

The Jewish Vegetarian



"TIFERET SHLOMO" Boys' Orphan Home

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לא ירעו ולא-ישחיתו בכל הר-קדשי...

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

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

Administrative Headquarters: 853/855 Finchley Road, London NW11 8LX, England.

Tel: 020 8455 0692 Fax: 020 8455 1465 E-mail: jewishvegetarian@onetel.com

Committee Chairperson:

Honorary Secretary: Shirley Labelda

Honorary Treasurer: Michael Freedman FCA

Honorary Auditors: Michael Scott & Co.

ISRAEL

Honorary President: Rabbi David Rosen

Honorary Solicitors: Shine, Hunter, Martin & Co. 119 Rothschild Boulevard, 65271, Tel Aviv.

The Jerusalem Centre: Rehov Balfour 8, Jerusalem 92102, Israel

Tel/Fax: 1114. Email: ijvsjlem@netmedia.net.il

Friendship House (Orr Shalom Children's Homes Ltd): Beit Nekofa, POB 80, DN Safon Yehuda 90830. Tel: (972)2 5337059 ext 112. www.orr-shalom.org.il

AUSTRALASIA

Honorary President: Stanley Rubens, LL.B.

Convener: Dr Myer Samra

Victoria Secretary: Stanley Rubens. 12/225 Orrong Road, East St Kilda. Vic 3183.

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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.
£10 Mr R. H. Paignton, Devon.

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.

£13 Mr. P. C-B, Dorchester, Dorset. £10 Mr. B.R.C. Birmingham.
£10 Mr R. H. Paignton, Devon. £8 Mr. E.L. London NW2.
£8 Mr. E.M.P. London, NW11.
\$15 Ms E.B.G. NY. USA. \$10 Rabbi A.L.R. CO. USA

**Bequest: We have received a bequest from the estate
of the late Mrs. Ida Zebrak of Hove, Sussex for £500
for which we are extremely grateful.**

BUILDING FUND DONATION – LONDON HQ.

£10 Mr. A.H.J. London SE22. £10 Mr R. H. Paignton, Devon.
£10 Dr. & Mrs. S. Ilford, Essex. £5 Ms P.S. Pinner, Middlesex.
\$20 Mr. J.W. MI. 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:

£500 Ms. M.A.K. Huthwaite, Notts £20 Mrs. B.P. Bath.
£10 Dr. & Mrs. S. Ilford, Essex. £8 Mr. B.R.C. Birmingham.
£5 Mr. & Mrs. J.C.B. Innerleithen, Peebleshire.
£5 Mrs. B.J. Hendon, NW11. £5 Mr & Mrs D. S. London, NW11
\$50 Ms J.E.R. OR. USA.

SOCIETY NEWS

WESSEX VEGETARIAN GROUP PURIM SOCIAL

A dozen of us met to chat, make new friends, have tea and hamantashen and take part in a 'fancy dress' hat competition at the Acacia Gardens Hotel in Bournemouth on Sunday 12th March 2006.



Wessex Vegetarian Group

For the first half of the social, each of us told the group why we had become vegetarian or partly vegetarian (as some people still ate fish). Some of the group were meat eaters but had an interest in vegetarianism.

Ideas were then discussed for future topics at our quarterly meetings. A vegetarian cookery demonstration, compiling a vegetarian book library, talks on healthy eating and eating out together were all suggested. We also agreed to bring along one or two favourite recipes to each meeting to be included in a booklet.

We discovered that some of the group had become non-meat eaters because they cared for animals, some because they thought it was healthier. One lady was curious if there was a Jewish perspective to vegetarianism. It was suggested we could look into this at a future meeting and perhaps have a speaker on the topic.

After tea and the lucky dip prizes for those wearing fancy hats, we discussed gentle exercises. Some people were already attending yoga or exercise classes some were swimming or going for walks. A few of the group agreed to meet occasionally for a Sunday afternoon stroll. It was decided to meet at Durlay Chine at 14.30 and walk to Sandbanks and back.

If you are interested in joining us on our fortnightly strolls along the seafront on a Sunday afternoon, please phone **Roz Berzon on 07715 419 193** for details.

Roz Berzon and Annette Renwick

SOCIETY NEWS

IJVS JERUSALEM

The following lecture was given by Zakhah Israel at the office of the Society on the 23rd March last.

A RAW FOOD JOURNEY

Zakhah, author of "The Joy of Living Live" gave a demonstration on the use of raw and living foods. Living foods are defined as fruits, vegetables, nuts, grains and seeds that still contain living enzymes. Raw foods include living foods, and also some transitional foods that may have been cooked during their processing after harvesting from the living plant, but need no additional cooking before their consumption. Zakkhah explained the importance of raw and living foods in our diets and how to make the transition from a cooked food diet to the living foods diet.

Zakhah promotes health, life and longevity all over the planet through food, writing and art. She finds her greatest joy as a divine servant in the African Hebrew Israelite Community, who in over 30 years have had only one case of diabetes, one cancer patient, two strokes, no high blood pressure, no STDS, HIV or AIDS. These statistics were achieved through changes in diet and lifestyle, a true phenomenon considering that the African-American community ranks the highest in all of the above mentioned diseases.

Details of future lectures, functions etc. can be obtained from IJVS. 8 Balfour Street Jerusalem 92102. Tel: 02-561-1114. Fax: 050-896-5964. Email: ijvsjlem@017.net.il

WESSEX JEWISH VEGETARIAN GROUP

Dear Readers.

We welcome those interested living in our area to join the 'Wessex Jewish Vegetarian Group', affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green. London NW11 8LX

We meet four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes. We invite all ages to join us. 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!

ISRAEL REPORTING

'ORR SHALOM'

This is the latest report we have received from Orr Shalom. Unfortunately, we do not receive their reports until after the event, but nevertheless, we like to keep our readers informed and aware of what is going on.

Shalom everyone

In February we celebrated Tu B'Shvat, the holiday of trees. The tree is a symbol of roots, stability, growth and development – all the things that the children of Orr Shalom yearn for and need so much. From Eilat to Haifa, in our Family Group Homes, our Teenage Girls' Homes, our Foster Families, The After Hours Clubs and the Parent-Children Centers, the Orr Shalom children went out together to plant trees of hope for growth, and feasted on fruits of goodwill.

If one looks at the recent publications regarding the state of poverty in Israel in 2006, it seems that hope and growth are rare commodities and not enough of them are allocated to children at risk. According to the latest poverty report by the National Social Security Service, the number of poor children in Israel has increased – and is now 738,000 children. More and more families find themselves without sufficient or stable sources of income. As a result, it is harder for them to raise their children. This leads to distress, neglect and even abuse, and the children who are finally removed from their homes arrive at our doorstep in a much more difficult condition, requiring more resources for treatment and rehabilitation. More and more soft saplings with no roots swaying in the wind knock on our doors crying for help. We are here trying to provide each and every one of them with a warm home, loving care and hope for growth and "Tikun".

Such a tender sapling was Lili, who came to us a couple of years ago from a broken home filled with violence. The youngest of seven children, Lili was forced to stop attending school at 14 in order to help provide for her family. She fell victim to extensive physical abuse by her divorced parents, ran away from home many times and ended up on the street. Eventually she was placed in one of our family homes. Here she found a loving home and a supporting framework. She went back to school, receives therapy and is learning to rebuild relationships. She has renewed her contacts with her siblings, but is still dealing with her father's rejection of her.

As part of her education, Lili has started volunteering in Magen David Adom, and is currently completing her training course and going out to the "field",

ISRAEL REPORTING

to help and heal others. Lili is a shining example to all of us of perseverance, aspiring for rehabilitation and a normal life, of proof that with love and care – almost every sapling will be able to blossom.

Another small word, about a special tree we have planted in the garden of our Family Group Home, for our dear and special friends – Stephen and Sophie Lewar (of blessed memory), who passed away leaving us a clear will and legacy – to build a blossoming and promising future for the children of Orr Shalom. Thanks to their love for our children and through their support, we will be able to enhance the level of care for children-at-risk in Eilat, strengthen our wonderful Family Group Homes, upgrade the Parents & Children Center we recently opened, and also open a new innovative therapeutic framework called “In Sea & Sand” for children crushed by the waves of life, leaving them hurt and homeless.

In March we said goodbye to Shai Pinto, The Director of our Development Department. After 2 fruitful years of great achievements, growth and advancement, Shai moved on to new challenges. He left us with a long term plan, the tools to implement it and a dedicated team; Debbie Faier, Keren Reches, Karen Aisenshtatz and Iris Roch who will continue forging ahead in opening as many doors as possible for our children. We wish Shai the very best of luck in the future.

Allow me to thank you once again for being a part of our family, for your outstretched hand and for the strength that you give us to keep giving, nurturing, loving and treating over 1200 children in our programs. I hope we will be able to host you on a visit to one of our homes in the not too distant future.

Haim Feingold (Executive Director)

We are always very happy to receive items for the magazine and the following article which appeared in The Jerusalem Post was sent to us by our good friend Mr. W. Sulzbacher

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

ISRAEL REPORTING

RABBINATE OKs MEAT DESPITE CRUELTY TO ANIMALS

BY MATTHEW WAGNER

The head of the Chief Rabbinate's international ritual slaughter division said he would permit the import of meat from AgriProcessors Inc. of Postville, Iowa, despite a US Agriculture Department report that found the slaughterhouse in violation of animal cruelty laws.

Rabbi Ezra Raful said "In the case of AgriProcessors, there is no halachic problem." "For some people, what happens in a slaughterhouse looks pretty gruesome. But that does not make it non-kosher," he said.

Raful stated AgriProcessors the only US slaughterhouse authorized to export to Israel, halted exports to Israel several years ago for commercial reasons. He said "Renewing export to Israel might not even require a routine investigation to verify that slaughter methods met Israeli standards. Rabbi Shimon Zeldof is head of the slaughter team at AgriProcessors Inc. He is known and respected by us. We have worked with him in the past."

Conditions at AgriProcessors triggered a controversy in late 2004, when People for the Ethical Treatment of Animals (**PETA**) placed on its Internet site video footage taken clandestinely inside the plant. The gruesome footage showed workers using metal hooks to pull out the slaughtered, but still conscious, animals' tracheas and oesophagus, in an attempt to sever their carotid arteries.

Normally the severing of these arteries, which cuts of blood to the brain and caused the animal to lose consciousness almost immediately, takes place during the shehita (ritual slaughtering). Cutting the arteries also facilitates the removal of blood, prohibited for consumption according to Jewish law, and prevents discolouring of the meat.

The US Humane Slaughter Act of 1978 requires stunning in all American slaughterhouses, but makes an exception for religious slaughter, as long as the animal's neck is cut swiftly and no "carcass dressing" is performed before the animal is insensible, according to **The New York Times**, which reported on the Agriculture Department's findings. The use of hooks violated this US law.

After a six-month investigation, the Agriculture Department suspended one of its own inspectors for 14 days and issued warning letters to two others, a department spokesman told the **Times**. The investigation ended in April 2005, but the report was only released to **PETA** after months of requests

ISRAEL REPORTING

under the US Freedom of Information Act.

The department’s Inspector-General’s Office forwarded its report to federal prosecutors, but based on the information presented to us, we decided there was not a prosecutable case,” said Robert Teig, a deputy US attorney for the Northern District of Iowa.

Raful said Jewish law permitted a non-Jew to use a hook to sever an animal’s carotid arteries, as long as most of the trachea and oesophagus were severed by the **shochet** (ritual slaughterer). He said that if a Jew used the hook, the slaughter was not kosher because of the halachic principle of **marit ayin** – the mistaken impression that the ripping of the arteries with a hook was part of the Jewish slaughtering process.

This issue would not arise if a non-Jew ripped out the artery, since a non-Jew is disqualified from performing **shehita** (ritual slaughter). Raful said he had been informed by sources in AgriProcessors that only non-Jews performed the ripping. Raful said it was unfair to apply subjective criteria of cruelty to **shehita**. “For me it is terribly cruel to boil a lobster live or to fry a live shrimp or freeze a fish live. It depends on what you are used to. It’s all very subjective.”

“But the Torah is not subjective and the same Torah that prohibits cruelty to animals allows **shehita**,” he said.

AgriProcessors, which employs 700 workers, is America’s largest producer of glatt kosher meat, the strictest standard of kashrut. “**Glatt**,” the Yiddish word for smooth, means the slaughtered animal was free of lung blemishes that might indicate disease. AgriProcessors products sell under the brand names Aaron’s Best Rubashkin’s and Iowa’s Best Beef.

In 2003 **PETA** clashed with Jewish organizations when it launched its “**Holocaust on Your Plate**” campaign which included displays of 60-square-foot panels displaying gruesome scenes from Nazi death camps side by side with disturbing photographs from factory farms and slaughterhouses.

The following two letters were in response to the article above, also in The Jerusalem Post.



ISRAEL REPORTING

MEATY ARGUMENT

Sir, – As president of Jewish Vegetarians of North America (JVNA), I was shocked and saddened at the announcement by the head of the Chief Rabbinate’s international ritual slaughter division, Rabbi Ezra Raful, that he would permit the importing of meat from AgriProcessors Inc. of Postville, Iowa, despite a US Agriculture Department report that found the slaughterhouse in violation of animal cruelty laws (“Rabbinate OKs meat despite cruelty to animals,” March 14). This decision makes it harder for JVNA to continue to defend shehita (ritual slaughtering) and argue that Judaism teaches impassionate treatment of animals.

Rather than accepting the horrible conditions revealed at the Postville slaughterhouse, I respectfully submit that Jewish leaders should point out how the current widespread production and consumption of animal products threaten our health and that of our imperiled planet’s environment, thus violating basic Jewish mandates to guard our lives, treat animals with compassion, preserve the environment and help hungry people.

RICHARD H. SCHWARTZ
President, Jewish Vegetarians of North America
Staten Island, NY



Sir, – It is truly ironic and shameful that cruel animal slaughter methods could be undertaken with the sanction of Jewish law. Allowing this, despite revelations of illegal abuse of animals at AgriProcessors Inc. in Iowa, overlooks a fundamental fact: Judaism has an entire code of laws on preventing the suffering of animals. Indeed, the Jews invented the concept of kindness to animals. Even the Ten Commandments include a requirement that farm animals be allowed to enjoy a day of rest on Shabbat. So God must have felt that kindness to animals was not a trivial matter.

Jews are not allowed to pass by an animal in distress or to ignore animals being mistreated, yet this is exactly what we do when we certify as kosher products from animals that are treated cruelly.

Lewis Regenstein
Atlanta

ANNA TICHO HOUSE IN JERUSALEM

ISRAEL REPORTING

Mushrooms Served With Wild Rocket



At the intersection of King David Street and Jaffa Road in a peaceful courtyard lies the Anna Ticho House – one of the first houses to be built in ‘Palestine’ outside the city walls of Jerusalem.

With its characteristic harmonious old yellow stone walls, the café restaurant “Little Jerusalem” is an excellent venue for vegetarians not only to eat but to pass a peaceful hour or two in the quiet shady garden, which even in February was full of colorful pots of spring flowers.

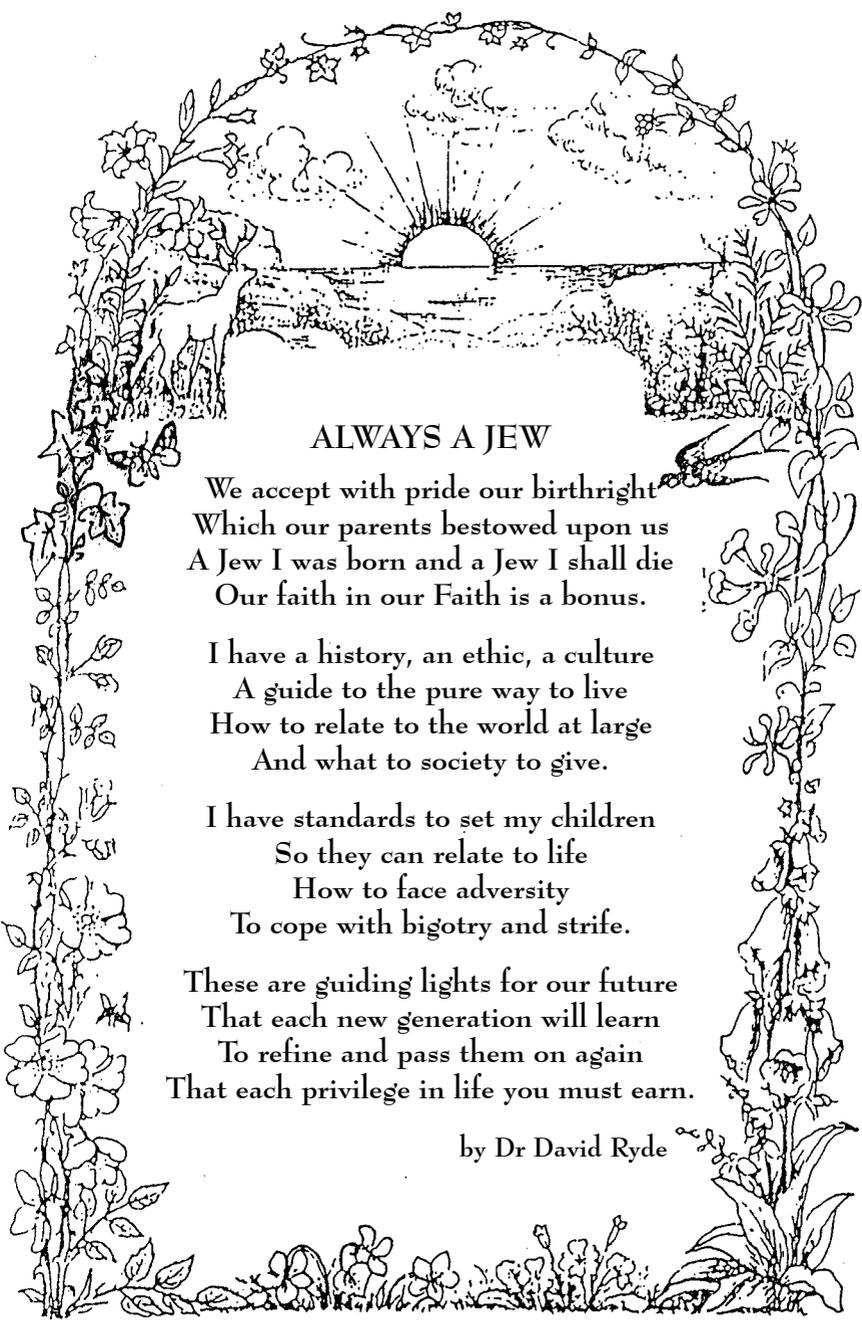
The menu has something for everyone including children. Each table is served with a whole small loaf and various butters to spread. The soups are delicious, especially the house-special – an onion soup presented in a small round whole loaf with its lid cut off and a tiny bowl of grated cheese by the side.

Main courses included stuffed artichokes on a bed of salad and a delicious selection of mushrooms served with wild rocket; pizza and individual dishes of baked potatoes with various “fillings”. There was couscous and vegetables and Soya chunks – all fresh and wholesome unlike some restaurants where one is served with constituted dishes made to resemble meat.

Desserts were very tempting. Kind waiters heard me dithering about plum pudding with ice-cream (and finally deciding on coffee) and to my surprise they brought it to the table anyway and they insisted that I had to try it “on the house!”

With its flowers and candles and live music on Saturday night, after Shabbat, it was a great way to spend an evening – wonderful company and super food.

POEM



ALWAYS A JEW

We accept with pride our birthright
Which our parents bestowed upon us
A Jew I was born and a Jew I shall die
Our faith in our Faith is a bonus.

I have a history, an ethic, a culture
A guide to the pure way to live
How to relate to the world at large
And what to society to give.

I have standards to set my children
So they can relate to life
How to face adversity
To cope with bigotry and strife.

These are guiding lights for our future
That each new generation will learn
To refine and pass them on again
That each privilege in life you must earn.

by Dr David Ryde

OBITUARY

FREUDIN HOWARD

I first got to know Freudin Howard in the early 1990s largely by speaking to him on the telephone. He was a good listener who could quickly come to the right conclusion. I met him again when my mother and I, who unfortunately was fast becoming an invalid, went to stay at his bungalow which was set in the woods. My mother's room would open straight out onto the balcony so she was able to go out first thing in the morning to have breakfast. We would see squirrels playing, hear the birds singing and then go for a walk in the woods.

None of this may sound relevant to his life and yet the quiet and peaceful time we had there describes him so well as the quiet and peaceful man he was. He was surrounded by farmers and although he did not agree at all with the killing of animals he nevertheless always got on with his neighbours.

He was in the CND when it first started in the late 1950s. It was beginning to have a bad reputation with teething problems and demonstrations which were getting out of hand. A lot of my elders did not trust them and the CND were having meetings with the police about this. I wish these people could now see how sincere some of those members turned out to be, and Freudin Howard was one of them.

I remember for example, in those early days, the stewards saying to the police "they don't do it for you when you tell them, so what makes you think they'll do it for us?" Yet, due to people like him the CND now has a much better reputation.

I remember reading something written in the early 1940s about a special vegan baby. I then noticed who the baby was, it was Freudin Howard. The writer was his mother and as a lot of us know, every mother's baby is special. As the years went by I think more and more people would have agreed with her!

**Ann Priestner
Stockport. Cheshire**



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**

VEGETARIAN & VEGAN FOUNDATION

VEGETARIAN & VEGAN FOUNDATION

The following three short pieces were taken from the Vegetarian & Vegan Foundation (VVF) magazine 'Veggiehealth' Spring 2006 Issue.

Superfluous supplements

Overdosing on vitamin supplements can damage your health. A recent poll shows that 40 per cent of GPs believe their patients are taking too many supplements and are unaware of possible side effects.

Chief culprit is vitamin C. Although it may reduce the duration and severity of cold symptoms, taking several grams' worth can cause diarrhoea and increase the risk of kidney stones and cancer.

Iron supplements are also in the frame, with side effects that include constipation, diarrhoea, nausea and vomiting. High doses can lead to organ damage, especially cirrhosis of the liver. They can also be fatal to children if taken inadvertently.

Nearly all 250 doctors surveyed by Norwich Union Healthcare believed that patients over estimated the benefits of vitamin supplements, many using them as a substitute for healthy eating.

The way to obtain essential nutrients and protect yourself against disease is to eat more fruit and vegetables.

French women do get fat

French Women Don't Get Fat says the title of Mireille Guilliano's best-selling diet book. Not true says the Daily Mail.

More than a third of French women are overweight and 56 per cent are at risk from overeating, smoking or drinking, says a survey by France's National Statistics Institute. The image of French women as svelte and glamorous has been overtaken by incontinence, sweating and sexual and skin problems.

France, it seems, is becoming more Americanised and obesity is the result. Europe is reckoned to be about 10 years behind the US and so levels of obesity are expected to go on increasing. The UK is one of the worst – sixth out of 29.

A better title for the book would be Vegetarians Don't Get Fat as a recent

NEWS FROM VVF

survey shows that US veggies are up to two stone lighter than their meat-eating counterparts.

McAdditives

Despite previous denials, McDonald's in the US has finally confessed that wheat and dairy ingredients are used to flavour its French fries in the cooking oil. They can trigger allergic reactions in susceptible people.

Consumer organisation **Which?** previously revealed that Burger King chips contain only 86 per cent potato, the remainder being made up of 11 additives, including hydrogenated vegetable oil and the sweetener dextrose – bad news for hearts.

The cheese slices of both these giants are not much better, being a concoction of 13 ingredients, including diphosphates, trisodium citrate, sorbic acid and 'cheese flavouring'.

Bizarrely, McDonald's crunchy carrot sticks are dipped in hydrogen peroxide, used as a hair bleach.

Food for thought, wouldn't you say?!!!



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.

BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from
the Society's Honorary Solicitors Communications
to Headquarters "Bet Teva", 855 Finchley Road, London NW11 8LX.
Tel: 020 8455 0692

A LITTLE LIGHT RELIEF!

A LITTLE LIGHT RELIEF!

Work versus Prison

In case you get these two environments mixed up, this should make things a bit clearer!!!

In Prison – you spend the majority of your time in a 10 x 10 cell

At Work – you spend the majority of your time in an 8 x 8 cubicle

In Prison – you get three meals a day

At Work – you get a break for one meal and you have to pay for it

In Prison – you get time off for good behaviour

At Work – you get more work for good behaviour

In Prison – the guard locks and unlocks all doors for you

At Work – you must often carry a security card and open all the doors yourself

In Prison – you can watch TV and play games

At Work – you could get fired for watching TV and playing games

In Prison – you get your own toilet

At Work – you have to share the toilet with other people

In Prison – they allow your family and friends to visit

At Work – you aren't even supposed to speak to your family

In Prison – all expenses are paid by the taxpayer with no work required

At Work – you pay all your expenses to go to work and pay tax as well

In Prison – you spend most of your life inside bars wanting to get out

At Work – you spend most of your life wanting to get out and go inside bars

In Prison – you must deal with sadistic warders

At Work – they are called managers.

RETURNING TO THE FOLD

RETURNING TO THE FOLD

BY LAURIE BINSTOCK.

There were two women from whom were built the seed of Judah and from whom descended King David, King Solomon, and the King Mashiach, Tamar and Ruth. Both acted properly in order to do good to the dead. It was in the days when the Judges judged and there were no monarchy until King Saul was introduced.

There was a prestigious family living in Israel and there was famine in the land. Elimelech with his wife Naomi and their two sons Mahlon and Chillion left their home town of Bethlehem and moved eastwards, beyond the Dead Sea to the mountain plateau of Moab. There Elimelech died and Naomi's two sons married Moabite girls, Orpah and Ruth. Ten years later both sons also died and Naomi decided to return to Bethlehem, but she urged her two widowed daughters-in-law to remain with their own families in Moab. When they clung to her and wept, she gently chided them, pointing out that she could not produce any more sons to replace their dead husbands.

Orpah went back to her family, but Ruth refused to be parted from Naomi saying 'for where you go, I will go, and where you lodge, I will lodge, your people shall be my people, and your G-d my G-d.

The two destitute women reached Bethlehem at the beginning of the wheat and barley harvest. Ruth went into the fields to glean the ears of corn left by the reapers, hoping that a farmer would be kind to her. By chance, her gleaning brought her into a barley patch belonging to Boaz, a well-to-do relative of Naomi's late husband Elimelech, coming into the field from Bethlehem. Boaz asked his foreman who the unknown young woman was, and was told she was the Moabite girl who had come back with Naomi.

Boaz felt drawn towards her; he told her that he had heard about her devotion to her mother-in-law whom she had followed to a strange land. He insisted that she remain in his field and share the food and water of his workers. He then quietly ordered the foreman to let Ruth glean even among the bound sheaves and to leave handfuls of barley for her to gather, and to ensure she was not molested. At the end of the day Ruth returned to the town and handed to Naomi a whole bushel of barley, together with some of the food she had been given. Naomi told her that Boaz was one of her husbands' relatives who might have a right of redemption over both of them as widows. (In Israel the law of the time, a dead man's next-of-kin had the right to marry the widow, or 'redeem her' and if he renounced that right, it would pass on

RETURNING TO THE FOLD

to the next nearest male relative). Naomi urged Ruth to go on working in Boaz's field where she would be treated kindly and would not be molested. This Ruth did, gleaning the barley and wheat harvests.

Naomi heard that Boaz would be at the winnowing of the barley and would be spending the night on the threshing floor after the customary eating and drinking. On her Mother-in-laws advice Ruth went there and waited until Boaz had laid himself down to sleep next to the barley heap.

She quietly turned back the edge of his cloak and lay down at his feet. In the middle of the night Boaz awoke and was surprised and startled to find her there. She told him who she was and added 'spread your skirt over your maidservant, for you are the next of kin'. He praised her saying that all Bethlehem knew she was a virtuous woman and did not go after young men, poor or rich. He explained that the right of redemption was held by another kinsman closer than he was. If the other did not exercise that right, he Boaz would do so and marry her. Before daybreak he sent her back to Naomi, after filling her cloak with barley.

That morning Boaz waited in the city gate for the other relative to pass by. They sat down together in the presence of ten elders who Boaz had invited to joint them at witnesses. Boaz asked the other man whether he was prepared as next-of kin to redeem the piece of land that had belonged to Elimelech and that his widow Naomi, now wanted to sell. The other was willing to do so, until Boaz pointed out to him that he would be required to marry Ruth, the Moabite girl, the widow of Elimelech's son and heir. The kinsman then renounced his right to redemption in favour of Boaz. The agreement was ratified in the customary way by his taking off one sandal and handing it to Boaz in the presence of the witnesses, Boaz then declared that he was acquiring the property and also Ruth to be his wife " that the name of the dead may not be cut off from among his brethren." All those present called down the blessings of the Lord upon the union.

Ruth gave birth to a son Obed. The other women congratulated Naomi and expressed their admiration 'for your daughter-in-law who loves you, who is more to you than seven sons'.

In the course of time Obed had a son Jesse, who was the father of King David, Ruth the Moabite girl, was the great-grand-mother of Israel's most illustrious King. Ruth lived to see King Solomon on the throne. Boaz expired the day after the Wedding.

Happy Shavuot!

COOKERY CORNER



Denise Phillips

DELICIOUS SUMMER RECIPES FROM DENISE

Summer months are a delight to cook for when produce is ripe and oozing with flavour. The following recipes all use ingredients that are in season. Try organic for a change and you will taste the difference! Check the sell by and use by dates before buying the food for your recipes – this will ensure best results.

ROCKET AND FIG SALAD

Figs are found in most Southern European countries like Italy, Spain, Greece, and Turkey. In fact having travelled to most of these destinations I always look out for them as you can not beat freshly picked figs from the trees. They come in two varieties, green and purple, and are in season from June to October. Ripe figs do not travel well and so it is often hard to find perfect ones in the supermarkets. Under ripe figs can be kept at room temperature for a day or two until their skin softens.

The sweet succulent flesh of figs makes them a perfect partner for all varieties of nuts. I have completed this recipe with a garnish of toasted almonds and Rocket which is a very fashionable salad leaf and appears in most supermarkets – buy it fresh for maximum flavour.

Preparation Time: 10 minutes **Cooking Time:** 10 minutes

Serves: 6 people

Ingredients

300g rocket leaves; 12 figs – cut into eighths; 1 teaspoon freshly squeezed lemon juice; 2 teaspoons honey; 3 tablespoons fruity extra virgin olive oil; sea salt and freshly ground black pepper

Garnish: 150g toasted almonds

Method

1) Pre-heat the oven to 200°C/ 400°F/ Gas mark 6.

COOKERY CORNER



Rocket and Fig Salad



2) Red Pepper Potato Tortilla

Toast the almond for 10 minutes or until just golden. Remove and set aside to cool.

- 3) Combine the extra virgin olive oil, lemon juice and honey together.
- 4) Wash the rocket leaves well, tear into rough pieces and dry well.
- 5) Mix the figs with the leaves.
- 6) Drizzle over the dressing just before serving.

Garnish: Sprinkle over the toasted almonds and serve immediately.

RED PEPPER POTATO TORTILLA

This is a classic Spanish dish that is similar to an omelette. It is made with thinly sliced potatoes and onions and very often is made to use up store cupboard ingredients. I like to add some chopped red pepper for both colour and flavour. To ease the task of chopping the potatoes, slicing them in a magimix speeds up the preparation rapidly. It is parev and also suitable for Passover so keep the recipe for next year.

This dish can be served for breakfast, lunch or dinner, an excuse to make it is not required. If you are making it to serve as part of a tapas meal, I like to cut it up into wedges to serve hot from the pan.

Preparation Time: 20 minutes **Cooking Time:** 15 minutes

Serves: 6 people

Ingredients

450g/1 pound baby new potatoes – peeled and thinly sliced; 1 Spanish onion – peeled; 1 red pepper – cored and roughly chopped; 3 tablespoons olive oil; 4 eggs; salt and freshly ground black pepper

Garnish: Sprigs of flat leaf parsley

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Method

- 1) Slice the onion into rings.
- 2) Heat 2 tablespoons of the olive oil into a 20cm/8 inch heavy based frying pan.
- 3) Add the sliced potatoes and the onions and cook over a low heat for about 10 minutes until the potatoes are just tender.
- 4) Remove from the heat.
- 5) In a large bowl, whisk the eggs together. Season well. Add the chopped red pepper, cooked potatoes and onions.
- 6) Heat the remaining tablespoon of olive oil in the frying pan. Pour in the potato mixture. Cook gently for 5-8 minutes until the mixture is almost set.
- 7) Place a large plate upside over the pan, invert the tortilla on to the plate and then slide it back into the pan.
- 8) Cook for a final 2-3 minutes until the underside is golden brown.
- 9) Slide out of the pan onto a chopping board and cut into wedges.

To serve the stylish way: Serve warm garnished with sprigs of parsley.

TABBOULEH

Finding an interesting salad that does not wilt for Shabbat and Yom Tov can often be a challenge. This salad, tabbouleh combines the flavours of mint and lemon with Bulgur wheat, a healthy whole food ingredient. It does not lose its beauty or flavour by being made in advance. Traditionally, this is a Middle Eastern salad but you will often find this as part of a buffet or served as a starter with other salads. Whenever our synagogue has a Friday Night Shabbat meal, this salad always appears as part of the hors' oeuvre. It is often served scooped into lettuce leaves or pitta bread.

Tabbouleh is made with bulgur wheat which has a light nutty texture and is a popular alternative to rice in Middle Eastern countries especially in Turkey.

Parev

Preparation Time: 15 minutes **Cooking Time:** 15 minutes

Serves: 6 people

Ingredients

225g/8oz bulgur wheat; 450ml/¾ pint boiling water; 5 spring onions – roughly chopped; 6 tablespoons fresh mint – roughly chopped; 3 tablespoons extra virgin olive oil; 6 plum tomatoes – skinned, de-seeded and roughly

COOKERY CORNER

chopped; juice of lemon; salt and freshly ground black pepper

Garnish:

12 baby gem lettuce leaves; 4 olives – roughly chopped

Method

- 1) Put the bulgur wheat in a saucepan with the water. Bring to the boil and simmer for 15 minutes or until the water has absorbed and the wheat is tender. Drain any excess water and set aside.
- 2) Plunge the tomatoes into some boiling water for 2-3 minutes. Remove immediately. Peel off the skin, de-seed and roughly chop.
- 3) Put the bulgur wheat into a serving bowl. Add the chopped spring onions, mint, parsley, extra virgin olive oil, lemon juice and season well.
- 4) Stir all the ingredients together, check and adjust the seasoning.

To serve the stylish way: Sprinkle over some chopped olives on top of the salad and use the baby gem lettuces to scoop out individual portions.

ROASTED ALMOND AND NECTARINE PIE

When nectarines are in season although delicious fresh, they also make the most delicious desserts. They are fanned in a spiral on top of an almond filling encased in a chocolate pastry. To give the pie a shiny glaze, melt some apricot jam and brush over the surface for a final elegant touch.

This dessert can be prepared in stages; make the pastry first – you can even freeze it (and bake fresh from frozen,) then add the almond filling and complete with the nectarine slices. Apples, apricots and raspberries make ideal alternatives to the nectarines should you prefer.



Tabbouleh



Roasted Almond and Nectarine Pie

COOKERY CORNER

Preparation Time: 35 minutes + 30 minutes refrigeration

Cooking Time: 45 minutes **Serves:** 8

Ingredients

For the Pastry

100g plain chocolate – broken into pieces; 300g plain flour plus extra for dusting; 150g unsalted butter or margarine; 4 tablespoons ground almonds; 2 drops of almond essence; 1-2 tablespoons cold water

For the Filling

350g blanched almonds; 110g caster sugar; 150g unsalted butter or margarine; 3 egg yolks; 4 egg whites; 2 drops almond essence; 5-6 ripe nectarines – de-stoned and sliced

Glaze

4 tablespoons apricot jam; 1 tablespoon water

Garnish: 100g melted chocolate; 2 tablespoons margarine or use ready-made chocolate sauce.

Method

- 1) Place the chocolate in the food processor until it resembles crumbs. Stir in the flour, butter, ground almonds, eggs and water.
- 2) Continue to pulse the food processor until dough has formed. Remove from the bowl, slightly flatten and place in the refrigerator for 30 minutes.
- 3) Lightly dust the work surface with some flour. Roll out the pastry so that it fits a 25cm/10 inch loose-based flan tin. Chill until ready to use.



PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a 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 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.

COOKERY CORNER

LEARN TO COOK – THE STYLISH WAY

My popular Cookery Demonstrations are the ideal, yet informal way of adding to your cookery skills. These comprehensive “hands-on” classes, presented in my trademark simple but stylish manner, will enhance your love of food and add to your cooking repertoire. Pick a theme and see the difference it will make. Choose from:

Wednesday	7 June 2006	Family Cooking
Thursday	8 June 2006	Family Cooking
Wednesday	5 July 2006	Al Fresco Dining
Thursday	6 July 2006	Al Fresco Dining
Wednesday	13 September 2006	Modern Jewish Classics
Thursday	14 September 2006	Modern Jewish Classics
Wednesday	18 October 2006	Everyday Healthy Cooking
Thursday	19 October 2006	Everyday Healthy Cooking

Venue: Northwood, Middlesex
Time: 10.00 am – 1.30 pm
Cost: £50 per class. All materials provided
Booking: Call Denise Phillips on 01923 836 456

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)

CHILDREN'S CORNER

UNHEALTHY FOOD BANNED IN SCHOOLS

State and private schools will have to stock healthy food and drinks in vending machines under a change in the law announced by Ruth Kelly, the Education Secretary.

The regulation will be enforced by Ofsted, the school inspection body. Mrs Kelly told the Labour conference that nutritional standards need to apply to vending machines as well as school meals. Pupils will not be trusted to choose healthy drinks from machines. However, chips will survive the change because dinner ladies can ensure that pupils have a balanced meal with carbohydrates.

Mrs Kelly is acting on advice from her school meals review panel and said that schools would not lose revenue. Research by the Food Standards Agency found that machines selling nutritious drinks were popular and made a profit.

Head teachers will monitor levels of carbohydrates, fat, protein and nutrients in school meals from September 2006.

100% FRUIT SMOOTHIES

Giving children a healthy choice!

Spiderman and his Superhero friends are on the loose again, in the form of 100% smoothies for children. Spiderman drinks the bio-synergy Marvel Heroes Smoothies to keep him healthy and full of natural goodness – ready to take on the baddies!

The bio-synergy Marvel Heroes Smoothies have been specifically designed for children aged 5-11. The bio-synergy Marvel Heroes Smoothies are ideal for children's lunchboxes. They are also suitable for storing either ambient or chilled making it much more convenient for parents.

Bio-synergy conducted a trial period with 45 children aged between 5 and 11. The children were split into two groups. During school break times, half drank only the bio-synergy Marvel Heroes Smoothies while the others drank their usual soft drinks and caffeinated drinks. After a week, the bio-synergy Marvel Heroes Smoothie drinkers reported "better than normal" concentration levels (these rose from 9 to 82% – a nine-fold increase). The number of children saying they felt alert was five times increased than at the start of the study. In addition, 4 out of 5 said they felt more energetic, while 3 out of 5 felt calmer.

CHILDREN'S CORNER

The children were also provided with the bio-synergy **Marvel Heroes Smoothies**, to replace fizzy drinks for a week. Bio-synergy found a massive increase in the number of pupils saying they had no problems concentrating. Their behaviour in the classroom also improved.

Bio-synergy has powerful evidence showing pupils should be ditching the fizz, widely available in vending machines in schools. Instead bio-synergy suggests the machines should dispense water, healthy fruit drinks and snacks only.

Bio-synergy is very excited about the growth opportunities within the market place for healthy alternative products for children, with the government cracking down on the unhealthy options for them. Smoothies are a proven healthy alternative to drinks that may be high in calories, over processed and contain artificial preservatives.

With bio-synergy's extensive knowledge of the Sports Nutrition market it is only natural for bio-synergy to be able to develop great-tasting products that are also nutritionally balanced to meet the health and lifestyle needs.

Each 250ml serving of bio-synergy **Marvel Heroes Smoothies** for children combine crushed fruit and concentrate to ensure 1 serving of fruit per day. **The Marvel Smoothies** are available in 3 deliciously fruitful flavours Orange, Mango & Banana; Apple, Pineapple & Blackcurrant Pear; Strawberry & Blueberry, which will satisfy both children and adults alike and retail at £0.99p

N.B. Bio-synergy is making a continued effort to maintain an exceptional quality in all their products and take pride in leading the market with the most qualified product specifications. Bio-synergy complies with HACCP strict hygiene procedures and keeps all ingredients pure and natural, without preservatives or other additives, in accordance with the current European regulations and directives.



HALF PRICE BOOK SALE
Jewish Vegetarian Cooking by Rose Friedman
- First Edition -
£2.50 including P&P

REPORT ON TEENAGE ACNE

EXCERPTS FROM REPORT ON: HIGH SCHOOL DIETARY DAIRY INTAKE AND TEENAGE ACNE

By: Clement A. Adebamowo, MD, ScD,a,g Donna Spiegelman, ScD,b,c F. William Danby, MD,fA. Lindsay Frazier, MD,d,e Walter C. Willett, MD, DrPH,a,c,e and Michelle D. Holmes, MD, PHe Boston, Massachusetts; Hanover, New Hampshire; and Ibadan, Nigeria

BACKGROUND:

Acne is one of the common diseases of the skin and about \$4 billion is spent on treatment yearly

Previous studies suggest possible associations between Western diet and acne. We examined data from the Nurses Health Study II to retrospectively evaluate whether intakes of dairy foods during high school were associated with physician-diagnosed severe teenage acne.

There are also significant social and emotional costs. Although acne affects all ages in Western countries, prevalence starts to increase from the age of 4 years, and peaks at 16 to 18 years when 75% to 98% of the population is affected. Acne results from hyperkeratinization and obstruction of the pilosebaceous follicles secondary to androgen-stimulated failure of normal desquamation of the follicular epithelium, androgen-stimulated sebum production, colonization of the follicles by *Propionibacterium acne*, and, variably, inflammation.

Of these factors, androgens (testosterone and 5 α -reduced steroids) and their interaction with receptors of varying sensitivities on the pilosebaceous germinative pithelia are probably the most important. An association between diet and acne has long been postulated but remains unproven. Ecologic studies have suggested that the incidence of acne is low in non-Western societies and increases with adoption of Western diet.

A wide variety of food items have been postulated to be associated with acne including milk and other dairy products, chocolate, cereal, bread, nuts and eggs. Others have believed that specific nutrients such as carbohydrates, fats, or non-nutrient dietary variables such as high-glycemic index foods, and salt are more important.

The results of case series, however, have not consistently supported any dietary factor. Apart from a clinical trial of the effect of chocolate on acne and another study in which patients were fed large amounts of food

REPORT ON TEENAGE ACNE

that they believed exacerbated their acne, we are not aware of any other published systematic study of the diet acne relationship. The current consensus among dermatologists is to advise that patients avoid foods that they believe precipitate or worsen the condition.

We examined data from the Nurses Health Study (NHS) II to evaluate the hypothesis that intake of dairy products is positively associated with risk of teenage acne. In addition, we examined other foods, such as french-fries, pizza, and chocolate candy that have been hypothesized to be associated with teenage acne. The study was approved by the Institutional Review Boards of the Brigham and Women's Hospital and the Harvard School of Public Health.

Methods: We studied 47,355 women who completed questionnaires on high school diet in 1998 and physician-diagnosed severe teenage acne in 1989. We estimated the prevalence ratios and 95% confidence intervals of acne history across categories of intakes.

Results: After accounting for age, age at menarche, body mass index, and energy intake, the multivariate prevalence ratio (95% confidence intervals; P value for test of trend) of acne, comparing extreme categories of intake, were: 1.22 (1.03, 1.44; .002) for total milk; 1.12 (1.00, 1.25; .56) for whole milk; 1.16 (1.01, 1.34; .25) for low-fat milk; and 1.44 (1.21, 1.72; .003) for skim milk. Instant breakfast drink, sherbet, cottage cheese, and cream cheese were also positively associated with acne.

Conclusion: We found a positive association with acne for intake of total milk and skim milk. We hypothesize that the association with milk may be because of the presence of hormones and bioactive molecules in milk. (J Am Acad Dermatol 2005;52:207-14.)

For further information please contact: Dr Justine Butler, Health Campaigner, Vegetarian & Vegan Foundation Tel: 0117 970 5190 E-mail: justine@vegetarian.org.uk Website: www.vegetarian.org.uk



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.

'DITCH DAIRY' DEMAND

PROFESSORS JOIN HEATHER MILLS McCARTNEY IN 'DITCH DAIRY' DEMAND

**Beatle's wife and academics urge the public to go
one step further in National Vegetarian Week**

Heather Mills McCartney advised people to drop milk and dairy products from their diet if they want to be healthy. Her public talk – Why You Don't Need Dairy – was on Wednesday, 24 May, 2006 at Guy's Campus, London, and standing alongside Heather and echoing her call were two eminent academics.

Professor T Colin Campbell has been at the forefront of nutrition research for more than 40 years. His legacy – the China Study – is the most comprehensive investigation into diet and health ever undertaken. Professor Jane Plant CBE is a top scientist and author of the best sellers Prostate Cancer (how to defeat it) and Your Life in Your Hands – overcoming breast cancer, something which she has done three times. Both made the point that dairy products are one of the triggers for many killer diseases, including heart disease and some cancers.

The talk was organised by the Vegetarian & Vegan Foundation (VVF) as part of its campaign to get people eating more healthily. On the same day the Foundation launched its scientific report, White Lies – the health consequences of consuming cows' milk. Author, Dr Justine Butler, also on the platform, outlined her reports findings – based on the 260 scientific papers which were reviewed.

The list of speakers was completed by Juliet Gellatley, director of the VVF and author of several books on vegetarianism, veganism and animal issues. She outlined the widespread cruelty and diseases endemic in modern dairy production.

Other topics included the latest research on dairy's link with cancer, the impact that its growth hormones have on human health, the dangers posed by milk proteins and saturated fats, how dairy causes heart disease, diabetes and obesity and whether we should consume dairy at all. Speakers challenged the 'holy grail' that children need milk, calling it a 'myth'.

**Further information may be obtained from the Vegetarian & Vegan Foundation, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH.
Tel: 0117 970 5190 Email: info@vegetarian.org.uk**

Viva! REPORT

NO MORE EXCUSES – GO VEGGIE!

Start of national campaign to turn young people vegetarian

Young people all over the UK will be targeted with an uncompromising message in a new campaign to be launched by the national animal campaigns group **Viva! No More Excuses** is the straight-talking, hard-hitting theme for those who say they care about animals, the environment, global starvation and obesity and other killer diseases – but do little about any of them.

Go veggie and have a positive impact on all these issues is the message, and it will be communicated by distributing campaign materials, eye-catching street theatre and national advertising. Most of all, the campaign will be driven by passionate young people who are fed up with a lack of action on these global concerns and they will be talking to other young people telling them that 'enough is enough'.

"Gone are the days when people had some kind of excuse for not going veggie", says Andy Davies, Viva!'s Youth Campaigner. "We know the truth now – that people are healthier not eating meat and that livestock production is destroying the world, its people and animals. It's so unbelievably cruel that people can no longer get away with saying they love animals and then eat them – there is no excuse!"

Celebrity names attached to this campaign include TV presenter **Fearne Cotton**, who says "I have been veggie since the age of 12. My mum and I started the same day and it is just so easy." **John Feldmann**, singer for Goldfinger, is another. He says "I tell people all the time that I am vegan and proud of it. It is what I stand for above all else.

No More Excuses gives the facts and figures on meat production and will provide help for any under 18s who want to go vegetarian. Along with the mass distribution of literature through Viva!'s young supporters everywhere, the campaign is backed up with a national ad campaign in teen magazines.

To find out who is doing something in your area, for the national ad campaign artwork, please contact Andy – Tel: 0117 944 1000. Mobile: 07917 697893.

We have received the following report from Viva! which we feel should be brought to our readers notice.

DEEP-FRIED DELICACY WITH THE KILLER TOUCH

'Crispy duck' – the most popular dish in the UK's Chinese restaurants – contains just as much health damaging fat as a deep fried Mars bar, claims the campaign group Viva! Crispy Duck is also No.3 in the takeaway charts, coming behind fish and chips and pizza but beating chicken tikka masala into fourth place. This supposed delicacy is unhealthy enough to give Gillian McKeith a heart attack, claims the group, and is a product of intensive factory farming – birds crammed as many as 10,000 to a single shed reared on a battery of drugs and antibiotics and never allowed even to see water, except to drink.

Just like that other national favourite, chicken tikka masala, crispy duck is a concoction designed solely to appeal to the British palate. Many traditional Chinese meals are low in fat but crispy duck involves deep frying and is served with its fatty skin, making it one-quarter fat by weight, much of it the most harmful, saturated kind and calories and cholesterol skyrocket. The risk of heart disease and strokes increases. A typical starter meal with four crispy duck pancakes (containing a quarter-duck) can top 900 calories; typically a main meal (of half-a-roast-duck) contains over 2,400 calories.

Viva!'s report on duck farming (**Ducks Out of Water**) details how almost all 18 million ducks killed in the UK each year come from factory farms and almost none is provided with water for swimming or preening. As aquatic birds, they can express none of their basic instincts, and can suffer from dirty, dishevelled feathers, eye infections and even blindness. Death and disease are commonplace.

The truth is that most crispy duck comes from birds reared in stinking sheds and never get a chance to swim or splash around in water. We are saying to people "Next time you fancy a Chinese, give the ducks – and your heart – a break and opt for a healthy, animal-friendly veggie dish instead."

Through its thousands of supporters, Viva! is organising a door dropping campaign in all regions of the UK with a leaflet entitled '**The Unhappy Duck**'. With claims such as 'Calorie packed' and 'Cruelty assured', it explains the health implications of eating crispy duck and outlines what life is like for a factory-farmed bird.

For further information read Viva!'s fully-referenced report on Crispy Duck at: <http://www.viva.org.uk/campaigns/ducks/>

[unhappy_duck_report.htm](#)

CAMPAIGN REVEALS BRITAIN'S HARDEST WORKING MOTHER

There were no flowers or chocolates for Britain's hardest working mother on Mother's Day and she never got to see any of her babies grow up. After a nine month pregnancy, she only had just a few precious hours with her newborn before it was whisked away – never to be seen again. As a final insult, her breast milk – meant to nourish her baby – is stolen and sold. This is the agonising fate faced by two million dairy cows in Britain every year.



This is the message that Viva!, Britain's leading animal campaigns group brought to high streets across the UK on Mother's Day in a National Day of Action. With eye-catching posters and leaflets, campaigners dispelled the myth of contentment and revealed how the dairy cow is actually the hardest worked of all farmed animals, nurturing a growing baby inside her while simultaneously producing up to 120 mints of milk a day. And to keep that milk flowing she must give birth to a calf every year, suffering the repeated emotional trauma of having her newborn torn away.

The mental anguish of losing her baby may wane with time but a dairy cow's physical suffering is constant. The huge volume of milk she is forced to produce leaves little energy for other bodily functions. The result is emaciation and relentless hunger. The enormous strain on her udder leaves her prone to recurrent bouts of mastitis – an excruciatingly infection of the udder. The crushing weight of her huge and pendulous udder can cripple her hind legs, making the twice daily journey to the milking chamber an agonizing trek.

"It is the height of hypocrisy that while the national pays homage to motherly love and affection on Mother's Day, in the same 24 hours over 5000 dairy cows will suffer the heartbreak of losing their babies, a sorrow they must endure three or four times in their unnaturally short lives," says Viva! campaigner Toni Vernelli. "Anyone who has ever known the pleasure and

pride of parenthood must empathise with these mothers, and there is only one solution – leaving their milk for their calves!”

For more information contact Toni Vernelli on 0117 944 1000 or 0797 069 0468 or visit www.milkmyths.org.uk

REPORT SLAMS FACTORY FARMING OF DUCKS

A new, fully-referenced, 56-page report on UK duck farming, **Ducks Out of Water**, takes a critical look at the whole intensive duck industry, from factory farm to plate. Based on scientific research and undercover investigations at all the UK’s main producers, it establishes that almost all duck production is based on similar factory farming techniques to those used by the highly-criticised broiler chicken industry. Published by the international campaign group, Viva! It establishes that:

- 18 million ducks were killed for meat last year in the UK
- 90 per cent plus are intensively farmed, often 10,000 to a shed with no outside access
- none has access to water for swimming or proper preening
- the result is filthy feathers, crusty eyes and even blindness
- Government codes on farmed ducks are legally unenforceable
- birds that can live for 15 years are gilled at seven weeks old
- a million ducklings die earlier than this due to disease and neglect.

Viva! senior campaigner, Justin Kerswell says “Most consumers have no idea that duck meat comes from birds reared in overcrowded factory farms. These beautiful, aquatic creatures spend their miserable, seven-week existence in filthy conditions and never have the opportunity to swim or splash around in water. Without water they can fulfil almost none of their natural instincts.”

“People find it hard to believe that almost all ducks raised for meat come from these prison-like conditions. **Ducks Out of Water** lifts the lid on this previously hidden industry, exposes the Government’s failure to protect farmed animals and gives consumers the information the supermarkets try to camouflage with misleading packaging and false welfare claims.”

Previous campaigns by Viva! have ended the debeaking of Barbary ducks in the UK, an undertaking by Harrods and Marks & Spencer to end the sale of whole factory-farmed ducks and the rewriting of duck welfare codes by

Viva! REPORT

supermarket chain Whole Foods Markets in the US.

The report, which has been send to MPs and wildlife and environmental groups, also looks at the health implications of eating duck meat. It establishes that, weight for weight, a portion of crispy duck contains the same amount of fat as a deep-fried Mars bar.

For more information about Viva!'s investigations, email: justin@viva.org.uk, or visit <http://www.viva.org.uk/ducks>

JAKE'S STORY – THE TALE OF ONE LITTLE DUCKLING

Jake's story is a moving, new on-line short film by Viva!, Britain's leading veggie campaigning group. It aims to alert web users to the reality of intensive duck factory farming in the UK – so widespread that almost all ducks are reared this way.

Narrated by a nine year old boy, Jake's story follows the seven week life of just one intensively-reared duckling. The free, interactive web film reveals through his eyes the secret world of duck factory farming responsible for the 19 million ducks killed for meat every year in the UK. Jake has no contact with his mother, never goes outside the huge shed that is his life and never discovers what it's like to swim. Viewers are given the opportunity to decide Jake's fate – but whatever they choose, at the end they are asked to reject duck meat and go vegetarian.

Using cartoon and live undercover footage shot in units, belonging to some of the UK's largest intensive duck producers, the film shows thousands of ducks crammed into filthy sheds. Numerous birds are shown in distressing conditions – incapable of walking, dragging themselves along by their wings; thrashing around on their backs in distress; and dirty, dying and dejected birds. Viva! maintains that the conditions shown in the video are typical of modern duck production.

"Jake's story is heartbreaking, but sadly it's typical" says Viva! senior campaigner, Justin Kerswell. "Most people have no idea that duck meat comes from filthy, overcrowded, factory farms where these beautiful, aquatic creatures never have the opportunity to swim or splash around in water and cannot fulfil their natural instincts.

Viva! REPORT

"We are urging consumers to save Jake – and millions of birds like him – by giving duck meat the bird and getting their teeth into some veggie meals instead."

Jake's story is available to view free at www.viva.org.uk/jake. For more information about Viva!'s investigations, still images and undercover footage of duck factory farming, contact Justin Kerswell on 0117 944 1000, email justin@viva.org.uk or visit <http://www.viva.org.uk/ducks>

The following article appeared in the viva! magazine. spring 2006 issue 'it's good to talk' by michelle preston.

SUPER DADDY OF SCHOOL SPEAKERS

Terry Woods (53) from Orpington, Kent, is the Super Daddy of school speakers with so many talks and cookery demos under his belt he has lost count! But it has not always been this way.



Terry Woods accepting his Action for Animals award from Viva! supporter, actress Jenny Seagrove.

Thirty years ago Terry was preoccupied with other things – fisherman, hunter, shooter and taxidermist until one small bird changed his life.

"I was out in a field and shot a jackdaw. I tossed it aside and moved on but some minutes later the animal was still alive. I was disturbed – particularly by the look in the bird's eye. I tried to 'dispatch' the animal, as they call it, and threw it down but I hadn't moved very far away when I saw that this creature was still alive.

At this point I became extremely upset, went back, picked it up and then spend a week successfully nursing it back to life. I then realised that despite my years of killing and cruelty, I did know compassion but also knew that I would never, ever kill anything again."

That realisation changed Terry's life dramatically – he lost all links with most of his killing friends, who considered him a traitor. And rather than shooting animals, he now saves them by working at an animal sanctuary. To avoid all animal exploitation, he went vegan 20 years ago, actively campaigns for animal rights and is a highly-valued **Viva!** school speaker. He knows precisely why he does it. "Young people receive so many negative images

Viva! REPORT

through advertising and other influences, that I feel it is vital to try and redress the balance."

Tattooed and looking like he knows exactly how to deal with trouble, Terry is not everyone's image of a compassionate vegan! And schools love him – many teachers ask him for return visits and students buy him presents. So accomplished is the surprising Mr Woods that he now teaches at our school speakers training days and is one of **Viva!'s** most passionate supporters.

The feeling is reciprocated and Terry received one of our first Action for Animals awards as a mark of our respect for his commitments.

"Children are the future and school speaking is the most important thing **Viva!** and the **VVF** does. I get nervous before every school talk but you can deal with that training days prepare you for most eventualities and give you the confidence to take that first step to stand in front of a packed class.

School speaking encourages and educates young minds. If I would have had this information in my teens, the first 30 years of my life would have turned out differently. I am really proud of what I do now. My life has changed so much and when I reflect on it, I find it hard to believe."



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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

HEALTH COLUMN

ALLSORTS TO BE CAREFUL WITH LIQUORICE, SAYS DENTAL CHARITY

The UK's leading oral health charity has warned consumers interested in the oral health benefits of liquorice to be wary of sweets that are only part liquorice, as they 'do more harm than good'.

The British Dental Health Foundation was speaking after experts at the University of California in Los Angeles found that liquorice root may prevent caries by inhibiting decay causing bacteria.

Dr Nigel Carter, chief executive of the British Dental Health Foundation, commented: "The potential oral health benefits of liquorice have been known for some time.

"However, the vast majority of liquorice eaters, particularly among the young, tend to consume liquorice as part of a sugar-filled sweet – undoing any good work provided by the liquorice. Sugar turns bacteria in your mouth into acid, which then attacks the teeth. If these attacks occur too frequently then the teeth will decay.

"It is easy for people to get carried away with research like this, but the fact remains that the key to good oral health is brushing twice-a-day with fluoride toothpaste and cutting down on the frequency of sugary foods and drinks. You should also floss daily and visit your dentist regularly, as often as they recommend."

The general health benefits of liquorice have led to it being used in both Chinese and Western medicine, and experts have found that it can help fight inflammation, viruses, ulcers and even cancer.

Dr Carter continued: "It is certainly true that liquorice does have the potential to help a person's health, however, like anything else, it is important that it is consumed only in moderation."

The study was published in the February edition of the Journal of Natural Products.



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.

HEALTH COLUMN

MAJORITY OF BOWEL CANCER PATIENTS STILL DENIED TREATMENT CHOICE, REVEALS CCC SURVEY

Seven out of ten bowel cancer patients are still not being involved in treatment related decisions and six out of ten are not being offered a choice of treatments. These are some of the conclusions of the second annual patient survey carried out by leading UK bowel cancer charity, Colon Cancer Concern (CCC).

150 bowel cancer patients across the UK took part in the CCC survey, which shows that access to treatments has not improved in the past year. This is despite guidance issued by the National Institute of Clinical Excellence (NICE), which has made a range of chemotherapy treatments, including oral chemotherapy, more widely available to patients.

Only 30% of patients interviewed claimed to have had any involvement in their treatment decisions; 61% said that they were not offered a choice of which chemotherapy they would receive; and over half (54%) of those who were not given a choice said they would have chosen an oral treatment over an intravenous (IV) treatment, if they had been given the option. In CCC's 2004 patient survey, the corresponding figures were: 40%, 61% and 53%.

In 2003, NICE made oral chemotherapy widely available to bowel cancer patients in England and Wales who had the disease in the metastatic setting, i.e. when it has spread to other parts of the body. This guidance also enabled patients to take oral chemotherapy before surgery, helping to shrink tumours prior to being operated on.

The publication of this year's CCC survey coincides with the announcement by The Scottish Medicines Consortium (SMC), approving the oral chemotherapy treatment, Xeloda (Capecitabine) in Scotland in the adjuvant setting, i.e. after surgery. The increasing availability of adjuvant treatments has a significant positive effect on the length and quality of patients' lives. It also means, in certain cases, that patients can become free of the disease if it is caught early enough.

Neil Brookes, Chief Executive of Colon Cancer Concern, says: "While CCC welcomes the SMC decision, which will make oral chemotherapy more widely available to bowel cancer patients post operatively, our survey shows that positive guidance is only part of the solution.

HEALTH COLUMN

The results of our survey highlight the importance of involving patients in treatment decisions and we remain committed to empowering patients and increasing their choices. CCC will continue to campaign for increased access to treatments and greater implementation of SMC and NICE guidance amongst other issues that affect the many thousands of bowel cancer patients in the UK.

Dr Rob Glynn-Jones, CCC's Chief Medical Adviser and Senior Consultant at Mount Vernon Hospital, comments: "These survey results are really disappointing, because they show that patients are still not gaining access to the treatments that may be best for them, despite positive NICE guidance.

We can only speculate on the reasons for the continuing barriers to patients gaining access to oral chemotherapy, despite its proven efficacy, convenience for patients and cost effectiveness in comparison with intravenous treatments.

Is it a result of NHS trusts ignoring NICE guidance and denying clinicians access to the treatments; because of the need for more patient and clinician education about the treatments; or because clinicians are simply not prescribing them – or a mixture of all three?

Elisabeth Humphries, a bowel cancer patient adds: "When I was offered the option of taking oral chemotherapy at home rather than the inconvenience of having to visit hospital regularly for IV treatment, I jumped at the chance. It meant that I was able to get on with my life as normal and it has not impacted on my daily routine. I feel lucky that I was offered the choice".

TETRASIL® COMBATS COLD SORES WITH FAST ACTING NATURAL REMEDY

According to NHS Direct 80% of the population carries HSV-1, the virus that causes cold sores. While over 90% of adults have antibodies to HSV-1 by their late 20s, the remaining 10% suffer intermittent, unsightly sores. Help is at hand thanks to Tetrasil®, an ointment distributed by Enhanced Existence Ltd, which is launching in the UK and Europe. It is the first cold sore treatment to combine silver and oxygen in a single molecule and claims 98% success.

Tetrasil is sold by a growing number of retailers. Developed by and distributed under license from Aidance Skincare, it is a multi purpose, topical ointment that combines the proven anti-viral power of silver and oxygen in a single molecule. The active ingredient, Tetrasilver Tetroxide (TST) is backed by

HEALTH COLUMN

six patents. Sufferers of cold sores report that Tetrasil begins to shrink their outbreaks in one day; a claim that has been validated by independent clinical research.

Silver and oxygen have been well documented as two of the earth's strongest natural anti-virals (virus killers). The TST in Tetrasil ointment has a natural attraction to the outer membrane of the herpes virus, as determined through in-vitro testing.

An important additional ingredient in Tetrasil is jojoba oil, which has been used for centuries to prevent infection and heal damaged skin. Jojoba is absorbed by the skin faster than any other oil because its fatty acid profile closely resembles that of humans. As a result, the jojoba facilitates rapid delivery of the TST molecules to the viral membrane.

One customer's testimonial highlights the benefits of Tetrasil: "I applied Tetrasil four times a day and the results were amazing. The cold sores just started to vanish over the first couple of days. I couldn't believe it!!"

As well as combating cold sores, Tetrasil has also been found to provide fast relief from: infected wounds, insect bites, burns, bedsores, Folliculitis, yeast infection, skin/scalp fungus, ring worm, athlete's foot, shingles, warts and verrucas.

Tetrasil ointment is sold over the counter as a natural remedy in 14-gram tubes. The typical retail price is £16.99 and the ointment comes with a 30 day, no-quibble money back guarantee.

Enhanced Existence is currently looking for resellers and retail outlets throughout the UK and the EU. For additional information, visit <http://www.skin-conditions.co.uk> or phone +44(0) 7949 119930



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.**

GARDENERS' CORNER

GARDENERS' CORNER SPRING 2006

At this time we are facing a water shortage in England and in many parts hose pipe bans have been enforced to help conserve the dwindling reservoir resources. Gardeners are an important part of the country's ecology, providing habitats for many of our native species of birds, insects, mammals and amphibians.

The trend for agriculture is to cultivate vast areas of a single crop with the consequent weed and pest control. Often the hedgerows have been grubbed up in order to accommodate the large efficient machinery that enables the farmer to grow crops economically, but the price can be less if songbirds, butterflies and bumble bees as well as many other less obvious creatures that share our countryside are eradicated.

Here are a few hints on water conservation in the garden. Water in the evening when plants have time to take up the moisture and less is lost to evaporation. Make use of water butts to collect rainwater from roofs. Where space permits use two water butts coupled together at the top and bottom to double up on the storage capacity. Hoe between plants in the flower and vegetable beds, this helps in two ways. Firstly, it removes weeds which are always the first to use up the available water and secondly by keeping the surface of the soil open around our plants it enables the rain to penetrate to the roots rather than run off the surface. Incorporate as much compost and



Sodom – cultivation in polythene tunnels

GARDENERS' CORNER

organic matter into the soil as this improves the water retention quality of the soil and encourages deeper rooting which help plants to be more drought resistant.

This Spring we visited the Dead Sea. This is the lowest spot on the Earth's surface, some 1,400 feet below sea level. The sea itself is saturated with salts and minerals, allowing no life to exist in its waters.

At first glance the surrounding terrain is arid and rocky, but there is more here than meets the eye. We travelled to Sodom, a place where Lot's wife was turned into a pillar of salt. The biblical account of hail and brimstone evokes a picture of utter devastation. Yet here there are settlements producing melons, cucumbers, aubergines, tomatoes and figs. Cultivation takes place in acres of polythene tunnels and the produce was taken to the on-site distribution station – Carmel Agrexo Co – to provide all year round produce for Israel and export round the world.

Some of the plants required pollination and so at the ends of the tunnels growing melons were placed bee hives, so that the worker bees could both pollinate and gather nectar to make honey. In another tunnel fresh ripe figs were being harvested. We reflected that this is the lowest point in the world where bees are kept and crop cultivation takes place.

Rain comes to the area in the winter months occasionally and arrives in two ways. Firstly, the rain that falls directly from the clouds above. This benefits the whole area watering the desert scrub and sparsely scattered acacia trees. Also it enables seeds long deposited in the soil to germinate and grow and flower and then reseed the area for some future rain to come.



ibex

The second source of water is the rain that falls in the hills around Jerusalem, which cataracts down into the wadis (dry river beds) where a host of plant and animal life abounds. Here the ibex have recovered in numbers from having been close to extinction due to hunting which is now banned. Gazelles are shy but also are present. The Rock Hyrax or Coney spring about the rocky crags and nimbly climb into the acacia trees to nibble at its leaves. Where streams meet the Dead Sea there

GARDENERS' CORNER

are nature reserves with many species of birds, fish and mammals. We saw the mongoose and the night Heron and the St Peter's fish which live in the sweet water pools just before the water runs into the sterile sea. Occasionally when flash floods occur following heavy rain from the hills, some of the fish are carried into the sea and can survive the diluted salinity enough to colonise other pools further along the coast and so cling tenaciously to life in this otherwise hostile environment. Rarely seen here is the leopard which



Kibbutz Ein Gedi

has been present since biblical times. We were shown the cast of a footprint recently left by one in the nature reserve.

Kibbutz Ein Gedi is at the point where Wadi David meets the Dead Sea. It was here that King David is reputed to have written the Psalms. The Kibbutz was founded about 60 years ago and has transformed a part of this region into a magnificent garden of flowers, cacti and trees. Many of these are rare and have important medicinal value. This is one of the finest gardens in the world and makes this area attractive to garden lovers and is well worth a visit.



Wadi David

THE FISHING INDUSTRY

THE FISHING INDUSTRY:

Greatest welfare scandal of our time?

A new report on the fishing industry by national campaign group **Animal Aid** has identified ocean fishing as possibly ‘**the greatest welfare scandal of our time**’.

Despite an official government advisory body acknowledging that there is a scientific consensus declaring that fish feel pain and stress, there are no welfare rules or even guidance determining how fish are caught and killed.

Fish are dragged to their deaths in nets the size of football pitches by huge industrial trawlers. As they are hauled up from the deep, they undergo excruciating decompression, which can rupture their swimbladder, pop out their eyes and push their guts out through their mouth.

Farmed fish fare little better with as many as 50,000 confined in crowded cages, swimming in water filthy with their own waste. They are killed by a variety of brutal methods, such as being clubbed, gassed or asphyxiated. Some are gutted alive. Others have their gills cut and bleed to death.

The new **Animal Aid** report brings together – in succinct, bullet-point style – for the first time, key data and observations about the environmental, human health and animal welfare dimensions of the fishmeat industry. Warnings related to the depletion of many ocean fish populations, as well as health concerns over farmed fish are coming faster and harder, but it is the plight of the fish themselves that, until now, has received little attention.

Andrew Tyler, Animal Aid Director, says: “Our report demonstrates that the ocean and farmed fishing industries hurt the seas, pollute freshwater lochs, are nutritionally dubious and represent an animal welfare nightmare”.

The fishing industry – the greatest welfare scandal of our time?

Report also deals with the contemporary health issue of omega-3 essential fatty acids and reveals that oily fish are not the only source. According to Professor Tom Sanders, head of the research division of nutritional sciences, Kings College London, vegetarians can easily meet their requirements for omega-3 fatty acids.

The fishing Industry – the greatest welfare scandal? was published in March last. The report can be downloaded at: www.animalaid.org.uk/veggie/fish.pdf.

BOOK REVIEWS

PURE VEGETARIAN

BY PAUL GAYLER



You don't have to be vegetarian to enjoy this cuisine, especially when you are presented with such an international array of tastes and flavours. Whether it is exotic combinations or ingenious recipes using simple, good ingredients, these dishes will spice up your repertoire.

The book includes pre-dinner Finger Foods, Starters, Main Dishes, Pasta and Desserts and whether you are cooking for one or feeding the family, you will find tempting recipes such as Celery, Camembert and Prune Tart and Pumpkin Curry with Cinnamon Rice just to mention just three of the 150 recipes.

Paul Gayler has worked in some of London's most prestigious restaurants, including The Dorchester as Anton Mosimann's deputy and as Head Chef at the renowned Inigo Jones. He is currently the Executive Chef at The Lanesborough.

Pure Vegetarian would make a lovely gift for anyone interested in cooking and trying out new recipes, and would certainly look good on a shelf in the kitchen.

Published by Kyle Cathie Ltd. Hardback. Price £19.99. Plus P&P £5.00. Available from JVS.

BETTER THAN PEANUT BUTTER & JELLY

Quick Vegetarian Meals Your Kids Will Love!

Revised Edition

BY MARTY MATTARE & WENDY MULDAWER.

Quick Vegetarian Meals Your Kids Will Love! is the subtitle of this thoroughly revised and improved second edition of this unique vegetarian cookbook. In spite of little or no promotion, the first, 1998 version of **Better Than Peanut Butter & Jelly** proved to be such a valuable resource for the ever-increasing numbers of vegetarian parents that demand has held steady, and the book has never gone out of print. The old cookbook is both limited and dated, and an update was badly needed. This revised version includes many new features that will make it much more useful to both confirmed and occasional vegetarians.

In addition to 160 child-friendly recipes (65 of them vegan) **Better Than**

BOOK REVIEWS

Peanut Butter & Jelly includes family menu ideas, suggestions for vegetarian and vegan substitutions, and special recipes for toddlers. A comprehensive chart lists nutrition values for most ingredients, and the index is helpfully organized both by recipe title and by main ingredient. The book also includes information on children's nutritional needs, an illustration of the vegetarian food pyramid and a discussion of children's eating styles and habits.

Published in America by McBooks Press Inc. Available from JVS Price £10.50. Plus P&P £1.50. (Unfortunately we only have one copy available)

REACHING NEW HEIGHTS FOR VEGGIES IN THE LAKE DISTRICT

Viva!'s new edition of the Vegetarian Guide to the Lake District the biggest yet!

From Ambleside to Windermere, from Kendal to the River Kent, whatever your age and your inclination, there is something for everyone in the 'Lakes'.

As a vegetarian or vegan, the area's increasing selection of veggie-friendly cafés, shops, restaurants, B&B's, hotels and pubs will ensure your holiday is a happy one, as the latest and largest, edition of the **Vegetarian Guide to the Lake District** clearly demonstrates.

Published by vegetarian group Viva! and now in its 19th year, this handy guide, offers a wonderful choice of more than 70 guest houses, hotels, B&B's restaurants, cafés, tea-rooms, health stores and shops selling cruelty-free products, including over 20 establishments that will welcome you and your four-legged friend with open arms.

"The fact that this year's **Vegetarian Guide to the Lake District** is the biggest yet just shows both the demand for veggie products and services from visitors and the commitment by local businesses to provide a greater choice, which is fantastic news for the growing number of people cutting back on meat and dairy products each year", says Angie Greenaway, editor of the guide.

Copies of the **Vegetarian Guide to the Lake District** are available from the local tourist information centres and businesses in the region, or direct from **Viva! 8 York Court, Wilder Street, Bristol B52 8QH. Tel 0117 944 1000. Price £1.00 including P&P.**

BOOK REVIEWS

EBERHARD TEUSCHER MEDICINAL SPICES **A Handbook of Culinary Herbs, Spices, Spice Mixtures and** **their Essential Oils.**

Most of us are aware that herbs and spices can work magic on drab entrees, converting them into exciting culinary experiences. Few of us realize that these aromatic plants are also among the most important anti-inflammatory, antioxidant and immune-boosting foods that we have, with the power to improve and even extend our lives.

This hardback book contains 173 full colour illustrations, 36 black and white illustrations and 4498 chemical structures. Translated from German by Josef A. Brinckmann and Michael P. Lindenmaier tells us why, when and where to use herbs and spices. Equally importantly the authors reveal how to utilize them to convert dull dishes into tasty, satisfying experiences that are at the same time health-boosters, enhancing and possibly even extending our lives when they are combined with good dietary, exercise and stress-management regimes.

Published by Medpharm, Scientific Publishers Stuttgart.

THE VEGETARIAN LOW-CARB DIET COOKBOOK **The fast no-hunger weight loss cookbook for vegetarians** BY ROSE ELLIOT

Finally, the diet vegetarians have been waiting for!

There is no doubt about it, a high protein, low-carbohydrate diet really works. But what about vegetarians and vegans? Top vegetarian cookery writer Rose Elliot has devised a healthy, easy to follow, meat-free solution. Scientifically formulated to make your metabolism stop burning carbs and start burning fat, Rose Elliot's diet helps you to lose weight and make carb cravings, mood swings and energy lows, a thing of the past.

The Vegetarian Low-Carb Diet Cookbook is the perfect companion to **The Vegetarian Low-Carb Diet** and includes a second helping of over 100 mouthwateringly easy, delicious recipes. From breakfast to light lunches, and satisfying suppers as well as tantalising deserts and sweet treats. The recipes are easy to cook, high in protein and low in carbs.

With an explanation of how the diet works, along with carb and protein counts for each recipe, this is the must-have cookbook if you are a vegetarian or vegan or anyone else for that matter, wanting to shed some of those excess

BOOK REVIEWS

pounds, or perhaps just a low-carber looking for new ideas or inspiration who just love fresh-tasting, quick and easy recipes.

Published by Piatkus Books Ltd. Paperback. Price £12.99 plus P&P £1.50. Available from JVS.



REPORT FROM THE VEGETARIAN SOC. OF THE UK.

VEGETARIAN SOCIETY AWARDS

Is there something fishy about your pint?

Here at The Vegetarian Society we like to reward those who make the vegetarian lifestyle as pleasurable as possible. That is why we are delighted to announce that we are going to be awarding the best veggie pint of lager or beer. Vegetarian pint you are asking? Surely all beer and lager is vegetarian? Actually, no, not **all** are. In fact, there could be something rather 'fishy' lurking in your glass!

While it is well known that the classic ingredients in a pint are water, malt, hops and yeast, not all brands can guarantee that they don't use isinglass. And what exactly is that? It is a pure form of gelatine obtained from the swim bladders of the fish! Not exactly something to raise a toast about is it?

In fact, a number of alcoholic beverages contain, or are produced using, animal products. Many beers, lagers and wine are clarified or "fined" by adding isinglass or other animal products such as egg albumen and chitin, from the shells of crustacean.

The lack of labelling these ingredients makes life difficult for those with food allergies, as well as the UK's three million veggies, and of course those who simply prefer a tasty pint without any 'fishy' additions.

Fortunately, some brewers (including many big names in the industry) do not consider these animal products conducive to the pleasure of a pint. Many have established production processes that enable the finest beers and lagers to be produced without recourse to animal products.

The Vegetarian Society's Awards are highly regarded in the food and drinks industry. They promote the best practice among caterers, manufacturers and retailers, and highlight the importance of integrity in the vegetarian market place.

SEMI-DISPLAY & CLASSIFIED ADVERTISEMENTS

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Rates:- UK: 20p per word (minimum £2.00)
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USA: 30 cents per word (minimum \$4.00)
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 Box Numbers \$3.00 extra.

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

HOLIDAYS

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

BLACKPOOL WILDLIFE HOTEL, 100% Vegetarian and Vegan. Special diets catered for (non-meat). No Smoking. All rooms en-suite. Two minutes Promenade and amenities. Good food and cleanliness assured. For further details please phone Audrey, Tel: 01253 346143.

LONDON B & B in comfortable friendly home. Garden overlooking park. No smoking. Five minutes walk Finchley Central Underground Station. Please telephone Dora on 020 8346 0246.

TEKELS PARK Vegetarian Guest House, Camberley, Surrey. Tel: 01276 23159. Send SAE for further details and special Winter mid-week breaks.

North Devon. Exclusively vegetarian/vegan guest house. En-suite, non-smoking rooms. Cordon Vert host. **01769 550339. www.ferntor.co.uk**

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David Glassman, 020 8455 1317.

VEGAN COMMUNITY. New venture. Needs people any age with energy, vision and humour. Spacious garden with land (live in or nearby). Business possibilities. Write to: Malcolm Horne. Brynderwen, Crymlyn Road, Llansamlet. Swansea SA7 9XT. Tel: 01792 792 442.

DISPLAY ADVERTISEMENTS

EVERY THURSDAY – FELDENKRAIS CLASSES

Feldenkrais classes for ladies/men, 6.30pm–7.45pm
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For further details please contact Sabine Riske – 020 8346 0251

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Email: welcome@ClaridgeHouse.quaker.eu.org
Website: www.ClaridgeHouse.quaker.eu.org

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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for free info pack.**

HELP!!!

**We are in desperate need of someone to
'man' the office one day a week
(day to be arranged) preferably the same
day each week, on a voluntary basis.**

Typing or computer skills would be an asset.

**Please contact the office on 020 8455 0692
between 10.00am – 4.00pm.**



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theredwoodwholefoodcompany

t:01538 400557 f:01538 408878 e:info@redwoodfoods.co.uk



www.redwoodfoods.co.uk