

# The Jewish Vegetarian

Wishing all members a Happy and Kosher Pesach



**TAN HOON SIANG MIST HOUSE – SINGAPORE**

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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)**

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**Editor: Shirley Labelda**

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# WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

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

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

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

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

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
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.  
£7 Ms C.A. Manchester

## DONATIONS RECEIVED

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

£15 Mr. T.S.B. London E7. £5 Mr. A.M. London N10.  
£5 Ms P.S. Pinner, Middlesex. £5 Mr. & Mrs. W.S. Jerusalem, Israel.

## BUILDING FUND DONATION – LONDON HQ.

£7 Ms C.A. Manchester. £5 H. & H.G. NSW. Australia.

## 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:

£50 Ms E. M. Da C. Kidderminster, Worcs.  
£25 Mr. L.A. Thatcham, Berks. In memory of Rachel Larsen.  
£7 Ms C.A. Manchester. \$16 Rabbi S.S. PA. USA.  
\$5 Mrs. E.H. IL. USA.

# SOCIETY NEWS

We would like to extend a hearty mazeltov  
to Minna Pick who celebrated  
her 90<sup>th</sup> birthday at the end of January  
Best wishes from all of us at the JVS

We would like to wish our very good friend and life member  
**Laurie Binstock**  
a speedy recovery after her recent spell in hospital.  
We all send her our very best wishes  
and hope she will be out and about very soon.

We welcome you all to the  
**43<sup>RD</sup> ANNUAL GENERAL MEETING**  
of the  
International Jewish Vegetarian Society  
Takes place on: Sunday, 16th March 2008 at 2.30 pm  
Venue: 855 Finchley Road, Golders Green NW11  
A tea will follow the meeting – vegan of course!

## VEGETARIAN SUMMER FEST 2008

*34<sup>th</sup> Annual Conference of the  
North American Vegetarian Society  
June 18-22, 2008. The Conference Center at  
Pitt-Johnstown, University of Pittsburgh,  
Johnstown, PA, USA*

A 5-Day Experience Packed With: Cutting-edge Educational Sessions –  
Health & Nutrition – Lifestyle Issues – Cooking and Recipes – Animal  
Rights & Compassionate Living – Earth Stewardship – Exercise and  
Fitness.

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ages – Social Gatherings for everyone-singles, couples & families.

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a “Gold Medal Winning” chef – Many organic ingredients.

For further information and full details, contact the North American  
Vegetarian Society: (518) 568-7970 or [vegfest@telenet.net](mailto:vegfest@telenet.net)

# CHAD GADYA

## **"CHAD GADYA"** (Not Just A Simple Folk Song)

By: **DERRICK COHEN**

**Dooved Leib Ben Shlomo Zalman Ha Cohen**

Pesach is almost upon us again and the joy of reliving our freedom prevails within our hearts. Was it a year ago we last heard of echoes of "Chad Gadya" and Echadani Yidaya"?

Here we are then preparing with zealously to again make this splendid festival. Everything will centre around "The Seder Service" "The Order" the plan that unfolds describing the miracle of our freedom from Egyptian bondage and our redemption. The seder nights are perhaps the only time when all family and friends gather together no matter how unaffiliated one may be. It is at this time when that little spark of yiddishkeit bursts aflame. The seder service holds something special to each of us, especially to the children, being tailor made to capture their imagination and attention from the very beginning of the wonderful prepared table, continuing to the first cup of wine, then the reciting of "Ma Nishtana", the searching for the afikomen, the opening of the door for Elijah, right through to the resounding sounds of "Chad Gadya" the child is spellbound.

I remember vividly sederem spent with the wonderful Rudash family during my boyhood and teenage years. There would be about twenty us including six or seven children, and what a spread was laid on fit for royalty, for that is who we are on these two special nights – but besides everything else the pinnacle of the evening in this home had to be "Chad Gadya" not because it signalled the finale. For the aim was to try and out-voice the Smith family next door and drown their cries or interrupt their service with our shouts. The Smiths, likewise, doing their best to outdo us.

The kids on each side would be urging their parents to speed up the service in order to finish first! It was certainly not within the true "Halachic" spirit"!

Well as you know it is the duty of the father or narrator to relate and explain "The Haggadah" or, perhaps each participant may be asked to recite a section of Hebrew in the vernacular, in order to enhance the explanation of the written verse. A lively debate could become the end result, helping us to deepen our understanding of "Why This Night Is Different From All Other Nights"!

# CHAD GADYA

There are numerous Haggadot that can be bought with many outstanding commentaries. An interesting Haggadah is "The Archaeological Passover Haggadah" which has pictures and diagrams depicting each stage of the story. Then there is a translation of Rabbi Cullis famous Meom Loez by Rabbi Areyah Kaplan, that follows the Sephardic rite and offers compassion to Ashkenardic variations. An interesting volume of "The Art Scroll Mesorah" series is "The Vilna Gaon Haggadah" with commentaries by the Vilna Gaon and his son Rav Avrohom translated into English, which also contains a vivid mystical explanation of "Chad Gadya", it depicts that "Chad Gadya" is not just a simple folk song. Anyone purchasing a volume will, I am sure, gain tremendous pleasure and understanding from these pearls of wisdom.

So whether you are sticking to your trusty wine stained Haggadah or investing in a new volume for Yomtov don't forget the "Chad Gadya" chorus line and exercise those vocal chords. Maybe you could then out-voice your neighbours.

One other thing, I often wondered where that celebrated author and playwright Wolf Mankowitz got his title of "A Kid For Two Farthings", the story of a young child and his unicorn. Doesn't it remind you of "One Only Kid"? "One Only Kid" that my father bought for two zurim. Perhaps he also had happy memories of Pesach and Seder Services. "I wish you all Chag Kesamiach and a happy and kosher Pesach."

**Will Chad Gadya ever be the same now, I ask you?**



## **WESSEX JEWISH VEGETARIAN GROUP**

**We welcome all 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: (01202 295895)  
leaving your name and telephone number.**

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

# ISRAEL REPORTING

## REPORT RECEIVED FROM ORR SHALOM DECEMBER 2007

Dear Friends.

We at Orr Shalom would like to thank you for making our recent achievements possible and for bringing much needed light and hope to children at-risk.

- ◆ We celebrated the open of "Kova Gerev" – an educational campus that functions as a seminar centre, special education school and after school activities centre.
- ◆ 23 new children joined Family Group Homes (bringing the number close to 230 children in this therapeutic model).
- ◆ 98 children were integrated into Foster Families (there are now almost 750 foster children under our care).
- ◆ Close to 50 boys and girls celebrated their Bar/Bat Mitzvahs.
- ◆ 50 young men and women completed Orr Shalom therapeutic programs and joined the army.

Looking toward the future, we have plans to develop new programs and improve services to our children, who have been betrayed by those they are meant to trust – their parents and families. We need your support to continue meeting their needs.

**I would like to share with you the story of Smadar (this is not her real name) a young woman who succeeded in overcoming all the odds.**

"Smadar came to the Orr Shalom Family Group Home at the age of 15, after having been removed by police from a violent home situation. Smadar's parents have been divorced since she was young and she has no contact with her biological father.

After spending three months in an emergency shelter, Smadar was moved to Orr Shalom's Home. When she first arrived, Smadar suffered from severe emotional distress and acute distrust of her surroundings. She lacked basic skills for caring for herself and for her personal hygiene and she was very behind academically due to repeated absence from school. Orr Shalom's house parents and therapeutic staff worked devotedly to help Smadar, providing her with private tutoring, personal guidance on hygiene and life skills, psychotherapy and a great deal of emotional support.



# ISRAEL REPORTING

At 18, Smadar left Orr Shalom's Home to join the National Service. Two years later, she is working with Orr Shalom as counsellor for at-risk children in our Therapeutic Family Homes. Your gift has made Smadar's success possible."

Smadar is one of the 1,300 children who receive continuous and dedicated professional care. Orr Shalom has provided Smadar with a stable, loving environment where she has thrived. Without Orr Shalom, Smadar would not be the healthy, independent adult she is today.

We turn to you to help us ensure that 1,300 other children at-risk like Smadar can look forward to a bright and successful future.

**Linda Bracha**  
**Chairperson, Orr Shalom.**

## **A STROLL IN THE DESERT** **by Inge Sadan**

The cause was to raise funds for the new facility recently established at the Shaarei Zedek hospital in Jerusalem to help Alzheimers patients. I think everyone knows someone who suffers from this terrible disease, which can hit anywhere, any time and not merely old people. So it is not very difficult to get people to support anything that can be done to alleviate the hardships of the sufferers and their families. The project the organizers had in mind was for every participant to raise one thousand dollars in a sponsored 2 and a half days' trek in the desert region of Israel. This was the fourth Annual Walkathon. In all, over 60 people registered, and I have a suspicion that I was the oldest to take part. (I won't see 75+ years again, just to give you an idea).

A few preliminary walks were arranged in the Jerusalem hills, which were far from reassuring for me. Sleepless nights followed, with doubts and misgivings, whilst instructions came through the post, as to what to bring, including walking poles, torch, energy bars, glucose tablets, good walking shoes (of course) clothes for cold evenings, with ability to peel off, sun creams, etc. etc. Since I had been walking around the local park with a good friend/neighbour for the last few months at 7 a.m. twice a week, for an hour each time, things could have been worse.

## ISRAEL REPORTING

The Day of Reckoning came on a sunny day in late November, when we boarded the bus taking us to Mitzpe Ramon Field School, which is far south in Israel. We passed Beer Sheba as the sun set, and soon settled into the Field School of Mitzpe Ramon – naturally not a 5 star hotel, but very adequate. The first evening had been promised as a Moonlight Hike along the summit of Mount Gvanim. The only snag was to get up the mountain to go along it. All those younger intrepid hikers strode along (with the required 3 pints of water), and settled themselves comfortably on the summit, amid “the stillness and quiet of the desert and the play of moonlight and shadow”, whilst guess who brought up a rather panting rear, hauled up the last 50 meters by 2 sympathetic helpers. The full(ish) moon and distant outlines of the hills were quite inspiring, and within a couple of hours we had negotiated the downward path, to our Field School and well-earned night’s rest. (I was better at going downhill than up).

The next morning (6 a.m. get-up time), after breakfast we prepared our day’s food supplies, including those energy bars and this time we were divided into 3 groups (according to ability and stamina), with the senior (in age) making up Team A. We were to hike 6-8 hours through various geological areas, with amazing colours of rock formations, denoting different periods of thousands of years. Up Mount Ardon, down to Jabel Harut (Cone Hill), with magnificent views of the Ramon Crater, its surrounding ridges, and even to the mountains of Edom in Jordan. We saw wild ibexes trotting sure footedly along the crags and wandering around the Mitzpeh Ramon Visitor Centre, where one can learn about the Crater’s formation. Our guide Zeal, a handsome Australian, knew so much about archaeology, history, etc.; we could almost see the camels of the ancient famous spice route. At the same time, it made me realize why those ancient Israelites took 40 years to cross the deserts, and why Moses sometimes got really fed-up with them. Uphill and down, hot, bothered and bewildered, with boring Manna, and every so often a shortage of water. On top of which, when he decided that they would have to abide by a few basic laws, he found them, on his arduous descent from the Mount, cavorting around a golden calf, whilst he had been trying to sort out their future.

In the evening the three groups met up at a huge Bedouin Tent, where we had supper, prepared by the staff of Keshet, (who were ably looking after our welfare and guidance) and watched the amazing sunset spreading over the hills. In Israel the sun sets within half an hour of early dusk, with the hills quickly becoming dark, and the stars very bright.

# ISRAEL REPORTING

The last day we once again trekked in three groups, enjoying the different coloured stones – red, purple, green, yellow, and all other colours, as well as small patches of tiny flowers growing, despite the recent long, hot summer. There were also salt bushes, where the tangy leaves can be used to flavour food. There were only a few birds, which were quite tame, with very black and very white plumage. In the evening a fantastic barbeque was prepared by the Keshet Company team, in a hollow clearing among the mountains.

From a personal point of view, I found myself so much healthier and agile than before the trek, with memories of a beautiful adventure and with a really congenial group of fellow-hikers. Maybe I'm not as old as I thought, and would be glad to participate again.

The thought that we had raised, after expenses, over seventy thousand dollars towards the cause of MELABEV, (the organisation which takes care of Alzheimers patients and their families), gives one a sense of satisfaction and achievement. May they continue their good work in such a positive way.



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

# OF SPRING & OTHER THINGS

## OF SPRING AND OTHER THINGS

By: ROSE FRIEDMAN

Have you ever been entranced by the sight of fruit trees blossoming in the Spring? Has the grandeur and the power of the mighty seas overwhelmed you? Has the crash of thunder and the brilliance and velocity of lightning frightened you? Have you rejoiced at the rainbow in the heavens? Has the fragrance of flowers and the aroma of ripe fruit delighted you?

What are all these phenomena but the manifestations of the power and majesty of our Divine Creator, reminding us that He created all these and endowed us with the senses and capacity to perceive them. Perhaps we should pause for a moment and reflect. There is so much to appreciate and be thankful for, every day, so many opportunities to thank and praise our Creator.

Let me share with you some of my favourite brochas or blessings, the rare ones, which I anticipate eagerly. Only once in a year may we say the blessing on seeing fruit trees in bloom. In Spring I wait ardently for the tiny buds to open and blossom, and the opportunity to say the following brochah. Won't you join me this Spring and say :-

"Blessed are you, Hashem, our God, King of the universe, for nothing is lacking in His universe, and He created in it good creatures and good trees, to cause mankind pleasure with them." (From: Artscroll Siddur, Blessings of Praise and Gratitude).

**Perhaps you would like to look into your Siddur and join in all the other wonderful brochas?**



### 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**

# THE DOCTOR'S CASBOOK

## FROM THE DOCTOR'S CASEBOOK

By: EDWIN FLATTO, MD



### NUTRITION AND PROSTATE CANCER

- Q.** Can nutrition be a contributing factor in cancer of the prostate?
- A.** Only recently has nutrition been viewed as an environmental contributor to cancer of the prostate. Recent scientific studies implicate intake of foods high in dietary fat as a major risk factor for cancer of the prostate and colon. In several major studies, incidence of prostate cancer in the United States was found to be closely related to fat consumption in the form of meat and dairy products. Other researchers have found that in the United States incidence of prostate cancer is in direct proportion to the consumption of dietary fats.

In Japan, cancer of the prostate was almost unknown prior to 1945. However, now it is a significant disease, and the rates are still increasing because of progressive Westernization of the Japanese diet.

In studies of changes in prostate disease incidence in migrant workers, Haenszel and colleagues have noted that consumption of lettuce and other green vegetables and fruit appears to lower risk. A number of studies have shown that populations consuming a vegetarian, high-fibre diet have a much lower incidence of prostate cancer than populations consuming a Westernized diet.



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

# HEALTH

## **NUTRITIONAL PROFILING FOR THE VEGETARIAN AND VEGAN ATHLETE & BODYBUILDER**

**It is still surprising the number of people who tell me, “I could never get very big”** because I don’t get enough protein. These are committed and intelligent vegetarians and vegans, who unfortunately have been influenced by an ill-informed and nutritionally misguided majority population who limits sporting success because of a plant based diet.

**We know the vegetarian and vegan diet is health promoting and protecting,** but still, deep in the back of our mind, some see for this there must be a trade off, and that is limited muscle growth for the vegetarian or vegan bodybuilder, or a disadvantage in some other area of sporting achievement.

**Let me state loud and clear,** non flesh eaters can achieve a muscle packed body, or the sporting successes they desire. They get more than enough quality protein to achieve this as well as any other nutritional need. The World Health Organisation (WHO) state vegans on a well planed diet will easily meet there protein requirement.

**What Vegetarians and vegans need to realise,** as should a meat eater, is that simply following a printed diet sheet is often not enough to obtain the results they want. It needs to be precise nutritional engineering individually developed for each athlete or person in training.

**They need to step back and look** at all the factors that have an influence on their diet, eating patterns and training. They need to see how these fit and work together to get results.

**With a little common sense, research and nutritional tweaking,** massive improvements can be made with DIY nutritional profiling. While professional profilers will have skills and knowledge to help, the vegetarian and vegan athlete is more than capable of making effective changes. Though the results may not be as good as they could get with the professional, they may be in many cases very close to it.

Keep a food diary for a couple of weeks, record the times you eat, the amount you eat, and how you eat. Do you eat fast, slow, while working, in front of the TV or at the table?

What foods do you eat a lot of, what foods do you like, what foods do you dislike, etc. how old are you, what sex are you, are you on any medication,

# HEALTH

do you have any health issues, are those health issues e.g. diabetes in need of dietary rules, what is your weight, body type, social and family commitments, and of course the observation of food laws for those that still eat meat.

These are just some of the factors to consider when putting together an effective nutritional programme for bodybuilding or sport, rather than following a standard diet to achieve the goals you are chasing:

- Take time to look at these areas of your own life, and other areas that are applicable in your own individual case.
- Take each area one at a time. See what adjustments you feel relevant. What can you do to improve any given area, note this down in writing.
- Note each area in a separate section until you have reviewed all areas that you can think of. When this is completed, look for how it marries together. Are there any problems or contradictions, tweak about with them until you feel it is as good as you can get it.

**Remember the rule should always be to consider overall health and fitness**, not one aspect of it such as muscle growth at the expense of excess protein intake that will provide the potential of a health problem.

**Should any reader want any further information or advice they may e-mail: [dafclinic@hotmail.co.uk](mailto:dafclinic@hotmail.co.uk)**



## 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.**

# STOP ANIMALS SUFFERING



## **PLEASE HELP TO STOP ANIMALS SUFFERING IN SNARES.**

**The Scottish Government is currently deciding whether or not to ban snares and an announcement is expected within weeks**

Snares are thin wire nooses used to trap animals. They are inhumane, indiscriminate and in use across much of Scotland. Once caught in a snare there is no escape. Imagine an animal's fear. As it desperately struggles to free itself, the metal noose will tighten. Although designed to immobilise their targets, snares can inflict horrendous injury and in some cases, a slow lingering death.

Snares are intended to catch so-called 'pests' such as foxes and rabbits on some farms and sporting estates. In reality any animal is at risk from getting caught in a snare, including protected animals such as badgers, otters and mountain hares, other wild animals such as deer, farmed animals and domestic cats and dogs.

We would greatly appreciate any support you can provide for this campaign:

- (1) A website has been launched where anyone can quickly and easily lend their support to the campaign with just a few clicks. Please spread the word to your friends and colleagues about [www.bansnares.com](http://www.bansnares.com)
- (2) Also a campaign leaflet has been designed and copies can be obtained free either by e-mail: [info@advocatesforanimals.org](mailto:info@advocatesforanimals.org) or call 0131 225 6039.

An opinion poll has revealed that only 19% of the Scottish public are aware that snares are still legal. Once informed that snares are still legal, 75% of people thought they should be banned.

**The Scottish Government is currently deciding whether or not to ban snares and the strength of public opinion will play an important role in this decision. We believe a ban in Scotland can and should lead the way for the rest of the UK.**

**This campaign is led by Advocates for Animals and the League Against Cruel Sports.**



# NEWS FROM BUAV

## NEWS FROM BUAV

### 'GUIDE' LISTS HEALTH CHARITIES THAT STEER CLEAR OF ANIMAL RESEARCH

Many people who care about animals would like to invest money with or work for a health charity but worry if their money or time is ethically spent. Now the BUAV's new pocket sized **Health with Humanity Charities Guide** means people can easily choose a health charity with a humane non-animal testing policy.

The guide lists charities that do not currently fund research using animals. It includes a broad range of health related charities that either fund medical research using non-animal alternatives or offer health services or health related information services.

Packed with details of more than fifty humane health and healthcare charities, BUAV's **Health with Humanity Charities Guide** ensures donors, volunteers and potential staff can help people lead healthier lives without causing suffering to animals.

BUAV chief executive Michelle Thew said: "Consumers are taking a growing interest in making informed ethical choices in every area of their lives. The BUAV already helps people choose cruelty-free cosmetics and household products through its Humane Cosmetics Standard – now we can help consumers to support humane health charities too."

Charity specialist recruitment agency Eden Brown has welcomed the launch of the updated guide. Recruitment consultant Natasha van der Westhuizen.



The League Against Sports wants to bring an end to the extreme suffering that snares cause to animals.

To help us highlight the problem in the media, we are looking for cases of animals that have been injured by a snare.

If your pet has been caught in a snare or if you know of an animal that has been harmed by these horrific devices, and you want to help us campaign for a ban on all snares, please contact:

**Una Farrell at the League Against Cruel Sports on 020 7089 5210  
or at [OonaghFarrell@league.org.uk](mailto:OonaghFarrell@league.org.uk)**

## CONSUMER CORNER

### BRILLIANT BEAUTY FOR ALLERGY SUFFERERS

**Isn't it simply annoying to see thousands of beauty products on the shelves, only to discover you happen to be allergic to most of them?** From mascara to face-creams, even dermatologically tested products are often full of chemicals that can trigger a reaction. AllergyBestBuys.com Ltd has taken into account the number of people suffering from allergies, eczema, seriously sensitive skin or irritant contact dermatitis and scoured the world for products created to work effectively without discomfort.

**Janet Rhodes, founder of AllergyBestBuys said:** "The number of people suffering with eczema is incredible, and many of them find they are allergic to a whole host of everyday products from soaps and detergents to synthetic fabrics and wool. At AllergyBestBuys we have uncovered a range of products designed to offer welcome alternatives at great value for money."

**One of the top selling products discovered by AllergyBestBuys** is Calming Cleansing Milk, winner of the 2007 Salon Plus Award for Best Facial Cleanser. This mild, non-alkaline, soap-free cleanser for the face is made from an extremely gentle formula and contains botanical extracts of Chamomile and St John's Wort to calm and soothe redness and irritation.

**Suncoat Natural Mascara** is another super beauty product for confidence and glamour from AllergyBestBuys. The petroleum-based chemical ingredients and preservatives of most mascaras are responsible for the watery eyes, redness, itching or swelling that allergy sufferers can experience even with organic or so-called hypoallergenic mascara. Suncoat Natural Mascara contains none of these nasties and gives long luscious lashes with easy application and removal and best of all, no bad reaction. AllergyBestBuys customer Gill Ray of Brentford who volunteered to test Suncoat Natural Mascara said, "This mascara is terrific. I have not been able to use conventional mascara since my allergy to parabens was identified in 1992. It's really great to use a proper mascara again."

**For details of a range of products tried and tested with sufferers of allergies in mind, please visit [www.allergybestbuys.co.uk](http://www.allergybestbuys.co.uk).**

#### DATELINES

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

# CONSUMER CORNER

## NEW FROM LIVWELL

### Gluten Free English Muffins

**Livwell has added to its best selling range of premium gluten free bread and cakes with the launch of English toasting muffins.**

Made from high quality tapioca starch and rice and maize flour with a dusting of polenta on top, Livwell's English muffins are suitable for coeliacs and gluten and lactose intolerants as they are free from gluten, wheat and milk. Simply split, toast lightly and fill with desired choice.

The 4 pack comes in 2 packs of 2 muffins for added convenience and are packed in a modified atmosphere environment to extend their life and minimise wastage.

Available from Waitrose, a pack of 4 costs £1.99

**Livwell also produces a range of free from foods that include cakes, muffins, tea cakes and pancakes that are available from major supermarkets or by calling 0845 120038 for doorstep delivery.**

## NEW QUORN VEGETABLE ROAST FOR A HEALTHY HEARTY MEAL

**As the winter nights draw in,** there is nothing more appealing than a hearty roast meal with all the trimmings. So why not try Quorn vegetable roast, for a healthy treat that the whole family can enjoy.



A tasty blend of Quorn mince, oatmeal, sweet potatoes, carrots and bulgar wheat makes Quorn vegetable roast the delicious centre of a meal. Simply bake in the oven and serve with roast potatoes, green beans and add a touch of tangy apple sauce or a generous splash of onion gravy.

Quorn vegetable roast is low in fat plus it is a great source of protein and fibre. There are no artificial colours or preservatives in the recipe, therefore it is a healthy alternative to meat.

**Quorn vegetable roast can be found in the freezer cabinets price £2.99.**

# CONSUMER CORNER

## CHARISNACK PACKS A SMOOTHIE

**Snacking at your workstation or munching at your desk can be healthier these days thanks to ChariSnack.** Their fleet of vehicles regularly rushes wholesome supplies to workforces throughout the nation. They leave nuts, seeds, exotic dried fruits and a whole host of other tasty snacks in self-service display boxes in offices, staff rooms and reception areas, without any obligation or cost to the organisation hosting the box. Now here's good news for smoothie fans, the award-winning smoothiepack® has just been added to their tempting menu.

**The Big J smoothiepack®** is a 100% pure fruit smoothie which has no additives, preservatives or added sugars or sweeteners. Bursting with nutrients naturally found in fruit, this smoothie comes in a handy 250ml carton with a choice of three mouth watering flavours; raspberry & banana, mango & orange or pineapple & lime.

**smoothiepack®** contains no preservatives and is not UHT but thanks to its innovative packaging you won't need to keep it in the fridge which is great news for consumers on the go.

**Based in London,** The Big J is the leading supplier of smoothies to foodservice and vending in the UK and exports to 16 other countries, across 3 continents. The Big J's smoothiepack® brand is No 1 smoothie brand in Japan, Norway and Iceland! The company has racked up no less than 15 international industry awards for product excellence, innovation and of course great taste! Visit [www.thebigj.com](http://www.thebigj.com) for more information.

**Gordon Blood Franchise Director of ChariSnack** explains why they chose The Big J smoothies, "smoothiepack® fits well with the healthy ChariSnack offering, it is 99% fat free and each serving is equal to a portion of fruit which supports our aim to encourage people to follow a healthier lifestyle. smoothiepack® can be purchased from our boxes for just £1.00 per serving, making it an affordable option, a luxurious treat and a convenient healthy snack on the go".

**ChariSnack** is a unique brand and a franchise business that specialises in supplying healthy eating snacks to workplaces throughout the UK. Recognising a gap in the market for healthy eating options, ChariSnack was launched in 2003 and has enjoyed a strong growth ever since. ChariSnack combine retailing with charitable support and make donations to the National Blind Children's Society (NBCS) for every single packet of snacks purchased by its

# CONSUMER CORNER

customers. **For more information visit [www.charisnack.co.uk](http://www.charisnack.co.uk)**

**So if you want to fill up but not fill out choose a smoothiepack®, low in fat and full of fruity goodness. For more information about smoothiepack® contact Karena Clarke on 0870 242 1102 or for ChariSnack contact Gordon Blood on 0845 123 1132.**

## **SNAP UP A NUT FREE SNACK**

**It's Nut Free** delicious flapjacks can be snapped up in Morrisons, for the special price of just £3.00 for two boxes.

**Each pack contains** five tasty flapjack bars which are handmade using only the finest ingredients. As well as being free from nuts, they contain no seeds or eggs and are suitable for vegetarians.

**It's Nut Free** flapjacks are a perfect snack for lunch boxes at school or work – whether you suffer from a nut allergy or not. With the Morrisons offer, parents and anyone catering for a child with an allergy, can stock up to have a handy supply. **Special offer packs are in Fudge or Cherry flavour.**

## **NEW APPLE CRUNCH SNACK BARS FROM NATURE VALLEY**

Bursting with inspiration from the great outdoors, Nature Valley Snack Bars are now available in a delicious new flavour – Apple Crunch.



Delicious apple flavour and lightly spiced with a hint of cinnamon, new Nature Valley Apple Crunch Bars are packed with natural wholegrain oats, which makes them a source of sustained energy. Furthermore, they are suitable for vegetarians, kosher and halal diets, as well as being wheat and lactose free.

Ben Fogle is working with Nature Valley to encourage everyone to get out and enjoy our beautiful countryside. There are wonderful walks all over the country, and for great walking ideas, go to the Nature Valley website, [www.naturevalley.co.uk](http://www.naturevalley.co.uk) which will inspire you to enjoy some of the UK's most scenic routes. There are more than 1,000 walks to choose from.

## CONSUMER CORNER

You can log on at any time to research and download information about walks all over Britain – for free. Google-Earth has even linked up to allow you to click directly through to satellite images of your chosen walk.

As well as Apple Crunch, Nature Valley Bars are available in other delicious varieties: Oats 'n' Honey, Canadian Maple Syrup and Banana Nut. The bars come in a box of six packs, and each individual wrapper contains two bars.

**Nature Valley Snack Bars are available from all main supermarkets. Price £1.99 per box.**



## NEWS FROM NEAR AND FAR

### NEWS FROM NEAR AND FAR

**The following items appeared in the Australian Natural Health and Vegetarian Life Magazine Summer 2007/08. We thought our readers would find them of interest.**

#### **BEEF A SHOCKER FOR CARBON EMISSIONS.**

A kilogram of beef causes more greenhouse gas and other pollution than driving for three hours while leaving all the lights on at home, a Japanese study has found. New Scientist reports that a team led by Akifumi Ogino, of the National Institute of Livestock and Grassland Science in Tsukuba, calculated the environmental cost of raising cattle through conventional farming, slaughtering the animals and distributing the meat.

The team discovered that producing a kilo of beef causes the equivalent of 35.4 kg in carbon dioxide (CO<sub>2</sub>) the principal greenhouse gas. Most of these greenhouse gas emissions are methane, released from the cow's digestive system. That 1 kg of beef also required energy equivalent to lighting a 100-watt bulb for nearly 20 days to produce and transport the animals' feed. The calculations, which are based on standard industrial methods of meat production in Japan, did not include the impact of managing farm infrastructure and transporting the meat, so the total environmental load is higher than the study suggests. (Animal Science Journal)

# NEWS FROM NEAR AND FAR

## THEIR IMMUNE CELLS FIGHT YOUR CANCER.

Immune cells from 'cancer-resistant' people could be used to help other people fight cancer. A scientist in the US has discovered that immune cells called **granulocytes** can kill cancer, and their effectiveness varies from person to person.

The research team has now received permission from the US Food and Drug Administration to screen people for their ability to ward off cancer. Immune cells with the best cancer-fighting ability will be transferred to cancer patients, after being matched for blood type.

## DOCTORS IGNORANT OF NATURAL THERAPIES

More than half of surgical patients fail to tell their doctors that they are taking complementary medicines and are putting themselves at risk, while doctors know little about vitamins and supplements, research has found.

A study of more than 500 patients found that about 54% of people continued to take supplements such as garlic – which thins the blood and can cause haemorrhaging – before and after surgery, because doctors did not discuss with them possible interactions between drugs and complementary medicines. The study's author, Lesley Braun – a pharmacist and naturopath – said the findings were alarming and doctors needed more education.

More than 200 surgeons, physicians and anaesthetists at four hospitals were given a knowledge test about 112 common complementary medicines, scoring an average of 18/100. Many complementary medicines, such as ginkgo, ginger and vitamin E have been associated with excessive post-operative bleeding, while glucosamine, garlic and cranberry juice has been reported to increase the effects of **Warfarin**, a drug used to thin blood. She said that open communication between doctors and patients was needed to clear the confusion. (Sydney Morning Herald, 26 September 2007)



### 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.

# THE BIBLICAL PROHIBITION OF CRUELTY TO ANIMALS

## THE BIBLICAL PROHIBITION OF CRUELTY TO ANIMALS

By CANTOR ZVI SLOTKI

**Our sages have denounced cruelty to animals, saying specifically, that causing pain to any living creature is forbidden. (Tzar Ba'alei Haim D'Oraita).**

One particularly disgusting aspect of human disrespect for living beings is the force feeding of geese. The method generally used, is to force a pipe down the throat of the goose and to continue to feed it until its liver becomes greatly enlarged. The ensuing product is called Foie Gras – considered a 'delicacy' by some.

In a recent decision by Israel's Supreme Court, it ruled that this method of treating geese is illegal, as it violates Israeli law, which outlaws its practice.

Recently, I sent a Halachic question on this subject to a prominent and highly respected Rabbi in Petah Tikva in Israel. The following is a quote from his answer.

"The imperative that you mention i.e. that G-d's mercies include all living beings' (Psalm 145) is correct. It is therefore, of the highest importance to improve the world and not permit any cruelty to animals, and so it is with the unseemly act of force feeding geese for the purpose of producing Foie Gras". Rabbi Yuval Sherlo, Israel.

One other aspect (among many others) of cruelty to animals, is the feeding of very young calves with a liquid substance (not milk) designed to hasten the fattening process, and to eventually produce the desired white veal.

Rabbi Moshe Feinstein, the foremost Halachic authority of the 20<sup>th</sup> century, when asked about this practice, denounced it in no uncertain terms, calling it wicked.

**It is unconscionable, therefore, to permit this activity to continue and it should be protested at every opportunity.**

**We have a number of Badges and Rubber Stamps with the 'V' sign – available at £1 for the pair, which includes postage.  
Contact the office regarding payment.**



# FIRST EVER NESTING KESTRELS

## FIRST EVER NESTING KESTRELS CAUGHT ON WEB CAM

**Since 1991 The Crown Estate, in association with The Wildlife Conservation Partnership,** has been responsible for a conservation project in Norfolk providing nesting sites for birds of prey. In an exciting new development this year a discreet webcam has been installed in a nesting box occupied by a pair of kestrels, who are taking it in turns to incubate their clutch of eggs. Life inside the kestrels' nesting box can now be viewed on both The Crown Estate and Carter Jonas websites.

Originally designed to attract barn owls into an area with a rich food supply but containing very few natural nesting sites, the boxes also appeal to kestrels. This species is one of the UK's most popular birds of prey, and is on the Birds of Conservation Concern list. Located on Crown Estate farmland in Norfolk, the nesting boxes have proved successful breeding sites, producing about 140 barn owls and 60 kestrels over the last 15 years.

Alan Laidlaw, Head of Customer Management for The Crown Estate's rural estate, noted that the nesting boxes were introduced to help sustain and enhance this important habitat for birds of prey. He said: "This is a project we wholeheartedly support. The web cam offers a genuine 'birds eye' view of this critical but often secretive stage in the lifecycle of the kestrel and will provide a record of the process."

"As a small example, it demonstrates The Crown Estate's strong commitment to the conservation and stewardship of our natural environment."

The project has been managed by The Crown Estate's agents Carter Jonas. Tim Jones, Head of the Rural Department with Carter Jonas added: "This is a very exciting project for anyone who is interested in birds of prey, particularly as little is known about how kestrel pairs incubate their eggs and share parental responsibilities."

"Ornithologists are concerned about the numbers of barn owls and kestrels nationally, and this project is providing a wealth of information and helping to increase the numbers of these important birds of prey."

**Kestrels are known to be good parents** with each sharing the duties of incubating the eggs and rearing the young.. The feed from the webcam is presented as a screen grab that automatically updates every minute.

**If you would like to visit the kestrels at home, then log onto: [www.crownestate.co.uk](http://www.crownestate.co.uk)**

# ANIMAL SLAVERY

## ANIMAL SLAVERY

**The following is an extract taken from the book "Cosmic Life in the Aquarian Age" written and published over thirty years ago by Eva Martin, one of our members in Florida. USA.**

In Cosmic Life in the Aquarian Age we will liberate the animals. It is time for us to finally wake up and realize that animals are not here for the purpose that we use them and abuse them for our own well-being. They, our younger brothers, are simply on a lower evolutionary level than we are, and we should love them, help them and protect them! Just as we do with our own children. There should not be any difference.

In the principle of **EQUALITY** naturally our younger brothers are included. Equality could not exist until now, no matter how hard it was tried to carry it through in some of the more enlightened periods in history. It always failed, because it was lop-sided. It has to be carried all the way through. We have to include every life, only then we will reach equilibrium, and the principle of **EQUALITY** will crystallize out automatically, without any effort!

Right now the animals live in slavery! There are no protective laws for them except the Ten Commandments says: "**Thou shalt not kill,**" and the Buddha said: "**Do not harm any living thing.**" But hardly anybody pays attention to these great laws and teachings, and the animals are on anybody's whim. We have absolutely no right to use them for selfish purposes.

We cannot expect to live in harmony with Nature if we constantly kill for selfish reasons. However, there are carnivorous animals who eat other animals, but do not forget that they are on a much lower level of the evolution. We are no longer on that level. We should have grown out of this habit a long time ago. We are human beings, and that means that we have our free will of choice. If we do not use our free will, we live on the level of an animal, eating each other and killing each other. This killing instinct leads us directly into wars and to destructive activities exploiting our Earth.

We look back to cannibalism with horror. Future generations will look back with the same horror of eating animals, because there is no difference, if we realize the One-ness of Life. Imagine if you would eat up one of your own fingers when you are hungry. It is the same thing. We are all parts of One Great Body, came from the same source and are built from the same Essence. Even our limited lower mind cannot grasp it yet, and our limited senses show it differently. We have to start to develop higher consciousness

# ANIMAL SLAVERY

through meditation. Then we will see things differently. But the first step toward that direction has to be to stop eating meat!

We cannot expect ever to live in peace, until we make the break. That great step-which some, have already made and their number is spreading – that great step will be the first step toward **unselfish living**. Until that happens, there will always be wars, crime and unethical, selfish living. Until then the killer is in us. We are still savages. Most people are still asleep. They do not even give a thought how that steak got on their plate? Some though would turn away with horror if they would visit a slaughter house. But the next day it would be back to the old habits. Some people would just sigh: "**Oh well, that's why they are here.**" Or some use to say: "**God created the animals for use to eat them.**" What supreme arrogance! Absolute self-centered thinking.

It is time to wake up! How can anyone swallow a piece of flesh from another living body without thinking of the suffering that is sticking to it? "**Thou shalt not kill.**" Until we obey that law one hundred percent, we will always be in misery. We ourselves are eaten up constantly by hoards of microbes. We call it infection. This is the food plane. We eat each other. We eat and we will be eaten. There seems to be no way out.

But there is a way out! This is the way I am pointing to. If we purify ourselves, refraining from eating flesh, as I said, we make a big step upward on our evolution and also we start toward the Path of Immortality. We know that we are an immortal Spirit, but we have to live up to it, reach it gradually step by step. Through Love, by developing Love for all that lives. Love is the vehicle which lifts us upward.

Until we liberate the animals from slavery, our own evolution is stagnating. We live in misery, constantly working up new Karma with all that killing and abusing the animals. Let us liberate them and ourselves.

We have to help the animals also to further their own evolution. This we do by leaving them alone, in the lap of Mother Nature. Until now we did just the opposite. Through our constant interference, we inhibited their own development. We used them in any way just for our own selfish purposes. We confined, killed, robbed, tortured and enslaved them. We enslaved them without any consideration of their feelings. Slavery has to be over on all levels!

In our Cosmic Life in the Aquarian Age, we will not use them in sports, we will not even rob the lamb from his wool, which Nature provided for them to

## ANIMAL SLAVERY

keep warm, neither kill animals for their fur. We will not rob the bees from their honey, which they are collecting for themselves, not for us. We will not rob the cow, goat or any other animals of their milk, which Nature meant for their young.

The cows have so much milk, which came from over-stimulating their milk glands down through the ages. It is not natural for the cow to be milked by humans. We can see in ancient paintings, that cows were tied all over, to be able to get the milk out of them. They were nursing humanity for eons of time. And what is the pay for it? Slaughter. They are not even allowed to live out their life in peace. No. Profit has to be made from their flesh also!

We can do very well without any milk products. Good milk and cheese can be made from soya beans. And let the human mothers nurse their own babies. It is the best for them anyhow. We can live very well without any animal products. We really will not miss anything. There are some synthetic materials replacing leather and wool. As for food, we can live very well without meat, eggs, fish and fowl, much better so. We will be much healthier, because it is poison for our body and soul.

Of course, all sports where animals were used will have to be eliminated, which is nothing else but torture for the animals. This includes exhibiting them in show business and zoos. And we will not use them for work either, like pulling wagons, transportation, tilling the soil, etc. etc. Horses were abused for thousands of years. It is high time to give them back their freedom!

Hunting, fishing, bullfights, rodeo, races and gambling will be all horrors from a savage past.

We over bred them since eons of time. We will have to stop breeding them and leave them alone as Mother Nature meant them to be. If we leave them alone, they will not bother with us, let them live in peace in their own life and do not interfere. Except, of course, if they are in any trouble, or need any adjustment for their new life. We will help them, giving them some territory, sanctuary where to live, feed them if needed, etc. And let the fishes and other water creatures also live peacefully in the waters.

Only the dog and cat took naturally to humans. We can keep them and love them as house-pets. They both can thrive on vegetarian food. But no bird cages anymore. One of the biggest cruelties is to keep birds in a cage, instead of leaving them to roam the skies.

# REPORT FROM VEGA

**WE HAVE RECEIVED THE FOLLOWING REPORT FROM VEGA  
(Vegetarian Economy & Green Agriculture)**

## **SOYA: TOO COWED TO ASK?**

### **Distinguishing Alternative Milks at the Servery**

Soya milks add variety and advantages at serveries in canteens, refectories, dining halls in universities, self-service restaurants, leisure centres, cookery schools and hotels. Visitors at conferences or on holiday look for them for their healthy breakfasts and other meals and for their refreshing cuppa. Some customers might take the opportunity to try these much-advertised products if they are easily available. In too many instances customers look in vain, although their needs could be met from a carton in the depths of a fridge: it might even be a bring-your-own that the management had asked you to leave with them. And it would be nice if the soya milk was served more pleasantly in a distinctive jug rather than being dumped at the counter or on the table in a carton. There is no excuse over availability – soya milks, chilled and UHT, are now on sale nationwide in supermarkets and multiple chains.

Soya is not unique in the conversion of cereals, seeds and nuts into milks, butter and yogurts. The output of these crops is now being elevated from ingredients for confectionery and snacks to the stuff of well rounded and assessed meals. They are gathering increased interest from chefs, nutritionists and cookery-writers. Supermarkets are now selling nuts in kg bags for applications in attractive meals.

We can declare an outbreak of joy among a group of farmers who have bucked the present gloomy trends with a resounding reversal of the decline in harvests of cobnuts. For Londoners these nuts are locally grown and some rate accreditation as organic. The revival represents a return of the traditional holiday exodus from East London to harvest hops and feast on the adjoining plats (orchards) for cobnuts, which are like hazelnuts. As in many orchards areas between the trees offer grazing for animals such as sheep. The **Kentish Cobnuts Association** offers further information and recipes. Like walnuts, cobnuts may be bought fresh (“wet”) or kilned.

We can also celebrate and vegetate on the success this year in commercial sales in Yorkshire of black truffles, which nicely extend the range of home-grown mushrooms available for the attention of cooks and nutritionists. We must chide the veggie food trade on overlooking the possibilities of nut-crops such as acorns and beech mast and in the by-products of brewing, beyond

## REPORT FROM VEGA

yeast. The pigs let loose in the New Forest do not miss the chance of a natural organic food that, without any manufacturing tricks, keeps them happy.

Anyway, this season and harvest see Britain's 'nutters' looking forward to the future and good development in the salutary trend away from animal-based farming cultures, growing food, not food for direct utilization of plant-sources.

## TWICE AS NICE

### TWICE AS NICE – THE FLOWERS THAT LOOK AND TASTE GOOD

***“To brighten up simple salads, shop-bought herbal teas, cakes and the same old jam, look no further than the garden for inspiration”, says Gardening Which? magazine.***

Most cooks have heard of flowery favourites such as saffron, camomile tea and elderflower cordial, but there are over 100 different plants in the UK that have edible flowers.

#### **Borage**

Borage has a cucumber-like taste which is slightly sweet. It can be added to both sweet and savoury food, but is used to best effect frozen in ice cubes and floated in jugs of Pimm's.

#### **Nasturtium**

The 'Alaska Salmon Orange' variety is pleasantly peppery, so ideal to add to salads or steep to flavour oil and vinegar

#### **Basil**

Use the flowers of the 'Lemon' variety as you would the leaves – in pasta dishes or salads for a zesty flavour.

#### **Pinks**

A sweet, clove-like taste, the Pinks plants have bright and attractive petals ideal for decorating cakes, puddings, fruit salads and ice creams, and make lovely pot plants!

# TWICE AS NICE

## **Sweet Rocket**

With fragrant, purple flowers, Sweet Rocket is mild enough to both add to both salads and to decorate desserts. It is a robust plant well worth a place in the perennial border too.

## **Pot marigold**

Yellower varieties of pot marigold will give saffron-like colour to rice or soup, while the 'Coffee Cream' is good for adding to savoury dishes.

## **Violet**

The testers' favourite, 'Brush Stokes' has small crimson, yellow and white flowers – they're excellent for decoration as they look pretty but won't interfere with any other flavours. Alternatively dry violets to flavour tea.

## **Ceri Thomas, Editor, Gardening Which? magazine says:**

"Keen cooks and gardeners alike have got used to popping out to their garden to get some mint or thyme to add to their dinner, but everyone should consider adding flowers to their ingredients both for flavouring and decoration.

"It was great to see so many varieties in our tests that successfully cross over from beautiful in the borders to tasty on the dining room table – I'll definitely be adding a bit of zest to my tea from now on!"

Before using the flowers, remove each petal and cut off the bitter white 'heel' at their bases. In most cases, only the petals are edible, not the centre of the flower.

Gardening Which? put the plants to the test to find out which ones cross-over from the garden to the dining table.

**Gardening Which? is a subscription-only gardening magazine published 10 times a year by Which? For details on how to receive 3 issues of Gardening Which? for £3, telephone 01992 822800 or visit [www.which.co.uk](http://www.which.co.uk)**

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

# COOKERY CORNER



Denise Phillips

## DELICIOUS PASSOVER RECIPES FROM DENISE

Once again, the joys of Pesach are here. What are we going to make? Do we have enough crockery with all those guests coming over? Where are my Pesach recipes from last year? How can I make Pesach special this Year? Perhaps these are the Four Questions from a domestic point of view!

### FENNEL, RED CABBAGE AND AVOCADO SALAD

It is always useful to have a quick salad that can be made in advance especially during Pesach when it seems that you are constantly cooking for the next meal. I love the colourful combination of vegetables which



is completed with a delicious honey dressing. This salad can be put in a plastic box and be part of a healthy lunch or eaten with grilled fish or chicken at a mid week supper.

**Preparation Time:** 15 minutes **Cooking Time:** 5 minutes

**Serves:** 6 people

#### Ingredients

300g red cabbage – thinly sliced; 1 fennel – cored and thinly sliced; 2 cooked beetroots – sliced; 2 tablespoons dried cranberries; 2 large avocados – peeled and sliced

**Honey Dressing: Makes 150ml – can be made in advance and refrigerated for up to 3 days.**

9 tablespoons olive oil; 3 tablespoon clear honey; 2 teaspoons – Kosher for Pesach mustard; 3 teaspoons lemon juice; salt and freshly ground black pepper – to taste



# COOKERY CORNER

**Garnish:** 50g pecan nuts

## Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6. Place the pecan nuts on an oven tray and roast for about 10 minutes or until golden.
- 2) Combine the sliced cabbage, fennel, beetroot and cranberries together.
- 3) Gently mix in the avocado.
- 4) Combine all the dressing ingredients together and pour over the salad.

To serve the stylish way: Place the salad in a large serving dish. Sprinkle over the toasted pecans and serve immediately.

## POTATO AND MUSHROOM PIE

Are you fed up with cold meat and salads or perhaps you are a vegetarian looking for a tasty supper or lunch dish for Passover? I have sautéed a mélange of mushrooms, surrounded it with some mashed potato and baked



it; giving a new meaning to mash! The range of fresh mushrooms in the supermarkets today is quite varied; try using oyster, brown cap, shiitake and button mushrooms for a good 'mushroom' flavour. When you start to fry the mushrooms they suddenly release a lot of liquid. For the best results continue to cook so that all the liquid is absorbed back into the mushrooms.

This tasty pie is simple to prepare and can also be made in advance and reheated. Serve it with a green salad topped with toasted almonds.

**Preparation Time:** 20 minutes **Cooking Time:** 50 minutes **Serves:** 6

## Ingredients

1.35 kg (3lbs) potatoes – peeled and roughly chopped; 750g mushrooms, – brown cap, oyster, shiitake, button – cleaned and sliced; 10 spring onions – trimmed and chopped; 2 tablespoons olive oil; 3 eggs; 200ml milk; pinch of nutmeg; 2 tablespoons grated Parmesan – optional; salt and freshly ground black pepper

## COOKERY CORNER

**Garnish:** Chopped chives

### Method

- 1) Pre-heat the oven to 200°C/400°F/Gas mark 6.
- 2) Cook the potatoes in boiling water until very soft.
- 3) Drain and mash using a ricer or fork. Stir in 50ml milk, 1 egg, salt and pepper and mix well. Spoon the mixture around the sides of a 23 cm/9 inch flat pie dish.
- 4) Heat the olive oil in a large frying pan. Sauté all the mushrooms and spring onions until soft and all the mushroom liquid has been absorbed.
- 5) Spoon the mushroom mixture into the centre of the potatoes.
- 6) Mix the remaining milk (150ml), 2 eggs, nutmeg, and salt and pepper together. Pour this batter over the mushrooms. Sprinkle over the grated Parmesan cheese – if using.
- 7) Bake the pie in the pre-heated oven for 40 minutes or until the mushroom mixture has set in the centre.

To serve the stylish way: Snip some chives over the top and serve immediately with a green salad.

### PASSOVER APPLE SQUARES

**I am always looking for something different to cook over Passover that is quick and tasty to make. I find that Apple recipes are always popular, especially if they are parev and can be made in advance. This recipe is similar to apple clafoutis, a cake mixture**



**cooked in an egg and matzah meal batter. Pears and fresh apricots could be substituted should you prefer.**

**Note that this recipe has the advantage of being Nut Free. At Pesach, I feel especially sorry for anyone with nut allergies, because so many recipes, whether sweet or savoury, use nuts. Serve this recipe in squares and it is delicious for tea or as a dessert during Passover**

**Preparation Time:** 20 minutes **Cooking Time:** 45 minutes

**Makes:** 16 squares

# COOKERY CORNER

## Ingredients

1 tablespoon margarine – to grease the tin; ½ teaspoon salt; 120ml/½ cup vegetable oil; 200g/1¼ cups fine matzo meal or cake meal; zest and juice of 1 lemon; 5 eggs, separated; 2 large dessert apples, peeled, cored and thinly sliced; 225g/1 cup sugar; 2 teaspoons ground cinnamon

**Garnish:** Icing sugar

## Method

- 1) Pre-heat the oven to 190°C/375°F/Gas mark 5.
- 2) Line the base of a 20 cm/ 8 inch square tin and grease the sides.
- 3) Combine sugar, cinnamon, salt and matzo meal.
- 4) Add eggs yolks, oil and zest and juice of the lemon and whisk together until the mixture is thick.
- 5) Whisk the egg whites in a separate clean bowl until stiff. Combine the egg whites into the egg yolk mixture.
- 6) Pour half of this batter into a greased tin. Cover batter with thinly sliced apples. Sprinkle with remaining batter.
- 7) Bake for 45 minutes in the pre heated oven until the mixture is firm and set in the middle.
- 8) Cool completely before cutting into squares.

To serve the stylish way: Stack up the squares high and dust with icing sugar.

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# TRAVEL

## BUDAPEST: THE DOHÁNY STREET SYNAGOGUE

By: **MARTHENA FITZPATRICK.**



*Dohány Synagogue, Pest*

If you should ever have the good fortune to visit Budapest, there are many sights to see: the handsome Parliament Buildings, the Hungarian National Gallery, the Gellert Hotel and Baths and Margaret Island, the city's playground. But the most stirring, beautiful and enriching of all sights is the Dohány Street Synagogue (also known as the Grand Temple or Great Synagogue).

The synagogue is the largest in Europe, and second-largest in the world. It was commissioned by a thriving Jewish bourgeoisie, a liberal congregation, and designed by Ludwig Forster, who, at about the same time, designed the synagogue that stood in Tempelgasse in Vienna. It was created in the so-called Moorish style, popularized by Forster and alluding to the

Golden Age of the Jews in Moorish Spain. The construction took five years, from 1854 to 1859. During World War 11, the Gestapo was located in the back balcony of the synagogue, so that it escaped complete destruction.

The yellow and red brick façade of the building is adorned with motifs in the Moorish style, and includes two 43-meter-tall towers topped by onion domes. On the roof between the domes is a representation of the Tablets of the Ten Commandments. Within the elegance and richness of the décor are made dazzling by the sheer extent: nearly 1000 square meters with 1500 seats on the ground floor and 1500 seats in the gallery. The gilding, the elaborate designs and fresh colours of the high ceiling panels and dome above the Ark, the chandeliers, mosaic floors and stained glass invite the visitor to sit in contemplation. That two Catholic priests hid, and thus preserved all the Torah scrolls of the synagogue gives one pause.

Leaving the building, one follows to the right and then right again, in the same courtyard, to an arcade bordering a garden. It is not a formal garden, but green and natural, where lie altogether the remains of 3000 persons, who perished in the Budapest ghetto during World War 11. A few tombstones have been erected by family members.

# TRAVEL

Beyond this is a memorial area, behind the synagogue, with a stainless steel weeping willow, on each leaf of which is inscribed the name of a Hungarian Holocaust martyr. There are also stones listing the Righteous Gentiles who saved Jews, headed by Raoul Wallenberg, and a stained glass panel commemorating all of the martyrs.

The Jewish Museum, the second largest in Europe, and adjacent to the synagogue, was built in 1932 on the site where once stood the building, in which Theodor Herzl was born. One room is dedicated to the story of the Holocaust in Hungary, and the justice meted out to Hungarian collaborators. In the other rooms, the various holidays and life events are described, and illustrated with an array of unusual and beautiful ritual objects from all over Europe. These artefacts were hidden in the cellar of the Hungarian National Museum by two of its employees during World War II.



*Dohány Jewish Museum*

The synagogue is located in the old Jewish Quarter, which is still home to Jewish shops and smaller synagogues. There are now, roughly estimated, 100,000 Jews in Hungary, 80,000 of whom are in Budapest. There are 22 active synagogues in Budapest and 16 in the surrounding country.

The synagogue, museum and Jewish Quarter are located on the Pest side of the Danube, and are easily accessible by Metro line M2 to the Astoria stop, followed by a short walk. The synagogue offers tours of the building, grounds and museum, and the tour guides are fluent in English and knowledgeable about their subject.

**The Dohány Street Synagogue and the Jewish Museum should not be missed by any Budapest visitor!**

## **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.**

**Computer skills would be an asset.**

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

# GARDENERS' CORNER

## GARDENERS CORNER SPRING 2008

**As global warming becomes more and more of an issue, it is fitting to see how our efforts in the garden can have a truly positive influence on so important a problem.**



It is hard to realise that a small and relatively insignificant plot of land could have a bearing on so great a subject. To understand this, as an example it is worth remembering the air pollution which was rife in the 1950's and earlier when due to the millions of households burning coal, which was the common form of heating then, at times, usually in November or December it was

impossible to see more than a few yards ahead due to smog, a combination of smoke and fog. During the winters tens of thousands died from respiratory diseases due to air pollution and the solution was to create smoke free zones where suddenly millions of families switched their fuel from the offending coal. So by force of numbers the problem of smog was tackled and virtually eradicated.

It was a coordinated effort which made all the difference. Just as in this instance so our use of gardens can also be a powerful influence on climate and ecology however small or large.

Take for example a garden hedge. This can help in so many ways. Firstly in its growth it is locking up carbon and giving off oxygen. Then it provides shelter and habitat to birds and small mammals. Virtually all our garden birds could nest in a hedge and safely raise their young in its protection. Voles and field mice will inhabit the root areas with their burrows and in turn provide food for owls. Insects will find food and habitat creating sustenance to many other



# GARDENERS' CORNER



creatures such as resident birds as well as predator insects and shrews. The hedgehog, the gardeners' friend, will find haven at the base of the hedge. Aesthetically a well kept hedge will set off any garden and is an easy way to improve the well being of an area. The choice of hedge will depend on the size of your garden and effort you are prepared to devote to it.

Here are some suggestions: for a compact fast growing dense hedge, *Lonicera nitida* is a good subject. It is easy to grow from cuttings which inserted into sandy/gritty soil will be rooted in a matter of months and can be planted at about 12 inch intervals to form a fine hedge which can be clipped short to about 12 inches in height and width as an edging or allowed to grow to two or three feet to make a boundary. It will require clipping two or three times a year as it is quick growing and the clippings can be composted. I prefer the golden variety as this looks sunny even on a cloudy day.

For something requiring less attention than Box (*buxus*) is perhaps the most classical as it was used in the fine gardens of the aristocracy in their parterres and are slow growing but dense and compact. A box hedge will need clipping once a year to keep its shape and form and can also add interest if used as a topiary subject if



you want to try your hand at this art form. Box can also be grown from cuttings but will take a lot longer to make a hedge, so a trip to the nursery would give results sooner. My own Box hedge was as a result of a visit to Lavenham, a picturesque village in West Suffolk. Gardeners were cutting the famous church yard box bushes and with permission, I collected some of the cuttings from the ground, which now form a fine edging to my herb





# GARDENERS' CORNER

garden with a story behind it.

Pyracantha can be trained on the wall of a house so needs very little actual space. It can be trained as an espalier and has all of the hedge virtues but with the addition of beautiful summer blossom, much prized by bees and other nectar collecting insects, followed by magnificent red berries which will brighten winter's gloom as well as ultimately feeding hungry thrushes and blackbirds on frosty mornings when other food is scarce.

Beech is also excellent as a boundary hedge and can be grown to any height and width, from a couple of feet to almost tree sized. The beech leaves go brown in the Autumn but do not fall until the new Spring buds burst in early May so giving added shelter to nesting birds and extending the Autumnal look throughout the Winter.

Gardeners united can make a greener and more sustainable land and contribute to the planet's ecology. This article deals with hedges but space prevents discussing other issues such as food production and the many other joys which flow from a well loved garden.



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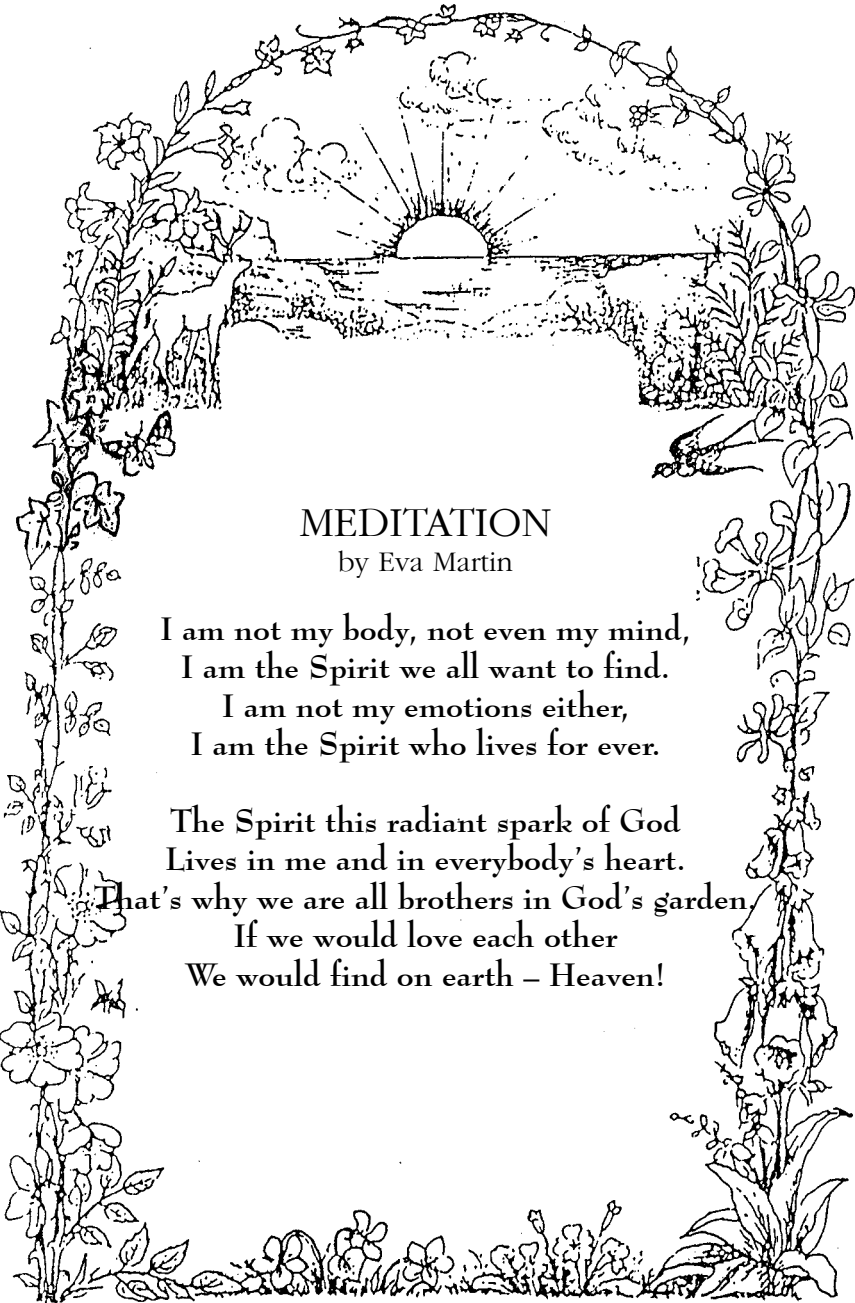
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855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

## 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.



# POEM



## MEDITATION

by Eva Martin

I am not my body, not even my mind,  
I am the Spirit we all want to find.

I am not my emotions either,  
I am the Spirit who lives for ever.

The Spirit this radiant spark of God  
Lives in me and in everybody's heart.

That's why we are all brothers in God's garden

If we would love each other  
We would find on earth – Heaven!

# BOOK REVIEWS

## **SLOW COOKING FOR VEGETARIANS**

BY ANNETTE YATES

As more and more people are cutting down their meat intake, they need new ideas for creating tasty and varied vegetarian dishes.

**Slow Cooking for Vegetarians** is not just a book about how to become a vegetarian or how to use a slow cooker. It is simply an enticing range of recipes that happen to be vegetarian – slow cooking married with vegetarian eating.

The long gently cooking releases wonderfully complex flavours. The aromas are amazing and you can produce any kind of dish from soups to cakes without fuss. Preparation is simple giving you time to relax away from the kitchen.

There is an enticing range of recipes just to name a few, elegant mixed vegetables in a creamy sauce to mop up with naan bread. Courgette and roasted pepper lasagne. Quorn vegetable chilli. Chunky vegetable casserole with cheesy toast for a cold winter evening.

So whether you are completely vegetarian or just enjoy the imaginative new approach to vegetarian cooking, you will find what you are looking for in this collection of international tasty and health-conscious recipes.

Published by Foulsham Publishers. Price £7.99p. Plus P&P £1.50. Available from JVS.

## **VEGETARIAN VISITOR 2008 WHERE TO STAY AND EAT IN BRITAIN**

EDITED BY: ANNEMARIE WEITZEL

Again in popular paperback format and completely updated, this new edition, is the **only annual guide** to private homes, guest houses and hotels in England, Wales and Scotland which offer hospitality to the vegetarian or vegan traveller and holidaymaker.

All establishments have descriptive information, as well as codes indicating whether they are exclusively vegetarian/vegan or also serve traditional food, also if they are licensed, allow smoking and are close to public transport.

There are more than 300 entries, all fully checked just before publication,

# BOOK REVIEWS

plus well over 250 cafés, restaurants and pubs that know how to cater well for vegetarians and/or vegans.

Illustrated throughout with photos and line drawings. Price £2. 50. Available from bookshops or post free (in the UK) from the publisher – Jon Carpenter Publishing, Direct Sales. 2. Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent, BR5 3HZ. Tel/Fax 01669 870437. Mastercard/Visa Credit cards accepted.

## THE ULTIMATE NATURAL BEAUTY BOOK

BY: JOSEPHINE FAIRLEY

In this book Josephine Fairley explains how to create 100-per-cent-natural lotions and make-up from the purest ingredients in your own kitchen.

We all know the importance of healthy eating but have you ever wondered exactly what you are putting on your skin? A staggering 63% of us claim to have sensitive skin and yet the majority of commercial cosmetics available are made with chemicals and preservatives and many of these ranges are still tested on animals.

In **The Ultimate Natural Beauty Book** Josephine Fairley offers a treasure trove of recipes that can be made simply at home with tips for creams, tinctures, lotions and potions, as well as essential ingredients to keep on hand. Containing wonderful ideas for head to toe, the 100 products featured are 100% natural, surprisingly easy to make and divine to use.

Despite what the big companies tell us, you don't even need to spend a lot of money. In fact, a whole year's supply of homemade bath, body and hair products are likely to cost less than a single fancy jar of branded anti-ageing cream. What is more, most of the ingredients can be grown in a window box or easily found in health & natural shop and even supermarkets. Take full advantage of Mother Nature and your hair, skin and body will love you for it.

**Published by Kyle Cathie Ltd. London NW1. Price £14.99 plus P&P £2.00. Available from JVS.**



# BOOK REVIEWS

## CUPCAKES

By SUE McMAHON

**Who can resist a cupcake?!** Delicious and available a myriad of flavours these bite-size treats are perfect for every occasion, from simple afternoon tea through to children's parties.

In this delightful new book, Sue McMahon presents over 80 mouth-watering recipes, from the humble plain cupcake with butter cream to the pina colada cake – complete with cherry, pineapple and cocktail umbrella.

Whether it is a favourite such as the indulgent double chocolate cupcake, the classic coffee and walnut version or something more unusual like the delicious Saffron and Sultana cupcake, there is something to tempt every taste-bud. The only problem will be deciding which ones to make first!

Published by New Holland Publishers, Price £9.99. Plus P&P £2.00. Spiral-bound hardback. Available from JVS.

We have since received another recipe book entitled:

## VEGAN CUPCAKES TAKE OVER THE WORLD

By: ISA CHANDRA MOSKOWITZ & TERRY HOPE ROMERO

The first-ever guide to delectable decadent, dairy free cupcakes – guaranteed to wow over even omnivores, without using any animal products.

In this sweet little guide, Isa and Terry serve up a batch of everyone's favourite. **Vegan Cupcakes Take Over the World** unleashes more than 50 recipes for cupcakes and frostings – some innovative, some classics – with beautiful full colour photographs.

You will also learn the secret of no-foil baking, inspired decorating and piping, and to top it all, they are all dairy-free. Included also are gluten-free recipes, decorating tips and baking guidelines. Every single recipe has been tried and tested.

Published by The Perseus Books Group London. EC4. Paperback. Price £10.00. Plus P&P £2.50. Available from JVS.

# TRADITIONAL HERBAL MEDICINES

## TRADITIONAL HERBAL MEDICINES A GUIDE TO THEIR SAFER USE

By **Dr Lakshman Karalliedde and Dr Indika Gawarammana**  
Editorial advisor: **Debbie Shaw.**

Traditional medicines have remained popular in many parts of the world and have been regaining ground universally because they are 'natural'. Natural does not, however, necessarily mean gentle or safe. Many are exceedingly potent, and can have serious adverse effects, especially in the very young or the very old.

Traditional Herbal Medicines is the first comprehensive compendium of scientifically validated information that will help you to use these medicines safely, whether you are a patient, a traditional health practitioner, a pharmacist or a prescriber of 'western' medicines.

This highly structured guide includes:

- \* Chinese, Afro-Caribbean, Unani and Ayurvedic traditional medicines
- \* Information for patients and for health practitioners
- \* Herb-herb and herb-drug interactions
- \* Precautions to be taken during pregnancy, breast feeding and other special circumstances
- \* Possible contaminants and adulterants to be aware of
- \* Medical problems for which traditional herbal medicines are used
- \* A herb-by-herb guide to usual and more uncommon uses, probable modes of action (the active ingredients in the herbs and how they work) adverse effects and precautions.

This book is a must and highlights the care that needs to be exercised in the use of traditional remedies. It is not a guide to the primary use of traditional remedies. It is more a book summarising the effects and potential hazards from their use. It is not a 'pharmacopoeia'. Traditional Herbal Medicines is for the public and for the professionals (allopathic and traditional) who may not be aware of what other systems of medical practice may prescribe.

**Published by Hammersmith Press Ltd. London. Paperback.  
367 pages. Price £19.99p. Plus P&P Available from JVS.**

# BOOK REVIEWS

## VEGANOMICON THE ULTIMATE VEGAN COOKBOOK

By: ISA CHANDRA MOSKOWITX & TERRY HOPE ROMERO

### The Essential Guide To Mastering The Art Of Vegan Cooking

It is easy to be vegan with this epic and authoritative collection of recipes which taste even better than their non-vegan counterparts. Every one of the 250 recipes and menus has been tested by the authors and their intensely engaged fans to ensure user friendliness, quick preparation and amazing results. With easy-to-find ingredients and including tofu-free and gluten-free options, no other vegan cookbook offers such innovative recipes for all occasions.

Also included are many soy-free and low-fat recipes, and many take between 15 – 45 minutes to prepare.

**Published by The Perseus Books Group, London. EC4, Hardback, 256 pages with colour photographs Price £15. 99. Plus P&P £5.00. Available from JVS.**

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**Please visit our website: [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)**

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### NOTICE

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

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

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

# DISPLAY ADVERTISEMENTS

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

## LIFE MEMBERS

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

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