

# The Jewish Vegetarian

No. 150 September 2004 Tishrei 5765 £1.50 Quarterly

לשנה מובה תכתבו ותחתמו

A HAPPY, HEALTHY AND PEACEFUL  
NEW YEAR TO ALL OUR READERS



לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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

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**JVS MAGAZINE**

**Editor: Shirley Labelda**

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**CONTENTS**

Why a Jewish Vegetarian Society?	3	On Sacrifices in the Temple	21
Turning Words into Deeds	4	25 Things About Garlic	23
Society News	5	Challenging Non-Vegetarians	28
Rabbi David Rosen	7	The Optimum Diet	30
Poem	9	Consumer Corner	34
Dear Sir	10	US Food Chain Animal Friendly	40
Shalom to All	12	Book Reviews	42
National Eczema Week	15	Judaism and Vegetarianism	46
Cookery Corner	16	Classified Advertisements	50

# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

**Support the International Jewish Vegetarian Movement  
- a worldwide fellowship**

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

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

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

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
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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.

## 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.

£100 Mrs M.F.P. Dorset. £15 M.Q.H. Suffolk.  
£12 Mrs E.J. Northampton. £15 Mr M.L. Ilford, Essex.

## BUILDING FUND DONATION – LONDON HQ.

£10 Mr & Mrs D.L.C. Bournemouth, Dorset.

## FRIENDSHIP



## HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa, POB 80, DN Safon Yehuda 90830, Israel. Tel: 972 2 5337059 ext 112. 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. Visit our new website: [www.orr-shalom.org.il](http://www.orr-shalom.org.il)

## DONATIONS RECEIVED:

£15 Ms. E.M. Da C. Kidderminster, Worcs. £13 Mrs. B.P. Radstock, Bath. £12 Mrs. E.J. Northampton. £8 Mrs. D.D. Maidstone, Kent. £5 Mr. A.W. Swindon, Wilts. £5 Mrs. D.Z. Allerton, Liverpool. \$18 Ms. R.A.O. Los Angeles, USA.

# SOCIETY NEWS

## FROM BARKINGSIDE TO BOURNEMOUTH

When my husband retired from working as an electronic engineer and my youngest son completed his 'A' levels, we promised ourselves that we would start a new life in Bournemouth. We had rented a flat in Bournemouth on a regular basis over the past 20 years and fell in love with the area.



Rather than settle for a small flat by the sea, which was originally intended, we decided to buy a large bungalow with a spacious garden 3 miles away from the sea front for the same money! My husband Michael loves his gardening and is currently growing lots of 'organic' vegetables and fruit.

Although previously retired, I now work part time as the Nutritional Counsellor for the Wessex Healthy Living Foundation in Southbourne. It was when I first heard Bertha Klug MBE (who is the founder of the W.H.L.F Clinic and had given a talk at the J.V.S. Headquarters) that I offered to help at her Centre in Southbourne. I have been practicing Nutritional Counselling there since November 2003 and really find it most rewarding. I now also have time to paint and sketch, which I enjoy and find very relaxing.

My youngest son Monty is an undergraduate at Bournemouth University, studying Computer Science, my middle son Gordon has completed his Masters Degree at Middlesex University and is specializing in Market Research, and my eldest son, Harvey has a career in the Metropolitan Police.

As for our social life, we are kept very busy. Michael has joined the Bournemouth Reform Shul Choir as well as a local table tennis club. We have both joined a Jewish Music Circle that meets in members' houses once a month. We also offer our services as voluntary drivers for our local Shul when they have a monthly tea for the elderly and I help out once every two weeks at the Jewish Day Centre doing crafts as well as tutoring, drawing and painting, at a Jewish Art Club.

We are trying very hard not to be too busy as we did come down to Bournemouth for a rest!

Rosalind Berzon BA (Hons). Cert Ed (FE)., R.I.P.H.H. Nutrition and Health

# SOCIETY NEWS

## IJVS – JERUSALEM

On Thursday, July 8<sup>th</sup> 2004 at the Offices of The Society at 8 Balfour Street, Jerusalem, Peleg Yagen Nalli gave a lecture entitled BLUE-GREEN ALGAE.

Blue-Green algae are blue-green freshwater algae also known as AFA. Millions of people all over the world consume this algae. AFA is one of the few dietary products that grow naturally in the wild without man's intervention.

The algae is an organic food of ancient origin that allows the body to use all 48 essential micronutrients in any combination. The algae is also being used to treat Attention Deficit/Hyperactivity Disorder (ADD/ADHD).

One gram of this super food contains the same amount vitamin B12 (150% of the RDA) as in 25 grams of meat and contains the same useable protein as in 13 grams of meat.

Peleg Yagen Nalli has been the distributor of BLUE-GREEN ALGAE for the last 2 years.



### FORWARD NOTICE

PLEASE MAKE A NOTE IN YOUR DIARY THAT THE 5<sup>TH</sup> ANNUAL PHILIP L. PICK MEMORIAL LECTURE WILL TAKE PLACE ON SUNDAY 24<sup>TH</sup> OCTOBER 2004 AT 2.30PM

GUEST SPEAKER: RABBI DAVID ROSEN

### 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.**

# RABBI DAVID ROSEN

Rabbi David Rosen is the Director of the Department for Interreligious Affairs and Director of the Heilbrunn Institute for International Interreligious Understanding of the American Jewish Committee.

From 1975 to 1979, he was the Senior Rabbi of the largest Jewish congregation in South Africa and rabbinic judge on the Ecclesiastical Court (Beth Din). He was also founder/chairman of the Inter-Faith Forum, the Council of Jews, Christians and Muslims.

From 1979 to 1985, Rabbi Rosen was Chief Rabbi of Ireland where he founded, together with the Christian Primates of Ireland, the Irish Council of Christians and Jews. He was a member of the Academic Council as well as lecturer at the Irish School of Ecumenics.

He returned to Israel in 1985 to take up the appointment of Dean at the Sapir Center for Jewish Education and Culture in the Old City of Jerusalem and subsequently became Professor of Jewish Studies at the Jerusalem Center for Near Eastern Studies.

At that time he also served as the Anti Defamation League's Director of Interfaith Relations in Israel and as the ADL's co-liaison to the Vatican. In 1997 he was appointed to the position of Director of the ADL Israel office.

Rabbi Rosen is a founder of the Interreligious Coordinating Council in Israel that embraces some seventy organizations in Israel involved in interfaith relations. He is a member of the Permanent Bilateral Commission of the State of Israel and the Holy See that negotiated the normalization of relations between the two, as well as a member of the Israel Chief Rabbinate's delegation for interreligious dialogue. He is also a member of the International Jewish Committee for Inter-Religious Consultations, which represents organized World Jewry in its relations with other world religious bodies.

Rabbi Rosen is President of the World Conference of Religion for Peace (WCRP), the all-encompassing world inter-faith body (incorporating fifteen religions in over fifty countries), and is a charter member of the International Advisory Committee of the Council for a Parliament of the World's Religions



# RABBI DAVID ROSEN

(CPWR). He is Honorary President of the International Council of Christians and Jews (ICCJ), the umbrella organization for more than thirty national bodies promoting Christian-Jewish relations (the ICCJ'S Abrahamic Forum promotes dialogue between Muslims, Christians and Jews); and a charter member of the World Economic Forum's C-100, a council of 2100 leaders formed for the purpose of improving relations and cooperation between the Muslim and Western worlds.

We are honoured and privileged that Rabbi David Rosen with all his many commitments, has taken time out of his busy schedule, and agreed to be our Guest Speaker at the 5<sup>th</sup> Annual Philip L. Pick Memorial Lecture and we look forward to a most interesting and stimulating afternoon. We are hoping as many members as possible will be able to attend.



**New IJVS E-mail Address**  
**jewishvegetarian@onetel.com**

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"It is illegal for a promoter or a participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join a scheme"  
 "Do not be misled by claims that high earnings are easily achieved"

# POEM

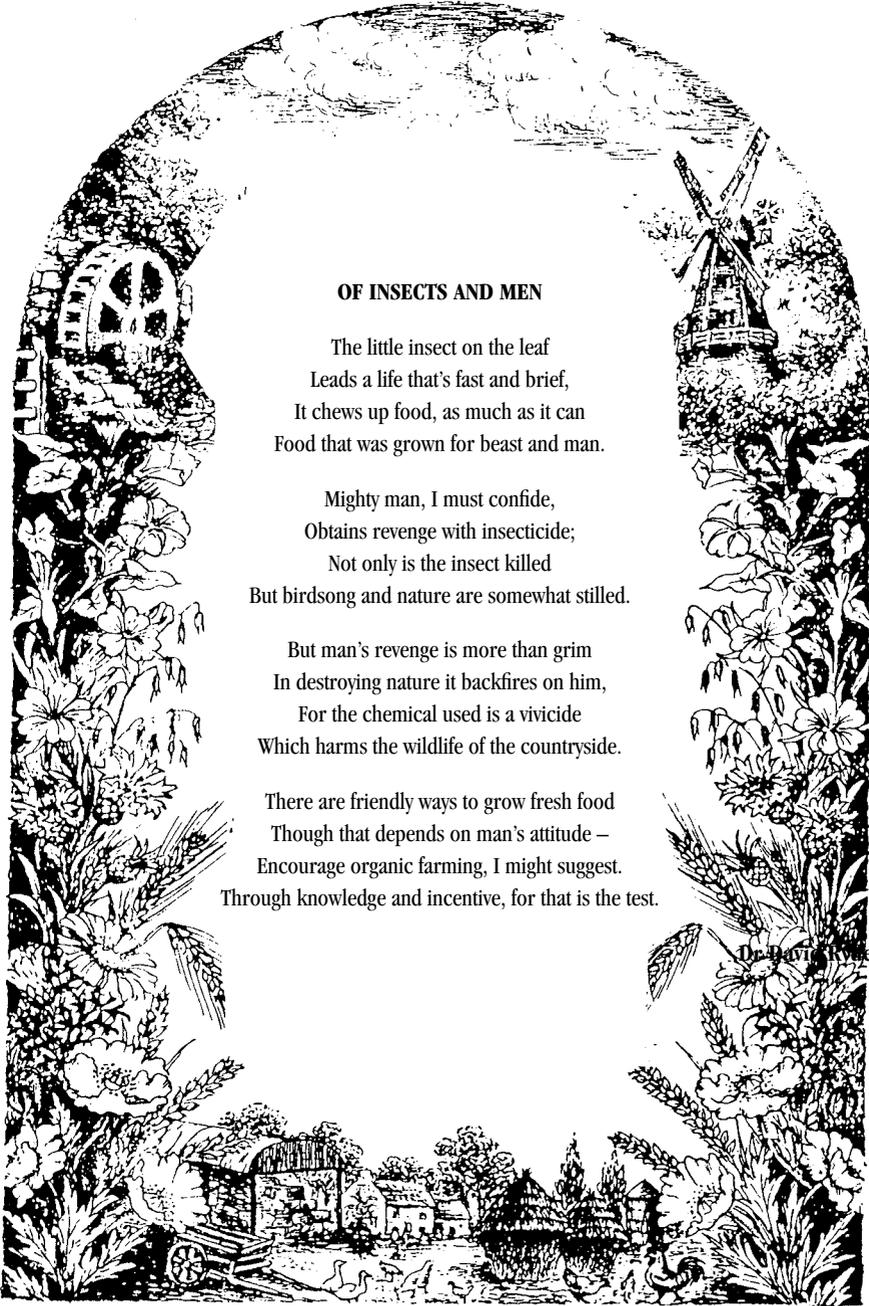
## OF INSECTS AND MEN

The little insect on the leaf  
Leads a life that's fast and brief,  
It chews up food, as much as it can  
Food that was grown for beast and man.

Mighty man, I must confide,  
Obtains revenge with insecticide;  
Not only is the insect killed  
But birdsong and nature are somewhat stilled.

But man's revenge is more than grim  
In destroying nature it backfires on him,  
For the chemical used is a vivicide  
Which harms the wildlife of the countryside.

There are friendly ways to grow fresh food  
Though that depends on man's attitude –  
Encourage organic farming, I might suggest.  
Through knowledge and incentive, for that is the test.



## DEAR SIR

**WITH REFERENCE TO THE ARTICLE FOOD & MOOD – THE LINK, WHICH APPEARED IN THE JUNE ISSUE OF ‘THE JEWISH VEGETARIAN’ WE RECEIVED THE FOLLOWING LETTER.**

Dear Ms Labelda,

We were surprised to see reference to monosodium glutamate in the article ‘Food & Mood – The Link’ in the June issue and are concerned that it will raise unnecessary concern among your readers.

As you may know, monosodium glutamate is the salt of glutamate, an amino acid found naturally in protein-containing foods such as meat, vegetables and milk. The glutamate naturally present in food and the glutamate derived from MSG are identical and the body treats glutamate in exactly the same way whether it comes from a tomato or from monosodium glutamate. Neither MSG nor glutamate have been shown to cause adverse symptoms or allergic reactions.

There are in fact health benefits to be gained from using glutamate in some foods. You are probably aware that doctors are recommending that the amount of salt consumed in the diet of both adults and children be reduced. Using glutamate can reduce the amount of salt required to maintain a good taste, which is relevant to the health of children and adults alike. Taste tests have shown that when the salt level in food is reduced, food palatability decreases. Although glutamate is not salty in itself, using a small amount of MSG in a low sodium product can make it taste as good as its higher salt counterpart. However, MSG contains only one third of the amount of sodium in table salt and it is used at far lower levels, which means that sodium content can be reduced by as much as 30%.

For the reference of your readers, accurate information about glutamate can be found at <http://www.glutamate.org>

Kind regards.

Susan Scott  
enquiries@glutamate.org  
International Glutamate Information Service  
PO Box 38550, London. SW1E 5WP

# DEAR SIR

## **WE HAVE RECEIVED THE FOLLOWING LETTER FROM EILEEN JARVIS – NORTHAMPTON. WHICH IS SELF EXPLANATORY.**

Dear Jewish Vegetarian.

It is a lonely life really as I do not know any other vegetarians. How I wish we could have Voluntary Workshops, in order to make basic items of need for Third World countries, as well as here, such as patchwork covers, wood and string stools and chairs for Third World Schools and bed cases.

Who can I turn to so as to ask for such a workshop in our around Northampton?

I look forward to a reply. Perhaps you could pass my letter on, or perhaps print my letter in the next issue.

Yours faithfully,

Eileen Jarvis  
12 The Crescent, Hackleton, Northampton. NN7 2DJ.

### **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**

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For info: Sales Office - Plamil Foods, 27 Spring Hollow, St. Mary's Bay, Kent TN29 ORL

# SHALOM TO ALL

## **SHALOM TO ALL OUR FRIENDS IN ISRAEL AND ABROAD!**

**FROM ORR SHALOM**

Another year is drawing to a close for Orr Shalom. We are almost at the end of this school year's summary discussions, replacing a few staff members who are leaving, and have begun planning the new homes and programs we hope to implement in the coming year. There's a feeling of completion in the air. The grim economic situation in the country, and the attempt to make the weaker sectors pay the cost is taking a serious toll on the populations-at-risk we treat. Families are becoming poorer, budgets aimed at assisting them are declining, there are fewer programs for helping children, fewer children are being removed from home, and those that are, God help them, are in a very critical state.

All of this puts Orr Shalom, and our programs for helping children who have been removed from their homes, in grave danger. Fewer children are being sent to residential facilities, more children are in terrible situations, we need more staff members, more psychologists, more aid in the homes. Times are hard. And budgets continue to be slashed. In order to cope with these changes, we find ourselves in the midst of a process of reorganization. We are changing the way we run things, and we are also changing our administrative personnel. This is not an easy process, but it is essential in order to strengthen the organization and allow it to face future challenges.

Meirav Didia, former Director of the Rape Victim Treatment Center in Tel Aviv has joined us as the Assistant to the Director with the responsibility for all of our family group homes and as Chief of Operations.

Shai Pinto, a business development consultant and former Director of the Jewish Agency's Education Department Delegation in the UK, is the new Director of our Development Department.

Neta Aran, is wrapping up her work with us in the Development Department. Neta has been an important figure at Orr Shalom in recent years, and has contributed a great deal to making us stronger and help us expand. We thank Neta for her work and wish her good luck in all her future endeavors.

Eileen Steinberg and Debbie Faier, will continue to be involved and creative, and with their assistance we hope to maintain our excellent contact with you.

# SHALOM TO ALL

It is somewhat odd that amid an extremely serious crisis in our welfare system, Orr Shalom continues to be swamped with requests and applications to expand old and open new programs throughout the country. New homes, parent-child centers and various therapeutic after school mini-clubs in locations such as Kiryat Malachi, Ashkelon, Ashdod, Netanya and Bat Yam are only some of the requests. We study each application carefully and try to help in any way we can.

We are preparing to do a much needed renovation on three of our homes in Mevasseret. At the same time, we are urgently seeking funds to carry out summer renovations and refurbishments in our other homes around the country.

Two of our children, one from Beer Sheva and one from Eilat have been chosen to attend Camp Tamarac in Detroit, following the great camp experiences our children and staff have had there in summers past. What an enormous joy for us to see these once broken kids now afforded such an opportunity. Hani, a recent graduate and now Orr Shalom worker in one of our homes in Beer Sheva is working in Camp Ramapo, New York, with emotionally disturbed children. Tzvika, our most talented dancer (to date), has moved out of our graduates apartment and is now dancing with Israel's Bat Sheva Junior Ensemble Dance Company. Tzvika dropped in to tell us all about his recent performances with the Dance Company in the Czech Republic, and to let us know that we are still his family.

As a by-product of our 2002 Graduate's Study, our graduates have become quite interested in having a reunion; they are quite eager to meet one another and their former staff members. We hope to include the graduates reunion in our upcoming 25th Anniversary celebrations; we invite you to join us in one of the many different events that we will be holding.

Joint planning with community members for the establishment of a permanent expanded campus for Friendship Home (Reut) in Jerusalem is nearing completion, and we hope to lay the cornerstone soon. We are also making progress towards the establishment of a permanent Orr Shalom National Center.

Even though we are weighed down by the effect of the deepening financial crisis on the poor and especially on their children, we are still amazed by the vitality of the services we offer and the huge demand for them. This continues to happen due to your enduring love and support. And for

# SHALOM... AGAINST ALL ODDS

this, I once again thank you from the depths of my heart.

We have attached an excerpt of a touching newspaper article 'Against All Odds' that featured Nati, one of our Eilat graduates, now in the army.

Haim Feingold

## **"AGAINST ALL ODDS"**

On the night of December 31, 1996, sometime before midnight, Sima climbed to the roof of the "Eilat Towers." From a height of ten stories she jumped to her death. Nati, Sima's son, was all of 13 years old. It seemed as if life held no hope for Nati. He was all alone in the world. His biological father, who disappeared from his life, never wanted him, and for years he was shunted from one foster family to the next. The establishment considered him a lost cause, and they even diagnosed him as being handicapped and disabled.

In light of the serious situation at home, the social welfare services decided to send Nati to a foster home, for the second time in his short life. Over a period of three years he was sent to different families. "I was in dozens of foster homes. I don't remember how many, and I don't remember who I stayed with. I know that every week they sent me from one family to another, and they always told me, 'It's only temporary.' I don't even remember if I felt good or bad with these families. I do know that from the time 'Orr Shalom' opened in Eilat, and I was the first kid to go there, everything began to improve. I didn't want to stay at home; I wanted to live quietly with normal children. And that's how it was, and from then on I had a home."

He continues, "Everybody loved me. I just felt good with all of them, and always had a supportive network, ever since I entered Orr Shalom. I can't even imagine my life without Orr Shalom. They gave me a home, they gave me love, and they did everything so that I would survive, move forward and advance. There is lots of light in this home. I asked welfare authorities to let me live at the home for another two years, and they let me do so, because it was hard for me to leave what has been, for me, the only home I knew."

Nati's matriculation certificate is displayed on the living room wall in the Orr Shalom home in Eilat. Next to it now is the Certificate of Merit he received from the IDF. His Orr Shalom home is his only home. "The house parents, Haim and Sigal, are my best friends. They are my parents," he says. This past Independence Day, Nati – who is now a sergeant with the Military Police Investigation Unit – stood on the stage at a military base in the center of the

# SHALOM... AGAINST ALL ODDS

country. Eight years after his mother took her own life he was honored as one of the Israel Defense Forces 22 outstanding soldiers.

Nati is certain where he will continue from here. After his release from the IDF he plans on studying at the Wingate Institute, and from there – the sky's the limit. "I definitely want to raise a family, to get married and have children. I know it will happen, but not now. Only life has to offer, the best of everything. Only then will I start a family," Nati declare after I establish myself in life, only after I know that I can give my children the good things.

Against all odds – Nati has won.

Orr Shalom Children's Homes Ltd (See Page 4 – new address)

## NATIONAL ECZEMA WEEK

### 'FOODS MATTER IN MIGRAINE & ECZEMA'

National Eczema Week runs from 18-25th September, and September also sees a symposium on Migraine run by the Migraine Trust – but how many people realise that food intolerance can be a vital factor in both Migraine & Eczema?

Dairy products, wheat, citrus fruit, chocolate, and the deadly nightshade plants (potato, tomato, chillies, aubergines and peppers) can be heavily implicated in both conditions. Indeed infantile eczema is often associated with an allergy to cow's or other animals' milk.

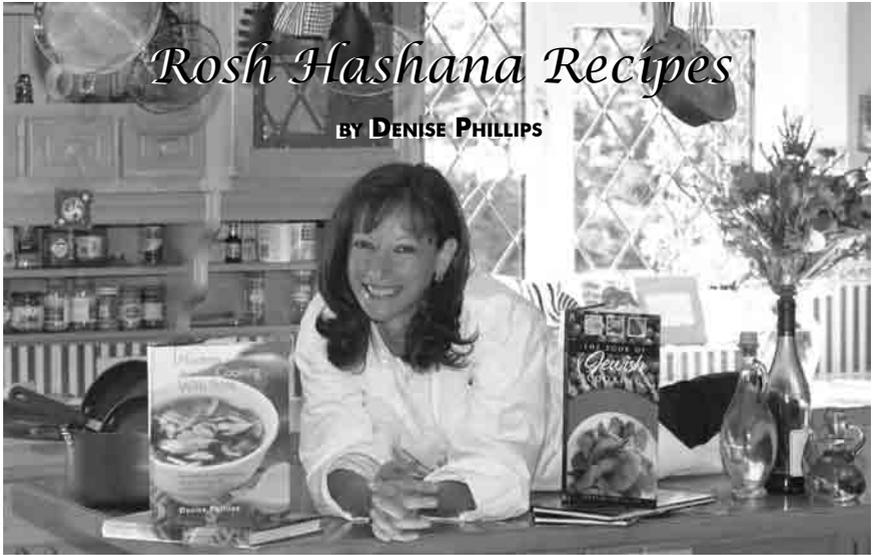
A short experimental exclusion diet of suspect foods is cost free and drug free – and just might prove the answer to your problem.

'Foods Matter' is a monthly subscription magazine which supports anyone on a restricted diet with recipes, product information, specialist articles, research and conference reports, an agony allergy aunt and a children's club.

Michelle Berriedale-Johnson, broadcaster and cookery writer, and the mother of a dairy allergic teenager, founded 'Foods Matter' fifteen years ago when her own son was diagnosed as dairy intolerant.

For more information or a free copy call Michelle or Laura on 020 7722 2866 or check out [www.foodsmatter.com](http://www.foodsmatter.com)

# COOKERY CORNER



## *Rosh Hashana Recipes*

BY DENISE PHILLIPS

Apples are rich in nutrients, high in carbohydrates and full of fibre. However, if they are treated with pesticides or genetically modified should we be eating them? The Farmer's Association and the strict guidelines for Organic produce are helping to ensure our food is safe and its goodness preserved.

I like to write novel recipes of using apples and honey during Rosh Hashanah and for Succoth as unusual ways to stuff vegetables. The following recipes are wonderful examples of both.

### **STILTON, LEEK AND APPLE SOUP**

This is a quick and easy tasty soup. It is rather filling and would make an excellent lunch served with some crusty bread.

(Can be made in advance and will freeze)

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Serves: 6 people – generous portions



# COOKERY CORNER

## Ingredients

2 tablespoons olive oil, 2 large leeks trimmed and roughly chopped, 4 apples peeled, cored and sliced, 75g Stilton crumbled (increase the quantity for a stronger richer flavour.) 900ml vegetable stock, Salt and freshly ground black pepper.

For the garnish: 1 apple cored and finely sliced, 6 sprigs of fresh parsley

## Method

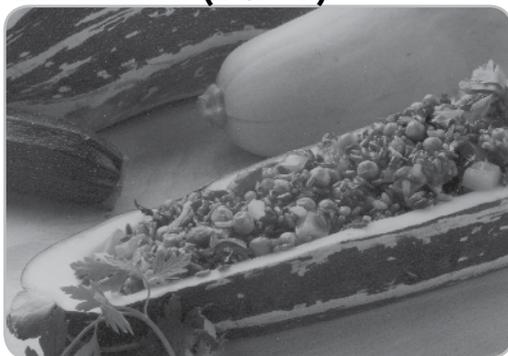
- 1) Heat the olive oil in a large saucepan. Sauté the leeks until soft. This will take approximately 10 minutes.
- 2) Add the chopped apples, stock and season well. Bring to the boil and simmer for 10 minutes.
- 3) Stir in the crumbled Stilton and let it melt in with the cooked vegetables.
- 4) Liquidize half of the mixture and return to the saucepan.
- 5) Check the seasoning before serving.

To serve the stylish way: Ladle the soup into warmed bowls and garnish with thin slivers of apple and sprigs of parsley.

## COLOURFUL FILLED MARROW (SQUASH)

'Can be made in advance  
– Parev'

Make this dish for lunch. When cutting the cooked marrow, use a serrated knife in order to maintain its shape. There are numerous varieties of squash available – the recipe will work with them all. However, you may have to alter the quantities of the filling accordingly. All squash



are gourds with seeds inside. They may be winter squash or summer squash – the winter squash have hard protective skins and the seeds are large and woody whereas the summer squash have delicate skins that are picked when immature and the seeds are edible.

Most varieties of squash tend to taste rather bland, so seasoning is an important element in their cooking. They can be boiled, steamed, roasted.

## COOKERY CORNER

or pureed and are frequently seasoned with spices, such as ginger, cinnamon, garlic, curry, coriander, cumin and caraway.

Red rice originates from Southern France. It has a nutty taste and a firm texture. Its wonderful red colour enhances this unusual vegetarian dish.

Preparation Time: 45 minutes Cooking Time: 1 ¼ hours.

Serves: 4 – as a main course or 6-8 for a starter or as an accompaniment

### Ingredients

1 large marrow (approximately 1.5 kg) cut in half and centre scooped out, 1 red onion peeled and roughly chopped, 2 tablespoons olive oil, 3 cloves garlic peeled and finely chopped, 1 red pepper quartered, deseeded and roughly chopped, 1 yellow pepper quartered, deseeded and roughly chopped, 1 teaspoon dried cumin, 1 teaspoon dried coriander, 2 cm (1 inch) fresh ginger peeled and grated, 150g (5 oz) fresh or frozen peas cooked, 225g (8 oz) red rice, 570ml (1 pint) hot vegetable stock, salt and freshly ground black pepper.

Garnish: 1 bunch of parsley roughly chopped.

### Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Sprinkle salt over the scooped out marrow and leave for 30 minutes to extract the bitter juices. Rinse and pat dry before cooking.
- 3) Mix the chopped onion, garlic, peppers, cumin, coriander, ginger and olive oil on a baking sheet. Season well with salt and freshly ground black pepper.
- 4) Roast for 25 minutes or until nicely golden.
- 5) Place the red rice in a medium-sized saucepan with the hot stock and cook according to the packet instructions. (Try to not over-cook, as this tends to bleach out the wonderful colour.)
- 6) Put the prepared marrow onto a baking tray. Mix the roasted vegetables with the cooked red rice. Stir in the cooked peas and season well.
- 7) Spoon the red rice mixture into the marrow. Cover with foil and place in the oven for 1 hour or until the marrow is soft.

To serve the stylish way: Sprinkle with chopped parsley and cut into portions. Can be served hot, cold or warm.

# COOKERY CORNER

## TOFFEE APPLE CRUMBLE

Can be made in advance –  
Will freeze – Can be Parev

This new twist to an old family favourite is loved by one and all. Slices of succulent apple bathed in thick gooey toffee custard topped with crunchy crumble – what could be better?



Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 8-10 (in one large deep dish or 8 individual ramekins)

### For the Toffee

45g (1½ ozs) unsalted butter or margarine), 55g (2 ozs) dark brown muscavado sugar, 6 tbs golden syrup, 250 mls (½ pint) double cream or soya cream for a Parev option, 2-3 large cooking apples, Skinned, de-cored and finely sliced.

### For the Crumble

75g (3 oz) whole meal flour, 75g (3 oz) plain flour, 55g (2 oz) rolled oats 75g (3 oz) butter or margarine, 75g (3 oz) soft brown sugar, 2 tsp cinnamon

### To Make the Toffee

1. Pre-heat the oven to 180°C (350°/gas mark 4).
2. Make the toffee sauce by heating the butter or margarine, soft brown sugar and golden syrup in a small saucepan.
3. Melt completely and boil for 3 minutes until it is golden brown.
4. Remove from the heat and stir in the cream, mixing well.

### To make the Crumble

Put all the crumble ingredients into a food processor and pulse until they resemble breadcrumbs.

1. Pour the toffee sauce over the sliced apples, coating thoroughly.
2. Cover with the crumble mixture.
3. Bake for 30 minutes.

# COOKERY CORNER

## To Serve

Serve with ice cream or single cream.

## Chef's Tip

Before measuring out golden syrup, dip your spoon into very hot water. This prevents the syrup sticking to the spoon.

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## 'A PERFECT RECIPE FOR A PERFECT MARRIAGE' 5<sup>TH</sup> SEPTEMBER 2004

The Jewish Vegetarian Society would like to extend a hearty Mazeltov to both Denise Phillips and Jeremy Stern on their forthcoming marriage.

We wish them both a long and happy life together.

# ON SACRIFICES IN THE TEMPLE

## ON SACRIFICES IN THE TEMPLE

BY CANTOR ZVI SLOTKI

"Your burnt offerings are not acceptable, and your sacrifices are not pleasing to me." (Jeremiah 6:20)

"True sacrifice to G-d is a contrite spirit" (Psalms 51:19)

The types of living beings that were sacrificed in the Temple were: bulls, sheep, goats and doves.

The sacrifice known as the olah – or burnt offering – consisted of the slaughter of a bull, after which its blood was poured over the altar.

Then the carcass was cut into pieces and placed on the altar where it was completely consumed by fire.

Another type of offering was the mincha – a meal offering – consisting of fine flour, mixed with oil and a little frankincense. This offering, according to Rabbi Isaac HaCohen Kook, the former Chief Rabbi of Israel, will be the standard sacrifice in the rebuilt temple.

In the words of Rabbi Kook: "Sacrifices in the Temple in the Messianic era will consist of vegetarian offerings, and it will be pleasing to G-d as in the days of old." Olat Riya part 1).

According to the former Chief Rabbi of England, Immanuel Jakobovitz, in an essay entitled: "Some Thoughts on Animal Sacrifices in Judaism", which appears in the latest edition of Singer's Prayer book, he states:

"No part of the siddur is more difficult to comprehend than the section on the sacrificial procedure in the ancient temple in Jerusalem.

"The whole section bristles with problems, and the theme itself grates on the sensibilities of many modern minds."

Indeed! And not only on the minds of contemporary thinkers. The prophets in ancient Israel denounced sacrifices in no uncertain terms.

"What need have I of all your sacrifices?" says the L-rd. "I am sated with burnt offerings of rams, and suet of fatlings, and the blood of bulls; and I have no delight in the blood of bullocks, lambs or he-goats" (Isaiah 1:11).

## ON SACRIFICES IN THE TEMPLE

Maimonides, the great halachic scholar, philosopher and rationalist of the middle ages, considered animal sacrifices to be merely an earlier and inferior stage in the development of the Jewish faith.

Since the Israelites had grown accustomed to offering sacrifices to Pagan gods, it would have been almost impossible to turn their thinking suddenly to a religion based on abstract concepts.

Many of the leading prophets of the bible, such as Isaiah, Jeremiah, Amos and Micah emphasized goodness, loving-kindness and justice, as well as obedience to G-d, rather than offering sacrifices.

"For I desire goodness, not sacrifice, obedience to G-d rather than burnt offerings" (Hosea 6:6)

"And what does the L-rd require of you? Only to do justice and to love goodness and walk humbly with your G-d." (Micha 6:8)

The whole question of the slaughter of animals is the subject of heated discussion among Rabbinic authorities.

Rabbi Joseph Albo – a leading scholar of the Middle Ages – wrote: "In the killing of animals, there is cruelty, rage and the accustoming oneself to the bad habit of shedding innocent blood." Book of Principles, Article 3, Chapter 15.

Isaac Bashevis Singer, winner of the Nobel Peace Prize for Literature, stated: "As long as people shed the blood of innocent creatures, there can be no harmony in the world or peace between people."

"Slaughter and justice", he continued, "Cannot dwell together."

Following the destruction of the Second Temple, the sages wisely substituted prayer and study in place of sacrifices.



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# 25 THINGS ABOUT GARLIC

## 25 THINGS ABOUT GARLIC

### FACTS AND TIPS FOR YOU, YOUR PETS AND THE GARDEN!

Throughout history garlic has been recognised for its potential to assist the immune system and kill pathogens in humans, animals and plants. Garlic helps plants avoid blight, black spots and mould. It prevents fleas and ticks in dogs and cats and is known for helping to reduce high blood pressure and cholesterol levels in humans.

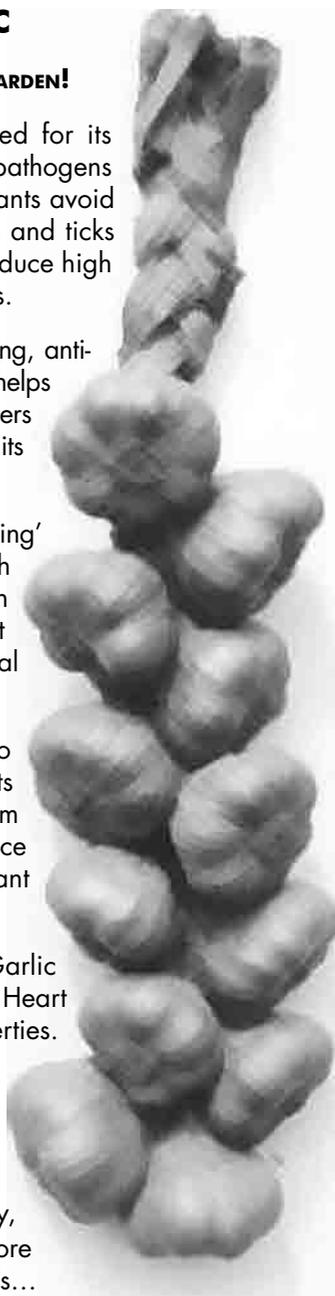
It is the 'allicin' in Garlic that has potential healing, anti-bacterial, anti-viral and anti-parasitic properties. It helps treat a range of every day conditions and researchers at The University of East London are looking into its use to beat the hospital super bug MRSA.

Garlic has established a reputation as an 'all-healing' herb over thousands of years. It was popular with Egyptians, Babylonians and Hebrews and in more recent times during the World Wars when it was used to treat dysentery and prevent bacterial wound infections.

In 1944 an Italian chemist called Cavallito managed to isolate and identify the components responsible for its anti-bacterial activity from extracts of fresh garlic. He called the substance allicin, after the generic name for the garlic plant *Allium Sativum*.

Garlic expert Peter Josling, Director of the Garlic Center in Sussex has written a book called *The Heart of Garlic*, allicin's effective natural healing properties.

The book covers a wide range of ailments and demonstrates treatment regimens using allicin products. These include; asthma, allergies, cystitis, candida, high cholesterol and blood pressure, food poisoning, traveller's tummy, irritable bowel syndrome, coughs, colds, flu, sore throats, parasites, peptic ulcers, warts and wounds... to name a few!



## 25 THINGS ABOUT GARLIC

Here are 25 things you possibly never knew about garlic:

1. The World consumption of garlic per year is approximately 1 clove for every living person.
2. In Germany the Health Ministry has declared that garlic is a medicine for "assisting the dietary treatment of raised blood fat levels".
3. Garlic is a prescription medicine in Germany, Holland and Denmark.
4. Garlic contains minerals such as selenium, sodium, potassium, iron, cobalt, zinc, nitrogen, calcium, chromium, sulphur, magnesium, phosphorous, copper and iodine.
5. Garlic's principle active agent is allicin and your body will get more benefit if you can eat garlic that has been cut into slices as crushing will destroy much of the active 'allicin'.
6. People who are regular garlic consumers tend to have more white blood cells and are able to fight infections more easily.
7. Rub some garlic juice on to finger warts and they will disappear.
8. Garlic is used in Ireland and France to strengthen racehorses and improve their circulation.
9. Spray garlic juice on your plants to keep downy mildew away.
10. Garlic is an excellent anti-oxidant that can reduce harmful free radicals circulating in your body.
11. When new mothers eat lots of raw garlic their newborn babies breast-feed for longer.
12. Give garlic powder to your dogs and cats to prevent fleas and ticks.
13. People in South of England eat twice-as-much garlic as those in Northern France!
14. Garlic does not interact with other prescription medicines.
15. Farmers around the world have found that garlic will help to keep their livestock free from ticks and other parasites.
16. To get rid of moles try placing peeled and cut cloves of garlic in their holes.

# 25 THINGS ABOUT GARLIC

17. Garlic can kill the bacteria responsible for skin, lung, throat and mouth ulcers.
18. In 1982 researchers in America showed that injected garlic extract could reduce the growth of liver cancers in animals by over 50%.
19. Louis Pasteur noted that garlic juice had an antimicrobial effect many years before Alexander Fleming invented penicillin.
20. Garlic can kill bacteria responsible for skin, lung, mouth and throat infections.
21. Take garlic capsules to help ward off mosquitoes.
22. A cure for earache – soak a peeled clove of garlic in olive oil for a few minutes and place it in your ear. The ache will vanish.
23. If you have athlete's foot then simply crush some garlic cloves into a piece of lint and apply regularly to the affected area.
24. The director of the National Cancer Institute in America has said that garlic has the most potential of all foods as a cancer fighting substance.
25. Soak your fingernails in warm water containing a cut clove of garlic. It will keep them strong and prevent splitting.

Copies of the Heart of Garlic book can be purchased direct from:

Natural Health Holdings Price: £16.99

Tel: 01707 376 877 (Monday to Friday)



## PRELIMINARY NOTICE

### **The Annual JVS Supper Quiz**

will take place on

Saturday 15th January 2005 at 7.30pm

Full details will appear in the December issue of the JV

# GARDENER'S CORNER

## 'AUTUMN, 2004'

In 1978 I planted a walnut tree, "Juglans Nigra". They say you plant a walnut tree for your son. Well after twenty-six years we were thrilled to see first the flowers and then some nice round nuts developing, proving that in certain areas nature cannot be rushed. Also about 20 years ago I was given a Hazel nut tree by Dr Emil Just. He was one of the founding members of the Society and one of the kindest and nicest men on this planet. He practiced healing medicine on cases where conventional cures had failed or were not available. He told me that we would get wonderful nuts from this tree, which was a seedling that had been growing in his garden. True enough when it established we had the juiciest nuts from it, but this year it is positively laden with cobs. Every time I look at it I am reminded of Emil who passed away many years ago. Plant a tree to be remembered, as a tree can outlive its planter by 100 or more years.

Emil came from Czechoslovakia where I visited in 1962. I remember that the roads were lined with fruit trees, adding beauty to utility. Probably today we would be worried about pollution or small boys injuring themselves on scrumping expeditions.



*The walnut tree*



*Emil's hazelnut tree*

The wet summer this year has been good for vegetable growing and has allowed the summer flowers to establish themselves without too much watering. Also it has meant no hose pipe bans.

The farmyard manure, which we dug in the spring, coupled with loads of home made compost have resulted in some fine produce. The garlic cloves, which we planted in pots in the greenhouse

# GARDENER'S CORNER

in February and then into the garden at the beginning of May, formed really nice bulbs and as I write this are drying ready to be strung up for the winter, along with the shallots which are the size of small onions and make a very welcome fill-in until the onions are ready, these should be fully grown at the end of August. As I write they are looking promising and have been grown entirely from seed as we find that onion sets tend to bolt and don't over-winter so well.



*At last – a walnut*

Our sweet corn also started in single pots in the greenhouse in April and was planted out in June are now six foot tall and with the cobs coming in the last ten days and already are sending out the whiskers which are the stamens for pollination that allows the corn seeds to develop.

The apples, pears and plums, which we are growing as cordons are in their second year and are bearing a little fruit. They will be ready for summer pruning in August back to three buds per stem to keep them compact.

The butterflies seem less abundant this year, except for the cabbage white, this may be the result of the wet weather and perhaps we will see more of them as the Autumn progresses. We have a fine selection of buddleias,



*Hazelnuts*

blooming over several months, which will attract them in the day, with an equal attraction to moths in the night.

If any reader would like a rooted cutting of Emil's nut tree, these will be supplied, on request, for a donation to the Society and can be ready next spring/summer.

# CHALLENGING NON-VEGETARIANS

## CHALLENGING NON-VEGETARIANS

By **RICHARD H. SCHWARTZ**

Vegetarians, especially those who have recently changed their diets, are generally on the defensive. They must deal with many questions and challenges. Those who eat meat have the support of society, and thus they never consider the consequences of their diet. It is vegetarians who are asked to explain the reasons for their diet, rather than those who support the cruel treatment and unnecessary slaughter of animals that an animal-centered diet requires.

Perhaps there are times when vegetarians should take the offensive in conversations with meat eaters. To that end, responses to questions can be used to teach others basic ideas, which can help show the benefits of vegetarianism and its consistency with Jewish values.

Here are some questions that can help politely and respectfully “turn the tables” on non-vegetarians:

- Do you know about the cruelty related to raising animals for food today?
- Are you aware of the links between meat eating and heart disease, cancer, and other degenerative diseases?
- Could you visit a slaughterhouse or kill an animal yourself?
- Do you know that while millions die annually of starvation, 70% of the grain grown in the United States and 40% of the grain grown worldwide is fed to animals destined for slaughter?
- Are you aware of the consequences of animal-centered diets with regard to pollution, destruction of tropical rain forests and other habitats, use of land, water, other resources and global climate change?
- Since Jews are only permitted to kill animals to meet an essential human need, and it is not necessary to consume animal products in order to maintain good health (the contrary is the case), can we justify the slaughtering of animals for food?
- Can we justify the force-feeding of ducks and geese to create pate de foie gras? Can we justify taking day-old calves from their mothers so that they can be confined in cramped crates and killed so that people can eat veal? Can we justify the killing of over 250 million male chicks in

# CHALLENGING NON-VEGETARIANS

the U.S. alone immediately after birth at egg-laying hatcheries because they cannot produce eggs and have not been genetically programmed to have enough flesh to make it profitable to raise them for slaughter? Can we justify artificially impregnating cows every year so that we can continue to drink milk intended for their calves? Can we justify the many other horrors of factory farming?

- Since our sages state that we do not know the true value or reward for one mitzvah as compared with another, why do we seek to build fences around certain ritual mitzvot while often ignoring other mitzvot such as tikkun olam (repair the world), bal tashchit (do not waste resources), bakesh shalom v'rodef shalom (seek peace and pursue it), and tsa'ar ba'alei chayim (do not cause "pain to living creatures")? By doing so, do we miss the forest for the trees?
- Do you know that vegetarianism is the diet most consistent with Jewish values?

By keeping the focus on questions and issues such as these and avoiding being distracted by relatively minor issues, we can make great progress in getting vegetarianism onto the Jewish agenda and others.



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# THE OPTIMUM DIET

## IN SEARCH OF THE OPTIMUM DIET FOR HUMANKIND

BY DR GINA SHAW

Many people are misled into believing that our natural diet is that of a carnivore, having listened to false claims that we have 'meat eating' teeth and that we allegedly started out as hunter/gatherers. In this article, I will seek to get at the truth about what really constitutes our natural diet.

Scientifically speaking, we need to look at our certain anatomical and physiological characteristics to begin to solve this puzzle. In particular, we will need to look at our teeth, intestines and our stomach and its chemistry and other chemical considerations as well as our ability to catch potential prey, etc.

### **Comparative Anatomy and Physiology**

When we look at the anatomy of other types of animals, as well as our own, we find that our anatomy and digestive system are totally dissimilar to those of carnivores. Carnivores have sharp claws and teeth for killing and tearing, as you will quickly appreciate if you own a cat. It really hurts when a cat bites or scratches you due to their natural prey-catching tools! They have short intestinal canals and strong secretions of hydrochloric acid, so as to quickly digest and expel the waste products of the flesh they consume, before putrefaction can occur. Flesh foods are the most putrefactive of all foods, which means, simply put, that they rot very quickly. Carnivores are able to secrete an enzyme called Uri case, which breaks down uric acid, from flesh foods, into a harmless substance called Allenton, however, humans do not possess this enzyme.

The length of the alimentary canal is approximately three times the length of the body in carnivorous animals, however it is ten times the length of the body in omnivores and twelve times the length of the body in anthropoid apes, which includes us, humans. These figures are approximate and, in fact, some books give the length of the human alimentary canal as approximately thirty feet, but the fact of the matter is that the alimentary canal of human beings is comparable only to anthropoid apes who are frugivores by nature. From this, we can clearly see that rapidly putrefying flesh foods have the ability to cause havoc in our digestive system.

There are also other facts, which make flesh foods a very poor option for the human body. The human digestive tract is sacculated, for the express purpose of retaining the food as long as possible in the intestine until all possible nutriment has been extracted from it, and our gastric juices contain

# THE OPTIMUM DIET

less germicidal and antiseptic properties than that of a carnivore. These are the worst possible conditions for the processing of flesh foods. Thus, rapidly decaying flesh foods will most likely putrefy in the human digestive tract.

Another concern of including flesh foods in the human diet would be regarding the excessive secretion of bile (necessitated for the digestion of flesh foods) which may result in the premature breakdown of the liver and the large quantities of uric acid created by a flesh diet may have disastrous effects on the kidneys (as well as forming crystals which cause arthritis, etc.). Dr Robert Perk says that the excess of uric acid "causes contraction of the minute blood vessels, resulting in high arterial tension and often the blocking of the blood vessels by the uric acid. This results in serious interference with the circulation and blood supply to the tissues and throws great strain on the vital organs, especially the heart and kidneys."

As mentioned, when humans eat flesh, it tends to undergo a process of decay in the stomach or intestinal tract causing a poisoning of the blood. Putrefaction in meat-eaters is evidenced by bad breath, heartburn, eructations and smelly stools and it is probable that the attempts of the body to eliminate these wastes has a profound influence on the shortening of our life span.

If the body fluid that bathes our cells is overloaded with waste, causing an excessive secretion of bile and fatigue, weakening and ageing are the inevitable results. The accumulation of toxic substances in the body causes the deterioration of the intestinal flora and the blood vessels gradually lose their natural elasticity – their walls become hardened and thickened and irreversible damage to the organism will then inevitably occur.

If you have a cat or you've watched documentaries on TV about panthers, cheetahs, tigers, etc., you'll probably know that they are extremely fast runners. Can humans run that fast to catch their prey? I think you'll find the answer to this question is a categorical 'no'. Likewise, do you relish the thought of sinking your teeth into a live cow or a chicken? Again, I'm sure your answer will be 'no'. Does a small child look at an animal and think 'Mmm, there's my dinner' or do they want to pet and play with it? This is more evidence that we cannot ignore and this comes from a psychological point of view.

## **Health Problems**

The hardest thing for the human body to digest is cooked animal protein – it leaves us feeling very weak and tired. Protein, being the most complex of all food elements, makes its utilization the most complicated. Those people

## THE OPTIMUM DIET

with an impaired digestion will find it preferable to ingest a lesser quantity of concentrated protein such as that found in plant proteins of which they will be more capable of utilising, rather than a greater quantity which not only cannot be processed efficiently, but which may poison the body. This is because when protein is eaten in greater amounts than the body is capable of utilising, the organism is subjected to the toxic by-products of protein metabolism, which it has been unable to eliminate – and the inevitable result is degenerative disease.

Meat passes very slowly through the human digestive system, which is not designed to digest it. In fact, flesh foods can take about 5 days to pass out of the body (plant foods take about 1½ days). During this time the disease-causing products of decaying meat are in constant contact with the digestive organs. The habit of eating animal flesh in its characteristic state of decomposition creates a poisonous state in the colon and wears out the intestinal tract prematurely.

Often poisonous bacteria present in flesh foods are not destroyed by cooking, especially if the meat is undercooked, barbecued, or roasted on a spit – these are notorious sources of infection. The stomach will attempt to break down animal flesh with chemicals, which are ill equipped to handle flesh foods as we have such a low amount of hydrochloric acid, as compared with carnivorous animals. This hydrochloric acid we do have is also low in acidity, as compared to a carnivorous animal. Then the animal flesh passes into the small intestine until it comes to the ileocaecal valve. Passing through the ileocecal valve it enters the caecum, which is at the base of the ascending colon. From here the second stage of digestion starts. The chime becomes a seething mass of intestinal flora. This we cannot avoid. When dead bodies are incorporated in our food, the flora is putrefactive and their mission is to destroy. From the colon, they are drawn into the bloodstream by suction and, as they circulate around the body, disease or sickness is the inevitable result. On a fruit and vegetation diet, on the other hand, our body's natural flora are fermentative and break down this type of food – they are not pathogenic and are quite harmless to the body.

British and American scientists who have studied the intestinal bacteria of meat-eaters as compared to vegetarians and have found significant differences. The bacteria in the meat eaters' intestines react with digestive juices to produce chemicals, which have been found to cause bowel cancer. This may explain why cancer of the bowel is very prevalent in meat-eating areas like North America and Western Europe, while it is extremely rare in

# THE OPTIMUM DIET

vegetarian countries such as India. In the U.S., bowel cancer is the second most common form of cancer (second only to lung cancer). Conversely, of the terrified animal. This is commonly referred to as 'pain poisoning'. An animal's cellular life continues after death. The cells continue to produce waste materials, which are trapped in the blood and decaying tissues. The nitrogenous extracts, which are trapped in the animal's muscles, are partially responsible for the flavour of the cooked meat. Just before and during the agony of being slaughtered, the biochemistry of the terrified animal undergoes profound changes. During times of intense rage or fear, animals, no less than humans, undergo profound biochemical changes in dangerous situations. The hormone level in the animal's blood – especially the hormone adrenaline – changes radically as they see other animals dying around them and they struggle futilely for life and freedom. These large amounts of hormones remain in the meat and later poison the human tissue. According to the Nutrition Institute of America "The flesh of an animal carcass is loaded with toxic blood and other waste by-products'

Therefore, toxic by-products in animal flesh are forced throughout the body and it poisons the entire carcass. The flesh is invaded by a putrefactive virus, which are nature's scavengers to get rid of dead bodies. As soon as an animal is killed, proteins in its body coagulate, and self-destruct enzymes are released (unlike slow decaying plants which have a rigid cell wall). Soon denatured substances called ptomaines are formed. Due to these ptomaines that are released immediately after death, animal flesh and eggs have a common property – extremely rapid decomposition and putrefaction. By the time the animal is slaughtered, placed in cold storage, "aged", transported to the butcher's shop or supermarket and purchased, brought home, stored, prepared and eaten, one can imagine what stage of decay one's dinner is in.

In conclusion so far, I think that the above serves to prove a very important point here, that humans are not flesh eaters and that flesh and animal products only serve to destroy the human body, leading to premature ageing and shorten the lifespan of humanity. In the next part of this article, we will seek further to solve the puzzle as to what really is the optimum diet for humankind, now that we have ruled out that of a carnivore.

Dr Gina Shaw is a Health and Nutrition Consultant, author, lecturer and runs health retreats in Devon and Cornwall, England. For further details, please contact [DrGinaShaw@aol.com](mailto:DrGinaShaw@aol.com) or (01626) 352Y65.

## CONSUMER CORNER

### HEARTY'S SOY NUTS & SOY CRUNCHIES

Aimed at the snack food producer, Hearty's Soy Nuts from specialist food company Harvey Mercer are now available in premium quality 'Stay Fresh Foil'. The tasty healthy snacks are also being presented as 'whole roasted beans' for even greater appeal in both flavour and appearance. Soy Nuts are available in three fantastic varieties: Salted, Barbeque and Chocolate coated.

Hearty's have also launched the all-new 'Soy Crunchies', a delicious high protein, and low carb snack, currently available in Sour Cream and Onion flavour.

Vanessa Brown, Head of Corporate relations at The Vegetarian Society said: "We are really pleased to approve Hearty's soy snacks. Not only are they great for vegetarians, they are delicious, GM free and suitable for gluten free diets!"

Hearty's NPD for 2004

Hearty's Soy Crunchies

Mexican Salsa

Hearty's Soy Chips

Salt & Vinegar.

Hearty's Soy Nut Clusters

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Cranberry & Orange

For further information please visit

[www.heartys.co.uk](http://www.heartys.co.uk)

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# CONSUMER CORNER

- Love – A blend of chamomile and rose designed to bring harmony to the heart.
- Pleasure – A blissful combination of cocoa and sweet cinnamon for indulging the senses.
- Clarity – The smooth, tangy marriage of ginger and lemongrass to focus the mind.
- Detox – The clean, balancing sensation of aniseed and fennel, for bringing balance to the digestive system.

Approved by The Vegetarian Society the new blends offer something quite unique in the herbal tea market. Pukka Herbs new range is also approved by The Soil Association.

For further information  
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## NEW ETHICAL TRADE BREAKFAST CEREAL

The first food to be awarded the new Ethical Organic mark is Doves Farm Foods Bio Biz breakfast cereal. It is made with finely flaked ethical organic wheat sweetened with malt extract and compressed into the well-known breakfast biscuit rectangle. Only wheat from farmers who have also submitted themselves to Ethical Trade inspection is used in Bio Biz.



Doves Farm Foods pioneered organic food sales in the late 70's and early 80's, creating a distinctive brand with a trusted reputation. The company product range includes home baking flour, biscuits and snack bars as well as several breakfast cereals.

The standards for Ethical Organic trade which link together British farmers and processors, were drawn up by the Soil Association over a two-year

## CONSUMER CORNER

consultation period. In addition to following organic standards, participants are scrutinised to ensure their activities do not conflict with care for the environment, human health or animal welfare.

Ethical Organic Bio Biz cereal is available in all branches of Holland & Barrett, Booths and Waitrose retailing at £1.79p for 24 biscuits.

### **NOTHING FISHY ABOUT CARMEL WINES**

Carmel wines receive Vegetarian and Vegan Society approval.

Carmel Winery, the leading and largest winery in Israel, has received Vegetarian and Vegan Society approval for their wide portfolio of wines. People are fully aware that a vegetarian is someone who has a diet, which excludes meat, poultry, game, fish, and any other of these by-products, and that a vegan avoids all animal products including milk and eggs.

Carmel wines do not use gelatine, isinglass or any animal or fish by-products for fining or clarification. Nor does the winery use egg whites or casein – a dairy derivative, as is the practice in some companies. The use of animal fat based soaps or cleaning materials for equipment is also prohibited. Only non-chemical, vegetable based cleaning agents are used. The kosher label found on all Carmel wines, is an absolute guarantee that only the purest ingredients are used in production from the vineyard to the bottle. In fact the word Kosher means 'pure'. Carmel wines provide a more natural, unadulterated product than is otherwise generally available.

Vanessa Brown of The Vegetarian Society said: "The Vegetarian Society is please to approve Carmel Wines. No matter what your dietary preferences may be. Carmel offers wine lovers all over the world, a drink they can enjoy together".

Tony Bishop-Weston of The Vegan Society said: "Having tried to buy a range of wines for my vegan wedding, I know what a nightmare it is. With Carmel now using our trademark it will make life so much easier for caring and environmentally conscious people who would prefer animal free shopping."

Carmel has been continuously producing wines as well as award-winning brandies and liqueurs for over 100 years and continues to be one of Israel's most recognisable and successful producers. The vineyards cover Upper

# CONSUMER CORNER

Galilee in the North to Arad in the South of Israel. Israeli wine production and viticulture has undergone a technological revolution in the last fifteen years, and as a result, awards, listings and international recognition have been received. Israel now represents a new, exotic wine region – a new world wine country from one of the oldest wine regions in the world.

Carmel wines are available from major supermarkets and specialist wine merchants.

## SALT OF THE EARTH

Overuse of salt in the UK diet and ready-made meals is currently a high profile subject amongst medical experts and leading nutritionists.

The average British adult eats approx 12g of salt (sodium chloride) per day, with the recommended quantity being only 5g to maintain good health. Excess salt consumption can lead to high blood pressure one of the main causes of heart attacks and strokes. Furthermore too much salt can cause water retention that can also lead to other health problems.

Daily use of SOLO Low Sodium Salt helps to reduce the daily amount of sodium by 60%. Manufactured by The Low Sodium Salt Company, SOLO is the only salt low in sodium and enriched with magnesium and potassium, and other essential minerals: 41% sodium chloride, 41% potassium chloride, 17% magnesium salts and being a sea salt it also provides other trace minerals including selenium, zinc and chromium. According to health professionals, these proportions are considered to be "near perfect" to maintain a healthy diet.

In an attempt to encourage the British population to change habit from normal table salt to a low sodium type, SOLO is offering to reimburse everyone who purchases its 350g refill pack of Low Sodium Salt – all customers have to do, is to return the till receipt and they will receive a cheque for the full amount as well as the postage costs – in effect every SOLO purchaser will have a FREE pack of SOLO Low Sodium Salt, while stocks last! This promotion runs until the end of 2004 by which time it is hoped the general public will be educated into using a SOLO Low Sodium Salt.

With a growing proportion of the population suffering from a magnesium

## CONSUMER CORNER

deficiency this can give rise to diabetes and other kidney problems. The inclusion of potassium and magnesium help to minimize the risks of high blood pressure the major cause of heart attacks and strokes. In line with medical and Government concerns over the increasing problems of overweight and obesity, SOLO is recommended by medical practitioners in place of regular salt.

SOLO comes in two sizes, a 200g re-usable dishwasher-proof shaker and a 350g-refill pack.

For further information please visit the Solo website:  
[www.soloscasalt.com](http://www.soloscasalt.com) or contact the Low Sodium Sea Salt Company's  
 Helpline on 0845 1304568

### EASE ECZEMA NATURALLY

TIMELY ADVICE FROM BAREFOOT BOTANICALS FOR  
**NATIONAL ECZEMA WEEK, SEPTEMBER 18-24, 2004**



Pure plant power can help ease eczema misery. The SOS range from natural skincare company Barefoot Botanicals harnesses nature's own healers to tackle dry, parched, cracked and itching skin.

This is welcome news for the 1 in 12 adults and 1/5 school aged children suffering from eczema in the UK. Many will be using hydrocortisone creams unaware that they actually thin the skin (as quickly as within 10 days) and can also drive the disease deeper into the skin. Others will be in a steroid cream trap. While holding eczema symptoms at bay, these creams don't actually rid the body of the condition. As soon the treatment stops, another flare up starts.

The SOS Rescue Cream, Bath Oil, Shampoo and Conditioner are 100% natural with no trace of synthetic preservatives, emulsifiers, colours or perfumes. They are packed with active, botanical ingredients and contain natural essential fatty acids and the herb Mahonia, known to soften scaly,

# CONSUMER CORNER

flaky skin. The SOS products penetrate into the skin. Here the essential oils and herbs get to work, settling the inflamed skin and easing the classic 'withdrawal' symptoms people often suffer when coming off steroid treatments.

Calendula and Aloe Vera calm the itchiness that afflicts sufferers while Jojoba and Shea Butter moisturise the skin. Evening Primrose and Borage condition the skin deep down while Lavender, Camomile and Neroli soothe inflamed skin and give an uplifting, luxurious scent.

SOS Intensive Skin Rescue Cream (£8.95, 50g/£14.95, 100g) comprises herbal extracts, vitamins and soothing nutrients blended in a smooth Shea butter cream base. It feels luxurious and has a sensual aroma of lavender, neroli and chamomile plant oils. It is suitable for everyday use and is suitable for sensitive skins and children.

SOS Intensive Skin Rescue Bath Oil (£14.95, 200ml) soothes and hydrates the skin. It creates a luxurious bath and its rich blend of the finest plant oils and essential vitamins soothes sore skin. Meanwhile, the calming aroma of lavender, neroli and chamomile oils fills the air. It comes in a concentrated form so just two thirds of a capful is needed for a bath: each bottle provides 20 baths. Even better, it has coconut extracts to disperse the oil in the bath and make cleaning it easier.

SOS Hair & Scalp Rescue Shampoo & SOS Hair & Scalp Rescue Conditioner (Each £9.95; 200ml)

A rich combination of 24 organic plant extracts, essential oils, vitamins and nutrients give hair strength and lustre while soothing and nourishing the scalp. Used regularly, both products may help prevent dry, itchy and scaly scalps.

"So many creams used to combat eczema are unpleasant to use," says practising homeopath Jonathan Stallick, co-founder of Barefoot Botanicals. "In addition, many steroid creams are addictive and, after time, many people find their skin no longer responds to such treatment," he continues. "Our SOS range offers people an alternative way to support treatment of this condition. We have selected the best botanical ingredients to naturally help promote healthy skin. Even better, it's a joy to use," he concludes.

SOS can be found at good health food shops, Harrods, Fresh & Wild or bought online at [www.barefoot-botanicals.com](http://www.barefoot-botanicals.com) or by mail order on 0870 220 2273

# US FOOD CHAIN ANIMAL FRIENDLY

## US FOOD CHAIN ENTERS UK WITH ANIMAL WELFARE AS A PRIORITY

### WHOLE FOODS DEMANDS HIGHEST-EVER STANDARDS!

The gauntlet has been thrown down by quality US supermarket chain, Whole Foods Market, with its recent purchase of the UK Fresh & Wild supermarket chain. Whole Foods Market has made animal welfare one of their top priorities and its high standards expose the 'animal friendly' claims of other British supermarkets as being little more than marketing hype.

With 145 stores in the US, annual growth of 21 per cent and a turnover approaching \$4 billion, Whole Foods recently transformed its attitude to animals after a two-year long campaign against it by animal group Viva! USA, founded by the Bristol-based British group, Viva! Late last year Whole Foods' CEO, John Mackey conceded that Viva! was correct that Whole Foods Market's standards needed to be higher in order to maintain good animal welfare standards. Following discussions with Viva!'s US campaigns director, Lauren Ornelas, Mackey researched the issues on his own and ultimately took the step of becoming vegan once he became convinced of the inherent animal cruelty involved in modern livestock production and slaughter.

In a press statement issued by Viva! USA, Mackey stated that Whole Foods Market would seek animal welfare improvements from its duck meat supplier along with an end to that supplier's involvement in the foie gras market. Since then, Whole Foods Market has been working with their suppliers and animal welfare organizations, including Viva! USA, to draw up new and vastly improved 'animal compassionate' standards, beginning with ducks. Access to fresh air, water for swimming, the ability to roost and to forage are amongst the requirements, all of which are entirely denied most UK ducks.

"Whole Foods is helping to create a paradigm shift in the way farm animals are treated", says John Mackey. "We don't want incremental change that leaves the industrial farming model still operable. We are committing to a revolution. We are starting with ducks and are going to go on to all other species. We intend to bring all interested parties to the table, including animal welfare bodies" Viva! , of course, will be amongst them!

Speaking from Bristol, Juliet Gellatley Viva!'s international director says "This is a momentous victory for Viva! And we congratulate John Mackey's honesty. We just wish other CEOs would also admit the obvious. With Whole Foods' intention to bring similar standards to Britain, this could

# US FOOD CHAIN ANIMAL FRIENDLY

certainly be a revolution for farmed animals. It will also expose as utterly hypocritical the claims of our mainstream supermarkets to care about animal welfare. They are the driving force behind factory farming, which they cloak with spin and phoney assurance schemes, as Viva! had exposed time and again.

“Every time we go behind the closed doors of a factory farm and produce footage showing just how appalling the conditions are for animals, our evidence is met with denials. Our recent expose of the conditions on a Tesco pig farm was dismissed with the claim that the RSPCA had inspected the animals and found no abuses. This was entirely untrue and Tesco know this. They also know it is impossible for anyone to check, so secretive is modern farming”, concludes Ms Gellatley.

For further information contact  
Tony Wardle or Juliet Gellatley on 0117 944 1000

## Other Viva! Campaigns:

**Viva!** Virtually ended the sale of ‘exotic’ meats such as kangaroo, ostrich and emu, when 1.500 supermarkets emptied their shelves. Brought the UK ostrich industry to its knees.

**Viva!** Exposed the dreadful conditions inside Bernard Matthews’ turkey factory farms. Turkey sales dropped.

**Viva!** Was the first to expose the factory farming of ducks in Britain, ended the painful practice of debeaking and brought about welfare improvements.

**Viva!** Pig in Hell campaign revealed the disgrace of modern pig production with covert footage of 30 plus farms. Pork sales declined.

**Viva!** Poland credited by the country’s chief vet with slashing live horse exports to Italy for meat.

# BOOK REVIEWS

## **"GOD'S NUTRITIONIST"**

**PEARLS OF WISDOM FROM ELLEN G. WHITE**

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



The Talmud teaches: "Who is the wise person? The one who learns from every person."

In that spirit, I believe there is much that we can learn from the 500 selections on health and nutrition that Robert Cohen has skilfully selected and organized from the writings of Ellen G. White.

Ellen White, founder of the Seventh Day Adventist movement, was an extremely prolific writer, with dozens of books, many pamphlets, and thousands of articles, on a wide variety of topics. Her 50,000 pages of manuscript have been translated into 140 languages.

At a time when so many people are afflicted with heart disease, several forms of cancer, and other chronic degenerative diseases, and nutritional misconceptions are so widespread, Ellen White's eloquent nutritional advice is badly needed, and Robert Cohen has done a great service by making them more accessible. Consistent with the Jewish vegetarian message, White bases her approach on God's first dietary regimen (Genesis 1:29), which was strictly vegan. Here is one example of her many valuable suggestions:

Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our creator. These foods, prepared in a simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigour of excellence that are not afforded by a more complex and stimulating diet. (Ministry of Healing 1905).

This essential message is discussed and elaborated on in the 499 additional selections that Cohen has chosen. If only her advice was heeded, we would have far healthier people and a healthier planet.

White's nutritional advice, although mostly written over 100 years ago, shows the wisdom of the vegan lifestyle. Cohen reinforces the correctness of her statements by interspersing over one hundred quotations and references from scientific journals. All are worth considering, but here are just a few examples: With the exception of tobacco consumption, diet is probably the most important factor in the aetiology of human cancer. (Toxicology, December 2002). Mortality from coronary artery disease is lower in vegetarians than

# BOOK REVIEWS

in non-vegetarians, (British Medical Journal, 1994)

A vegetarian diet can prevent 97% of coronary occlusions. (Journal of the American Medical Association, 1961).

Perhaps the book's message can be summed up in its quotation below:

"The beef industry has contributed to more American deaths than all the wars in this century, all natural disasters, and all automobile accidents combined. If beef is your idea of real food for real people, you'd better live real close to a real good hospital. (Neal Barnard, M.D., Physicians committee for Responsible Medicine).

Since a switch toward vegetarianism is an important individual choice today, but also a spiritual imperative and a societal imperative, necessary to revitalize our religions and move our imperilled planet to a more sustainable path, I hope that God's Nutritionist is widely read and widely heeded.

Edited by Robert Cohen, 'Square One' Publishers, 2004, Paperback Edition \$16.95

## **THE ORGANIC DIRECTORY 2004-2005**

**COMPILED & EDITED BY CLIVE LITCHFIELD**

**FOREWORD BY HUGH FEARNLEY-WHITTINGSTALL**

Covering the whole of the UK, and organised on a county-by-county basis, The Organic Directory gives names, addresses, phone numbers, email addresses and websites of retailers, producers, wholesalers and manufacturers of organic food in the UK. It also includes:

- Places to stay, such as B&B on organic smallholdings.
- Places to take the children, from organic farms with nature trails to working windmills.
- Restaurants who use organic produce where available.
- Educational organisations, such as World Wide Opportunities on Organic Farms.

Besides having a comprehensive index, there is a separate index of providers

## BOOK REVIEWS

of eco-products, including toiletries, cosmetics, cleaning materials, paints etc. The Organic Directory also includes details of labelling schemes for organic produce and clarification of terms like 'organic' and 'biodynamic'.

Whether you want to join a local organic veg box scheme or find out where you can buy direct from your local organic farm, you will find it all in The Organic Directory.

Published by Green Books together with the Soil Association Price £6. 95 plus P&P £1.50. Available from JVS.

### **THE GATE VEGETARIAN COOKBOOK**

**BY ADRIAN AND MICHAEL DANIEL**

The Gate, Arguably the best vegetarian restaurant in London, finally shares its secrets in an imaginative book of beautifully created dishes. Adrian and Michael Daniel present elegant, innovative and irresistible foods, which are both delicious and healthy. The unusual and yet simple-to-prepare range of dishes raises vegetarian cuisine to new levels, enticing anyone to explore food that will surprise and delight both vegetarians and meat-eaters.

Adrian and Michael Daniel have Indo-Iraqi origins, and much of their food combines the flavours and techniques of these two cultures. Vegetarian books are almost always exclusively 'wholefood' or 'Mediterranean, but by bringing together mainly Middle Eastern, Mediterranean and Asian ingredients, The Gate offers a third way. For vegetarians wanting to expand their choice of meals or meat eaters aiming to lower their meat intake without compromising flavour and texture. The Gate's sophisticated and refreshing approach combines world cuisines to give simple dishes with great depth of flavour.

There are recipes for every occasion, from after work to dinner parties, as well as quick ideas for soups and pastas. The Gate Vegetarian Cookbook also includes features on cooking techniques for the more tricky elements that are central to food such as dumplings, fritters and gnocchi as well as how to prepare less commonly used vegetables such as artichokes and okra.

Adrian and Michael Daniel, who together run and cook at The Gate, opened The Gate in Hammersmith, London in 1989 to great critical acclaim, and in 1993 the restaurant won the Time Out Best Vegetarian Meal Award.

# BOOK REVIEWS

This hardback book with Photographs by Georgina Glynn-Smith, would make an ideal Chanukah gift. Published by Mitchell Beazley and is an imprint of Octopus Publishing Group. Price £25.00 plus P&P £5.00. Available from JVS.

## **MONSOON DIARY**

### **REVERIES AND RECIPES FROM SOUTH INDIA**

**BY SHOBA NARAYAN**

A captivating and entertaining memoir of growing up in India, interspersed with authentic recipes from the region.

Food and cooking have always played an important role in Shoba Narayan's life, from her *choru-unnaal* ('rice-eating') ceremony in the temple in Kerala at six months, to preparing meals for her parents and in-laws as a newly wed. Indeed, her cooking skills have been the key to opportunities she might otherwise only have been able to dream of: persuading her family to let her take up a university scholarship in America; raising funds to pay for an extra year's study in the States.

Shoba was born in South India. For a few years, she lived with her maternal grandparents, a time she remembers with fondness – listening to their stories, watching her grandmother preparing traditional Indian dishes and visiting the colourful markets to buy spices, breads and snacks. Returning home to her parents, her days were filled with watching the comings and goings of the numerous visitors – the milkman with cows named after his wives, the iron man who pressed clothes under a mango tree and the poor flower seller whose dream was to own a gold necklace. At school, and mixing with children of varying religions and cultures, Shoba was introduced to new culinary experiences – the opening of lunch boxes to reveal the delights inside. This was a highlight of her day.

Shoba is now a food and travel writer and has written for a variety of publications including *Newsweek*, the *New York Times* and the *Wall Street Journal*. She won the James Beard Foundation's MFK Fisher Award for her story *The God of Small Feasts*.

Published by Bantam Books Price £7.99. Plus P&P £1.00. Available from JVS.

# JUDAISM AND VEGETARIANISM

## **ARTICLE BY RABBI RAYMOND APPLE WHICH APPEARED IN THE AUSTRALIAN JEWISH NEWS**

The following is a copy of the article written by Rabbi Raymond Apple together with a letter received from Norman Pollack and our reply to him.

### **JUDAISM AND VEGETARIANISM**

**ASK THE RABBI – RABBI RAYMOND APPLE**

The AJN (20/2) recently carried arguments for and against vegetarianism.

There are two main arguments for being a vegetarian: moral/religious and health. Anyone who reads the Bible knows that God’s original plan for mankind was vegetarian (Bereshit 1:29) – yet eating meat is ritualized in the temple sacrifices and the laws of shechita, and there are strong views that one must eat meat at least (or especially) on Sabbaths and festivals.

It is clear that eating meat is not wrong. True, the original plan was vegetarian. But after the flood, meat was allowed as a concession to human weakness, subject to safeguards to avoid tza’ar ba’alei chayim (cruelty to animals). Meat was seen as producing a feeling of fullness and satisfaction, hence the Talmudic statement “There is no simcha (especially Shabbat and yom tov) without meat” (Pesachim 109a)

Agreed, in the messianic visions even the animals will be vegetarian – but in the meantime, most people are not ready for it, and meat eating is an interim ethic. A kabalistic view holds that using an animal for food even elevates the animal to higher plane. Meat eating is not a sin, though non-kosher meat is.

However, vegetarianism also is not wrong. It is emphasised again and again as the ideal. Not only at creation but also after the giving of the Torah, there were attempts to make it the norm (e.g. the manna was vegetarian); but man’s desires got the better of him. In the time of the Messiah, however, vegetarianism will be the universal pattern (“They shall not hurt or destroy in all my holy mountain” – Isaiah II: 9); even the sacrifices, according to Rav Kook, will be vegetarian.

In the meantime, God allows meat, but reluctantly, and the Talmud advises people to eat meat sparingly (Hullin 84a).

Concerning the view that there is no simchah without meat, Rabbi Judah

# JUDAISM AND VEGETARIANISM

ben Betayra says that since the destruction of the Temple, meat is not essential to simcha (Pesachim 109a). If the issue is that of Shabbat enjoyment, then if eating meat causes distress, surely one need not eat meat.

Some ask: if we are concerned for animals, why not for vegetables too? The answer is that vegetables have a different type of consciousness, and most vegetarian food can be obtained without killing the plant.

One should also not minimize the health reasons for vegetarianism. The duty to preserve and protect life and health is the supreme sanctity, and though not everyone accepts that meat eating is harmful in principle, medical opinion has considerable respect for many features of the vegetarian diet.

There are additional practical considerations. From the ecological perspective, meat eating is wasteful; and pragmatically, vegetarianism removes or minimizes some kashrut problems.

## LETTER RECEIVED FROM NORMAN F POLLACK

Dear Sir/Madam,

Thank you for the latest "Jewish Vegetarian" which is always a pleasure to receive. Normally I would not write a letter of complaint, but there is a matter that concerns me.

Rabbi Apple is the Australian patron. Is he an appropriate person to be a patron of a vegetarian society? Is he a vegetarian, for he does not advocate vegetarianism? I enclose a recent article by Rabbi Apple, in which he puts the case for meat-eating as strongly as he supports a vegetarian diet. It is not consistent with the objectives of the Society to write: "It is clear that eating meat is not wrong." The Society's patrons should encourage vegetarianism.

In this published article, he makes no mention of the Society, while a caring patron ought to take every opportunity to publicize the Society and further its work.

The International Jewish Vegetarian Society has no public profile in Australia. Having this rabbi as a patron does not add to its prestige or acceptance in the community. I also suggest that, while Sydney is Australia's first and largest city, it is not the capital, and although Rabbi Apple leads Sydney's oldest and most prominent congregation, it is wrong to attribute to him and his city any form of national leadership. Rabbi Apple is, perhaps, the most

# JUDAISM AND VEGETARIANISM

vocal rabbi in the wider Australian community, and does a lot of excellent work in improving the relationship between Jews and other people, both at a personal and a communal level, but this is not a reason for him to be our patron. His patronage of the Society may improve Rabbi Apple's prestige, but it does little to promote the Society.

I appreciate the difficulties inherent in reviewing this appointment, but suggest it for the good of the Society, and for the future of vegetarianism in Australia and amongst Jews.

Yours sincerely,  
Norman F Pollack

## REPLY TO MR POLLACK'S LETTER

Dear Mr. Pollack,

Thank you for your letter with your concerns about Rabbi Apple, our Australian patron. I like yourself, am a dedicated vegetarian and from our point of view we have no problem adhering to vegetarianism because of our desire to follow this way of life.

We enjoy the fact that animals do not suffer in order to provide us with a meal and much cruelty in farming is not perpetrated on our behalf. Also the utilization of the earth's resources are much more economically husbanded and generally speaking I believe we enjoy a much healthier life as a result of following something which we have come to realize is in our personal interest as well as that of the universe.

I read Rabbi Apple's article with interest and feel that he had not let us down for the following reasons:

As a Rabbi it is his duty to represent the whole of his congregation and as we sadly know the majority of these people will be meat eaters, although hopefully some of them will be vegetarian as well. I believe that Rabbi Apple has indicated the positive benefits of vegetarianism whilst touching on the reasons why meat eating is religiously acceptable by way of concession rather than promotion.

My reading of the article is that he has promoted vegetarianism fully whilst not seeking to offend those who have not yet aspired to our particular practice. We know we are much better for having seen the light but it is always more

# JUDAISM AND VEGETARIANISM

important to set an example rather than preach and I think this is what Rabbi Apple does by maintaining his vegetarian way of life to which he is committed and hoping to lead his flock more into this ideal by taking them with him rather than alienating them.

I hope perhaps when you re-read the article you may see what I am getting at and thank you again for drawing this subject to our attention.

With best wishes and thanks for your interest.

Yours sincerely,  
Michael Freedman  
Treasurer

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## **LIFE MEMBERS**

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

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**Israel Life Membership  
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**American Life Membership  
\$275**

**or 5 annual payments of  
£40 (\$60)**

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

### HOLIDAYS

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

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## St CHRISTOPHER

### A SCHOOL WHICH ENCOURAGES INDIVIDUAL FULFILMENT

At St Christopher School we teach girls and boys to value their own efforts and achievements and those of others. Our approach encourages self-confidence and brings out the best in both the moderately able and intellectually outstanding. We develop individual talents in a wide range of courses leading to 21 AS and A Levels.

Our many day pupils benefit from being part of a full boarding community with an extensive activities programme. Local parents can join in many aspects of School life.

The School has been co-educational and vegetarian since 1915. Our campus has the informal atmosphere of a friendly village with many fine facilities including a purpose built theatre and a new 25m indoor swimming pool.

We are a family school – girls and boys can enter from age 2½ upwards and there is then no barrier to Senior School entry. If you think your child might benefit, please phone for a personal tour or for more details.

Main entry: 8, 9 and 11  
Full and weekly boarding from age 6  
Direct entry possible to our lively Sixth Form  
(Bursaries available)

### ST CHRISTOPHER SCHOOL

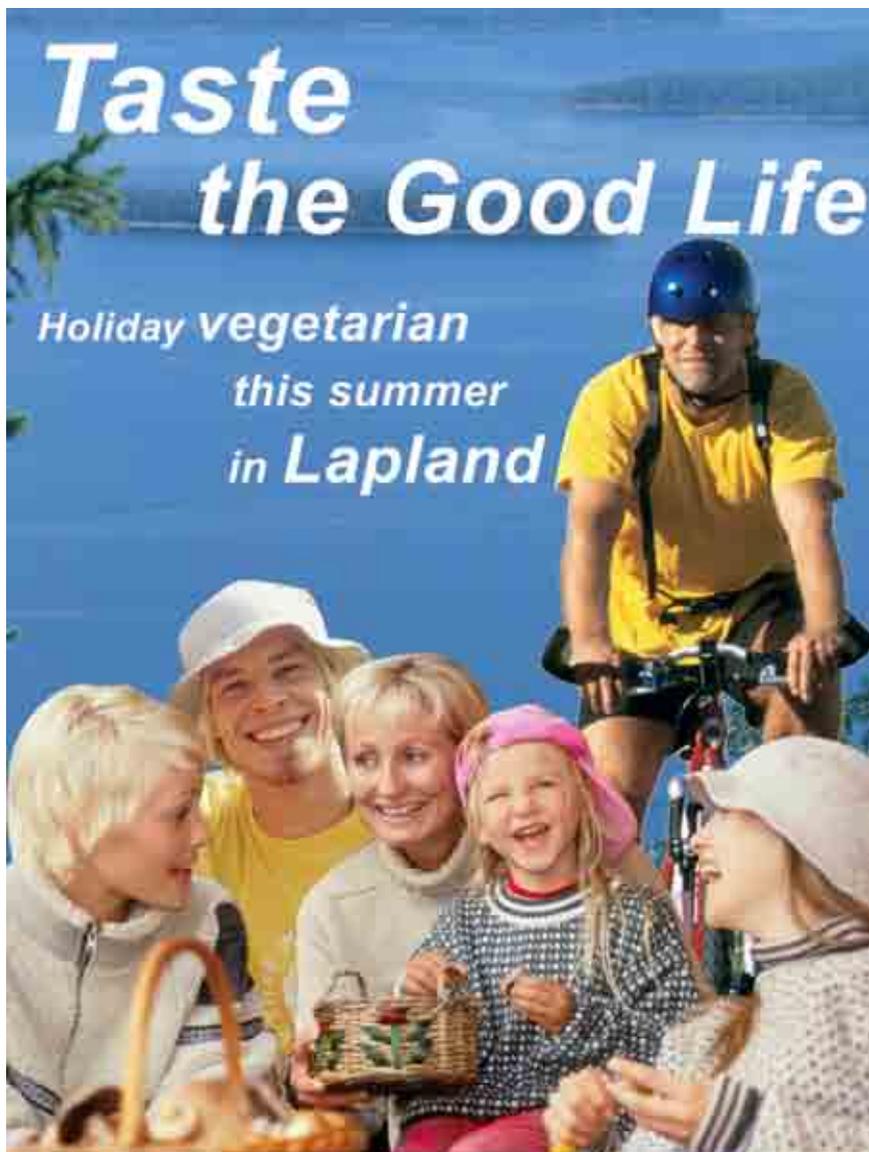
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The School is an Educational Charity which aims to treat all children as individuals and to develop their personal self confidence.

the JEWISH VEGETARIAN



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