

# The Jewish Vegetarian



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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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



לשנה טובה תכתבו ותחתמו  
 A Happy, Healthy and Peaceful New Year to all our Readers



**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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**(Representation in most Western Countries)**

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**JVS MAGAZINE**  
**Editor: Shirley Labelda**

**ADVERTISING RATES**

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# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

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

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

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

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

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.  
Please state whether 'A' or 'B' (above)

Name (in full – clearly) Tel. No.  
Address (clearly)

Occupation Fee enclosed £

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

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

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# 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.

£15 Mr. M.Q.H., Lowestoft, Suffolk. £10 Dr & Mrs. J.C.W. & Family, London SW10. £8 Ms C.H., London N8 £5 Mr. R.F. London NW7, \$10 Mr A.S., N.C., USA.

### BUILDING FUND DONATION – LONDON HQ.

£15 Mr. T.S.B., London E7. £8 Mrs.D.D. Maidstone, Kent. £5 Mr. & Mrs. D.L.C. Bournemouth \$10 Mr A.S., N.C., USA..

### FRIENDSHIP



### HOUSE

The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80.

DN Safon Yehuda 90830 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.**

### DONATIONS RECEIVED:

£600 Ms M.A.K. Nottinghamshire. £24 Mrs. E.J. Northampton. £10 Mr & Mrs D.S. London NW11. £8 Mr. M.S.M. London NW8. £4 Mrs. D.Z. Liverpool. \$30 Ms M.K. IA. USA.

# SOCIETY NEWS

## REPORT FROM THE WESSEX JEWISH VEGETARIAN GROUP

**We have received a report from Rosalind Berzon on the first official meeting of the Wessex Jewish Vegetarian Group as follows:**

Bee Klug MBE kindly gave the group a talk on 'Food for Thought' on Sunday the 10<sup>th</sup> July. The meeting was held at a member's home in Manor Road, Bournemouth and was a great success.

Bee spoke about the personal experiences that changed her life, when in the 1950s, she was seriously ill. It was only when she tried 'Nature Cure' and a vegetarian diet that she recovered (she recently celebrated her 75<sup>th</sup> birthday). It was 28 years ago that she founded the Wessex Healthy Living Foundation in Southbourne where clients can receive many complementary therapies under one roof.

The talk was followed by a lively discussion and tea, which was provided by Hilda Pinkerton.

Our most recent member is Henry Lee who is 98. When I requested a contact telephone number, his reply was "you can mostly get me on my mobile as I am usually out and about"!!

Our next meeting will be at another member's home, which is also in Manor Road, Bournemouth on Sunday 11<sup>th</sup> September 3–5pm. Please bring a copy of your favourite 'veggie' recipe.

We also have planned a Chanukah Party with everyone bringing a 'veggie' dish. (Date to be announced)

**Further details of the group and meetings, can be obtained from the organizer – Rosalind Berzon, Tel: 0771 541 9193 (see next page for further information).**



**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**

## SOCIETY NEWS

### **WESSEX JEWISH VEGETARIAN GROUP**

Dear Readers

Is there any reader interested in belonging to a 'Wessex Jewish Vegetarian Group?'

(We would be affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green, London NW11)

We could meet, say, four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes.

I am inviting all ages to join. If you are interested, telephone

Rosalind Berzon – 07715 419 193  
Leaving your name and telephone number.

**Looking forward to meeting friends we have yet to meet!**

**N.B. We are now planning a Chanukah Party for December 2005.** Bring your favourite vegan/vegetarian dish!!



### **PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY**

The Jewish Vegetarians of North America (JVNA) has produced a new leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet.

Please go to [www.JewishVeg.com/jewishvegleaflet3.pdf](http://www.JewishVeg.com/jewishvegleaflet3.pdf) and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.

# SOCIETY NEWS

## **JVS PATRON WINS TOP VEGETARIAN AWARD**

Jewish Vegetarian Society patron and environmental activist Dr. Richard H. Schwartz was inducted into the Hall of Fame of the North American Vegetarian Society (NAVS) during its 31st annual Summerfest at the University of Pittsburgh in Johnstown, Pa., on Sunday, 3rd July 2005.

The induction marked NAVS' recognition of the Willowbrook resident's work primarily in the Jewish community.

Dr. Schwartz is the author of "Judaism and Vegetarianism," "Judaism and Global Survival" and "Mathematics and Global Survival." He also writes extensively for [jewishveg.com](http://jewishveg.com) and frequently speaks and contributes articles on environmental, health, and other current issues.

A professor emeritus of mathematics at the College of Staten Island, Dr. Schwartz is a patron of the Jewish Vegetarian Society, president of the Jewish Vegetarians of North America, and coordinator of the Society of Ethical and Religious Vegetarians.

Previous inductees include Mahatma Gandhi; Scott and Helen Nearing, pioneer American vegetarian activists and homesteaders; Howard Lyman, a fourth-generation cattle rancher and feedlot operator who became a leading vegetarian activist; Jay and Freya Dinshah, founders of the American Vegan Society, and Charles Stahler and Debra Wasserman, founders and directors of the Vegetarian Resource Group.

"This wonderful honour will inspire me to work even harder toward a vegetarian world," Schwartz said. "Animal-based diets and modern intensive animal agriculture violate basic religious mandates to preserve our health, treat animals with compassion, protect the environment, conserve natural resources, help hungry people, and pursue peace and non-violence."

Schwartz believes the future of the planet is imperilled by the production and consumption of animal products.

"The world is threatened today as perhaps never before," he said. "A switch toward vegetarianism is a societal imperative, essential to help shift the world to a more sustainable path, and a religious imperative necessary to show the relevance of ancient traditions to modern crises."

On behalf of everyone at the Jewish Vegetarian Society, we extend our hearty congratulations to Dr Schwartz on this well-deserved award.

For more information about the North American Vegetarian Society, visit its Web site at [www.navs-online.org](http://www.navs-online.org).

# OBITUARY

## MAXWELL G LEE 1931-2005



**We have only recently learnt of the passing of Maxwell Lee who sadly passed away on the 3rd March 2005 last.**

Maxwell Lee was born and bred in London. He decided to go vegetarian at the age of 12 for moral reasons and became vegan 20 years ago. He moved to the Manchester area in the late 1960s when he obtained a teaching post. From his early years Maxwell was involved in charitable work. He was involved in setting up a hostel for Hungarian refugees in 1956 and started working as a volunteer for The Vegetarian Society at around the same time, his commitment spanning nearly 50 years in a number of roles. He met his wife, Sylvia, at a university dance and they have three daughters and six grandchildren, all life vegetarians, a fact of which he was very proud.

Maxwell taught geography, planning, housing and urbanization at undergraduate and postgraduate levels for many years but took the opportunity to retire early so that he could devote more time to vegetarianism and his other interests. Maxwell originally joined the London Vegetarian Society and before long found himself on the Committee of the Society. He soon became very involved in the Vegetarian Social Club in London and was Chair of it for a number of years.

Maxwell was also involved in both the Vegetarian Home for Children in the Liverpool area and the Vegetarian Home for Children in Jersey. He became Chair of the Jersey home and subsequently oversaw the amalgamation of the two charities. The charity is now called The Vegetarian Charity and it exists to assist needy young vegetarians up to the age of 26 years and to promote vegetarianism among young people. Maxwell remained involved in its work until his untimely death.

In 1979 the VSUK asked Maxwell to stand as the Honorary General Secretary of the International Vegetarian Union and he served in that capacity for 17 years, promoting vegetarianism round the world in his spare time. Following that, he held the posts of Chair, Deputy President and President of the IVU only retiring from these activities due to his failing sight.

Apart from his commitments to vegetarianism, Maxwell also held various offices in Geographical societies in Manchester – committee member,

# OBITUARY

Honorary Treasurer, Chair and President at various times. He was also Honorary Secretary of the Marple Liberal Democrats, he acted as a volunteer driver for a local organization taking people to hospital who were not fit enough to do so unaided. He was a trustee of a charity that runs homes for street children in India and was Chair of Governors of the largest comprehensive school in Stockport for the past five years.

Maxwell will be sadly missed by his many friends and colleagues. We send our condolences to his wife Sylvia and family.



## LONDON VEGAN FESTIVAL

**THIS YEAR THE LONDON VEGAN FESTIVAL  
TAKES PLACE ON:**

**SUNDAY 25 SEPTEMBER 2005, 10AM – 7PM**

**ENTRY £1.00 (UNDER 16 FREE)**

**Venue: Kensington Town Hall. Hornton Street. London W8  
Underground: High Street Kensington**

**The following will be on display and available:**

- 1. Skincare and Footwear**
- 2. Tasty Food including cakes, handmade chocs and savouries.**
- 3. Information, stalls and speakers**
- 4. Children's art workshop**
- 5. Acoustic music,**
- 6. Drinks at the bar and juices**
- 7. And much more**

**Further information can be obtained from  
The Vegan Society: Tel: 0845 458 8244  
[www.vegansociety.com](http://www.vegansociety.com)**

# THE WILDLIFE TRUSTS

## FIRST RELEASE OF SILVER-STUDED BLUE BUTTERFLIES IN UK FOR 10 YEARS



Silver-studded Blue butterflies were released in the UK for the first time in 10 years (Thursday 23 June 2005) in attempt to save the species from extinction.

Fifty female Silver-studded Blue butterflies were released on Ockham Common, Surrey by rangers from the Surrey Wildlife Trust.

The Silver-studded Blue butterfly (*Plebejus argus*) was once common across the UK, but has declined dramatically over the last 30 years. It is now rare and has become confined to small, fragmented heathland areas. Silver-studded blues are a sedentary species and only travel an average of 30m in their lifetime (1km is their maximum). Barriers such as pine trees can stop the butterflies from moving from one area to another. This decreases the population and gene pool, so relocation programmes are then needed to ensure the survival of the species.

This release by Surrey Wildlife Trust (which is being made in co-operation with Butterfly Conservation, English Nature and Elmbridge Borough Council) is the first ever to take place in UK for 10 years and the first ever in Surrey.

The butterflies became extinct from Ockham and many other areas of Surrey over ten years ago. There are only 14 sites left in Surrey that actually support the Silver-studded Blue. The only other places where official releases of Silver-studded Blue butterflies have been made are in East Anglia and in Wales. However, these were more for research reasons rather than conservation motives.

The decline in the butterfly population started with the arrival of the Industrial Revolution, when the UK's heathlands changed dramatically. The industrial changes led to a reduction in the use of heathlands and an urbanisation process that tempted people off the land. The heaths fell into disuse and rapidly

# THE WILDLIFE TRUSTS

became choked with scrubby species. Heathland was also adversely affected by the planting of conifer plantations. This is what befell much of Ockham especially in the period just after the First World War and the butterfly finally became extinct on Ockham in 1992.

**Surrey Wildlife Trust ranger James Adler said:**

**“Silver-studded Blue butterflies are already extinct in Scotland and some parts of the Midlands. The population has suffered a dramatic decline since 1945 due to the loss of suitable heathland habitat. This is a very exciting project. They are a good indicator species of successful habitat management and we hope the population will increase steadily. We will continue to monitor the butterflies to ascertain population numbers.”**

**John Rennie, PR Adviser**

**Surrey Wildlife Trust – Tel: 01483 795440**

**Tel: 07976 666969**

**Email: [tp98@dial.pipex.com](mailto:tp98@dial.pipex.com)**

**N.B.** The Wildlife Trusts is a partnership of 47 local Wildlife Trusts across the UK, plus the Isle of Man and Alderney. Our vision is ‘an environment richer in wildlife for everyone’ and we’re the largest UK charity exclusively dedicated to conserving all our habitats and species, with a membership of more than 530,000 people including 62,000 junior members. We campaign for the protection of wildlife and invest in the future by helping people of all ages to gain a greater appreciation and understanding of wildlife. Collectively, we also manage more than 2,500 nature reserves spanning over 80,000 hectares. **For further information about The Wildlife Trusts please phone 0870 036 7711 or visit [www.wildlifetrusts.org](http://www.wildlifetrusts.org)**



## EMERGENCY BUILDING FUND

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

# CONSUMER CORNER

## LOSELEY LOW FAT SET BIO YOGHOURTS A GREAT TASTING WAY TO STAY HEALTHY



Loseley is proud to announce the relaunch of its Low Fat Set Bio Yoghurts. They have always been a healthy option and now there is another good reason for choosing them – they are packed in environmentally friendly recyclable packaging.

When they were first developed ten years ago, Bio Yoghurts contained live *Lactobacillus Acidophilus* and *Bifidobacteria*, which have been shown by independent research to help maintain a healthy metabolism. They also taste deliciously fresh and come in individual 150gm pots in Natural, Vanilla, Lemon and Strawberry flavours (1% fat – 101 cal per 100gm). There is also Very Low Fat Natural BIO yoghurt 150grms (0.2% fat – 55 cal per 100grms) 46p and 500 grms Very Low Fat Set £0.99.

So now **Loseley Low Fat Set Bio Yoghurt** is not only good for your body, it is good for the environment too.

**Available from Health Food Shops and main Supermarkets.**

## NEW GLUTEN-FREE FRIENDS IN-STORE!



On-shelf from 1<sup>st</sup> April 2005, **G-MAN** is the latest scrumptious super-hero chocolate treat from the gluten free and wheat free brand, **Glutano**.



**G-MAN luxury chocolate cookies** are shaped like the cutest little people and contain no artificial colourings, flavourings or preservatives.

**G-MAN** boasts they are suitable for **vegetarians** and are **kosher** as well as being **gluten free** and **wheat free**.

Reasonably priced at £1.99 per pack – **G-MAN** cookies are simply irresistible!

**Glutano** gluten free and wheat free products have been specially developed for the dietary management of conditions requiring the restriction of gluten and wheat.

**Glutano G-MAN** – available from leading health stores nationwide.

**For the full range of products visit the Gluten Free Foods website at [www.glutenfree-foods.com](http://www.glutenfree-foods.com) or call 020-8953 4444**

**Email: [sales@glutenfree-foods.co.uk](mailto:sales@glutenfree-foods.co.uk)**

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## AT WORK YOU ARE WHAT YOU EAT

Go to work and get in shape

– Desk culture is taking a healthy turn

Thanks to a new range of fantastic juicy, crunchy snacks, from Sun Valley, nibblers and grazers who can't do without between-meals fix now have a super healthy alternative to crisps and chocolate bars.

'You Are What You Eat' is a brand new range of high quality healthy snacks based on natural nuts, seeds and dried fruit mixes that follow the guidelines of TV's healthiest show.



It's what all office workers and PC slaves have been waiting for, a 100% guilt free snack that tastes amazing and is good for you. So when energy levels drop, stress levels rise and you feel in need of an instant hunger buster the juiciest jumbo raisins, crunchy almonds and walnuts and the most moreish seeds are the answer.

These totally natural snacks are additive free and contain essential vitamins and minerals necessary for health, vitality and well-being. And there are four great varieties, packed with flavour, to try out – Nothing But Nuts, Fruit & Seeds Mix, Sensational Natural Seed Mix, Nibbletastic Natural Nut Mix and Fruitabulous Fruit and Nut Mix.

Despite Government health warnings we continue to eat far too much salty, sweet sugary food. So now is the time to kick the Kit Kat habit and turn to a healthy option. So instead of snacking on coffee and chocolate biscuits when the pressure gets tough nibble on the best tasting nuts, seeds and dried fruit ever.

'You Are What You Eat' snacks are, among other things, rich in energy and vitality-boosting Vitamin E.

Seeds, like sunflower seeds for example, are packed with magnesium, iron, copper and protein and are just the thing when hunger strikes and you need an instant pick-me-up. Fruit, including raisins and dried apricots, are also great energy boosters.

The handy 100g packs are ideal for snacking as they can be resealed for continued freshness. Eating healthy snacks is not the only way to be fit for

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work. Try exercising at your desk to stay supple and relaxed. Here are five top tension relievers:

**Overhead stretch.** With arms extended and palms together stretch arms upward and slightly backwards. Relax and repeat.

**Shoulder roll.** Roll the shoulders, raise them, pull them back, then drop them and relax. Repeat in the opposite direction.

**Middle back release.** With fingers interlaced behind your head, keep your elbows straight out to the side and your upper body straight. Pull shoulder blades together and create a feeling of tension through your upper back and shoulder blades. Relax and repeat.

**Neck bends.** Move your head to your right shoulder trying to touch your shoulder with your ear and keeping your shoulder down. Repeat on the left side.

**Leg lift.** Sit forward on the chair (so your back is not touching the chair back) and place feet flat on the floor. Lift one foot a few inches off the floor keeping the leg straight. Hold for a few seconds and repeat with other leg.

**New 'You Are What You Eat' snacks are available at leading supermarkets priced around 99p.**

### COULD YOGHURTS PROVIDE THE SOLUTION TO BAD BREATH?

Britain's leading oral health charity says that sugarless yoghurts could help people beat bad breath while also fighting tooth decay and gum disease.

The British Dental Health Foundation, providers of free impartial dental advice to the public, was talking after researchers in Japan revealed that eating traditional, sugarless yoghurt reduces the malodorous compounds that cause bad breath.

The results of the study were presented at the International Association for Dental Research's annual meeting on March 10.

Volunteers in the study were given strict instructions for oral hygiene, diet and medication intake. They then spent two weeks avoiding yoghurts and similar foods such as cheese before moving on to consume 90 grams of yoghurt a day for six weeks. The study found that after six weeks the hydrogen sulfide

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levels (a major cause of halitosis) decreased in 80 percent of volunteers who had bad breath.

Dr Nigel Carter, chief executive of the Foundation, commented: "The Foundation has long been drawing people's attention to sugar-free yoghurts as a healthy snack, so it is pleasing to hear that it may have oral health benefits we were previously unaware of.

"Frequent consumption of sugary snacks is the principle cause of tooth decay, which can cause a great deal of pain and discomfort.

"Although this research is still in the early stages there is no doubt that sugar-free yoghurts provide a much healthier alternative to sweets and chocolate, and we would encourage snackers to incorporate them into their diet."

Bad breath affects one in four people on a regular basis, while 19 out of 20 people are affected by gum disease at some point in their lives.

Dr Carter continued: "With regards to oral health people should not get too excited by this research – the best way to beat bad breath is still a good oral health routine. "A good oral health routine involves brushing twice-a-day with fluoride toothpaste, cutting down on the frequency of sugary snacks and drinks, flossing daily and visiting your dentist regularly, as often as they recommend.

"As far as yoghurts are concerned, they certainly cannot do any harm – but make sure you pick a sugar-free brand or you will be undoing all your other good work!"

**For free oral health advice from a team of experts contact the British Dental Health Foundation's Dental Helpline on 0845 063 1188 between 9am and 5pm Monday to Friday or by emailing: [helpline@dentalhealth.org.uk](mailto:helpline@dentalhealth.org.uk)**



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

## CONSUMER CORNER

### **BEYOND BEAUTY BRANDS: ANIMAL CRUELTY AND MISLED CUSTOMERS**

Did you know that cosmetics testing on animals still go on, even though 88% of the British public wants to see a ban on animal testing for cosmetics and toiletries in the EU? But last year 30,000 animals were used.

BUAV's 3rd National Cruelty-Free Week aimed to inform consumers that animals are still used for testing cosmetics and household products. It also aims to help them avoid products that have been animal tested by encouraging them to look out for the BUAV (British Union for the Abolition of Vivisection) rabbit and stars logo that ensures that neither the products nor their ingredients have been tested on animals.

Although cosmetics animal testing no longer occurs in the UK, every year thousands of animals continue to die in European laboratories in tests for products like shampoo and make-up, which are imported and sold in this country. Tests for household products are continuing in the United Kingdom.

Although a product may say, "Not tested on animals," this could mean that the final product has not been tested on animals, whilst the ingredients may have been. Some companies claim "We don't test on animals" and although this might be accurate, it could mean that they are commissioning people to test on their behalf. These, often confusing, product claims mean that it's up to shoppers to actively identify which products genuinely are cruelty-free by looking for the rabbit and stars logo on the packaging or downloading the BUAV pocket guide, "The Little Book of Cruelty-Free", that lists cruelty-free cosmetics manufacturers, from [www.buav.org/gocrueltyfree](http://www.buav.org/gocrueltyfree) or emailing [info@buav.org](mailto:info@buav.org)

**Lauren Bates, Corporate Relations Manager from the BUAV says,** "Consumer demand for products that have not been tested on animals are increasing, but the range of rabbit logos and product claims on labelling is extremely confusing, and most people believe the manufacturer's statement at face value. The best way therefore to avoid animal tested beauty and household products is to buy from companies whose products carry the BUAV's rabbit and stars logo or who are featured in our free 'Little Book of Cruelty-Free'."

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**She continues,** "If you're shocked your current brand isn't featured on the list, why not swap? The Body Shop, who were the first international cosmetics retailer to be endorsed under the Humane Cosmetic Standard offer free makeovers and skin consultations all year round.

**To find your nearest participating branch of The Body Shop, please call 01903 844 554**

## NEW MEDITERRANEAN GRILLS FROM CAULDRON

Taste the robust and refreshing flavour of Mediterranean cuisine, that is the influence for Cauldron's new Mediterranean Vegetable Grills.



A convenient, healthy option for lunch or supper, these Grills are made with simply prepared, natural ingredients that create an exciting combination of flavours, making them ideal for conventional grilling, or the barbecue.

The Mediterranean Vegetable Grills have all the appeal of sun-ripened vegetables with the full flavours of Mediterranean cuisine. A rich mix of char-grilled aubergines, courgettes and green beans combined with a fresh hint of green olives and mint, serve them to recapture the feel of summer holiday sun.

Cauldron's Grills are GM-free and carry the Vegetarian Society's symbol of approval. They are available in 175g packs (2 Grills to the pack) from chiller cabinets of major supermarkets, independent grocers and health food stores, at the recommended retail price of £1.69.



## 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.

# TEN WAYS TO CREATE A VEGETARIAN WORLD

## TEN WAYS TO CREATE A VEGETARIAN WORLD

BY RICHARD H. SCHWARTZ, PH.D.

In spite of the increasing need for a shift toward vegetarianism to counteract the present epidemic of diseases and the many environmental threats caused by the production and consumption of animal products, progress has been relatively slow. It is time for a consideration of new strategies to promote vegetarianism more effectively. The ten ideas suggested below are designed to start a dialogue that will lead to positive changes. It is my hope that this article will elicit additional suggestions and effective initiatives.

### 1) Set a Goal and a Time Table Toward a Vegetarian Conscious World

We should not be satisfied with the relatively slow progress currently being made toward vegetarianism, especially in the face of all the recent disturbing reports of environmental catastrophes ahead. One possibility is to declare a goal, such as "A Vegetarian-conscious world by 2010." This could inspire our efforts by providing something to work toward. Note the term "vegetarian conscious." We can't hope that every person will be a vegetarian by 2010, or any other time, and we should not argue that each person must be a vegetarian. However, we can work, with a heightened sense of urgency, to see that everyone is at least aware of the many reasons for becoming a vegetarian, with the hope that many will act based on that knowledge.

### 2) Make People Aware That a Shift Toward Vegetarianism is Beneficial for People as Well as Animals

Many people resist vegetarian arguments, asserting that they can't be concerned about animals when people face so many problems. We should stress that a shift to vegetarianism would be very beneficial to people as well as animals.

#### Among the arguments we should use are:

- \* Animal-based diets increase risk factors for many life-threatening diseases, including heart disease, several types of cancer, and stroke.
- \* Animal-based agriculture contributes significantly to many environmental threats to humanity.
- \* The feeding of 70 percent of the grain produced in the United States (and almost 40 percent of the grain produced worldwide) to farmed animals, contributes to an estimated 20 million of the world's people dying annually from hunger and its effects.

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## **3) Make People Aware That a Shift Toward Vegetarianism is a Societal Imperative Today**

Humanity is arguably threatened as perhaps never before from global warming, widening water shortages, rapid species extinction, destruction of tropical rain forests and other valuable habitats, and many other problems. We should make people aware that all of these threats and many more are significantly worsened by the following: we are raising 50 billion farmed animals for slaughter annually worldwide; almost 40 percent of the world's grain is used to fatten farmed animals; it takes 14 times as much water, ten times as much energy, and over 20 times as much land for an animal-based diet than it does for a vegan diet; animal-based agriculture contributes significantly to emissions of carbon dioxide, methane, and other greenhouse gases; and much more. We should also stress that diseases caused by the consumption of animal product results in soaring medical expenditures which are contributing to record budget deficits and the perceived need to cut basic social services.

## **4) Inform People That A Shift Toward Vegetarianism is a Religious Imperative Today**

Most people profess to be religious today and many claim to base their lives on moral values related to their religions. We should respectfully discuss with such people how animal-based diets and agriculture contradict basic religious mandates to preserve our health, treat animals compassionately, preserve the environment, conserve natural resources, help hungry people, and seek and pursue peace. We should stress such biblical teachings as "God's mercies are over all of his creatures" (Psalms 145:9), "the righteous person considers the lives of his or her animals" (Proverbs 12:10), that animals as well as people are to be permitted to rest on the Sabbath day (part of the Ten Commandments), and similar teachings from other holy books and teachers.

## **5) Relate Vegetarianism to Current News Items**

Vegetarianism touches on almost all phases of life – health, nutrition, animals, the environment, energy, water and other resources, economics, politics, family life, and many more – and we should make people aware of connections. When there are news reports re global warming and its effects, we should point out that animal-based diets contribute significantly to emissions of carbon dioxide, methane, and other greenhouse gases. When there are articles re taxes, budget deficits, and other economic issues, we should indicate that health costs are soaring in efforts to cure the many diseases that have been conclusively connected to animal-centred diets.

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When there are articles about water shortages and droughts, we should help make people aware that animal-based agriculture requires far more water and other resources than plant-based agriculture. Many additional examples can be given.

## **6) Start a Letter Writing Campaign**

As a follow-up to the discussion in item #5, there should be a major campaign to get letters to editors on connections between various issues and vegetarianism. If only a small percentage of the people concerned about vegetarianism and related issues wrote a letter just once a month, it could have a major impact. A web site should be set up that gives talking points daily for letters based on current issues as well as sample letters. As a related approach, since many people listen daily to talk radio shows, there should also be a concerted effort to get people to call such shows with vegetarian messages. While radio talk show hosts are generally very well informed on a wide variety of issues, I have found that many have major misconceptions re health, nutrition, and other vegetarian-related issues.

## **7) Make a Shift to Vegetarianism a Priority for the Animal Rights Movement**

The vast majority of cases of animal abuses occur on factory farms. Yet, many, perhaps most, animal rights activists are working on other issues, such as circuses, rodeos, fur, pets, and animal experimentation. These are all important issues and it is essential to end all cases of animal abuse. But, animal-based diets and agriculture threaten most individuals' personal health and the well being of humanity. If most animal rights advocates worked on promoting vegetarianism and veganism, even for a limited time, in addition to their other animal rights efforts, it could have a very powerful impact.

## **8) Challenge the Medical Establishment**

Every person is concerned about his or her health and the health of loved ones. There is very strong evidence that incidents of heart disease, various types of cancer, strokes, and other chronic degenerative diseases can be sharply reduced by a shift to vegetarian and vegan diets, along with other positive lifestyle changes. Yet, the medical establishment, including most nutritionists, is ignoring this information, and is not making patients and the general public aware that many diseases can be prevented, and sometimes reversed, through dietary changes. It might even be called medical malpractice. I recently visited a cousin in a rehabilitation centre, and was astounded at reading the daily menus, which had animal products at every meal. It is essential that we

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challenge medical practitioners and respectfully urge them to help educate people about healthy diets.

As indicated in point #10, others, such as educators, politicians, religious leaders, and reporters, should also be challenged to increase awareness of the health and many other benefits of vegetarian and vegan diets.

## **9) Form Alliances With Other Groups**

Since vegetarianism has connections with many societal issues, we should try to build strong alliances with many other groups that are working for positive changes. For example, we should seek alliances with environmental groups, and inform them that the raising of 50 billion animals for slaughter annually, primarily on "factory farms," contributes to many environmental threats; we should seek alliances with groups concerned about hunger, poverty, water and energy shortages, global warming, and related issues, and inform them about how the production of animal products contributes to many environmental threats and is extremely wasteful of resources.

## **10) Challenge the Media, Politicians, Educators, and Other Members of the Establishment**

Since, as indicated above humanity is threatened as perhaps never before, and a switch toward vegetarianism is a societal imperative, and there are vegetarian connections to many current issues, we should try to meet with influential members of society and urge them to take a stand re vegetarianism, or at least to put the issues on their agendas. We should urge educators to see that children learn about proper nutrition and are provided with tasty, nutritious options at every meal. We should exhort reporters and editors to make people aware of the many negative effects of animal-based diets and the many benefits of vegetarian and vegan diets.

**The above is just an outline of some steps that I think would be helpful in moving toward a vegetarian world. I am sure that the many dedicated people in the vegetarian and related movements can add to my points and come up with additional suggestions. The important thing is that we become increasingly involved, for our sakes, for the animals, and for our precious, but imperilled, planet. RHS**

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# COOKERY CORNER



*Denise Phillips*

## STYLISH RECIPES FOR ROSH HASHANAH

Here are some simple, but stylish recipes specially selected for Rosh Hashanah. For even more recipes ideas see my new recipe book "Jewish Mama's Cookbook" (Please note this book is not strictly vegetarian) available from my website [www.jewishcookery.com](http://www.jewishcookery.com) or all good bookshops.

### GOLDEN POTATO SOUP

This golden coloured Syrian soup is delicate and filling and is just what you need when eating a large pre- fast meal in a hurry. I have used lemon and turmeric with mashed potatoes to give it the beautiful colour and flavour. This soup freezes well and doubling the quantity will not affect the consistency of the recipe.

**Preparation Time:** 20 minutes **Cooking Time:** 1 hour 5 minutes

**Serves:** 6 people

#### Ingredients

1 large carrot – peeled and sliced, 3 sticks of celery and leaves – sliced, 1 onion – peeled and sliced, 1.75 litres/7 cups stock (1.5 litres hot water + 1 veggie cube), 1 tablespoon olive oil, 3 garlic cloves – peeled and finely chopped, 900g/2lbs potatoes – peeled and sliced, 2 teaspoons salt or to taste, juice of 1 lemon, ¼ teaspoon turmeric. Garnish: Sprigs of flat leaf parsley. Serve with: 200g/1 cup cooked rice.

#### Method

- 1) Heat the olive oil in a deep saucepan. Add the carrots, garlic, onion, celery and 500ml/2 cups of the stock.
- 2) Cook for 15 minutes or until the vegetables are soft. Transfer to a blender or liquidiser and purée. Return the puréed vegetables to the soup pot.
- 3) In a separate saucepan, cook the potatoes in boiling water until soft.
- 4) Mash the potatoes using a ricer or fork. Return the potatoes to the soup pot.
- 5) Add the salt, lemon juice, remaining stock and turmeric. Cook for a final 10 minutes, stirring from time to time to prevent the potatoes from sticking

# COOKERY CORNER

to the bottom of the pan.

6) Taste and adjust seasoning accordingly.

**To serve the stylish way:** Serve the hot soup garnished with sprigs of parsley and as much rice as wanted.

## NORTH AFRICAN PITA BREAD SALAD

This is the most amazing version of Israeli 'TCP' tomato, cucumbers and peppers with the addition of toasted pita bread. It is the Sephardi version of the Italian Panazanella, which I adore. The dressing sinks in to the toasted pita bread that is mixed with a colourful combination of fresh salad ingredients. Pour the dressing in at the last minute to keep the pita bread crunchy to the last bite!

I like to grind my own spices – it's quick to do and tastes fresher. However, for a shortcut, you can use ready ground.

**Serves:** 6 people

### **Ingredients (for the toasted pita bread):**

4 rounds of pita bread, 2 teaspoons dried coriander seeds, 1 teaspoon dried cumin seeds, 3 tablespoons extra virgin olive oil

### **For the Salad**

3 large salad tomatoes – seeded and roughly chopped, 1 green pepper – cored, seeded and roughly chopped, 1 red pepper – cored, seeded and roughly chopped, 4 tablespoons fresh mint – roughly chopped, 4 spring onions – trimmed and chopped, 1 cucumber – cut in half, seeded and chopped, 1 garlic clove – peeled and crushed, juice of 1 lemon, 4 tablespoons olive oil, sea salt and freshly ground black pepper – to taste

### **Method**

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Cut the bread into 2½cm/1 inch cubes. Grind the spices with a pestle and mortar and mix with the extra virgin olive oil. Place the pita cubes on a baking tray, drizzle with the spiced oil mixture and toast for 10 minutes or until crisp and light brown.
- 3) In a large bowl, combine the chopped tomatoes, green peppers, red peppers, mint, spring onions, garlic and cucumber.
- 4) In a separate dish mix the olive oil, salt, pepper and lemon juice. Pour over the salad ingredients and stir in the toasted bread.
- 5) Mix well and serve immediately.

## COOKERY CORNER



*Golden Potato Soup*



*North African Pita Bread Salad*

### STUFFED AUBERGINES

Stuffed vegetables are typically served for Succoth and I put this recipe together so that it was colourful and tasty. I like to serve it with a plain green salad as it is quite filling; serve one aubergine per person for a main meal or half as a light meal or starter. The cumin seeds and herbs give it a truly authentic Middle Eastern flavour.

**Preparation Time:** 30 minutes **Cooking Time:** 50 minutes

**Serves:** 6 people

#### Parev

#### Ingredients

3 large aubergines – cut lengthways, 2 large red peppers – halved and deseeded, 3 tablespoons olive oil, 225g/1 cup cous cous, 600ml/2½ cups hot vegetable stock, 1 tablespoon vegetable oil, 2 tablespoons cumin seeds, 6 cloves garlic – peeled and finely chopped, 50g/½ cup raisins 400g/14oz tin chickpeas, 3 tablespoons fresh basil – chopped, 3 tablespoons fresh mint – chopped, 3 tablespoons fresh coriander – chopped, salt and freshly ground black pepper – to taste. **Garnish:** Dust with paprika – 1 tablespoon.

#### Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Score the flesh of the aubergine and place on a baking sheet lined with baking parchment paper. Drizzle with 2 tablespoons of olive oil.
- 3) Bake for 25 minutes.
- 4) Meanwhile pre-heat the grill to its highest setting. Place the red peppers on a baking tray. Brush with 1 tablespoon of olive oil.
- 5) Grill the peppers for 10 minutes or until blackened. Remove immediately, put into a dish and cover with cling film. Leave to cool.

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- 6) Remove the aubergine from the oven and scoop out the flesh leaving a 1 cm / ½ inch thick shell next to the skin.
- 7) Chop the removed flesh and set aside.
- 8) Pour the hot stock over the couscous. Cover with cling film and set aside.
- 9) Heat the vegetable oil in a medium sized frying pan. Sauté the cumin seeds for 1 minute and then add the garlic, and chopped aubergine flesh. Cook for 10 minutes or until soft.
- 10) Peel the skins off the red peppers and roughly chop the flesh. Add to the aubergine.
- 11) Stir the aubergine mixture into the couscous. Add the chickpeas, raisins, chopped basil and mint and half the coriander. Season well.
- 12) Divide the mixture between the 6 aubergine shells.
- 13) Bake for 15 minutes.

**To serve:** Sprinkle with paprika and remaining coriander.

## CHOCOLATE APPLE DESSERT



*Stuffed Aubergines*



*Chocolate Apple Cake*

Every Rosh Hashanah, the family needs a special apple cake to mark the occasion and hopefully this recipe will be their favourite. Whether you serve for dessert or for tea, the chocolate-coated cake will not disappoint your family and guests. It freezes beautifully so make it in advance of the festive preparations.

### **Parev**

**The chocolate topping needs 2 hours to set so make it in advance of your meal or even make it the night before. Serves:** 8 people

# COOKERY CORNER

## Ingredients

1 tablespoon margarine or oil – to grease the tin, 500g/ 1 pound apples – peeled, cored and grated, 350g/2¼ cups icing sugar, 3 teaspoons vanilla sugar, 300g/2 cups plain flour, 5 eggs, 100g/1 cup walnuts – chopped, 100g/1 cup raisins, 2 teaspoons baking powder.

## Topping

2 tablespoons apricot or raspberry jam, 150g/1 cup plain chocolate, 75g/¼ cup margarine

## Method

- 1) Pre-heat the oven to 180°C/350°F/Gas mark 4.
- 2) Line and grease a 22cm/9 inch loose base cake tin.
- 3) Put the eggs, icing sugar and vanilla sugar in a mixing bowl and whisk together.
- 4) Stir in the grated apple, raisins, flour, baking powder and nuts.
- 5) Bake for 45 – 50 minutes or until firm in the centre and golden brown.
- 6) Let it cool for 30 minutes before adding the topping.
- 7) Melt the chocolate and margarine over a double-boiler.
- 8) Spread the jam over the top of the cake and then pour over the chocolate mixture.
- 9) Leave to set in the refrigerator for 2 hours or overnight.



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### IMPORTANT - AMERICAN & CANADIAN MEMBERS

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

# FUNNY, I DON'T REMEMBER...

## FUNNY, I DON'T REMEMBER BEING ABSENT MINDED...

### NOW THAT I'M 'OLDER' (BUT REFUSE TO GROW UP), HERE'S WHAT I HAVE DISCOVERED:

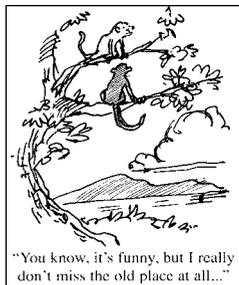
1. I started out with nothing, and I still have most of it.
2. My wild oats have turned into prunes and All Bran.
3. I finally got my head together; now my body is falling apart.
4. Funny, I don't remember being absent minded...
5. Funny, I don't remember being absent minded...
6. All reports are in, life is now officially unfair.
7. If all is not lost, where is it?
8. It is easier to get older than it is to get wiser.
9. Funny, I don't remember being absent minded...
10. Some days you're the dog; some days you're the hydrant.
11. I wish the buck stopped here; I sure could use a few...
12. Kids in the back seat cause accidents.
13. Accidents in the back seat cause kids.
14. Funny, I don't remember being absent minded...
15. It's hard to make a come back when you haven't been anywhere.
16. The only time the world beats a path to your door is when you're in the bathroom.
17. If God wanted me to touch my toes, he would have put them on my knees.
18. When I'm finally holding all the cards, why does everyone decide to play chess?
19. Funny, I don't remember being absent minded...
20. It's not hard to meet expenses... they are everywhere.
21. These days I spend a lot of time thinking about the hereafter... I go somewhere to get something and then wonder what I'm here after.
22. Funny, I don't remember being absent minded...

**We received the above from one of our members in Jerusalem and thought it would bring a smile to the many of us of a certain age!!!**

# ISLAND PARADISE AFTER UK LAB



**ISLAND PARADISE  
AFTER UK LAB!**  
The following article  
appeared in the  
**Animal Defender &  
Campaigner Magazine  
Spring/Summer 2005**



"You know, it's funny, but I really don't miss the old place at all..."

Five years ago, Ireland's Monkey Sanctuary became home to ten capuchin monkeys from a UK vivisection laboratory. Last year the sanctuary contacted the Animal Defender & Campaigner Magazine to say that, incredibly, four more monkeys from the same lab were to be released and reunited with the monkeys at the sanctuary. They immediately provided the cash for the care of the animals and, in the process, adopted all the monkeys!

**Yvonne Smalley of The Monkey Sanctuary reports on their progress from lab cages to trees:**

Ireland's only primate sanctuary was established in County Wicklow, six years ago at a nature reserve owned by Willie Heffernan. It is a haven where thirteen capuchin monkeys, previously confined for ten years in laboratory cages, now live freely on large islands in a lake. To ensure a peaceful environment the sanctuary is not open to the public.

Five years ago, the International Primate Protection League arranged the release of some capuchins that were used in psychology experiments in a UK laboratory. Like the lab capuchins ADI helped rescue in Chile, when they arrived at the sanctuary they had pale, grey faces after years caged in windowless rooms. Only Mimmi had seen the outside world, but that had ended when she was trapped as an infant in a South American jungle and sold to the laboratory for breeding. Seeing the sky, trees, other animals and birds were new experiences for these monkeys.

The monkeys were naturally nervous of their new surroundings. For a long time the slightest thing set them off screaming and rocking. On their new island they stayed high up on the roof of their house for safety and kept close to one another. It was many months before they were confident enough to stay on the ground and explore. But apprehension turned to joy as they began to climb trees, swing on ropes, run and play. Free to exercise and eat fresh

# ISLAND PARADISE AFTER UK LAB

fruit and vegetables, the monkeys started to look fitter and become muscular. The fresh air and sunshine gave them healthy tanned faces!

16 year old Mimmi, obviously remembered life in the forest, and following her lead, the monkeys began to drink from the lake and climb higher up the forty foot trees. They began digging for worms, picking buds and grass shoots and catching insects as they would in the wild.

Today some still display the disturbed, repetitive behaviours that are the scars of life in the laboratory, but the monkeys are now calm and content. As the males matured the dynamics of the groups altered and tensions flared. Donald and Ciccio needed their own islands! The monkeys now live in pairs or groups on six islands. Much of the monkeys' improvement has been due to Willie's expert care, patience and understanding.

Last year the Monkey Sanctuary was advised that four of the monkeys from the same lab now needed a new home and could be reunited with their former cage mates.

Charlie, aged 20, Sam, Monet and Frieda arrived in July last year and were released onto their own island. Sam and Frieda were climbing trees almost immediately. Capuchins have great memories and they were soon recognizing individuals they spent so long with in the laboratory. Charlie is the father of our alpha male, Ciccio, and a female called Ernie, who were born in the laboratory to Mimmi. There is constant communication between the monkeys on the islands – a family free and reunited.

Charlie and his group remain hesitant to come down onto the ground or go to the water's edge to drink. But they are starting to make a quick dash down a ladder to grab a treat! For the first time since February 2005 Charlie came down a tree, crossed the island on the ground, then shot up another tree!

All these sensitive and intelligent capuchins can now enjoy simple pleasures denied to them in the laboratory such as relaxing in the sunshine grooming their companions. The Sanctuary is a refuge for wildlife and the monkeys are fascinated watching the ducks, moorhens, swans, wild birds and occasional otters share their islands and use the lake. They also keep a keen eye on our emus, goats, geese and dogs wandering by!

**We would like to sincerely thank NAVS and ADI for their generous support.**

# ALOE VERA

## ALOE VERA

By JOHN NEVILLE

Very few plants are as well known or as highly thought of as the Aloe Vera plant. Aloe is recorded throughout history and is known worldwide. It is a frequent moisturising ingredient found in numerous cosmetics and hair care products. Most notably, Aloe Vera is known to promote the healing of burns and superficial wounds. Topical application of Aloe has been known in treatment of radiation injuries, sunburn, frostbite, some types of dermatitis, psoriasis, cuts, insect stings, ulcerations, abrasions, and other dermatological problems.

### How does Aloe Vera work?

When one asks, "What makes Aloe Vera work?", the best explanation is simply that Aloe exerts anti fungal and antibacterial effects that promote healing and prevents wound infections. Aloe Vera is basically a cellular regenerator and therefore performs with very positive results in a number of conditions.

It works by healing both external conditions as well as internal problems as it stimulates the synthesis of elastin and collagen in the organism, compensating the aging that comes with time.

Topically, Aloe can help to heal dry and cracked skin, burns, blisters, frostbite, insect bites, and allergic reactions. It is also known to help various skin eruptions, acne, rashes, ulcers, sores, some herpes, athlete's foot and more.

One of the most notable results with the use of Aloe is in the possible healing of urticaria and psoriasis. The major carbohydrate fraction found in Aloe gel is, acemannan, a water-soluble, long chain, mannose polymer that accelerates wound healing, modulates immune function, and demonstrates antiviral effects. Additionally, Aloe gel contains magnesium lactate, which helps prevent itching, bradykininase and salicylic acid, and other antiprostaglandin compounds that relieve inflammation.

Internally, Aloe has had noted healing effects on problems in the mouth, gums and throat. Also it is found to help with stomach disorders, acidity, indigestion, gastritis and ulcers as well as colitis and haemorrhoids, cirrhosis, hepatitis and diabetes. Additionally, it helps to regulate blood pressure, and acts on rheumatism, arthritis, and infections of the kidney, the urinary tract and the prostate. The bottom line is, whether you use Aloe Vera or not, it is beneficial

# ALOE VERA

and if used with care, Aloe does reward us with a treasure-trove of benefits.

**For more information and a free information pack**

**E-mail: [john.neville7@btinternet.com](mailto:john.neville7@btinternet.com) Tel: (U.K.) 01908 671641**



## CHILDRENS CORNER

### TACKLING CHILDREN'S HEALTH A SUPERHUMAN BOOST FOR CHILDREN...

**BIO-SYNERGY**, after extensive research with children aged 5-12 and parents, have developed a range of multivitamins for children.

Over 400 Children were involved in the study, which concluded that there was a need for a range of products which would appeal to parents (no added sugar, gluten free etc) and children.

In order to achieve this bio-synergy have acquired the license for Marvel superheroes including Spiderman, The Hulk and The Thing.

This range will be the first to combine a character license with a healthy product...

The theme is to "fuel the superhero inside you".

To support the national product launch in June, bio-synergy worked with retailers to educate parents and children alike, and this included a road show in conjunction with Dorland Kingsley, and the chance for schools to win a seminar on health, diet and nutrition.

For details of stockists, retail prices and pack information please call Lisa Roukin 0207 935 5291 or [lisa@marvelheroes.co.uk](mailto:lisa@marvelheroes.co.uk)

1. The chewable multivitamins are in a pack of 30, RSP £2.89
2. The multivitamins are free from artificial colours, preservatives & flavours
3. Characters are Spiderman (blackcurrant), The Hulk (kiwi), The Thing (orange)

## CHILDREN'S CORNER

**The following article first appeared in the Australian – New Vegetarian and Natural Health magazine Winter Issue (Reuters. 7 March 2005)**

### **CONVENTIONAL WISDOM ON MILK QUESTIONED**

Children who drink more milk do not necessarily develop healthier bones, according to American researchers.

The US Government has gradually increased recommendations for daily calcium intake, largely from dairy products, to between 800 and 1.300mg to promote healthy bones and prevent osteoporosis. The report, published in the journal Pediatrics, said boosting consumption of milk or other dairy products was not necessarily the best way to provide the minimal calcium intake of at least 400mg per day. Other ways to obtain the calcium found in one cup of cow's milk include a cup of fortified orange juice, a cup of cooked kale (a type of cabbage), two packages of instant oats, two-thirds of a cup of tofu, or one to two thirds of a cup of broccoli.

In a review of 37 studies examining the impact of calcium consumption on bone strength in children older than seven, researchers at the Physicians' Committee for Responsible Medicine in Washington found 27 did not support drinking more milk to boost calcium.

Several studies, which examined such factors as bone density and rate of fractures, concluded that exercise may be more important than increased calcium consumption, in developing strong bones.

Data was scarce on the effect of calcium intake for children younger than seven. Dairy products provide 18% of the total energy and 25% of the total fat intake in the diets of American children, who are developing increasing rates of obesity.



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# IS LIFE TOO SHORT FOR ROASTERS?

The following abridged article appeared in the London Jewish Tribune – 26th May 2005 and was sent to us by W. Sulzbacher – Jerusalem

## IS LIFE TOO SHORT FOR ROASTERS?

**Yossi Benzaquen investigates the case of the Roast Chicken.**

Could Animal Welfare activists have a point? What if government or internal industry advisory leaflets inherently substantiate their claims? More importantly, what if these welfare concerns impact not simply on animal suffering but also imply serious kashrus problems? Religious Jews have a jaundiced view of most animal welfare activists-and with good reason. Some are seen as troublemakers looking for a cause while their more militant supporters seem to value animal welfare above human life and not a few are apparently tainted with latent anti-Semitism. Besides, their whole raison d'être runs contrary to Torah-true Haskofoh. Many mitzvos in the Torah do have an animal welfare element but – and it is a big but – animals welfare concerns are not unconditional, unlimited or overarching.

Commandments teaching us to unload a beast of burden in distress is obviously designed to relieve unnecessary suffering as are possible the mitzvos against muzzling the ox at the plough, harnessing different animals together, shiluach hakan, oso v'es benoi and even, according to some commentators, seething a kid in its mother's milk. Yet the Torah implicitly permitted the wearing of animal fur or skins when Hashem clothed Odom and Chavoh while the Creator explicitly put Man in charge.

These groups have two other crucial divergences from the Torah view: Halochoh is singularly concerned with pointless, gratuitous, unnecessary cruelty but has less problem with for instance animal experiments for medicine or even cosmetics.

Among their various gripes against the food and farming industry, they have particularly focused on chick-roasters – and they have turned up some pretty worrying information. "Roasters" incidentally are known in the trade by their US label of broilers. Broilers are very young chickens (slaughtered after 6 or 7 weeks instead of a natural lifespan of around 7 years: pousins are slaughtered after 4 weeks) with moist, tender meat and larger breast portions than birds intended for egg production while a roaster is a slightly older, slightly larger bird.

## IS LIFE TOO SHORT FOR ROASTERS?

In 1976 it took 63 days for a broiler to reach a market weight of 2 kilos, it took just 35 days in 2001. To achieve this, broilers have to be grown in an artificial, tightly controlled environment with their feed and drugs scientifically monitored; the rapid growth also arises from rich diets and growth-promoting antibiotics like the discredited East European sports competitors.

New poultry houses are now high-tech with everything automated, remote-controlled and state-of-the-art. Broilers are housed in large, uncaged windowless sheds in massive flocks of between 20-50,000 birds up to over 100,000 birds. Feeding, watering, temperature and ventilation are all automatic, 5 or 6 batches of chickens are usually reared a year with breaks for fumigation. Artificial lighting is carefully controlled. Initially bright to accustom chicks to the location of food and water for maximum eating and rapid growth, this continual lighting is then dimmed to deep gloom to discourage aggression and fighting between chickens – except for half-hour total darkness each 24 hours.

Inevitably these revolutionary methods come with a cost. Built into the economics is the premise more birds will die in the intensive broiler system. Days old chicks are put into broiler sheds to fend for themselves so “starve-outs” that fail to find their way to the automatic food and water points soon die. Pathological conditions found in broilers include tibial dyschondroplasia, twisted leg, tibia septic arthritis in joints, “kinky back” and slipped tendons – worryingly, some of these conditions may be potentially trifling. Up to 80% of broilers suffer from broken bones or other skeletal defects (Agriculture & Food Research Council) whilst almost every farm visited had “leg problems of varying degrees of severity” (FAWC). Advisory leaflets warn of nutritional deficiencies of Vitamin D3 and Riboflavin in the controlled feed causes “soft bones and an increase in lameness, curly-toe paralysis, and ‘spraddle’ legs in chicks.

Growth induced broilers suffer several major diseases. Compared to other chickens, heart related mortalities have been observed only in broilers. Cardiac arrhythmias have been found in broiler chickens as young as 7 days. The metabolic strain of high oxygen demand of rapid growth combined with restricted space on their cardiovascular system is enormous resulting in high blood pressure, swelling of the right ventricle and congestive heart failure causing ascites – an internal accumulation of yellow or bloodstained fluid in the abdomen – affecting nearly 5% of broilers worldwide. Since chicken

# IS LIFE TOO SHORT FOR ROASTERS?

hearts are firmly attached to the rib cage and difficult to check, a few kashrus authorities outside Jerusalem have great expertise in this.

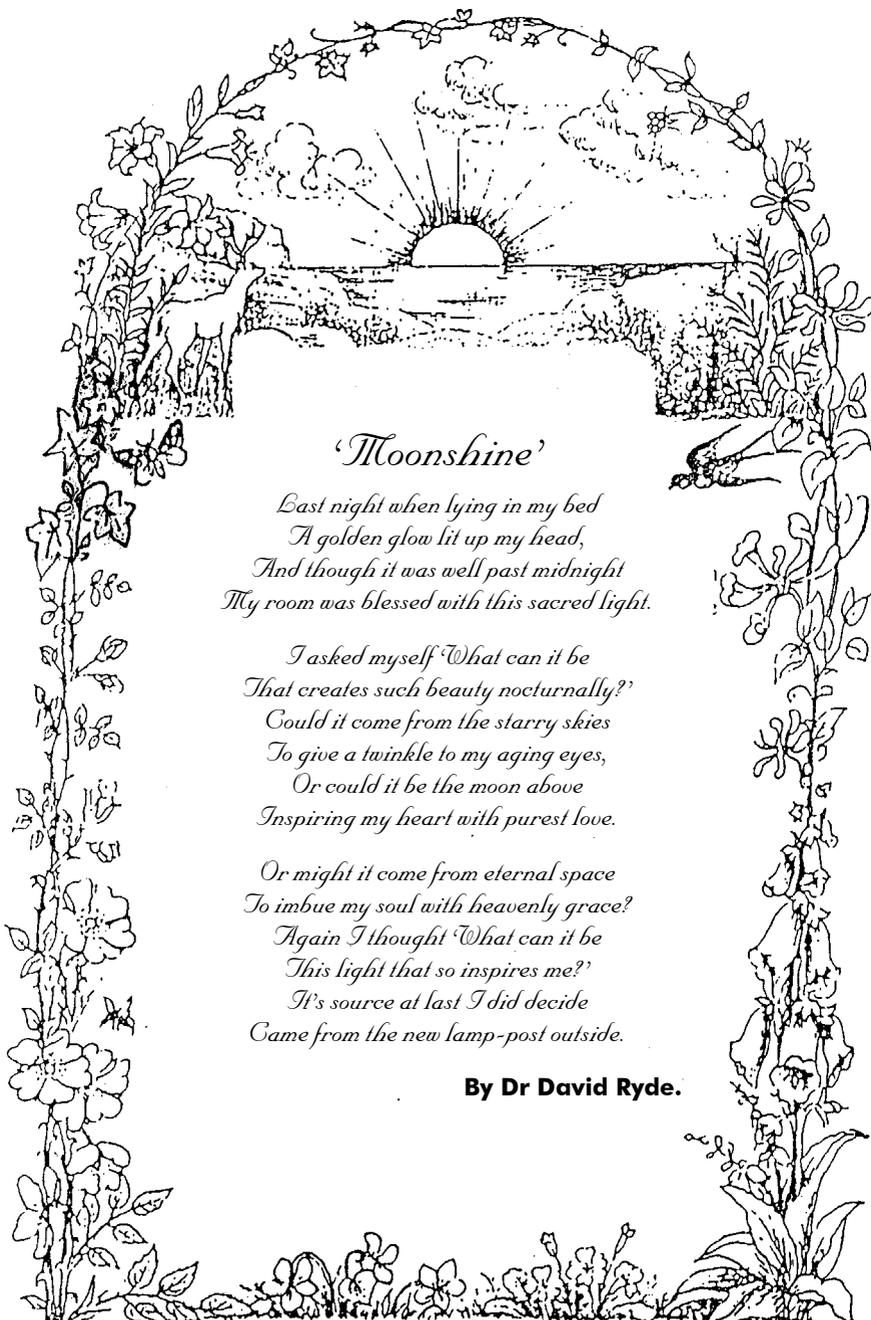
Though they only live a few weeks, broilers succumb to full-scale heart attacks, called in the trade “sudden death syndrome (SDS)”, due to enlarged hearts directly related to their exaggerated growth. Beside their susceptibility to fatty liver and kidney syndrome, broilers might even need to be checked for drusoh (attacks from fellow chickens).

Because of their skeletal weakness, broilers are vulnerable to rough handling during catching and transport where dislocated hips, broken wings or legs and bruising are common occurrences. Shock is also a factor when they have experienced minimal or no human contact since birth. Most broilers have “hock burn” – blisters, lesions and ulcerations on legs and breasts coming from the festering litter, but these are unlikely to be a kashrus problem; nor is contaminated chicken containing campylobacter, a micro-organism that can cause painful stomach cramps and severe diarrhoea.

It is unlikely they could continue to lay any eggs or survive the year and anyway once their egg laying is no longer commercially viable, these are sold off as cheap processed meat. So broilers live life in the fast lane; arthritis at one week old; irregular heartbeat at two weeks; congestive heart failure at a month; knee and hip replacements at five weeks; severe heart, lung, liver and kidney complaints at seven; and death of old age at nine months! Seriously though, it may be halachically significant if birds are unable to live a year or lay eggs since that used to be the kashrus test of birds in doubt.

Certainly the lifestyle of the chicken has changed dramatically since the time of the Gemoro and Shulchan Aruch when they were pecking around the yard or orchard but switching to organic or less intensively reared hens like those marketed by Freedom Foods will come with a higher price tag but probably less kashrus concerns. Since intensively reared roasters are a worldwide phenomenon it is ultimately our Rabbonim who will decide what option to chose and whether present and future system continue to produce glatt kosher chickens with few shaalos. At the moment there are virtually no specific laws, worldwide or European, to protect the welfare of broiler chickens but the EU is currently framing a new directive. So perhaps our kehillos could have an input here and not leave the field free for animal welfare spokesmen alone.

POEM



*'Moonshine'*

*Last night when lying in my bed  
A golden glow lit up my head,  
And though it was well past midnight  
My room was blessed with this sacred light.*

*I asked myself 'What can it be  
That creates such beauty nocturnally?'  
Could it come from the starry skies  
To give a twinkle to my aging eyes,  
Or could it be the moon above  
Inspiring my heart with purest love.*

*Or might it come from eternal space  
To imbue my soul with heavenly grace?  
Again I thought 'What can it be  
This light that so inspires me?'  
It's source at last I did decide  
Came from the new lamp-post outside.*

**By Dr David Ryde.**

# VIVA!'S INCREDIBLE ROAD SHOW – UPDATE

Campaigning animal welfare group Viva! launched **The Incredible Veggie Road Show**, as part of its 10<sup>th</sup> Anniversary celebrations, last October. (See The JV Issue No.151. December 2004 for venues and full details)

The first road show took place in **Viva!**s home town of Bristol where they joined forces with the Vegan Fayre and the last road show will take place on the 12<sup>th</sup> November at the Wembley Conference & Exhibition Centre. 10am-5pm.

**The Incredible Veggie Show** will be the largest event of its kind in the UK with over 85 exhibitors representing every aspect of a vegetarian and vegan lifestyle from food and drink, clothing and footwear, cosmetics and toiletries as well as baby products. **Viva!** will have a large exhibition area based on their road show concept which will include cookery demonstrations, a large selection of food tasting, nutritional advice, campaign information and a large selection of merchandise. Every visitor to the show will also go away with a free copy of their **Time To Go Veggie** magazine which covers everything anyone could possibly need to know about going and staying veggie. If you are unable to visit any of the shows, you can obtain a free copy of **Time to Go Veggie** direct from **Viva! 8 York Court, Wilder Street, Bristol, BS2 8QH** either telephone or email the address below.

Once inside the venue, visitors are greeted with lots of veggie food to try including hot Indian, Thai and Chinese dishes, meat-like alternatives to sausages, burgers and pies, sandwiches filled with non-meat slices, pates and cheeses; savoury snacks; biscuits and flapjacks; chocolate; and refreshments. To complement the food tasting there are also a series of talks to advise how people can and why they should go veggie, and what's more it is free.

**In case you do not have your copy of The Jewish Vegetarian Magazine handy, further information on the road shows can be found on [www.viva.org.uk/roadshows](http://www.viva.org.uk/roadshows) or Contact Angie Greenaway at Viva! on: 0117 944 1000 – Email: [info@viva.org.uk](mailto:info@viva.org.uk)**

## 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.

# GARDENERS' CORNER



## GARDENERS' CORNER – AUTUMN 2005

In 1878 Robert Louis Stevenson bought a small donkey and prepared to walk through a wild and rugged part of France, the Cévennes. He was 27 at that time and had suffered in his health but undertook a daunting trek through isolated and beautiful scenery, not without some danger from bandits and wild animals.

Today the Cévennes is a National Park but one can still find solitude and awesome beauty following in his footsteps.

The route starts at the Le Monastier, a volcanic area with pumice being one of the main materials for building, stonewalls and paving the paths and tracks. The area is the Haute Loire and the river winds, sometimes languidly and then as a rushing torrent, through inspiring scenic gorges. Stevenson did his walk in September/October and whether Modestine, his donkey, was of great practical help is debatable but what had begun as a battle of wills was to turn into an empathy of man and animal and where Stevenson had started out with anger and frustration at his inability to motivate this stubborn beast, it ended some weeks later with tears of regret at their inevitable parting. RLS had failed to teach Modestine anything, but she had taught him a great deal by her stoic example companionship and mutual understanding developed.



Today there are no bandits or wild animals and the Camisards of old give their name to wayside places of refreshment. Here the cherry trees were yielding refreshing fruits for the fortunate traveller, profusely offering their blush delights. The walnut trees also abound but their harvest was yet to

# GARDENER'S CORNER

come with the half-grown, green-cased nuts promising bounty in a couple of months time. The sweet chestnuts are now just in bloom.

The locals today take great pride in their kitchen gardens and here, because of the altitude and mountain microclimate, the vegetables were about as advanced as in our own gardens. It was obvious that the small plots had been tended with loving pride and there was a simple beauty in the neat rows of lettuce, radish, garlic, spinach, beans and potatoes. Rarely was a weed to be seen in the dark alluvial soil.



We trekked for six days and covered some 85 miles of the Stevenson Way, passing through little villages which time has passed by and, but for Stevenson and Modestine, they would be rarely visited but thanks to this 'Ecosse', fame brings in the traveller to share in the quiet and tranquil charm of this otherwise backwater.

For me the highlight was our last day's walk when with legs and lungs toughened by what had gone before, we strode up through the forest to a peak of some 4700 feet where heather and blueberries abound. Here from the ridge one could see vast distances and towns and villages far below in the misty air appeared as minute toy models.

This area is now famous for its honey and still the odd small-time beekeeper is in evidence, and supply the needs of local demand, small commercial apiculture thrives. At this time, the middle of July, the bell heather blooms and is a great attractant to honey bees as well as bumblebees and other insects. Where this cascaded down a rocky slope, the air gently hummed with the beat of innumerable small but purposeful wings and from along the trail, we could make out the stand of 30 or so hives placed strategically for the workers to fly up to the flowers unladen and return gorged with the reddish nectar and slate grey pollen to turn into the much-prized heather honey. In a few weeks, the ling heather would open and then the harvest would begin in earnest. I had often taken my own bees to the Northumberland moors to obtain this rare and highly-prized crop and so for me the romance of man and bee exploiting the beauty of the heather to obtain this precious honey brought back many happy recollections.

## GARDENERS' CORNER

As we strode into the small town of Florac where our walk was to end, we thought of the violas and heartsease, tossing their heads in the mountain breeze, of the small fields of wheat and barley tinged blue with cornflowers and of the fragrance of thyme underfoot, we also felt a gratitude to Robert Louis Stevenson and Modestine.



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# BOOK REVIEWS

## THE QUIET MAJORITY

**NEW BOOK BY AGE CONCERN TO HELP SUFFERERS  
OF BOWEL AND BLADDER PROBLEMS**



More than 70% of the UK population have been affected by bladder problems but too many suffer in silence because of embarrassment. A new book "Taking Control of Bladder and Bowel problems", published by Age Concern, is the first to provide essential information and advice for anyone affected. It also gives practical day-to-day tips, such as dealing with stress, how to prepare for holidays and any financial help available.

Incontinence affects both men and women and half a million adults have bowel problems. By failing to get medical help, people are denying themselves treatment and ignoring what could be a symptom of a more serious illness.

The author Kerry Lee, who works for **Incontact** a leading charity in the field, commented, "People with incontinence problems should not feel as though they cannot speak out. Incontinence is a common problem but people don't realise that they are not alone or that help is available. This book is designed to bring such problems into the public eye and to take steps towards breaking down the taboo that surrounds them."

Kerry offers the following five top tips to help overcome embarrassment:

- See a health professional. They are used to dealing with such conditions and will help you through every stage
- Note down any questions before your appointment. This will help you to be clear and stay focused
- Ask questions, even if you think you should know the answer. There is no such thing as knowing too much
- Take a friend if that would help. They will make sure you get the information you need
- Remember that you are not alone. It's a common problem and by admitting you need treatment you are taking the first step to taking control

**The book is a must-have guide for anyone who suffers with incontinence or for those who are looking for more information in this ignored area. The book Taking control: Bladder and Bowel Problems can be ordered by calling 0870 44 22 120 or seeing: [www.ageconcern.org.uk/shop](http://www.ageconcern.org.uk/shop) and is priced at £6.99.**

# BOOK REVIEWS

## ENJOY – NEW VEG WITH DASH

BY NADINE ABENSUR

The demand for eating healthy, fresh and nourishing food has never been greater. Trying to incorporate this into our daily lives is often difficult and time-consuming, and at the end of a busy day there is nothing more satisfying than eating a sumptuous meal that hasn't taken you hours to prepare. For vegetarians who might be struggling to come up with exciting new recipes that are not limited by a lack of interesting ingredients, or time and energy, **Enjoy – new veg with dash** is on hand. .

Nadine is one of the most original food writers working today. Born in Morocco of French-Jewish parents, her food influences stretch from North Africa to Asia. Now living largely in Australia, Nadine has created a collection of recipes which redefine vegetarian cooking. Dishes such as Chickpea and Broad Bean Salad with Cumin, Paprika and Lemon, Cinnamon and Cardamom-scented Pilaf and Asparagus with Sesame Seeds and Sweet Chilli Sauce. Whatever the mood, Nadine has a great recipe at hand, whether a light, summery salad, a rich creamy risotto or deeply indulgent chocolate cake.

Photographed in Australia's Byron Bay, **Enjoy – new veg with dash** will appeal to anyone who is looking for inspiring, easy and quick to make, healthy recipes that include fresh, full flavoured ingredients that do not to have either meat or fish in.

**Published by Collins (A division of HarperCollins Publishers)  
Hardback. Price £20.00. Plus P&P £ Available from JVS.**

## M.E. AND CHRONIC FATIGUE SYNDROME COULD OXYGEN BE THE ANSWER?

BY MARK G. LESTER

There is no doubt that M.E., Chronic Fatigue Syndrome (CFS) and fibromyalgia are three of the most frustrating interrelated ailments for both practitioner and sufferer. In its mildest forms, the symptoms are those of constant lack of vitality and energy, a sense of not feeling quite right, combined in the case of fibromyalgia with muscular aches and pains. In its more severe forms, sufferers experience total exhaustion to the degree that they can become completely dysfunctional. The array of possible symptoms that have been associated with the conditions seem to be almost endless and will not be discussed in detail in this article. Typically, sufferers do the rounds of visiting

# BOOK REVIEWS

many practitioners and trying many therapies. Though all complimentary therapies seem to obtain a degree of success, the fact is that the unsuccessful results of any one therapy always seem to be far greater than the successful ones. Practitioners gleefully provide case histories of their spectacular results, but frequently gloss over their less than sensational ones (i.e. the majority). Whilst I know this is a rather stark and even depressing opening paragraph of this article, I believe the time has come for us to be honest about this situation. So why are the results so poor?

I believe that something fundamental has been overlooked in our quest for the answer and that answer may be just a whiff of oxygen away. I run a clinic based in North London, and for the last 7 years I have been using a treatment which often seems to help sufferers where all else has failed, namely Oxygen/Ozone therapy. Oxygen therapy is in fact an umbrella term for several dozen methods all of which have the same aim: to flood the body with oxygen.

What I am proposing is that deprivation of cellular oxygen is the single biggest cause of chronic fatigue and M.E. I would like to add that this rather bold statement is based on experience of seeing people get better when that deprivation is corrected. Although I use the terms "Oxygen therapy" in this article, really proper oxygenation of the body should be regarded not as a therapy but as so fundamental as to be regarded as the cornerstone, the very foundation upon which the body's health may be restored. Not just for M.E. and chronic fatigue, but ALL disease. And furthermore, proper oxygenation is the foundation required for all other therapies to work. This is the reason I am suggesting that oxygen 'therapy' is not just a therapy in its own right but a basis upon which all other therapies have a vastly better chance of working. This concept is ventured into in more detail in the groundbreaking book "Flood Your Body with Oxygen" by Ed McCabe (available from The Finchley Clinic). Please bear in mind that this article is a tiny summary of a huge subject area. Indeed there are thousands of published papers and articles on the benefits of the various methods of Oxygen/Ozone therapy for almost every type of ailment. This aspect is too wide to venture into in this article. Please read the aforementioned book if you would like more detailed information. You can also visit The Finchley Clinic web site [www.thefinchleyclinic.com](http://www.thefinchleyclinic.com) and click on "Oxygen therapy".

Of the various oxygen therapies, Ozone therapy is the most powerful because it is more strongly oxidizing than the other two main methods – hyperbaric oxygen and hydrogen peroxide therapy. The reason it is not better known is

## BOOK REVIEWS

related to the fact that is not profitable for the pharmaceutical industry, which dominates Western mainstream medicine. This is because oxygen and ozone are natural gases – they cannot be patented therefore they are not profitable for them. Instead a huge amount of incorrect and mistaken assumptions have grown up around ozone and its role in health, focused on the fact that ozone can be an irritant to the lungs if inhaled in large quantities. All methods of ozone therapy deliver ozone by methods, which bypass the lungs.

So let's talk about oxygen and ozone therapy. Ozone is an activated, trivalent (three atoms) form of oxygen. Oxygen is  $O_2$  whereas ozone is  $O_3$ . Over a period of 20-30 minutes, ozone breaks down into two atoms of regular oxygen – by giving up one atom of singlet oxygen leaving a single, reactive oxygen atom. Medical ozone is made when medical grade oxygen is electrically activated (using an ozone generator) to form ozone. Ozone is germicidal, bactericidal, and fungicidal and anti-viral. Oxygen has these properties too, but less strongly. Ozone was discovered by Fridereich Schonbein and was described in a letter written in 1826 ("The Use of Ozone in Medicine" 3rd English Edition, page 22). It has been used in medical and naturopathic medicine since the 1870s.

Oxygen is in fact the single most important nutrient for the body. Think about it: The body can survive weeks without food, days without water, but only minutes without oxygen. Every cell of the body requires a continuous supply to feed the chemical reactions that generate energy, detoxify both internal and externally derived waste products and maintain production of the structural cell components. Any reduction in the availability of oxygen to the body, whether by poor posture and breathing, deoxygenated water and refined foods, smoking, lack of exercise, environmental pollution or exposure to carbon monoxide, reduces the optimal performance of these essential cellular functions.

Ozone has three major benefits. Firstly it activates the immune system. Secondly, ozone releases singlet oxygen, which destroys viruses, bacteria, fungi and other pathogens. (As an aside this partly explains why we have seen a number of beneficial results with people diagnosed as HIV+). As an anti fungal, ozone and the oxygen therapy products referred to below have strong anti candida effects – candida being a major cause of chronic fatigue. A third benefit of ozone therapy that has been noted has been considerable and lasting levels of pain relief.

The main method used at the Finchley Clinic is Transdermal Ozone therapy, though other methods of Ozone therapy are employed as well where

# BOOK REVIEWS

necessary. Transdermal ozone is a method in which ozone is introduced into the body via the skin while sitting in a hot steam cabinet. As the pores of the skin open as a result of being surrounded by the warm steam, ozone enters the body transdermally (i.e. via the skin). The ozone then penetrates the blood, lymph and fat. By allowing ozone in and toxins out via the sweating process that is induced, transdermal ozone therapy is one of the most powerful methods of detoxifying and oxygenating the body in existence. This method is not new: Dr Kellogg first used ozone in steam saunas at his naturopathic clinic in Battle Creek, Michigan as far back as 1881. The German army used transdermal ozone, without the use of steam baths, for wound healing on the battlefields of World War I.

As an aside steam cabinets, steam rooms and saunas do have valuable detoxifying effects on their own. During a fever, the functioning of the immune system is stimulated, while the growth of bacteria and viruses is forced to slow down. Combined with ozone, the results are MUCH more powerful.

Other methods of ozone which we employ when required include ear, rectal and vaginal insufflation, the latter being especially and very quickly effective for ridding the body of vaginal thrush.

Whilst I do not claim 100% success, our results with chronic fatigue and M.E. have been in my view, better than any other single therapy. Sometimes the improvements are seen immediately after the first session and sometimes they can take 6-12 sessions. There is no way of predicting this, but it would be fair to make the very general comments that the more severe cases often take longer to improve than the less severe ones and secondly that oxygen / ozone therapy is very effective.

For those people who cannot come to the clinic for treatment, and for patients who need additional support between treatments, we also make available a number of supplements, which also flood the body with singlet oxygen. The most popular one we sell is called **Oxygen Elements Plus**. This product comes in a small liquid bottle. The usual dosage is 7 drops 3 times per day in a little water. Now although ozone therapy is more powerful, this product often gets great results on its own. Not just for M.E. and C.F.S., but for almost every category of ailment. And if you don't believe us, please feel free to take a look at the testimonials on our web site. Remember when I said at the beginning of the article that oxygen was the single most vital nutrient for the body. So flooding the body with oxygen is arguably the single most important thing you can do to improve your health. Oxygen Elements

## BOOK REVIEWS

Plus works by taking the water from the body ( $H_2O$ ) and releasing singlet oxygen by separating the oxygen from the hydrogen, this creating a cascade oxygenating reactions, which continues for many hours after it is taken. It also contains 77 trace minerals, digestive enzymes, metabolic enzymes and amino acids. Our second most popular oxygen product, **Colosan** works in a completely different way – by directly delivering singlet oxygen to the body. It also loosens the bowels and is indeed a wonderful bowel cleanser and constipation remedy, and unlike conventional and herbal laxatives does not work by irritating the bowels (though this is not its primary intended purpose, we have many, many customers who buy the product for this reason alone). Colosan and Oxygen Elements Plus are both candida and fungus infection fighters. Oxygen Elements Plus rids the body of candida systemically, whilst Colosan predominantly rids the intestinal tract of candida.

If you would like to purchase these products, or are interested in ozone therapy you find more information on both the products and therapies on our web site [www.thefinchleyclinic.com](http://www.thefinchleyclinic.com) You can order the products online or by telephoning 020 8349 4730. An appointment with Mark G. Lester for ozone therapy can also be made on the same telephone number. Mark is available for brief telephone discussions where necessary but asks callers to respect that the telephone number given is primarily for those seeking to place orders or make appointments.

**Mark G. Lester is a holistic therapist whose family has been involved with alternative medicine for 50 years. He has been in practice since 1994. As well as Oxygen / Ozone therapy, he also uses The Bowen technique, Electro-crystal therapy, the Rife machine and Nutrition. Mark believes that a combination of therapies often hits the jackpot better than using one therapy alone, and these other therapies are also often employed in the treatment of M.E., CFS and Fibromyalgia. Mark has also observed (as have many other natural health practitioners), that there is often a strong causal link between M.E. and candida / fungal overgrowth. Ozone therapy and the associated products go some way to correcting candida on its own as they are anti fungal, but Mark usually recommends M.E. patients to use a number of anti candidal products alongside the clinical treatment. The main products can be viewed on the anti candida section of his web site.**

# BOOK REVIEWS

## AN ALLERGY COOKBOOK

By PATRICIA CARTER

Just because you – or one of the family have an allergy to certain food(s), there is no reason for your menus to be dull.

This new book contains over 150 recipes that will protect those suffering from allergies, but still offer tasty meals. Suggestions on how to isolate those ingredients that cause problems are made.

This book has been specially written for those who, for one reason or another, cannot tolerate eggs, milk, cheese, butter, wheat flour, chocolate, salt, sugar beet/cane, baking powder or corn flour. All the meals are economical and not expensive to prepare, while most of the recipes are quick and easy – the vegetables being simply prepared and needing very little cooking, thus preserving all their goodness.

All the recipes are worked out in British, American and Continental measures. Oven temperatures are in electric and gas. Unless otherwise mentioned, all the recipes are for two servings.

**Published by Ian Henry Publications Ltd. 20. Park Drive, Romford, Essex. RM1 4LH. Tel: 01708 749119. Price £7. 25 plus p&p £1.00. Available from JVS.**



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**NOTICE**

We are often being requested to send a Speaker to an outside organisation, sometimes for an evening meeting, as well as the afternoon.

We are desperately looking for someone who would be willing to give a talk on either vegetarianism or health, or any subject relative to our cause.

If anyone 'out there' is able to help, it would be much appreciated, so perhaps you could contact the office on 020 8455 0692, Monday to Friday, 10am – 4.00pm with your name, etc.

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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

Letchworth, Herts SG6 3JZ

tel: 01462 679301 fax: 01462 481578

email: [admissions@stchris.co.uk](mailto:admissions@stchris.co.uk) web: [www.stchris.co.uk](http://www.stchris.co.uk)

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

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87 Derwent Street, Chopwell

Tyne & Wear, NE17 7HZ

Tel: 01207 565957

e-mail: [info@freerangers.co.uk](mailto:info@freerangers.co.uk)



## LIFE MEMBERS

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

### UK Life Membership

£175

### Israel Life Membership

\$275

### American Life Membership

\$275

### or 5 annual payments of

£40 (\$60)

# DISPLAY ADVERTISEMENTS



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THE JEWISH VEGETARIAN



## CONTACT CENTRE

established 1960

is a caring, so low fees friendship agency catering exclusively for vegetarians and vegans, both in Britain and abroad for any purposes, for Jew and Non-Jew alike.

If you seek friends, a soul-mate, a holiday companion etc. etc., we can help.

CONTACT CENTRE provides you with a service attuned to your personal wishes and so much so that you don't even have to complete a form.

As we cannot tell all in this advertisement,

please write for membership details from:

CONTACT CENTRE, DEPT VJ, BCM CUDDLE, LONDON WC1N 3XX U.K. stating your gender.

If you live in Britain, please enclose SAE. If you live outside Britain, please enclose IRC, US \$1. or something equivalent, but no coins.

Languages understood: French, German, Dutch and English.  
Write clearly please.



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