

# Vegan Views

A Forum for Vegan Opinion

No. 102

Autumn 2004

£ 1



## In this issue:

Vegan Organic Growing **page 4**  
Was Shelley a vegan? **page 6**  
A Hen and Bullfight Story **page 7**  
Grassroots News **page 10**

Poetry Corner **page 11**  
Mountain sheep cause flooding **page 12**  
The importance of our prehistoric diet **page 14**  
Vegans in Poland **back page**



# notices



## Animal groups

**Viva!**, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: [www.viva.org.uk](http://www.viva.org.uk). Email: [info@viva.org.uk](mailto:info@viva.org.uk). Publishes the magazine Viva!Life four times a year. They are very animal oriented and are especially good for teenagers and young people.

**Animal Aid**. Web: [www.animalaid.org.uk](http://www.animalaid.org.uk)

**PETA**. Web: [www.peta-online.org](http://www.peta-online.org)

## Charities

**HIPPO** (Help International Plant Protein Organisation) is working around the world to help hungry people to obtain or produce their own high protein food from plant sources, supporting projects run by local people in the developing world. Donations/enquiries to: HIPPO, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Tel/Fax 01267 241547. Email: [hippocharity@aol.com](mailto:hippocharity@aol.com)

**Vegfam** has for 30 years provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War. Website: [www.veganvillage.co.uk/vegfam](http://www.veganvillage.co.uk/vegfam) Email: [vegfam@veganvillage.co.uk](mailto:vegfam@veganvillage.co.uk)

## Family + children

**Vegan Families Contacts List** for families wishing to bring up their children the vegan way. Send name & address and dates of birth of children, and an SAE, to Family Contacts List, 7 Battle Rd, St Leonards on Sea, East Sussex TN37 7AA.

**Contact Network** for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8861 1233.

**Vegan Family House** Website of a vegan family living in NE Scotland. Recipes, info on veganism and bringing up vegan children. [www.veganfamily.co.uk](http://www.veganfamily.co.uk)

## Fruitarian + raw food

**The Fruitarian/Raw Food Centre of London** (100% vegan) in Barnet offers weekend workshops and consultations on the raw energy lifestyle, fasting, preparation of recipes, etc. Guidance for safe, reliable weight control and bodybuilding. Discussion of philosophy, ethics, reference to religion, ecology, etc. Ring 020 8446 2960 or 020 8441 6253 for details.

**Go Fruitarian** ([www.fresh-network.com](http://www.fresh-network.com)) For details send SAE to The FRESH Network, PO Box 71, Ely, Cambridgeshire CB7 4GU.

**Fruitarianism** Our original and ultimate diet. Free information, send large SAE to John Rhodes, Longcause Cottage, Longcause, Dartington, Totnes TQ9 6EY.

## Magazines

**The Vegan** is published by the Vegan Society. See page 18.

**The Welsh Vegan** is a quarterly magazine in Welsh and English. Annual subscription £1.25 from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

**Arkangel** is an animal liberation magazine. £10 for 4 issues inc p&p. Arkangel, BCM 9240, London WC1N 3XX. Send articles by email to: [arkangelweb@hotmail.com](mailto:arkangelweb@hotmail.com)

**Growing Green International** is published by Vegan Organic Trust. See page 18. Web: [www.veganorganic.net](http://www.veganorganic.net)

**The Green Queen** Twice yearly lesbian, gay, bisexual, vegan & veggie mag, welcomes short stories, poetry, articles, opinion, book/film reviews, campaign information. For the latest issue, please send £1-13 to K Bell, Green Queen, BM Box 5700, London WC1N 3XX.

**New Leaves** is published by Movement for Compassionate Living. See page 18.

Web: [www.MCLveganway.org.uk](http://www.MCLveganway.org.uk)

**Vegan Voice** is a quarterly Australian magazine for those who want to spread the message of respect and love for all life. It promotes a non-violent way of living beneficial to the planet, all animals and human health; gives a platform for like-minded groups and individuals. Credit card facilities now available – approx £18 for 4 issues, a year's subscription. PO Box 30, Nimbin NSW2480 Australia. Web: <http://veganic.net> Email: [veganvoice@lis.net.au](mailto:veganvoice@lis.net.au)

**Vega** – online magazine: [www.vegaresearch.org](http://www.vegaresearch.org)

**Viva!Life** published by Viva. [www.viva.org.uk](http://www.viva.org.uk)

## Projects

**Ancient Woodland Project** a 29-acre woodland near Scarborough, run by a Vegan Views subscriber who wants to convert it back into a native woodland. Details: Louisa 01723 514525 or 07748 101117.

Email: [Ancientwoodlands@aol.com](mailto:Ancientwoodlands@aol.com)

Web: [www.woodlandproject.org.uk](http://www.woodlandproject.org.uk)

## Religion + spiritual

**The Fellowship of Life** works on a spiritual foundation for the promotion of veganism and animal liberation; seeking to unite believers of all faiths or none in a harmless way of life. Details from Harrall at 43 Braichmelyn, Bethesda, Bangor, Gwynedd LL57 3RD.

**A friendly network** of vegetarians and vegans committed to faith in Jesus Christ. Membership is free. Kindness Unlimited, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Email: [springoftruelife@aol.com](mailto:springoftruelife@aol.com)

**Jesus Top Secret** Fascinating article showing that Jesus was a vegan, and that he expressly commanded his followers to observe a purely vegetarian diet and to show love and kindness to all living things, and explaining why these teachings were altered and suppressed. Send £1.20 in stamps to BCM Redeemer, London WC1N 3XX.

Web: [www.members.tripod.com/jbrooks2/](http://www.members.tripod.com/jbrooks2/)

**Followers of the Way** Founded by Antony Bates (1920-1996). A group of friends who are vegetarian/vegan, and pacifist in relation to war. They aim to cultivate the inner life and to express this through works of reform and creativity. They proclaim the Christ has returned and anticipate

the return of the prophets. Tel: 020 8948 2315. 365 Sandycombe Rd, Kew Gardens, Surrey TW9 3PR.

**Spiritual Veganism** The ultimate belief. You are a spiritual vegan if you are a vegan whose one and only concern is for the animals, and you believe that those beautiful, intelligent, loving creatures, bred for an already overladen table, have the divine right to live. Spiritual Vegans, Kent House Kent Place, Lechlade, Glos GL7 3AW.

**Veg4Lent** This campaign is active each year in promoting the benefits of ethical vegetarianism amongst Christians. For further information on this year's initiative, see [www.veg4lent.org](http://www.veg4lent.org), or contact: Veg4Lent, Pines Road, Liphook GU30 7PL. Tel. 01428 723747.

## Printing + resources

**Footprint Workers Co-operative**, 40 Sholebroke Avenue, Leeds LS7 3HB. Very reasonably priced, very ethically based, all paper is re-cycled, eco-friendly inks. Tel: 0113 262 4408. Web: [www.footprinters.co.uk](http://www.footprinters.co.uk)

**Sunrise Screenprint**, tel: 01356 660430. Web: [www.menmuir.org.uk/sunrise](http://www.menmuir.org.uk/sunrise). The owners are vegan, environmental, and print on fair trade organic cotton T-shirts. Retail/wholesale and custom printed.

## Sport

**Vegetarian Cycling and Athletic Club** Open to vegans of any sporting ability. Details: Peter Simpson, 13 Peers Lane, Shenley Church End, Milton Keynes MK5 6BG. Tel 01908 530919. Web: [www.vegac.co.uk](http://www.vegac.co.uk)

## Vegan communities

**Brynderwen Vegan Community** started in May 2002 when a large four-bedroom house with terraced gardens in a semi-rural location on the outskirts of Swansea was purchased. It has a huge double garage with planning permission to convert to further accommodation or part accommodation, part workshop. Some people live at Brynderwen, others independently nearby. If you're interested in visiting or living at the house or nearby contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Email: [vegancom@btinternet.com](mailto:vegancom@btinternet.com). Tel: 01792 792442. A small newsletter is available (send SAE). [www.veganviews.org.uk/brynderwen](http://www.veganviews.org.uk/brynderwen)

## Vegan shops

**Vegonia Wholefoods** sells only vegan products. 49 High Street, Porthmadog, North Wales. Tel: 01766 515195.

**Unicorn Grocery**, 89 Albion Rd, Chorlton, Manchester, M21 0BN. Tel 0161 8610010. Web: [www.unicorn-grocery.co.uk](http://www.unicorn-grocery.co.uk)

**One Earth Shop**, 54 Allison St, Digbeth, Birmingham, B5 5TH. Tel: 0121 6326909.

**Star Organics**, 84 Cranleigh Rd, Southbourne, Bournemouth. Tel/fax: 01202 418541. Organic fruit and veg, health foods and eco products.

# Vegan Views

## Editor:

Harry Mather

**Web designer:** John Curtis

**Front cover:** Ruth Lewis

**Layout:** Knut Caspari

## Contributors:

Graham Cole

Katharine A. Gilchrist

Malcolm Horne

Danw Nottingham

Allan Withnell

## Post address:

Vegan Views,  
Flat A15,  
20 Dean Park Road,  
Bournemouth,  
BH1 1JB,  
UK.

## Email:

info@veganviews.org.uk

## Website:

www.veganviews.org.uk

## Sell Vegan Views:

Sell Vegan Views to friends, local shops, bazaars or at meetings. If you order a minimum of five copies, each copy costs 50 pence including postage within UK. (We can no longer accept returns.)

## Printed by:

Footprint Workers Co-op, Leeds. Tel: 0113 262 4408. www.footprinters.co.uk

## Copyright

If quoting from this magazine, please acknowledge the source and do not distort the sense. The sign © shows that the author reserves copyright on that article.

**Vegan Views** is independent of the Vegan Society but shares its aims. It was started in 1975 by a group of vegans who wanted to make contact with others interested in creating a more harmonious way of living based on veganism, and to communicate more informally than could be done in the official journal of the Vegan Society. It realises that many vegans feel isolated from society and appreciate contact with, and news and opinions of, other vegans.

We rely on readers' contributions and welcome letters, articles, news, events, drawings and constructive criticism – and try to print all that is relevant and of interest in the magazine. If you don't want your letter published please make this clear when writing.

We expect to publish quarterly, but have no fixed publication date, so write early to be included in the next issue.

# From the editor...

**Water is essential for human life, for drinking, watering crops and washing. In wealthy nations, people can have water by turning a tap in the house without a thought about how it gets there.**

*By Harry Mather*

In poor countries people may have to walk miles to fill cans which they carry back home. Often it is children who spend hours doing this and they are unable to attend schools where they could improve the quality of their lives.

As the world population grows and manufacturing industry increases, there is a need for more and more water and there is a real threat that we will be exhausting the available supply before very long.

It is therefore relevant for vegans to point out that animal farming is a great waster of water. It takes 100,000 gallons of water to produce one ton of beef but only 9,000 gallons of water to produce one ton of wheat. Modern lifestyles are leading to a scarcity of water and this could certainly lead to wars over water supplies.

Milking cows means using a lot of water to

keep the dairy and the milking parlour very clean. Cows are producing more and more milk and consume more and more water as a consequence. Apart from producing a lot of methane gas which increases global warming, cattle produce unmanageable amounts of muck which is mostly spread over the ground where it eventually seeps into water courses making the local stream unfit for drinking and adding to water purification problems.

There are so many ways in which animal farming creates problems for the future of the planet and the health of humans and we can confidently see veganism as an essential step forward for the progress of human life on earth. Going vegan is one way of securing a future for our children and grandchildren.

Autumn is the season when we see in our fields and gardens the abundance of vegetables and fruits available to us and celebrated at Harvest Thanksgivings where churches are decorated with fruits and vegetables and not made to look like butchers' shops.

On November 1st vegans worldwide will celebrate their veganism. They have good reason to feel proud that they have chosen the right path.

# Events

## 1 October: International Vegetarian Day

An exhibition of the vegan/vegetarian movement internationally in Copenhagen, Denmark. Contact: Kirsten Jungsberg, (Organiser), Raadman Steins Alle 45, 7 DK2000 Frederiksberg, Denmark. Tel. 00 45 3874 3404. Mobile: 00 45 6133 3874

## 2 October: World Farm Animals Day

2.30pm (Gandhi's Birthday). Ecumenical Service for Animal Welfare St Margaret's Church, Westminster, London. Bishop John Austin Baker will speak on World Farm Animals Day and animal experimentation.

## 3 October: Day of Prayer for Animals

This is the Sunday nearest 4th October which is St. Francis of Assisi's feast day. Blessing of animals in some churches.

## 14 October: Frey Ellis Memorial Lecture

Lecture on vegan nutrition by Stephen Walsh PhD (author of Plant based Nutrition and Health). Introduction by Dr. Tom Sanders 7pm at King's College London, 150 Stamford Street, London, SE1.

## 23 & 24 October + 13 & 14 November: The Bountiful Woodland Edge Garden

Course by Plants for a Future. The edge of a woodland garden has the potential to be the most productive part of the woodland for people. It is the part of woodland that is most likely to be similar to people's gardens. The course will take place at PFAF's *The Field* site in Cornwall, and will combine theory with the

Visit [www.veggies.org.uk/calendar.htm](http://www.veggies.org.uk/calendar.htm) for the latest vegan and animal events. Vegan related events are also at: [www.veganviews.org.uk](http://www.veganviews.org.uk)

chance to plant out a woodland edge garden. Details: Phil James 01208 873623. Web: [www.pfaf.org](http://www.pfaf.org)

## 29 October: World Vegan Day in Essex

7 – 11 pm at Brentwood School Sports Centre, Middleton Hall Lane, Brentwood, Essex. An evening party style event, with music, speakers and a chance to promote vegan companies, charities, vegan food and cruelty-free goods. Details: [www.vegansex.org.uk](http://www.vegansex.org.uk)

## 30 October: Animal Welfare Bazaar

10:30am to 12:30pm. Highfield Church Hall, Highfield Lane, Southampton.

## 30 October: Bristol Vegan Fayre

10am-5pm. L Shed, Bristol Industrial Museum, Princess Wharf, Wapping Road, Bristol. Admission Free. Businesses, organisations, charities and food companies from across the country, representing every aspect of the vegan lifestyle. Details: Web: [www.viva.org.uk](http://www.viva.org.uk)

## 8 – 14 Nov: World Vegetarian Congress

In Brazil. [www.ivu.org/congress/2004](http://www.ivu.org/congress/2004)

## 14 November: Chelsea Animal Fair

10am-4pm. Chelsea Town Hall, King's road.

## 5 Dec: Christmas Without Cruelty

Kensington Town Hall, Hornton Street (Off Kensington High Street), London W8. 10am-5pm. Admission £1, children free. Web: [www.animalaid.org.uk/events/00cwc.htm](http://www.animalaid.org.uk/events/00cwc.htm)

## 11 Dec: Nottingham Vegan Festival

11am – 5pm at the Council House, Old Market Square, Nottingham. Stalls, vegan food, recipes and advice. Organised by Veggies and House of Life. Web: [www.veggies.org.uk](http://www.veggies.org.uk)

# Vegan organic growing: Under glass

A greenhouse is a haven for the gardener, a place to immerse yourself in the practicalities of propagating and a shelter against the elements.

By Graham Cole

Inside you can protect your plants and extend your growing season and avoid as much as is possible shop bought and imported (often many miles) food. The protection offered, depending on what can be afforded, can start with a modest cloche and/or cold frame, small greenhouse or polytunnel. If serious plant raising and food production is being undertaken then these structures are a must – which is why at the time of writing I am waiting for a suitably dry and settled day to erect my newly delivered 8ftx6ft greenhouse! In addition to the large greenhouse at work I really need some more cover at home for the growing of various salad crops from now into the autumn and winter and on into the spring. It will require no extra heating, the sun will do, as many subjects are hardy and will be that little bit more tender grown undercover. Come next summer I plan to grow even more tender crops in it such as melons, peppers, cucumber and tomatoes. Gardeners in the north benefit even more from this protection. Consider it for your plot if you can and further avoid shop bought and imported stuff that little bit more.

**At this time of year the season's harvests are in store**

## Fruits Of Our Labours

At this time of year the season's harvests are in store, the potatoes, onions, shallots, garlic and Buttercup squash which will keep for months in a cool dry place, soft fruit, sweet corn, french and runner beans frozen. It is time to plan ahead and the autumn is a good time to order and buy soft fruit bushes, raspberry canes, hybrid climbing berries such as boysenberry, tayberry, blackberry, and top fruit trees such as apples, pears, plums, gages and, on a south wall, fig, apricot and grape. The latter I have cropped for the first time this year since planting the Strawberry Grape (Fragola) which does well outside in the UK. I first ate this from a plant in Forest Garden pioneer and vegan Robert Hart's garden in Shropshire. As previously mentioned if you grow one variety of Raspberry and want to avoid all that anti bird netting and get them later then chose "Autumn Bliss" and plant this autumn to get a light crop in the first year next late summer and autumn.

## About Apples

I plan to put in a row of around six different varieties of eating apples this autumn trained as



Ripening Sweet Peppers...

a system of cordons that take up less room close together and give useful yields from a small area. They will cross pollinate each other well, as with apples you need another that is of the same or next nearest flowering group to set fruit as they are not self fertile. "Cox" is to be avoided as it is not

easy to grow, can only be grown in the south and there are many Cox types bred from it that are just as tasty, crop better and also keep well such as "Sunset" and "Kidd's Orange Red". There are many good flavour types available

and in many areas of the country there seems to be a revival in growing good local varieties that are suited to the local conditions.

## Green Manure

By now the late summer sowings of such things as Tares, Clover and Trefoil on vacant ground should be starting to give good cover for the winter and there is still time particularly in the southern half of the country to sow Clover, Hungarian Rye and Field Beans. My Brassica plot is looking lush and healthy benefiting from last winter's cover of Trefoil that left lots of useful nitrogen and protected the soil. I have

## Useful information

**Seed catalogues:** *Tamar Organics*, Tavistock, Woodlands Estate, Gulworthy, Tavistock, Devon PL19 8JE. Web: [www.tamarorganics.co.uk](http://www.tamarorganics.co.uk)

*Suffolk Herbs*, Monks Farm, Coggeshall Rd, Kelvedon, Essex CO5 9PG. Web: [www.suffolkherbs.com](http://www.suffolkherbs.com)

**Animal-free compost:** B&Q Organic Peat free Multipurpose compost. Alternatively, composted municipal waste (i.e. grass and tree cuttings) is available in some areas – try your local recycling centre.

**Organisations:** Vegan Organic Network, Plants for a Future, and Movement for Compassionate Living: see page 18.

**Website:** Vegan Views website contains the current and all of the previous Vegan Organic Growing articles, and in many cases, has extra colour photographs. See [www.veganviews.org.uk/vvcrossref.html#grow](http://www.veganviews.org.uk/vvcrossref.html#grow)



Graham Cole has worked on several large gardens since 1978. He is a supporter of the Vegan Organic Network, and will be the presenter on their forthcoming videos on stockfree organic agriculture.



**Swelling Strawberry Grape. (Fragola)**



**Trefoil on cleared strawberry bed (after 3 seasons cropping.)**

discovered a seed supplier with a good range of Green Manures at reasonable prices (lower than most) at Tamar Organics (see page 4).

**Water**

This season has been wetter for us, but the global shortages of water will get worse. According to a recent report at an international conference in Sweden saying what we ecological vegans have been on about for ages—that the global consumption of meat and dairy is unsustainable and reductions and changes in eating habits must follow. We know from the 60 year vegan legacy that the alternative exists, we can be healthy and thrive and we have the viable agricultural and horticultural systems to grow all our food, with many vegan-organic examples in the UK and around the world, but we need many more.



**Lush Brassicas-Kale and Broccoli.**

**News**

**Atkins Alert**

This website which has been put together by a vegan doctor claims to be the most comprehensive site exposing the truth behind low carb diets. It's pulled together the last 30 years of the best work on the subject, much of it never before seen online.  
Web: [www.AtkinsFacts.org](http://www.AtkinsFacts.org)

**Greens improve brain health?**

A report published in the IVU-Veg-News list about a presentation at the International Conference on Alzheimer's Disease and related

Disorders, strongly suggests that greens are good for brain health and mental sharpness. Researcher Jae Hee Kang said that eating plenty of cruciferous plants and other leafy greens (things like broccoli, cauliflower, romaine lettuce and spinach) slows down the decline of mental faculties in older women. In a long-running study of the health of over 13000 nurses, tests to gauge memory and mental performance were given when they were in their 60s and again 10 years later. Those who ate the most servings of leafy greens per week consistently showed less decline.

**Beyond Skin – Ethical Shoes Without Compromise**

Beyond Skin is a new vegan shoe company that sells stylish, fashionable cruelty free designer footwear. For more info please visit:  
[www.beyondskin.co.uk](http://www.beyondskin.co.uk)  
email: [info@beyondskin.co.uk](mailto:info@beyondskin.co.uk)  
phone. 01494 871655.

# Was Shelley a vegan?

**After his premature death, Percy Bysshe Shelley (1792 – 1822) became one of the icons of the Romantic movement. Romanticism emerged as a reaction to the formality and conservatism of the classical mode in the arts and as a joyful response to American independence and the Revolution in France. All sorts of ideas connected with self-exploration, individualism and rule breaking – both artistic and social – contributed to Romanticism. (It was not about Romance as in *lurv*, a confusion some people make.)**

© Danw Nottingham

Although his world-view was closer to the 18th century Enlightenment than to 19th century Romanticism, with its devotion to the expression of emotion in the arts and adulation of male heroism (often as mythologised historical figures), Shelley conformed to the Romantic lifestyle in many ways. Born an aristocrat, he was expelled from Oxford University for co-writing a pamphlet called *The necessity of atheism* – a risky thing to do in the wake of the French Revolution, which had not only deposed the noble caste, but also instituted a quasi-classical pagan calendrical and worship system. Undaunted, he eloped with another teenager and surprised himself by marrying her – for Shelley recognised marriage to be a prison for women. They set off upon an itinerant life, financed by a generous allowance from his father.

But Shelley soon abandoned his wife and child to live with Mary Godwin (daughter of feminist Mary Wollstonecraft and radical thinker William Godwin) and her half-sister Claire. The liaison lasted from 1814 until his death. They wandered across Europe, their lives often intertwined with that of Alfred Lord Byron. In years to come, Byron, Keats and Shelley would make up a trio of Romantic male-poet archetypes and role-models perhaps equivalent in the public eye to our 21st century celebs. The Percy menage eventually reached Italy but on their way they stayed in Geneva where Mary began her own formidable and far-reaching contribution to Romanticism, *Frankenstein*.

Of the several children born to Percy and Mary only one survived beyond childhood. Shelley even managed to die in a Romantic way, in a drowning accident off the Italian coast.

His poems offer us many views of 19th century life as a kind of hell, but Shelley also suggests a future utopia. I wonder what we can learn about his attitude to animals from his verse? In particular whether Shelley really was a vegetarian – or even a vegan? In an early work, *Queen Mab*, a long visionary poem

written in 1813 and key to his dominant themes, Shelley presents a gloomy analysis of society as a tyranny motivated by selfish desires, greed and ambition, which he then redeems with his revolutionary optimism. After describing both past and present (and denouncing monarchy, war, religion, commercialism and wage-slavery, together with the parasites who run it all – kings and priests, also lawyers, politicians, military leaders and other merchants of human misery) he presents us with a view of a future paradise:

Hope was seen beaming through the mists of fear.

Earth was no longer hell;

Love, freedom, health, had given

Their ripeness to the manhood of its prime...

In this beautiful new world man enjoys a remarkably changed physical environment. Deserts and tundras have become productive, wildernesses have turned into rural idylls where humans live in peace and plenty. Shelley describes a domesticated scene of 'Cornfields and pastures and white cottages' and talks of 'bright garden-isles' upon the oceans, with 'fertile valleys' and 'green woods' on the coasts. The climate is balmy, with gentle winds caressing fruit-bearing trees whose 'fruits are ever ripe, flowers ever fair'. This seems to be a version of the Golden Age of Classical mythology. Engaged in continuous play and garland-making, human beings are 'sincere and good' and live 'a spotless life of sweet and sacred love'.

And in accordance with Enlightenment education theory, humankind ('he') is:

Blest from his birth with all bland impulses,

Which gently in his noble bosom wake

All kindly passions and all pure desires.

Now humans are enabled to develop their innate virtuous and loving natures to the full. Foregoing any privileged status within the natural world, they refuse to murder animals. This means rejecting the flesh diet, so: no longer now He slays the lamb that looks him in the face, And horribly devours his mangled flesh, Which, still avenging nature's broken law, Kindled all putrid *humours* in his frame, All evil passions, and all vain belief, Hatred, despair, and loathing in his mind. As a consequence: happiness and science dawn, though late upon the earth; Peace cheers the mind, health renovates the frame; Disease and pleasure cease to mingle here, Reason and passion cease to combat there. Truly this is a 'paradise of peace'.

But is it a real world Shelley anticipates and not mere fantasy? It is a world in which reason and science are working together with human nature to create order and equality for all beings, not humans alone. This is the society in which Frankenstein's monster would have found acceptance and the tragic event of Mary Shelley's novel would have been pre-empted. Peaceable and loving impulses and non-violence are the norm. Sickness and disability are unknown. Even death has lost its terror: humans die not from agonising diseases but

quietly of old age after a long and vigorous lifespan. In *Queen Mab* Shelley links the eating of flesh with moral and physical degeneracy. As a student of the classics he would have known about a few people in Hellenic Greece who chose to be vegan. But his world-view was not that of the Epicureans or any other philosophical group. Not being a farmer or a peasant, he did not have direct experience of the cruelties of animal husbandry. Nor is there anything in *Queen Mab* about refusing animal products altogether. I think his approach to diet is summarised in *The Revolt of Islam*: 1817: "My brethren, we are free! the fruits are glowing Beneath the stars, and the night winds are flowing

Over the ripe corn, the birds and beasts are dreaming. Never again may blood of bird or beast stain with its venomous stream a human feast, To the pure skies in accusation steaming". In Shelley's Utopia the behaviours of animals are transformed and the 'unnatural' appetites of carnivores have disappeared. Tigers lie down with lambs, the big cats no longer kill game. Nowadays we find this odd to read, but it's a recurring image in Shelley's verse. The 'she' in this extract from *The Witch of Atlas*, 1820, is the witch herself: The brindled lioness led forth her young, That she might teach them how they should forgo Their inborn thirst of death; the pard unstrung His sinews at her feet, and sought to know, With looks whose motions spoke without a tongue, How he might be as gentle as the doe. The magic circle of her voice and eyes All savage natures did imparadise.

I find this a touching image: Shelley is imputing to the fiercest carnivores a capacity for moral development and self-control which implies he regards animals as on a par with humans.

What about invertebrates – the lower animals? In *The sensitive plant*, 1820, there is a scene in which a solitary gardener tends her grateful plants. She provides water and supporting canes and rids 'this Eden' of pests in an endearing way:

And all killing insects and gnawing worms,  
And things of obscene and unlovely forms,  
She bore in a basket of Indian woof,  
Into the rough woods far aloof,  
In a basket, of grasses and wild flowers full,  
The freshest her gentle hands could pull  
For the poor banished insects, whose intent,  
Although they did ill, was innocent

From this it appears that Shelley wished to see non-violent methods employed in horticulture. All-in-all, it seems likely to me that this forerunner of Romanticism, who lived out his principles as far as possible, did refuse to eat animals. This was in defiance of his class origin, for the English aristocracy was addicted to the hunting down and consuming of wild animals for pleasure.

But was he vegan? I think it unlikely Shelley would have followed his commitment to non-harm so far. The most direct evidence relating to his personal life appears in a poem of 1820,

# A Hen and Bullfight Story

**I watch a lot of television, but sometimes it's a love-hate thing. Sometimes I get annoyed over trivial matters (Channel 4 ditching *Angel* and *Dawson's Creek*) but sometimes it's serious.**

© Katharine A. Gilchrist, 2004

**Y**ou would think that if a viewer questions the use of animals in a programme, the channel would eagerly defend its position. Think again. In 1992, Channel 4 programme *Travelog* contained a pro-bullfighting item. Channel 4 did not explain this lack of balance. It passed my comments to Domain Productions, makers of the programme, who did not explain either.

A spokesperson for Channel 4 stated in 1999, "We cannot guarantee that companies will answer viewers' letters". Why not? Surely it could insert a clause in their contracts obliging them to address concerns about ethics? Or, better still, answer them itself instead of

passing the buck.

In 1995, the *Real Holiday Show* had an item about a couple going abroad to shoot animals. A Channel 4 duty officer wrote to say that he or she (the signature was completely illegible) was "sorry I was offended" but "The *Real Holiday Show* is trying to convey... what really happens when people go on holiday".

Feeling patronised, I pointed out that some people really go on holiday to have sex with children in the Far East. Would they depict that? If not, then clearly they had limits on how much "reality" they would show. Viewers were entitled to know what the guidelines were.

No reply!

On 9 January 2000, an article in *The Observer* reported on a forthcoming television series based on the film *Lock, Stock and Two Smoking Barrels* (Tina Ogle, "The rebirth of the cool on TV"). Ogle described the set: an abattoir. "The stench is overwhelming. The sickly-sweet aroma of dead animals fills the long room" which contains dead pheasant, pigs and rabbits.

Was this considered a legitimate use of animals? I received a letter from Channel 4 dated 21 February 2000. "Please accept our apologies for the delay in our response. We can confirm that we have no plans for a series based on *Lock, Stock and Two Smoking Barrels*. We would also take this opportunity to assure you that, if we were to use real meat in our productions as alleged, it would not be offered for human consumption following filming".

No plans, eh? At a time when filming was already under way? As for the comment about human consumption, that sort of makes it worse, doesn't it? Bad enough for people to kill an animal, but then just to play with it... Even after *Lock, Stock... the Series* was broadcast I could not get an answer.

Then there were the Big Brother chickens. *Big Brother* by Jean Ritchie is a Channel 4 book (2000), so presumably the channel endorses her version of events. She states that the contestants in the original programme made the chickens "bloated" by giving them 9 weeks' food in just over 2 weeks. This overfeeding must have been caught on camera. Why was it initially ignored? Only when chickens became ill were the housemates told to stop feeding them banana skins.

The programme makers suggested the hens became ill for other reasons (letter from Endemol, date uncertain), but did not explain why the book said what it did. Believe me, I tried to raise the issue with them!

When the contestants suggested killing a chicken, Big Brother did not mention their lack of experience – and presumably skill – in strangling chickens. They were merely told the chickens were poisonous at the time because they had taken worming tablets.

Would the contestants in any future series be forbidden to kill chickens? Channel 4 replied, "We are not in a position to advise on rules or regulations."

Yeah, right. If they didn't like something, they could refuse to show it. That seems a pretty powerful position. So, Channel 4, stop feigning helplessness.

The letter continued, "Rest assured, however, your many points and concerns have been logged and this log is circulated to the team responsible for *Big Brother*" (nobody from the team bothered to write to me).

I asked why Marjorie and the other hens had, according to Channel 4, been returned to face an early death on a farm instead of being sent to

a sanctuary. Farms send laying hens to slaughter at the age of about 70 or 72 weeks. In sanctuaries, their lifespan is between 6 and 10 years. Sponsoring

their keep for the rest of their lives would be chicken feed (excuse the pun) compared to the amount spent on the programme (including the prize money). It would be a positive gesture, after allowing the contestants to make the chickens ill.

Channel 4 never explained why the chickens were not sent to a sanctuary. This year's show started promisingly, with no chickens. Then Big Brother offered vegetarian Michelle £15K towards the prize fund if she drank fish guts. (They would only put £5,000 towards it if one of the non-vegetarians drank it. None of them did.)

Channel 4 was very unhelpful about the animals used in *Lock, Stock... the series*. Eventually I received a letter dated 14 February 2001 claiming, "We were baffled to read that you have been waiting 'nearly' a year for a response to a letter of complaint regarding the series *Lock, Stock and Two Smoking Barrels*".

What's baffling? 21 February 2000, 14 February 2001, do the maths! The Valentine's Day letter curtly refused to discuss the matter.

I finally e-mailed Channel 4 from someone else's computer, so they didn't realise it was me again. On 12 December 2002, Channel 4 claimed: "We have spoken to the producer of LOCK STOCK who stated that the meat in the abattoir scene was not killed solely for the purpose of the show. The meat was purchased from a local butcher and some of it was indeed fake".

It isn't clear how it makes things better that the people slaughtering the animals did so in the belief they would be eaten rather than played with. The central issue is why, given that they could fake meat, the programme makers chose to use some real meat.

Channel 4 is not alone in deserving criticism. BBC1's enthusiasm for the Grand National springs to mind.

Remember: they need the viewers more than we need them. We can always switch off and do something more interesting... like watch a video. (I meant to type "go for a walk", but the couch potato habit dies hard.)

*Continued from page 6.*

*Letter to Maria Gisborne.* Eager for his friend to travel out to join him in Livorno, Shelley promises:

Though we eat little flesh and drink no wine

Yet let's be merry; we shall have tea and toast;

Custards for supper, and an endless host  
Of syllabubs and jellies, and mince-pies,  
And other such ladylike luxuries, -

Feasting on which we will philosophise.

Shelley is being a persuader here, presenting English foods of the Georgian era he hopes will appeal. I'm suggesting he wrote 'we eat little flesh' so as not to put his visitor off. The list itself does not contain meat (assuming the mince-pies were free of lard!) but it does look as if Shelley doesn't object to eggs and milk (ingredients of syllabub and custard).

My verdict is that Shelley didn't think his non-violence right through in relation to animals. His attitudes would have been regarded as extremely eccentric in his lifetime and it's unlikely he would have got a sympathetic hearing even from companions and close friends. In such an atmosphere challenging ideas cannot develop.

Despite this I see Shelley as a harbinger not only of Romanticism but also of ethical diet choices. His poems are beacons of enlightened ideas in relation to violence – including violence to animals – and reveal his farsighted vision.

But that vision contains a completely attainable human ideal: a non-violent society. Shelley demonstrates that dietary habits are moral choices, choices which have a profound impact on the health and happiness of human beings. And that of animals of course!



## Eat more raw

### – A Guide to Health and Sustainability

Written by Steve Charter. ISBN 1 85623 024 4. £12-95. Published in UK by Permanent Publications, Hyden House Limited, The Sustainability Centre, East Meon, Hampshire GU32 1HR. Web: [www.permaculture.co.uk](http://www.permaculture.co.uk)

In these days most people think of food as a plastic wrapped object they pick from a supermarket shelf. Pre-cooked meals to be warmed up in a microwave are considered normal, although they are preserved in salt, sugar and several artificial chemicals with artificial flavourings.

So it is refreshing to be reminded that as primates we should be eating the fruit, nuts and herbs that nature provides for us in a natural state and which can mostly be grown effortlessly by Permaculture principles, in contrast to the aggressive, laborious methods that are conventional.

Steve Charter is dedicated to this simpler lifestyle, feeling closer to nature, considering it healthier and working sustainably with the planet. Conventional eating and living he sees as the opposite to this: the NHS is overwhelmed with sick people and we are destroying our environment, as though we had no care for the future.

He writes: *"If we want to move on and create sustainability and a more fulfilling quality of life, the best way to do this is to understand the nature of the world and to live harmoniously and creatively with it – to understand that we are part of the web of life, not separate from it."*

Also *"I see the awesome creative potential of humanity. So much of that potential appears to be wasted, squashed or misdirected. So I really believe that we can and should be creating something better for ourselves and for our children and grandchildren."*

Part One of the book outlines the practical philosophy for this way of life.

Part Two is practical on what to eat and about Forest Gardening.

Part Three looks at inspirational organisations.

Part Four looks at recipes and contacts.

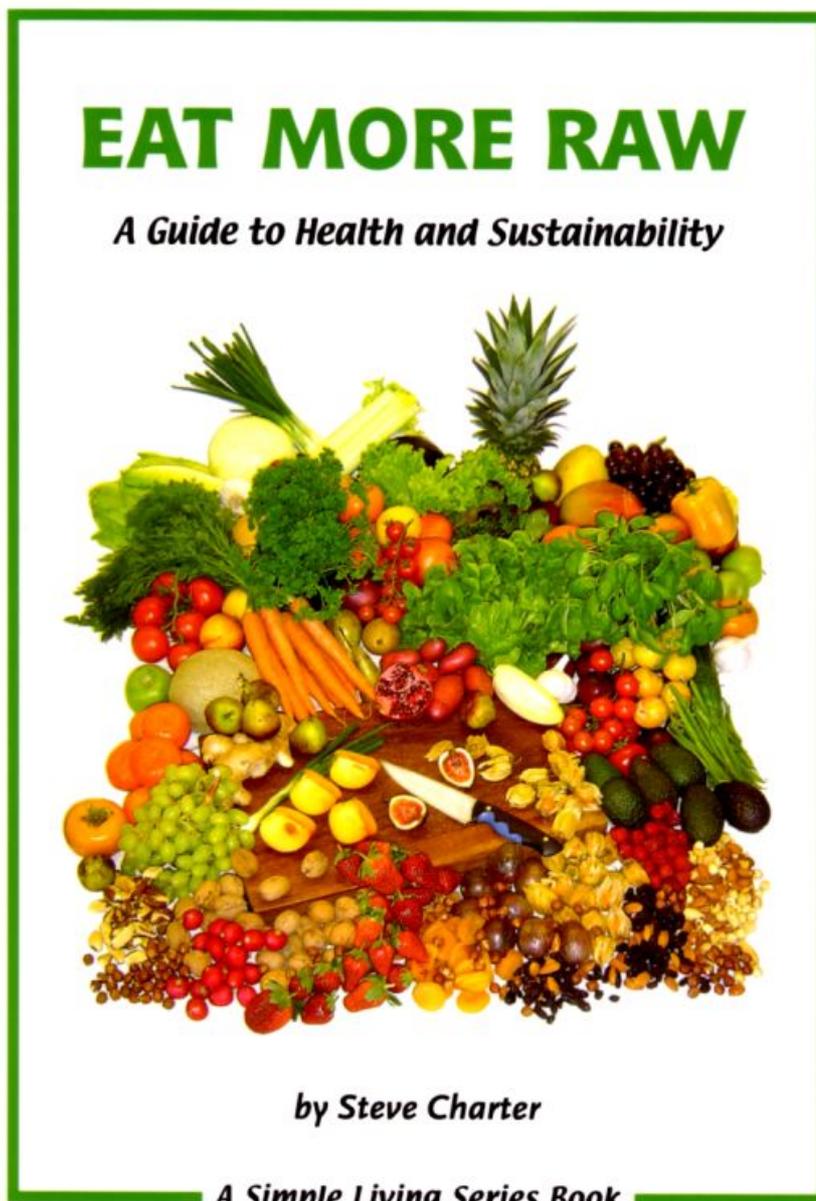
Frequently Asked Questions are answered, also How About Protein, Fat, Starch? There is a fund of information and argument coming from someone with wide practical experience and study.

In a culture where the campaign to eat five portions of fruit and veg seems a hard task to most people, the idea of eating mostly raw may sound revolutionary, but this book is persuasive as well as informative. Well worth reading.

*Harry Mather*

### Recommended Books...

**Vegan Rustic Cooking For All Seasons** by Diana White. Published by Vegan Organic Trust. £7-99. Book profits go to this trust, dedicated to education and demonstration of working towards vegan organic agriculture and



away from the conventional chemical, animal exploitative methods.

**Animal-Free Shopper** 6th Edition £4-99 + £1-50 P&P from The Vegan Society. Web: [www.vegansociety.com](http://www.vegansociety.com).

**Specious Science** by C. Ray Greek, MD and Jean Swingle Greek, DVM Authors of *Sacred Cows and Golden Geese*. How Genetics and Evolution Reveal Why Medical Research on Animals Harms Humans. ISBN 0 8264 1398 6 US\$ 26.90.

**Vegan Stories** Vegans around the world tell their stories of how and why they went vegan. Collected by Julie Rosenfield. £5-99 + p+p from The Vegan Society. Julie's Vegan London website: [www.veganlondon.freeserve.co.uk](http://www.veganlondon.freeserve.co.uk)

**Plant Based Nutrition and Health** by Stephen Walsh Ph.d. Published by The Vegan Society. 240 pages. £7-95. ISBN 0 907337 26 0

paperback.

An up-to-date review of current scientific research on vegan nutrition. Using sound science he is able to show the health benefits of a vegan diet, and to inform vegans about the best nutrition they can follow. The points made in various chapters are explained in simple language and each chapter ends with a clear summary of the practical points. There is clear guidance on the often raised topics of calcium, iron, vitamin B12 and fatty acids (e.g. omega 3's).

**Vegetarian Britain** 2nd Edition (includes Northern Ireland) over 500 pages of restaurants, cafes, accommodation and health food shops. £7-95 + £1-50 p+p from Vegetarian Guides Ltd. PO Box 2284 London W1A 5UA. Also Guides to Europe £9-99, France £6-99, London £5-99. [www.vegetarianguides.com](http://www.vegetarianguides.com)

# Letters

## Vegan Views Cartoon

I was very disappointed and saddened by your cartoon strip in Vegan Views no. 101. I found it insulting and fat-phobic. To have fat described as a problem was ignorant. I am fat and I am a Vegan. I have been fat all of my life and have had to put up with insults, cruelty and humiliation from complete strangers and family members who said that they were only doing it 'for my own good'. I have been beaten up, spat at and generally treated like rubbish because of my size. It has taken a lot of strength to believe that I am a worthwhile person and it is not okay for others to be nasty to me. Conversely, when I tell people at work that I am a Vegan I get all sorts of ridicule and disbelief and am subject to stupid stereotypes. I have been called a freak and a mutant by my colleagues who should know better than to judge.

If someone wrote to your magazine and made a racist or sexist comment their views would not be printed but it seems fine for you to insult fat people – hey we're easy targets, we can't run as fast as 'Celery Man' can we?

I did not choose to become a Vegan to lose weight. I also did not become a Vegan to make fun of meat-eaters or vegetarians, because that is a sure-fire way of annoying them and making them close their minds to a lifestyle that could

probably save the planet.

Please don't perpetuate the myth that being Vegan is a cure-all for life. The biggest problem I have faced with being fat is the same problem I've faced with being Black, Bisexual and Vegan – other people's prejudice and phobias have done me more harm than my 'condition' ever has.

You can be fat and healthy.

*J. Applebee*

*Editor: Cartoons can sometimes be a little cruel, but there was no intention to cause offence. As one who is thin by inheritance, I can understand that the opposite can be inherited. I know vegans are a varied bunch, but I feel there is something special in each one and we need to cherish that, irrespective of other differences.*

## Sheep and Cattle

I write to point out an error in the letter titled "Sheep and Cattle". The last part of the final sentence "thus coupling to their consciousness" is not included in the advice given in the Ramblers' Association's magazine "Walk". It is Philip Beeching's own addition. I am not sure why he considers the advice given "a gem". The Ramblers' Association has many years of experience in walking in fields with cattle. Whatever advice they give is worth noting. People do get killed by being trampled by cattle. This has happened particularly when there are mothers with young and a dog is present.

*Martin Lake*

## Tasty Food

You will be interested to know that Greggs the bakers cater for Vegans. They do an apple pie that costs £1-20, an apple turnover that costs 35p and 5 mince pies for £1-10. They are delicious.

We have recently discovered a non-dairy chocolate flavoured ice-cream on a stick, called Supreme, that can be purchased from Sainsbury's, again these are delicious.

With Love and Best Wishes from,

*Bob, Sylvia and Malcolm Cramp*

## Facts about Fiction

I am delighted that you reprinted part of Bronwen Humphreys' article on science fiction (VV100; VV25). However, it is not totally accurate to say that Shevek, protagonist of "The Dispossessed" by Ursula K. Le Guin, is vegetarian. He eats fish throughout the story. He also tries eating meat when he gets the opportunity, but gives up because it makes him ill. (Although it is possible that he eats it again on a disastrous occasion when he gets drunk for the first time.)

Like Ms Humphreys I would recommend you read it anyway. It shaped the way I see my life. John Lennon asked us to imagine a world without possessions, countries or religion. Ursula Le Guin actually imagined this world. Something few people seem able to do.

"The Dispossessed" also kept me going through depressing times of being a job seeker and not finding employment. I realised that if the world of work really wanted me, it would send me off to do short stints working on sewage farms. The fact it didn't proved there was (and is) a surplus of workers, so it's best to concentrate on finding one's own path, doing things which seem to need doing, whether or not one can manage to get paid.

It also prevented me from falling into traps in terms of thinking about gender. Anyway. Please read it.

*Katharine A. Gilchrist*

## Healing Arts

I recently attended a 'Healing Arts Festival'. They had a wonderful display of different alternative therapies in Buxton Pavilion.

Talks were given by Susan Marsden, an animal healer from Preston. She has helped even large horses get better. Simon Hilly gave a workshop on crystal healing and work with tree spirits. 01539 534771. Mark Thomas-Lane talked about Australian Bush Flower Essence (Cosmic Trader) 01904 622706.

There were a few Reiki stalls too and crystals – loads for everyone to enjoy.

Best of all music for sale by Will Pimlett. Calling down the Stars flute music to die for 0779159027 willpimlett@yahoo.com. Very nice vegan man, very spiritual and unassuming.

I met someone recently who had been to a Zoo in Benidorm. She said it was humane. Can anyone investigate? It's called El Arca 965972359 Valle de Gradalest, Benidorm, Alicante.

*Susan Fox*

## World Vegan Day Celebrations in Essex

We are starting to work on the next Essex event and are looking at Friday 29th October from 6pm in Brentwood. This is our 3rd World Vegan Day celebration and each event has attracted around 400 – 500 people – the biggest event of its kind in the South of England. We are aiming for an evening party style event, with music, speakers and a chance to promote vegan companies, charities, vegan food and cruelty-free goods. Please let me know if you are able to come along and how you would like to be involved – this year we are aiming to get more people through the door! We are also looking to produce another 10,000 to 20,000 leaflets for distribution through the media so please let me know if you would like to be a sponsor.

With many thanks for your kind support. Look forward to hearing from you.

Tel: 07970 732668. [www.vegansex.org.uk](http://www.vegansex.org.uk)

*Karin Ridgers*

*Vegan Essex meet on the 1st Tuesday of the month, 8pm at the Brentwood School Sports Hall. To join phone 07092 369280.*

## Whooping Cough Vaccine

**A new 5-in-1 vaccine is to be introduced in September. The Whooping cough (pertussis) vaccine will be replaced by one without mercury. Although mercury is known to be highly toxic, the authorities claim that they do not admit there was any harm in the old vaccine. The replacement is merely an improvement of the vaccine.**

*By Harry Mather*

Another element is a new polio vaccine, replacing the live vaccine previously administered by mouth. The new one is attenuated, which is considered effective in view of the fact that polio is no longer a serious disease in this country.

The other elements are diphtheria, tetanus and hepatitis (hib). Protection from meningitis is also considered.

This 5-in-1 vaccine has been in use in Canada for some time and been shown to be safe and effective.

Studies have claimed a connection between the previous whooping cough vaccine and the development of autism in children. The authorities strongly deny this connection and state the changes are merely a newer development.

# Grassroots News

If you run or help out with a “grassroots” vegan group, project or community and would like news from it listed in this section, please send us details. It would be nice to get some more news of non-agricultural projects!

## Ancient Woodlands Project

This 29-acre site near Scarborough, North Yorkshire, is owned and run by Louisa, a Vegan Views member, who writes:

*“Lots have been happening over the last few months!”*

*Although we have done little in the way of marketing the project and its aims word seems to be getting around and we are delighted and inspired by the interest and enthusiasm we are getting.*

*We took part in the excellent Secret Wood Event organised by Scarborough Council on Mayday and also exhibited at the East Ayton Community Appraisal Meeting. This was the first time we have put on a local display and we met some fantastic people, and also had a chance to keep in touch with existing friends and supporters.*

*We now have two local schools using our woodland for educational visits and as work experience for older pupils.*

*Basics Plus in Scarborough are also helping us to build the permaculture beds and – very importantly for our increased visitor numbers – our first composting toilet!*

*Once our planting areas are ready we will be able to invite more schools and community groups to help with planting, growing and other woodland maintenance.*

*We are still working on the newsletter to keep our supporters, both local and further afield, in touch – offers of help to put this together or articles related to woodlands, sustainability and permaculture are very welcome.*

*We would also like to hear from someone with experience of tree care or forestry who would enjoy sharing his or her skills for a few hours a month with a group of keen youngsters. Also people who would like to come and give demonstrations and/or teach on the courses we plan to hold soon. We also need help designing and planting the forest gardens within the woodland, and help with the permaculture design.*

*Our website is gradually being enlarged – we will soon have dates of events and activities on it – keep checking, or send us your email address so that we can keep you updated.*

*The woodland has now been independently inspected and certified by The Forestry Stewardship Council as sustainably managed. We are the only small woodland in the area to have achieved this status.*

*Due to computer failure we have lost the details of some of the people who got in touch following our last articles – please get in touch*



**Iain Tolhurst.**

*again if we have not been back to you!*

*Apologies from Louisa for not being too good at keeping in touch with everyone – we are in the process of setting up a steering group which will, among other things, help recruit staff to help share the workload and also increase our pool of expertise!” (Contact info page 2.)*

## Vegan Organic Trust

One of the UK’s vegan organic farmers, Iain Tolhurst of Tolhurst Organic Produce who has an organic box scheme covering the Oxford/Reading area, has won a £5,000 “Small Producer Award 2004” from Waitrose for the vegetables category. This was slightly amusing since Iain never sells any of his produce to supermarkets! Apparently, his was the only organic farm entered for any of the categories. We reported in Vegan Views no. 100 that Iain was featured on BBC radio four’s *On Your Farm* programme earlier this year. He has subsequently been approached by BBC TV producers about the possibility of filming in mid-September for “The Apprentice”, a BBC2 programme. For this particular programme, teams have to choose a farm to get produce from, that they then make into a product to sell at a farmers’ market. There’s no guarantee that Iain’s farm will be picked of course, so it may not actually make the small screen.

Vegan Organic Trust have recently been made aware of two more groups, one in Slovenia and one in France, who are growing vegan organically.

Vegan Organic Trust’s stall at the London Vegan Festival in July went well with plenty of interest. Patrick Browne on the stall met up

with someone from a vegan group in the US who are promoting vegan organics. Patrick will be presenting a talk on vegan organics at the Bristol Vegan Fayre in October (see Events page for details). Vegan Organic Trust (VOT) will also have a stall at Vegan Essex’s World Vegan Day event. By October, VOT will have done around 18 different stalls/events this year.

Vegan Organic Trust is an international group, with most of the admin being based around Greater Manchester. There is now a Vegan Organic Trust branch in southern England following a very successful garden party on the estate where VOT member Graham Cole is the gardener. There is also a regional contact in the Midlands, Barbara Marshall. Vegan Organic Trust are still trying to set up more regional meetings and groups, following on from these examples. They are particularly appealing for people in Wales and Essex, since there are already quite a few keen supporters there.

Several Vegan Organic Trust supporters will be attending the European Social Forum in London, which runs between 15 to 19 October and is a big gathering of socially active people from all over Europe who want social change, and are anti-globalisation. Their slogan is “Another World is Possible”.

*See page 18 for VOT contact details and website.*

## Realfood

In Vegan View no 101 we spoke to Mary Brady of Realfood ([www.realfood.org.uk](http://www.realfood.org.uk)) about the North West Vegan Festival. For this issue, we

# Poetry Corner

spoke to her about vegan food fairs. When we phoned her in late August, she'd just got back from one that she'd done in her local gym in Wolverhampton – the deputy manager is vegan, and invited her to do one there, which turned out to be very successful. Mary told us:

*“Once you’ve found a venue, it involves two or three days to put the food together. You have to hold the fair in a place where you know there’s going to be lots of people. We hold one every six weeks or so. We do ours in conjunction with Wolverhampton Vegans and Veggies. In fact, this group actually got set up as a direct result of our first vegan food fair done by mainly my partner Neil Lee, and Matt Nott. 300 people attended including myself, and we took names and contact details. We asked people when would be a good time to have a monthly veggie meeting, and shortly afterwards, the group started and kept growing. They’ve had other events such as a barbecue, a sponsored walk up mount Snowdon to raise funds for Viva!, and campaigning including other food fairs. Now the group pretty well runs itself without too much help from Neil and I. I’ve heard that other groups like that have sprung up from vegan food fairs elsewhere in the UK.*

*Normally, we rent a room for our fairs. We send loads of people out to hand out leaflets to pull people in. When people try the food, we give them a free recipe leaflet based on the food that’s there. They don’t have to involve masses of cooking. For the food fairs that we do in Wolverhampton, most of the food is given to us by an Asian sweet shop, who also sell samosas and bhajis – they agree with what we’re doing so want to support us. Redwoods and Beanies also donate free food. We have one person preparing sandwiches, one baking the cakes, Neil and I cook the savouries. We use a microwave at the fair to heat up burgers with lashings of salad and some melting cheezly [a new vegan cheese from Redwoods that, unlike others, melts nicely when toasted], which melts as the burger warms up. On one occasion, a Chinese restaurant donated an eight-course feast for us. Subsequent to that we’ve replicated their menu. I use several of Linda Majzlik’s vegan cook books which are my favourites. The Mexican cook book is good for guacamole, salsa and re-fried beans. Her French cookbook is good too. We have a chocolate section since lots of people think you have to give up chocolate if you go vegan. We also have a vegan cheese section.*

*Although the fairs are free, we have donation tins, and find that on average each person gives £1. We tend to get three or four hundred people attending, so these donations pay for the events. We send out information on them beforehand to the local radio stations and newspapers and they usually give them a free mention, which helps to publicise them. We actually say that they are vegan food fairs, and it doesn’t put people off. Wolverhampton is a very ethnic place, and there are lots of vegetarian Hindus here, which helps.*

*Following our lead, London Animal Action [see [www.londonanimalaction.org.uk/reports/freeveganfoodfayre.html](http://www.londonanimalaction.org.uk/reports/freeveganfoodfayre.html) for report and pictures], Vegan Scotland and Manchester Animal Protection have been doing vegan food fairs in their areas too. Vegan Essex last year did one outdoors on World Vegan Day which was extremely successful. I would say that there are now around two fairs per month nationally. We want to encourage other groups to do the same so we have put together some tips on our website at [www.realfood.org.uk/freefoodfairs.htm](http://www.realfood.org.uk/freefoodfairs.htm)”*

If you'd like to start your own vegan food fair and would like some advice from Mary but don't have access to the internet, you can phone her on 0845 458 0146.

## Lost world

A baking sun roams the sky,  
Earth's rivers are running dry.

Green and fertile land  
Is turning into sand.

Trees and plants are burning,  
Life on Earth is ending.

Forests and woods are dying,  
Mother Nature's crying.

Birds are trapped in endless flight,  
They can't escape the blazing light.

On a rugged mountain  
A spaceship's engine fires.  
Those on board are leaving  
Before the world expires.

John Sephton

## A Grace said before the meals of a raw- foodie.

Great Provider,  
Thankyou for my vegan-organic garden,  
For giving me the skill to tend it.  
Thankyou for indoor growing of 'Living  
Foods',  
The daily sprouting of seeds and pulses,  
The happiness of juicing vegetables, fruit  
and herbs.

I'm grateful for the joy of harvesting my  
own, plant-based nutrition,  
For the delight of its naturopathic, raw  
freshness,  
For its enzymed goodness, its nutritious  
wholeness.

I have prepared the food reverently, with  
love,  
Creating a peaceful atmosphere –  
A simple meal now set aesthetically on  
the table,  
Ready to be shared or eaten alone

Help me to eat mindfully and intuitively,  
aware that each nutrient is becoming me,  
nurturing and healing my body, mind and  
feelings  
tuning me to my higher-self,  
making me conscious that I'm on a  
spiritual journey, whilst still caring  
practically and compassionately for the  
planet  
and all its peoples, creatures and plants.

Let me delight in each nutrient's taste,  
smell, colour and texture,  
As I remember to eat slowly and  
intentionally,  
To chew thoroughly, stimulating the  
ptyalin (and so on)  
To wonder at this miracle of

digestion at each stage.  
Thankyou for that healthy metabolizing  
by my body.

Living Creator,  
I light a candle to represent your  
presence,  
Make me ready for this time of holy  
communing,  
Bless me and my food,  
Helping me to bring heaven to earth at  
this precious mealtime  
Letting me just 'be' in every here-and-  
now. –  
To be that love that we all are.  
Amen.

Elizabeth M. Angas

*In fact I'm a 75% raw foodie. So when I  
eat cooked food (ie. the other 25%) I say  
a different grace!*

*As it is inter-denominational and inter-  
world-faith, I don't think this Grace will  
offend anyone. Nor is it meant to be  
preachy, but merely celebrating the joy of  
a plant based nutrition.*

## Vegan m,m,mores please

Vegan views are quite complete  
There's no need for eating meat.  
Milk is cruel – liquid beef  
Makes (you) a killer and a thief.

You could be healthier and kind –  
Alternatives are there to find.  
Plants for a future world to feed  
No exploitation, waste or greed.

Vegetables, fruit, nuts and seed  
Bush and trees can meet your need  
Grains, beans, pulses, herb and spice,  
Plenty protein,

Very nice!  
(New Century Schoolbook)

*If anyone chooses to set it to music and  
send me a copy, cassettes will do. DVD,  
Minidisc, MP3... won't.*

© R\*McV, 34 Holland St, Accrington,  
Lancs BB5 0BG.



# Mountain sheep cause flooding

A report in 2004 by the Office of Science and Technology under the leadership of the government's chief scientist, Sir David King, claims that the risk of flooding in Britain is growing to "unacceptable levels" because of climate changes and up to 4 million Britons face the prospect of their homes being flooded over the next half century. Many towns in Britain are threatened by rising sea levels, river flooding and the overwhelming of old drains by flash floods.

By Harry Mather

Photo by Jenny Hampe



Mountain goats in Norway.

The city of Shrewsbury suffered severe damage from flooding in 2002 when the river Severn overflowed its banks. Expensive precautions are being taken against future possible emergencies.

Up in the Welsh hills from which the Severn rises, farmers have been expensively subsidised to keep sheep and sometimes cattle. These compact the soil so that rainwater flows down quickly and swells the mountain streams to very high levels.

As an experiment and with the willing cooperation of local farmers, an area has been fenced off to keep out the sheep, and trees have been encouraged to grow by planting a few saplings. Sheep will nibble at any available vegetation and in the area where they have been excluded the trees grow, wild flowers and wildlife soon return to the newly wooded area.

More importantly, the soil has become very

much lighter and spongier. There it absorbs the water when it rains, thus checking the rapid build up of water that was the cause of flooding. The trees also check the rainfall with their leaves, slowing the build up of water and also absorb the water in the soil through their roots which draw up water and pump it back into the clouds.

To replace sheep which help swell the rapid flow off of rainwater and put in their place trees which check the run off of water seems an obvious solution to the problem of occasional disastrous floods far downstream.

Long ago, some vegans suggested that nut trees should be planted to replace the mountain sheep, particularly in Wales. If this idea had been taken up long ago, the hills would be abounding with trees and the people of

Shrewsbury and other affected towns along the valley of the river Severn would not have suffered the floods of recent years.

Trees will seed themselves and spread, if the sheep go. Sheep hill farming is very uneconomical and has been given large government subsidies which have been strongly criticised. The farmers could grow nut trees and visitors would be encouraged to ramble over the hills, providing income from tourists for the local population.

*This article is based on a Radio 4 programme and was compiled in 2003 and, though excluded through lack of space at that time, its message is still timely.*

## A Look At The Global Village

**There was a great outcry in the 1980s about the destruction of the Amazon Rainforests to establish cattle ranches, mainly to supply the increase in beefburger consumption. Land cleared for cattle was not fertile and could only be viable for a few years, so the ranchers have to move on to fresh clearance of the forests.**

By Harry Mather

So it is hardly surprising that the forests continue to be cleared, and according to a report of an international forestry research body reported in the 'New Scientist' of 10th April 2004, deforestation in 2002 was almost double the rate in the mid-1990s. In 2003 some 25,000 square kilometres of Amazon rainforest was destroyed, it was equal to the figure for 2002, which was 40% up on 2001.

Cattle ranchers are felling the world's largest rainforest at unprecedented speed to make way for pasture and cattle expansion has been phenomenal.

The booming Brazilian soya bean industry is also involved in forest clearances, but clearances for cattle pasture are doing ten times more damage and we must also remember that much of the world's soya production is fed to farm animals.

This news is bad enough, but according to a Radio 4 programme on 24th April (Savannah Disaster) there is also in Brazil a large area of Savannah and soya farmers are clearing land there to establish 1,000 hectare farms (soya is apparently not adapted for small scale farming). The sparse trees on this mainly grass land are uprooted and the small streams are disappearing. The soil may only remain fertile for 6 or 7 years.

On the brighter side for soya is the news that it can now be grown in Britain.

Soyafresh, who are pioneering selling soya-milk making machines in Britain have found a considerable production of soya beans in the UK, which at present is fed to cattle. This at least gives us hope that we can assure a supply of soya locally.

Arthur Ling of Plamil Foods, who pioneered the production of soya milk in this country, had the foresight in recent years to produce a suitable plant 'milk' made from peas and sunflower seeds. Plamil Foods was established in the early 1960s to develop an alternative to cow's milk which would be acceptable for vegans to put in their tea and scientist Dr. Franklin experimented with various common plants such as cabbages with this aim. As these 'milks' were green in colour, they were not developed further at that time, but following the GM soya controversy, Plamil foods developed a non-soya based milk called White Sun using white peas and sunflower seeds.

# RECIPES

## Chop Suey With Rice

4oz mushrooms  
4oz white cabbage  
1 small onion plus 1 garlic clove  
2 stalks celery or 1/2 small green pepper  
4oz mung bean sprouts  
1oz flaked almonds  
1 tablespoon oil  
1 dessertspoon soya sauce  
2 teaspoons arrowroot or plain flour  
1/2 cup cold water

Cook your rice first, allowing 2-3 oz per person. Slice onion, celery and mushrooms. Shred cabbage, crunch garlic. Fry all of these in the oil for 3-5 minutes until softened. Stir flour or arrowroot into water and add sauce. Add this to frying pan, stirring as mixture thickens, then simmer for 5 minutes, perhaps adding a little more water. Add almonds then bean sprouts, stirring until slightly wilted. Dish up over rice. Tinned or fresh pineapple makes a perfect end to this satisfying meal.

## Cabbage Strudel

4oz plain and 4oz self-raising flour well mixed  
2 and 1/2 oz margarine  
1/2 lb white cabbage  
3oz water  
1 teaspoon paprika

Chop cabbage and cook quickly with 1/2oz margarine, then strain.

Fork 2oz margarine into flour, add 3oz water and roll out into oblong. Spread cooked cabbage over, sprinkle paprika over evenly on top and roll up pastry into roll.

Bake 20 minutes at 400 F or Gas 6.

While your oven is on, use it to cook the following at the same time.

## Walnut biscuits

8oz plain flour  
2oz margarine  
2oz walnut halves  
2oz brown sugar

Cream fat and sugar, add flour and water, mix and roll out. Cut circles quickly with upturned wine glass, place on greased tin.

Put walnut half in centre of each biscuit, first wetting it to make it stick.

Bake 8 minutes on top shelf then remove and leave on tin to cool and harden. Replace biscuits with potatoes from floor of oven when all three items should finish cooking at the same time.

*Winifred Winton*

## Butterbeans in Brown Sauce

Serves 4

250 mg of dried butterbeans  
1 small strip or a few strands of Kombu cut into small pieces  
1 large onion, chopped  
1 soup spoon of sesame oil  
1 rounded soup spoon of barley miso  
optional: 1 oval soup spoon of corn flour.

Cook the butterbeans and Kombu until tender, keeping the water level just above the beans, do not drain.

Saute the onion in the sesame oil until tender. Add to the beans when they are cooked along with the miso. Simmer for a couple of minutes stirring well.

If the sauce is not thick enough put the corn flour in a mug with a little water and mix to a paste. Add this to the sauce and simmer for 2 minutes more, stirring well.

Serve with hot pot vegetables or bubble and squeak if wished.

## Hazelnut Loaf

Serves 4

75g of commercially chopped hazelnuts  
1 large onion, finely chopped  
4 rounded soup spoons of sunflower seeds  
1 soup spoon of olive oil  
200g of wholemeal bread, broken into small pieces  
3 soup spoons of tamari soya sauce  
1 oval soup spoon of mixed herb or Nori flakes  
3 rounded soup spoons of wholemeal strong flour  
1 large carrot, grated

Saute the hazels together with the onion and seeds in the oil until the onion is half cooked.

Place the bread in a bowl with 125ml of water, the tamari and herbs or nori, and mash with the back of a fork, placing your index finger in the centre of the fork's head as you do so, until dough like.

Add the half cooked ingredients to this mixture and blend thoroughly. Then add the flour and carrot and mix well in using your fingers.

Grease a non-stick oblong bread tin and place the mixture therein, pressing well down to form an apex shape. Bake at gas 5 for 40 mins turning the tin halfway through the cooking time.

Serve if wished with roast potatoes and parsnips, steamed Brussels sprouts and carrots, plus gravy.

*These two recipes are taken from Vegan Rustic Cooking For All Seasons by Diana White. The cookbook costs £7.99 and is published by Vegan Organic Trust, 10 Charter Road, Altrincham, Cheshire WA15 9RL.*

# A vegan look at the news

## An Alternative Run in Pamplona

Bullfighting aficionados gather enthusiastically in Pamplona, Spain, for the running of the bulls, held before the bullfight there. Animal Rights enthusiasts PETA (People for the Ethical Treatment of Animals) this year organised a Running of the Nudes. Hundreds of men and women from America and Europe took part. Local police warned them that anyone taking off all their clothes would immediately be arrested, so a minimum of clothing was retained. The world's press and many spectators made the alternative run a success. Marilyn Harrison who participated with her daughter claimed it as a brilliant success and comments: "it just seems a shame that they had to go naked before the world's press takes notice and reports

on this cruelty".

In Toulouse in the South of France it is reported that vegetarians held a naked march to promote their case. Well, they do have the climate for that sort of thing.

*Harry Mather*

## GM Plants as Medicine

Genes have been successfully transferred to plants for use as pharmaceuticals, mainly as a means of providing vaccines to poor, developing countries, where Western immunisation procedures are too costly for the poorer countries, where hygiene is also a problem. Using plants as a medium has the advantage that there is no need for needles, sterilisation or freezing.

Genes for Rabies and hepatitis B have been successfully implanted into tomatoes. These tomatoes will not be confused with those we eat. They are hard and a different colour. Nevertheless food producers are concerned that cross contamination could react on their crops. They may be grown for testing in South Africa. Will there be enough control there against cross contamination? Pharmaceutical companies are not interested in these Pharmar Planter crops. Presumably they see no profit there.

*Harry Mather*

# The nature and importance

**Because our digestive system has not basically changed since prehistoric times, it is suggested that it would be best for our health if our diet conformed as near as possible to that of our hunter-gatherer ancestors. Reasons are given for indicating that their diet was mainly plant based and uncooked. This paper is necessarily speculative and comments and criticisms are invited.**

*By Allan Withnell, retired Area Medical Officer*

The period of time involved in human evolution is at least three to four million years. Although we live in the 21st Century, each of us has a digestive system which has changed very little since prehistoric times. If we accept that our diet is the most important single factor affecting our health, it would seem reasonable to suggest that, for maximum health and longevity, our diet should conform as nearly as possible to that which our bodies are adapted genetically and physiologically. The time scale stretches back prior to the Stone Age.

## Discussion

Dogs were domesticated about ten thousand years ago and so it is clear that behaviour can be altered within a few thousand years, but structural changes take millions of years. The domestic dog will have the same digestive system as its ancestors, the wolf and the jackal and the best diet for it, raw meat, will not have changed. Most animals in the jungle remain sleek and healthy and do not become obese, even when food is plentiful. This is also true of zoo animals, in spite of their restricted activity, so long as they are fed the foods for which their bodies have evolved. Zoo animals may become miserable and frustrated because their movements are restricted but they do not eat to excess. Domestic dogs and cats frequently become obese because they are fed foods suitable for omnivores and not carnivores, as when cereals are mixed with the meat.

We humans are omnivores and can exist on a wide variety of different foods, but which foods are best for us? Our ancestors were hunter-gatherers but did they feed mainly on plants or on flesh? We cannot be absolutely certain but I suggest that the diet of our prehistoric ancestors was mainly plant based. I give my reasons under the following headings.

1. The methods and weapons available for hunting in prehistoric times.
2. The structure and function of the human digestive system.
3. General contrasts between carnivores and herbivores.
4. The diets of our closest evolutionary relatives.
5. The anomaly of Vitamin C.

## 1. The methods and weapons available for hunting

The weapons available for hunting in prehistoric times must have been crude and inefficient. Metal (at first copper and later bronze) was not available for weapons until about 4,000 BC and iron was not used until some time until three thousand years later. Stones, slings and arrows would be the first weapons used and prior to the advent of metal, arrows could be made only of bone, ivory, stone or wood. The effectiveness of the weapons available to primitive man was therefore very limited. Birds were generally out of reach and the slower paced animals, such as the rabbit, had other means of defence, such as a burrow. Eggs would occasionally be stolen from nests but neither milk nor any other dairy produce can have formed part of our ancestors' diet – livestock were not domesticated until about 7,000 BC. In terms of speed, humans are among the slowest in the animal kingdom. Dogs have been used for hunting but only in the last 10,000 years. Trapping necessitates communication and cooperation and there appears to be no evidence of these characteristics prior to the Palaeolithic era. Insects and small animals such as mice would no doubt form part of our ancestors' diet as they do for some present day primates, but for most people today such items would not be acceptable. The Tarahumara Indians, in Mexico, are able to run an animal, such as a deer, to exhaustion, and there is documented evidence of their ability to run over fifty miles without stopping.(1) They are not particularly fast but just run steadily mile after mile. To what extent this was a common method of hunting in the past must remain unknown but it is certainly uncommon in historic times. In summary, the ability to obtain a meat based diet prior to the Stone Age was necessarily limited.

## 2. The structure and function of the human digestive system

The structure and function of the human digestive system resemble that of herbivores in the following respects:

- (a) Our teeth are configured for chewing and grinding rather than for tearing.
- (b) Our saliva contains ptyalin, an enzyme for the pre-digestion of starch, which is lacking in carnivores.
- (c) Compared to ourselves, carnivores have a much higher concentration of stomach acid. This is necessary for the digestion of bones.
- (d) Compared to carnivores, our intestine is long relative to the size of our body. This is necessary for the digestion of plant cells.
- (e) Carnivores have a high dietary content of protein and are able to convert uric acid (a breakdown product of protein) into the more soluble allantoin. We and the anthropoid apes do not have this facility.

## 3. General contrasts between carnivores and herbivores

When comparing carnivores and herbivores in

the following respects, it is quite clear to which category we belong.

- (a) The sensory equipment of carnivores is dominated by the sense of smell; that of herbivores by sight. Both the primates and ourselves have developed colour vision, and so are able to pick out fruits, and the face is flattened giving the eyes a better view.(2)
- (b) Carnivores obtain their food by killing; herbivores do not.
- (c) Herbivores prefer sweet foods, carnivores do not.
- (d) Carnivores in the wild eat large meals infrequently (often separated by days) and gulp their food; herbivores graze or eat small meals frequently (separated by hours) and chew their food.
- (e) Carnivores drink water by lapping with the tongue; herbivores such as the horse imbibe by a sucking process.
- (f) Carnivores lose heat by rapid breathing and extrusion of the tongue; herbivores lose heat by sweating.(3)

## 4. The diets of our closest evolutionary relatives

Our closest relatives in the evolutionary tree are the anthropoid apes which comprise, the Gibbons, Orangutans, Chimpanzees and Gorillas. When the structure of the Gorilla is compared to that of Man, striking similarities are observed. For example, the number of teeth and of vertebrae; the structure of the hands and feet; the shape of the pelvis; even the pattern of the sulci on the cerebral hemispheres. These and other similarities led T.H.Huxley to state that whatever system of organs be studied, the structural differences which separate Man from the Gorilla are not so great as those which separate the Gorilla from the lower apes.(4) The anthropoid apes eat mainly a plant based diet sometimes supplemented by insects and small animals such as mice and frogs. They will occasionally attack and kill a large animal but this is uncommon. The gorilla is large and strong but the carnivorous content of its diet is limited to insects and small animals. One advantage of a plant based diet with a high fruit content is that thirst is rarely experienced so there is no need to remain near a supply of water and, moreover, the fluid content in the diet is sterile. No wild animals in their natural habitat eat cooked food. In contrast, we find that meats and most fish are distasteful unless cooked. Fires could arise from lightning or the sun but reliable fire-making techniques were not available prior to about 7,000 BC so that cooked foods would not form a substantial part of our diet in prehistoric times.

## 5. The anomaly of vitamin C

Except for guinea pigs and some fruit-eating bats, primates are unique in the animal kingdom in their inability to manufacture vitamin C. Our inability to manufacture vitamin C is said to have been due to an adverse mutation millions of years ago, but a different explanation is possible. No mutation would

# of our prehistoric diet

persist in a whole genus unless it were a favourable one at the time.(5) This implies that our ancestors lived principally on plants because there would then be no need for vitamin C to be manufactured internally. Linus Pauling has stated that it is an evolutionary advantage not to have to manufacture a nutrient.(6) Our stereoscopic vision and our taste for sweet foods suggest that fruit would play a significant part in the plant based diet, as they do for the anthropoid apes.

Vitamin B12 cannot be manufactured by plants or animals but only by bacteria, fungi and algae. The vitamin is present in animals and animal products and if the diet consists solely of plants it is necessary to consider the supply of this vitamin. The amount necessary for health is incredibly small – of the order of 1

to 2 micrograms per day. Moreover, a daily dose is unnecessary because (unlike Vitamin C) the body can store the vitamin – sufficient to last four to five years. Vegans have been known to consume solely plant foods for over twenty years without any signs of vitamin B12 deficiency and so it may well be that the bacteria in our own gut can produce adequate quantities, but the Vegan Society recommends that members use a fortified food or a vitamin B12 supplement to be safe. Insects and small animals, such as mice and frogs, in the diet of our prehistoric ancestors would ensure an adequate intake of vitamin B12 and since the vitamin is manufactured by bacteria, the lower hygienic standards of those far off days would be an advantage in this respect.

The present population of the planet greatly

exceeds that of prehistoric times and it would now be impossible to feed the world without the growing of cereals. However, cereals are unlikely to have formed a major part of our ancestors' diet because their planting implies forethought and a settled way of life and these attributes are not evident prior to the Stone Age.

It might be argued that a plant based diet consisting largely of fruits would contain insufficient protein. However, it may well be that protein requirements have been greatly overstated. Our immediate evolutionary relatives, the great apes, manage very well on a plant and fruit diet. The strongest animals in the world, the ox and the elephant, are vegetarians. Our own growth rate is greatest in the first year of life when a baby can double its birth weight in the first five months. Yet breast milk contains less than 10% protein.



## Vegan Views

Congratulates

THE VEGAN SOCIETY

ON ITS 60TH BIRTHDAY

The Vegan Society was formed in November 1944 by Donald Watson and a few other vegetarians who wanted to avoid the animal exploitation involved with milk and egg production.

They did prove that they could live healthily on this diet and Donald Watson is still in excellent health after celebrating his 94th birthday.

Numerous vegans all over the world, including athletes in swimming, running, climbing have confirmed the excellence of the diet.

On a vegan diet, the world can feed more people in a lifestyle sustainable for the planet.

It is the way forward for the 21st century.

Vegan Views is independent of The Vegan Society but shares its aims.

### Conclusion

Our present digestive system will have changed very little since prehistoric times. The best diet for us would be the diet of our prehistoric ancestors and for the following reasons this diet would appear to be plant based.

1. Our ancestors prior to the Stone Age were ill-equipped to hunt.
2. Our digestive system resembles that of herbivores.
3. Our general characteristics are those of herbivores rather than of carnivores.
4. The diet of our closest evolutionary relatives, the anthropoid apes, is plant based with a high proportion of fruits.
5. Our inability to manufacture vitamin C suggests that in prehistoric times our diet was so high in this essential nutrient that internal manufacture was unnecessary.
6. It is only in the last few thousand years that a fire could be readily created so most of our food in prehistoric times would be uncooked.

**The foregoing analysis strongly suggests that the best diet for us is an uncooked plant diet with a high proportion of fruits.**

*This text is © and taken from "Nutrition and Health", vol.17, pp 269-273.*

### References

1. Lumholtz, C. Unknown Mexico. Vol.1 Charles Scribners Sons, New York, p. 182
2. Morris, D. (1967). The Naked Ape. Transworld Publishers Ltd. London NW10, p.26.
3. Wynne-Tyson, J. (1979). Food for a Future. Centaur Press Ltd. London p.40.
4. Huxley T.H. (1906) Man's Place in Nature. Macmillan and Co .Ltd. New York, p.144.
5. Horne R. The Health Revolution (Fourth Edition). Southwood Press Pty Limited, Marrickville, N.S.W. Australia, p.183
6. Pauling, L. (1976). Vitamin C, the Common Cold and the 'Flu', W.H. Freeman & Co, San Francisco, Chapter 8.

# Advertisements

## B&Bs & ACCOMMODATION

**North Yorkshire Moors** Organic vegan natural foods in peaceful coastal village overlooking Robin Hood's Bay. Close to the best fossil beach in Europe. Non-smoking. Special diets. Children really welcome. B&B from £20, ensuite £22, 4-course dinner £10, packed lunch £5. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

**Brambles** Vegan B&B. Packed lunch and evening meal on request. Regret no pets. Well behaved children welcome. Smoke free. Brochure from: John Anderson, 10 Clarence Road, Shanklin, Isle of Wight PO37 7BH. Tel: 01983 862507. Fax: 01983 862326.

Email: [brambles.vegan@virgin.net](mailto:brambles.vegan@virgin.net)  
Web: [freespace.virgin.net/brambles.vegan](http://freespace.virgin.net/brambles.vegan)

**Lydford, Devon** Room to let for VEGFAM supporters, vegan, non-smoking. The Sanctuary, Lydford, Devon EX20 4AL. Tel: 01822 820203.

**Exmoor** vegetarian and vegan guesthouse. Gourmet meals. Organic food where available. Children and pets welcome. Rescued animals. Exmoor walks. Jane and Cliff Strehlow, Fern Tor, Mesham, South Molton, Devon EX36 4NA. Tel/Fax: 01769 550339. Web: [www.ferntor.co.uk](http://www.ferntor.co.uk). Email: [veg@ferntor.co.uk](mailto:veg@ferntor.co.uk)

**Making Waves Vegan Guesthouse** in picturesque St. Ives, Cornwall. Food 100% animal free, organic. Special diets catered for. Children welcome. Voted best guesthouse 1999/2000. From £21 per night. Tel: 01736 793895. Web: [www.making-waves.co.uk](http://www.making-waves.co.uk)  
Email: [simon@making-waves.co.uk](mailto:simon@making-waves.co.uk)

**Low Cost Holidays** Want to get out of the rat race? Interested in sustainable living? Vegan Organic farm near Snowdonia set in forest clearing near scenic reservoirs. £10 per night. Own room, shared facilities. Extra low rates if you volunteer a little of your time helping out. Details Vic: 01244 819088.

**Small Vegan/Organic Community** in reclusive scenic Pyrenees (France) offers accommodation in rustic homestead and chapel over 250 years old and beautiful home cooking. Contact Bleurette, Douceur et harmonie, 'el Faitg', 66230 Serralongue, France. Phone 00 33 4 68 39 62 56.

Web: [www.douceur-harmonie.org](http://www.douceur-harmonie.org)  
Email [enthousiasme@wanadoo.fr](mailto:enthousiasme@wanadoo.fr)

**B&B** in private vegan house with large garden in pretty little town. Lovely scenery and places of interest. Persons caring for someone with Alzheimers specially welcome. Joan Bryan, River View, Woodside, USK, Gwent NP5 1SZ. Tel 01291 672429.

**Bournemouth Accommodation**  
Occasional, inexpensive accommodation in Pokesdown, Bournemouth. Non-smoking. Tel. 01202 426870.

**Lovely Attic Room** available in house in Leeds 8, to share with one vegan and cat! £45

**Small ads are free to subscribers or cost £2 for insertion in four issues for non-subscribers. Send your ad to: Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.**

per week. Tel: Natalie 0113 248 4044 for details.

## BOOKS

**Vegan Recipe Book by Rachel Henderson** This electronic recipe book contains 100 delicious vegan recipes. It is designed both for vegans and people who have difficulty catering for vegans. Would be an ideal gift for friends and relatives who have trouble thinking of original vegan meals. Tel: 01453 762487.

Web: [www.bowbridgepublishing.com](http://www.bowbridgepublishing.com)

Email: [info@bowbridgepublishing.com](mailto:info@bowbridgepublishing.com)

**New book now available by Dr Gina Shaw** 'Nutrition and Emotions: How to Transform your Life Through Optimum Nutrition'. Price £7.99 including P+P (cheques to be made payable to GLS Publications). Please send orders to GLS Publications, 22 Webber Close, Ogwell, Devon TQ12 6YL.

## CAFÉS & RESTAURANTS

**Wessex Tales** wholefood vegan restaurant. Licenced organic drinks. 20 Ashley Road, Boscombe, Bournemouth (opposite Boscombe bus station & Sovereign Centre car park). Tel: 01202 309869. Lunch: Tuesday – Saturday 11.30 – 2.30. Dinner: Friday & Saturday 7 – 10. Web: [www.geocities.com/vegetarian\\_restaurant](http://www.geocities.com/vegetarian_restaurant)

**Heaven And Earth** Organic Vegetarian cafe and bakery. 37e Robertson Street, Hastings. Tel. 01424 712206.

**Allsorts Psychic Café** Drinks, cakes and a few savouries. Fully veggie, good choice for vegans, soya milk available. 22 Carlton Place, Southampton. Tel: 023 80237561. Web: [www.allsorts-psychic-cafe.com](http://www.allsorts-psychic-cafe.com)

**Good For You!** 23 Firs Parade, Matlock, DE4 3AS. Fully vegetarian cafe + shop + veggie info centre. Tel: 01629 584304.

## CATERING

**Purple Penguin Café: Vegan Organic Catering** have marquee will travel! Catering for specialist diets, cake fanatics and people who love good food... based in the Yorkshire area over Winter (and looking for work) and on the road over the Summer at festis, gatherings and parties... see [www.purplepenguin.org](http://www.purplepenguin.org), or call Emma on 07786 262 864 for more info.

## GENERAL

**The Shellfish Network** works to end the cruelty involved in, and eventually end the slaughter of shellfish for human consumption. Springside, Forest Road, East Horsley, Surrey

KT24 5AZ.

**Meat-Free Cats** Supplements for home made recipes. In use since 1986. Send to Vegecat, The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393.

**Vegan Cat-Collars And Catnip Toys** Non-Leather, Non-Animal Fur. For details, send SAE to: Ann, 4 Green Street, Wollaston, Northants NN29 7RA.

**Amplifaire** A new and most efficient system for heating home and water. Also Amplifaire flue pipe to make AGA or Rayburn more efficient. Send a large SAE (47p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

**Translations** into English from French, German, Italian & Spanish (personal, commercial, legal, technical), over 30 years' experience, big discount for VV readers, no VAT. Patricia Tricker MIL Cert Ed (FE). Tel/Fax 0845 4584714 (BT local rate).

Email: [patricia@p-m-t.freeserve.co.uk](mailto:patricia@p-m-t.freeserve.co.uk)

**Chipke** Natural toiletries. Wide range. Suitable for vegans (with exception of honey soap and lip salve). Products sourced locally or internationally to avoid exploitation of people or environment. Animal testing is unnecessary and unacceptable. Send for brochure to: Chipke, 6 Wyle Cop, Shrewsbury, Shropshire SY1 1UT. Tel 01743 244466.

Email [chipke@hotmail.com](mailto:chipke@hotmail.com)

**Welhealth Fruit Farm (North Wales)** All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anti-consumerist, vegan diggers and have land to create an alternative renewable sharing forest garden community. We are seeking holiday members and full-time members. Tel: Vic 01490 420074 or Tel/txt: Frank 07980 158661.

**Vegetarian Web Designer** Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see [www.vegdesign.com](http://www.vegdesign.com). Tel: 07742 336858. Email: [cathy@vegdesign.com](mailto:cathy@vegdesign.com)

**Nature's Treats** Vegan cakes, pies, slices etc, freshly handmade to order, delivered next day by 1st class mail. Ingredients; Organic Fruits, nuts, seeds and spices. Tel: 023 9261 1607. Email: [chriskennett01@hotmail.com](mailto:chriskennett01@hotmail.com)

## HEALTH

**Yoga & Colonic Retreats** Empowering 5 – 10 day Tropical or UK Courses involving juice fasting & supplementation, yoga & meditation, nutritional talks, personal consultations and a lot of TLC! The safest & cheapest way to gain knowledge, experience & self-reliance in Health. Will undoubtedly change your life! Web: [www.karunaretreats.com](http://www.karunaretreats.com)

**Natural Nutrition And Naturopathy**

**Meat is Self-Inking Rubber Stamps Murder** £7-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE. Also T-shirts printed with Meat is Murder front and back, black on grey. Sizes M or XL £9.

# Advertisements

Reflexology, Metamorphic Technique, Linseed & Hempseed oil. Amanda Wise, P Dip, NN, MCMA. Tel: 01202 885466.

**Maximol** colloidal minerals with vitamins, amino acids and enzymes. Revenol powerful anti-oxidant. Both products suitable for vegans. Independent distributors of Neway products: 01202 426870, also 01443 862067.

**Nutritional Therapy** Improve your quality of life and get to the root of your health problem. Pat Reeves, qualified, registered, and practising Nutritional Medicine. Oakfield Cottage, Bromley Lane, Kingswinford, W Midlands DY6 8JP. Tel: 01384 270270.

Email: pat.reeves@blueyonder.co.uk

Web: www.livingfoods.pwp.blueyonder.co.uk

**Tested on Humans** – works on animals, a drug-free cost-effective approach to easing aches and pains. Bioflow Magnotherapy Collars are pads for dogs, cats, horses. Enhance the quality of your companion's life without any harmful side effects. Ask for a free brochure. Brian 0845 456 2463 'local rate'. Independent distributor of Ecoflow.

**The Natural Living Centre** Ethical implications, Environmental advantages and Health benefits of a Raw vegan lifestyle. Including safe guidance on natural weight control, transitioning to a healthier life style, retarding premature ageing, cessation of common ailments and reversibility of degenerative diseases. For consultations, retreats, talks, courses and demonstrations of alternative Raw food recipes. Contact Chris Kennett, Diploma in Nutrition, sports coaching certificate.

Tel: 023 9261 1607.

Email: chriskennett01@hotmail.com

**Whatever your transition,** Psychospiritual counselling offers powerful and creative ways to facilitate change, reconnect with your true Self, unlock your potential, support yourself to really be who you want to be the most! Free initial consultation. For more information call Gian on 07764 308525 (London)

**Vegan Health and Nutrition Consultant** available for personal consultations in person or by telephone. Short fasts including group retreats, Iridology and emotional healing sessions also available. Contact Dr Gina Shaw on 01626 352765.

Email: DrGinaShaw@aol.com

Web: www.vibrancy.homestead.com/pageone.html

**Microcare Tooth Powder** from Health Connections. Contains no fluoride, Sodium Lauryl Sulfate, saccharin, preservatives, animal ingredients, aspartame, artificial colours or flavours. For free sample, tel: 01892 683439.

**Dissolve Cataracts** with Bright Eyes nutritional eyedrops. Safe, gentle. Also used by doctors. As seen on the Richard and Judy show. Tel: 01892 683439 for details.

**Chinese Yoga** Try something old! Deep breathing stretching and relaxing exercises based on Chinese medicine principles. Excellent for improving posture, breathing, circulation, aches and pains, co-ordination and confidence. These 2000 year old exercises were

designed by Daoist masters to reverse illness and stop the ageing process. Small friendly class meets Thursdays 5.30 – 6.30 pm. St Michael's Church hall, Westgate End, Wakefield. £3 per class. Enquires: Mark Popplewell 01924 462261.

**Chinese Herbal Medicine and Acupuncture** Commonly used for skin disease, respiratory conditions, digestive complaints, irritable bowel, gynaecological problems including infertility, arthritis, headaches, chronic fatigue, anxiety and depression. Mark Popplewell MRCHM, MBAcC is a qualified and insured health professional, vegan for 23 years. Member of the Register of Chinese Herbal Medicine and the British Acupuncture Council. Practising in Dewsbury, West Yorkshire. Enquiries and appointments: 01924 462261.

## PERSONAL

**Vegan Male** 49 non-smoker, seeks female for lasting relationship to share home-making, having children together. Interests include nature, growing food, organic raw food nutrition, the countryside, the environment, books, crafts, walking and running. Age and location immaterial. Box 202, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Vegan Female** attractive lively young 54 seeks male for friendship. Interests include animals, walking, music, reading, the sea, global & local issues. Also welcome any like-minded men or women to meet or write to, Hampshire, any area/any age. Box 204, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Evergreen** for those seeking friends, soulmates, or penfriends. Friendship agency for free-thinking individuals. Interests include vegetarianism. PO Box 147, Waltham Cross, Herts EN7 6BZ. Tel/fax: 01992 632250.

**London-based Gay Guy** vegan/vegetarian, slim, quiet, honest, 50ish; interested in history, buildings, gardens, cinema, cycling & recycling, not spiritual, not interested in "pets", would like to correspond with/maybe meet younger (18-30) similar, in the country. Box 202, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Vegan Gentle Man** (raw food bias) seeks a lady for friendship and relationship. OHAC in the South West. Willing to work at the mutually supportive relationship (B.de Andelis student). Currently involved in promoting veganism and

compassionate lifestyle – helpmate sought. A.L.A. Reply to: Box 102 Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Is there a Like Minded Person?** Are you 100% vegan (A.R.)/100% organic (environment) and dislike cars/TV etc? (prefer a simple lifestyle). Please write me (woman 36) for support anyway. (I'm depressed now). I need like-minded friend(s) to meet, live/write with. More info; vgnwmn@yahoo.co.uk (no, do not have own PC!)

**Brand New Vegan Male (Nottingham)** loves walking, countryside, seaside. Seeking opportunity penpals as new on path. Also females for possible long-term relationship. Non-smoker. ALA. Tom Healy, 19 Baldwin Court, Ilkeston Road, Nottingham NG7 3FZ.

**Aubergine Introductions.** A new dedicated UK introduction service for vegetarians and vegans. Open yourself up to meeting educated, eligible, like-minded people.

www.aubergineintroductions.com

**Jamie Burrell-Corey**, Male, 25, Brampton, Cumbria. jamieburrell\_corey@hotmail.com.

I'm a trainee electrician with a degree in Environmental Biology and would really enjoy the company of someone who doesn't get frustrated with me at meal times. Does such a person exist? I hope so because I'm beginning to feel like I'm on the wrong planet!!

**Vegan male**, 57 N/S 6'1". Sensitive Caring Calm Nature. Enjoy Music Art Travel Animals Reading History Cultures of other countries. Seek Kind Compassionate Female to share Joy & a deep Love For which the soul yearns. ALA Brian Robinson, 117 Somerton Rd, Newport NP19 0JX.

## SHOES

**www.veganline.com** sell vegan shoes online – Freepost LON10506, London, SW14 1YY 0800 458 4442. Their website also has a veg recipe search engine.

**Freerangers** sell animal free footwear. Send for brochure to 9B Marquis Court, Low Prudhoe, Northumberland NE42 6PJ.

Web www.freerangers.co.uk

Tel: 01661 831781. Fax 01661 830317.

**Vegetarian Shoes**, 12 Gardner St, Brighton BN1 1UP. Tel: 01273 691913.

Web: www.vegetarian-shoes.co.uk

**Ethical Wares** sell vegan footwear and clothing. Send SAE for catalogue: Caegwyn, Temple Bar, Felinfach, Ceredigion SA48 7SA. Tel: 01570 471155.

Web: www.ethicalwares.com

**Vegan Shoe Repairs** and large range of vegan shoes. Total Liberation, c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Web: www.lymeleisure.org.uk. Tel: 01297 631133. Also making vegan moccasin slippers. Will shortly make shoes starting with children's.

## Real magazine

Realfood publishes a monthly online vegan magazine, full of news, reviews, recipes, and details of our campaigns. (Food fairs, vegan buddies, NHS menu charts).

To subscribe free for our magazine contact us at news@realfood.org.uk

# What is veganism?

## So What Do Vegans Eat?

There are all the fruits and vegetables of course and there are lots of products that taste like meats and cheeses: vegaburgers, sosalatas, "jerky", "caviars", "Cheatin' chicken" and many more that can help people turn vegan without affecting their taste buds.

Other vegan dishes include: all pastas and noodles that don't have egg in them, rice dishes, beans and lentils, wheat, oats, barley, rye, maize, cous cous and chick peas. Vegan cookbooks are full of tasty recipes to guide you.

There is soya milk, rice milk, oat milk, almond milk, soy yogurts, soy cream and soya ice creams as well as sorbets.

Vegans avoid gelatin. It is made from animal bones, but alternatives can be made from vegetable sources.

## But what do you do for protein?

Protein is everywhere because it is in all living cells, but many foods have a higher concentration of protein. In the East they swear by the nutritious value of rice, in the West of wheat ('bread, the staff of life') or on oats (for the Scots!) or rye. Nutritionists are satisfied that vegans do have a nutritious diet. Beans, lentils and nuts are rich in protein.

## Yes, but what about vitamin B12?

The Vegan Society recommends that vegans eat foods fortified with B12, like yeast extracts, plant milks, breakfast cereals, margarins, soya meat substitutes. But check the ingredients to make sure the ones you use are fortified with B12. Otherwise take a tablet of B12.

## I bet you wear leather shoes!

The Vegan Society was founded on changes in what people eat and that is the basis of defining a vegan, but from the start vegans have wanted to avoid all animal exploitation in their way of life. Nowadays it is reasonably easy to find non-leather footwear and belts. Leather coats and leather furniture, purses, suitcases, etc. should be avoided. Fur coats and trimmings are obviously out, as are silk and wool.

## Any thing else?

Toiletries and cosmetics can have animal ingredients or have been cruelly tested on animals. Vegan alternatives are easily obtainable. The Body Shop became a huge success selling cruelty-free products.

Conventional medicine is often based on cruel animal experiments. Alternatives are herbalism, homeopathy, acupuncture and other ways.

## Vegan organisations

**The Vegan Society** If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 7 Battle Rd, St Leonards-on-Sea, East Sussex TN37 7AA. Tel: 01424 427393. Web: [www.vegansociety.com](http://www.vegansociety.com). The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.



This symbol is the trade mark of The Vegan Society, which it permits to be used on products which fulfil their no animal ingredients, no animal testing criteria. It must not be used without permission.

**VEGA (Vegetarian Economy and Green Agriculture)** Free on-line magazine. Web: [www.vegaresearch.org](http://www.vegaresearch.org)

**The Movement for Compassionate Living** (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal *New Leaves*. Other literature available. SAE for details to MCL, 31 Florence Avenue, Maidenhead, SL6 8SJ. Web: [www.MCLveganway.org.uk](http://www.MCLveganway.org.uk)

**Vegan Organic Trust** encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. Contact Patrick Browne, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. Tel: 0161 248 9224.

Email: [veganorganic@riseup.net](mailto:veganorganic@riseup.net)

Web: [www.veganorganic.net](http://www.veganorganic.net)

**Plants for a Future** Blagdon Cross, Ashwater, Beaworthy, Devon EX21 5DF. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: [www.pfaf.org](http://www.pfaf.org)

**The Plant Milk Trust** was established in 1976 to promote soya milk and other vegan foods, particularly in the areas of research and publicity. It is managed by five devoted honorary trustees. Gifts or legacies are most welcome, and all monies received are totally devoted to the Trust's work, without any administrative expenses. Write for details to Dr G J Buist, 53 Gosden Hill Road, Guildford, Surrey GU4 7JB.

**Vegan Business Connection** wants to hear from individuals as well as companies providing goods and services suitable for vegans. Contact VBC c/o Veggies, 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX. [www.veggies.org.uk/vbc.htm](http://www.veggies.org.uk/vbc.htm)

## Subscribe to Vegan Views!

It is easy to subscribe to Vegan Views. Fill in the form or write a letter. (Remember to include your payment.)

### Subscription rates

When subscribing please state which issue you wish to start from. Cheques etc payable to Vegan Views.

**UK** four issues for £4, or single copy for £1.

Postage is included.

**Europe and surface mail overseas** four issues for £5 including postage.

**Airmail outside Europe** four issues for £7 including postage.

### Subscription renewals

If your subscription is due for renewal, a reminder will be included in this issue.

## Order form!

I have enclosed payment for the following: (Please mark!)

Subscription to Vegan Views from issue no.: ..... and will pay: .....

Back issues cost 50p each or 8 for £3. (Prices include postage within the UK.)

- |   |   |
|---|---|
| <input type="checkbox"/> 101 Interview with Vegan Village | <input type="checkbox"/> 93 Nutritional Supplements |
| <input type="checkbox"/> 100 Vegan Views: The early years | <input type="checkbox"/> 92 Veggie Pride            |
| <input type="checkbox"/> 99 No More Fish                  | <input type="checkbox"/> 89 Feeding the world       |
| <input type="checkbox"/> 98 Food co-ops                   | <input type="checkbox"/> 88 Farming crisis          |
| <input type="checkbox"/> 97 Interview with Steve Walsh    | <input type="checkbox"/> 87 Meat in crisis          |
| <input type="checkbox"/> 96 Interview with Karin Ridgers  | <input type="checkbox"/> 84 Leah Leneman: in memory |
| <input type="checkbox"/> 95 Interview with Liz Cook       | <input type="checkbox"/> 37 Arthur Ling interview   |
| <input type="checkbox"/> 94 Vegan Organic Network         | <input type="checkbox"/> 34 Leah Leneman interview  |

Name: .....

Address: .....

Send form to: Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.

**Be kind to animals!**

(Even if a llama spits in your face...)

# Vegans in your area

## SOUTH

**London Vegan & Vegetarian Families Group** If interested contact Lesley on 020 8861 1233 or email [Lesley@vegan4life.org.uk](mailto:Lesley@vegan4life.org.uk). Also wants to hear from families anywhere wanting to holiday together.

**London Vegans** meet on last Wednesday of the month (except December) 6:30 – 9:30pm at Millman St Community Rooms, Millman St, London WC1. 24 hour info line: 020 89311904. Web: [www.londonvegans.freeserve.co.uk](http://www.londonvegans.freeserve.co.uk)

**London Animal Action** A local animal rights group campaigning against all forms of animal cruelty, e.g. the fur trade, the meat industry, animal experiments and hunting, and for a way of life not based on the exploitation of animals, people or the environment. BM Box 2248, WC1N 3XX. Tel 0845 458 4775.

Web: <http://londonanimalaction.org.uk>

Email: [info@londonanimalaction.org.uk](mailto:info@londonanimalaction.org.uk)

**Vegetarian and Vegan Gay Group (London)** Informal social & campaign group meets in London on the last Sunday of each month and has other events for gay, lesbian, bisexual and transgender vegetarians, vegans, fruitarians and raw foodies and their friends, and those who would like to be. Further details: information line: 020 7713 9063.

Email: [vvgg@freeuk.com](mailto:vvgg@freeuk.com)

Web: [www.vvgg.freeserve.co.uk](http://www.vvgg.freeserve.co.uk)

**www.bedfordvegetarians.co.uk** Local vegetarian and vegan group.

**www.veggiesocials.co.uk** Lively social group covering London and the South East.

**Vegan Essex** meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane).

Web: [www.veganesssex.org.uk](http://www.veganesssex.org.uk)

**Kingston & Richmond Vegetarians** welcome vegans. Send SAE for programme to John, 49 Harrowdene Gdns, Teddington, Middlesex TW11 0DJ.

**Waltham Cross (near Enfield)** Regular Socials. Vegan buffet. Everyone welcome. Tel. Lisa 01992 624079.

**Hertfordshire** Lisa Ceneri would like to have contact with other vegans in her area, especially those with children. 63 Leven Drive, Waltham

**To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. We also put these details on our website. The Vegan Society have their own local contacts – see the Vegan magazine for details, or their website at [www.vegansociety.com](http://www.vegansociety.com) for a list. The Vegetarian Society have affiliated local groups and information centres which often include vegans – see [www.vegsoc.org/network](http://www.vegsoc.org/network) for a list.**

Cross, Herts EN8 8AL. Tel: 01992 426710.

**Harlow** Lian Tyler, the Vegan Society and Vegetarian Society Local Contact for Harlow has compiled an online Vegan guide to Harlow and the surrounding areas. Tel: 07754 166813.

Web: [www.veganharlow.co.uk](http://www.veganharlow.co.uk)

Email: [info@veganharlow.co.uk](mailto:info@veganharlow.co.uk)

**Hastings Animal SHAC** meet every second Tuesday of the month. Phone: 01424 430 425 or e-mail: [sarah@b1066.wanadoo.co.uk](mailto:sarah@b1066.wanadoo.co.uk) to check where/if the meeting will take place.

**Norfolk Vegetarian & Vegan Society** Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609.

Email: [janejohnson@vegfolk.co.uk](mailto:janejohnson@vegfolk.co.uk)

Web: [www.vegfolk.co.uk](http://www.vegfolk.co.uk)

**Solent Vegetarians & Vegans** John Curtis, 31 Cranbury Rd, Eastleigh, Hants SO50 5HB. Tel. 023 80643813. Email: [solentveg@ivu.org](mailto:solentveg@ivu.org)

Web: [www.ivu.org/solentveg](http://www.ivu.org/solentveg)  
**Bournemouth Vegetarians & Vegans** Tel. 01202 555712. Email: [t.west@oneteldsl.net](mailto:t.west@oneteldsl.net)

Web: [www.ivu.org/uklocal/bournemouth](http://www.ivu.org/uklocal/bournemouth)  
**Isle of Wight Vegetarians & Vegans** Tel. 01983 407098. Email: [iow@ivu.org](mailto:iow@ivu.org)

Web: [www.iwvv.org.uk](http://www.iwvv.org.uk)

**Penzance Vegans** social group currently meet each Wednesday, 8pm in the Bath Inn pub (right-hand bar), Cornwall Terrace, Penzance. To confirm details, please call 01736 786473 or email [wilf\\_frith@lineone.net](mailto:wilf_frith@lineone.net)

Web: [www.wiz.to/penzancevegans](http://www.wiz.to/penzancevegans)

**Guildford Vegans & Vegetarians** welcomes vegans to its varied programme of

events (see local groups listings on [www.vegsoc.org/network](http://www.vegsoc.org/network)) for further information or to join the email list ring 01483 425040.

**Thames Valley Vegans & Vegetarians** social events, veggie and vegan support and info, talks and presentations, displays, information stands in the Reading area. Web: [www.makessense.co.uk/tvvv](http://www.makessense.co.uk/tvvv)

## WALES

**Swansea Vegans** meet on third Monday of each month. Details: George Barwick. Tel: 01792 518773

Email: [george.barwick@ntlworld.com](mailto:george.barwick@ntlworld.com)

**Carmarthen Vegetarian Friends** We are nearly all vegans and we meet socially on the first Tuesday of each month at 11.30am at the Waverley Vegetarian Restaurant, Lammas St, Carmarthen. Just come, or to check phone 01267 241547 or [hippocharity@aol.com](mailto:hippocharity@aol.com)

## MIDLANDS

**Nottingham** The Animal Rights Confederation meet on the first Monday of the month from about 7pm, usually at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Social, speaker, snacks. Phone beforehand 0845 458 9595 for details.

Email: [nar@veggies.org.uk](mailto:nar@veggies.org.uk)

**Birmingham Vegetarians & Vegans** c/o 5 Esher Road, Kingstanding, Birmingham B44 9QJ. Tel: 0121 353 2442.

## NORTH

**Sheffield Vegan Society** meet in the upstairs room of the Fat Cat, Alma St, Kelham Island, on the first Wednesday of the month. Business 7:30pm, and then social 9pm. Contact PO Box 537, Rotherham S66 7WW.

Tel: 0114 258 8869.

Web: [www.sheffieldvegansociety.org.uk](http://www.sheffieldvegansociety.org.uk)

**Doncaster & Area Vegans & Vegetarians** meet about once a month for socialising in various ways (e.g. walks, picnics, meals out, yoga). Ring Vivien on 01405 769730.

**East Riding Vegans** meet once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Web: [www.merrydowncontrolware.co.uk/ervegans](http://www.merrydowncontrolware.co.uk/ervegans)

Email: [ervegans@merrydowncontrolware.co.uk](mailto:ervegans@merrydowncontrolware.co.uk)

Tel: 01482 471119.  
**Leeds Vegetarian & Vegan Society** Meet twice a month for various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044 or email [natalie@tharraleos.freeserve.co.uk](mailto:natalie@tharraleos.freeserve.co.uk)

**North Riding Vegetarians & Vegans** Meals, walks, theatre etc. Patricia, tel/fax 0845 458 4714 (BT local rate).

Email: [patricia@p-m-t.freeserve.co.uk](mailto:patricia@p-m-t.freeserve.co.uk)

**Cumbrian Vegans** Are you interested in joining a local group for shared information/support? If you are then please call Mandy on 01900 817038.

## Useful websites

### General

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

[www.btinternet.com/~bury\\_rd](http://www.btinternet.com/~bury_rd) (Vegan News: free on-line magazine)

[www.eco-centric.co.uk](http://www.eco-centric.co.uk) (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)

### Listings of Veggie Restaurants & cafés

[www.happycow.net](http://www.happycow.net) (worldwide)

[www.veg dining.com](http://www.veg dining.com) (worldwide)

[www.veggieheaven.com](http://www.veggieheaven.com) (UK)

### Travel

[www.vegetariansabroad.com](http://www.vegetariansabroad.com)

### Vegan online shopping

[www.isitvegan.info](http://www.isitvegan.info) (vegan foods/drinks)

[www.isitveggie.com](http://www.isitveggie.com) (vegan foods/drinks)

[www.crueltyfreeshop.com](http://www.crueltyfreeshop.com) (run by Dr Hadwen Trust)

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

### Vegan-run business lists

*Artists, accountants, translators...*

[www.veggies.org.uk/vbc.htm](http://www.veggies.org.uk/vbc.htm)

[www.veganvillage.co.uk/services.htm](http://www.veganvillage.co.uk/services.htm)

### Vegetarian information

[www.vegsoc.org](http://www.vegsoc.org) (UK vegetarian Society)

[www.ivu.org](http://www.ivu.org) (International Vegetarian Union)

[www.planetveggie.co.uk](http://www.planetveggie.co.uk) (Planet Veggie)

# Vegans in Poland

Two prominent Polish vegans, Jaroslaw Szmolda and Dorota Ceynowa-Szmolda (Jerry & Dory), spent almost three months in the UK this summer, visiting the National Vegan Festival in London, Viva's HQ in Bristol, an animal sanctuary in Wales, and staying with us at Brynderwen too. Jerry & Dory are active in vegetarian, vegan and animal rights circles in Poland, and they want to help set up an eco-village there as well. I asked them about their experiences, and the development of vegan and vegetarian ideas in Poland (newly admitted to the EU this year).  
*Malcolm Horne*



**Malcolm Horne: What were your reasons for coming to the UK this year?**

**Jerry & Dory:** Mainly to gain some first-hand experience as to how veganism looks in the UK, and whether the number of 3.5 million vegetarians is the result of long tradition, or maybe because of extensive campaigning against animal cruelty in recent years, or due to animal associated diseases like BSE.

In particular we wanted to meet in person and talk to some well-known vegans like Juliet Gellatley, Tony Wardle, and Alex Bourke, possibly to find even more motivation or to gain some new approaches.

One of our aims was to make a review of some British vegetarian or vegan restaurants, especially in London and Brighton.

**When did you become vegan, what was it that persuaded you?**

We became vegans over a year ago, although Dory had been a vegetarian for 17 years and I had been for 6 years. Reason? Our conscious minds seemed to finally understand the message from our empathical levels. Our children (8 and 12), always vegetarians, are now vegans as well.

**So how is vegetarianism and veganism developing in Poland? Does Poland have any kind of vegetarian tradition?**

It's developing quickly. It's the same as in Britain – in Poland you can find some people born vegetarian who are in their 40s or 60s, and there was a national Vegetarian Association before WWII. Some eminent Polish professors like Henryk Skolimowski (founder of Ecophilosophy) or Maria Grodecka (author of numerous books on vegetarianism) have influenced millions of minds. However, the fastest growth of vegetarianism has taken place in the last 12 years, since the first vegetarian restaurant opened.

Before long we will have the first ever Polish Vegan Society – we've attended meetings discussing this new group, and hope to see it start soon. There are probably 20-30,000 vegans in Poland right now.

**Are most vegans and vegetarians in**

**Poland relatively young?**

Definitely yes. Most vegetarians are between 18 and 35 years old. We've been surprised to meet so many older vegans and vegetarians in Britain, you don't see that many in Poland.

**How easy is it to buy vegan food? Are there vegetarian restaurants and guest houses?**

At present almost every city dweller in Poland has heard of Green Way restaurants – a chain of 19 vegetarian restaurants in Poland and also one in Vienna. To no surprise, about 70% of customers are meat-eaters, which shows how the popularity of vegetarian cuisine is growing. The owner and franchiser, Marek Chudzik, is now creating a similar chain, but this time of vegetarian Green Way Markets (each one approximately half of an average Iceland store in size), and he is opening the newest one in Berlin on 5th September 2004. Currently, there are also three Polish manufacturers of vegetarian/vegan convenience foods, and you can buy Alpro soya products in supermarkets as well. The demand for vegetarian foods is still increasing, with the estimated number of vegetarians in Poland hovering around one million at present (out of 41 million national population).

Of course the range of available products is much more limited than in Britain – you can only get two types of soya milk for example. We can't buy chocolate soya milk, and this is a real drawback of living in Poland!

But so far there are almost no vegetarian guesthouses in Poland, however lots of them offer vegan or vegetarian meals as an option.

**What about animal rights and welfare?**

Right now it's a serious movement in Poland, exerting strong pressure on both legislative bodies, and the meat industry as well. One of the most recent campaigns is directed against Smithfield Foods in our country – they are the biggest meat producing company in the world.

Among the most active organizations are Empatia (Empathy in English), Gaja (Gaia) and the Polish Viva! Thanks to Viva's activism over the last three years the number of horses transported every year to Italian abattoirs decreased from 100 to 35 thousand. Unfortunately Italian

investment recently led to the building of slaughterhouses in Poland mainly for horses.

**What are your plans for an eco-village in Poland? And is there an environmental movement in your country?**

There's a really strong call to create a place which could function as a 'working example' of self-sustainable living, without further degradation of the Earth and cruelty to animals. This eco-village, having at its foundation veganism and vegetarianism, is to be a joint design of people engaged in ecology, animal rights issues, organic farming, etc. – serving as an educational center (like CAT, the Centre for Alternative Technology in Wales), as well as a regular village for residents and visitors (intentionally similar to Findhorn in Scotland).

The Polish environmental movement consists of hundreds of regional environmental centres, which deal generally with 'mainstream' ecology, often government subsidised, and then fortunately a dozen 'real' ones fiercely opposing the everlasting expansion of industry, and placing vegetarianism as one of the most vital solutions for the survival of the Earth.

**What do you think are the most important factors in spreading vegetarian concepts?**

Spreading the message from every possible level of human existence or activity. Business and education are the first things to start from, for if we want to convince people of the very necessity of becoming a vegetarian or vegan we need to educate them about the environmental benefits of it, as well as provide them with the very basis for their survival. Our approach as an educational organization is to highlight the necessity of combining issues of ecology, veganism and animal rights into one survival science.

Our motto is: EVOLUTION THROUGH EMPATHY AND UNDERSTANDING.

*Jerry & Dory and their children are currently living near Gdansk on the north coast of Poland. They have a website [www.greenangels.org](http://www.greenangels.org) (in Polish), with a new one [www.veganeearth.org](http://www.veganeearth.org) (in English) starting soon.*