

VEGAN VIEWS

A Forum for Vegan Opinion
Quarterly

No. 96

SPRING 2003

£1



In this issue: Interview with Karin Ridgers
Experiments on Animals Mislead and hold back Progress
A Vegan Visit to Mallorca
Vegan Organic Growing
Kathleen Jannaway 1915-2003: A Life Well Lived
Grassroots News
Events, Cartoon, Letters, Book Reviews, Recipes

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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.

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The Vegan Views website (www.veganviews.org.uk) features highlights from the latest issue and from recent back issues – going back at present to about 1992. From VV93 onwards, the entire magazine can be downloaded.

Email: info@veganviews.org.uk but only for website comments/queries. To reach the magazine directly please use the postal address.

COPIES IN BULK

If you order a minimum of five copies, we will sell to you at 65p each (sale or return), for sale at bazaars or local shops.

BACK ISSUES

Many back issues are still available for 50p each. Eight for £3 including postage. Topics covered include:

- VV95 Interview with Liz Cook
- VV94 Vegan Organic Network
- VV93 Nutritional Supplements
- VV92 Veggie Pride
- VV91 How and why vegan
- VV90 Porton Down
- VV89 Feeding the world
- VV88 Farming crisis
- VV87 Meat in crisis
- VV86 Hard choices
- VV85 Sprouting seeds
- VV84 Leah Leneman: in memory
- VV37 Arthur Ling interview
- VV34 Leah Leneman interview

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 welcome all letters, articles, news, events, and constructive criticism – and try to print all that is relevant and of interest in the magazine. We welcome drawings too (black on white please).

We rely on readers' contributions. Small ads are free to subscribers. 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.

SUBSCRIPTION RENEWALS

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

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□□□	CONTENTS	□□□
4	Interview with Karin Ridgers	
6	Medical Experiments	
8	Vegan Organic Growing	
9	Cartoon	
10	Integrating Medicine	
11	Obituary: Kathleen Jannaway	
13	Grassroots	
14	Letters	
16	Books	
17	Recipes	

Produced by Harry Mather, with assistance from John Curtis. Front cover: Ruth Lewis.

Printed by Creative Copy n Colour Ltd, Stafford. 01785 851183.

From the editor....

Spring arrives slowly, first crocuses and daffodils bring colour back into our lives, but it takes a long while before we can experience real warmth and abundant growth of flowers and fruits.

Vegans are impatient for change and would like the whole world to embrace their lifestyle immediately. Yet, historically, even great revolutions have only brought change gradually, though change has certainly established itself in the long term. Movements for democratic participation in government went through revolutions and repressions before they established themselves. Women's rights to own property, have a vote and claim equality made slow progress through the 20th century before being accepted.

Banning hunting is also proving a long struggle. Parliamentary action resulted in loud opposition from vested interests, but still progress continues towards a ban and the general opposition to hunting will not decline. Bull and bear baiting and cock fighting were once popular sports but are now banned. The idea that society should impose rules on the treatment of animals by their owners was at first ridiculed and the Society for the Protection of Animals had a hard struggle at first, but is now accepted as a civilising influence.

Caring people may feel themselves marginalised by what seems to be the uncaring masses who are only concerned with their personal pleasures and advancement. Yet suddenly, we see unprecedented masses worldwide marching against the threat of war in a distant country. A significant number of people are concerned about important matters and are prepared to act about them.

We have to show them that, as Kathleen Jannaway believed, veganism plays a vital part in establishing peace and justice in the world.

Enjoy life,

Harry Mather

EVENTS

5 Apr Mass Rally & March for an **Independent Judicial Enquiry into Vivisection**. Meet outside the BBC TV Studios, Wood Lane, Shepherd's Bush, London. W12. Organisers: Judicial Enquiry Campaign, PO Box 38552, London SW1W 9YQ. Web: www.vivisection.info.

24 Apr **World Day for Animals in Laboratories** A United Nations recognised day of international commemoration of the suffering of millions of animals in laboratories. Info: NAVS 020 8846 9777.

29 Apr **Lecture: Living Life in the Raw** by Shazzie at Oliver's Wholefoods, Kew Gardens, London. Snacks available, plus some food tasting. Entrance: £5 per person. Phone Oliver's directly to book: 0208 948 3990.

17 May **Veggie Pride** Demo in Paris, France to denounce vegophobia, defend our rights, and to act on behalf of our fellow-creatures whose rights have been taken away. Web: www.veggiepride.org.

19 to 25 May **National Vegetarian Week** Theme: **SATISFACTION**. Presenting 7 simple but sensational recipes with a great number of potential variations and challenge you and caterers to use them creatively. Resource Pack available to caterers, schools, food writers, magazines, TV programmes and supermarkets, inviting them to compete for the best variation or use them for school projects. The Vegetarian Society, Parkdale. Dunham Rd, Altrincham WA14 4QG. Tel. 0161 925 2000. Web: www.vegsoc.org/nvw/ideas.html.

23 to 25 May **Permaculture: a Weekend for Beginners** Course held by vegans at Dial House Centre for Dynamic Cultural Change, North Weald (near Epping), Essex. £60 (flexibility/concessions available). Details: Graham Burnett 01702 303259. Web: www.gb0063551.pwp.blueyonder.co.uk/course.

2 to 16 Aug **Vegan Camp 2003** Held at Lyme Regis. Details: Vegan Camp c/o 245 Gladstone St, Notts NG7 6HX. Tel: 0845 330 3918. Web: www.vegancamp.org.

30th Aug to 6th Sep **10th Vegan Summer Gathering** at Mumbles on Swansea Bay at the gateway to the beautiful Gower Peninsula. Accommodation in self-catering houses (single/twin/double rooms). Approx cost per adult £80 for the week (excluding food), or £90 if booked after 1st July. Up to 50% reduction if unwaged or low income. Discussions, talks, trips out (to coast and countryside), communal evening meals...and very good company! About 60 people of all ages usually take part. Day visitors welcome. SAE for details to Malcolm Horne at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT (01792 792442 after 8pm preferably). Or see www.veganviews.org.uk/vsg.

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

HELP WANTED...

Vegan Organic Trust, the vegan horticulture and agriculture charity would like help with a small amount of book keeping. This could be done at home by someone with a bit of related experience living within striking distance of South Manchester. Contact Peter White p.a.white@ukgateway.net or 0161 928 3614 to discuss what's involved, terms etc.

Plants for a Future are preparing their revised planning application due for renewal in June 2003 when their temporary planning permission at the Blagdon site in Devon expires. Major construction work and a tidy up is required to make it look good and show the benefits of woodland gardening and sustainable living. They need as many volunteers as possible 1 – 6 April, 25 April – 2 May, and 9 – 19 May. The work is pretty physical and they need people who can work with little supervision. Anyone with an onsite vehicle or skill in driving JCBs especially welcome. 01208 872963 or 07813 067250.

The Story of Veggies Do you have anecdotes and/or photos of demos and events that you'd like to share? Have you been vegetarian/vegan since the 80s? Have you ever helped Veggies out? A book is being written about Veggies Catering Campaign describing how and why Veggies began, and the influence of both Veggies and the groups and projects they've worked with. Reports of some key events are needed from people who were at the following: Glastonbury festival, any year since 1990; Big Green Gatherings; National protest against Boots, Nov 1992 in Nottingham; 'June 18th' demo, June 1999, City of London.

Photos are needed of: Mayday 2000 (Parliament Square) or 2001, especially the free burger give-away outside McD!; Peace Demo at Excel (Docklands) 11th Sept 2001; people leafleting outside Boots the chemist; National Vegan Festival (any year); Anarchist Book Fair (any year); any HLS, Reclaim the Streets or Critical Mass demo; any 'free vegan food tasting' local event; Coventry airport or Shoreham docks live exports protests; Labour Lies (anti hunt) march, Aug 1998; March for Social Justice (with Liverpool Dockers), London; general pictures of Veggies' trailer; pictures of rescued animals, especially cows, sheep, pigs, chickens. All photos will be returned. Memories of vegan convenience foods from the 80s also needed. Please contact the writer if you're happy to answer a few questions. The writer is also trying to track down all the people who've been involved with Veggies. Write to: Ronny c/o Veggies, The Sumac Centre, 245 Gladstone St, Nottingham NG7 6HX. Fax: 0131 466050. Email: Ronny.garlic@blueyonder.co.uk.



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VEGAN SHAKERS

Part 3 – Interview with Karin Ridgers



Karin runs Vegan Essex (see back page for details), Viva! Essex, is a Vegan Society local contact for Essex, is on the Vegan Society council, is a TV and radio presenter and an actress. She's an ideal candidate for our Vegan Shakers column... Interview by John Curtis.

You appeared on a TV programme last year organising a school reunion. Did you mention on the programme that you were vegan?

Yes I mentioned it in the programme that I was vegan and a lot more in the un-edited version too! I organised a school reunion 6 years ago, and I organised another one last year. It was lucky enough to be picked for a Channel 5 documentary "School Reunion". 250 people came, and all of them enjoyed a vegan buffet by Cavanaghs Catering Company who are also vegan. There were 3 of us organising and it was my idea initially. The day I left school I said to myself – "right give me 10 years and I'm going to organise a reunion" – and I did!

The reunion took around 7 months hard work emailing, contacting press and radio, designing & putting up posters, sending out tickets, organising the food, the school, the teachers – even the bouncers! We also had our own website. It was such a stressful time! The TV programme followed me and a few other people. Everyone had different reasons for wanting to go back to school! A few girls wanted to show off, one guy used to get beaten up and wanted to confront the bullies, the school heart throb and Andrew Ridgley look alike wasn't the heart throb he used to be and was gay!

You think you are all grown up but going back to the school and seeing all your old school friends just transports you back in time. The 'hard nuts' still hang out in the toilets, the posers still pose! And the boffins still look like boffins!!

What were people's reactions to the vegan buffet?

I didn't tell anyone the food was vegan – I just wanted people to enjoy the food without any pre-conceived ideas. It was nice as a few people did ask me before hand if there would be vegetarian food as they were veggie! (But no vegans!).

When and why did you go vegetarian?

I went veggie around the time that Viva! was launched in 1994. My Dad has been veggie for around 20 years, but never forced me or my three sisters to be vegetarian.

I read a booklet that described meat as flesh. It said that we have long intestines, and flesh clogs them up. I realised I was eating the rotting flesh of dead animals – suddenly I made the connection. It was as if I had just woken up. I tried to find out more, and came across Viva! Now, I say to my Dad, "why didn't you *make* us go vegetarian!"

And vegan?

I hope I won't upset your readers by saying this, but I began to realise that vegetarianism is a complete cop out. If you care about animals, the environment or health, you simply have to be vegan. There is so much cruelty in the dairy industry. Three years ago, I helped Jo Ann, who organises the Vegan Prisoners Support Group. I thought, my God, people are going to prison for their principles. I have to be vegan too.

I started to move towards being vegan several years before. I stopped eating eggs and started to use soya milk instead of cows' milk, although I still ate cheese and dairy-based chocolate. There are now so many alternatives that there's simply no excuse whatsoever than to be vegan. I discovered vegan sour cream over the weekend and someone sent me the recipe for egg-less lemon curd too!! I think being vegan is in my genes! I have three younger sisters: Debbie is vegan, Carol is a strict veggie, and Sharon, the youngest who is 20, is "mostly veggie".

For World Vegan Day last November, Vegan Essex, which you run, held a celebration event that attracted 350 people. Most local vegan groups would struggle to get 35 people to come along to an event like that. What's the secret?

Organising it was very hard work and took over my life. But I enjoy organising things, and the stress it brings! It was about spreading the word about something I believe in, saying veganism is so easy, kind, and is healthy. National Vegan Week and World Vegan Day are great media hooks that we should all be making use of! I did as many radio interviews as I could and hopefully planted a few seeds! More than 2,000 leaflets & posters were sent all around Essex promoting it and World Vegan Day. We had full and ½ page articles in most of the local press and some London papers about it.

Cavanaghs Catering did some of the catering and the ticket included food from Leora Sunshine Foods. Redwood Foods, Vintage Roots and Trudy Chocolates were also involved – so everyone could try vegan 'meat', wine and chocolate! We had a lot of media there & Benjamin Zephaniah came along. A positive party atmosphere promoting veganism

How much did you raise from the Essex WVD celebrations + what charities/groups got the money?

Most stalls raised a fair few £100's and in total we raised about £1500!! The food and a few other expenses had to be paid. We are using some of the money for our group to promote various aspects of animal rights &

veganism, gave some to Hopefield Animal Sanctuary, The Bear Bile Campaign, Viva! & The Vegan Society.

Are you going to do it again this year?

Yes, but I hope to delegate a bit more this year as it was really hard work!

How did you get all the prizes? They included merchandise signed by Moby, Boy George and Depeche Mode, breaks at Brambles B&B, Paskins Hotel and Wildlife Hotel.

My mother in law is a friend of the Mum of one of the members of Depeche Mode. She asked their agent and they sent lots of stuff. For Boy George, I spoke to Dragana Brown who wrote a book on macrobiotic cooking with him. In return for the weekend away breaks and other items I handed out leaflets so hopefully the companies gained extra custom too.

Why did you start your own group?

I tried to start a vegan group in Essex about 9 years ago, but there wasn't much interest. I tried again around 3 years ago and there was lots of interest. They are a great bunch of people and I have met some of my very best friends. We get between 8 to 20 people at our meetings. Our main purpose is to campaign. We organised a Viva! demonstration against Adidas in February and 23 people turned up to help – an excellent turnout for a local group. We are social too and like to combine fun events with fundraising. Viva! Essex is Vegan Essex – we wear a few hats depending on what we are doing!

What campaigning have Vegan Essex done recently?

Here's what we did in 2002...

We supported Hopefield Animal Sanctuary by fundraising and donations, especially our football match in the summer: The Vegetarians vs The Vegans! We had a good turn out. The boys practised every week for months beforehand! We also supported The Retreat Animal Rescue in Kent and attended their fundraising events. We also support the 2 rescued horses Louis and Dommi and raise money for their keep.

We supported national events such as Animal Aid's Christmas without Cruelty, Viva!'s Rally against Factory Farming, Viva!'s Kangaroo/Adidas Day, Anti Fox hunting, Anti Macdonald's, and more. A few of us supported The Vegan Society AGM & social. I spoke to all the Vegan Society local contacts in the meeting & am delighted that, finally, we got Moby on board as a patron for The Vegan Society. We had a meeting/get together with other main group leaders in Essex including: Greenpeace, Friends of the Earth, Southend Animal Aid, Southend Veggies & St Francis Foundation. Our members also support London Vegans.

We collected vegan food, toiletries, soft toys and vegan information as a massive hamper for a homeless centre based in Southend this Christmas. We also visited the shelter and met a few of the people that run it.

We organised 10,000 specially Essex designed Vegan Society leaflets – these went out through the local media & restaurants and hopefully encourage other members to do the same. We handed out 100s of anti eating turkey leaflets at the Hopefield Christmas Carol service and had 100s displayed in local health shops. We had various stalls including boot fairs, street stalls.

I did pre recorded radio interviews with: Passion for The Planet (London, Essex & Kent), Soul City (East London & Essex), Dream 107 (Essex) & took in vegan food, Phoenix FM, BBC Essex & took in vegan food, and Essex FM.

You have a Veggie Guide to Essex. Did you write it?

Yes. It's something I wanted to do for ages as I hoped that it would bring more publicity to veganism. I had help from loads of fellow Essex veggies. The guide is part of the brand new Vegetarian Britain by Alex Bourke and is also on line on our website www.vegansex.org.uk.

How did you get to interview the vegan rock singer Bryan Adams for the Vegan magazine last year?

It took a lot of perseverance. I said things like "you're such a good advert for veganism, I have to speak to you!" I started by posting him Vegan magazines and writing to tell him about the work of the UK Vegan Society. After catching his attention, the interview was by a combination of email and phone conversation. It's the same with MOBY in the latest Vegan magazine.

You're on the Vegan Society Council. What does that involve?

The council meets around every 6 weeks and we discuss the running of the society and how to promote veganism. We now have events all over the country for members and local contacts. We visited Wales in March and had the biggest event so far. There are also other meetings such as the Strategic Planning Day where we decide on what to focus on for the coming year.

You're also an actress. Tell me a bit about this and your radio & TV presenting.

I ran a small theatre company with a good friend and one day I just thought, "what is the point! All I want to do is promote veganism!" So I gave up running it and my theatre acting to run Viva!/Vegan Essex. I still do some film work; however I am really focused on TV presenting and am working on combining my 2 passions – presenting and veganism. As well as local TV last year I worked with Channel 5, The Discovery Channel, BBC, and made my own pilot TV programme! For more info, see www.karinridgers.tv.

Any future plans?

I Just want to help veganism become mainstream and have my own vegan TV programme!

Keep up the great work Vegan Views. I am honoured that you wanted to speak to me! Thank you! Karin xx

MEDICAL EXPERIMENTS ON ANIMALS MISLEAD AND HOLD BACK PROGRESS

The vegan case for not eating meat and not using products derived from animals may be clear and irrefutable, but when we come to the subject of the use of animals in medical research, there is an even greater reluctance to change established ways of looking at how to deal with disease. Some animal experiments may not involve cruelty beyond taking them out of their natural habitat and keeping them in unnatural conditions (such as cages and isolating them from their peers). A great number of experiments though are painful and involve cruelty, like making incisions or injecting with toxic substances, to observe what effect they will have. Such experiments are defended by experimenters on the grounds that they are necessary for the onward march of medical progress and it is more difficult to counter arguments on the medical side than it is on the dietary side. If one is told that experiments on animals have brought great benefits to human health, we can be made to appear anti-progress and cruel to humans if we want to stop experiments on animals. But is that really the case? Are we making progress in improving the health of humans?

The fact is that we spend huge sums on National Health budgets plus large amounts spent by individuals on self-medication and these sums (plus monies collected by Charities for research) are considered to be insufficient. Yet today we are facing devastating diseases for which no cures can be found such as AIDS and Ebola. This should make us pause and consider whether we are on track to find effective cures for disease and to promote better health. Maybe alternative or complementary medicines should be given a more serious chance to prove their efficacy. They have developed through experience with humans and not by animal experimentation.

Animal experimentation for medical purposes seems to have been founded on a simple logic: You take an animal, inject it with the bacteria relative to the disease you are studying, then try out various substances that you think might counter the bacteria until you find the right one and, there you are, you have found the cure for that particular disease. In this way, it was expected to eliminate at least most diseases and create a healthy world. We have in fact been able to deal with the simpler diseases, but this is largely the result of better hygiene and improved living conditions. Cholera is one example of a serious disease that was eradicated by installing sewerage systems.

The logic on which animal experimentation was based had one fatal flaw that was not foreseen a hundred years ago: The organs of animals react differently to those of humans, so much so that what is effective with one

animal may cause great harm to humans and even to other animal species. Even rats and mice, which one would think of as much of a kind, can react very differently.

In the Middle Ages, the Church had forbidden autopsies on human corpses and medical opinion was limited to studying animal bodies. During the 17th and 18th centuries, people began to dissect human corpses and made great progress in the study of human physiology. William Harvey discovered the circulation of the blood by examining human bodies (though he later made those experiments on animals because he feared he might be condemned for using human corpses). A modern Biographical Encyclopaedia by Asimov points out that "Virtually the whole of medical knowledge was created by the study of autopsies".

It was Claude Bernard who in 1865 developed an enthusiasm for animal experimentation, believing that answers would be found in the laboratories rather than clinical observation. Louis Pasteur, who expounded the germ theory of disease, did this without the need for animal experiments. Robert Koch turned his attention to finding a cure for cholera and although he conducted tests on many species of animals, he confessed that he could not arrive at anything in animals similar to the cholera process and eventually confessed "An experiment on an animal gives no certain indication of the result of the same experiment on a human being".

The microscope gave the ability to observe human cells and cell components directly. They could now observe how cells react to disease and to therapies. Whole organisms can be understood through the study of their cellular parts. Looking through a microscope makes clear the many differences between human cells and those of other species. There is even a divergence in susceptibility to disease and treatment between various types of humans, either through gender, race and other causes. For instance people with a lighter coloured skin are more prone to skin cancers than those with darker skins. If humans can react differently, how then can we expect to use animals as sound models when their whole physiology is so much more different?

Tests on animals failed completely in the case of the drug Thalidomide. This was designed to alleviate 'morning sickness' in pregnancy but resulted in deformed limbs in the children. In 1957, as incidences of the deformities came to be increasingly reported, the drug was given to scores of animals but no adverse effect could be found, until finally the White New Zealand rabbit replicated the ill-effects found on humans, and even then at a dose 25 to 300 times the dose given to humans. Then, in 1962, the drug was withdrawn, after having been marketed for 5 years and after over 10,000 children had been born crippled. This disaster should have demonstrated the futility of relying on animal models for testing drugs, but the lesson was ignored. Too much prestige and money was at stake.

Diabetes is a serious and prevalent disease, where the insulin needed to process carbohydrates is either lacking or malfunctioning. In 1788 autopsies on diabetics showed a connection between diabetes and the pancreas, yet in 1875, Hansemann concluded from experiments on dogs that that diabetes had nothing to do with the pancreas. It had already been found that diabetic patients excreted sugar in their urine, so extra sugar was given to them to compensate for this loss. In 1870 Bouchardat turned against this practice and recommended changes in the diet and exercise instead and this is acknowledged today as being a useful palliative. No animal experiments had been involved, only observation of humans. The animal model proved false.

In 1920 Macleod and Banting isolated insulin by extracting it from a dog. The use of a dog was unnecessary because there was plenty of tissue available from human cases. When Charles Best gave dog insulin to a boy, he suffered severe side effects. Other scientists used in vitro techniques to isolate and purify the insulin. Some lab animal work suggested that the new insulin would cause birth defects, but fortunately this did not apply to humans. The use of animal-derived insulin saved lives but created allergic reactions in some patients. With the discovery of the structure of the human insulin in 1955, it has been possible to provide synthetically produced and safe human insulin. Many attempts to study diabetes by the use of mice only proved that "none of these animal models of diabetes are perfectly equivalent to the human disease state" (Pharmacology 1991; 18:272).

Toxicity testing relies on the LD50 test on animals, yet Dr. Ralph Heywood, director of the Research Centre stated "the best guess for the correlation of adverse reactions in man and animal toxicity data is somewhere between 5 and 25%". So what possible use are they?

The testing of drugs on animals continues because drug companies can then, in a court of law, say that they carried out the necessary safety tests, but the Handbook on Laboratory Animal Science states "Uncritical reliance on the results of animal tests can be dangerously misleading and has cost the health and lives of tens of thousands of humans, as in Ciba Geigy's clioquinol scandal, the Opren disaster of Distra Products Ltd, or ICI's Eraldrin calamity".

All new medical drugs have to be tested on humans and this is where the real testing begins. The tests on humans are the real tests, tests on animals previous to this are bogus and if the results of animal tests are the same as the tests on humans it is pure coincidence and not science. Some years ago, drugs were tested on volunteer medical students, mainly poor students as they were paid for this. Some severe reactions and, I believe, one death resulted in this being discontinued. Experts in toxicity testing wrote in *Acute Toxicity Testing*, 1998

"The only universal model for a human...is other humans".

A good example of this is Penicillin. Alexander Fleming saw that it killed bacteria in a petri dish and tested it on rabbits. The rabbits excrete it in their urine. It did not work on them and he abandoned it as useless. It was by chance and in desperation, because no other possible remedy was available, that he administered Penicillin to a patient he thought would die. The patient recovered. At the same time H.W. Florey administered Penicillin to a sick cat. The cat died. Fleming himself attributed the discovery of Penicillin to serendipity saying "it came out of the blue". Penicillin kills guinea pigs and Syrian hamsters and causes malformations in the offspring of rats. Any tests on these animals might have resulted in our having no antibiotics today. It was later found to be effective in mice but it was the test on a human that proved its effectiveness. Following this analogy, it is quite probable that medication that could benefit humans is rejected because animal tests proved negative and they might have been of positive advantage to humans. This is what should have happened in the case of Penicillin. On the other hand, drugs that were cleared after being tested on animals have proved dangerous or fatal to humans. According to the Journal of the American Medical Association, adverse drug reactions killed 106,000 Americans in 1994 and about 15% of hospital admissions are due to adverse medical reactions and cost over \$136 bn annually. It is impossible to look on this as sound science.

Digitalis was used by herbalists to treat heart disease before the days of animal experimentation. Its use by medical men was delayed because it was found to cause high blood pressure in animals. Streptomycin, a popular antibiotic, causes malformation in the offspring of rats.

Accurate knowledge about medication can come from computer modelling, in vitro testing, clinical observation and epidemiological studies. Animal testing is bad science and at best misleading, often dangerous. Dr. James Gallagher, a medical researcher stated in 1964 "Animal studies are done for legal reasons and not scientific reasons". Animal research has become routine and has the advantage of being what the funders of research expect. The aim of researchers is to get as many articles as possible published in the many medical journals. The more articles they get published, the more fame and funding they receive and it's a sad fact that scientists have to get funding for their projects. The funding that goes into animal research is wasteful and more useful projects are deprived of funds and of the brains and energy of scientific minds.

The above article resulted from reading **Sacred Cows and Golden Geese** by C. Ray Greek, MD and Jean Swingle Greek DVM published by Continuum (New York and London) ISBN 0 8264 1402 8. They have also written 'Specious Science'.

Harry Mather

VEGAN ORGANIC GROWING

Growing food in a new garden (well two actually)



VV subscriber Graham Cole has volunteered to write a regular column on vegan organics. Graham has worked on several large gardens since 1978. He is a strong supporter of the Vegan Organic Network.

The idea behind this column is to give people advice and suggestions on growing fruit and veg. I'll start this in the next edition, but firstly, I'd like to tell you about my last year of growing to show what can be grown in Britain... Last year, I moved to a new estate in Hampshire where I'm employed to manage the gardens.

Arriving in February last year, I began the task to get 2 gardens underway – the one I look after as my job, and our home plot – both needing some vegan organic attention with the priority being to start a compost heap with good solid sides and plenty of varied organic material to get some heat.

The other things the fine weather in those early weeks allowed was planting – much of which I had bought with me: Strawberries, Apple trees (3 varieties "Fortune", "Sunset", "Pitmaston Pineapple"), Almond ("Ingrid"), Blackberry ("Ashton Cross" and "Fantasia"), Loganberry, Boysenberry, Fig ("Brown Turkey"), Grape (Fragola), Gage ("Early Transparent") and Pear ("Onward", "Fertility Improved") – the last 5 items going against the superb south facing wall I have in my own garden. If you have such a wall fill it with fruit! In addition this last autumn I have added Apricot ("Farmingdale") and Gage ("Reine Claude de Bavay"). I also put in Russian Comfrey (Bocking 14) for fertility – liquid feed and mulch. I have been growing this plant for 26 years when I first joined the H.D.R.A. – the U.K.'s oldest and largest organic gardening body. Being lucky to have a large greenhouse and cold frames I started seed sowing the following: Broad Beans, Lettuce, Parsley, Cabbage, Sweet Peas etc for planting out later when warmer and Carrots, Spring Onion, Beetroot direct into frames. The more exotic stuff was also sown in early March for cropping in the greenhouse – Sweet Peppers, Tomatoes (5 different types), Sweet Basil.

I then proceeded to prepare the ground as the temps rose, covering the soil with well rotted leafmould, the fruit cage with a flattened cardboard boxes/straw layer all through between the rows of Raspberries, Blackcurrants, Redcurrants, Whitecurrants and Gooseberries so no soil is visible, weeds are kept down, moisture is conserved and fertility is improved. Along with returning organic matter to the soil and rotation of crops the covering of soil is very important.

So, as the summer of 2002 progressed we did get some fine conditions and my usual practice of growing various flowers to attract insects (as well as the human eye!) amongst the fruit and veg began to take shape – particularly successful was the glorious blue flowered Phacelia growing between the rows of potatoes, rows of globe artichokes and around the edges of various plots.

Other flowers worth trying for wildlife and lifting the spirit are: Shirley Poppies, California Poppies, Echium, Calendula, Cosmea, Lavatera, Borage, Convolvulus Minor, Limnanthes Douglasii, Sweet Williams, Cornflower, Catmint, Fennel-Bronze, Lavender and many other herbs.

During the mellowing days of late summer and autumn when the harvesting and eating of the produce was in full swing, the sowing and establishment of Green Manures was underway. These plants are very important in covering vacant ground, particularly in winter, to protect the soil and raise fertility. I sowed White Clover under the Sweet Corn and between rows of some winter brassicas, Winter Tares on cleared ground and during the summer Buckwheat (also good for insects) and the before-mentioned Phacelia.

Bringing us up to the present, March 2003 I have planted a new orchard of apple trees (6 classic quality varieties), new rose garden, various specimen flowering trees, and begun to bring back to life the south-facing wall of an old Victorian walled kitchen garden by planting a Fig, Peach, Nectarine, 2 Pears and 3 Gages – just for starters!

The cycle continues as I sow in the greenhouse again, this year I'm going to grow some Cantaloupe Melons – always something to look forward to – for gardeners this year is going to be better than the last, always hopeful and optimistic and as vegans a tasty more compassionate future for LIFE!

Seeds obtainable from...

Suffolk Herbs, Monks Farm, Coggeshall Road, Kelvedon, Essex, CO5 9PG. Tel: 01376 572456. Email: www.suffolkherbs.com.

Organic Gardening Catalogue, Riverdene Business Park, Molesey Road, Hersham, Surrey, KT12 4RG. Tel: 01932 253666.

Useful Information

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

**GLOBAL WARMING CAN BE CHECKED
AND PEOPLE BETTER SUPPLIED WITH
FOOD AND OTHER NECESSITIES IF
WE USE LAND FOR TREES
THAT ABSORB CO₂ NOT TO
LIVESTOCK THAT EMIT METHANE
A MUCH MORE POWERFUL GREEN HOUSE GAS.**
Details: Movement for Compassionate Living, 31
Walton Close, Ernesford Grange, Coventry.

PREHISTORIC TIMES... MEET VEGGIE REX

HELLO VIEWERS!! TODAY WE WILL BE EXPLORING THE RISE IN POPULARITY OF MEAT LOOK-ALIKES... AND THE DECLINE OF MEAT

IT'S SO MUCH BETTER NOW T.REX IS EATING MEAT LOOK-ALIKES! THEY SURE LOOK REAL ENOUGH!... LET'S HOPE HE TELLS ALLOSaurus ABOUT THEM AS WELL... ULP!!



VEGAN EATS TOUCH-DOWN!

LOOK AT THIS STUFF! WHY DON'T WE TURN IT INTO 'VEGAN CHEESE... AND SELL IT TO THE EARTHLINGS!?! GOOD?! IDEA?!

AT LAST! THE PLANET 'VEESE!! PREPARE TO LAND!!!

THE TRUTH ABOUT VEGAN CHEESE, FOLKS



DRACULA

NO MORE BLOOD SUCKING FOR ME! I HAVE FRESH VEGGIE JUICE AND BEETROOT JUICES

WHAT DO THE PUBLIC THINK ABOUT THEM??



DYE IN THE WOOL VEGAN

SPIDERS!!

WHAT'S WRONG WITH SOYA BEAN CASSEROLE? HERE! TRY THIS YOU'LL LOVE IT, BOYO...

AHH!.. MY FAVOURITE!! FLY LOOK-ALIKE YUMMM!

IT'S SO EASY TO BE A VEGAN SPIDER NOW... I MUST TELL THE SCORPIONS ABOUT THE BUG LOOK ALIKES...

WELL FOLKS! LIKE 'EM OR LOATHE 'EM! MEAT LOOK-ALIKES ARE HERE TO STAY AND MEAT HAS HAD ITS DAY... MMM! I FEEL LIKE A VEGGIE SOYA BURGER NOW! MMMMM



GO FOR IT! GO VV!

INTEGRATING MEDICINE

September was an incredibly busy and rewarding month for me. I spent quite a lot of time in London talking to groups of cancer patients at various hospitals and hospices. I found it sad that, at one of these, a nutritionist is only invited once a year to give dietary information to their patients! One can assume that from a conventional angle, nutrition against disease is regarded as unnecessary and unimportant. However, last month, I was contacted by a general practitioner who invited me to talk to over a hundred of her patients on the subject of nutrition for menopausal problems. This was a brilliant day. Patients now had access to a conventional and alternative outlook. Bharti Vyas (Cherie Blair's therapist) was also invited. She gave her views whilst I was travelling to the venue and remained to listen to mine. Bharti is a wonderful speaker and long-time vegetarian. It was a pleasure to meet her again.

The outcome of this event enabled me to invite that particular medical doctor to my Living Food Workshop earlier this month. She also asked if one of her colleagues could attend. My students on that day had the opportunity of directing questions to both of these delightful general practitioners – one was also a homeopath – on all sorts of topics. For over six hours! They were happy to give their conventional views, whilst they discovered the enormous value and benefits of raw food nutrition. These doctors are using the knowledge they gained from this day and offering it to their patients. Because of time constraints placed upon doctors nowadays, they are referring certain patients to me. This, of course, is just a 'drop in the ocean' but I am so pleased that now many people will have access to diverse ways of allowing their bodies to heal.

It is extremely hard to induce conventionally-trained practitioners to consider 'normal' food for its healing benefits, never mind vegetarian/vegan/raw/live food, so I feel I have made a step in the right direction – at least as far as the patients they administer help to are concerned.

Update on me: I am presently still in remission. My right arm is much weakened by the recent manipulative surgery. Movement has been much restricted since the nerve damage caused by the latest tumours. However, I am hoping to compete in November at my British Championship qualifying competition.

I remain hopeful, as always, that I can sustain this remission for as long as possible.

Love, Light and Peace.

Pat Reeves, Practitioner of Nutritional and Functional Medicine.

Email: pat.reeves@blueyonder.co.uk. Tel. 01384 270270. Web: <http://livingfoods.pwp.blueyonder.co.uk>.

A VEGAN VISIT TO MALLORCA

I was lucky enough to take a week's winter break in Mallorca in February. Self-catering made veganism easier, but we noticed a Vegetarian Restaurant from the bus in Palma and decided to explore it. Jardin de la Gloria, 23 Plaza Progres, was not large but it was smart. The word vegan was not understood, but we were able to make them understand what we wanted (or rather what we didn't want). The waitress was friendly and helpful and the lady at the next table helped to explain. She explained she was vegetarian for the animals otherwise she would not be smoking. She was in fact kind and friendly and told us there were many vegetarian restaurants in Palma and gave the addresses of three (after consulting another customer), marking them on our street plan.

Next day we found Sa Bousana, 4 calle Santa Barbara in the fascinating old town near the Cathedral. Here the food was excellent and portions large. Once again it was possible to go vegan, though only couscous was available for the main dish (but it was light and fluffy). As with Jardin de Gloria, the meal was four courses for 10 Euros.

Encouraged in our quest we went looking for Julivert, 13 calle Santiago Russel, a street north of the Misericordia. This was self-service and the lady understood the word vegan. Two vegan dishes were available that day and the menu changes daily. We intended to eat there that day but, walking through streets near Plaza Mayor we came across a sign for a small vegetarian restaurant, 'Atisha' 4 bis calle Hostels. They also serve fish. A single dish cost 6 Euros. They were eager to please and open evenings. Walking around afterwards we were surprised to see yet another sign for a vegetarian restaurant – Bon Lloc 7 San Felice a large and busy restaurant which advertised that it is open some nights from 2030 to 2300 hours and obviously also open for lunches.

Lunch in Spain comes in siesta time between 1 and 4 pm and evenings meals are quite late. I doubt whether these restaurants are open on Sundays. English is not generally spoken, though someone may be able to understand a very little and the word vegan is not understood but 'sin leche' and 'sin huevo' means without milk and without eggs and the idea seems understood. One waitress wagged a disapproving finger when I tried to taste a 'dip' which had mayonnaise in it and brought me a sauce made from almonds instead. The food was tasty and well presented. The service was pleasant.

A café advertised Horchata da Chufa (Tiger Nut 'Milk') but this apparently is only available in summer. Roast chestnuts sold in the street turned out to be hard and inedible.

Harry Mather

KATHLEEN JANNAWAY

1915-2003: A Life Well Lived

There is always a great sadness in having to record the passing of someone who has been an inspiration to so many, but we should also be happy and grateful for all the good work done for the vegan cause by Kathleen Jannaway who died on 26th January 2003.

She was born in 1915. She lost both parents by the age of three and was brought up by grandparents, who managed their low budget so well that she was never aware of being deprived. She did well at school and became a teacher of biology.

She married Jack Jannaway. They shared a radical outlook and seeking a fairer, more caring world and became conscientious objectors during the war. They were also Quakers. It was a successful partnership and Jack, though never prominent, was a constant and reliable support in all Kathleen's work. During the war whilst she was preparing the meagre ration of lamb Kathleen heard a commotion outside and saw lambs in the field. They both suddenly made the connection and became vegetarians.

In 1964, Kathleen read a review of the book 'Animal Machines' by Ruth Harrison which revealed the cruel farming conditions of battery cages for hens and narrow crates for veal calves. She then made the connection between milk production and the need to slaughter superfluous male calves. At once she became a vegan. In 1971, having raised three children, she took over as secretary of The Vegan Society and dedicated her mind and her energy to the vegan cause.

Aided by Jack Sanderson as President, Eva Batt who investigated vegan products and wrote cookbooks, Serena Coles, and Grace Smith as Treasurer, she headed a group of dedicated workers for veganism. When they heard that ITV was providing facilities for independent groups to promote their ideas, they were among the first to avail themselves of this facility and quickly produced a programme for this Open Door series and brought the vegan message to a wider world. The response from viewers was overwhelming and almost overnight membership was doubled to over 1,000.

She was tireless in speaking to groups, holding stalls, and was always available to individuals, encouraging and supporting them. Her talks and articles in The Vegan magazine were an inspiration, based on facts as well as sentiment, covering scientific and ecological aspects but still with a strong moral outlook. She loved to quote a scientist who said, after listening to her talk, "Of course, you're right, Kathleen. But you're a little extreme!" For her, following the right path was the only way forward and her scientific arguments were strong. She was always quoting from scientific journals in support of her case.

Besides editing and contributing to The Vegan magazine, she produced many booklets: Pioneers of a New Age – the reminiscences of twelve early vegans, Vegan Mothers and Children by ten vegan mothers, First Hand First Rate – 60 simple recipes and ideas for economical healthy living on plant products most of which can be home grown, Introduction to Practical Veganism, The Why and How of Veganism – personal experiences, The Second Population Explosion, The Health of Vegans and many more leaflets.

Her routine was to deal with the day's mail and then spend some hours with Jack in their large garden, where they grew fruit and vegetables on vegan organic principles. Over more than 15 years they proved that soil fertility could be maintained without using animal products, pesticides or outside fertilisers, but using techniques of composting, green manuring and crop rotation. She claimed that without too many hours working, a middle aged couple could be largely self-sufficient on less than half an acre. Yearly Garden Parties on their lawn became a welcome meeting ground for vegans before the current Vegan Camps and Summer Gatherings were established.

She firmly believed in natural foods grown locally where possible and supported the whole grain and health food movements as against supermarket junk foods. In 1984, when Jack was seriously ill and needing her care, she was unable to attend the AGM. A section of The Vegan Society felt that her stance was preventing the basic vegan message from reaching a larger public who were shopping in supermarkets and bought convenience foods. Another group was voted in. They opened an office in Oxford (Kathleen had worked from home), they did produce appealing leaflets but failed to attract the commercial funding they hoped for and ran down the reserves that Kathleen had painfully built up.

Kathleen felt she had been stabbed in the back whilst she had been caring for her husband, but was determined to continue her work. She formed the Movement For Compassionate Living (The Vegan Way) dedicated to working non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation.

New Leaves was the quarterly magazine she produced for the MCL which brought support from around the world. A booklet Abundant Living in the Coming Age of the Tree set out clearly the importance of trees in the earth's ecology and their contribution to the vegan lifestyle, by producing alternatives to animal derived products.

She also published other booklets: Growing Our Own, Recipes From New Leaves, Recipes For a Sustainable Future. A New World Order of Self-Reliant, Tree-based Autonomous Vegan Villages set out a vision of a future society contrasted to the exploitative, globalising trend. She also produced a sticker about Global Warming

warning that animal farming was destructive of trees, released methane gas, much more destructive of the ozone layer than carbon dioxide, but planting trees would reduce CO₂ levels.

A few years ago after Jack's death, she sold the house in Leatherhead that had been the headquarters of The Vegan Society for many years, and bought a farm in Devon where, with her two children, she planted trees. Sadly, she fell whilst leaning on a stick which gave way and she broke her leg which took a long time to heal and she never seemed to regain her vigorous health.

She was pleased to have been elected as a patron of The Vegan Society at the AGM of the Society in 2002. To most of the young people there she was only a name but the Society and the whole vegan cause worldwide owes much to her devoted, intelligent and hard work, which has made veganism better known and respected.

She was principally motivated by ideas of peace and justice for the whole world and her enthusiasm for veganism was that it played a large part in promoting greater fairness for humans and animals and leading to less exploitation of the poorer nations and creating a more peaceful world.

As I write the world seems threatened by dangerous escalation to war and further conflict, and world trade seems just an excuse to exploit the poorer peoples, but there is a growing awareness of the problems facing the whole of humanity and mass popular movements call up large demonstrations. More than ever we need the inspiration of Kathleen's vision that veganism is a vital solution to these problems and essential for a stable, peaceful future for the world.

Others have already taken over the administration of the Movement For Compassionate Living and the horticultural work is being established by the Vegan Organic Network (see page 20). VON is establishing standards for vegan organic food production (also known as stockless cultivation). They hope to set up an experimental and educational centre to promote food production on vegan organic lines. The proof already exists that agriculture without animal fertilisers or pesticides is sustainable. Kathleen and others have proved it on a small scale but a larger centre that can be readily visited by the public is the way forward and VON are appealing for funds to make this a reality.

Harry Mather.

Kathleen...

When I became vegan in 1972, and joined the Vegan Society, I found Kathleen a help and an inspiration. Her house in Leatherhead, which I visited many times in the 1970s, felt like an oasis in a largely unsympathetic world.

She helped and encouraged many of us in those days – perhaps young people especially. And, as I wrote in the

last issue, she encouraged the development of Vegan Views, recognising that a forum for informal discussion would be helpful (while *The Vegan*, which she edited, had to be more of a shop window for veganism and the Society).

Kathleen presided over the Vegan Society from 1971 to 1984 in a largely non-dogmatic way, trying to cater for many different tastes and opinions. It was a very time-consuming job, but she still managed to receive and welcome many visitors, write thoughtful letters, and also to give frequent talks and run stalls in various parts of the country.

I had less contact with her during the MCL years (1985 onwards), when she pursued her particular interest of sustainable non-exploitative vegan lifestyles, and I last saw her when she was in hospital in 2001. She was in some pain after a fall, but still chatted on about people and ideas. I think she was rather frustrated that the rest of the world was awakening oh so slowly to the issues she felt passionate about.

It's hard to think of anyone in recent times who has done more for the vegan cause.

Malcolm Horne

Vegan Look at the News

Cloning

Matilda, Australia's first clone sheep died suddenly in February from no apparent cause at three years old. Average lifespan of sheep is 12 to 14 years. Dolly, the first and most famous cloned sheep has been 'put down' or should we say put out of its misery at about 7 years of age. She had severe respiratory problems and had developed arthritis. Other animals are also known to have been cloned. New Zealand scientists have cloned genetically modified cows. The purpose is to make cheese making quicker and easier. Dairy products are still New Zealand's main industry.

Cosmetic Tests Ban

A deal made in November 2002 between the European Parliament and EU governments should mean that beauty and hygiene products tested on animals will not be allowed to be sold in the EU after 2009. This will cover only 11 of the 14 types of tests. A ban on the other three, where it is claimed there are no alternatives to animal testing, will not apply until 2013 at the earliest and testing outside the EU may still happen.

Fish Farming

It takes up to three tonnes of wild-caught fish to produce one tonne of fish-farmed salmon. Researches claim to be on the verge of revolutionising fish farming by adding a chemical to sea water that will turn carnivorous fish into vegetarians.

GRASSROOTS NEWS

In VV95, Malcolm Horne criticised the UK Vegan Society for not providing enough support to grassroots in the vegan movement. This prompted us to ensure that Vegan Views does as much as it can in promoting these groups, so here's a summary of what two are doing. See p 20 for contact details + websites.

Vegan Organic Network/Trust (VON/VOT)

They hope to set up a **stockfree organic agriculture education, research and development centre** with full-time and voluntary staff. No such centre currently exists. Money raised so far is £70,000 from a legacy passed on by the Movement for Compassionate Living, and £5,000 from fund raising. But over £400,000 is needed in total, and they desperately need donations from individuals and groups. Please send donations to VOT, Anandavan, 58 High Lane, Chorlton, Manchester M21 9DZ.

Jenny Hall has completed the first two chapters of a **vegan-organic growers' manual**, with help from Dave Darlington and Iain Tolhurst, two of the most experienced vegan market gardeners.

They have issued the world's first comprehensive **Standards for Stockfree Organic Farming**, assisted by the Soil Association. Unlike the Soil Association VOT do not have over 100 paid staff, just a highly motivated voluntary group and generous supporters!

Their magazine, **Growing Green International** which is sent free to members, now runs to 44 pages.

See VV94 for interview with three active VON members.

Plants for a Future (PFAF)

Shaping the Future of Plants For A Future in April 2002 attracted 45 people. There was a site tour with a wheelbarrow picnic. Trees were donated and planted including walnut, fig, dogwood and plum. Fencing maintenance was carried out, a kitchen garden was reclaimed, and a rustic retreat shower facility was built.



South West Permaculture Convergence at PFAF in June 2002 was self sufficient in water – all was collected from a mobile home roof, filtered through a ceramic water filter.

30 people went to the **Autumn Equinox Gathering** in Sept 2002. There was a full tour of the demonstration gardens and the whole site; a fence maintenance work party to seal off holes in the deer and rabbit fences; constructing the display tables for the plant sales area; and discussions on plants and sustainable living.

The Garden of Love Woodland Gardening Courses in Oct 2002 went through the whole design and implementation process, focusing around an existing

one acre woodland patch, "The Garden of Love", dedicated to the memory of Robert Hart, the pioneer of temperate 'forest gardening'. Stephen Nutt was the excellent tutor with input from PFAF on interesting plants to uses. The first weekend looked at surveying techniques and mapping out the site. The second looked at more detailed design on chosen areas within the site and selecting plant guilds for these areas.

Green Woodworking in Oct 2002 was spent creating various items. The tutor, Anthony Walters, brought a pole lathe, a couple of shaving horses and woodworking tools. Everyone created something, from spoons and bowls to tables and a cloche frame. They also looked at an area of woodland and harvested the materials required for the course.

Woodland Working Weekends Nov/Dec 2002 included tree felling, construction of a crooked woodshed and weaving the sides of their treebog.

One Day Tours and Visits PFAF had visits from the Devon Wildlife Trust discussing the Culm Grassland on site, an important wildlife habitat. The Bristol Permaculture Groups and a permaculture course from Exeter also came along for site tours. All site visitors are given welcome packs, including visitors' record sheets and the PFAF Quiz on useful plants. The visitors centre is packed with information including all 40 PFAF leaflets and a well stocked library. New leaflets include the PFAF Virtual Catalogue with concise information on 200 of their favourite plants, and a new leaflet by Ken on Plants for a Woodland Edge.

They have completed their **Fey Fund grant** period and have had over 200 people visits last year. They received a grant from the **Devon and West Somerset Key Fund for £25,000** in October 2001 towards capital costs at their Blagdon site and setting up a training/volunteer program. This enabled them to buy tools and safety equipment for volunteers, make a new site entrance and buy a 12-ton digger to construct their car park and lake.

They had many stalls including one at **Halwil Junction Mind Body and Spirit Fair** 5 miles from the Blagdon site which helped build local relations. Ken Fern of PFAF was invited to join the panel in an Organic Gardeners Question Time event at the **Henry Doubleday Research Association** AGM, and held a stall there. At first the questions centred around normal organic growing, but towards the end turned more towards permaculture and alternative plants – Ken was in full form giving details of alternative root crops. They nearly ran out of their publications. This was probably their most successful stall of the year.

**LOVE
animals
DON'T
eat them**

Letters

The Gathering Instinct, or Prehistory in the Supermarket

Dear Harry,

I wonder if other vegans share my concern about the widespread references to humans having a "hunting instinct"? There are a lot of public references to this which seem to go unquestioned, and so leave many with the impression that bloodlust and animal abuse are basic, unchangeable human characteristics. Worse, there are writers who would tell us we must engage in these activities because it is our nature and if we do not we will do something worse, such as wage war. Really? Do these writers ever gather mushrooms?

My own guess is that early humans were peaceful vegan gatherers before becoming soil-tillers or "hunter-gatherers", so where are the references to "the gathering instinct", "the nurturing instinct", or "the cultivating instinct"? Perhaps it is time for vegans to rewrite prehistory.

Stop sometime outside a supermarket at night and gaze in from beyond the over-intense light and the sensation of packaging. Perhaps you will see people like our ancestors as they turn, pause, pick, and look, not unlike plucking things from plants and trees. We could even celebrate this gathering instinct in a newly created festival of Veganalia...

Best wishes and thanks,

Eti Malaji

Grass Roots Issues

Dear Harry,

With regard to Malcolm Horne's letter in VV95, concerning the Vegan Society's lack of support for grass root vegan issues, I would like to add my voice to his concerning this issue. I feel that the Vegan Society is in danger of ending up a bit like New Labour, trying hard to get more support, while ignoring its core supporters so much that they rebel. When the Labour Party are in an ongoing conflict with workers and unions to the extent that people can't be bothered to vote for the party and are letting their membership lapse, then it is clear that they are out of touch with their principle supporters. The current situation whereby the unions are withdrawing and reducing financial support to the Labour Party because they see the party is being too close to big business and the rich, and too distant from the workers and the poor, is a serious threat to Labour, as well as a threat to the democratic system. The Vegan Society is in danger of alienating its core supporters in a similar way. Indeed, a third of the Society's membership leave each year and are approximately replaced by new members.

Generally, the Vegan Society are right to concentrate on making veganism mainstream, but the latest (Winter 2002) Vegan Magazine has three big Science/Health related articles that are so full of data and statistics that they are too boring to read. The article on diabetes is also inaccurate in one respect when it claims that the vegan diet is low in fat. Since when have chips, vegan burgers and sausages, nut roasts, vegan cheese, soya milk, etc. been low in fat. Or salad dressings for that matter. Why is it that the Vegan Society has a funny way of trying to be mainstream? It tries to target new people from the ways of meat and dairy, yet most meat and dairy eaters eat burgers, chips, cheese, etc, yet the recipe pages never seem to offer any soya based dishes. Are "mainstream" people really interested in sprouting? To be fair, in this issue there was a pretty good review of the National Vegan Festival. Is this a sign of change as regards grass roots policy?

Over the last year The Vegan Magazine has been so varied in terms of quality it is hard to know what the council are thinking. The first magazine of 2002 was the worst I have ever read. It seems to me that there are some good and interesting items in The Vegan generally, like the item on Maneka Gandhi in the latest edition, the new product round up, and news pages and reviews. Unfortunately there is too much boring science and medical data crammed into each magazine to make it as interesting and in touch with real people as it should be. I'm not saying these things aren't important, but they should be kept to one article per edition of The Vegan.

If the Conservative Party were effective as an opposition to Labour, Labour would be in even bigger trouble than it is. Labour have reached the stage where the middle class right wing supporters think Labour are too anti business, and the left wing and the unions and core supporters think Labour has sold to big business.

The Vegan Society is heading in this direction at full speed. It is not serving the needs of its new mainstream burger/café society type people as well as it needs to, and neither is it serving the needs of the grassroots as well as it should either. It needs a bolder and more committed approach to accommodate both camps, and it MUST accommodate both.

Chris Sutoris

Veganitis

Dear Harry & Co,

I think it is about time we vegans spread our wings a bit and got more of a place in the English dictionary, rather than just one word "vegan". Here's a few:

Veganoid	Veganosity
Veganist	Veganish
Veganism	Veganite
Veganistic	Veganerity
Veganality	Veganous
Veganimous	Veganacity

Veganeric Veganosity

Writers/Authors Please Note!

Yours Veganfully,

Victor, Gaucin

Can anybody write down the meanings? Also any more Veganics?

To Be Or Not To Be?

Dear Vegan Views,

I am not a vegan but respect your concern for animals. However, I find it impossible to agree with your case intellectually. If animals are humanely raised and slaughtered is that worse than animals, so produced, never having existed? If you are a vegetarian, surely many animals are killed by turning over soil and in the watering of crops. I don't like the killing of animals but to do so is to be part of a natural order which regulates life on earth.

Perhaps there is an environmental case for veganism, but predictions by experts, whether it be to do with climate change or most other things are notorious for not proving correct. Malthus 200 years ago predicted doom over Europe if the population doubled.

I don't write this in a spirit of point scoring. I would like to agree with your view but I cannot.

I enjoy your mag though,

Best Wishes,

John Fawcett

Dear Vegan Views,

I am a relatively new vegan – just over a year now – but I'm not in an area where there is a group, so I rely heavily on The Vegan and any other literature I can get hold of. I have children – my youngest aged three is virtually vegan, but the older ones (7 and 9) like their fish fingers and bacon and I do not want to bully them into veganism. My husband is a vegan sympathiser and has given up cow's milk, but he thinks it's OK not to be 100% vegan. I found myself in sympathy with Malcolm Horne. I like The Vegan Society mag but I really like Vegan Views. I appreciated all the vegan organisation listings and notices.

Yours,

Alison Armstrong Evans

Women and the Bible

Following John's letter in VV 95 re: Jesus, M. Gandhi and women. I would like to follow up this issue with a few of my own insights, gained along the way.

Looking at a summer issue of "*Feminist Theology*", I read an article which stated that the biblical books of Genesis, Leviticus and Proverbs were relentlessly

gynophobic (irrational fear of women). They constructed models of the 'good' and 'bad' woman and the difference between the two was often difficult to differentiate.

I followed this up by examining a scholarly commentary of Paul's Letter to the Romans. It was clear he drew on the gynophobic view of Genesis to construct his advice to the church in Rome.

These four biblical books, in my view, drawing on the above stated sources are too gynophobic to be used. That still leaves a great many biblical books.

Jesus was unusual for his time in defending women against the usual condemnations of men. The woman taken in adultery was brought to him for censure. Instead of recommending stoning to death or exile, he turns the tables on her accusers. "Which among you has no sin?" To avoid looking idiotic they confessed none could say this. Therefore they went away feeling somewhat wrong-footed, and Jesus said to the woman, "Neither do I condemn you. Go and sin no more".

On another occasion a woman wanted to pour out a costly jar of perfumed ointment onto the feet of Jesus. The disciples (all male) started complaining, saying to Jesus that rather than waste this jar in such generosity, it could be sold, and the money used to provide relief for the poor. Jesus refuted their gynophobic criticism indicating that what she has done will always be spoken of, and in any case the poor are always present. In other words, a unique action can't be compared with the endless opportunities to help the poor.

So Jesus began a process which twenty plus centuries later is still going on, albeit in a secularised form usually, to liberate women from male bondage.

Jewish religious feminists refute the phrase, "the God of Abraham, Isaac and Jacob," preferring instead, "the God of Sarah, Miriam and Rachael."

Religious systems, like all human constructs, can be used either to oppress, or to liberate.

May it be the *latter*!

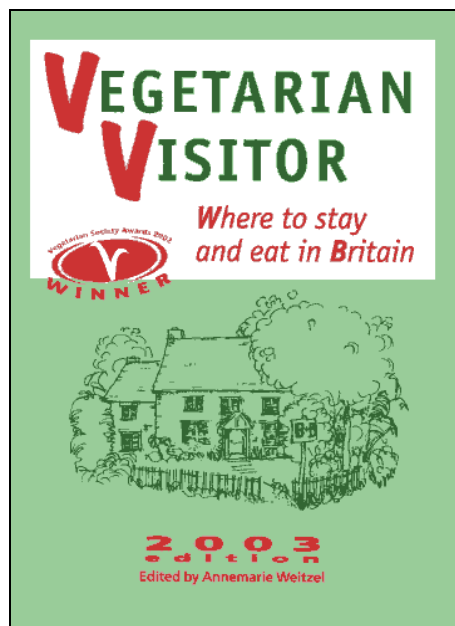
Cerys Brangwyn



Vegan Views in the News

Last October, we sent emails to the Vegetarian Society, Viva! and the Vegan Society requesting a mention in their magazine of our website and the fact that Vegan Views magazine can now be downloaded for free from our website. The Vegetarian Society gave us a good plug in their Winter 2002 magazine, including a picture of Vegan Views magazine. Viva! also gave us a free mention in Viva!life magazine. Unfortunately and ironically, the Vegan Society didn't give us a mention in their magazine.

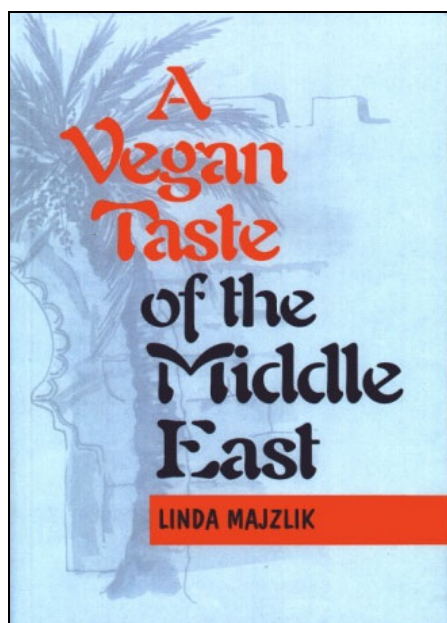
BOOKS



Vegetarian Visitor 2003 – Where to stay and eat in Britain. Edited by Annemarie Weitzel, £2-50, ISBN 1 887766 78 5. Published by Jon Carpenter, Alder House, Market Square, Charlbury OX7 3PQ. 01689 870437. Free web version: www.veggieland.co.uk.

This annually checked and upgraded guide to guest houses, hotels, private houses, cafés, restaurants, pubs catering for vegetarians has more than 300 entries, classified by regions and coded information (whether vegan, non-smoking etc.) and many pictures. Its popularity has led to it being given a Vegetarian Society Award in 2002.

Activity Holidays, Special Breaks & Courses are included also a list of national and local vegetarian groups and British Tourist Authorities abroad.



A Vegan Taste of the Middle East by Linda Majzlik £5-99 + postage. ISBN 1 897766 77 7. Published by Jon

Carpenter, Alder House, Market Street, Charlbury OX7 3PQ. Credit card orders phoned or faxed 01689 870437 or 01689 811969.

This is the eighth cookbook presented by Linda Majzlik and shows the variety of appetising dishes available to vegans. She claims that the Middle Eastern diet is well suited for vegans with wheat, barley, rice, pulses as staples combining with vegetables, fruit and nuts.

She gives a list of foods with which to stock your larder and sets out recipes under the headings: Mezze (starters), Soups, Main Courses, Grains, Sauces & Dressings, Vegetables, Salads, Breads, Desserts, Baking and Drinks.

Learn to make your own hummus, felafel, avocado dip, rice and potato patties or any other of over 100 dishes – and no animal ingredient anywhere.

Other Recommended Books...

Vegan Rustic Cooking For All Seasons by Diana White. Published by Vegan Organic Trust (see page 20). Book profits go to this trust, dedicated to education and demonstration of working towards vegan organic agriculture and away from the conventional chemical, animal exploitative methods. £7-99 inc. post from VOT, 10 Charter Road, Altrincham, Cheshire WA15 9RL. p.a.white@ukgateway.net.

Animal-Free Shopper 6TH Edition £4-99 + £1-50 P&P from The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Web: www.vegansociety.com.

Vegan Stories Vegans around the world tell their stories of how and why they went vegan. Collected by Julie Rosenfield. £7-99 + £1-50 p+p from The Vegan Society, address as above. Julie's Vegan London website: www.veganlondon.freeserve.co.uk.

Nutrition For Optimal Health Video (46 minutes) by Dr. Michael Klaper £8-95 + £1-50 p+p from The Vegan Society, address as above. Michael Klaper's website: www.vegsource.com/klaper.

Healthy Vegan Infants/Children gives individual case histories of children being brought up as vegans and also professional advice. £2 from: Plamil Foods, Bowles Well Gardens, Folkestone, Kent CT19 6PQ. Tel: 01303 850588. Web: www.veganvillage.co.uk/plamil.

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

RECIPES

Baba Ghanoush (serves 4)

A Mezze from Linda Majzlik's A Taste of the Middle East (see page 17).

2lb/900g aubergine
1 garlic clove, crushed
2 rounded tablespoons light tahini
1 tablespoon lemon juice
1 tablespoon olive oil
1 teaspoon ground cumin
black pepper
chopped black olives

- 1) Cut the aubergines in half lengthwise and put them under a hot grill, turning occasionally until the flesh is soft. Scoop out the flesh and blend it with the garlic, tahini, lemon juice, olive oil and cumin until smooth, adding a little water if necessary to make a dipping consistency. Season with black pepper and pour into a serving bowl. Cover and refrigerate until cold.
- 2) Garnish with chopped black olives when serving.

Butter Bean and Barley Soup (serves 4)

From A Taste of the Middle East by Linda Majzlik

8oz/225g cooked butter beans
8oz/225g leek, trimmed and sliced
8oz/225g potato, scraped and diced
4oz/100g carrot, scraped and diced
2oz/50g pot barley
1 garlic clove, crushed
1 tablespoon olive oil
1 teaspoon dried thyme
1 teaspoon dried mint
1 bay leaf
black pepper
chopped fresh parsley

- 1) Put the barley in a saucepan, cover with boiling water and leave to soak for 1 hour, then put the pan on the heat and bring to the boil. Cover and simmer briskly for 30 minutes. Drain over a bowl and make the cooking liquid up to 24 fl.oz/750ml with water.
- 2) Heat the oil and fry the leek and garlic for 5 minutes, add the liquid, barley and remaining ingredients apart from the butter beans and fresh parsley, stir well and bring to the boil. Cover and simmer for 25 minutes, stirring occasionally. Add the butter beans and continue simmering for another 5 minutes. Garnish each bowl of soup with fresh parsley.

Be kind to animals
by not eating them

Brown Rice with Lentils (serves 4)

From A Vegan Taste of the Middle East.

4oz/100g long grain brown rice
4oz/100g brown lentils
1 onion, peeled and finely chopped
2oz/50g sultanas
1 teaspoon coriander seed, crushed
1 teaspoon ground cumin
¼ teaspoon ground cardamon
1 dessertspoon olive oil
black pepper
18 fl.oz/550 ml vegetable stock or water
chopped walnuts

- 1) Soak the lentils in water for an hour, drain and rinse and bring to the boil in fresh water. Cover and simmer briskly for 30 minutes, then drain.
- 2) Heat the oil and soften the onion. Add the rice and spices and stir around for 1 minute. Now add the lentils, sultanas and stock and combine well. Bring to the boil, cover and simmer gently until the liquid has been absorbed and the rice and lentils are cooked. Transfer to a warmed serving dish and garnish with chopped walnuts.

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Bugs and Drugs

The public demand for cheap food means that supermarkets are importing chicken from East Asia, which are not reared to the regulations that apply in the UK and these are found to be contaminated with bacteria which may result in food poisoning harmful. Long ago, it was found that putting antibiotics in animal food promoted faster growth. This resulted in the appearance of bacteria which were resistant to the antibiotics. When patients needed antibiotics to cure ailments, these drug resistant bacteria survived and ever stronger antibiotics were needed to overcome them, until it is feared that no effective antibiotic will be left. Antibiotics were therefore banned for use in animal feed. Unfortunately this has not resulted in a reduction of antibiotic use in animals as these drugs are still being heavily prescribed by veterinarians. Animals reared in the crowded conditions that are normal in the unhealthy intensive farming, are prone to disease and being confined so close together, epidemics will quickly result. It follows that there will be a substantial use of antibiotics to cure and prevent disease. Drugs can only be given on prescription by a vet and since the vets are also the ones who sell the drugs, there is every incentive for them to profit from this.

Hunting Ban Proposal

It was claimed that the governments' anti-hunting Bill was strengthened in January 2003 when MPs voted that hunts should only be allowed if they are needed to control pests, but supporters of hunting say all foxes are pests.

B&Bs & ACCOMMODATION

Cumbria Pumpkin House Vegetarian B&B welcomes vegans. A short walk from award winning veg. restaurant Quince and Medlar. Gill & Dave Harris, 3 Challoner St, Cockermouth, Cumbria CA13 9QS. Tel: 01900 828269. Web: www.lakesnw.co.uk/pumpkinhouse.

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 £20. Dinner £8. Packed lunch £4. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

B&B North Wales Borderlands Fraser Cottage, High Street, Bangor-on-Dee, Wrexham LL13 0AU: Phone/fax 01978 781068. Picturesque rural village. Non-smoking. Fresh organic ingredients. Dogs welcome. Tasty and healthy vegan breakfast. Email: helen@frasercottage.com. Web: www.frasercottage.com.

Brambles Vegan B&B. Packed lunch and evening meal on request. Regret no pets. Well behaved children welcome. Smoke free. Brochure from: John and Mary Anderson, 10 Clarence Road, Shanklin, Isle of Wight PO37 7BH. Tel: 01983 862507. Fax: 01983 862326. Email: brambles.vegan@virgin.net. Web: freespace.virgin.net/brambles.vegan.

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

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

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

Cornwall Vegetarian & Vegan B&B. Dinner on request. Lizard Peninsular 1½ miles from sea. 3 miles Falmouth. Good walking. Not for children or pets. Non-smoking. Derek and Lynne Smith, Treneere, Penwarne, Mawnan Smith, Cornwall TR11 5PG. Tel: 01326 250297.

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 or Jackie: 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: Email enthousiasme@wanadoo.fr. Web: www.douceur-harmonie.org. Phone 0033 4 68 39 62 56. Douceur et harmonie, 'el Faitg', 66230 Serralongue, France.

NEW Brittany, France Self-catering cottage, vegetarian kitchen, delicious ready meals available. Tel/Fax: (0033) 296 86 00 44. Web: www.vegetariansabroad.com/leplessis.html. Email: janine.leplessis@wanadoo.fr.

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

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

ads free to subscribers

NEW Room Available in Bournemouth Large room in spacious ground floor flat in Bournemouth for n/s vegan female. Share kitchen, bathroom and large sunny garden. Close to shops etc. £300 pcm includes bills (except phone). Deposit and references required. Tel 01202 548128. Email: a.shiels@poole.gov.uk.

CAFÉS & RESTAURANTS

Earthwise Vegetarian Café Commercial House, 19 b Station Road, Bognor Regis PO21 1QD. Tel/Fax: 01243 828246. Vegan alternatives. Eat or take away. Phoned orders welcome.

Hollyhocks Vegetarian and Vegan restaurant. Imaginative world vegetarian food. No Smoking. 10 Knights Hill, West Norwood, London SE27 0HY. Tel: 020 8766 8796.

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

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

Allsorts Psychic Café Drinks and cakes, occasional savouries. Fully veggie, good choice for vegans, soya milk available. 22 Carton Place, Southampton. Tel: 023 80237561. Web: www.allsorts-psychic-cafe.com

GENERAL

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

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

Amplifaire A new and most efficient system for heating home and water. Also Amplifaire flue pipe to make AGA or Rayburn more efficient. Send a large SAE (44p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

Translations into English from French, German, Spanish (personal, commercial, legal, technical) 30 years' experience. Half normal rates for VV readers (no VAT). Also Private language tuition in Bedale-Richmond-Leyburn area. Patricia Tricker MIL AITI Cert Ed (FE). Tel/Fax/Modem 01677 450176.

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

NEW Welhealth Fruit Farm (North Wales) Down shifting, co-operative anti-consumerist, vegan diggers and wombles, have land to create alternative renewable sharing community. We are seeking holiday members and full-time members. Tel: 01244 819088 or 07980 158661.

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

Meat is Murder

PERSONAL

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

NEW Vegan Male, 52 (South, mid-Hants) seeks vegan/veggie female for friendship and possible long-term relationship. Into animal welfare, walking, gigs and music, much more. Loving, caring person. Phone or text and I will return all calls: 07990 874822.

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

Vegan Gentle Man (raw food bias) seeks a lady for friendship and relationship. OHAC in the South West. Willing to work at the mutually supportive relationship (B.de Andelis student). Currently involved in promoting veganism and compassionate lifestyle – helpmate sought. A.L.A. Reply to: Box 102, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

SHOES

Freerangers animal free footwear. Send for brochure to 9B Marquis Court, Low Prudhoe, Northumberland NE42 6PJ. Tel: 01661 831781. Fax 01661 830317. 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.

Vegan Shoe Repairs and large range of vegan shoes. Total Liberation c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Tel. 01297 631133. Web: www.lymeleisure.org.uk.

UPDATE: now making vegan moccasin slippers. Will shortly make shoes starting with children's.

THERAPIES

Healing Retreats And Home-Colonics Training all year in Southern Spain or UK in September. Empowering 10 day home-colonic retreats or 3 – 5 day training courses with juice fasting, yoga & meditation, nutrition, digestion & living food talks, consultations and a lot of TLC! Safe & simple way to gain health & self-reliance. Will undoubtedly change your life! Contact Sho & Dao Tel. (0034) 678 014 534. Info at website www.home-colonics.com.

Raw Food Healing Retreat In Rural Devon Supervised and safe water and juice fasting, personalised raw food retreats, health and nutrition consultation, raw food preparation, health lecture, emotional healing, iridology, health course, etc. Phone Dr Gina Shaw for your free brochure: (01626) 352765.

Natural Nutrition And Naturopathy Reflexology, Metamorphic Technique, Linseed & Hempseed oil. Amanda Wise, P Dip, NN, MCMA. Tel: 01202 575258.

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.

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. 01384 270270. Email: pat.reeves@blueyonder.co.uk. Web: www.livingfoods.pwp.blueyonder.co.uk.



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ANIMAL GROUPS

Viva! (Vegetarians International Voice for Animals), 12 Queen Square, Brighton, BN1 3FD. 01273 777688. Web: www.viva.org.uk. Email: info@viva.org.uk. Benefits of joining include four magazines (Viva!Life) posted to you per year, and discounts (typically 10%) at many healthfood shops, cafés and restaurants. They are very animal oriented and are especially good for teenagers and young people.

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

Peta (People for the Ethical Treatment of Animals). Web: www.peta-online.org.

CHARITIES

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

Vegfam Feeds the hungry without exploiting animals. See Box advert p 20.

FAMILY + CHILDREN

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

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

Vegan Family House Website of a vegan family living in NE Scotland. Recipes, info on veganism and bringing up vegan children. www.veganfamily.co.uk.

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 For details send SAE to The FRESH Network, PO Box 71, Ely, Cambridgeshire CB7 4GU. www.fresh-network.com.

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

MAGAZINES

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

Arkangel is an animal liberation magazine produced 3 times a year. £10 for 3 issues inc p&p or £2 per issue. Arkangel, BCM 9240, London WC1N 3XX. Articles to arkangelweb@hotmail.com.

The Green Queen Twice yearly lesbian, gay, bisexual, vegan & veggie mag, welcomes short stories, poetry, articles, opinion, book/film reviews, campaign information. Issue 7 now available, please send £1-13 to K Bell, Green Queen, BM Box 5700, London WC1N 3XX.

Vegan Voice is a quarterly Australian magazine for those who want to spread the message of respect and love for all life. It promotes a non-violent way of living beneficial to the planet, all animals and human health; gives a platform for like-minded groups and individuals. Year's subscription from the UK is \$35 (Australian dollars). PO Box 30, Nimbin NSW2480 Australia. Web: <http://veganic.net>. Email: veganvoice@lis.net.au.

The Vegan Society, Movement for Compassionate Living, Vegan Organic Network and Vega also publish magazines – see p 20 for details. Vega's magazine can be downloaded from the internet for free.

RELIGION + SPIRITUAL

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

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

Jesus Top Secret Fascinating article showing that Jesus was a vegan, and that he expressly commanded his followers to observe a purely vegetarian diet and to show love and kindness to all living things, and explaining why these teachings were altered and suppressed. Send £1.20 in stamps to BCM Redeemer, London WC1N 3XX. Web: www.members.tripod.com/jbrooks2/.

Followers of the Way Founded by Antony Bates (1920-1996). A group of friends who are vegetarian/vegan, and pacifist in relation to war. They aim to cultivate the inner life and to express this through works of reform and creativity. They proclaim the Christ has returned and anticipate the return of the prophets. Tel: 020 8948 2315. 365 Sandycombe Rd, Kew Gardens, Surrey TW9 3PR.

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

SPORT

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

Vegetarian and Vegan Bodybuilding collate evidence of vegetarian & vegan bodybuilders who have made impressive muscular gains, and provide postal help line. Membership free. David Fairclough, 17 Inglewood Road, Rainford, St Helens, Merseyside. Tel: 01744 454495 Sat 12-9:30 or Mon 5-6:30.

VEGAN COMMUNITIES

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

VEGAN SHOPS

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

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

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

WEBSITES

General

www.veganvillage.co.uk popular noticeboard + list of UK vegan restaurants
www.btinternet.com/~bury_rd Vegan News: free on-line magazine

Listings of Vegetarian Restaurants & cafés

www.happycow.net (worldwide) www.vegdining.com (worldwide)
www.veggieheaven.com (UK) www.veggieland.co.uk (UK)

Travel

www.vegetariansabroad.com (worldwide) places to stay abroad

Vegan Shopping

www.isitvegan.info vegan foods/drinks
www.isitveggie.com veggie/vegan foods/drinks
www.crueltyfreeshop.com on-line shopping – run by Dr Hadwen Trust
www.veganstore.co.uk online shopping

Vegan-run business lists

Artists, accountants, translators, solicitors, decorators...
www.veggies.org.uk/vbc.htm see p20 for more details
www.veganvillage.co.uk/services.htm

Vegetarian information

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

Veganism & vegan organisations

Veganism means living on plant products and excludes, as far as practical, the exploitation of animals for food, clothing, or any other purpose. Like other vegetarians they exclude from their diet meat, poultry and fish. They go further and exclude animal milks, eggs, honey, and their derivatives (eg cheese and butter). They are left with an abundance of grains, pulses, nuts, seeds, fruit and vegetables, which modern nutritionists recommend for a healthy diet. Most vegans find they can enjoy greater variety in their diet than they did before. There are also many tasty substitutes for animal products (even delicious ices).

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

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*. Other literature available. SAE for details to MCL, 31 Walton Close, Ernesford Grange, Coventry CV3 2LJ, UK. Web: www.MCLveganway.org.uk.

Vegan-Organic Network (VON) encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. They also have a charity arm called the Vegan Organic Trust (VOT). Contact David Graham, Anandavan, 58 High Lane, Chorlton cum Hardy, Manchester M21 9DZ. Tel: 0161 860 4869. Email: veganorganic@supanet.com. Web: www.veganorganic.net.

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

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.

<p>The Overseas Aid Charity for Vegetarians & Vegans is VEGFAM (British Registered Charity No. 232208, Inland Revenue Ref XN8555) FEEDS THE HUNGRY WITHOUT EXPLOITING ANIMALS The Fragile Environment of Developing Countries cannot support TWO populations <i>Humans and their Food Animals.</i></p> <p>For over 30 years VEGFAM has provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War in over 40 countries. Our Supporters control how much of their Donation goes on Administration since VEGFAM operates three separate Funds for the use of Donors/Testators the particulars of which are:</p> <p>GENERAL DONATIONS paid into a/c No 65023307 00 will be apportioned (by % shown) between</p> <table><tr><td>PROJECTS (91%)</td><td>a/c No 65023323 00</td></tr><tr><td>Administration Expenses (7%)</td><td>a/c No 65023310 00</td></tr><tr><td>Office Building Fund (2%)</td><td>a/c No 65023336 53</td></tr></table> <p>Accounts are at The Co-operative Bank plc, 242 High Street, EXETER, Devon, EX4 3QB, Sort Code 08-92-90. (Midland Banks a/cs retained for use by existing Donors). Postal cheques, IMO's, MO's and PO's to Lydford address, please.</p> <p>SUPPORTERS ARE INVITED TO PAY DONATIONS DIRECT TO ANY OF THESE ACCOUNTS</p> <p>Tel/Fax Lydford (01822) 820203 or (01550) 721197 for more details – Covenant Forms/Bankers Order Forms etc (& self catering visitors accommodation) or write (SAE appreciated) to: VEGFAM, "The Sanctuary", Nr Lydford, Okehampton, Devon, EX20 4AL, Website: www.veganvillage.co.uk/vegfam. Email: vegfam@veganvillage.co.uk. THANK YOU FOR YOUR SUPPORT</p>	PROJECTS (91%)	a/c No 65023323 00	Administration Expenses (7%)	a/c No 65023310 00	Office Building Fund (2%)	a/c No 65023336 53
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Office Building Fund (2%)	a/c No 65023336 53					

Vegans in your area

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

SOUTH

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

London Vegans meet on last Wednesday of the month (except December) 6:30 – 9:30pm at Millman St Community Rooms, Millman St, London WC1. 24 hour info line on 020 8931 1904. Web: www.londonvegans.freeseve.co.uk.

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

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

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

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

Hertfordshire Lisa Ceneri would like to have contact with other vegans in her area, especially those with children. 63 Leven Drive, Waltham Cross, Herts EN8 8AL. Tel: 01992 426710.

Hastings Animal SHAC meet every second Tuesday of the month, 7:30pm at Friends Meeting House (upstairs), Priory St. Vegan refreshments available. All welcome.

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

Solent Vegetarians & Vegans John Curtis, 31 Cranbury Rd, Eastleigh, Hants SO50 5HB. Tel. 023 80643813. Email: solentveg@ivu.org. Web: www.ivu.org/solentveg.

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Email: timwest@onetel.net.uk. Web: www.ivu.org/uklocal/bournemouth.

Isle of Wight Vegetarians & Vegans Tel. 01983 407098. Email: iow@ivu.org. Web: www.iwvv.org.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, Lamma St, Carmarthen. Just come, or to check phone 01267 241547 or hippocharity@aol.com.

MIDLANDS

Leicester Kate Axon would like to meet other vegans in the area to explore the local pubs and restaurants. 9 Tillet Road, Thorpe Astley, Leicester LE3 3RD.

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

NORTH

Sheffield Vegan Society meet in the upstairs room of the Fat Cat, Alma St, Kelham Island, on the first Wednesday of the month. Business 7:30pm, and then social 9pm. Contact 54 Uppertorpe Road, Sheffield S3 7EB. Tel: 0114 258 8869.

East Riding Vegans meet about once a month for socialising. New members welcome. Ring Maggie 01482 444435.

Leeds Vegetarian & Vegan Society Meet twice a month for various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044 or Email natalietharraleos@yahoo.com.

North Riding Vegetarians & Vegans meet about once a month for socialising. Please phone or fax Patricia on 01677 450176, or write to Cottage No 3, Arrathorne, Bedale DL8 1NA. Email: patricia@p-m-t.freeseve.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.