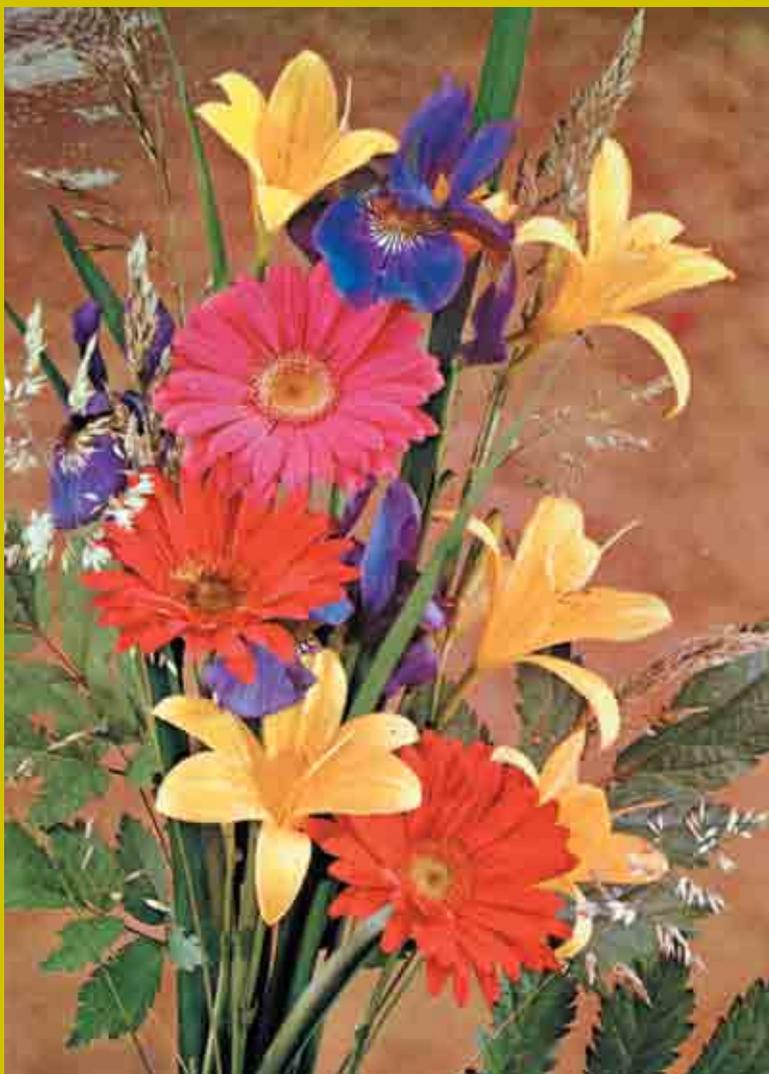


The Jewish Vegetarian



No. 141 June 2002 Sivan 5762 £1.50 Quarterly

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: ijvs@yahoo.com

Assistant Editor: Shirley Labelda

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

Tel/Fax: 972-2-561-1114. E-mail: ijvsjlem@netmedia.net.il

Friendship House (Children's Home): POB 1837, Mevasseret-Zion 90805.
 Tel: 972-2-5337059

Hon Solicitors for the IJVS Israel: Shine, Hunter, Martin & Co. 119 Rothschild Boulevard.
 65271. Tel Aviv

Australasia Convener: Dr Myer Samra
 Victoria Secretary: Stanley Rubens. 12/225 Orrong Road, East St Kilda. Vic 3183.
 NSW Secretary: Victoria Nadel. 6/3 Ocean St Bondi, 2026, NSW

Representation in most Western Countries

PATRONS

Rabbi Raymond Apple (Australia); Justice Zvi Berenson (Israel);
 Mordechai Ben Porat (Israel); Chief Rabbi Shear Yashuv Choen (Israel);
 The Count Gentile, K.O.C., K.O.L., K.S.L. (UK); Rabbanit Goren (Israel);
 Prof Alex Hershaft (USA); Dr Michael Klaper (USA); Prof Richard Schwartz (USA);
 Roberta Kalechofsky (USA); Rt Hon The Lord Weatherill P.C., D.L. (UK);
 Prof Louis Berman (USA).

Honorary President for the Americas:
 Rabbi Noach Valley

Honorary Secretary:
 Shirley Labelda

Honorary President, Israel:
 Rabbi Dr David Rosen

Honorary Auditors:
 Michael Scott & Co

Honorary President, Australasia;
 Stanley Rubens, LL.B

Honorary Treasurer:
 Michael Freedman FCA

Chairperson:
 Naomi Fellerman

ADVERTISING RATES

Full Page	£100	Half Page	£55	One-third Page	£45	Quarter Page	£30	1"(full width)	£15
	\$200		\$110		\$90		\$60		\$30

CONTENTS

Tisha B'av	4	Consumers Corner	28
Turning words into deeds	5	Vegan Cookery Corner	30
Report	6	Viva! Exposé	33
Kosher	7	Interview with Dr Charles Patterson	34
Society News	8	Veggie kids neglected	38
Ten Reasons	9	Gardeners Corner	39
9 Top Tips	14	Cancer Help Centre	41
Advertisements	19	Book Review	42
Electro-Crystal Therapy	20	Classified Advertisements	48
Display Advertisements	26	Display Advertisements	50

WHY A JEWISH VEGETARIAN SOCIETY?

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

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

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

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

Support the International Jewish Vegetarian Movement - a worldwide fellowship

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

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

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

Annual Membership fee £10 (\$15)

Family Membership £12 (\$18)

Junior Membership £5 (\$7.50)

Israel Membership \$15 or Life Membership \$250

Life Membership £150 (\$250) of by 5 annual payments of £35 (\$60)

Family Life Membership £250 (\$400) - (Husband and Wife only) or by 5 annual payments of £55 (\$85)

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.

The Jewish Vegetarian is published quarterly by The Jewish Vegetarian Society.

853/855 Finchley Road, London NW11 8LX, England. Subscription price is USA \$15. Canada £15.

Please note: Periodicals Class postage paid at Rahway NJ.

Post master: Send address corrections to: The Jewish Vegetarian, c/o Mercury Airfreight International Ltd., 365 Blair Road, Avenel, NJ 07001. USPS 001-377.

TISHA B'AV

On Tisha B'Av, Jews traditionally mourn the loss of the Temple in Jerusalem, the source and foundation of our identity and worldview, and the beginning of our exile from the land and from ourselves. The tragedy of the Temple's destruction was attributed, in our teachings, not to the Romans but to the corrupt ways into which that society had fallen.

Two thousand years on, society's corruption threatens our life source once again, only this time the Temple we stand to lose is that of the Earth herself. Tisha B'Av now speaks to us with a much more universal voice. It can become, in our time, a moment in which to dwell on, mark and mourn all that we and those around us are doing to destroy our green, blue and living plant that some call Gaia. By releasing our pain and distress we can then move on to celebrate the earth's extraordinary power and beauty and to allow ourselves to let her speak through us too, to bring about her healing. Jewish tradition has it that the Messiah will be born on the afternoon of Tisha B'Av so we too can move through the day from sadness to empowerment.

Tisha B'Av this year falls on 18th July. On Sunday 14th July, the Noah Project and the Ruach Chavurah are presenting a unique and powerful workshop to prepare for Tisha B'Av itself. Led by Vivienne Cato and Ruth Roth, it will be a day of shared ritualised mourning and celebration of our larger Temple. Letting go of fear and guilt frees us up to act for Tikkun Olam - the healing of the world - with new and joyful energy. All readers of The Jewish Vegetarian are warmly invited to come to this special event. Places are limited though, so please book as early as possible, and certainly by Friday 5th July. The event is being held in Pinner (accessible by public transport) and will run between 10.00am and 4.00pm. Full details will be sent on booking.

Please send a cheque for £15 per person, with your name, address, telephone and e-mail to The Noah Project, PO Box 1828, London W10 5RT.

For other queries, telephone The Noah Project on 020 8747 9518.



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**

TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

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

Robert Howard, Paignton, Devon. Dr. & Mrs. Schwartz, Redbridge, Essex. Ms. I.D. Chase, St. Lucia, West Indies.

DONATIONS RECEIVED

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

£100 Mrs. B.K. Bournemouth, £28.64 M.J.V.S.G. Manchester
£25 Mrs. M.T. Penzance, Cornwall, £20 Mr. J.S. London N2.
£10 Mr. P.C.B. Cornwall, £10 Mr. R.H. Paignton, Devon
£10 Mrs. B.P. Radstock, Bath, £5 Mr. M.B. London NW3
£5 S & H de y, Malta, £5 Mr. B.R.C., Birmingham, \$10 Ms. E.G. NY. USA
\$10 Ms. P.V. NY. USA, \$10 Ms. D.W. FL. USA, \$5 Mr. J.S. MD. USA

BUILDING FUND DONATION - LONDON

Mr. I. Rodin, Essex, T. & J.J. London SE22, Mr. R.H. Paignton, Devon
Mrs. J.L. London NW2, Mr. M.S.M. London NW8, Mr. B.R.C. Birmingham
Mr. T.B.K. NJ. USA, B. & M.C.S. NY. 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 POB 1837, 20 Hatzav Street, Mevasseret-Zion 90805, Israel. Tel: 972 2 5337059 (Please note new address) Visitors are always welcome.

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

DONATIONS RECEIVED:

£28.65 M.J.V.S.G. Manchester, £15 Mr. R.H. Paignton, Devon
£20 Mr. W.C. Chorleywood, Herts, £10 Ms. T.L. Cuffley, Herts
£10 Mr. & Mrs. S. Redbridge, Essex, £5 Mr. A.R. Hadley Wood, Herts
\$25 B. & M.C.S. NY. USA. In memory of their Aunt Hannah London
\$10 Ms. H.Z. FL. USA

REPORT

REPORT FROM THE CHAIR ON IJVS 37TH ANNUAL GENERAL MEETING HELD ON SUNDAY 14TH APRIL 2002 AT BET TEVA, 855 FINCHLEY ROAD, LONDON NW11

It was a pleasure, once again, to welcome everyone who attended the AGM.

The minutes of the last AGM were read and approved, matters arising from the minutes included that Quentin Coleman who had expressed an interest in taking over the former restaurant has now decided against this as there had been 2 other kosher restaurants recently opened in the area.

Our Hon. Treasurer, Michael Freedman, then presented the accounts to the year ended 31st December 2000. We had spent £200,000 plus on bringing the building up-to-date, we had received a grant of £40,000 from Barnet Council and had taken a £90,000 loan for the rest. A vote of thanks was given to our Hon. Auditor.

I reported that during the year we had gained 33 new members, 18 of whom were UK based and the remainder worldwide.

During the year we had held monthly Friday Night Dinners in London, which have been well attended and have recently led a Seder Night. The 2nd Annual Philip L Pick Memorial Lecture was given last October by Arthur Ling of Plamil Foods Ltd and was attended by 35 people.

In the near future our activities will include taking a stall at the Camden Green Fair on 23rd June and need volunteers to help with the stall. If you can spare us an hour or two please call the office. On the evening of 23rd June a Supper Quiz will be held at HQ and further details of this can be found elsewhere in the magazine.

We are in the planning stages of having a new website, any ideas from members will be given consideration. John Schlackman is co-ordinating this project.

As always, we are looking for volunteers to help in the office. My thanks went to Shirley and Ruth for all their hard work in the office and to Shirley for keeping the magazine going single-handedly.

All Hon Officers and members of the Council were re-elected. Votes of thanks were given to John Schlackman and I for our efforts in arranging the Friday Night Dinners and a vote of thanks also went to Valerie Allan for her help in the office as a volunteer. Valerie will be working on a voluntary basis to promote the JVS.

Thank you to everyone who attended the meeting and I look forward to seeing you all and many more people at next year's AGM.

KOSHER

Is VEGETARIAN FOOD KOSHER?

BY RABBI RAYMOND APPLE.

The question is primarily relevant to those who have adopted a vegetarian lifestyle. However, when others are on holiday, it is an issue when in an unfamiliar place one is less able to find things specifically kosher. Unfortunately, supposed vegetarian food is sometimes not even vegetarian. Fast food outlets which focus on meat (obviously t'refah) often purport to offer vegetarian options, but there is no guarantee that the ingredients really are vegetarian and it is almost impossible for them to be prepared and served in non-vegetarian utensils.

Even so-called vegetarian restaurants are not necessarily without major problems; for instance, many brands of bread, oil, cheese, margarine, fat, mayonnaise and even chocolates and other sweets contain meat derivatives.

So-called health food shops frequently sell non-kosher meat items. When vegetarians go shopping it is unwise to rely on product labels; innocent-sounding ingredients can be highly suspect, they can contain admixtures of unacceptable items, and products are often processed on the same machinery used for meat-based foods.

If all this means that the term "vegetarian" can be a misnomer for vegetarians, it can also make life difficult for the kosher consumer. To be kosher and vegetarian one needs to use the official kosher food directories and judiciously recognise and not utilise fleishig (meaty or meat based) items.

A question often asked is whether a kosher-observant Jew can patronise a reliably vegan restaurant, but since this involves issues such as Shabbat, festivals, a proper checking of fruit and vegetables for insects, and the halachic consideration of bishulakum (non-Jewish cooking) a rabbi should be consulted directly.

This article has been reprinted from Rabbi Raymond Apple's email list: torah@greatsynagogue.org.au

MICHAEL H. SCOTT & COMPANY

Chartered Accountants · Certified Accountants

**Accounts and Audit
Tax Planning**

*For individuals, sole
Traders, partnerships
and family companies.*

Michael H. Scott, B.Eng., FCA, FCCA
Tel: 020 8907 9200
Fax: 020 8909 1503

107 Kenton Road
Kenton, Harrow
Middlesex HA3 0AN

HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

SOCIETY NEWS

NEW LIFE MEMBER - MARY CATHERINE SOLOMKIN NEW YORK. USA

We would like to welcome Mary as a life member to our Society and she writes as follows:

We have been vegetarian (95% vegan, really) for probably 20 years. We have always been active in animal rescue and animal sports (dog obedience, agility) so it seemed natural that if you really love animals you wouldn't eat them. Also, the college climate at the time was very influencing for many young people to rise to a higher consciousness about many aspects of life, including diet.

Everyone knows that vegetarians in general seem to enjoy better health, and it is much better for the planet. I teach healthy cooking in many areas, from classrooms to workshops, (I also do the cooking programme at my Temple for 7th and 8th graders, our Rabbi is also vegetarian!) and I am always amazed that the stereotypes and myths that still surround vegetarianism! I think by setting an example and not preaching, we can get the message across in a non-threatening way.

My husband and son are active rock-climbers and many climbers are vegetarian. We travel about often and have never really had a problem finding food. We always look forward to meeting fellow vegetarians!

ENJOY A HEALTHIER LIFESTYLE

DISCOVER THE BENEFITS OF ALOE VERA WITH FOREVER LIVING PRODUCTS

- **The world's biggest & best grower of Kosher Aloe Vera**
- **Extensive range from health drinks to skin care products**
- **90 days satisfaction or your money back guarantee**
- **Millions of delighted customers**

Phone now for more details on **01 908 671 641**. www.aloevera-flp.co.uk

NEW FOR THE USA. www.teamflp.com/jonathan

Order online or join us as an agent.

John Neville Independent Distributor of Forever Living Products. I am also looking for people to join me in this great business. Up to 48% profit, Royalty payments, car plan and foreign travel.

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.

TEN REASONS

TEN REASONS WHY JEWS SHOULD NOT BE VEGETARIANS (AND RESPONSES)

BY RICHARD H. SCHWARTZ, PH.D.

As we work to promote vegetarianism, we often are confronted with questions and challenges. It is essential that we respectfully but forcefully respond. Below are ten reasons Jews might give to resist becoming vegetarians, followed by brief counter-arguments. We welcome other questions you have encountered from non-vegetarians and will try to respond to them in future issues.

1. Jews must eat meat on Shabbos and Yom Tov.

Response: According to the Talmud (Pesachim 109a), since the destruction of the Temple, Jews are not required to eat meat in order to rejoice on sacred occasions. Scholarly articles by non-vegetarian rabbis Alfred Cohen and J. David Bleich in prominent Orthodox Jewish publications discuss various halachic opinions, and conclude that Jews do not have to eat meat in order to celebrate the Sabbath and Jewish festivals. Several chief rabbis, including Shlomo Goren, late Ashkenazic Chief Rabbi of Israel, and Shear-Yashuv Cohen, Ashkenazic Chief Rabbi of Haifa, have been or are strict vegetarians.

2. Inconsistent with Judaism, vegetarianism elevates animals to a level equal to or greater than that of people.

Response: Showing compassion for animals and choosing not to slaughter them for food does not mean that vegetarians regard animals as being equal to people. Moreover, there are many reasons for being vegetarian other than animal rights. Vegetarian diets also improve human health, help hungry people through better sharing of food and other resources, put less stress on endangered ecosystems, conserve valuable resources and therefore reduce the potential for war and violence. In view of the many global threats related to today's animal-based agriculture, working to promote vegetarianism may be the most important action that one can take for global survival.

Because humans are capable of imagination, rationality, empathy, compassion and moral choice, we should strive to end the often-cruel conditions under which farm animals are currently raised.

3. By putting vegetarian values ahead of Jewish teachings, vegetarians are, in effect, creating a new religion, with values contrary to Jewish teachings.

TEN REASONS

Response: Jewish vegetarians do not place so-called vegetarian values above Torah principles. Rather, they are saying that Jewish values mandate that we treat animals with compassion, guard our health, share with hungry people, protect the environment, conserve resources and seek peace. Hence, vegetarianism is the ideal diet for Jews today, especially in view of the many problems related to modern methods of raising animals on “factory farms.” Jewish vegetarians are respectfully challenging their fellow Jews to live up to Judaism’s splendid teachings by applying Torah values to our diets in a meaningful way.

4. The Torah mandates that we eat korban Pesach and other korbanot (sacrifices).

Response: The great Jewish philosopher Maimonides believed that God permitted sacrifices as a concession to the common mode of worship in Biblical times. It was felt that had Moses not instituted the sacrifices, his mission would have failed, and perhaps Judaism would have disappeared. Don Isaac Abarbanel reinforced Maimonides’ position, citing a midrash indicating that the Israelites had become accustomed to sacrifices in Egypt; thus, God tolerated the sacrifices, but commanded that they be offered only in one central sanctuary in order to wean the Jews from idolatrous practices. The Radak, too, subscribed to this view.

Without the Temple, sacrifices are not required today. Ray Abraham Isaac Ha-Kohen Kook felt, based on a midrash (rabbinic teaching), that there will be only sacrifices involving vegetarian foods during the Messianic Period. Even if sacrifices will be restored at that time, as many other sages believed, this should not prevent people today from adopting a diet that has so many personal and societal benefits.

5. People were given dominion over animals. God put them here for our use.

Response: Dominion does not mean that we have the right to conquer and needlessly exploit animals. While God gave humankind dominion over animals (Genesis 1:26), dominion is generally interpreted as guardianship or stewardship – being co-workers with God in taking care of and improving the world.

The Talmud interprets “dominion” as the privilege of using animals for labour. (Sanhedrin 59b). It is highly doubtful that this concept permits breeding animals and treating them as machines designed solely to meet our needs.

Ray Kook stated that dominion does not imply the rule of a haughty despot

TEN REASONS

who tyrannically governs for his own selfish ends and with a stubborn heart. He rejected the idea that “such a morally repulsive form of servitude could be forever sealed in the world of God, whose ‘tender mercies are over all His work’ (Psalm 145:9).”

6. If Jews do not eat meat, they will be deprived of the opportunity to do many mitzvot (commandments).

Response: There are other cases where Torah laws regulate things that God would prefer that people not do at all. For example, God wishes people to live at peace, but he provides commandments related to war, knowing that human beings quarrel and seek victories over others. Similarly, the Torah laws that restrict taking beautiful female captives in wartime are a concession to human weakness. Indeed, the Sages go to great lengths to deter people from taking advantage of such dispensations.

By not eating meat, Jews are acting consistently with many mitzvot, such as showing compassion to animals, preserving health, not wasting, feeding the hungry and preserving the earth. In addition, by abstaining from meat, a Jew reduces the chance of accidentally violating several prohibitions of the Torah, such as mixing meat and milk, eating non-kosher animals, and eating forbidden fats or blood.

7. Isn't it an aveirah (sin) not to take advantage of the pleasurable things that God has put on the earth? Since He put animals on the earth, and it is pleasurable to eat them, is it not an aveirah to refrain from eating meat?

Response: How can eating meat be pleasurable to a religious person when he or she knows that as a result health is endangered, grain is wasted, and animals are being cruelly treated? There are many other ways to gain pleasure without doing harm to living creatures. Vegetarians abstain from eating meat because it is injurious to health, because their soul rebels against eating a living creature, and/or because they wish to have a diet that minimizes threats to the environment, and that best shares resources with hungry people.

There are many other cases in Judaism where actions that people may consider pleasurable are forbidden or discouraged, such as the use of tobacco, drinking liquor to excess, sexual relations out of wedlock and hunting.

Also, many Jewish spiritual giants such as Ray Yosef Karo, author of the Shulchan Aruch (Code of Law), limited their consumption of meat for ascetic reasons.

TEN REASONS

8. A movement by Jews toward vegetarianism would lead to less emphasis on kashrut (dietary laws) and eventually a disregard of these laws.

Response: Quite the contrary. In many ways, becoming a vegetarian makes it easier and less expensive to observe the laws of kashrut. This might attract many new adherents to keeping kosher, and eventually to other important Jewish values. As a vegetarian, one need not be concerned with mixing milchigs (dairy products) with fleichigs (meat products), waiting 3 or 6 hours after eating meat before being allowed to eat dairy products, storing four complete sets of dishes (two for regular use and two for Passover use), extra silverware, pots and pans, etc., and many other considerations incumbent upon the non-vegetarian who wishes to observe kashrut strictly. While it is easier for Jewish vegetarians to obey kashrut laws, they must still check vegetables for bugs and carefully check for hashgachot (rabbinic endorsements) on products they use.

9. I enjoy eating meat. Why should I give it up?

Response: If one is solely motivated by what will bring pleasure, perhaps no answer to this question would be acceptable. But Judaism wishes us to be motivated by far more: doing mitzvot, performing good deeds and acts of charity, sanctifying ourselves in the realm of the permissible, helping to feed the hungry, pursuing justice and peace, and so on. Anyone who takes such Jewish values seriously should consider vegetarianism.

Even if one is primarily motivated by considerations of pleasure and convenience, the negative health effects of animal-centred diets should be taken into account. One cannot enjoy life when one is not in good health.

10. Jews have historically had many problems with some animal rights groups that have opposed shechita (kosher slaughter) and advocated its abolishment.

Response: Jews should consider switching to vegetarianism not because of the views of animal rights groups, whether they are hostile to Judaism or not.

They should do so because this is the diet most consistent with Jewish values. It is the Torah, not animal rights ideology, which indicates how far the widespread mistreatment of animals is from fundamental Jewish values. The powerful Jewish teachings on proper treatment of animals were eloquently summarized by Ray Samson Raphael Hirsch: "Here you are faced with God's teaching, which obliges you not only to refrain from inflicting unnecessary pain on any animal, but to help and, when you can, to lessen the pain whenever you see an animal suffering, even through no fault of yours."

TEN REASONS

While responding to such questions and assertions, we should also take the opportunity to stress that a shift toward vegetarianism is an issue of importance for Torah and for the future of our endangered planet, and thus, it is essential that our community address the many moral issues related to our diet.



granoVita MAYOLA1 The delicious mayonnaise from granoVita that is both egg and dairy free.

These thick and creamy dressings contain no added sugar, preservatives or artificial additives. Available in three delicious flavours - Lemon, Garlic and Original. The Original variety is also available in an organic version.

Available in all good health food shops and also in Sainsbury's supermarkets.

granoVita offers you an extensive range of vegetarian and vegan health foods. For further details about the granoVita range of products visit our web-site at: www.granovita.co.uk.

HALF PRICE BOOK SALE

Jewish Vegetarian Cooking by Rose Friedman

- First Edition -

£2.50 including P&P

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.**

9 TOP TIPS

9 TOP TIPS TO KEEP YOUR MEMORY SHARP

The following was received from Sue (Yaffa) Tourkin-Komet of Israel. Although this was not written by Sue, she thought our readers would be interested.

These are some helpful tips ...memorizing poetry seems to work!

After 20 minutes of searching, you find your glasses resting on your forehead. You've gone to the basement three extra times, in hope of remembering why you went the first time. You just poured orange juice into your cereal.

Are you losing your mind? Probably not.

Memory loss is one of the most common complaints of people aged 50 and older, and it's typically blamed on ageing. People fear that memory lapses are signals of what's in store.

But take note: Dementia (a mental decline to the Point that affects daily activities, the most common form of which is Alzheimer's disease) is more than forgetfulness. Ten percent of people older than 65 suffer from dementia, so most people who occasionally forget things simply have too much on their mind.

Though it's impossible to predict memory loss, you can do your best to prevent it. We asked Dr. Paul Takahashi, a geriatrician at Mayo Clinic and an expert on cognitive decline, to help us compile a list of Top 10 ways to keep that noggin nimble as you age. Here's that list:

1: EXERCISE YOUR MIND

Just as physical activity keeps your body strong, mental activity keeps your mind sharp and agile. "It is important to experience new frontiers," says Takahashi. "Excitement is an important part of learning."

If you continue to learn and challenge yourself, your brain continues to grow, literally. Regardless of age, an active brain produces new dendrites, which are connections between nerve cells that allow cells to communicate with one another. This helps the brain store and retrieve information more easily, no matter your age.

How can you challenge yourself? Here are a few suggestions:

- Learn to play a musical instrument.
- Play Scrabble or do crossword puzzles.
- Interact with people.
- Switch careers or start a new one.
- Try out a new hobby (crafts, painting, biking, bird-watching).
- Learn a foreign language.
- Volunteer.
- Stay informed about what's going on in the world.
- Read.

9 TOP TIPS

2: STAY ACTIVE

Exercising daily for 30 minutes can help improve blood flow to the brain. Some people find it's easiest to get motivated when they exercise with a friend. Some choose a favourite pet to accompany them on walks. However you choose to get moving, your routine should include three components:

Aerobic activity five times a week (brisk walking, bicycling, swimming)
This slows the loss of aerobic capacity (the ability of your heart, lungs and blood vessels to deliver adequate oxygen to muscles during physical activity) associated with ageing. The net result of aerobic activity is increased stamina and endurance. Also, it can decrease high blood pressure, which may reduce your risk for stroke, heart disease, kidney disease and other related conditions.

Strength training two to three times a week (weightlifting, using elastic resistance bands)
This can slow or even reverse the loss of muscle mass associated with ageing. Strength training also can slow bone loss, cut your risk of injury and make you feel more energetic.

Stretching every day. This increases the range in which you can bend and stretch joints, muscles and ligaments, helping to decrease stiffness and to prevent injury. "Exercising also helps your mood," says Takahashi. "People who exercise briefly each day, maybe get some sunlight, certainly have better moods." Chances are if you're exercising regularly, you'll sleep better, too. You'll be more awake, more alert and quicker on the mental draw.

3: EAT, DRINK AND BE HEALTHY

Eat a diet rich in fruits and vegetables. These contain antioxidants, substances that protect and nourish brain cells. As an added bonus, these foods may reduce your risk of cancer, high blood pressure, coronary artery disease, diabetes and osteoporosis.

And, you've heard it before, drink eight glasses of water a day. That's right, eight. Water is essential to the human body. Water practically is the human body, making up anywhere from one-half to four-fifths of your weight, not to mention 85 percent of your brain. Lack of water leads to dehydration, which can leave you feeling tired, making it hard to concentrate. Drink Up!

Take a sip at every drinking fountain you see.

Fill up a water bottle at work and keep it close at hand. Have a glass of water at lunch instead of soft drinks, coffee or other beverages that may dehydrate you. It's cheaper on the pocketbook, and better for the body.

9 TOP TIPS

4: DEVELOP A SYSTEM OF REMINDERS AND CLUES

In today's world, information comes at you from all directions all the time. Sometimes it's necessary to take extra steps to remind yourself of what's important. Work through the information overload with these memory triggers:

Write it down. Keep a diary, use calendars and lists. Establish a routine. Store easy-to-lose items in the same place. Complete tasks in the same order. Change is difficult and takes extra effort. Set up cues. For instance, put your keys on the ironing board. That way you're more likely to remember to turn off the iron before walking out the door. Repetition. "To help remember a person's name, I'll work it into the conversation several times after being introduced," says Takahashi. "Repetition ingrains the information in your mind. It's a great habit to get into because it works."

5: TAKE TIME TO REMEMBER THINGS

Normal ageing changes the brain, which makes your mind slightly less efficient in processing new information. But Dr. Takahashi emphasizes that wisdom can compensate for physical changes: "It's true that we lose some capacity for new memory. However, experience compensates for this loss. Older people can still operate at an extremely high functional level despite physiologic changes."

Forgetfulness may indicate nothing more than having too much on your mind. Slow down and pay full attention to the task at hand, whatever it may be.

6: LEARN RELAXATION TECHNIQUES

Do you sit at the table with your shoulders hunched? Do you catch yourself clenching your teeth? Do you tap your foot or your finger while you're idle? If you find yourself fidgeting or feeling tight, even when you're sitting still, chances are you're not relaxing.

Stress and anxiety can interfere with concentration, so it's important to take time to relax - really relax.

One technique involves taking a mental break from the world. Lie down or sit in a comfortable position with your eyes closed. Check in with your body mentally. Is it tense? Sore? Imagine the discomfort melting away. Take a relaxation tour of your body. Start with your toes and work your way up. Tighten every muscle group you come across for 5 seconds before relaxing and moving on to the next section: toes to feet, ankles to knees, thighs to buttocks, back to shoulders, arms to fingertips, neck to head, and finally all the muscles in your face. Breathe slowly, regularly and deeply during the procedure. Once relaxed, imagine you're in a favourite place or in a spot of beauty and stillness. After 5 or 10 minutes, rouse yourself from the state gradually.

9 TOP TIPS

7: KEEP A POSITIVE ATTITUDE

"Happiness plays an enormous role in our outlook on life," says Takahashi. "Happiness makes us more alert and when we're alert, our senses are more open to receiving information."

"Interestingly, according to modern astronomers, space is finite. This is a very comforting thought particularly for people who can never remember where they have left things." - Woody Allen

There is research to back it up. According to a study published in the February 2000 issue of Mayo Clinic Proceedings, optimists tend to live longer. Researchers, comparing results from a personality test taken by participants more than 30 years ago with their subsequent mortality rates, found that people who scored high on the pessimistic end of the scale had a 19 percent greater risk of dying than people who scored high on the optimistic side.

8: TALK TO YOUR DOCTOR

Many factors unrelated to ageing or genetics can contribute to memory problems. These include the use of certain medications, poor vision and hearing, vitamin deficiencies, fatigue, depression, stress and illnesses unrelated to Alzheimer's disease. Depression in particular can cause problems with memory and concentration, and often is mistaken for Alzheimer's disease in the elderly. Depression can be treated; thus memory and concentration can improve.

If you or your family worry about your memory, get a medical evaluation. Your doctor may be able to determine whether a treatable problem is impairing your memory.

Also talk to your doctor if you're an older woman considering hormone replacement therapy for osteoporosis or other reasons. Studies show that supplemental estrogen may help improve mental function in women beyond menopause.

Know your blood pressure, cholesterol and blood sugar. Also make sure your thyroid gland is functioning normally. These tests are relatively easy to check and are good indicators of what's going on inside your body. Older adults who keep their blood pressure in check (and who don't smoke) reduce their risk of stroke.

Healthy blood pressure. A desirable blood pressure level to achieve is 120 or less systolic (top number) and 80 or less diastolic (bottom number). Be alert to sustained elevations in either systolic or diastolic pressure.

Healthy cholesterol. Take a blood test to find out if your cholesterol is in a desirable range. You should have this test every 3 to 5 years and more often if you have a problem with your cholesterol level.

9 TOP TIPS

9: KEEP YOUR PERSPECTIVE

You're not the only one who's placed a coffee cup (or worse, a chocolate shake) on the roof of your car and then driven away. You're not the first person to dial a number only to forget whom you're calling. It happens. Take note of it, but unless you feel it's unusually frequent, don't be concerned.

"We all lose a little bit of memory over time," says Takahashi. "But years of experience often make up for the little bit of mental sharpness we've lost."

Everyone has difficulty, remembering things at times. So don't lose sight of how much you do remember. Wisdom is built from a lifetime of memories.

LIVE EXPORT

BY BRIAN BURNETT

Is live export really going to start up again? Oh no! I can't face any more of that. We have lived next door to the docks for a few years now and at times have seen them going through every day. I have been so near to the lambs and they have been so small, I've felt as though I could pick them up like toys off a shelf in a shop. My family responded by going to the docks to protest. Protestors came from all over the country. The animals still went through. A voice would call "They're coming" and that would be it. The police would come to make certain we didn't stop them. Sometimes the crowd would get noisy by blowing whistles and the local residents would complain. Residents who didn't approve of our approach should try and get it stopped another way. Ban live export!

One dreadful day I remember, I heard the shout "They're coming" followed by the cries of the poor lambs and then I heard a most unfamiliar sound. It was the sound of breaking glass. It was windows breaking. I expected us all to be surrounded by police and therefore ran away. Everybody disappeared and there was strangely no police presence. Shortly after we found out why. The police had gone to look for a camera and returned quickly to arrest only one person. Ironically others that were causing trouble were the ones passing by who'd just come off the ships. They'd make sick jokes and really stir things up. I think they'd been drinking and their idea of fun was to antagonise us. When you think of the trouble makers present at our protest, it was a very small proportion. However, it only takes one!

ADVERTISEMENT



The Natural Collection catalogue brings together stylish and innovative eco considered products from organic, fairly traded and sustainable sources.

There are clever ideas for the kitchen including sprouters, recycling bins and energy saving appliances.

For the gardener there are tools, compost bins, recycled trellis and mulches as well as bird and insect boxes to encourage wildlife.

For the home; beautiful 100% organic cotton bedding and towels, organic linen and hemp napkins, lighting, storage ideas and recycled glassware.

In addition there is a wide range of food, household and personal care items, all delivered direct to your door.

Simply phone for a **free catalogue 0870 331 33 33** or visit the web catalogue **www.naturalcollection.com**

Natural Collection supports National Vegetarian Week July 8th – 14th 2002

ELECTRO-CRYSTAL THERAPY

BY MARK G. LESTER

"Our main work is energy restructuring. We are like a general energy-medicine practice and we can help anything that affects the mind-body inter-relationship." This was how Harry Oldfield described his work as the inventor of Electro-crystal therapy in the recently-published book: "Harry Oldfield's Invisible Universe."

My experience of the therapy with my own patients confirms exactly that. "I don't understand or care how it works," said Debbie, after a few treatment sessions at my clinic "I just go on the fact I am no longer on painkillers and I am now standing straight. I have got an arthritic spine and I have been on painkillers as long as I can remember. The doctor said it couldn't get better: you will just have to live with it. My life seemed to have come to an end by the age of 39. Electro-crystal therapy has totally changed the nature of my life." These words speak for themselves.

It was in 1911 that Dr R. Millikan proved the existence of electrons at the University of Chicago. In his words, "Matter had finally been proven to be electrical in origin." It was not long before a number of inventors had spotted the obvious implication - that electrical devices may have a profound effect on health. A number of therapies soon sprung up using Electro-magnetic (EM) waves. These included Samuel's "Endogenous endocrinotherapy", Reich's "Orgone Box", Rife's "Frequency Instrument" and Abrams' "Oscilloclast" to name but a few. Generally speaking, mainstream medicine sneered (without, of course, actually researching the subject, examining any of the equipment and without interviewing a single patient or the inventors of these instruments). Nevertheless, these inventors all claimed to have saved lives, had grateful patients who were willing to testify to the success of their treatments, and had a handful of enlightened doctors and therapists who supported them. Ironically, mainstream medicine whilst opposing these therapies, has employed EM waves in ultrasound and TENS machines and many other physiotherapy devices. MRI scans, the most advanced mainstream radiotherapy scanning technique in existence today, also uses EM technology.

1983 saw the birth of Electro-crystal therapy, a technique that was unique in that the use of crystals for therapeutic purposes was combined with Electro-magnetic treatment for the first time.

Before explaining what Electro-crystal therapy is, I would like to share my own story of what brought me into this area of healing. I went to visit Harry Oldfield some 7 years ago for a minor problem of my own. I immediately

ELECTRO-CRYSTAL THERAPY

admired his integrity and interest in his patients. Then while I was there, I met a lady who had been given just a few months to live. She had cancer and mainstream medicine had done everything it could to help her (which was not very much). Whilst I cannot remember the precise details, what I do recall is that the Electro-crystal therapy had saved her life and reversed the disease. "Hmmm...there's something in this," I thought. A few months later, I found myself training in this miracle hocus-pocus therapy.

The therapy derived as an offshoot of the research carried out by researcher/physicist/biologist Harry Oldfield into energy fields, specifically a technique known as Kirlian photography which was used to take pictures of the energy fields of living things (Plants, animals and, in our view, crystals). Mr Oldfield took a Kirlian diagnostic unit, adapted the voltage and bandwidth, connected the machines to glass electrodes filled with quartz crystals and Electro-Crystal Therapy was born.

The therapy works by stimulating crystals with pulsed high frequency Electro-magnetic waves or put another way Electro-magnetically stimulating the natural oscillations present in all crystals. Crystals are oscillators, meaning that they vibrate when stimulated with electricity. This essentially is how the quartz crystal microchips in all your electrical appliances from your watch to your calculator work. This ability to vibrate can also be used to promote healing, basically by creating a sympathetic vibration or resonance within the body. A corollary of this therapy, known as Electrooptical therapy, works on much the same principles but in this case the crystals are stimulated by light waves. This aspect of the treatment was designed to treat visual problems and Harry Oldfield himself was able throw away his glasses after treating himself for 6 months with his own invention. However Electro-optical therapy is also integrated with Electro-crystal therapy to treat many other conditions. My own experience of Electro-optical therapy in my own clinic is that it has also been particularly useful for M.E. (especially on ladies for some reason), and lower back pain on those (rare) occasions that the regular Electro-crystal therapy units do not help.

The treatment may involve stimulating, calming or balancing frequencies – depending on the condition being addressed. The Electro-magnetic pulses range from 1 pulse (cycle) per second to 45,000 pulses (cycles) per second. Alpha rhythms, which are the brain wave frequencies associated with alert relaxation during meditation and yoga (of 8-12 cycles per second), are used for instance for relaxation, stress relief and headaches. However, Electro-Crystal Therapy is also used for much more physically-orientated and serious conditions than this. At Harry Oldfield's busy clinic, he sees patients with a

ELECTRO-CRYSTAL THERAPY

huge range of problems ranging from cancer to cases of psychic possession! They are in every case treated with consideration, respect and an open mind. Of the 25 or so patients I see per week in my clinic, the majority are suffering from more 'mundane' problems...back problems, arthritis, tinnitus, digestive disorders/irritable bowel, M.E. and so on (though I am not implying here that such conditions are treated less seriously).

A common question that Electro-crystal therapists are asked is whether there are any side effects when using Electro-crystal therapy. Harry Oldfield always analogies the therapy to dialling telephone numbers (frequencies). If you dial the wrong phone number (wrong frequency) you harm neither the phone (the equipment), the caller (the therapist) nor the receiver (the patient) of the call. I have found this is basically correct and Electro-crystal therapy is a very safe therapy. However, I hope that my colleague and friend Harry Oldfield will forgive me for saying that my own experience differs slightly, in so far as there are one or two conditions that occasionally do need to be addressed with a little caution. The results with tinnitus, for instance, are quite superlative. (This is an extremely irritating condition in which people hear loud and sometimes painful ringing or buzzing in the ears, often accompanied by vertigo and hearing loss). However, there are people with this condition who are sensitive and who do not like to receive stimulating frequencies even on a different part of the body, for a different condition, whilst simultaneously having their ears treated (normally with a calming frequency). For instance, one patient I saw recently presented with tinnitus and diabetes. I gave him a calming frequency for his ears and a stimulating frequency for his diabetes. After two treatments, his tinnitus had become worse. I then split the sessions into two half sessions in which I treated the diabetes separately from his tinnitus. Both the tinnitus and the diabetes then improved very fast and he was able to reduce drastically his diabetes medication.

As an example of what the therapy can achieve with tinnitus with a less sensitive patient, Sarah, 52, came to me in January 1998 with Menieres disease. This is an extremely unpleasant condition, the symptoms of which include tinnitus, nausea, dizziness, and in her words "complete exhaustion." I gave her five sessions one week apart. Sarah found that there were no immediate effects besides feeling very relaxed with slight light-headedness, but found by the next day she felt much better and the effect lasted for the whole week. Since then I have seen her once a month which seems to keep her symptoms at bay. In her own words: "I couldn't go a day without Menieres symptoms before I had Electro-crystal therapy. Now I do not experience the extreme fatigue that was associated with my illness at all and I can go for

ELECTRO-CRYSTAL THERAPY

about a month free of the sickness, dizziness and tinnitus before I need a top up session.” The point here is that Sarah also had stimulating frequencies simultaneously for a back problem with good results, which is something we can do safely in the overwhelming majority of cases, and the case quoted previously was unusual. At the time of writing (November 1998) I hope that I am approaching the point where Sarah will be able to go for 2-3 months at a time without treatment and eventually longer. I would also add that Sarah’s case though very pleasing was chosen deliberately as it represents an averagely good result by the standards of Electro-crystal therapy. It is a very good result but not a miracle result, though so-called ‘miracle’ results do occur quite often too (a miracle result being a case of the body doing what it is supposed to do, which is to self-heal and self-regulate).

Perhaps Harry Oldfield’s most breathtaking invention, however, is the technique known as polycontrast interface photography (PIP). Invented in 1989, PIP literally takes a photograph of what we believe is the human energy field – the aura, the chakras and the meridians of the eastern tradition. Please note this is NOT Kirlian photography - and it is far more advanced. This involves in Harry’s words an artificial eye (a digital video camera) linked to an artificial brain (a computer) and a specialised computer programme designed to distinguish and colour code the subtlest variations of light coming off the human body. It would also appear that other people are working with similar ideas to us. For instance, whilst surfing the Internet, I recently discovered a patent issued in April 1998 to Robert and Michele Alfano for “A method and apparatus for detecting the presence of cancerous tissue using visible luminescence.”

Then, in the summer of 1998, Dr G. Hyland of the University of Warwick published two papers, which were widely circulated on the Internet and reported in the national press. The paper recorded Dr Hyland’s ‘discovery’ that the human body actually emitted small quantities of light in the form of photons (the human energy field). Furthermore, people who were in a poor state of health actually emitted less light than those in good health did. From our point of view, it is gratifying to see that academic science is catching up with a technique that already exists and which has already been in successful clinical use for 10 years – the PIP scan. It also confirms the traditional Eastern belief that physical matter actually consists of highly-concentrated light. Oriental philosophy also refers to two types of light - visible and invisible, invisible light consisting of vibrations outside the physical Universe. PIP gives us an insight into this invisible Universe.

ELECTRO-CRYSTAL THERAPY

PIP scans are usually taken before an initial treatment in order to get a starting point and then repeated after a few treatments in order to check the patient's progress. Though developed primarily as a tool to accompany Electro-crystal therapy, the great beauty of PIP is its ability to be used to evaluate any therapy. I have used it, for instance, to evaluate the efficacy of Bowen technique (which I also practise) and have been asked by other practitioners to use PIP to research into flower remedies, oxygen therapy, various healing gizmos and chiropractic. In the near future, I will be using PIP to explore the effect of the Rife machine (another Electro-magnetic therapy) has on the human energy field).

In addition to PIP, I have found recently that with complicated or difficult cases, I am able to obtain the fastest results by working with a colleague, a highly skilled dowser. He uses dowsing to evaluate the frequencies needed, duration time, sites on the body to treat, amplitude, the number of treatments required and even the number of days between treatments. Though this may be considered unscientific, for me this has definitely added a new dimension to the therapy and improved the results.

Meanwhile with the remarkable progress being made in the processing speeds of personal computers the PIP system, will make further progress - as it already has done since its inception. At the moment there are about 100 Electro-crystal therapists and about 25 of us are using PIP in our clinics of whom more than half are in the UK. Though we do not claim cures (the patients do that for us!), we are seeing good results with conditions ranging from minor sports injuries to multiple sclerosis and cancer. All placebo? Well the therapy works equally successfully on animals, so frankly we doubt it.

The author, Mark Lester comes from a family that has been involved with alternative medicine since 1956. He uses a combination of PIP, Electro-crystal therapy, Rife treatment, Bowen technique, Nutrition, flower remedies and Remedial massage – depending on the patients needs – from the Finchley Clinic in North London. He can be contacted on (+44) 020 8349 4730.

Harry Oldfield is the inventor of PIP and Electro-crystal therapy and is the Principle of the School of Electro-crystal therapy. His clinic, the School information about training and a list of local practitioners may be obtained by calling (+44) 020 8841 1716.

The book "Harry Old field's Universe" by Jane and Grant Solomon may be obtained by calling either number.

ELECTRO-CRYSTAL THERAPY

References:

- 1) THE DARK SIDE OF THE BRAIN, by Harry Oldfield and Roger Coghill, pub element Books Ltd, ISBN 1-85230-025-6,
- 2) VIBRATIONAL MEDICINE by Dr. Richard Gerber, pub Bear and Co ISBN 0 -939680-46-7 3) HARRY OLDFIELD'S UNVISIBLE UNIVERSE by Jane and Grant Solomon pub Thorsons 1998 ISBN 0-7225-3652-6
- 4) HENDON AND FINCHLEY TIMES 18th October 1998
- 5) PHOTOBiotics by Dr Charles McWilliams (1995) Promotion Publishing (no ISBN).
- 6) The rife-list~ eskimo.corn subject:request
- 7) ENDOGENOUS ENDONCRINOTHERAPY by Herbert Samuels
- 8) RESONANT FREQUENCY THERAPY: BUILDING THE RIFE BEAM RAY DEVICE by James Bare 1995 (no ISBN)
- 9) THE CANCER CURE THAT WORKED by Barry Lynes (1987), pub Marcus Books ISBN 0919951-30-9
- 10) US patent 4930516: Method for detecting cancerous tissue using visible native luminescence 11) AUTOBIOGRAPHY OF A YOGI by Paramahansa Yogananda pub 1946 Self Realization Fellowship pages 312-316 on the nature of energy and light ISBN 0-87612-079-6

The above article first appeared in Positive Health magazine in June 1999.

NOTICE

35TH WORLD VEGETARIAN CONGRESS – 8-14TH JULY 2002

The Vegetarian Society of the United Kingdom is encouraging vegetarians around the globe to join them in Edinburgh, Scotland for the 35th World Vegetarian Congress.

From the 8th to the 14th July 2002 Scotland's vibrant capital city will be the centre of a celebration of vegetarianism, where ideas and views will be explored and shared, with the focus being Food for all our Futures

To find out more about the congress online visit www.vegsoc.org/congress or contact Tina Fox, Chief Executive VSUK on 044 (0)161 925 2000 or mail to congress@vegsoc.org



ARE YOU A POTATO HEAD

OR

THE 'VEGGIE BRAIN OF BRITAIN'?

Come along and test your wits at our

SUPER SUPPER QUIZ

on 23rd June 2002

Loads of fun and great prizes to be won!!

Venue: Jewish Vegetarian Society Time: 7pm
855 Finchley Road
Golders Green, NW11

Price: £15 in advance (£18 at the door)

For further information and bookings:
Tel: 020 8455 0692 or email: ijvs@yahoo.com

DISPLAY ADVERTISEMENTS



And in the
beginning
there was.

Pioneered by our founder Mr Philip L. Pick, a group of young and innovative visionaries, with energy and enthusiasm, created a society that would make known, throughout the world, the many beautiful Jewish teachings advocating Vegetarianism -to live on the pure and wholesome foods so abundantly provided by nature and foster the concept of respect for all life as a link between peoples of every creed and nationality. "They shall not hurt or destroy in all my holy mountain" (Isaiah)

..... This vision still holds true today

JVS enters a new era - Be a part of our future!

Are you young (or just young at heart!)?
Do you share our vision and values?

Can you reach out and spread our message
to the community and beyond?

Why not join us and contribute to new programmes
for the members of tomorrow.

Come and meet us at the Camden Green Fair
(near Euston Station) on 23rd June. and visit us at
the JVS for brunch on 14th July in Golders Green, to
coincide with National Vegetarian Week.

Contact us at

VeggieFridayNight@London.com

or call 020 8455 0692

THE JEWISH VEGETARIAN

CONSUMER CORNER

DELICIOUS VEGGIE FOODS FROM REDWOOD NOW AVAILABLE ONLINE!

Can't find your favourite veggie foods in your local supermarket? Then check out The Redwood Company's new online shop at www.redwoodfoods.co.uk

Here, you'll be able to buy a host of wholesome veggie goodies just brimming with flavour. From mouth-watering Cheatin' Meats in a tantalising array of flavours to Turkey-style Celebration Roast and delicious Chicken-style Bites - the quintessential ingredient for casseroles and pastry dishes.

Connoisseurs will love Redwood's Forestier Paté, delicately flavoured with champignons de Paris, Boloros and shiitake, while discerning gourmets will long for Redwood's organic Lincolnshire Sausages, moist in texture and fit for a king.

You'll be able to capture the essence of Thailand with Redwood's Vegi-Deli Spicy Thai Slices - an exotic combination of subtle yet bold flavours, including coriander and lemon grass - wonderful in a stir-fry with sweet and sour vegetables. For a taste of India, check out Redwood's Chicken-style Tikka Bites - exquisite in curries.

Approved by The Vegetarian Society, Redwood foods are made entirely without animal ingredients and are free from lactose and cholesterol, so suitable for a wide variety of people with special dietary needs. Visit www.redwoodfoods.co.uk

EVERNAT - ORGANIC EATING FROM BREAKFAST TO DINNER

EVERNAT is an entire range of organic foods for the whole family with over 120 products to choose from, EVERNAT allows the modern family to eat naturally and ethically from breakfast to dinner.

BREAKFAST – EVERNAT Organic Cornflakes are cultivated according to organic standards, with 100% of the ingredients of agricultural origin. Pair this with their organic fruit spread, which is made from 100% fruit and hand picked on small family farms in Italy, for the perfect start to your day.

LUNCH - EVERNAT Natural Tortilla Chips and Organic Mild Salsa Dip are made from specially selected organic produce and make a light lunch.

DINNER - EVERNAT Italian Organic Pasta and Organic Tomato & Red Chilli Pasta, both made from the finest organic products make the perfect meal.

EVERNAT is sold exclusively through health food stores.

CONSUMER CORNER

NEW ORGANIC CONFECTIONERY.



Specialist organic producer JUST WHOLEFOODS has extended its award-winning organic VegeBears confectionery range to include new VegeBear's frooty fruits and VegeBear's go liquorice!

The VegeBears range, which also includes VegeBear's gelatine-free fruit jellies launched in 2000, is ideal for parents who want to give their children traditional confectionery yet are keen to avoid an array of chemical additives. Perfect as an organic treat, the

VegeBear range is free of all animal products, artificial flavours, sweeteners, colours, preservatives and GMO's.

Organic VegeBear's frooty fruits are gelatine-free pastilles that come in lemon, banana, raspberry, orange and strawberry fruit shapes. Organic fruit juices have been used to produce their super-fruity flavours.

Organic VegeBear's go liquorice! are delicious gelatine-free liquorice jelly bears with a rice treacle taste that's utterly moreish.

Available in 125g boxes, priced from £1.25, available from health food stores and selected supermarkets.



Organic VegeBear's is a registered trademark of Just Wholefoods.

To find out more about Just Wholefoods, please visit www.justwholefoods.co.uk

PICNIC IN A POT

For those of us who like to spend afternoons having a picnic in the park, Tartex Organic patés provide the ultimate snacking companion.

A tasty alternative to meat-based products, the patés are available in three flavours: Mexican - with pepper and mild chilli, Italian - with garlic and basil, and Shiitake Mushroom.

Free from GMO and artificial colours and preservatives, Tartex is perfect for sandwiches or for spreading on crackers. Individually packaged in three handy sized 50g tubs, Tartex is ideal for single uses and takes up little space in your picnic basket.

Tartex Organic is priced at £2.19 for a carton of three handy-sized 50g tubs and is available from major retailers and selected health food stores.

To request a leaflet and/or recipe booklet from the Tartex range, write to Janet Lane, Information Service, G R Lane Health Products Ltd, Freepost SWB30706, Exeter EX2 7ZY or visit www.alternativemedicinecentre.com

VEGAN COOKERY CORNER



We are delighted to include in this issue some of the recipes that appear in the new cookery booklet 'The Alternative Vegetarian & Vegan Cook Book' by Nanette Toft. (see book review). We hope you will not only enjoy preparing them, but also trying them out.

GREEN SPLIT PEA SOUP

Ingredients:

¼lb green split peas, 2 ozs butter beans, 1 large onion, 2 medium carrots, 3 pints boiling water

Method:

1. Wash the pulses well and put in a pan or pressure cooker.
2. Add the boiled water, chopped onions and sliced carrots.
3. Pressure cook for a ½ hour, or in a pan for approximately 1 hour, until pulses are soft.
4. When cooked, leave the pressure cooker to stand until the pressure has gone down
5. Add salt, pepper and vegetable seasoning to taste.

COMPASSIONATE HOLISHKIES (STUFFED CABBAGE LEAVES)

Ingredients:

2 lbs green cabbage, 1 tube of tomato paste, 1 medium onion grated
½ lb soya mince, 3 ozs brown rice, seasoning salt and pepper, 2 tablespoons of brown sugar

Method:

1. Separate the cabbage leaves and pour boiling water, leave to stand.
2. Mix tube of tomato paste with 2 pints of water, add 2 tablespoons brown sugar, salt and pepper to taste.
3. Mix the soya mince with the washed rice and grated onion. Pouring enough of the tomato liquid to bind the soya mixture.
4. Place a good tablespoon of the soya mixture in the centre of each cabbage leaf and make into a firm parcel.
5. Line an oven proof dish with cabbage leaves and place the parcels inside, cover with the rest of the leaves.

VEGAN COOKERY CORNER

6. Pour over half the tomato liquid and cook very slowly for 3 hours.

MUSHROOM ROAST

Ingredients:

1 small wholemeal loaf, 1 large onion, 1 clove garlic, 1 lb mushrooms
Oil, salt and pepper, vegetable seasoning.

Method:

1. Make the bread into bread crumbs.
2. Chop and fry the onions and garlic until brown.
3. When the onions are well cooked add the washed and peeled mushrooms. Fry for just a few minutes, until the mushrooms are soft.
4. Mince the onions and mushrooms together.
5. Mix well into the bread crumbs add a small quantity of water. Season with salt, pepper and a little vegetable seasoning.
6. The mixture should be soft but not very wet.
7. Place in a well greased ovenproof dish and bake in a moderate oven covered with foil for about 1 hour removing the foil for the last 15 minutes.

SALAD CREAM

Ingredients:

Equal quantities of:

soya milk, vegetable oil, vinegar or lemon juice to taste, salt and pepper, dry mustard. To start try 4 tablespoons each soya milk and oil.

Method:

1. Blend milk with 1 tablespoon vinegar or lemon juice using a blender.
2. Slowly add the oil, blending a little at a time, adding more if needed.
3. Add seasoning and mix until the mixture thickens.
4. Leave in fridge until ready to use.

FRUIT CAKE

Ingredients:

12 ozs plain white organic flour, 1 teaspoon mixed spices, 6 ozs margarine, 6 ozs brown sugar, 8 ozs mixed dried fruit (raisins, sultanas, currants), 2 ozs mixed peel, 2 ozs glace cherries
2 tablespoons ground almonds, 1 oz blanched almonds, 4 ozs soya milk or water, 2 tablespoons vinegar, $\frac{3}{4}$ teaspoon bicarbonate of soda.

VEGAN COOKERY CORNER

Method:

1. One 8" tin greased and lined with greaseproof paper.
2. Sift flour and spice in a mixing bowl.
3. Rub margarine into the flour until it looks like breadcrumbs.
4. Stir in sugar, dried fruit, mixed peel, cherries and ground almonds.
5. Warm half the liquid in a pan and dissolve the bicarbonate in the other half of the liquid and mix in the vinegar.
6. Stir into the dry ingredients
(at this stage I usually add 2 tablespoons of brandy, optional).
7. Pour into the prepared tin.
8. Bake in a slow oven 150° electric or 300° gas until the knife dipped in the centre comes out clean.
9. Leave to cool in the tin, I usually bake double the quantity, as it really does freeze well!



NEW! NEW! NEW!

The official cookbook of the JVS
"Jewish Vegetarian Cooking"

by Rose Friedman.

Updated - Revised - Enlarged

A lovely present for your friends in the coming gift-giving season. Price £6.99, posted anywhere (postage UK £0.49; USA £1.42; Australia £1.42. Quarterly postage by Mercury Airfreight at low postage rates. 15% discount for resale purchasers).

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.

VIVA ! EXPOSÉ

VIVA! EXPOSE EASTER CHICK HORROR

Viva! has released shocking, new undercover footage exposing a leading UK chicken company, Grampian Country Foods. The footage reveals squalid conditions with rotting, dead birds left amongst the living in one of the company's factory farms in East Sussex. The film's release marks the start of a national consumer campaign urging shoppers not to buy chicken meat.

The food giant, Grampian, produces nearly a third of all UK reared chickens, from frozen whole birds and chicken parts to convenience foods. It supplies Asda, Tesco, Sainsbury's and Marks & Spencer as well as restaurants and butchers. Viva! investigators were horrified when they discovered the conditions that these birds are reared in. Piled up outside the sheds were dead and rotting chickens and once inside the shed, they found dead and dying birds being trampled on and pecked by living ones. There were birds that were so severely deformed that they were unable to stand or walk and their feet were splayed out to the sides of their bodies.

"The company boasts high welfare standards but inside these sheds, birds are forced to endure a life of misery" says Kat Macmillan, Viva! campaigner. "The birds were in a pitiful state of health and in poor condition. It's ironic that at Easter people buy cards depicting cute fluffy chicks to celebrate new life when companies like Grampian are rearing and slaughtering 200 million chicks a year"

On intensive chicken farms, thousands of chickens are kept in windowless sheds where they are made to spend their entire lives standing in their own excrement. Viva!'s investigation into the industry reveals how the chickens are selectively bred to grow so fast that often, their legs cannot support their own body weight. Although the chickens are slaughtered at just 6 weeks of age, they are already crippled. Thousands of birds die because they are unable to stand up and move to water and feeding points inside the sheds.

Equally disturbing is the fact that in the squalor of the broiler house, infections spread like wildfire. Salmonella, Listeria, Campylobacter and Botulism all thrive in the sheds. A huge percentage of birds slaughtered for human consumption have these diseases and chicken pieces are often the salvaged parts of damaged or diseased birds that cannot be sold as whole chickens.

"Chicken rearing is the most intensified and automated type of livestock production. The industry is packed with drugs, disease and cruelty. The consumer has the power to not buy chicken meat and put an end to this horror scenario," concludes Ms Macmillan.

For further information contact Kat Macmillan on: 01273 777688, 07939 577863. Or Juliet Gellatley on: 07971 425508. Photographs, a chicken industry fact sheet and BETA/ VHS video footage are available.

INTERVIEW WITH DR CHARLES PATTERSON

INTERVIEW WITH DR CHARLES PATTERSON, THE AUTHOR OF ETERNAL TREBLINKA

BY DR RICHARD SCHWARTZ, PH.D.

RS: For those not yet familiar with *Eternal Treblinka*, what is your book about?

CP: It's about similar attitudes and methods behind our society's treatment of animals and the way people have often mistreated each other throughout history, most notably during the Holocaust. This parallel may surprise some people, but as I contend in the book, the exploitation of animals was the model and inspiration for the atrocities people committed against each other, slavery and the Holocaust being but two of the more dramatic examples. In the first part of the book (Chapters 1-5) I describe the emergence of the widespread belief that human beings are the "master species" and discuss the industrialized slaughter of both animals and people in modern times. The last part of the book (Chapters 6-8) profiles Jewish and German animal advocates on both sides of the Holocaust, including the great Yiddish writer and Nobel Laureate Isaac Bashevis Singer.

RS: Isaac Bashevis Singer figures very strongly in the book, doesn't he?

CP: In many ways, it's more his book than mine. It's his vision in terms of what he expressed so very well in his stories, novels, memoirs, and interviews that I write about in Chapter 7. As far as I'm concerned, he said it all. I merely came along and filled in the details. In Singer's short story, "The Letter Writer" he writes about a man who lost his entire family in the Holocaust and then befriends a mouse. For the book's epigraph I chose a passage from that story, the last part of which reads: "In relation to them, all people are Nazis; for the animals it is an eternal Treblinka." That's where the book's title comes from. I dedicated *Eternal Treblinka* to Singer's memory, and I like to think that if he were still alive (he died in 1991) he would very much approve of the book.

RS: Why did you write the book?

CP: To answer that I would have to tell you my life story, and I'll spare you that. Let me answer your question by telling you a little bit about my background, which I wrote about in the Preface. While in New York doing graduate work at Columbia University, I became close friends with a German Jewish refugee who was traumatized by her experience of living in Nazi Germany for six years. Her story moved me so much that I began an intensive study of the Holocaust that led to my first book, *Anti-Semitism: The Road to the Holocaust and Beyond*, published in the fall of 1982. The following summer I attended the Yad Vashem Institute for Holocaust Education in Jerusalem, and upon my return to the United States, I began reviewing books for *Martyrdom and Resistance*, a bimonthly now published

INTERVIEW WITH DR CHARLES PATTERSON

by the International Society of Yad Vashem. My awareness of the scope of our society's exploitation and slaughter of animals has been a more recent development. I grew up and spent most of my adult life oblivious to the extent to which our society is built on institutionalised violence against animals. For a long time it never occurred to me to challenge or even question our way of life. The late AIDS and animal activist Steven Simmons described the attitude behind the way our society treats animals as follows: "Animals are innocent casualties of the world view that asserts that some lives are more valuable than others, that the powerful are entitled to exploit the powerless, and that the weak must be sacrificed for the greater good." Once I realized this was the same attitude behind the Holocaust, I began to see the connections that are the subject of this book.

RS: The photograph on the book's cover shows a World War II German soldier carrying off several geese he's holding upside down by the feet. Why did you choose this for the cover?

CP: One of the many books I read for my research was *The German Army and Genocide: Crimes Against War Prisoners, Jews, and Other Civilians, 1939-1944*, edited by the Hamburg Institute for Social Research and published by The New Press in New York. When I saw the photo of the German soldier carrying off the geese, no doubt to kill them, I thought, "That says it all." I decided the photo would be a good one for the cover, and nothing came along after that to make me change my mind.

RS: Do you expect the book to be controversial?

CP: I'm not sure what to expect. As I told someone recently, I don't know if I should get ready to take a bow, or hide under the bed. The early feedback has been generally very positive, but this has come mostly from people favourably disposed to the book's point of view. Since the book is bold and original, I expect that for some people it may take some getting used to.

RS: Are you concerned Holocaust survivors might be offended?

CP: I will certainly be sorry if that happens. As a Holocaust educator, I try very hard to be sensitive to the feelings of survivors and have made a special effort to make them part of the book. Lucy Rosen Kaplan, who wrote the Foreword, is the daughter of Holocaust survivors. She did a beautiful job, and I'm proud to have her statement open the book. In Chapter 6 ("We Were Like That Too") I tell the stories of survivors, children of survivors, and people who lost family members in the Holocaust, describing how and why they turned to animal advocacy. Their determination to relieve the plight of the most defenceless and exploited of all the world's victims is, I think, one of the most moving parts of the book. It reminds me of the observation Harriet Beecher Stowe, author of *Uncle Tom's Cabin*, the same thing. The third point is that I have recently become more aware of the traditional Jewish view of dominion as responsible stewardship. In fact, I have

INTERVIEW WITH DR CHARLES PATTERSON

made more than a century ago. "It's a matter of taking the side of the weak against the strong," she said, "something the best people have always done."

RS: How do you plan to answer those who may accuse you of using the Holocaust to advance animal rights?

CP: Because the Holocaust is utterly unique, I'm very opposed to simplistic comparisons of the Holocaust to other genocides and to the facile use of the term "Holocaust" for everything from the latest mass murder to a five-alarm fire. However, I do not agree with those who insist on making the Holocaust a sacred shrine that's isolated from the rest of history and the rest of the world. If I felt that way, I never would have written this book, which examines the roots of the Holocaust and relates it to the human arrogance behind animal exploitation and the vast array of injustices against humans which have flowed from it. I think the attempt to fossilize the Holocaust and keep it separate from and unrelated to the rest of history is an insidiously subtle form of Holocaust denial.

RS: How about those who will say your book trivialises the Holocaust?

CP: The claim that the exploitation and destruction of the other inhabitants of the earth is "trivial" says a lot about the person making such a claim. Even those who care only about human life should recognize that our exploitation and killing of animals is very bad for human beings as well, since animal agriculture and animal-based diets are having devastating effects on human health, ecosystems, water and other scarce resources and obviously worldwide hunger. So, I hope *Eternal Treblinka* will be a wake-up call. To use Kafka's phrase, "the axe for the frozen sea within us."

RS: In your opening chapter you write that a number of historians and environmentalists have pointed to the passage in the Bible, in which G-d grants humanity "dominion" over the earth (Gen. 1:28) as the main culprit in western civilization's destruction of the environment and mistreatment of animals. Are you aware that Jewish tradition interprets that "dominion" passage as stewardship and guardianship rather than as domination?

CP: That's an important point. Three things need to be said about this. The first point is that Judaism had little to say about how that passage was interpreted in western history since it was Christians, not Jews, who created European Christendom. As a result, the Genesis "dominion" passage found in the so-called Old Testament - the Greek (Septuagint) and Latin (Vulgate) Bibles and then after the Reformation in the Bibles translated into English, German, French, etc - was interpreted by Christian theologians, not Jewish sages. The second point that needs to be made is that what's in the sacred texts of a religion is not necessarily what gets implemented. Religious adherents too often do not walk the talk of their religion. What a religion professes and what it practices are frequently not

INTERVIEW WITH DR CHARLES PATTERSON

already put an article on my website

(www.EternalTreblinka.com/overview.html) that presents classic Jewish views of this Genesis verse, whose misrepresentation has done so much harm.

RS: What connections are there between the mistreatment of animals and the mistreatment of people?

CP: That's really what the book is all about. I maintain that the exploitation and slaughter of animals was and is the model and impetus for human oppression and violence, war, terrorism, slavery, genocide, and the countless other atrocities we humans persist in inflicting on each other. In the book I show how the enslavement ("domestication") of animals led to human slavery, how the breeding of domesticated animals led to compulsory sterilization, euthanasia killings, and genocide, and how the assembly-line slaughter of animals led to the assembly-line slaughter of people. A better understanding of these connections should help make our planet a more humane and liveable place for all of us - people and animals alike. A new awareness is essential for the survival of our endangered planet.

RS: What do you hope your book accomplishes?

CP: I hope very much that it will sensitise people to the kind of mentality that produced the Holocaust and thus help reduce the chances of anything like it from ever happening again. I also hope the book helps our society recognize, acknowledge, and take responsibility for our horrific treatment of animals and helps curb our arrogant attitude toward the earth and the rest of its inhabitants that is causing such environmental havoc. I would like the book's discussion of the root causes of the Holocaust to reduce the level of human and animal suffering in the world. What I would really love to see happen, of course, is an abrupt halt to our relentless killing of calves, sheep, chickens, pigs, horses, and all the other innocents, but unfortunately that's not going to happen soon.

Copyright © Richard Schwartz and Charles Patterson, 2002

Dr. Richard Schwartz is the author of *Judaism and Global Survival* and *Judaism and Vegetarianism*. His email address is rschw12345@aol.com

For more information about Eternal Treblinka, visit www.etsreblinka.com or www.powerfulbook.com

Dr. Charles Patterson can be reached at eternaltr@earthlink.net

VEGGIE KIDS NEGLECTED

VEGGIE KIDS NEGLECTED BY SCHOOL CATERERS

A major new survey of British schools has revealed that more than a quarter do not cater properly for vegetarian pupils.

The shock finding is contained in a report which was published recently by Animal Aid. Its publication marked the start of Veggie Month - the celebration of meat-free living staged throughout March every year by the national campaign group.

369 primary and secondary schools were represented in the Animal Aid investigation, which pools data provided by pupils and parents living in all parts of the UK.

Vegetarian Food School Report reveals that, while 18% of schools provide four or more vegetarian options every day, a depressingly high 27% sometimes, or regularly, have days where no vegetarian meal is served.

Many young vegetarians who took part said they feel that their views are not respected and that they are treated like 'second class' customers. In addition, there were complaints that fish dishes are often labelled as 'vegetarian', that the veggie options are high in fat and dominated by cheese, chips and wheat, and that contamination of vegetarian foods by meat frequently occurs.

All the schools featured have been asked to supply copies of their menus in order to verify what the survey participants reported. Each will be informed how it fared in the survey and there will be special certificates awarded to the most outstandingly good and bad schools in each region.

Says Veggie Month Co-ordinator, Ronny Worsley "Young vegetarians are standing up to be counted and they have just as much right to be catered for as adults. The school meals had a very significant role to play in the nutritional needs of most children. It is therefore vital that all young veggies are served tasty, healthy food as growing people need more than chips and pizza!"

Full Details Of The Survey Are Available On Request.

Animal Aid has also launched a new full-colour booklet called Young Veggies. Aimed at children and teenagers who are considering going vegetarian, it is full of information and easy recipes. The booklet, together with the survey report, forms part of a free Veggie Pack, which can be ordered through the group's website, by email (veggie@animalaid.co.uk), by post or via the special Veggie line 01732 354032.

GARDENERS CORNER



It was a fine spring morning and we looked through our Dorset Ordnance Survey Walks book. The Purbeck Ridge sounded a beautiful hike without too much challenge.

We set out from the little town of Corfe - famous for its ruined castle. Corfe Castle stands prominently on an impregnable hill a ruin not because it fell in battle but because the Roundheads under Cromwell blew it up to prevent it from becoming a seat of power again.

From here the Ridge runs westward in the shape of Knowle Hill. Following the blue waymarks we first set off on the underhill path. The slope was thickly covered with Gorse - completely blooming with its gaudy yellow pea-like flowers. Interspersed were Quickthorne / Sloe with its overmantle of white lace flowers.

Rising from all this was a "Twink" of Goldfinches rose and winged into the thicket ahead. A Stonechat sat on a spur from a tussock with its black head and fawn underbelly. It was as exciting as if we had found the "Lost Plateau" to see these varieties in their natural element far from the inroads of civilisation on this unspoilt hillside.

We walked about 2-3 miles as the countryside lay displayed ahead, valleys, green hills, a farming village tucked into all this and the sound of the sheep bleating as they are shorn of their winter coats. We climbed up

GARDENERS CORNER

to the top of the ridge where the wind was brisk and the views panoramic. Then we descended and entered a magnificent wooded area. The spring foliage was just breaking and the sunlight dappled the ground through the branches to make shimmering shades below.

All along the path Dog Violets bloomed and everywhere in the wood the Bluebells nodded in their moment of glory. In the clearer grassy areas the Primroses stretched as far as the eye could see. Suddenly there was a rustling in the wood and a deer looked up a little surprised to see us. She broke cover and scrambled past us and back into the obscurity of the thicket.

Some six miles from the outset we rounded the side of Knowle Hill again and were presented with stunning views of Corfe Castle. For three or so hours we had escaped into nature's garden and were privileged to be part of an unspoilt ecosystem.



CANCER HELP CENTRE

BRISTOL CANCER HELP CENTRE

Three new videos have been produced by and available from the world famous Bristol Cancer Help Centre, the pioneering centre for complementary cancer care. We would state however, that these videos are not just for people with cancer but for people who want to follow a dairy free diet, or who want to cook without using refined sugars.

The videos have been compiled by consultant chef and dietary advisor Jane Sen who is also the author of two highly regarded cook books entitled Healing Foods. Jane is frequently asked to give cookery demonstrations. Going by the same name, these videos bring her demonstration tips right into the home. "simplicity and variety is the key - there's nothing complicated about delicious, healthy food, " says Jane.

The videos are now available:

- In 'Dairy Free and Delicious' Jane shows you how to cook really gorgeous, creamy food without using cream, cheese and other dairy products. Recipes include lasagne, pizza and potatoes Lyonnaise as well as creamy deserts.
- In 'Sweet but Unrefined' she shows how to make really delicious deserts, cakes and cookies and 'sweet treats' using foods rich in natural sweetness.
- In 'Juicing and Raw Power' Jane shows just how easy it is to enjoy more fruits and vegetables every day by making healthy juices. And she has all the inside tips on getting more vitamins and minerals into your diet the natural way,

Videos are priced at £10 each plus £1 post and packing. Available by mail order from CanHelpNow Ltd. Grove House, Cornwallis Grove, Bristol, BS8 4PG. 24 hour telephone order hotline 0117 980 9522, Order on line at the web site: www.bristolcancerhelp.org

BOOK REVIEW

ETERNAL TREBLINKA: OUR TREATMENT OF ANIMALS AND THE HOLOCAUST

By CHARLES PATTERSON. Ph.D.

(Published by Lantern Books. New York. Price \$20.)



Reviewed by Richard H. Schwartz. Ph.D.
Author of Judaism and Vegetarianism, Judaism and Global Survival, and Mathematics and Global Survival.

When I first learned that Charles Patterson was going to write a book about “our treatment of animals and the Holocaust,” I had some misgivings. I was aware that some animal rights advocates had made superficial, misleading comparisons between the treatment of animals on factory farms and the treatment of Jews and others in the Holocaust, and I knew that this had hurt the vegetarian/animal rights cause by giving people an excuse to avoid considering the many negative effects of animal-based diets. However, I was an early endorser of Patterson’s project because I felt that we needed new, creative ways to alert people to the horrors of modern intensive livestock agriculture, and my knowledge of his character, sensitivity, and background convinced me that he would be an ideal person for this project.

Charles Patterson’s first book *Anti-Semitism: The Road to the Holocaust and Beyond* received much acclaim. *Judaica Book News* stated, “It deserves a place in every home, school and public library... excellent background reading in Jewish history and the history of western civilization.” He is a Holocaust educator with a certificate from the Yad Vashem Institute for Holocaust Education in Jerusalem, who has reviewed books and films for 18 years for *Martyrdom and Resistance*, a publication of the International Society of Yad Vashem (Israel’s Centre for Holocaust studies). Patterson reviewed major histories of the Holocaust by Yehuda Bauer and Martin Gilbert and Holocaust films such as *The Partisans of Vilna* and *The Wannsee Conference*. His review essay *Belzec, Sobibor, Treblinka* was included in *A Legacy Recorded: An Anthology of Martyrdom and Resistance* (Edited by Harvey Rosenfeld and Eli Zborowski), a book that is dedicated to “the survivors of the Holocaust, whose Spirit and Soul are embodied in this book.”

Now that I have read the completed book, I feel that my confidence in his ability to sensitively carry out this project was well placed. The book is very well researched (with almost 700 end notes), and it is written with great

BOOK REVIEW

sensitivity and compassion. Eternal Treblinka does not equate animals and people. Rather, it shows how the frequent vilification of people as rats, vermin, pigs, insects, beasts, monkeys, etc., dehumanises people and makes it easier to oppress, enslave, and murder them. He documents many examples of this process, relating it to the treatment of slaves, native American Indians, Japanese people during World War II, Vietnamese people during the Vietnam War, and other examples.

The book carefully shows how the enslavement ("domestication") of animals became the model and inspiration for all the oppressions that followed. In particular, he documents a trail from slaughterhouse production lines to Henry Ford's assembly lines for the mass production of automobiles to Hitler's methods in the extermination of Jews during the Holocaust. He also discusses the myth of Hitler's "vegetarianism" his diet of little or no meat he often followed to reduce his chronic health problems

Throughout the book, Patterson is sensitive to the views of Holocaust survivors. Lucy Kaplan, the daughter of Holocaust survivors, has contributed an eloquent Foreword. An entire chapter profiles animal advocates who are Holocaust survivors, children or grandchildren of survivors, people who lost relatives in the Holocaust, and those who have given thought to the lessons of the Holocaust. Another chapter, *The Other Side of the Holocaust*, discusses German and German-American animal advocates who began their lives in Nazi Germany. There is also a chapter on the exploitation and slaughter of animals as a major theme in the writings of Yiddish writer and Nobel laureate, Isaac Bashevis Singer (1904-91), many of whose characters were Holocaust survivors. The title of the book comes from a statement by one of Singer's characters: "...for the animals, it is an eternal Treblinka."

This book has helped me understand how the exploitation and oppression of animals has been a major part of human history and how the degradation of humans by vilifying them as animals has justified horrific treatment of people. It has inspired me to try to increase my efforts to promote vegetarianism and animal rights. Patterson's extensive and positive discussion of Jewish teachings about *tsa'ar bal alei chayim*, the Torah mandate to avoid causing "sorrow to living creatures" is very welcome.

My objection has to do with the opening chapter in which Patterson states that some historians and environmentalists blame the Genesis verse, in which G-d grants man dominion over the earth, for western civilization's destruction and despoliation of the environment. By failing to mention traditional Jewish interpretations of this verse that define dominion as responsible stewardship

BOOK REVIEW

rather than as domination, he may leave the mistaken impression that the exploitation of animals and the environment is religiously sanctioned. To his credit, once alerted to this omission, the author has agreed to correct the matter in future editions of the book and has added my article giving traditional Jewish sources on this issue to the book's web site [www. Powerfulbook.com/overview](http://www.Powerfulbook.com/overview)

The biblical teaching that humans are granted dominion over animals does not give people a warrant to wantonly exploit animals. It certainly does not permit us to breed animals and then treat them as machines designed solely to meet human needs. Jewish tradition interprets "dominion" as guardianship, or stewardship: we are called upon to be co-workers with G-d in improving the world. This view is reinforced by the fact that immediately after G-d gave humankind dominion over animals (Genesis 1:26), He prescribed vegetarian foods as the diet best suited to humans (Genesis 1:29). This mandate is almost immediately followed by G-d's declaration that all of Creation was "very good" (Genesis 1:31). Perhaps this indicates that Adam and Eve's original vegetarian diet was consistent with the stewardship that G-d entrusted to them and to all humanity. Another indication of the true interpretation of dominion is the Torah verse that state that G-d put Adam, the first human being, into the Garden of Eden to "work it and to guard it" (Genesis 2:15)

While not discussed in this book, a second error of some animal activists (as well as those who exploit animals) is the presumption that the biblical teaching that only people are created in the Divine Image means that G-d places little or no value on animals. While the Torah does state that only human beings are created "in the Divine Image" (Genesis 5:1), it also makes it clear that animals are also G-d's creatures, possessing sensitivity and the capacity for feeling pain. G-d is concerned that they are protected and treated with compassion and justice. In fact, the Jewish sages state that to be "created in the Divine Image," means that people have the capacity to emulate the Divine compassion for all creatures. "As G-d is compassionate," they teach, "so you should be compassionate." Rabbi Samson Raphael Hirsch, a leading 19th century Jewish thinker, discusses this concept: "You can know G-d only through His acts of love and justice; and, in turn, you too are called upon to act with love and justice." Concerning the biblical concept that human beings were created to "serve and safeguard the earth" (Genesis 2:15), Rabbi Hirsch states that this actually limits our rights over other living creatures. He writes: "The earth was not created as a gift to you. You have been given to the earth, to treat it with respectful consideration, as G-d's earth, and everything on it as G-d's creation, as your fellow creatures to be respected, loved, and helped to attain their

BOOK REVIEW

purpose according to G-d's will To this end, your heartstrings vibrate sympathetically with any cry of distress sounding anywhere in Creation, and with any glad sound uttered by a joyful creature." So, as the Lord is our shepherd, we are to be shepherds of voiceless creatures. As G-d is kind and compassionate to us, we must be considerate of the needs and feelings of animals. Thus, when properly conceived, these biblical verses actually endorse the struggle to improve conditions for animals. If only they and other Jewish teachings on compassion to animals were correctly understood and applied, it would have prevented the many examples of human and animal abuses that Patterson so cogently considers.

The connections between the mentality and methods behind the oppression of animals and the oppression of human beings that are documented in this important and timely book have great potential to stir Jews (and others) to start to apply these verses in Genesis and other Jewish teachings on the proper treatment of animals, and thereby to help shift the world from its present perilous, inhumane path. I hope that Eternal Treblinka will be widely read, that its message will be extensively applied for the benefit of both humans and animals, and that it will help lead to that day when, in the words of Isaiah (11:6), "no one shall hurt nor destroy in all of G-d's Holy mountain."

We received the following from Mrs. J. Percoco, Orlando, Florida, and thought our readers would be interested to read this.

Isn't man an amazing animal? He kills wildlife - birds, kangaroos, deer, all kinds of cats, coyotes, beavers, groundhogs, mice, foxes and dingoes – by the million in order to protect his domestic animals and their feed. Then he kills domestic animals by the billion and eats them! This in turn kills man by the million, because eating those animals leads to degenerative and fatal health conditions like heart disease, kidney disease and cancer. So then man tortures and kills millions of more animals to look for the cure of these diseases. Elsewhere, millions of other human beings are being killed by hunger and malnutrition because food they could eat is being used to fatten domestic animals. Meanwhile, some people are dying of sad laughter at the absurdity of man who kills so easily and violently and once a year sends out cards praying for Peace on Earth.

C David Coats
Old MacDonald's Factory Farm

BOOK REVIEW

STOP BELLY-ACHING

BANISH INDIGESTION & IRRITABLE BOWEL SYNDROME
BY DR PETER MANSFIELD



There are millions who suffer (many silently) from indigestion and irritable bowel syndrome and now here at last is an alternative (and already successful) system of treatment that is not only helpful to solving the problem but has as its declared aim making eating more enjoyable and life happier.

Dr Mansfield's philosophy in this book stems from the desire to get patients back to basics with simple straightforward advice, to take control again of their bodily functions, to achieve their own health potential and at the same time reduce their reliance on medical practitioners and prescriptions.

Examining the cause of the problems, including the increasing use of chemicals and additives in our Western diet, this informative guide will tell you how to join the road to recovery. Using a no-nonsense approach and fresh and different advice, this book can help you make digestive problems a thing of the past.

Published by Souvenir Press Ltd, Price £9.99p. plus P&P £1.00.
 Available from JVS.

FOOD FOR FREE

THE ORIGINAL ORGANIC HANDBOOK
BY RICHARD MABEY



Food for Free first published in 1972 has long been considered a seminal work in an area which is now more popular than ever. Covering over 200 types of food that can be gathered in the wild in Britain, it explores the history and folklore of the foods as well as explaining how we can identify them and the best ways to cook and eat them.

This brand new edition brings the subject right up to date. Organised by season rather than food type Food for Free takes us right through the year. Richard Mabey's fully revised text will be accompanied by stunning photographs, new recipes and a wealth of practical information on collecting, cooking and preparing.

Food for Free is published by Collins, Price £16.99p. plus P&P £2.00.
 Available from JVS.

BOOK REVIEW

THE ALTERNATIVE VEGETARIAN & VEGAN COOK BOOK

BY NANETTE TOFT.

Nanette and her husband Philip originally joined the Society in 1972 and soon decided they would like to become Life Members. Their two daughters Deborah and Naomi are life vegetarians and love to come home to traditional Jewish cooking, especially when Mother makes it for them!

When it came to Pesach, Nanette was unable to obtain vegan recipes, so decided to adapt her own vegetarian recipes suitable for vegan, with great success

There are so many products on the market these days that can be used instead of eggs, dairy or animal products, that Nanette decided to write her own cook book so that others could also enjoy the recipes.

All the recipes in this book have not been tested on animals, although they have been tested on 'humans' with satisfactory results.

We have decided to include some of the recipes in the Cookery section of this issue, so enjoy.

The book has been published by Nanette and can be obtained direct from her at:

1a. St. Paul's Road, Salford, Manchester M7 3NY

Price £3.00 plus 50 pence P&P.

The logo for Plamil, featuring the word "Plamil" in a bold, black, stylized font that is slanted upwards to the right.

All our 5 vegan alternatives to milk i.e. 3 soya and 2 pea protein (called WHIT-SUN) are fortified with the essential vitamins B2, B12 and D2.

Sold exclusively in health/wholefood stores.

For literature on range of vegan products, with a published medical research paper on virtues of pea protein, s.a.e. please to Plamil Foods, Folkstone, Kent, CT19 6PQ.

CLASSIFIED ADVERTISEMENTS

Pre-payment only.

Rates:- UK: 20p per word (minimum £2.00)
Semi-display £5.00 per single inch
Box Number £1.00 extra

USA: 30 cents per word (minimum \$4.00)
Semi-display \$8.00 per single inch
Box Numbers \$3.00 extra.

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

HOLIDAYS

Woodcote *Hotel*
Quiet Country Hotel overlooking beautiful tidal estuary and bird sanctuary.
Britain's oldest vegetarian/vegan hotel stands in its own grounds close to beaches and unspoilt coastal walks.
'Woodcote', The Saltings, Lelant, St Ives, Cornwall.
Tel.01736-753147

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.

BATES method for natural vision improvement and relaxation.
ALEXANDER TECHNIQUE.
 Details of lessons and courses.
 Golders Green & Old Street.
 David Glassman, 020 8455 1317.

PLAS MADOC VEGETARIAN GUESTHOUSE
 60 Church Walks, Llandudno, North Wales LL30 3HL.
 Tel: 01492 876514
 E-mail: Plasmadoc@vegetarianguesthouse.com
 All rooms en-suite. Organic produce used. Non-smoking. Licensed.

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.

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

ISRAEL. Galilee mountains. Vegetarian Bed and Breakfast in beautiful, peaceful, friendly atmosphere. Vegetarian restaurants in village which overlooks the Sea of Galilee. English spoken.
 Phillip Campbell, Amirim Village, near Carmiel and Safed, Galilee 20115.
 Tel/fax: 04-6989045.

CLASSIFIED ADVERTISEMENTS

CORNWALL LIZARD PENINSULA. THE CROFT, offers magnificent sea views from all rooms. Terraced garden bordered by SW Coastal Footpath, stream and cliff edge. Sandy beach. Exclusively vegetarian/vegan and non-smoking. Home cooking, including the bread! Twin en-suite accommodation. Parking. OS ref: SW 783187. For brochure: Tel: Peter Chèze-Brown 01326 280387 E-mail: chezebrown@m-b-t.co.uk The Croft, Coverack, Cornwall TR12 6TF, England.

DISTRIBUTORS WANTED in all areas, to promote and sell our "Kosher" approved Aloe Vera. We offer all the benefits of franchise without the large outlay. Opportunities include excellent income ravel plan. Phone John Neville on C 01908 671641 or 07860 391465. Web page: www.aloevera-flp.co.uk NEW FOR THE USA www.teamflp.com/jonathan Order online or join us as an agent



Fern Tor
Vegetarian & Vegan
Guest House

Relax in our 12 acres, or explore Exmoor, North & Mid-Devon. En-suite, non-smoking rooms. Children & pets welcome. Cordon Vert host.

Tel/Fax 01769 550339
email: veg@ferntor.co.uk
<http://www.ferntor.co.uk>

GLENRANNOCH HOUSE
Kinloch Rannoch, By Pitlochry,
Perthshire PH16 5QA
Vegetarian/Vegan

Relax in our spacious comfortable house, overlooking Loch Rannoch and Schiehallion. Log fires, own organic produce, homemade breads, excellent food.

For Brochure ring Richard or Margaret
Tel: 01882 632307
Email: info@glenrannoch.co.uk
www.glenrannoch.co.uk

CLARIDGE HOUSE
Centre for Healing,
Rest & Renewal
Registered Charity No. 228102

Warm, peaceful welcome in our Centre for Healing, Rest and Renewal. Delicious organic, vegetarian food. Non-smoking.

Midweek Breaks – Mon-Fri £120
Weekend courses with a healing focus
Send for full details and our course programme

Claridge House, Dormans Road,
Lingfield, Surrey RH7 6QH
Telephone: 01342 832150 Fax: 01342 836730
Email: welcome@ClaridgeHouse.freemove.co.uk
Website: www.ClaridgeHouse.freemove.co.uk

Marlborough
House

Bath's Finest Vegetarian Guesthouse

1 Marlborough Lane Bath, BA1 2NQ
Tel: 01225 318 175 Fax: 01225 466 127

Enchanting & elegant small hotel in the heart of central Bath. Exquisitely furnished, ensuite rooms. Specializing in organic world cuisine.

Winter Breaks: B&B for two: £65-£75
Dinner, B&B for two: £100
Veggie New Year: 2 nights/Dinners: £300

THE JEWISH VEGETARIAN

DISPLAY ADVERTISEMENTS

PLEASE MENTION "THE JEWISH VEGETARIAN" when replying to adverts



Lakeland
Natural
Vegetarian
Guesthouse
Low Slack
Queens Road
Kendal
LA9 4AH

Enjoy our luxurious Victorian home set in lovely gardens with adjoining woodland walks. Kendal town centre only 5 minutes walk away. Safe parking. All en-suite. Non-smoking. Licensed.

Contact us for a brochure.
Tel and Fax: 01539 733 011
Email: relax@lakelandnatural.co.uk
www.lakelandnatural.co.uk

Also Waterside Wholefoods
Vegetarian Cafe and Shop
Outside Catering Specialist

Kent View Waterside Kendal
LA9 4DZ Tel 01539 729 743

St CHRISTOPHER

A SCHOOL WHICH ENCOURAGES INDIVIDUAL FULFILMENT

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

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

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

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

Full and weekly boarding from age 8

Main entry: 8, 9, 11 and 13 Direct entry possible to our lively Sixth Form

ST CHRISTOPHER SCHOOL

Letchworth, Herts SG6 3JZ

tel: 01462 679301 fax: 01462 481578

email: stchris.admin@mpic.co.uk web: www.stchris.co.uk

1 mile from A1 (M), 35 minutes from Kings Cross.

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

Vegan Kiddish

The weekly 'Sit-down buffet lunch', free of charge, every Shabbat morning at Congregation Ezrath Israel Synagogue 'The Actors' Temple 339 West 49 Street New York NY, USA

For further information please call

Rabbi Noach Valley on (212) 957 6918

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.

DISPLAY ADVERTISEMENTS

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.

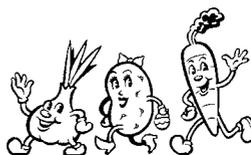
UK Life Membership
£150

Israel Life Membership
\$250

American Life
Membership
\$250

or 5 annual payments of
£35 (\$60)

You don't
have to be Jewish
.....but it helps!!



The Alternative
Vegetarian & Vegan

Cook Book

by

Nanette Toft

Price £3 plus 50p postage

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

homeopathy  **space**

natural health clinic

HOMEOPATHIC KIDS' CLINIC

(ages 0-87)*

***exceptions will be made if you can prove you are still a big kid!**

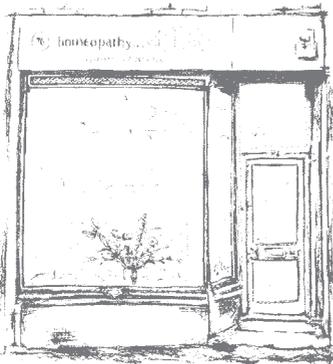
**Weekly Clinic with
Peter Fraser, Lionel Milgrom & Jo Simons**

Find out how to get well & stay well . . .

Homeopathic Remedies are safe to use with no side effects

Homeopathic Remedies can be used in the home to treat many first-aid situations

Homeopathic Remedies allow you to find peaceful solutions to sleepless nights, endless coughs, colds, infections and behaviour upsets, school fears & phobias



**Acupuncture, Aromatherapy,
Cranial Osteopathy,
Holistic Massage, Homeopathy,
Reflexology, Reiki, Shiatsu.**

**Advice, Eco-Baby, Gifts,
Herbs, Nutrition, Vitamins.**

Appointments: 020 7433 3060

76 Mill Lane, London NW6 1NL