

Vegan Views

A Forum for Vegan Opinion

No. 111

Spring/Summer 2007

£1



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notices



Animal groups

Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: www.viva.org.uk. Publishes the magazine Viva!Life quarterly. They are very animal oriented and are good for teenagers and young people.

Animal Aid. Web: www.animalaid.org.uk.

PETA. Web: www.peta-online.org.

Veggies Directory also known as the Animals Contact Directory aims to encourage mutual support and communications between the many groups and individuals working for animal rights and welfare, as well as those working to protect the environment. Provides a means of groups to make contact and co-ordinate their work. See www.veggies.org.uk/acd.

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*AT*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.

Highfield Animal Sanctuary near Bromsgrove, West Midlands, has 300 mouths to feed. Owner desperately needs help, practical and financial. Please Contact Lyn on 0121 445 3828 or visit www.hillfield-sanctuary.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., 21 Hylton Street, Hockley, Birmingham. B18 6HJ.

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 8481 7239. Email: Lesley*AT*veg4life.org.uk.

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.

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) - 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 17)

Arkangel An animal liberation magazine. £10 for 4 issues inc. p&p. Arkangel, BCM 9240, London WC1N 3XX. info*AT*arkangelweb.org.

Viva!Life published by Viva! www.viva.org.uk.

The Welsh Vegan is a quarterly magazine in Welsh and English. Annual subscription £4.50

from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

Growing Green International is published by Vegan Organic Network. See page 17. Web: www.veganorganic.net.

The Green Queen Twice yearly lesbian, gay, bisexual, vegan & veggie mag. K Bell, Green Queen, PO Box BM 5700 London WC1N 3XX.

New Leaves is published by Movement for Compassionate Living. See page 17. Web: www.MCLveganway.org.uk.

Vegan Voice Quarterly Australian magazine. Promotes a non-violent way of living beneficial to the planet, all animals and human health. Credit card facilities available, approx £18 for 4 issues (ie 1 year) PO Box 30, Nimbin, NSW2480, Australia/NSW2480 Australia. Web: <http://veganic.net>.

Realfood Campaigns Available by subscription of £8 for 6 editions. Contact Realfood, PO Box 339, Wolverhampton WV10 7BZ. Web: www.realfood.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. Web: www.woodlandproject.org.uk.

Religion + spiritual

A friendly network of vegetarians and vegans committed to faith in Jesus Christ. Membership is £5 per annum. Kindness Unlimited, 55 Long Street, Wigston, Leicestershire, LE18 2AJ. Email: love2abba*AT*yahoo.co.uk

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.

Mobile 07742-601166. PO Box 7770, Loughborough, Leics. LE11 3XY

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, 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. Tel: 0113 262 4408. Web: www.footprinters.co.uk.

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

Community Print Resources (CPR) CPR is a collectively managed print workshop and resource centre for Nottingham's campaign community sponsored by Veggies Catering' See: www.veggies.org.uk/cpr.

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. www.vcac.vegfolk.co.uk. **The Vegan Runners Group** has vests and shorts available (black with green band, name on both sides). Join VC&AC e-mail list. Independent of VC&AC at present but affiliated to the sport's governing bodies. www.veganrunners.makessense.co.uk.

Vegan communities

Tolstoyan Community Espouses Anarchism, Pacifism and Veganism. 59 Chapel Road, Ramsgate, Kent CT11 OBS.

Vegan shops

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

Unicorn Grocery, 89 Albion Rd, Chorlton, Manchester, M21 0BN. Tel 0161 8610010. Web: www.unicorn-grocery.co.uk.

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

Sound Bites, 11 Morledge, Derby, DE1 2AW. 01332 291369. Wholefoods, eco cleaning products (discounted refills available when you bring back your empties), locally grown organic veg, mini-café and deli. Free online quarterly magazine. www.soundbitesderby.org.uk.

Website design/hosting

Local Veggie Web (LVW) lets you create and host your own veggie campaigning website, is free to use, requires no web design knowledge and requires no software installation. Free technical support provided. Details: www.lvw.makessense.co.uk.

Subscribe to Vegan Views

Send your name + address + payment to: *Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.*

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.

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

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Please share your news and your ideas with us. Drawings, book reviews and recipes also welcome.

Vegan Views

Editor

Harry Mather

Web site

John Curtis

Front cover picture

"Vegan Market" by Ruth Lewis. Ruth says: *wouldn't it be lovely if there could be a vegan organic market, without the nasties.*

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Please note change of email address

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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.

We love to hear from you - letters, articles, recipes or drawings.

From the editor...

Global Warming

Global Warming is, quite rightly, coming increasingly to the fore. Climate change is becoming visible with the melting of glaciers and ice caps and with warmer winters and hotter summers at home. Rising water levels will inevitably lead to the flooding of cities near the sea. Low lying lands will be threatened, such as the areas at the mouth of the Ganges. Nearer home London is finding the Thames barrier more and more coming into use to protect against rising levels of the tide. These areas close to sea level are highly populated. Serious flooding will lead to massive migration of populations fleeing to safer grounds and depending on food aid.

In the Arctic Circle, the permafrost is melting and releasing methane into the atmosphere and that is 23 times more dangerous than carbon dioxide.

Hotter summers may be welcome to many of us, but they will favour the more virulent bites of insects we associate with hotter climates.

Going vegan will create more land for growing crops for biomass energy and biofuel plants to produce ethanol that will in part replace the fossil fuels used in petroleum. Planting more fruit and nut trees will help to soak up carbon. Fewer ruminant animals will reduce methane emissions, which are twenty three times more dangerous for the greenhouse effect than carbon dioxide.

With an explosion of the human population it becomes more and more important to reduce

the numbers of our farm animals, that use far more land and grain in producing food for us, than if we ate grains direct. With emergent nations such as China and India expecting to achieve the wasteful lifestyle of the rich nations, the threat of Global Warming of the whole planet becomes more acute.

Farm animals also use enormous quantities of water and we must realise that the shortage of water is as threatening to human survival as is global warming.

Some thirty years ago Laurence Hills, founder of the Henry Doubleday Research Association (now better known as Garden Organic) waxed lyrical about growing superwillows that could grow rapidly and be coppiced for use as biofuel. His wife Cherry Hills wrote a book on building compost digesters that would extract the methane for generating power. We seem to have wasted so many years before waking up to the potential of developing alternatives to our present wasteful lifestyles.

Going and staying vegans has never been more important. It is the only way I have heard of that will have an immediate and direct effect on global warming. It is also cost free (in fact a saving for the individual and the economy). It will also be a health benefit and reduce the cost to the Health Service.

Veganism really makes sense in so many ways.

By Harry Mather

Events

Sunday 27 May - Ludlow Green Fair Castle Square, Ludlow 10-4.

2nd June - First ever Veggie Fair in Sweden **Stockholm, Sweden.** Valhallavägen 148. E mail info*AT*djurrattsalliansen.org. More info: www.vegomassan.org

9th & 10th June - Bristol Vegan Fayre Amphitheatre and Waterfront Square (Central Bristol). www.bristolveganfayre.co.uk. This year it will be a two-day event, opening 11am-8pm Saturday, and 11am-6pm Sunday. Admission £3 each day. Under12s and OAPs free admission.

Saturday 30 June - The Incredible Veggie Show. 10-5.30. Lawrence Hall and Conference Centre, Royal Horticultural Halls, London. from 10am to 5.30pm. Admission is £2, with free entry for under 16s

Sunday 22 July - Garden Visit from 1pm to vegan organic garden run by Graham Cole: Contact Graham or Diana Cole, Coach House Holywell, Swanmore, Southampton SO32 2QE phone 01489 896471. Email

veganrainbows*AT*tiscali.co.uk

4th to 18th August - Vegan Camp. Come for all or part of that period. Camping Field at Hafan Y Coed, Hoel Tawe, Ystradgynlais, by Neath and Swansea. SA9 1TJ. Contact (Not the site): Gordon Forrest, 9 Seymour Street, NorthShields NE29 6SN. www.veggies.org.uk/vegancamp. Email gforrest*AT*tiscali.co.uk

19th August - London Vegan Festival. Kensington Town Hall., Hornton Street, London W8. 10am - 8pm, admission £1. www.vegancampaigns.org.uk/festival.

Speakers and workshops, stalls, healing area, musicians, vegan makeovers, childrens' activities, nutrition information, delicious vegan caterers.

30th September - 6th October - 11th International Vegan Festival Mundeshwar, Kamatka, India. www.ivu.org/veganfest/index.html

The popular Farm Walks will start again at Pilling, Lancs. Contact VON (Vegan Organic Network) for details. 120Hwww.veganorgnic.net

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

BOOKS



Youth Market

by Barry Tighe. Available in UK from: www.amazon.co.uk. Available in USA from: www.amazon.com.

The author of this book is concerned about the treatment of battery chickens and has brought out a novel on the subject: Youth Market which he boldly titles as Volume One of The Spawater Chronicles.

'Youth Market' he describes as follows:

Which is worse? the barbaric treatment of battery chickens, or bad television?

Jady is unhappy with television being 'dumbed down'. He decides to dumb it down even more so that it will get so bad that people will stop watching.

This will force the programme makers to go up market in order to get viewers back. How can it fail?

Joanna, Jady's partner, believes that factory farms are cruel and starts up a local 'pirate' internet television station, secretly funded by the corporate advertisers in a 'deal with the devil'. She and her friends arrange a live televised debate between a local chicken factory farmer and the opposition, with unexpected results....

Further details can be found on:

<http://canwritewillwrite.com.htm> (for UK) and

<http://canwritewillwrite.com/shopus.htm> in US

How to Successfully Become a Vegetarian

by Rudi Hadisentosa.

Is meant to be distributed for non-profit causes

The book is free to download. www.veggie123.com

The Flock

by James Robert Smith. Published by 5 star books

The book deals with issues of environment and pollution and portrays animals as individuals rather than automata.

James Robert Smith, Matthew, NC, USA

Vegan Italiano

by Donna Klein ISBN 157788 4943 £11-99. Published by Home (of the Penguin Group)

The Cause

by Jane Mann. Vinca Press ISBN 0 9459093 0 5 £8-99 inc postage UK.

Ring credit card hotline 01524 68765

Email: sales*AT*gazellebooks.co.uk

The Cause is a graphic tale of dedication set in the undercover world of the animal rights movement.

Other Books of Interest

Animal-Free Shopper 7th Edition (2005) £4-99. ISBN 0907337287. Published by The Vegan Society. *A UK shopping guide to vegan products - both food and non-food.*

Plant Based Nutrition and Health by Steven Walsh. £7-95. ISBN 0907337260. Published by The Vegan Society. *Up-to-date and well researched, covering the health advantages of the vegan diet, as well as the pitfalls and how to avoid them. Clear advice given on vitamins B12 and D, and on Iron, Calcium, Zinc, Iodine and Selenium. Also, advice on getting omega 3 fatty acids from non-fish foods.*

Feeding Your Vegan Infant - with Confidence by Sandra Hood. £9.99. ISBN 0907337295. Published by The Vegan Society. *Good infant nutritional advice from Sandra Hood, a state registered dietician.*

The Vegan Passport £3.99. ISBN 0907337309. Published by The Vegan Society. *A pocket Guide in 56 languages explaining what vegans eat and do not eat.*

Growing Green - Techniques for a Sustainable Future by Jenny Hall and Iain Tolhurst. £18.99. ISBN 095522508. Published by The Vegan Organic Network (available from October Books). *Growing fruit and veg without animal manures, blood fish & bone, etc.*

Vegetarian Guides publishes a number of useful restaurant + B&B/Hotel guides: Vegetarian Britain 2006, Vegetarian London 2005, Vegetarian Europe, Vegetarian France. Details: www.vegetarianguides.co.uk.

Vegetarian Visitor 2007 annually updated guide to places offering hospitality to the vegetarian and vegan traveller and holidaymaker. £2-50 (post free) from Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, St. Paul's Cray, Kent BR5 3HZ

CPL Bookshop has a Newsletter available: http://www.cplbookshop.com/news/2006_autumn_news.htm

They have considerably expanded the range of publications and number of publishers available through the bookshop, while at the same time making significant changes behind the scenes and ensure the highest quality of service in a secure environment. The Newsletter includes: an introduction to CPL Press, details of main activities. Information on recent additions

E-mail katy*AT*cplbookshop.com or jim*AT*cplpress.com

Telephone 1635 292 443

Update From Pat Reeves:

Hi Everyone.

So pleased I'm still around to write to you all. Since becoming world champion in November 2006, my cancer situation worsened dramatically over Christmas, placing me yet again on life support for three weeks. In German clinic for several weeks I finally got to grips with my health scenario and began to improve. Back in UK since January, I have continued to recover sufficiently to compete in February and March for both my powerlifting Associations. I am thus hopefully expecting to compete at the European event in Zurich on 29th April and again at the British event on May 5th. The closeness of these competitions is somewhat daunting - though I have managed it previously

Unfortunately, my latest check-ups last week are not looking so good. However, our Lord obviously has further work for me to do on planet Earth and subsequently grants some life continuance, for which I am obviously very grateful. I acknowledge I am on borrowed time at present.

I'm ecstatic at becoming a grandmother - my youngest son and wife produced an amazing little boy last month.

I hosted yet another living food day late February with maximum capacity. These days just go from strength to strength. I'm doing all I can to produce more, though my patient work/health/competitive schedule obviously does limit these amazing events. Earlier this month I was privileged to speak at Birmingham based Veggie/vegan group on the subject of living foods. Lots of people in attendance and some great feed back for event and myself.

Vegetalia goes from strength to strength (please see my website for information) since I last informed you all of its fantastic vegan products. I hope that everyone who has purchased has been pleased with the quality and variety.

More and more of my patients are eating less, or nil animal products - which is great both for their health and for our environment. Message IS obviously getting through to concerned UK citizens.

Always remember that we are the result of what we think, eat and drink and thus shape our own future and health perspective. I know that, personally, I'd rather be the poorest person alive than the richest one in the cemetery.

Love to all readers, fellow health and environmentalists.

Love, Light and Peace,

Pat.

Contact: www.foodalive.org
email: pat*AT*foodalive.org
Telephone 01384 270270.

**One man's meat
is another man's
starvation**

octoberbooks

243 Portswood Road, Southampton SO17 2NG. Tel 023 8058 1030.
 Web www.octoberbooks.org/veg. Email info*AT*octoberbooks.org

Eating Out/Travel

Vegetarian Britain 2006 by Alex Bourke. **£9.95.** A guide to UK veggie/vegan/vegan-friendly cafés/restaurants/B&Bs/guest house/hotels.
Vegetarian London 2005 by Alex Bourke. **£6.95.** 100 vegetarian and vegan restaurants. Also, health food stores and veggie-friendly hotels, guest houses and hostels.
Vegetarian Europe by Alex Bourke. **£9.99.** 300 city centre vegetarian and vegan restaurants in Europe's top 40 destinations.
Vegetarian Visitor 2007 by Annemarie Weitzel **£2.50**

Raw Food

Eat More Raw by Steve Charter. **£12.95**

Vegan Society Books



Animal-Free Shopper 7th edition. **£4.99.**

Plant Based Nutrition and Health by Stephen Walsh. **£7.95.** Up-to-date and well researched, covering the health advantages of the vegan diet, as well as the pitfalls and how to avoid them. Clear advice given on vitamins B12 and D, and on Iron, Calcium, Zinc, Iodine and Selenium. Also, advice on getting omega 3 fatty acids from non-fish foods.

Fiction Books for Children/Teenagers

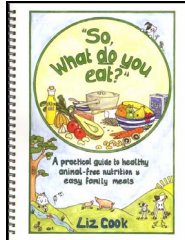
These books are written/co-written by Mary Brady of the excellent vegan campaign group *Realfood* (www.realfood.org.uk).

Under the Stairs by Mary Brady. **£4.99.** Aimed at Teenagers but popular with adults too. Deals with all aspects of animal rights, from veganism and anti-vivisection to zoos. Draws the parallel between abuse of animals and humans, but is also positive, showing a compassionate and cruelty free lifestyle.

The Umpteenth Dalmatian by Mary Brady and Steve Hutton. **£2.99.** Aimed at young children. The story of a Dalmatian puppy, who is very scared when someone buys her from the farmer, but is later reunited with her mum in this heart-warming book. Beautifully illustrated by Steve Hutton.

Tiger Fruit by Mary Brady and Steve Hutton. **£2.50.** A tiger lives in the heart of the forest, but at times his world edges onto human territory. What happens when human and animal worlds collide? How can children save a tiger? A sympathetic look at the life of a tiger, this story surprises the reader with the courage of some humans against the inhumanity of others.

Vegan Cookbooks



So, What Do You Eat? by Liz Cook. **£12.95.** Spiral-bound so it stays open at the right page. Wipe-clean pages, making it a highly practical design for the kitchen. The recipes include vegan versions of conventional meals like shepherd's pie, pasties, pizza, pancakes and cakes.

Vegan Feasts by Rose Elliot. **£8.99.** Rose has been writing vegetarian cookery books since 1967. This book has a good range of recipes, varying from simple to sophisticated.

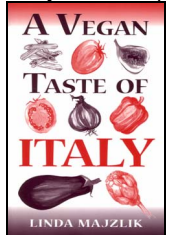
Vegan Permaculture

Permaculture - A Beginner's Guide by Graham Burnett. **£5.00.** A guide on the principles of sustainability and working with rather than against nature on your land. Graham Burnett is a vegan permaculturist.

Well Fed Not An Animal Dead by Graham Burnett. **£3.50.** A guide to the wider implications of veganism, including recipes and cookery guidelines, growing your own vegan organic food, food for free, vegan mothers and infants, and making your own alcohol!

Vegan Cookbooks by Linda Majzlik

These books have often been reviewed in, and have been the source of many of the recipes in Vegan Views magazine. We stock the full series.



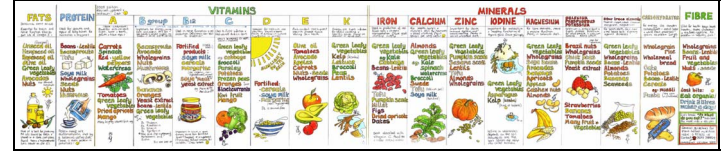
A Vegan Taste of Central America **£5.99.** **A Vegan Taste of East Africa** **£5.99.** **A Vegan Taste of Eastern Europe** **£5.99.** **A Vegan Taste of France** **£5.99.** **A Vegan Taste of Greece** **£5.99.** **A Vegan Taste of India** **£5.99.** **A Vegan Taste of Italy** **£5.99.** **A Vegan Taste of Mexico** **£5.99.** **A Vegan Taste of North Africa** **£5.99.** **A Vegan Taste of Thailand** **£5.99.** **A Vegan Taste of the Caribbean** **£5.99.** **A Vegan Taste of the Middle East** **£5.99.** **Vegan Baking** **£5.99.** **Vegan Barbecues and Buffets** **£5.99.** **Vegan Dinner Parties** **£5.99.**

Books published by Harry Mather

Looking for a Green World by Harry Mather. **£2.50.** Self published by Harry in 1983, it covers ecology, animal rights, unemployment, the green movement, war and disarmament.

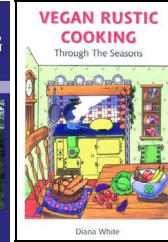
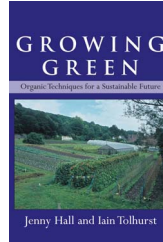
Sunshine and Shadow: an Autobiography by Wilfred Crone. **£7.50.** Wilfred was a fruitarian and published many articles in *Vegan Views* magazine. He also wrote down many of his stories, and they were discovered after he died. Harry Mather put this book together from them.

Wall Charts *Extremely popular and colourful wall charts by Liz Cook. The Vegan Nutrition Chart is shown below (88 x 18.5cm).*



Vegan Nutrition **£3.25.** **Yoga** **£3.25.** **Women's Healing Herbs** **£3.25.** **Natural Cleaning Solutions (NB: vertical format)** **£3.25.**

Books by the Vegan Organic Network (+ supporters)



Growing Green - Organic Techniques for a Sustainable Future by Jenny Hall & Iain Tolhurst. **£18.99.** Growing fruit and veg without animal manures, blood fish & bone, etc.

Vegan Rustic Cooking for All Seasons by Diana White **£9.95.** New edition with 50 exciting new recipes added. Diana is an active member of the Vegan Organic Network.

About October Books

We are a not-for-profit co-operative bookshop in Southampton, selling general and radical books. We also sell a range of specialist books by mail order, which allows people to avoid using big companies like Amazon. Most mail-order book companies use new packaging materials, which is environmentally wasteful. **We instead re-use used packaging materials** (e.g. cardboard boxes, jiffy bags, bubble wrap that were used for packaging for the books we receive from publishers and distributors) for your order. We will not pass any of your details on to any other company/organisation.

Ordering and Payment You can pay by cheque/PO (UK currency only please) or by credit/debit card. All prices include VAT where applicable.

Delivery charge UK orders under £35: add £2 for delivery. UK orders of £35 or more: free delivery. Overseas orders: please contact us for delivery charge. There's no delivery charge if you collect your books from our shop.

Delivery time We try to keep everything in stock, so normally post your order within a few working days of receiving it. After we post it, Royal Mail normally take one to three working days to deliver it. If any items go out-of-stock, your order will take longer, so please allow up to 18 days. For urgent orders, please phone/email us first so we can check stock.

Updates We regularly update our downloadable vegan mail-order book catalogue on our website - see www.octoberbooks.org/veg

ORDER FORM

Send this completed order form to October Books, 243 Portswood Road, Southampton SO17 2NG. Alternatively, if you're paying by credit/debit card, you can phone your order to us on 023 8058 1030 (9am-6pm Mon-Sat).

1) YOUR ORDER...

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| UK delivery is £2 for sub-total under £35, or free for £35 or more. Contact us for overseas delivery rates. | | Sub-total |
| | | Delivery charge |
| | | Total enclosed |

2) DELIVERY ADDRESS + CONTACT DETAILS...

Name

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Post code Email

Tel (daytime) Tel (evening)

3) PAYMENT...

Either Make cheque/PO (UK currency only) payable to 'October Books'
Or Please debit my Visa/Mastercard/Switch/Solo card (**delete as appropriate**)

Your name (as written on card)

Card number

Start date **Expiry date**

Issue number (Switch/Solo cards only)

Is the card billed to the delivery address? yes/no

Signature

Man of Passion

If you were to enter the EARTH FOODS shop in the Southbourne area of Bournemouth in Dorset you would believe you had found Aladdin's Cave. It is not a big shop but it manages to fit in an amazing range of healthy wholefoods, mostly vegan.

Organic fruit and vegetables, grains, flours, dried fruits, nuts, seaweeds, drinks, toiletries, skin creams, essential oils, Weleda homeopathic remedies and much, much more. You may even be tempted to buy Quinoa Popcorn, Spelt Crispy Flakes or Wild Nettle Cordial or even Goji. Sometimes there is home cooked food, such as pasties available.

You may well find there the owner, Carl Hardman, explaining to a customer what foods or natural remedies will help them maintain optimum health and restore them to a healthy condition.

Carl's path to an understanding of life's physical and spiritual rules was gradual and started from an early age when he refused to eat anything that had the shape of an animal, such as a chicken or a fish. He grew up in an ordinary low-wage meat-eating family and grew up with a good physique. At the age of 15 he competed as a gymnast at the Royal Albert Hall in London and was ranked 5th in Britain.

Australia

At that time, Australian agents were roaming the UK for fit young athletes and promised to train them so that they could compete in the Olympic Games. He accepted this promising offer, not suspecting, as he believes now, that they could be deceiving them into being cannon fodder for the Vietnam War in which Australia was engaged with the US forces.

He found himself working in the bush, clearing scrub and laying rabbit-proof fencing; tough work, but he enjoyed it. Life in general was harsh there and he learned to respect the depth of knowledge of the Aboriginals and their ability to adapt to the difficult environment. Westerners, for all their supposed superiority, could easily be lost there. For instance an English couple whose car broke down crossing the desert of the Nullarbor Plain died of dehydration in the shade of a tree. They had not had the sense to dig below the tree where there was obviously water, nor even to drink the water from the car's radiator.

Carl respected the need of the Aboriginals to eat animals in order to survive in the limits of their environment. The same applies to the Inuits and others who live in the harsh environment of polar regions. But he points out that we in temperate regions are privileged in that we have an abundance of available foods and have no need to take the lives of animals for consumption.

After about two years working in the Australian Bush, he was served with papers calling him up to the Army for the war in



Vietnam - so did the other immigrants he worked with. He suspected that that was the reason he, as a fit young man without special skills, had been lured to Australia. Around this time, he went to a concert by Bob Dylan who was touring there and singing his persuasive anti-war songs. Carl was impressed especially by the song 'Masters of War' and decided to escape back to Britain. From New South Wales he hitch hiked across the Nullarbor desert to Perth in Western Australia in which he sailed to India.

India

In India he got a job to sustain a living. He was sent to Rajasthan where there was a tragic famine. His job was to drive a truck and pick up corpses for young doctors who would then dissect them. The young Western medicos mostly from the USA lived a comfortable life despite the famine around them, with spacious tents adequately air-conditioned, good food and cool beer from fridges. Dissecting corpses was good training practice. They were quite indifferent to the misery and suffering all around them.

He found he was feeding to animals grains that had come from a famine area

Back in Britain

After the number of weeks he had been contracted for, he hitch-hiked back to Britain. From the moment he landed at Dover he seemed to link up with farmers and aristocrats. So he was eventually working on an organic farm in Dorset owned by Lord Normanton. He would pick up sacks of feedstock from Southampton Docks and pour it slowly into the cattle troughs on the farm. The feed was a mixture of grains with molasses. After only a few days, he happened to look at a label inside the sack. It said "suitable for humans and animals, produce of...." He could scarcely

believe what he was seeing as he read the name of a region close to where he had seen so many people dying from lack of food and here was food fit for human consumption being shipped away to a far country and being fed to animals. His passion erupted. He categorically refused to continue feeding this grain to the cattle. Lord Normanton was called with his lady and they agreed with him. He did not stay there long because the wages were low and he then started working for a landowner who farmed a huge acreage that he controlled from a helicopter, quite oblivious of the panic he caused to the cattle when he landed his machine.

Wholefoods

Back in his home town of Leicester, Carl was selling wholefoods at a market stall when someone suggested that he would find good business from the students at the local university. This was the 1980s when students were liberal-minded and open to new ideas. Many medical students who were looking to explore new ideas found they were mostly being brainwashed into supplying the drugs the pharmaceutical companies were energetically peddling. It was also a time when the victims of the drug Thalidomide (that their mothers had unfortunately taken during pregnancy) were growing up and some were at the University. Obviously they were more interested in organic foods than in drugs. A friendly Professor allowed Carl to attend courses at the University, where he gained much knowledge of such subjects as microbiology (whilst his brother kept up the stall).

Eventually, Carl found his present shop in Bournemouth which was called Earthfoods; then selling a smallish range of grains and dried fruit and not really profitable. Soon he had expanded the availability of wares and opened at least two branches - both of which have since closed. His brother, by the way, died suddenly after a meal in a Chinese restaurant that contained monosodium glutamate - another sad lesson for Carl.

Animal Rights

In his gradual involvement in Animal Rights, Carl was also involved in some animal rights activities. He helped Hunt Saboteurs lay trails that would give false scents to the dogs in the otter hunt. The huntsmen were amazed when their hounds moved away from the river and up to the spot where Carl and his friends were hiding. There seems to have been no real animosity and they all ended with passionate arguments and counter-arguments in the local pub.

Other adventures, however, had more serious consequences. He took part in a raid on an enterprise that fattened up the livers of geese for Foie Gras (Fat Liver) Pâtés in France and spent a night in jail before being released without charge. The authorities obviously wished to avoid bad publicity. He was also involved in a protest in Bulgaria. A group had gone out there in the days of totalitarian regimes to protest about conditions in which animals were raised in collective farms. They found cattle full of sores and released them into the wild, but were themselves locked in. They escaped by using their bolt-cutters but the army had been called on to pursue them and they were caught again. But they were released again with a caution, after an uncomfortable night in jail. The authorities obviously wanted to avoid any publicity.

Promoting Health

Although he strongly believes in the principles of veganism, Carl is not strictly vegan and will accept a cup of coffee with cow's milk if this avoids arguments with someone who would not really understand or be offended by his stance. He prefers to direct his energies into health promotion and to countering false arguments by the medical profession with regard especially to the drugs they administer and of which they must know the harm these can do to their patients.

Carl knows most of his customers by name and treats them as friends. He radiates goodwill and good health. Life is a vibration and you can feel the vibration in his shop. Although concerned about the way animals are treated in modern society, he is still more appalled at the way people are misinformed and mistreated by conventional medical authorities. There lies his passion and dedication. He needs to have time for relaxation and recharging his batteries with spiritual contemplation or physical activity such as working on his allotment.

The pharmaceutical companies take extracts from remedies many of which have been efficacious as herbal remedies for ages past. They take what they think is the effective chemical and administer that to patients. However, the natural plant contains many other ingredients which are essential for the healing process and these other ingredients have 'side effects' which prove to be beneficial to the human body. Medical drugs on the contrary have side effects which can do considerable harm.

Carl also travels to East Asia now and again to work with healers there and also to learn from them.....but that would need another article.

H. Mather.

COWS' MILK

How They Treat It

Cow's milk is collected from the farm by a tanker and taken for processing. It is tested for suitability and cooled at a temperature of 6 degrees Celsius or below.

It is heat-treated to eliminate any bacteria and increase the shelf-life, this process includes pasteurisation, or Ultra-high-temperature (UHT) or another form of sterilisation. Most of the milk sold in UK is pasteurised.

A large centrifuge of 7,000 rotations per minute separates out the cream leaving skimmed milk. Standardised forms of milk are then produced: whole milk contains 3.5-5% fat; semi-skimmed milk is 1.7% fat and skimmed milk is 0.1 % fat. Any cream left over is used for ice cream or butter. Normal practice is to Homogenise the milk to create a smoother texture. The cream no longer rises to the top of the bottle.

The milk is then heated again to around 72 degrees, then immediately cooled and stored till packaging and delivering to shops.

What Else Is In Cows' Milk?

Hormone and growth factors. An extensive review by Pennsylvania University of some known bioactive hormones and growth factors found in a typical glass of milk in the US found pituitary hormones, steroid hormones, gastrointestinal peptides, 11 growth factors and other biologically active compounds (Endocr Rev 1993; 14:17 710-28)

Pus cells

Cows respond to infection by generating white blood cells. These, together with cellular debris and dead tissue make up pus which are excreted into the milk. Regulations permit milk to be sold which contains up to 400 million pus cells per litre

Anti-biotics

Maintaining the health of the modern cow involves treating them with anti-biotics, traces of which can be found in the milk. One study found anti-biotic strains of Salmonella as a result of anti-biotic use in cattle (N Engl J Med 2000;342:1242-9)

Bovine Somatotropin (BST)

This is a genetically engineered hormone which increases the milk yield of the cow. It is approved by the US Food and Drug Administration

Milk from cows treated with BST are found to contain elevated levels of insulin-like growth factor 1 (IGF-1) which is linked to certain cancers (Int J Health Serv 1996;26:173-85).

Although banned in the EU and many other countries, there are no restrictions on imports of BST dairy products, which amount to over 1,000 tons in the UK.

Does It Build Healthy Bones?

Milk is promoted as a great source of calcium, which is essential for building up bone structure. Certainly cow's milk is a good source of calcium, which is designed to promote fast growth of the new-born calf that grows much faster than the human baby does.

Cow's milk is also promoted as preventing the thinning of bones and consequent osteoporosis (brittleness of bones). However milk and dairy products are high-protein foods that lead to acidity of the body. In a search for alkalinity to counteract the acidity, the body takes calcium from the bones, thus weakening them. Calcium is abundant in leafy-green vegetables, grains, pulses and many other sources which will be found in abundance in a normal vegan diet. This is no doubt why vegans are less likely to suffer from osteoporosis than the average meat eater.

The above information was gleaned from What Doctors Don't Tell You magazine (WDDTY)

Unwanted Calves

Dairy Farmers are worried that they are shooting about a quarter of new-born calves on their first day. Their motivation is not so much compassion as the thought that this is wasteful.

Many of the new-born end up as burgers or sausage meat and the rest go on long cruel journeys to the continent, which at least does arouse pity in the farmers, some of whom at least would be happy to end this export trade.

Dairy cows that yield the most milk, like Holsteins, produce scrawny calves, so the proposed solution is to lessen the emphasis on milk yields and have calves that could be more acceptable for the beef market.

Could it also be that animal rights protests against live exports of calves is having some impact? Anything that would reduce this evil trade would be a small step forward.

The Price of Milk

TESCO and maybe other supermarkets have been accused of forcing down the price paid to dairy farmers for their milk and many farmers have been selling up. TESCO announce that they will now pay farmers 22p per litre (previously 18p) without raising the price of milk to consumers. This shows how much they have been exploiting the farmers. They will however sell 'Local Choice' milk (ie. milk produced locally) at an increased price.

The new way of determining farm subsidies allows farmers to grow biofuel (wheat, rape, Jerusalem artichokes, etc.) to produce ethanol to be added 5% to petrol or to grow Biomass (elephant grass, willows etc) to produce energy.

Vegan Society New Address

The Vegan Society have recently moved. Their new address is: 21, Hylton Street, Hockley, Birmingham B18 6HT. Tel. 121 523 1730 Local Rate 0845 458 8244.

Modern Slavery

This year commemorates two hundred years since the abolition of the slave trade. Focussing on the past may occasionally be helpful but it may also prevent us from examining the facts of what is going on today.

The fact is that slavery and similar practices still exist in the world today, even if not quite on the scale of the slave ships of two hundred years ago.

Some migrant workers that come to our shores find themselves trapped in subservience to people who have arranged their passage to the UK, such as the Chinese cockle pickers who were caught by the fast tides of Morecambe Bay and drowned. Young girls are lured to this country with promises of fine jobs, but find themselves forced into prostitution without any chance to escape. Some immigrants who may have had respected positions in their native countries, such as teachers, may find they are unable to find a job here and end up in misery on the street. Great numbers of children in many poor areas spend their days scavenging on rubbish dumps where toxic substances are often thrown out. They are unable to escape their fate. Are these not also bound in slavery to our economic and social systems?

War zones such as Sudan and Somalia force people to flee their homes and struggle for existence in terrible conditions, many starving, dependent on relief from charitable institutions. Is that too not a form of slavery.

Actual slavery of children can be found in Africa where children are captured and forced to join a rebel army. They would like to have gone to school, but find themselves forced to fight and kill. Those who manage to escape are severely traumatised by their experiences.

The Ivory Coast of Africa produces about half the world's cocoa but this does not bring them prosperity as they are encouraged to over produce and prices are held down by the powerful chocolate producers of the rich world who are able, on the other side, to charge high prices for their products. Children, who would rather be in school, find themselves forced into hard and harmful work (their legs are scarred from the cut down plants) and are not paid. This is certainly slavery. The chocolate makers of the rich nations had agreed to investigate these working conditions some years ago, but have failed to take action. The slavery continues. Fortunately, we can seek out Fair Trade labels on these and other products

Those who maintained the slave system two hundred years ago justified their ill-treatment of fellow humans by looking on them as an inferior species, similar to cattle and were even referred to as 'stock'. They were branded with the name of their owners using hot irons just like cattle so that they could be returned to the right owners if they escaped. They were usually worked to death and fresh supplies of 'stock' was then ordered, without any more concern than if they were inanimate supplies. Domestic animals often were treated in the same way.

Slavery was the basis of sugar production which made fortunes for the slave owners,

whose wealth funded the Industrial Revolution in Britain. There the cotton mills used the labour of paupers who worked long hours and poor conditions in return for being maintained alive and without pay. It took several Acts of Parliament for their conditions to be mildly alleviated, as though they too were no better than cattle.

Remembering wrongs inflicted in transporting slaves as though they were cattle should lead us to reflect on the conditions in which we transport farm animals today on cruel long journeys from Scotland, Ireland and England across the Channel and across Europe and even beyond. Sheep are transported in awful condition in which many die from Australia to Arabia as though they were not sentient beings.

Muslims would not accept meat slaughtered in Australia because they have special rules for slaughtering sheep, following precepts laid down centuries ago that were devised to ensure more consideration for the animal being slaughtered in those times and may not be as in tune with the conditions prevailing today.

What shocks us most about the slave trade of 200 years ago is the sheer scale of the trade and the complicity of people who considered themselves to be kindly and compassionate and who were so in others spheres of their lives.

The same applies today. Until a hundred or so years ago. The great majority of people ate meat only once or twice a week. Today most people seem to eat meat three times a day. It needs little imagination to work out that there are many times more 'food animals' around today than in the past. The degree of cruelty to these animals has also increased by huge bounds. Chicken that roamed and pecked around in the farmyard are now crammed to the maximum in smelly, insanitary sheds. This practice is even extended to ducks and geese, as appetites for meat increase. As milk production per cow is pushed to the limit, the cows' udders get swollen to painful proportions and the strain on their legs leads to greater stress. Some cattle are kept permanently indoors and insemination is artificial. There are more and more farm animals and the cruelty they have to suffer has increased greatly. Modern society is as insensitive and cruel today as was the society of centuries ago who turned a blind eye to the practice of slavery assuming it was a normal state of affairs, even necessary for society to function.

People in the past came from a different background and environment. They had the courage to take a great step forward. We today have inherited the benefit from the circumstances that they created for us and the background in which we stand today. We also must have the courage to take the next step forward.

Vegans are distanced from these cruel practices. They also know that humans can live healthily and happily without any use or abuse of the animals with which we share the planet.

Hillside Animal Sanctuary

Hillside will be open every Saturday till October; Monday afternoons in June, July and August and Bank Holiday Mondays. Tel:

01603 736200. www.hillside.org.uk
contact*AT*hillside.org.uk

Have a lovely summer holiday!

And remember to tell us how you got on with being a vegan on your holiday.

Many of you will no doubt opt for going to the vegan camp or find some other form of self-catering.

But did you find a delightful place or have a horrible experience with the food? If you did, please tell us so that others may share your experience, for good or for bad!

Save Snowdonia Goats

We are running a campaign to stop the Natural Trust killing the wild goats in Snowdonia. The countryside council for Wales and Gwynedd Council claim it is a last resort.

See [Animal Aid Wales.co.uk](http://AnimalAidWales.co.uk) action alerts page, save Snowdonia goats. Animal Aid Wales, PO Box 66, Blaenau Festiniog

Sweden's First Ever Veggie Fair!

2nd June will see Sweden's first veggie fair in Stockholm (see page 3) to inform on all one would want to know about vegetarian food, vegan cakes and desserts or how to take the first step away from a diet based on products of animal origin. A variety of companies and organisations will be represented.

A great opportunity to discover a whole new world of tastes and inspiration. A vegan heaven of delicious cakes and pastries. Discussions and talks about green baby food. The connection between meat and climate change and much more. Vegan cookbooks, cruelty-free shoes, soy milk.

Demonstration by celebrity chef Lisette Merenciana's with Latin American cookery Lisette, an awarded Dutch actress, runs the newly opened restaurant Veggievegg in Stockholm. "Food should be fresh, tasty, sexy and prepared with love", says Lisette, a vegan who has appeared on Britain's Channel 4 "Gordon Ramsay's show."

One of the biggest wholesalers of vegetarian and organic foods in Sweden, Kung Markatta, have been in the vanguard of the green wave of conscious, healthy food that has swept over Sweden. Their products include: tofu, soy cream, soy cheese, mayonnaise, seaweed, crisps and beans

Stockholm's new veggie supermarket, Godstone will respond to customers' demands, such as the demand for vegan ices.

Naturbageriet Sattva is a bakery famous for its organic bread, pastries, carrot cakes and amazingly big cinnamon buns.

Herman's, the internationally acclaimed vegetarian restaurant on Fjällgatan in Stockholm will also take part presenting coffee and smoothies.

E-mail: info*AT*djurrattalliansen.org



IT'S THE YEAR 3000AD AND THE WHOLE WORLD HAS BECOME VEGAN. ALL IS HARMONIOUS AND PEACEFUL. (SIGH!)..OR IS IT..?!!



IT'S THE VEGONES IN SUPER MARIONATION!
(WITHOUT THE SPRINGS)

HOWEVER.. FAR ACROSS THE GALAXY AN EVIL BADDIE IS MAKING PLANS!



WE WILL USE EARTH AS A PLANET-SIZED GRAZING GROUND FOR THE MUTANT CATTLE WE KILL TO MAKE BURGERS

THE EARTH MAY BECOME A HUGE MEAT PRODUCTION PLANET!

WE WILL RE-NAME THE PLANET AFTER ME IT WILL BE CALLED.. EMPEROR NOTOFUMANCHEW PLANET!!

MEAN WHILE BACK ON EARTH!

AT THE RADAR STATION



RED ALERT!! CAPTAIN! THERE IS A HUGE UFO HEADING FOR EARTH!!

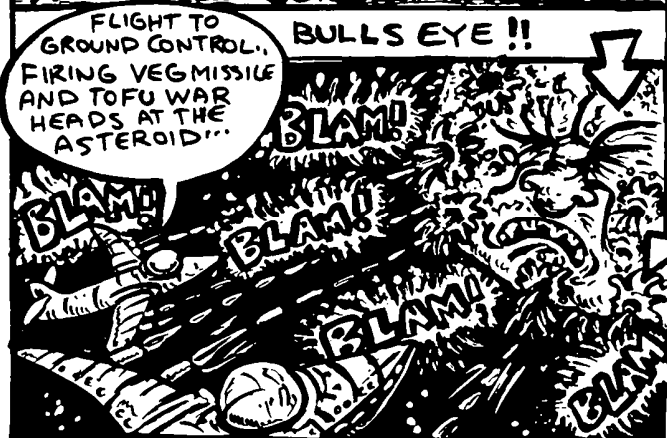
HOLY VEGAN COW LOOK ALIKES! THAT THING IS MASSIVE AND MOVING VERY VERY FAST CRIPES!!

DONT PANIC WE'LL SEND OUR BEST JET FIGHTERS AND DESTROY IT WITH TOFU AND VEGGIE BANGER WAR HEADS!!

WE'LL KICK THEIR LARDY ASS ET SOLDIER!

THE MILITARY TAKE ACTION

BUT TO NO AVAIL! WHAT WILL THEY DO?



STAY TUNED NEXT ISSUE: WILL EARTH SURVIVE!!

Mind Over Matter?

We reported in V.V.108 on the Power of Placebo and more than one reader has asked for actual references to this startling research.

The first case we reported concerned knee operations. This was carried out by Dr. Bruce Moseley in the Methodist Hospital in Houston, Texas, USA. 150 patients with severe arthritis of the knee were divided into three groups. Two of the groups were given either arthroscopic lavage, which washed away any degenerative tissue or another form of cleansing using a tiny vacuum cleaner. The third group were given a sham operation, where patients were wheeled into the operation theatre, anaesthetised, incisions made on their knees, but no further procedure carried out. None of the patients knew who had been given real treatment and who had merely had a placebo; yet over the next two years all three groups reported moderate improvements in pain and knee function. In fact, the placebo group reported better results than some of those who had actually been operated on..

(*New England Journal of Medicine* 2002; 347:81-8)

Parkinson's disease is a motor-system disorder in which the body's mechanism for releasing the brain chemical dopamine is faulty. The standard treatment for this is a synthetic form of dopamine. In a study carried out by the University of Columbia in Canada, a team of doctors used PET scanning to demonstrate that, when patients given placebos were told they had received dopamine, their brains substantially increased the release of its own stores of dopamine. (*Science* 2001; 293: 1164-6)

It appears that the mental expectation that healing will occur is enough to trigger the body's own healing mechanism. This of course would explain the action of Faith Healing.

Dr. Angel Escudero of Valencia in Spain has carried out hundreds of complex surgery without anesthesia. A BBC programme, *Life in Their Hands*, showed him sawing and hammering on a leg to reset a deformed leg whilst the patient was fully conscious, using the noesitherapy technique of pain control. The patient had to keep her mouth full of saliva and keep repeating to herself 'My leg is anaesthetised.' A dry mouth is a signal to the brain that the body is in danger. When the mouth is kept moist, the body relaxes, assumes all is well and turns off its pain receptors.

Patrick Lemoine is an orthodox French psychiatrist and an expert on the placebo effect. In the 16 December 2006 issue of the *New Scientist*, he claims that up to 35 to 40 per cent of all official prescriptions given to patients are 'impure' placebos. By this he means that a sugar pill is 'contaminated' by a tiny amount of active ingredient - not sufficient to produce a clinical effect, but just enough for doctors to claim that it does.

In other words more than a third of all prescriptions are dummy pills and if they work, it is because of the power of the mind - the belief of the patient that what the doctor gave them will work.

One recent hospital study estimates that 60 per cent of doctors regularly make use of placebos and over half of them find them to be effective. (*British Medical Journal* 2004; 329:944-6).

Another estimate is that placebo or sham treatment 'cure' between 30 and 70 per cent of all patients who receive them (*Journal of the American Medical Association* 1955; and *astronauts have used biofeedback to cure motion sickness*. 159:1602-6); (*Clin. Psych. Rev.*1993; 13:375-91); (*J. Am. Dent. Assoc.* 1976; 92:755-8).

The power of the placebo relies on the patient believing that the pill the doctor gives them will in fact work. This seems to create the same physiological effect as if an active agent had been administered. This causes a dilemma for the testing of drugs by the pharmaceutical industry when designing drug trials. So many patients receive the same relief and even the same side effects with a placebo as with the drug itself that a placebo cannot be considered as a control for comparison with the actual drug. Our bodies do not seem to distinguish between a chemical process and the *thought* of a chemical process.

A recent analysis of 46,000 heart patients half of whom were taking a placebo, discovered that the patients taking the placebo fared as well as those taking the drug. The main effective factor appeared to be a belief that the therapy would work and a willingness to follow it rigorously. Patients who tended not to survive were those who were lax with the treatment, regardless of whether they had taken the drug or the placebo (*British Medical Journal*;2006; 333: 15-9)

In 1961, a behavioural neuroscientist called Neal Miller proposed that people could be taught to control mentally their autonomic nervous system, such as blood pressure and bowel movements, much as a child learns to ride a bicycle He discovered that if he stimulated the pleasure centre in the brain of rats, they could be trained to decrease their heart rate and the rate at which urine filled their kidneys (*J Comp Physiol Psychol* 1967; 63: 12-9).

Other scientists then found that information about the autonomic nervous system given to a person as 'biofeedback' would pinpoint where a person could direct attention to his body. John Basmajian, professor of medicine at McMaster University in Toronto, Canada, began training people with spinal cord injuries to use electromyography (MG) feedback to regain control over single cells in their spinal cord. (*Basmajian J.V Muscles alive: Their functions revealed by Electromyography. Baltimore: Williams and Wilkins, 1967*).

At about the same time, psychologist Elmer at the Menninger Institute in Topeka, Kansas used the method of biofeedback to treat migraine headaches, which has now become an accepted form of therapy for the condition.

(*Psycho-physiology* 1969; 1970;2:1-2616:371-7; *J Transpers Psycho*)

Biofeedback has now become well established as a therapy for many chronic conditions such as attention deficit/hyperactivity disorder or menopausal hot flushes. It has also been found useful in eliminating the pain felt in a phantom limb.

Hypnosis is also a system where the mind is particularly suited to control over the body's reactions. In an unusual skin condition known as 'fish-skin disease' the body is covered in unsightly crusts. Hypnotised patients were told to focus on a part of the body and visualise the skin becoming clean and smooth. Within a few weeks the skin became completely healed in 80% of cases.

More strangely still, the mind has been shown able to build up your muscles. Guang Yue, an exercise psychologist at the Cleveland Clinic Foundation in Ohio, carried out research comparing those who went to the gym and who those sat in their armchairs and went through a virtual workout in their minds. Those who went to the gym increased muscle power by 30% and those who stayed at home and worked out in their minds increased muscle power by 13.5% after just a few weeks, an advantage that persisted for three months after mental training ceased. (*J neurophysiol* 1992; 67: 114-23).

Dr. David Smith of the University of Chester, UK, observed similar results with those doing the training gaining 30% and those who only imagined it achieving 16% (*Smith D et al Proceedings of the British Psychological Annual Conference* 1998; 6:116)

It appears that this 'placebo' effect is enhanced if the practitioner as well as the patient believes it will be effective.

Information taken from *WDDTY (What Doctors Don't Tell You)* magazine of March 2007

Plenty of Fish in the Sea?

Collapse of all species of the "seafood" currently being fished is predicted by the year 2050, according to the magazine *Science* (November 2006). 90% will then have been lost.

But the Commission of the European Union is still under great pressure from member states with fishing industries to grant permits for large scale fishing, because of the number of established fisheries and these industries are supported by large subsidies.

Modern fishing uses modern techniques to scrape the bottom of the ocean, destroying the ecosystems and trapping many species that are not wanted, including dolphins.

Nutritionists are still promoting the inclusion of oily fish in the diet because of the omega 3 (but not too often because of the pollution of the sea). Omega 3 is available more safely in linseed (also called flaxseed), walnuts and other plant sources.

A LOOK AT THE NEWS

Orang-utang babies.

Alfred Russell Wallace in his most interesting book on the Malaysian Archipelago tells of capturing a baby orang utang, and of taking care of it until it was three months old.

The little animal's actions were parallel to those of a human baby, even to crying at night until it was taken in arms, fondled and crooned to. It would also cry when it heard a footstep or people moving around, but if it thought it was absolutely alone it would remain quiet thus proving that a good deal of its crying was done to the gallery. The first distinguishing characteristic of the human baby is its ability to smile and this the ourang outang never learns to do. The smile means fluidity of spirit - responsiveness, sympathy.

From *New thoughts and Old Notions*. 1907

Foie Gras

York City Council intends to ban Pâté de foie gras because it is cruel. (24/1/07)

Supermarket chain Sainsbury has removed all foie gras from its stores, in response to the force feeding of geese and ducks to produce a fatty liver. It is hoped that other supermarkets and restaurants will follow this example.

Waitrose supermarket is promising to give its free-range ducks access to outdoor ponds to swim in.

Mercury in Tuna.

When the Illinois Environmental Protection Agency tested tuna samples from 20 sushi bars in the city of Chicago, 14 of them (70%) had unacceptably high levels of mercury.

About 100,000 Illinois women are already thought to have blood-mercury levels high enough to cause development problems in their unborn babies.

(Townsend Lett Docs. 2006; 281;23-4)

Food Waste

A report tells us that nearly a third of the food that is bought ends up being thrown away and going into landfill - it amounts to about 7 million tons each year. Half of this is assumed to be genuine waste such as peelings and tea bags but that still amounts to 15%.

The report fails to mention the fact that flesh foods are a wasteful way of producing foods compared to living off plant foods, having wasted several times the value of the feedstuff given to the animal!

Is It Free-Range?

The demand for free-range eggs is exceeding the supply and it is suspected that about 1 million imported eggs claiming to be free-range are not so. Overall, egg consumption in Britain totals about 1 billion.

No fun for kids.

Production of goats milk and yogurt means that only female goats are wanted. As with cattle,

sheep and chicks, the males are unnecessary and are going for meat production together with the mothers who are losing their productivity as milk producers. There is currently an increasing trend in eating goats' flesh and at least one farmer is turning to breeding goats specially for their meat. Is animal flesh so boring that people have to keep looking for new sensations? Vegan foods seem to me to provide a wide variety of appetising menus

Wildlife and Cars

Further to our report on the New Forest ponies and other animals in the New Forest in Hampshire in our last issue, the *Bournemouth Daily Echo* reports that drivers are still driving too fast on the roads through the Forest. In a check lasting one hour on two roads, 49 people were found to be breaking the speed limit of 40 miles an hour - one man was actually speeding at 78 mph.

Last year 131 animals - ponies, pigs, cattle and donkeys - were injured or killed as a result of collisions on the roads.

People should reduce speed when they see animals grazing, as they could move quite suddenly and unpredictably. Hit-and-run drivers are acting illegally. They should report the accident.

There were also 120 collisions with deer in the Forest including one that claimed the life of the driver.

Dogs in War

Pavlov noted that if he rang a bell at the time when he fed his dogs he could 'condition' them to expect food when they heard a bell ring.

In World War II dogs were fed under tanks, so that when they saw a tank they would go looking for food under a tank. They later had explosives strapped to their backs and were sent near enemy tanks. A trigger arm would detonate the explosive when the dog went under the tank.

Many animals have been exploited for war purposes throughout history. From ancient times, men rode horses into battle and battle fields were littered with the corpses of horses as well as of humans.

Refugees from war zones are likely to abandon their animals and zoo animals are also subject to neglect.

Fighting Hunger in Africa.

Food from trees is a lifeline where there is an ever-present threat of hunger and malnutrition. For example, the seeds of the African locust-bean are fermented to make a food rich in protein and fat that keeps for up to a year. The baobab fruit has six times as much vitamin C as an orange and its leaves are an important source of iron and calcium. The mango has eight times as much betacarotene and vitamin A as a banana

During drought and crop failure, forest foods can prevent famine and can mean the difference between life and death.

One of the reasons why people suffer from famine is the lack of money with which to buy

food when harvests are poor. Improving people's opportunities to earn income from tree products can help overcome this.

Women can earn £250 a year by selling the shea nut butter from the shea tree. The neem tree during its lifetime can yield a value of £15,000 in its pesticidal properties alone, and it has a further 40 medicinal uses.

In addition, growing food crops among trees and thereby improving soil fertility can increase food yields by up to 30%. Most of the goodness of dried foods, which are especially important during times of hunger, is only released through proper cooking, so growing trees as firewood and providing fuel-efficient stoves helps to improve nutrition.

From information by TREE AID.

Veal Crates

In the State of Arizona, USA, citizens voted in November 2006 to ban sow stalls for pregnant pigs and veal crates for calves, following a campaign by the Humane Society of the USA and other Welfare groups. How much impact will this have in practice?

And how effective has the veal crate ban been in Europe, which came into force in January 2007?

Going Political

Animals Count is a political party whose purpose is to create a better world for people and animals and will be active in England Wales and Scotland. Its founder is Jasmijn de Broo, an active member of the highly successful Netherlands 'Political Party for the Animals', which went from strength to strength in their General Elections in 2003 and the 2004 European Parliamentary Elections and which won two seats in the general elections of November 2006.

Animals Count intend to contest seats in the 2007 Welsh Assembly elections. Their vision is for a world where animals are not exploited and are seen and treated as sentient beings.

See website: www.animalscount.org

What he really thinks

Prince Charles was overheard to say: McDonalds ought to be closed down.

Vegan Food Chains? - McC vs McD

Heather Mills McCartney is a high profile person who gives strong support to vegetarian/vegan causes such as VIVA!.

She was interviewed by a US TV program and in answer to a question about her weight loss, answered "It's the vegan diet..." and when she said she felt "amazing", added "...and it's down to being vegan!" Asked about her future, she said "What I've been developing is a vegan fast food chain and vegan markets."

There could be Veggie burgers with lettuce and cucumber, ketchup or eggless mayonnaise, celery sticks, radish roses' apple pie with soya cream, apple fritters, banana fritters. Delicious. Any more suggestions? *HM*

Livestock Production and Global Warming

VV Reader Sonia Gwilliam contacted her MP, Geraldine Smith requesting information from the appropriate Ministry about the impact of animal farming on the problem of global warming. She has sent us the reply given by Jeff Rooker, Minister for Sustainable Farming and Food:

The Governments and Defra are aware that agriculture has its part to play in reducing Global Warming.

Agriculture as a whole contributes 7% of all greenhouse gas emissions and 14% globally, but less than 1% of carbon dioxide. Emissions of carbon dioxide attributed to agriculture arise from direct energy use of diesel tractors, gas in heating greenhouses, and electricity used in livestock buildings. The bigger challenge is on two other gases: methane and nitrous oxide, of which some 36% and 67% respectively comes from agriculture, from livestock, manures, and artificial fertiliser.

Direct emissions arising from the UK livestock sector (sheep, pigs, bovines and poultry) were 4.5% of the UK total emissions or 8.07 Million tonnes of Carbon equivalent (MtCe) in 2005. This was made up of:

- * 5.03 MtCe of methane (of which 86% was from enteric fermentation in the animals' digestive system and about 14% from manure management);
- * 0.96 MtCe of nitrous oxide emission from manure management and
- * 2.08 MtCe of nitrous oxide emissions from grazing and crop production for livestock feed.

Climate change is the greatest challenge facing the world today. Farming is on the front line of tackling this challenge - they are the first to feel the impact of changing climate and the need to adapt to it; and exceptionally well placed to mitigate greenhouse gas (GHG) emissions.

Agriculture, forestry and land management can deliver in addressing climate change in four ways:

- * Reducing direct emissions
- * Offsetting and reducing UK greenhouse gas emissions
- * Adapting to meet the challenge of current climate change impacts
- * Managing the wider impacts of climate change.

A new **UK Climate Change Programme** was published on 28 March 2006. This followed an extensive review, launched in September 2004, of the existing Programme. The new Climate Change Programme sets out our policies and priorities for action in the UK and internationally. Chapter seven of the programme highlights the role of Agriculture, forestry and land management have to play in addressing climate change. It signals a step

change in the recognition we are giving to agriculture's role in addressing climate change.

An implementation plan is in place to carry forward the commitments in the new programme.

The major issue for this sector is in tackling direct emissions of nitrous oxide, (296 times more potent than carbon dioxide - Global Warming Potential {GWP}) and methane (23 times more potent than carbon dioxide GWP) emissions rather than carbon dioxide emissions. The agriculture and forestry section has a contribution to make to creating a low carbon economy through the production of bioenergy. Agriculture and forestry is also the first sector to feel the direct effects of a changing climate. The challenge is to adapt to new threats and opportunities, whilst still maintaining a sustainable agriculture and forestry sector. As with many other sectors, climate change has not, until recently, been a priority. The UK Climate Change Programme 2006 seeks to raise awareness of the issues across the sector and develop measures for the sector to allow it to play a full part in tackling climate change.

You will be interested that the Rural Climate Change Forum had its fifth meeting on 9 October 2006. Member organizations were reappointed for a further 2 years. The Carbon Trust has now joined the RCCF while the Forum for the Future has stepped down because of changed priorities in their work programme. Agendas, minutes, and papers from the meetings can be found on the Defra website at:
<http://defraweb/environment/climatechange/uk/agriculture/rccf/meetings.htm>

Eating Donkeys

Reported by Dave Jamieson, Costa Del Sol News, February 2007 and sent to V.V. by Victor Kosby.

Nerja's Donkey Sanctuary has called for public protests over the slaughter of two rare donkeys to provide meat for 500 guests at a feast.

The Gastronomic Association in the town of Sort, about 130 kilometres northwest of Barcelona, is reported to have taken the action to promote donkey meat, which is said to be sweeter than horse meat.

The Donkey Sanctuary's Jim Horne told Costa del Sol News that the incident seemed ironic in a region like Catalonia where cities such as Barcelona have banned bullfighting and pride themselves on their modern approach to animal welfare. In addition, he said, the whole region has adopted the Catalan donkey as its mascot.

The native Catalan donkey is considered the best for its species in the world, known for its endurance and ability to travel long distances. It can go three days without water and is strong enough to carry loads of 100 kilograms. Adults can reach heights of 165 cm and weigh 500 kilograms, with long, upright ears and a dark brown coat except for white areas around the abdomen, legs and eyes.

The donkeys help protect forests from fires by eating the dry weeds and brush. They have

occasionally been crossed with other species to take advantage of their exceptional qualities.

Spain's Ministry of Agriculture, Livestock and Fishing has taken action to conserve and protect the Catalan donkey. There was once a population of some 50,000 in Catalonia, but due to farming mechanisation and other factors there are now only a few hundred left.

Mr. Horne said, "We are urging anyone who is as horrified as we are to write to the local mayor in protest. His name is Sr. D. Agusti Lopez, and the town Hall's address is Doctor Carles Pol i Aleu 13, 25560 Sort, Lérida, Catalonia.

The Nerja Donkey Sanctuary is lucky enough to have two of the rare Catalan donkeys. One, named Pinky, is about eight months old and was rescued just before being sold to a dealer who intended to sell him on either for food or to work on a Spanish fairground carousel.

Meat and the Environment

According to the UN Food and Agriculture Organisation Farming consumes 70% of the fresh water taken from world's lakes, rivers and aquifers and demand from farms is set to increase by 14% in the next thirty years.

While humans drink between 2 and 5 litres of water a day, it takes 1,000 to 2,000 litres to produce a kilogram of wheat and up to 15,000 litres to produce a kilogram of grain-fed beef. (UN FAO)

A Vegetarian Speaker.

Lord Bernard (Jack) Weatherall who died recently aged 86 was a lifelong vegetarian.

He was given meat at his prep school but somehow could not swallow it and was kept in until he would, but never did. Eventually a doctor was consulted who replied "why do you make him eat meat?"

He served in India in World War 2, which must have eased his vegetarianism.

As Speaker of the House of Commons, he was much loved for his modesty and gentle handling of people but he could be firm in fulfilling his duties, in which he was also known for his sharp wit.

One Man's Meat is Another Man's Starvation

Farm animals waste food. 90% of what they consume is used to maintain or replace their body cells and to produce energy, warmth, skin, hair, horn, bone, and methane. Only 10% is recoverable as meat or milk.

Britain imports over 30 million tonnes per year of vegetable protein foods to support its farm livestock - enough to provide protein needs of at least 3 million human beings.

Vegan Carpets.

Vegan Views,

Some time ago I wrote to Vegan Views because I wanted information on vegan stair carpet.

I got no information from readers and bought a non-wool carpet locally. I don't know much about synthetic carpets, but I expect a friend of mine was right who said "I was supporting the petro-chemical industry." This is probably not a good thing!

An uncarpeted wooden stair is too noisy to live with. Some carpets are not suitable for stairs because they are too slippery or they cannot stand the hard wear they get, or they are too difficult to clean.

Recently I saw "sisal boucle" carpet advertised as a natural fibre carpet suitable for stairs, but I have no experience of it and do not know its price. Nevertheless, at least it is a possibility.

Peter Wills

Fish Oils unnecessary

Joe Cox has had no response to this letter he sent to the Guardian last year:

Dear Sir,

Over the years, I have lost count of articles about omega oils or essential fatty acids within the media.

Here in The Guardian Weekend Feb 11th (2006) Peta Bee reminds us of all the benefits, yet she fails to remind us of all the sources. Hemp oils and Linseed oils are two very adequate sources probably better than the fish sources that she mentions.

My overall argument is: why do we have to persecute the wild fish population any further when there are perfectly good sustainable vegetable oil sources of Omega 3 and Omega 6. I also argue that to obtain the fish oil supply requires large amounts of subsidised fossil fuels in order that the fishing boats can return any substantial catches. Whereas the hemp plants can be grown on earth which is almost uninfertile and therefore requiring land which would be little used for other crops.

It might be that in a couple of decades she will be forced to adjust her way of thinking as fish stocks dwindle further. We should however adjust our thinking now so as to salvage some of our oceans' wildlife.

Yours sincerely,

Joe Cox (Hampshire Green Party)

Veganism in Paraguay

Dear Mr. Mather,

I am taking this opportunity to inform you that a group of Botanists, Ecologists, Professors and Engineers from our neighbours the Paraguayans intend to publish a book this year and have written to me asking me to include a chapter on Veganism because there is "no Vegan Culture" in Paraguay. I sent it a couple of days ago.

You haven't been to Paraguay, have you? They speak Guarani, which is one of the richest of

Letters

languages, and has expressions for absolutely everything. It sounds musical and agreeable to the ear. I read a book which said that the Guarani Indians were vegetarians and that they didn't even eat eggs. They were the first to drink and produce "mate" (mattey) or Ilex Paraguaiensis. The leaf of the plant is ground and contains a lot of vitamins and a lot of manganese. Generally it is sipped through a tube placed in a gourd. The tube has a strainer at the bottom for the water to rise and the herb not to get into the tube. They say it has very little caffeine, only about 5% so it is better than coffee. It is given to children, made somewhat like tea and strained, in a cup. This is known as "matte cocido" or "cooked mate". Some people boil it and strain it.

Paraguay produces a lot of oranges. We have a saying "It is like taking oranges to Paraguay" when someone takes a thing along that is not needed there. They also have quinces, guavas, water melons, alligator pears, and "mamones" (papayas). They are famous for being very brave. They have a great sense of humour, so one always hear laughter in a group of Paraguayans chatting.

So you see among what kind of people is going to appear a book containing a chapter on Veganism.

Leonara (referred to by her pseudonym of Damasia in our last issue)

Instituto Cultural Vegano, Argentina.

A Legacy

To the Editor, Vegan Views,

Dear Sir,

I arranged with the previous Chief Executor of The Vegan Society to bequeath my estate to it, a current value of about half a million pounds. She then ignored all further letters. After her departure, the Chairman sent a not very satisfactory letter - and since then, neither he nor the new C.E. will reply to letters

As a result of this very strange - and appalling - treatment, my estate is available for the animal welfare body that can convince me that it will a) have continuity, b) have accountability, c) use the money wisely. I would need to know exactly how it would be used for the benefit of animals - preferably including sight of the organisation's accounts.

It would be beneficial if the body was able to act as executor so as to gain maximum money for my property and to save £2,000 in bank administration; however this is not essential.

Any organisation that would like to be considered, should write to me (with its postal address) c/o Vegan Views.

Yours faithfully,

Name given but withheld from publication.

A Letter From Jail

Dear Mr. Mather,

My name is Michael Donery. I am a Prisoner in the United States of America located on the left corner in the State of Washington.

Currently I am in what is known as the Intensive Management Unit (IMU). It is an isolation unit designed to destroy a prisoner's will to resist authority; only they cannot break my spirit to live and be myself, an individual freethinker which I am. It has been over a year and these prison guards will do everything they can to destroy a prisoner's will. The tactics they use is sleep deprivation, sensory deprivation, isolation, verbal abuse, infraction write-ups, taking away level promotions to get released, destroying mail, sending mail to wrong cells, etc.

I am in my cell 23-24 hours per day without a TV or radio for sensory stimulation. The reason being because the guards keep harassing me because I am a political agitator, so I cannot get the so-called privileges like everyone else who will sell their souls to get what they want. You have seen news about Abu Ghraib or Guantanamo Bay on the treatment of political prisoners. Well, the same thing is happening here in the United States without the news coverage like they receive.

Recently I saw your address in a classified, so I thought to write and see if I may receive a complimentary subscription to Vegan Views or any reading material you may have. I am indigent so I am sorry that I cannot afford to pay you due to my situation of being confined in "the hole". It would greatly be appreciated.

Thank you for your time.

Respectfully yours.

Michael Donery

This letter reached us uncensored. We have sent reading material to him.

More Looking Back

Bob Cramp's article "Looking Back" (VV110) set me off on a nostalgic ramble through the health food shops of my youth. We have certainly come a long way - as recently as the 1980s who would have thought that soya milk or tofu would be on sale in even supermarkets let alone in corner shops? Like Bob, I rarely visit health food shops - things worth eating seem to have been replaced by various pills and potions. An independent HFS selling interesting foods is a rare treat.

I also enjoyed Granose Savoury Puddings in all their stodgy wonderment and regret their passing (sadly, the "chicken equivalent" contained milk). Nuttolene, Mock Duck and Sausalatas are still around, but not much else remains. Bologna (a sort of tinned "luncheon meat") was another favourite, and they also made their own powdered Sausfry. Some of the range was decidedly dodgy, though does anyone remember low-starch rolls that resembled polystyrene foam, or the positively evil Nut Brawn (a quite nauseating concoction of nutmeat chunks in a runny jelly)? I believe that Granose was originally owned by the Seventh Day Adventists, who once ran a first rate shop - House of Natural Foods - in Bracknell. Not only was it cheap, but it sold a lot of unusual products, such as the Loma

Linda range of veggie foods from the USA. Being an Adventist-run business, it was closed on Saturdays, but was the only shop in the town centre trading on Sunday. Today, it's just another Holland and Barrett branch.

Direct Foods was another big player, founded by Peter Roberts of Compassion In World Farming, and selling a good range of TVP products - Protoveg chunks or mince (plain, beef, ham or pork) Smokey Snaps (same as Bacos), Jumbo Grills (giant soya slices that came with a separate sachet of - rather nasty - powdered seasoning), dried ready meals like curry and goulash and, of course, Burgamix and Sosmix (the original and still the best). Like Granose, Direct Foods is now part of a big consortium, and the range is substantially reduced.

Other firms sold similar products - other TVPs included Lotus, Kesp and something called Marigold Vegetarian Meat, something I never encountered but is mentioned in Eva Batt's wonderful cookbooks. A "Tomorrow's World" annual of 1970 raves about these futuristic "Meatless Meals", though fails to appreciate that the solutions to world hunger are political and economic not technological. Itona was the manufacturer of (usually) a fish substitute: C-Food ("Tastes fresh from the boats!", exclaimed the adverts), a sort of fishcake/sosmix cross that left much to be desired, plus its own sausage and burger mixes, and (rather good) "Granny Ann" vegan caramels and treacle toffees. There were also other yeast extracts - Barmene - (with a monk on the jar), Yex and Yeastrel being names that come to mind. And Prewett's Nut rissole mix. And Plamil's Carob-bean milkshake. And Tartex in tins, not tubes. And Delice cream. And brown rice pud. And...and...so much else

Mark Palmer

Derbyshire + Poland

Dear all,

There is an Eco Festival again Sept 8th and 9th Sept, Derby, usually at Markeaton Park.

There's a lovely bookshop in Cromford, Derbyshire, called Scarthin. Books new/old (settings are lovely) Their cafe serves mainly vegan food.

Does anyone know any good vegan places to eat in 'Crakow', Poland? Cafes, shops or restaurants?

Can anyone tell me of any shops selling vegan shoes in Derbyshire?

Sue Fox, 5 Street Lne, Ripley DE5 8HT

B12 and early vegans

You mentioned in VV110 that Mabel Cluer is now 95 and has vegan children and grandchildren.

About 25 years ago I was raising my children as vegetarian with a bias to veganism. I had a booklet on vegan nutrition of babies and children, which I must have obtained from The Vegan Society. Mabel Cluer was one of the mothers featured in it.

It struck me recently that many of the adults and children described in the booklet were

vegan at a time when B12 supplements were not readily available, yet nowadays the advice is that it is impossible to be healthily vegan without B12 supplementation.

Do you know if anyone in the past, such as the Cluers, became ill as a result of B12 shortage?

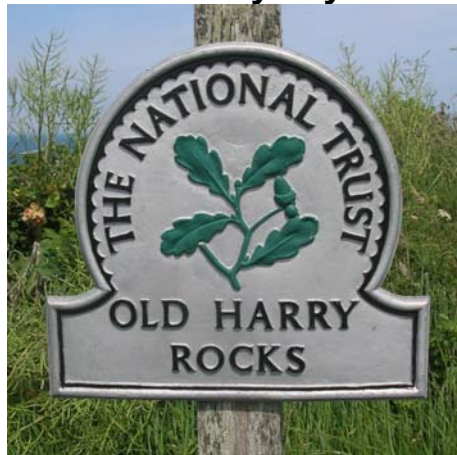
Moira Carlyle (by Email).

Editor: It was known that some pioneering vegans did suffer from B12 deficiency and returned to plain vegetarianism. Fay Henderson, who wrote vegan recipe booklets was one of these. This is probably why The Vegan Society became insistent on advising members to ensure they had some source of supplementation. Perhaps some readers have more detailed information.

It is also possible that today some vegans, eg among raw foodists, are living healthily without any obvious source of B12.

It was in the early days of The Vegan Society that Lester Smith, himself a vegetarian isolated the B12 vitamin and a vegan version could be used. Previously, advice was given to eat liver as a source of B12. Advice that was given to Bernard Shaw, although he ate dairy produce. He claims not to have followed the advice.

Old Harry Rocks - so they say



Dear Harry,

I'm so glad that you have now been recognised, by The National Trust indeed, for the treasure that you are. Of course, us vegans have known this for decades.

John Vetterlein

Editor: Old Harry Rocks is a well known and elegant landmark in Poole Bay in Dorset that may eventually succumb to the sea, but will certainly endure longer than your Editor.

Paula's Vegan Holiday

CASA ALBA - Orgiva, Las Apujarras, Andalucia, Spain.

They do say that hearing about other people's holidays can be a bore, but I felt that this might be an exception. This is the story of one vegan (myself) and her very non-vegan partner, taking time out in Andalucia.

In October 2006 we were on the search for somewhere a bit different - we were looking for a relaxing break and also a space to celebrate one of those "big" birthdays. (I shan't tell you which one). Our normal holiday would be a cycling or hiking event with the tent in tow and camp food on the menu to make things as easy as possible for myself. We have travelled all over the world, but I would be lying if I said that pursuing a vegan diet abroad has been easy.

Since it was my special birthday, I got the final say on where and what, and I chose "Casa Alba". I have always wanted to visit Andalucia, but in addition to that our hosts were offering a rejuvenation package to include yoga sessions, local hiking, swimming pool and sauna, and, best of all, vegan cuisine on a full board basis. So why was this holiday so special - for me it was many things, but the most important element was that "Casa Alba", it was so easy to be myself - to be the vegan. Marilyn and Thomas our hosts supplied me with six days of pure, healthy, meat- and dairy-free (and as an added bonus mostly wheat free) food. For the first time in a very long time I had no use for the words "is it suitable" and "does it contain". Absolutely everything on offer was open to me and the only people who can truly appreciate how fabulous that feels would be the other vegans!! I have never resented being a "label checker" but to be able to put that aside for even 6 days was what made this a true holiday for me.

We started our days with a yoga session (all new to me!), then a late breakfast and time to plan the day's hiking. With a hire car we were able to mix local strolls with other longer hikes up into the mountains. There was also a day's excursion to a local spa included in the package. Fabulous.

I had looked at other "rejuvenation" style holidays but many of those seemed to have a totally structured timetable. The joy of "Casa Alba" was the flexibility and the choice. We love to hike and wanted an active holiday but the house offered more laid back options (pool and sauna) for anyone who would prefer that.

I must make brief mention of the Orgiva area since this was an unexpected and additional bonus. The local environment has attracted a whole host of eco-warriors who now live along the nearby river valley. A local wander can take you past a mix of yurts, teepees, in fact all manner of simple living abodes. The town Orgiva has a calm and "hippy" style atmosphere and boasts two health food shops and at least one café serving vegan delights (the soya chocolate ice cream was a real treat!!)

So just how good was this holiday - well, my very non-vegan partner said that it had felt like a week visiting very good friends and that he would be glad to go back there any time. What bigger compliment is there than such positive words from someone who has just had his first week on an all vegan diet!!

Nick Power, casaalba*AT*hotmail.com

Vegan Organic Growing - Now & Then



By Graham Cole

When I first started this food growing activity and stopped eating animal flesh in 1976, in rural Hertfordshire, I was faced with the extreme weather conditions of nearly 3 months of very high temperatures and no rain from the Summer Solstice to mid September. Quite a year for someone new to growing his own potatoes, lettuce, strawberries, raspberries, beans, tomatoes and trying to keep them going with regular watering. But of course since then every year brings its own different conditions and we gardeners don't generally want too many extremes, be it drought, waterlogging, strong winds and gales or even the hurricane in the late 80's!

So, as I write with no significant rain here in Hampshire since mid March, we have another record breaking situation of warmth and drought in the whole of the month of April. Watering keeps plants ticking along but there is no substitute for rain and I am glad that the reserves of organic matter and general improvement of the soil since I came here 5 years ago is helping until some good amounts of rain arrive.

The rate of germination and growth this spring has been remarkable and generally things seem to be at least 2-3 weeks ahead so let's hope we get a good growing summer with a good mix of sunny days and decent showers.

As in previous years I will be growing Cantaloupe Melon "Sweetheart", a reliable variety for the UK especially in a good Cold Frame or Greenhouse, but I know people have had good results outside in sheltered sunny sites. Also Sweet Corn is very successful in many places from a mid May planting or direct sowing in the south to early June in the north. The varieties Sundance and Kelvedon Glory have worked well for me.

I look forward to again eating excellent Tomato Jubilee, a large yellow kind, plus the usual cherry toms Sungold and Gardeners Delight. Amongst the 9 different varieties I am growing this year are a couple more that I have not grown before. It is good to experiment and try new things each year if you can.

Interesting to note that 2006 saw sales of vegetable seeds overtake sales of flower seeds for the first time since the Second World War and interest in allotments is on the increase so



Runner bean plants ready for planting out

lots of people are getting the growing-your-own bug!

Climate Change

It certainly is, and how it will pan out for us and how we deal with it remains to be seen, but we, as vegans, and increasing numbers of people worldwide are not waiting for governments and industry to act but are acting already and convinced that land degradation and climate change are a scientific reality, it really seems that the solution to our major destructive activity - agriculture and livestock farming is, Stockless, Vegan-Organic methods of growing.

Full of Beans

Runner Beans are one of the most popular home-grown crops being easily grown, giving prolific harvests for weeks and not taking up a lot of room on small plots as much of the crop is on a vertical scale. Not only on the allotment but also in gardens, even grown on a wigwam of sticks their cheerful flowers and lush foliage are invaluable and cultivars exist with white, pink or bicoloured blooms instead of the usual red.

Supports must be at least 6 feet high above ground and sturdy. The plants' first shoots may need tying in to get them to climb in windy conditions but they soon make vigorous growth and twine up naturally. The most important tasks to ensure a continuing harvest are watering and picking.

If you also like the French Bean the stringless pencil-podded climbing kinds such as "Blue Lake", "Neckar Queen", "Neckar Gold" are good and the Runners "White Emergo", "White Achievement", "Enorma", "Red Rum" and "Butler".

Vegan-Organic Sites to Visit

In the summer of 2007 the following sites are worth a visit on their open days...

Sunday June 17th, Sow and Grow Organics, Wigan, Lancs.

Saturday July 14th, Welsh College Of Horticulture, Mold, Flintshire.

Saturday August 18th, Tolhurst Organic Produce, Pangbourne, Reading

Plus VON allotments and sites in Cheshire, Derbyshire, Hertfordshire and here at Holywell, Hampshire on our National Garden Scheme Open Day Sunday July 8th 2pm.

Further details from: Peter White, VON, 10 Charter Road, Altrincham, Cheshire, WA15 9RL. 0161 928 3614.

Contacts

Vegan Organic Network (VON) www.veganorganic.net. See p 17 for full details. VON has a small catalogue of merchandise on its website - click on 'merchandise'. It includes Fairtrade organic t-shirts, jute bags, handmade cards, Liz Cook wall charts, and books.

Tamar Organics www.tamarorganics.co.uk. Cartha Martha Farm, Rezare, Launceston, Cornwall PL15 9NX. 01579 371087. For all seeds and Animal-Free Fertilisers.

Vegan Organic Network has been in the news this year.

On 2nd February TV 'Newsnight' ran a feature about veganism and its benefits for the environment. Stock-free (that means veganic) market gardener Iain Tollhurst who runs a box scheme near Reading, was shown in his market garden telling viewers that Stock-Free Organic horticulture and farming was the way forward for people and the planet.

Not wanting to be left out, ITV filmed a feature with Trevor McDonald. The BBC are returning to the subject for an 'Inside Out' programme and Iain Tollhurst is expecting the BBC will return again in the summer.

Sea Vegetables

Eating Seaweed sounds unfamiliar to many but they are being valued for their varied flavours, versatility and natural goodness, being full of minerals including iodine which could be lacking in the usual vegan diet.

Though most of these come from Japan, there is, in some parts of Britain a tradition of using Laver 'bread' and Scottish Dulse from the Atlantic.

Nori flakes (used for making sushi) are tasty eaten as they are or added to a dish. Other sea vegetables, having a stronger flavour, can be used as seasoning for stews or salads and reduce the need for other seasonings such as common salt, the amount of which we are advised to reduce.

Butter Beans in Brown Sauce

(Serves 4)

- 250g of dried butter beans
- 1 small strip or a few strands of Kombu (sea vegetable) cut into small pieces.

Soak, then cook the above until tender, keeping the water level just above the beans, do not drain.

- 1 large onion, chopped
- 1 tablespoon of sesame oil
- 1 rounded soup spoon of barley miso
- Optional: 1 soup spoon of cornflour

Sauté the onion in the 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 cornflour in a mug with a little water and mix to a paste. Add this to the sauce and simmer 2 minutes more, stirring well.

Serve with hot vegetables or bubble and squeak if preferred.

Fruit Trifle

- fresh fruit of choice eg Peaches, strawberries, raspberries or a mixture.
- 4 slices of fruit cake or scone
- 500ml of pure fruit juice
- 2 rounded teaspoons of agar or other unflavoured vegan thickener. Follow the instructions on the packet.
- a carton of vegan cream or soya yogurt.

Prepare the fruit and set aside.

Share the cake between 4 dishes

Pour the fruit juice into a pan, sprinkle evenly with the agar thickener.

Then mix it in.

Bring to boil stirring constantly. Remove from the heat as soon as it bubbles.

RECIPES

Place a quarter of the fruit over the top of each piece of cake and then pour a quarter of the jelly over the top of each dish.

Allow to cool.

Serve with the cream or yogurt.

Summertime Treat

(Serves 2)

- 1 mug of oats (not jumbo)
- sprinkling of salt
- 1 mug of malted crispy wheat flakes
- 1 large banana or nectarine (chopped small) or other fruit of choice
- ½ mug of soya milk
- ½ mug of water
- 4 rounded soup spoons of natural soya yogurt

Take two large bowls and divide the dried ingredients and fruit between them.

Mix all well together.

Add the milk and water and top with the yogurt, dividing equally.

Serve immediately.

The above three recipes are taken from Vegan Rustic Cooking by Diana White.

Broad Bean and Red Pepper Salad

- 1 red pepper, deseeded
- 340g/12oz shelled broad beans
- 100g/4oz mixed bean sprouts

For the dressing:

- 30ml/2tablespoons wine vinegar
- 60ml/4 tablespoons cold pressed sunflower oil
- 5 ml/1 teaspoon sesame oil
- Salt and black pepper to taste
- Handful of chopped fresh mint
- 30ml/2 tablespoons toasted sesame seeds

Halve the de-seeded pepper and grill skin side down until it starts to blacken. Allow to cool, until cool enough to handle. Remove the skin and reserve any juices for use in the dressing.

Make the dressing by whisking the vinegar and oils together. Season with salt and pepper and stir in the mint.

Cook the broad beans in boiling water and drain. If the bean skins are tough, squeeze them to separate the skins and discard skins.

Slice the grilled and skinned pepper and mix together with the broad beans and bean sprouts. Pout the dressing over the vegetables whilst they are still warm.

Scatter with sesame seeds before serving.

Gazpacho

- 4 large, ripe tomatoes, peeled
- 1 large cucumber, peeled
- 1 small green pepper, seeded
- 1/4 pint olive oil
- 1/4 pint wine vinegar
- 1 teaspoon soy sauce
- Salt and pepper to taste
- 3 cloves garlic
- ½ pint tomato juice

Chop all vegetable finely and put through blender.

Serve chilled in bowls with small pieces of cucumber and tomato.

Fruity Oat Flapjacks

The World Cancer Research Fund seems to accept that diet plays an important role in the struggle against cancer and has produced a 'healthy recipe' card, saying "Let's stop cancer before it starts" adding:

Many of the flapjack style biscuits you buy may look like they are healthy, but in reality they can be packed full of fat and are often high in sugar too. Try this reduced fat and sugar alternative that is both filling and delicious - just what you need to get you through until dinner time. The original recipe used honey, but we have substituted brown sugar.

INGREDIENTS (makes 10 flapjacks):

- 8oz (200g) rolled oats
- 1½ brown sugar
- 5 tablespoons (75ml) orange juice
- 2oz (50g) sultanas
- 2oz (50g) dried apricots (chopped)
- 2oz (50g) polyunsaturated margarine

METHOD

Melt the margarine and sugar in a pan and then stir in all the other ingredients, making sure that the orange juice and sugar cover the oats.

Lightly grease a flat 6 in. baking tray.

Pack the mixture into the baking tray and press down well.

Bake for 15-20 minutes at 180°C/350°F/Gas Mark 4 until golden.

Cut into squares and leave to cool in the dish for 10 minutes before lifting out.

VARIATIONS Use a selection of different dried fruits to give a variety of flavours and textures. Dates and cranberries are particularly tasty.

Add in some sesame, sunflower or pumpkin seeds to the mixture to add extra energy and vitamins.

Watercress contains more calcium than whole milk and more iron than spinach

Vegans in your area

SOUTH

Vegan Bristol help people of all backgrounds and experience access all aspects of vegan lifestyle in the area, including information about the Bristol Vegan Fayre. Web: www.veganbristol.makesense.co.uk.

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8481 7239 or email Lesley@vegan4life.org.uk.

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 8931 1904. Web: www.londonvegans.org.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.

Bedford Vegetarians Web: www.bedfordvegetarians.co.uk.

Veggiesocials Social group covering London + South East. Web: www.veggiesocials.co.uk.

Vegan Essex meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane). Web: <http://essex.veganfestival.org>.

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

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.

Norfolk Vegetarian & Vegan Society Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609. Web: www.vegfolk.co.uk.

Solent Vegetarians & Vegans Social events and stalls. Web: www.solentveg.org.uk.

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Web: www.solentveg.org.uk/bvv.

Isle of Wight Vegetarians & Vegans Tel: 01983 407098. Web: 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. Web: www.wiz.to/penzancevegans.

Guildford Vegetarian Society welcomes vegans to its varied programme of events (see local groups listings on 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.makesense.co.uk/tvvvs.

Andover Veggies and Vegans, for all vegetarians and vegans who live near Andover in Hampshire, also welcome all able to travel to Andover for meetings. email: andoverveggiesandvegans@yahoo.co.uk.

WALES

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

To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. The Vegan Society have their own local contacts - see the Vegan magazine for details, or their website at 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 for a list.

Carmarthen. Just come, or to check phone 01267 241547 or hippocharity@aol.com.

Angel Magic Psychic clairvoyant insight and loving guidance. Life coaching and counselling. Powerful, transformational healing can help you in any area of your life. Learn how to transform our world into a vegan paradise with angelic help. Tel Pippa 01425 479149.

MIDLANDS

Leicestershire Vegetarian/Vegan Group Web: www.leicestershireveggies.org.uk.

Shropshire Malcolm Cramp Tel: 01952 432874. Malc@3173.freemove.co.uk.

Nottingham Animal Rights Nottingham's all vegan social club meets on alternate Thursdays at 7.30pm at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Phone 0845 458 9595 for details. Email: nar@veggies.org.uk or see www.veggies.org.uk/nar.

Veggies Catering Campaign, based in Nottingham, co-ordinating all things vegan at www.veggies.org.uk/nvvs.

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

NORTH

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. Tel: 01482 471119.

Manchester Vegan Society meet on last Saturday of the month from 1pm at The Basement, 24 Lever Street (off Piccadilly Gardens) Manchester. Children Welcome. Tel: 01204 465426. E: sarahalliez@yahoo.co.uk. <http://groups.yahoo.com/group/manchester-vegan-society>

Manchester Vegetarian and Vegan Group. A large and lively social group and email list for all vegans and vegetarians around Manchester. Regular meetings and a friendly email discussion list. Visit www.mvg.co.uk or call Mike on 01204 654401

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. Web: www.leedsveg.co.uk.

North Riding Vegetarians & Vegans Meals, walks, theatre etc. Patricia, tel/fax 0845 458 4714 (BT local rate). Email: patricia@p-m-t.freemove.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.

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, 21 Hylton Street, Hockley, Birmingham. B18 6HJ. Tel: 0121 523 1730. Local rate: 0845 458 8244. Web: www.vegansociety.com. The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.

*** PLEASE NOTE THE NEW ADDRESS ***



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.

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*. Secretary/Membership/Treasurer: Irene-Sointu 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 0845 458 4717 or 01639 841223. www.MCLveganway.org.uk. Distribution of booklets, leaflets is c/o Veggies 245 Gladstone Street, Nottingham NG7 6HX Tel: 0845 458 9595.

Vegan Organic Network 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 VON, 80 Annable Road, Lower Bredbury, Stockport SK6 2DF. Email info@veganorganic.net. Membership and enquiries 0845 223 5232 (local rate). www.veganorganic.net.

Plants for a Future. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: 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.

Email addresses

*We don't usually list their email address if they have a website (where you can normally find their email address). Where we do include email addresses, please replace *AT* with @. We have encrypted them to reduce the chance of advertisers getting junk email.*

Advertisements

B&Bs & ACCOMMODATION

The Manna House. An ethical housing initiative providing quality, affordable rental accommodation specialising in rooms & bedsits/spacious studios in large shared houses. non-smokers, meditators, vegetarians+ particularly welcome. Inner South London based. www.themannahouse.com. 020 7639 0500.

Anglesey. N. Wales Unique converted stables offering self-contained accommodation with vegan lunch and three-course dinner delivered direct to your table. Close to beautiful beaches, countryside and mountains. All mod cons and a lovely log fire. More details from tel.01407 720407 or Email paul.mattock@virgin.net.

VEGCOM stands for "vegan/VEGetarian acCOMmodation". It is a free accommodation listing service for vegans and vegetarians looking for somewhere to stay or offering somewhere to stay. It can be accessed from the London Vegans website: www.londonvegans.org.uk. Copies can be requested by post, by e-mail or fax. It now covers most of UK. To have your accommodation requirements listed go to www.vegcom.org.uk/lv and complete an "Accommodation Offered" or "Accommodation Wanted" entry form under the relevant section. Unless you specify otherwise, entries are listed for three months. For regional listings go to www.vegcom.org.uk. Please word your entry exactly as you want it to appear. Distinguish between vegetarian and vegan if this matters to you and note that some vegans drink alcohol and/or smoke. You can contact: By post, London VegCom, 7 Deansbrook Road, Edgware HA8 9BE (with SAE). Fax, 020 8931 1904 (24 hours). Email: London@AT*vegcom.org.uk, in plain text with no attachments.

South Devon B&B. Beautiful cliff-top/peaceful cove location. Vegan, mainly raw food. Tel: 0845 458 9257.

Maes y Gwernen 3-Star veg/vegan accommodation and restaurant, School Road, Abercrat, Swansea Valley, Wales. Tel. 01639 730218. Web: www.maes-y-gwernen.co.uk. Wholistic Centre. Totally vegetarian/vegan (organic) restaurant with variety of tasty meals. No smoking, no alcohol, natural paints, oak flooring, courses, treatments, jacuzzi, sauna, conference facilities, some family rooms and family chalet. Also looking for a chef.

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 £22, ensuite £24, 4-course dinner £10, packed lunch £5. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

France, Auvergne Guest House in Auvergne, France. www.lagarnasette.com

Yorkshire. Hebden Bridge is a wonderful place to walk and an interesting town to visit. Myrtle Grove B&B, is spacious, homely and comfortable, in a scenic and quiet location. Vegetarian, vegan and organic, it will also cater for other dietary requirements. 01422 846 078. www.myrtlegrove.btinternet.co.uk.

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.

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.

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.

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. Tel: 00 33 4 68 39 62 56. Email enthousiasme@AT*wanadoo.fr.

BOOKS

Spicy Vegan: by Sudha Raina contains about 133 delicious spicy, easy to cook recipes based mainly on North Indian cooking. Available through your local bookstore, amazon.co.uk and amazon.com and from the publishers. ISBN 12 84401 249 2. Published by Athena Press, Queen's House, 2 Holly Road, Twickenham TW1 4EG. Tel.+44 (020) 87440990. Fax +44 87443100. Email info@AT*athenapress.com. Distributed in UK by Gardeners and in USA by Ingram and Barnes and Noble.

October Books is a not-for-profit cooperative bookshop in Southampton selling radical and general books. We also sell a range of vegan books and vegan wallcharts by mail order, which allows people to avoid using big companies like Amazon. Unlike most other mail order companies, we send orders out in used packaging materials to minimise the environmental impact. Download our vegan mail order catalogue from www.octoberbooks.org/veg. October Books, 243 Portswood Road, Southampton SO17 2NG. Open: 9am-6pm Mon-Sat. Tel: 023 8058 1030.

Sunshine and Shadow by Wilfred Crone. Autobiography of well-known vegan & fruitarian. £7.50 inc. p&p: Harry Mather, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

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.

Book 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.

1000 Doctors Against Vivisection by Hans Ruesch. £13 inc p&p. Slaughter of the Innocent by Hans Ruesch. ISBN: 0951 964631. This book was first published in 1978 and was in 2003 published by Slingshot Publications. £12 inc p&p. Skewed by Martin J. Walker £12 inc

p&p. A Cat in Hell's Chance £10 inc p&p. ISBN: 0951 565524. Published by Slingshot Publications. All four of the above books can be bought from Philip Duckworth, Dormers, Outwood Lane, Chipstead, Surrey CR5 3NF. Cheques payable to Philip Duckworth.

CAFÉS & RESTAURANTS

The Retreat - Café in Swansea serving 99% vegan food. 2 Humphrey St, SA1 6BG. We want more vegan customers and vegan volunteers to help out in the café and the mind body spirit centre. We have rooms to hire too. All welcome. Email: info@AT*TheRetreatCentre.org.

Pogo Café, 76 Clarence Road, Hackney. London E5 8HB. Delicious vegan food & Alternative Culture. www.pogocafe.co.uk.

Wessex Tales wholefood vegan restaurant. Licensed 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.

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.

Spirited Palace 105 Church Road, Crystal Palace, London SE19 Phone: 0208 771 5557. Caribbean and fresh fruit juices, organic and animal-free plus programme of events.

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, or call Emma on 07786 262 864 for more info.

GENERAL

All Green and Toxic Free supplies certified organic and 100% natural skincare, cosmetics and baby gifts. Also require Sales Consultants. Visit www.allgreenorganics.com. Some products are "vegan friendly" but may contain organic beeswax. Baby clothes are from 100% natural cotton

Ethical Website Design by Applegreen Designs. Website design for ethical causes by Sam McCreesh, a vegan studying Art, ICT and Graphic Design at GCSE level. Wide range of professional services available at competitive rates. 10% discount to Viva!, Vegan Society and Vegetarian Society members. For more information, services, prices and portfolio visit www.applegreendesigns.co.uk or phone 01664 454324.

Advertising services - advertisements, branding, brochures, press releases, speeches, etc. Copywriter, creative director and journalist with over 20 years experience working for international blue-chip clients offers discount to VV readers. Michael Benis Tel: 01273 562118. Email: Michael@AT*michaelbenis.com.

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.

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*AT*p-m-t.freeserve.co.uk.

Welhealth Fruit Farm (North Wales) All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anticonsumerist, 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. Tel: 07742 336858.

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*AT*hotmail.com.

Meat is Murder Self-Inking Rubber Stamps £8-50. 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. **Campaign tee-shirts, toys** send stamp for list or see e-bay shop A11LOVe. Vernon, 15 Millbrook, Fence in Pendle, Lancs BB12 9PE. Email: alllovandlib*AT*onetel.com.

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.co.uk. Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or veganly consumerism to computer games, anime & books. We're friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

NEW Wines For a great selection of Vegan Society approved wines go to: www.smthfieldwine.com

NEW Skinvac Vegan Beauty - (Chemical Free) for Acne Control & Daily Cleansing. Nondrying Exfoliation. Reusable, Affordable and Effective. Available from ebay.co.uk & www.skinvac.com. Enter Coupon code 'vegan' for 15% discount. See actual video footage of whiteheads unclogged instantly! Listed on Peta.org

HEALTH

Homeopathy for Holistic Healing Vegan practitioner in North East England Area offering 10% discount to fellow vegans. www.janetgreen.co.uk. Tel: 0191 213 5285. Your journey to health and wellbeing starts here!

EnergiseYourLife.com was founded in order to promote optimum health through the sale of high quality juicers, blenders, dehydrators, soya milk makers, water filters and other health related products. Great selection. Top Brands. Low prices. Vegan owner. Tel. 020 7243 2372. www.EnergiseYourLife.com

Karuna Detox Retreats 7 day juice fasts. Using colonics, yoga, meditation and massage to rid disease, plus nutritional talks and personal empowerment to encourage health. Small group size to allow personal contact with practitioners and simple, health-orientated practices to take away with you. Monthly retreats in Devon, UK. www.karenretreats.com

Natural Nutrition And Naturopathy Alkalize and energise using natural nutrition, Super greens and prime ph – free coaching for vegans using this amazing health system designed by Dr. Robert O. Young. Amanda Wise P.Dip.N.N., M.C.M.A. Tel 01202 885477 www.bodywise.uk.net

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. Web www.foodalive.org.

The Natural Living Centre Ethical implications, environmental advantages and health benefits of a raw vegan lifestyle. Contact: Chris Kennett, Diploma in Nutrition, Sports Coaching Certificate Tel: 023 9261 1607. Email: chriskennett01*AT*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. Web: www.vibrancy.homestead.com/pageone.html

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 in Wakefield, West Yorkshire. £3 per class. Enquiries: Mark Popplewell 01924 462261.

Chinese Herbal Medicine and Acupuncture Commonly used for many conditions. Mark Popplewell MRCHM, MBACC, practising in Dewsbury, West Yorkshire. Enquiries and appointments: 01924 462261

Stardust Therapies (Southampton) Practising at home, visits in the local area by arrangement. Reasonable rates + concessions + 10% discount to Vegetarian Society/Vegan Society/Animal Aid/iva!/Vegan Organic Network members. Ziggy Woodward MICT. 023 8064 3813. www.stardust-therapies.co.uk.

PERSONAL

Hi! I'm an 11 year old girl would like a penpal around same age. I love reading, writing, arts & crafts, animals and being outdoors Write to Box Number 106, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

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

VeggieRomance.com is a lively, friendly, community offering free registration and searches, a free (very active) forum, free replies to contacts from other members and free blogs (online journals) for all members. Go to www.veggieromance.com create a profile then Email info*AT*veggieromance.com with the promotional code VEGANVIEWS in the subject line.

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 87 Derwent Street, Chopwell, Newcastle upon Tyne NE17 7HZ. Tel: 01207 565957. Web www.freerangers.co.uk

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

Shoe Repairs Shoe Mate, Silver Street, Axminster, Devon EX13 5AH. Tel: 01297 631133. Vegan-owned shoe repair shop. Vegan materials used. www.vegancobbler.co.uk (website under development). Formerly called *Total Liberation* and *Lyme Leisure*, but no longer selling shoes.

Sustainable shoe line from premier outdoor and travel brand Keen Hybrid Footwear. The Ventura (£49-99) is 100% vegan (no leather, no glues) - a take on the modern sneaker with canvas upper, fully breathable footbed from jute & natural latex, natural rubber outsole. For stockist information and details of range call 0800 612 9292. www.keenfootwear.co.uk. Adheres to Human Rights Production Standards.

NEW Vegetarian Shoes and Bags

www.vsandbags.com

Useful websites

General

www.veganvillage.co.uk
www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)

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

www.arcnews.org.uk (animal rights new)
www.realfood.org.uk (vegan campaign group)
www.veganbuddies.org.uk
www.veggievision.com (internet TV station)

Lists of Veggie Restaurants & cafés

www.happycow.net (worldwide)
www.vegining.com (worldwide)
www.veggieheaven.com (UK)
www.vegetarianvisitor.co.uk
www.vegout.info (UK)

Travel

www.vegetariansabroad.com

Vegan Products Guides

www.isitvegan.info (vegan foods/drinks)
www.isitveggie.com (vegan foods/drinks)

Vegan online shopping

www.crueltyfreeshop.com (Dr Hadwen Trust)
www.viva.org.uk
www.animalaid.org.uk
www.veganstore.co.uk
www.octoberbooks.org/veg (vegan books)

Vegan-run business lists

Artists, accountants, translators...

www.veggies.org.uk/vbc.htm
www.veganvillage.co.uk/services.htm

Vegetarian information

www.vegsoc.org (UK vegetarian Society)
www.ivu.org (International Vegetarian Union)
www.planetveggie.co.uk (Planet Veggie)

Le Guerrat in the French Pyrenees runs a Vegan Organic project.

The owners are looking for a couple or a family to take over the running of Le Guerrat for a period of up to 2 years.

Contact Sue and Trevor direct on:
sueandtrev*AT*leguerrat.org OR
info*AT*leguerrat.org

Bird Flu

Will It Be An Epidemic?

Remember bird flu, Avian flu or strain H5N1 and other names that were attached to the fearful threats that were killing chickens and a few humans in close contact with them? They drifted out of the news and may return from time to time, but that does not mean that the possibility remains that keeping chickens in close proximity to humans and, keeping them in crowded conditions where epidemics will spread like wildfire, is a real danger to the health not only of the poultry but also to the health of the whole population.

The first great flu epidemic happened in 1918 just after the Great World War when it killed more people than the massive killings of the War itself. It originated in the crowded and mostly insanitary conditions in East Asia where people and domestic animals live in close, crowded contact with each other. Viruses which may be thriving in animals such as poultry or pigs, even though they may not affect the animals, can spread to the human population with devastating effect.

In 1918, the epidemic was called the 'Spanish Influenza', blaming it on Spain rather than Asia and was then abbreviated to 'flu. Nowadays vaccines have been developed and people can be vaccinated in the Autumn when large numbers of people contract the disease. Unfortunately, the virus constantly mutates so that it is impossible to ensure that you have been inoculated against that particular strain and it is this that poses the real threat from the current threat called H5N1. At present it is harmless to humans that are not in everyday contact with the poultry, and the virus does not spread from one human to another, but with constant mutation, a type of virus might appear that could spread among the human population. There would not be any remedy available if this were to happen

When a poultry shed containing thousands of turkeys at a Bernard Matthews factory farm in Norfolk started to die in significant numbers, it was correctly confirmed that the cause was an attack of bird flu (avian flu). This was later found to be the H5N1 virus and the suggestion was that some infected wild bird had entered the shed through a the ventilation shaft. A most unlikely occurrence

Further investigations showed how the pursuit of keeping costs low result in the most bizarre of production lines. The Bernard Matthews company also owns a large enterprise in Hungary that produces turkeys, and eggs from Britain They are later flown out for rearing to Hungary where feeding costs are lower, flown back to Britain for slaughter, then back to Hungary for processing (where labour is cheaper) then back to Britain for selling. This is so tortuous as to make me wonder whether I have really got the details correct, but the general concept is that turkeys in some form or other are transported back and forth more than once in their life cycle.

Thousands of young birds had to be slaughtered in strict sanitary conditions to

ensure that the disease did not spread further in this country. Meanwhile we have heard no news about the situation in Hungary and we are left to assume that the rest of Europe at least is free from the avian disease.

The latest report found that turkey parts from Hungary were dropped to the ground and, being declared unhygienic, were put into rubbish bins. It was found that the sheds where the outbreak occurred lacked netting over the ventilation shafts and had holes in the walls where rodents could get in. There was not enough evidence to prosecute the firm. However, they will qualify for compensation over lost business to the tune of around £600,000.

Bird flu has not gone away

However, the news from Egypt is far from good. The river Nile is a very long corridor of greenery flanked by desert and is inhabited continuously along that corridor.. It forms a gateway for birds migrating from Asia to Africa and an infected teal is believed to have brought bird flu to the Nile valley. Chicken is an easily available source of protein for the poor population who live in close proximity with them, usually keeping them in their homes, where the chicken leave their droppings which contain the flu virus. Very often conditions are very dusty so that people are likely to be breathing in the dangerous virus. Traditionally, they chew the corn and blow it into the beaks of the chickens. They also slaughter them and pluck the feathers in the home. Four or five million people, usually women keep chickens at home.

Some imported chickens were found to be rotten when bought, so housewives take care to buy only live birds. The latest woman to have died of bird flu thought she had only the usual flu and would recover after a few days. Although her chickens had recently died, she did not tell the authorities of this and it was too late to save her.

The Egyptian authorities are concerned and are treating the matter seriously. Their policy is to cull all birds within a two kilometre radius of an infection. Men in protective clothing take the birds away to slaughter and disinfect the premises Many people accept this as necessary when they realise the danger to health and life from the infected birds; but others are fearful for the loss of livelihood and food source. When they hear the police coming they hide the birds or move them from house to house. Ten outbreaks of bird flu have been found in backyards and it is feared that very many more have gone unreported.

85% of chicken consumption in Egypt comes from commercial farms - some as large as the broiler sheds in Britain and some have a policy of vaccinating the birds. The Government has a policy of compensating for dead birds, but this is very costly, especially as some farmers pass dead birds from one to the other to claim compensation.

The Egyptian Government has a firm policy of combating bird flu but this is very costly and they want other countries to help them financially and help check the further spread of the disease. They point out that it is in the interest of other countries to contain the disease now rather than have to deal with a chronic situation later, but they do not appear to be having any success.

The EU Minister for Agriculture expresses deep concern and fears that a bird flu pandemic is likely to happen.

Britain is stocking up on the Tamiflu vaccine in case of an epidemic among humans, but enormous quantities would be required and it is reported that it causes severe giddiness.

Humans who do not have close contact with poultry are not susceptible to bird flu, but it is a virus that is capable of mutating into a form that could be virulent to humans. The more viruses there are the greater chance there is of a mutant strain appearing which could spread from human to human, as in the great pandemic of 1918. So it is important to fight it wherever it occurs. Transporting live birds between Britain and Hungary may keep down the price of turkey breasts in the fridges of supermarkets, but could be disastrous in the long run.

Obviously eating corn or other grains direct, instead of blowing it into the beaks of chickens would eliminate the danger completely. But thinking the obvious is not that easy

Most of the diseases that have been a scourge to humans have travelled from Asia and have been transmitted through viruses which live in animals without affecting them but when they migrate to humans cause severe ill-health., often through pigs and poultry. The plague caused by rats cannot be blamed on the domestication of animals, but many human afflictions have come through animal borne diseases due to our domestication of animals and our close contact with them. 'Flu' is a severe illness that causes distress to those who 'catch' it. The strain of bird flu (avian flu) found in Egypt is said to be more virulent than previous strains of the disease. This makes it all the more important that the appropriate authorities should take serious preventive measures and not just stock up on remedies and hoping it will never come to our shores.

H.Mather.

What damages the Global Climate Most?

A Plane? A Train? A Car?

NO! IT IS MEAT EATING

Farm livestock cause more global warming than all forms of transport put together (according to the United Nations Food and Agriculture Organisation Report 'Livestock's Long Shadow')