quite uneatable. It was a good thing that I had taken some wholemeal and salad sandwiches with me!

We had arranged for our daughter to meet us at the airport with her local taxi driver. But things are never as simple as they seem. She was waiting at one side of the airport and we at the other –  $\frac{3}{4}$  of an hour later with some rushing about, thankfully met up.

Eventually we arrived at her flat and after carrying 2 large suitcases, 2 hand luggage, one new Pressure Cooker and a Sprouting Kit, up 44 stairs, we sat down with a lovely welcoming cup of tea, and so to bed, but unfortunately our daughter was letting the bed air, so at 1.00 am in the morning, we made the bed and fell into it – bliss perfect bliss.

It is so easy cooking in Deborah's flat and I managed to make a couple of meals – one Shabbat dinner consisting of lentil roast, potatoes, vegetable soup and chocolate cake (all vegan). I even got round to making some Challah, but the oven was not working very well, and Israeli ingredients are different – so one has to adjust. I managed to sprout some organic lentils and mung beans, also loads of alfalfa. It must be the warm weather, as they grow very quickly. There was also an exercise and dance class being held just down the street that I attended, quite an experience, fortunately it was in English.

We promised our other daughter who lives in England that we would not go into the street market, so we did not, but went around the back. All the entrances have gates and one is passed through under the watchful eyes of

# MY LIFE IN JERUSALEM

girl soldiers. It is an unbelievable experience to see all the different foods and spices. Dried fruits, fresh fruits, green salads, vegetables of every description, bread of all kinds and beautiful looking cakes – all open and on display. (Unfortunately they also sell dead chickens and fish, so my husband and I tried not to look and think about that part). You would really think that everybody in Israel has enough money to buy all these choice foods, but we do know that there are many people who are well below the breadline and have to send their children to school hungry and rely on soup kitchens for meals. I have seen old and young searching under the stalls at the market for throw away foods. “It really is a land flowing with Milk & Honey for those who have money”.

The Jerusalem Theatre holds Radio Broadcast concerts most Monday afternoons, which are free to the public and as the theatre is just five minutes away from the flat, we decided to go. These concerts are held in a beautiful hall, with the most comfortable seating. The String Quartet played to an appreciative audience, and when I looked around I could not believe that Israel is a country at war.

We went out to eat at the Village Green Vegetarian Restaurant on Jaffa Road (how sad to see that at the entrance of every small bar, café and restaurant there is a guard who checks you in. At least, there is a feeling of safety). It is a great vegetarian place and at one time you had to queue to get served, but not now. I do not think there were more than 12 people eating when we were there. The menu is great, 4 or 5 different soups, at least 12 different savouries, some vegetarian and some vegan, a selection of salads, hot mixed vegetables, jacket and roast potatoes and as many bread rolls, butter and spreads as you can eat. (The bread rolls are free!)

As Deborah managed to get a day off work, we took a taxi to Ramat Rachel, which is a Kibbutz in Jerusalem with a spa and sports centre. It also has a huge swimming pool, although this was covered over. We only had a few hours, so just walked in the beautiful grounds and had a picnic lunch and, above all, felt really safe. The views over the whole area are really breathtaking. It was just like a midsummer’s day in England.

A trip to the New Jerusalem bus station used to be a nightmare, herds of people milling about, unruly queues pushing and shoving. We had arranged to meet two of our oldest friends coming from a Kibbutz in the Jordan Valley, at the bus station. What a transformation, firstly everybody entering the bus

## MY LIFE IN JERUSALEM

station had to go through a security check and any baggage had to go through the x-ray machine, even handbags (just like at the airport). Inside there are three floors of beautiful shops, everything is neat and clean and being Israel, plenty of food stalls, and proper queues for tickets and information. To meet incoming buses this worked like clockwork, buses drive in on time and people get off quickly. Each bus is then inspected and checked for any suspicious packages and then off it goes again.

We went with our dear friends for a special treat, to the King David Dairy Restaurant. We all had the Israeli platter, consisting of Hummus, Falafel and all the trimmings; everything was beautifully served with white linen serviettes. People visiting Jerusalem should try this restaurant, it is well worth a visit and inexpensive. We had what is called the starter and I was so full that I could not eat anything else!

I cannot finish without mentioning one of the nicest things we saw in Jerusalem. In most gardens there are small groups of cats, all shapes, sizes and ages, and it was one of our pleasures whilst on holiday to feed a few of them, usually with bread and marmite. They got to know us and would come running when they saw us with a plastic bag. Another thing we saw all over Jerusalem were large statues of lions, each one painted differently by local artists. They certainly brightened up the place, although eventually they are going to be sold and the proceeds going to various charities.

I do hope that you have enjoyed reading this article and it makes one realize that Israel is still a place to spend time visiting. So why not go and pay a visit in the not too distant future?

### 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.

# SAVE OUR SUPPLEMENTS



Did you know that we will lose 5000 nutritional products from August 1st 2005 thanks to a new European Directive now incorporated into UK Law.

The Health Food Trade is taking the government to court in an attempt to stop this unwarranted and senseless legislation. But litigation is expensive!

Please donate generously to help us fight for our rights to sell and buy safe and effective food supplements

Officialdom seems determined to disable the British food supplements industry and appears not to care that this will seriously undermine our most precious asset – OUR HEALTH.

Under our present labour government the European Food Supplements Directive has now passed into UK law and its implementation will begin on August 1st 2005, with 300 ingredients being banned for no valid reason, affecting some 5000 products. Many of these ingredients have been safely used for decades, and are considered to be superior to those ingredients that are being allowed.

The banned list includes: the popular ingredients selenomethionine, magnesium ascorbate (a gentler form of Vitamin C than the cheaper ascorbic acid)), chromium picolinate & polynicotinate, sulphur, boron, all amino acid mineral chelates, and many, many more.

Subsequently, this same Directive will almost certainly reduce dosages of vitamins and minerals to ineffective levels, and following this, a draconian Herbal Directive (now in an advanced stage of preparation) will force

## SAVE OUR SUPPLEMENTS

innumerable tried, trusted, and cherished products off the shelves. The face of alternative medicine is to be changed forever by these destructive forces, and the health of the British public is to be sacrificed on the altar of European uniformity.

The fallout from the new legislation will be widespread and multifaceted:

- Companies will leave the marketplace
- Supplements will be lost or severely degraded
- The benefits of supplementation to consumers will be minimized, resulting in a myriad of adverse health consequences and a drain on the NHS.

Already the long-established and highly respected company Blackmores has decided to cease to trade in the UK retail market sector, and has recently written to health food stores stating that the reasons for this decision include “the implications (and costs) of the impending EU legislation.”

If this were a moral issue – as of course it would be in a sane and rational world – and not a monetary or political one, our European neighbours would be hastening to upgrade their supplements to our standard rather than downgrade our supplements to their standard, so they could share in the British distinction of experiencing the lowest per capita consumption of pharmaceutical drugs in Europe, being only half that of France and Germany.

The British health food industry has a history of passively acquiescing to the constraints and dictates of officialdom, but enough is enough and a stand has to be made sometime. The disastrous Food Supplements Directive is proving to be the issue that is uniting the trade, causing it to respond purposefully and militantly. The nature of this response is to seek the help of the courts in overturning this senseless, unwarranted, and retrograde legislation.

The legal challenge has been spearheaded by the National Association of Health Stores together with the Health Food Manufacturers’ Association and is supported by Consumers For Health Choice and the Institute of Optimum Nutrition.

Litigation is expensive – the legal challenge is expected to cost in the region of £200,000. Proceedings in the High Court have already been instigated, and an extremely competent legal team have put forward numerous powerful reasons for the unlawfulness and inappropriateness of the Directive. Our aim is to bring about a decisive overturning of this Directive, which would not only restore the status quo with regard to vitamin and mineral supplements, but could also have a beneficial impact on the upcoming herbal legislation.

# SAVE OUR SUPPLEMENTS

Stop Press: Court victory for vitamin firms. Friday January 30<sup>th</sup> 2004.

Groups opposed to new EU rules on vitamins and food supplements have won their fight to take the matter to the European Court of Justice.

The High Court in London ruled on Friday that their case could be referred to judges in Luxembourg. This does NOT mean that the fight for our health rights is over. It simply means we have won the right to appeal to the European Court. This is where the real fight begins.

IF YOU POSSIBLY CAN, PLEASE MAKE REGULAR DONATIONS OVER THE NEXT FEW MONTHS TO THE NAHS FIGHTING FUND. THE NAHS DESPERATELY NEEDS YOUR SUPPORT, WITHOUT WHICH THEY CANNOT CONTINUE THE FIGHT FOR YOUR RIGHT TO CHOOSE WHAT TO PUT INTO YOUR BODY FOR THE SAKE OF YOUR HEALTH. DON'T LET THE PHARMACEUTICAL LOBBY TAKE YOUR RIGHTS AWAY.

Please make cheques payable to the NAHS Fighting Fund and send to the NAHS, First Floor, 4 Abbeydale Road South, Sheffield, S7 2QN. Alternatively, donations may be paid to the NAHS NatWest account: NAHS Capital Reserve Account, Account No. 87922657, Sort code 56-00-61.

- When you next visit your local health food store (If they do not have a collecting box please ask them to call the NAHS on 0114 2353478)

If you are a practitioner and would like an SOS collecting box for your waiting room please contact the NAHS on 0114 2353478



## **This is the Universal Symbol for Vegetarianism.**

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

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

## HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

£2.50 including P&P

# GARDENER'S CORNER

## GARDENER'S CORNER

The buzz of life has rekindled as the lengthening days stretch out and the darkness recedes. The blackbird rushes to and fro in an urgent frenzy to rear its young. It will be on its second incubation by the time the swallows wing their way to our shores. The hedgehog stirs from his nest of autumn leaves and blinks in the warming sun. The large mated queen bumblebees emerge from hibernation to found new colonies in an abandoned mouse's nest or a cavity under some shed that suits its purpose. Her job is to gather nectar and pollen from the early spring flowers to make some wax and lay in some watery honey for its first batch of workers. These little bumblebees will shortly emerge to help their mother by foraging and in domestic work while she lays a second brood of workers now to be slightly larger as her larder is more provisioned.

On that day when the daylight overtakes the night-time a sudden change happens in the garden. The soil until now sticky and often waterlogged dries out with the March wind to call us to work with it to plant and grow. Already our potatoes have been chitted in boxes on the greenhouse shelf where they have turned dark green and have developed the eyes, which will shoot through the earth once they are planted. Two years ago potato blight was a problem all over the country due to the very wet and humid summer. We just grew some earlies last year in order to avoid the blight and we were successful, so this year we are going to try some main crop again. A few dos and don'ts with potatoes: - never plant in the same piece of ground as the last two years, rotation over three years prevents the build up of diseases and helps clean the soil of weeds and breaks it up; buy seed potatoes as they will be disease free; dig a trench for your planting and fill this with garden compost and lay the seed potatoes on this then re-cover with the soil removed, this will give the plants ease when developing and food to grow healthily; plant each tuber nine inches apart in the row and each row 27 inches from the next, potatoes don't like being cramped and with proper spacing will yield abundantly. As the first shoots emerge draw up the earth to a ridge to keep them from frosts and to encourage new side shoots which will also bear new tubers. Twelve weeks after planting you can dig the first of the crop and enjoy the unique flavour of really fresh produce. There's nothing better.

The other great garden tuber is the dahlia. While the potato sustains the body the dahlia feeds the soul with its form and beauty. Now is the time to start them growing. Towards the end of March place your old over-wintered

# GARDENER'S CORNER

tubers into boxes or pots and cover with compost, water regularly keeping them in the greenhouse. Soon green shoots will force their way up through the covering. Now is the time to multiply those which you like the most. As several shoots will grow, cut some of these with a sharp knife when about four inches long. Place the cuttings into a four-inch pot, around the edge, one and a half inches into a potting compost, up to three to a pot. Very soon they will develop a root system and can be potted on after a few weeks and finally planted out when fear of frosts has past. With this in mind it is a good idea to tie a label on to those specimens, which have given the most pleasure when storing the tubers at the end of the season, which for dahlias is after the frost has blackened the foliage, probably in November. At that time dig up the plants, remove the soil and cut the tops about four inches above the tuber. It is from these stems that the new shoots will spring the following year. As with potatoes I always put a spadeful of compost in each hole when planting to get them away to a flying start. Dahlias are grown from last year's tubers, but can equally be grown from seed. This is a very economic way to fill a border and for just a few pounds spent on good seeds, three or four varieties ranging from Coltness hybrids, which are dwarf to giant cactus; these can be 4 to 6 feet tall and can easily be grown. These will need support and it is good to put a couple of canes in when planting to tie them for support as they grow. In the Autumn as the flower heads die off the new seeds form and provide food for small foragers such as field mice.

Another rewarding flower is the sunflower. Sow the seeds in small pots in April and plant out at the end of May, then watch as they forge ever upward and burst into bloom in July. The flowers will always turn their heads to the sun and when the petals fall the seeds will develop and attract finches and other grateful seed-eaters. The Jerusalem Artichoke is in the same family and the late Philip Pick related to me how he used to graft a flowering sunflower on to the vigorous stem of the artichoke to get really giant specimens.

March is the month to set vegetable seed straight into the garden. Make drills of carrots, beetroots, onions, turnips, spinach, radish and all your favourites. Early peas can go in at the end of March. Prepare a seed bed with plenty of garden compost, rake over and take out a flat drill approximately six inches wide. Sow your early peas and cover about one inch in depth. Support with sticks or netting to the height of the plants and you should have a feed to go with the new potatoes and fresh mint from the herb garden. If you have enough space, sow sparingly and frequently to avoid a glut and to keep a succession of produce for the table.

## GARDENER'S CORNER

Now is the time to prune roses back to two buds to encourage strong and healthy growth. Also feed with compost or manure, as they will repay this. Some readers may be asking " where is all this compost coming from, is it expensive?" well no it's completely free. It's made from all the thinnings, weeds mowings and prunings built up into a regular heap. You can buy or make a suitable container to suit the size of your garden and most gardens will produce sufficient material to recycle back into the ground where it improves the soil and generates strong and healthy plants, renewing the cycle from year to year.

### **WHY NOT COME ALONG AND PAY A VISIT TO HQ IN GOLDERS GREEN**

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

### **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.**

### **DATELINES**

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

# CONCERNED VEGETARIANS

## CONCERNED VEGETARIANS CAN STOP THIS

BY MIKE SHANAHAN

For the past 18 months, the Environmental Justice Foundation (EJF) has been investigating social and environmental impacts of shrimp/prawn production. The results, which we are in the process of publishing, are of grave concern.

Shrimp are farmed in developing countries of Asia, Latin America and Africa for export largely to the USA, Europe and Japan, and the practice has been associated with widespread environmental and social impacts, including serious human rights abuses. These are detailed on website (see link below) and include:

- Widespread deforestation of mangrove forests, with impacts on biodiversity
- Unsanitary working conditions, child labour and (in Burma) forced labour.
- Murder in at least 11 countries, with over 150 deaths in Bangladesh alone
- Loss of livelihoods, including ability to find sufficient food and drinking water.
- Intimidation and violence.
- Declines of fish populations
- Sexual abuse, including rape.
- Illegal land seizure
- Chemical pollution of land and water

That these abuses are being perpetrated in the name of international trade in a luxury foodstuff is particularly repellent. Over 99% of shrimp farming occurs in developing countries and the industry is worth US\$50-60,000,000,000 at retail. Rather than contributing to the development of poor nations, the large revenues from shrimp production often fail to trickle down to those most seriously affected.

Trawling shrimp from the oceans is not a sustainable alternative. For every 1kg of shrimp trawled, up to 20kg of non-target species are caught and discarded, usually to die. This 'by-catch' includes 150,000 rare turtles annually.

We feel that these issues will be of great interest to vegetarians worldwide

## CONCERNED VEGETARIANS

and that vegetarians will want to act to oppose the devastation we have observed. We politely request you to consider the contents of our website and our online reports and to join us in deploring the human and ecological consequences of this trade. EJF politely urges you to tell your associates about the impacts of shrimp consumption and to sign our online petition available at [http://www.ejfoundation.org/petitionbook/shrimp\\_petition.php](http://www.ejfoundation.org/petitionbook/shrimp_petition.php)

Please do not hesitate to contact me if you require any further information on this subject or the Environmental Justice Foundation and its work.

Dr Mike Shanahan  
 Project Coordinator  
 Environmental Justice Foundation  
 5 St. Peter's Street  
 London N1 8JD  
[www.ejfoundation.org](http://www.ejfoundation.org)  
 To support EJF's work, visit - <http://www.ejfoundation.org/jointoday.html>

Tel: 020 7359 0440  
 Fax: 020 7359 7123

## COSMETICS TESTING BAN

### **FINAL APPROVAL FOR EU COSMETICS "TESTING & SALE BAN" – BUAV REPORT**

On the 27th January 2003, following a third reading by the Council of Ministers, EU proposals for a combined EU ban on cosmetics animal testing and a ban on the sale of new animal tested cosmetics, were approved. The European Commission must now bring the new EU legislation into force, and each Member State must transpose it into national law by a specified deadline.

The legislation (endorsed by the European Parliament earlier this month) includes:

1. A complete animal testing ban six years from entry into force (around 2009)
2. A sale ban from 2009 – for the majority of animal testing.
3. A sale ban from 2013 – 10 years after entry into force – for the further three test areas (toxic kinetics, reproductive toxicity, repeat dose toxicity). This sale ban contains a "get out clause" – it can be delayed if insufficient

# COSMETICS TESTING BAN

non-animal tests have been developed.

The British Union for the Abolition of Vivisection (BUAV) today repeated its criticism of the unnecessarily long deadlines; "We've all been campaigning for so long to end cosmetics animal testing in Europe, and it must be recognised as a great achievement, but there's just no excuse whatsoever for forcing lab animals in Europe to endure another six years of cosmetics testing before this outrage is finally banned. Even worse, we'll be waiting at least a decade before the vital sales ban takes hold, and it's the sales ban that will ultimately stop the cosmetics industry just moving its animal testing around the globe."

The BUAV has been campaigning to end cosmetics animal testing in the UK and elsewhere since 1972, and we are the only UK anti-vivisection organisation to actively campaign and lobby in Brussels for a change in the law. Before we've even caught our breath, however, the BUAV is already planning the next stage in its cosmetics campaign. We will of course be staying vigilant to make sure that any attempts by industry to jeopardise the principles of this new legislation, are thwarted.

But now that EU legislation seems secure, individual Member States must transpose that into national legislation within 18 months. Member States are obliged to introduce legislation at least as strong as that introduced at EU level. If they have the political will however, they can introduce stronger legislation.

European test bans: We will now be working with animal rights groups across Europe to put pressure on their national governments to bring in animal testing bans as quickly as possible. Some Member States, including the UK, have already ended cosmetics animal testing, but there are still plenty of opportunities to shut down testing in other EU countries before 2009 and so we'll be concentrating much of our effort in that area.

Worldwide action The BUAV will also be building on strong campaign links with international animal rights groups to help them campaign effectively to ban animal testing for cosmetics around the rest of the world. Look out for future news of how you can Get Active and help the BUAV's campaigns.

A Conciliation Committee agreed a joint text on Wednesday 6th Nov 2002. In 1989 the European Parliament first passed a resolution calling on the EU Commission to "formulate a directive with the aim of ending the use of animals for decorative cosmetic testing".

## CONSUMER CORNER

### **DOVES FARM FOODS LAUNCH FIRST FAIRTRADE PRODUCT.**

Doves Farm Foods has launched its first organic Fairtrade accredited product. New Fairtrade Milk Chocolate Biscuits are delicious biscuit thins coated in luxury Fairtrade chocolate.

The FAIRTRADE mark on the biscuits denote that the chocolate and sugar are grown by small Third World producers who have been assured a fair price for their crops, decent working conditions and financial support for the development of their communities.

Clare Marriage, Marketing Director at Doves Farm Foods comments, "The Fairtrade Mark continues to gather strength and we feel deeply that this system represents a fair reward for the third world growers who produce the ingredients in our product. The organic way of farming promotes that particular care has been taken in the growth of the crops, as well as the economic trade routes that those crops then travel. The biscuits are delicious and very much positioned a luxury biscuit tin. The luxury end of the market is an area that we would like to be well represented within and this is a great start."

Doves Farm Fairtrade Milk Chocolate Biscuits are available from Budgens and Waitrose and retail at around £2.19 for a 125g pack and contains 18 biscuits. For more information you can call Doves Farm on 01488 684 880 or [www.dovesfarm.co.uk](http://www.dovesfarm.co.uk)

### **SAFWAY TOILETRIES GO CRUELTY FREE**

Safeway Stores plc is proud to announce that its entire range of own-label toiletries has been officially approved as "not tested on animals" under the rigorous international cruelty-free scheme, the Humane Cosmetics Standard.

The Humane Cosmetics Standard is run in the UK by leading animal rights campaigners the British Union for the Abolition of Vivisection (BUAV) and Safeway is the third high-street supermarket to achieve approval under what constitutes the strictest 'no animal testing' criteria in the world.

To achieve approval Safeway had to demonstrate that it does not conduct or commission animal testing, and that for all ingredients it imposes a strict fixed

# CONSUMER CORNER

cut-off date after which no animal testing must have taken place. Safeway also had to implement a supplier monitoring system to ensure that all its suppliers complied with the criteria, and has passed an independent audit to prove that it is Humane Cosmetics Standard compliant.

Wendy Higgins, BUAV's Campaigns Director says: "Consumers are often bombarded with misleading 'cruelty-free' claims by companies but they know that approval by the Humane Cosmetics Standard means a product has genuinely not been animal tested. Safeway has demonstrated that if you are committed to going cruelty-free, you can still produce a wide range of high quality and innovative toiletry products without animal suffering. Safeway should be commended for the effort and enthusiasm it has put into working with the BUAV."

Jerry Burnie, Safeway's Technical Controller (Non-Foods), says: "Safeway is extremely pleased to have achieved accreditation to the Humane Cosmetics Standard. The combination of the BUAV running the Standard, and the stringent guidelines it sets, are seen by Safeway as the most credible method to demonstrate our commitment in the area of animal testing. In the coming months we will be proud to start using the BUAV Cruelty Free logo.

Safeway receive a growing number of enquiries from customers concerned about animal testing and the fact that animal test claims are not always as clear as they seem."

The Humane Cosmetics Standard is the world's only internationally recognised 'kitemark' for genuinely "not tested on animals" products, run throughout the UK, much of Europe, Canada and the USA. Due to its success, there are also plans to expand further internationally.

There are currently approximately 200 cruelty-free companies approved internationally by the Humane Cosmetics Standard. Approved companies are listed in the BUAV's consumer pocket-guide, the Little Book of Cruelty Free. Ethical shoppers can contact the BUAV for a free copy or download a list at [www.buav.org/gocrueltyfree](http://www.buav.org/gocrueltyfree)

The 2003 Ethical Purchasing Index published by The Co-operative Bank, shows that the total value in 2002 of UK ethical consumption was £19.9 billion. Sales of ethically marketed goods and services totalled £6.9 billion, a 13% increase on 2001. Sales in 2002 of HCS-approved products totalled £187 million, a 4% growth on sales in 2001. The report also revealed that 52% of consumers claim to have boycotted at least one product in the last

## CONSUMER CORNER

12 months and two thirds of consumers claim not to return to a brand once they have boycotted it. The value attached to consumers switching brands for ethical reasons was an estimated £2.6 billion in 2002.

1. Contact Wendy Higgins, BUAV Campaigns Director on 020 7619 6965 or mobile: 07850 510 955
2. Contact Safeway's Press Office on 020 8756 2253 or out of office pager 07699 113300 Quote: 781204

## BOOK REVIEWS

### FUNGI

**By ROY WATLING**

Imagine a world without fungi. All the fallen trees, dead leaves and other detritus would accumulate until the surface of the planet resembled a vast refuse tip, with little room for living things to exist. The job of breaking down organic materials and recycling the component molecules back into the environment is just one of the essential roles of fungi.

Once regarded as simple plants, they are now thought of as a separate kingdom, having diverged from common ancestors up to 500 million years ago. They occupy a key place at the base of the food chain and are of great economic and biological importance, but it is only recently that scientists have begun to realize their true ecological significance. The chapter on conservation gives an idea of just how vital it is to study and protect the habitats in which they thrive.

This book is a wonderful resource for botanists and all those interested in fungi, suitable for the general reader or a student looking for background reading. The focus is on the larger fungi, those that have an obvious fruiting body.

Roy Watling MBE, a respected mycologist who has written widely on the subject of fungi, sheds light on these intriguing organisms in a clear, accessible text illustrated with superb colour photographs on every page.

FUNGI – Published by The Natural History Museum – Part of the Life Series – Price £9. 95p. Plus P&P £1.50. Available from JVS

# BOOK REVIEWS

## **MARTIN SHAW COOKS VEGGIE.**

Previously known more for his superb acting talent than his kitchen skills, outstanding British actor Martin Shaw has authored his own delicious vegetarian cookery guide for animal welfare organisation Viva! All the recipes are totally free from all animal ingredients and are 100% Kosher too!



Colourful, easy to follow and conveniently practical, Martin Shaw Cooks Veggie is a 28-page guide packed with mouthwatering recipes for impressive dinners to drinks and snacks. With inspiring advice and photographs, it brings confidence and creativity to both the experienced chef and the modest beginner.

Martin, a committed vegetarian since 1971, said: "When you become vegetarian it actually broadens your horizon rather than limits it, as it encourages you to try lots of new foods that you have never even heard of before! Whatever weight your readers put on their waistline they will loose instantly off their conscience, as every recipe is completely animal and cruelty free".

The guide costs a mere £1.50 (including P&P) and is available from Viva! 8, York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000.

## **- REAL FOOD - VEGETARIAN RECIPES FOR YOUR SLO-COOKER.**

**By ANNETTE YATES.**

Slo-cookers remain among the most popular of kitchen gadgets as they fit nicely into busy lifestyles. Whilst more and more people are cutting down or cutting out their meat intake, they need new ideas for creating filling and varied vegetarian dishes.

Vegetarian Recipes for your Slo-Cooker is not a book about how to be a vegetarian or how to use a slo-cooker, it is simply a collection of delicious recipes for your slo-cooker that just happen to be vegetarian.

A slo-cooker is, quite simply, a casserole powered by an electric element that uses no more energy than an electric light bulb. It can be left to cook your

## BOOK REVIEWS

meal, day or night, and the long, gentle cooking means that wonderfully complex flavours develop and there is little, or no risk, of the food drying out. The advantages are that rather than switch on the oven – expensive – or stand over the hob – time-consuming – you can simply leave the food to cook on its own, saving you both money and time.

The versatility of a Slo-cooker never ceases to surprise, and Annette Yates shows how to prepare the ingredients, throw them into the cooker, and then serve up that delicious ready-made meal. All the dishes Annette has chosen are those that have been appreciated by her family and friends, vegetarian and meat-eaters alike.

Published by Foulsham Publishing. Price £5.99. Plus P&P £1.00. Available from JVS.

### **SELF MATTERS CREATING YOUR LIFE FROM THE INSIDE OUT**

**BY DR PHILLIP C. McGRAW.**

In *Self Matter*, Dr Phil, as his legions of fans call him, puts an end to the 'everyone's a victim' culture and tells you that self-esteem is about possibilities not problems. In one of the most forward-thinking works on self-concept ever published, Dr Phil challenges you to find your 'authentic self' – that person you once were before life took its toll and low self-esteem became your favourite crutch.

Dr Phil, has three best sellers under his belt, and has helped hundreds of thousands of people to change their lives for the better. He believes that the issue of self-esteem is one of the greatest problems affecting people today.

Dr Phillip C. McGraw is best known to millions as 'Dr Tell It Like It Is' and his books have been huge bestsellers, ranking at the top of the New York Times best seller list since publication. He has trained thousands of people in effective life skills seminars and is one of the most sought-after public speakers.

Published by Pocket Books, London. Price £6.99 plus P&P £1.00. Available from JVS

**VEGETARIAN VISITOR 2004.**

# BOOK REVIEWS

## **WHERE TO STAY AND EAT IN BRITAIN.**

**EDITED BY ANNEMARIE WEITZEL.**

This is the new and completely updated edition of the only annual guide that offers hospitality to the vegetarian or vegan traveller and holidaymaker in private homes, as well as guesthouses and hotels in England, Wales and Scotland.

All establishments have descriptive information, as well as codes indicating whether they are exclusively vegetarian/vegan or also serve traditional food, whether they are licensed, allow smoking or are close to public transport. There are more than 300 entries that are all fully checked just before publication.

Illustrated throughout with photos and line drawings. Price £2.50 plus P&P 50 pence. Available from JVS or from the publisher – Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent BR5 3HZ. tel/fax 01689 870437.

## **UNDERSTANDING JUDAISM**

**BY CARL S. EHRLICH**

**ORIGINS – BELIEFS – PRACTICES – HOLY TEXTS – SACRED PLACES**

Understanding Judaism is a concise and accessible introduction to the key tenets of the religion. Carl S. Ehrlich's authoritative and fascinating distillation traces Judaism's evolution through three millennia, highlighting the role played by a shared historical consciousness and ethnic solidarity, and summarizing the rich and widespread cultural contribution made by the diaspora. It also covers major aspects of Judaism such as the Pharisees and other early sects, the importance of Moses, the Hebrew Bible, messianism, the Talmud, synagogues, Hasidism, Zionism, the kabbalistic tradition, rites of passage, the Sabbath, festivals, Jewish symbols such as the menorah and relations with Christianity and Islam.

Published by Duncan Baird Publishers, Hardback £9.99 plus P&P £1.50. Available from JVS.

# BOOK REVIEWS

## THE VISION OF EDEN

**ANIMAL WELFARE AND VEGETARIANISM IN JEWISH LAW AND MYSTICISM,  
SPRING VALLEY, NY: OROT, 2003**

**BY DAVID SEARS**

**REVIEWED BY RICHARD H. SCHWARTZ, PH.D.**

Currently most Jews eat meat and other animal products and relatively few Jews seem concerned about the cruel mistreatment of animals on factory farms and in other areas. However, David Sears landmark book, with its many examples of Jewish teachings about compassion for animals, has the potential to change all of this.

The Vision of Eden is a compilation of translations from various sources, ranging from the classic texts of Judaism to contemporary rulings in Jewish law, much of which has never before been translated to English. It also includes a number of essays by Sears that serve as prefaces to the translations and provide general overviews that discuss and analyse the source material. It is a companion volume to the author's book, "Compassion for Humanity in the Jewish Tradition: A Source Book," which was published by Jason Aronson, Inc., in 1998.

This book has great potential to start a respectful dialogue on vegetarianism, the proper treatment of animals, and related issues in the Jewish community. Here are some reasons:

1. Rabbi Sears has the background, wisdom, sensitivity, compassion, and commitment to effectively challenge Jews to apply Jewish teachings on animals. As a Breslav Chassid, his commitment to Jewish law and tradition cannot be challenged. No one can claim that he is just one more animal rights advocate who does not care about Judaism and religion in general, and is not concerned about human problems.
2. The author's knowledge of Hebrew and Kabbalistic, Chassidic, and other Jewish sources has enabled him to find teachings that are not commonly known. His book will enable religious communities to discover the rich treasures of material about compassion to animals that will challenge them to live up to the highest ideals of Judaism.
3. His book goes beyond those of other Jewish scholars who have written about Jewish teachings on animals because he combines his extensive knowledge of Judaism with an awareness of how far realities related to how society treats animals differ from the demands of Jewish teachings, and he is committed to making others aware of the need to end these discrepancies.
4. Because of its scholarly merits and firm grounding in Torah and rabbinic

# BOOK REVIEWS

tradition, *The Vision of Eden* will be a respectful but powerful message to the Jewish community that it will not be able to easily ignore. Because of the authenticity and authority of his sources, no intellectually honest person who reads his book would be able to say, "Animals, animals — why don't you worry about people first?" While not a polemic (in working for completeness and objectivity, Sears discusses some passages that favour meat-eating), his book shows that the vast majority of Jews, including those who take Jewish law seriously, are negligent with regard to important Torah teachings related to animals.

Many in the Jewish community will be interested in the book because of the uniqueness of a Chassid writing about Jewish teachings on animal rights. Hence, it has the potential to raise the consciousness of the Jewish community with regard to animal-based diets, wearing fur coats, animal experimentation and other animal-related issues. Rabbis and other Jewish leaders will be challenged to consider the issues related to the current cruel treatment of animals, and there is the possibility that this issue will come to receive the attention it deserves in the Jewish community.

5. David Sears' book also has great potential to eventually influence other religious communities and the general public.

As Rabbi Shear-Yashuv Cohen, Chief Rabbi of Haifa, stated an approbation in the book,

"Every reader of this unique and holy book will benefit extensively from it. Indeed this book, *The Vision of Eden*, makes one feel that he has been handed a key to open the closed gates of the Garden of Eden that were shut to us ever since Adam was expelled ..."

It is essential that rabbis, Jewish teachers, and other influential members of the Jewish community and other communities become aware of the teachings in Sears' book and put them into practice. The revitalization of Judaism and the sustainability of our imperilled planet depend on it.

Richard H. Schwartz, Ph.D, is the author of *Judaism and Vegetarianism*, *Judaism and Global Survival*, and *Mathematics and Global Survival*. He has over 100 articles on the Internet at [jewishveg.com/schwartz](http://jewishveg.com/schwartz), and frequently speaks and contributes articles on environmental, health, and other current issues. He is Professor Emeritus of Mathematics at the College of Staten Island, President of the Jewish Vegetarians of North America (JVNA), and Coordinator of the Society of Ethical and Religious Vegetarians (SERV). E-mail Address: [RSchw12345@aol.com](mailto:RSchw12345@aol.com)

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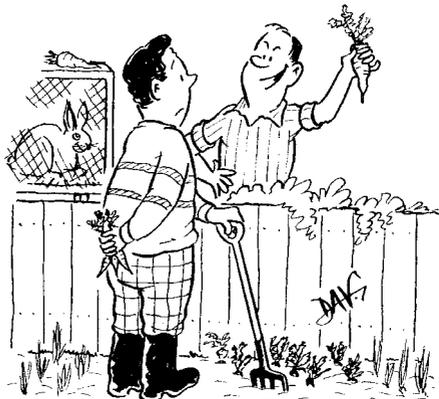
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