

Vegan Views

A Forum for Vegan Opinion

No. 108

Summer 2006

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notices



Animal groups

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

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

PETA. Web: www.peta-online.org

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 has for 30 years provided short and long-term Relief to People who have been the victims of drought, flood, cyclone or war.

Website: www.veganvillage.co.uk/vegfam

Email: vegfam@veganvillage.co.uk

Family + children

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

Contact Network for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 0208 481 7239.

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

Fruitarian + raw food

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

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

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

Magazines

The Vegan is published by the Vegan Society. (See page 18)

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

The Welsh Vegan is a quarterly magazine in Welsh and English. Annual subscription £4.50 from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

Growing Green International is published by Vegan Organic Network. See page 18.

Web: www.veganorganic.net

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

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

Web: www.MCLveganway.org.uk

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

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

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

Projects

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

Email: Ancientwoodlands@aol.com

Web: www.woodlandproject.org.uk

Religion + spiritual

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

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.

Veg4Lent This campaign is active each year in promoting the benefits of ethical vegetarianism amongst Christians. For further information on this year's initiative, see www.veg4lent.org, or contact: Veg4lent, Pines Road, Liphook GU30 7PL. Tel. 01428 723747.

Printing + resources

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

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

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.geocities.com/vegetariancac/ E-mail: Psimpson@vegac-mkveg.fslife.co.uk

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

Vegan communities

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

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

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. Vegan owners.

Website design/hosting

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

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Sell Vegan Views:

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

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

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

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

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

From the editor...

About 80% of all human diseases appear to have originated from animals

By Harry Mather

Concern continues over the discovery of wild birds that are dying from "bird flu" in Western Europe, now including Britain. The disease in wild birds is not a threat to human health. The problem arises if domestic birds become infected by the wild birds. Then, those in close contact with hens or other fowl, e.g. by plucking their feathers, could become infected, be seriously ill and some could even die of the infection. There is therefore a close look-out for any dead wild birds showing signs of infection. In any such area, the domestic fowl have to be kept indoors to keep them away from infection.

Most hens are confined indoors in all of their brief lives. Many are crippled with legs too weak to support the excessive weight they have been bred to produce. They are not able to satisfy their urges to peck and scratch and commune with nature. They are crowded in sheds or cages in artificial light, never to see the sun and breathe the fresh air. For them an earlier death might be seen as a merciful release.

The burden falls more heavily on free-range poultry, who are enjoying a little more freedom in their still-short lives and who will be forced to stay indoors, having been able to enjoy

something of the outside world. We should not forget that intensive farming now applies to ducks and geese.

Although the viewing of the mass slaughter of animals affected by foot-and-mouth or other diseases does distress people, they close their eyes to the reality that this mass slaughter continues day after day to produce the fleshy pieces that comes onto their plates. Their real concern is not for the animals, the fear is that the bird flu virus could mutate into a form that could infect humans and result in an epidemic as serious as the flu epidemic of 1918 when millions worldwide died of the flu. That flu virus had its origins in poultry.

About 80% of all human diseases appear to have originated from animal diseases. Hunting and domesticating animals has made us susceptible to a great number of diseases that have afflicted humankind and still do. Importing chicken from Eastern countries where people live more closely to animals and where living conditions are less hygienic than in the West is likely to create conditions for viruses to spread from animals to humans.

If nobody ate chicken, we would not have to be concerned about bird flu amongst wild bird, because our contact with them would be minimal. If you pointed this out to people, would they give up eating chicken? I fear not, but it may be that, slowly and painfully, they will have to learn that lesson and get the message.

Events

Horne on 01792 792442. Email vegancom@btinternet.com.

5th to 19th August 26th Vegan Camp in Isle of Whithorn, SW Scotland. All ages welcome for any length of stay. Contact Vegan Camp c/o 245 Gladstone Street, Nottingham NG7 6HX Tel 01822 820203 or 0845 330 3918 www.veggies.org.uk/vegancamp.

Sunday 10th September London Vegan Festival 10am to 10pm at Kensington Town Hall, Hornton Street, London W8 (tube High Street Kensington). Entry£1-50 (under 16s free). In partnership with the Festival of Life. Talks, workshops, food, music, children's entertainment. www.londonveganfestival.org.uk

10th to 16th September World Vegetarian Congress in Goa, India All catering will be vegan. Tel. 020 7928 7459. www.ivu.org/congress/2006.

For fruit/veg growing events, see the end of Vegan Organic Growing.

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

30th July to 5th August Green Inspiration' 10th International Vegan Festival at Skagen Denmark (at the top of Denmark) Price £265 all inclusive Contact Kirsten Jungsberg Tel. 00 45 3874 3404 or mobile 00 45 6133 3874. Email Kirsten@jungsberg.dk www.vegansworld-network.org

Sunday 30th July Ravenscar Cruelty-Free Fayre, Ranworth, Church Road Ravenscar Scarborough, North Yorkshire. See Letters page for more details.

2nd - 6th August Instead of the Vegan Summer Gathering, join a 30th July to 5th August Vegan group at the Big Green Gathering. see Letters page. Ring Malcolm

Letters

Canned Lion Hunting

Dear All,

I went to a very moving talk by Chris Mercer on Canned Lion Hunting in South Africa organised by DAWN - Sandra Barker's Derbyshire Group. The animals, not just lions, are bred in cages for slaughter by hunters who pay a heavy fee. The government are allowing it under the umbrella of conservation. He has rescued some animals and has a centre in Kalahari (raptor and predator sanctuary). After a 7 years' battle in courts, they have finally been accepted but the hunting still goes on all over South Africa.

Chris has written a wonderful book: For the Love of Wildlife.

Anyone interested in helping the wild animals, check on Chris' site: www.canned-lions.co.za

DAWN GROUP are at
Sandrabarker@btinternet.com

*All the Best,
Sue Fox*

Cruelty-Free Fayre

Dear Harry,

On Sunday 30th July local animal rights group: Scarborough Animal Concern are organising the Ravenscar Cruelty-Free Fayre. We have held similar events since 1988- each growing in size and popularity.

It is an outdoor event held on the village's old cricket field, overlooking moors and coast - which affords spectacular scenic views. We have The Fayre to highlight the many cruel ways animals are treated by humans, within the group we campaign to end all aspects of animal cruelty and the fayre is a way of educating people, bringing together like-minded people to network and have an enjoyable afternoon.

We need help on the day, before with planning, ideas, suggestions; on the day we need musicians, dancers, poets, speakers. We rent stalls for £10 to charities/groups etc. It would be great for people to get in touch and, hopefully, get involved.

Our website has more details: scarborough-animalconcern@fsmail.net

*All good wishes,
Karen Dickinson*

Against Animal Cruelty

We are setting up a West London group opposing all kinds of animal cruelty including factory farming, fur trade, animal experiments, zoos and much more.

If you can help in any way to end animal suffering or would like more information, please call Joan on 0785 425 6136 or e-mail stopanimalsuffering@hotmail.co.uk

What Would We Eat?

I have been vegan for 40 years. I heard on the media recently, "if we did not eat meat, chicken or fish, what would we eat? So we plod slowly on. My visitors praise my offerings, but go home to their usual, dead animal diet.

Mrs. D. Bradshaw

Visit to Croatia

Miriam Mather tells us how she read in VV107 about the vegan welcome to Croatia where Jenny Gage invites guests to her farmhouse on the large island of Brac, a short ferry ride from the large ancient town of Split in Croatia.

As advertised, she was able to enjoy pleasant walks, glorious scenery and warm spring weather. Although the tourist season had not begun, she found it possible to follow a vegan diet and even managed to locate some soya milk. Potok is a farmhouse that has been extended and renovated to form 3 spacious flats, communal areas and workshop area. There is a large vegetable garden and orchard. All who are dedicated to a compassionate way of life are welcome as guests, permanent residents or working volunteers.

Contact: *Jenny Gage, Potok BB, Mirca, Brac 21400, Croatia. e-mail jennygage@hotmail.co.uk. Website: www.vegpot.com/mission.html*

Raw Plant Food

I love receiving Vegan Views and am impressed by the high standard. I'm 71 and have 75% raw plant food, so only 25% cooked vegan food, on which I'm very healthy. I'm standing for the Green Party in the local elections in May!

*Love,
Elizabeth Angus*

Pass It On

Many thanks for your marvellous work. We always enjoy reading Vegan Views and then pass it on to other people who, although not vegans or vegetarians, always find something interesting in it.

A. de Paoli

News from Pat Reeves

I'm very pleased to still be enabled to contribute to our great magazine, following my on-going severe health problems, which unfortunately have become further complicated.

Following my last news broadcast - Christmas and New Year are something of a blur at this time of writing, four months on. I was on life-support for most of that time, as my heart struggled with the extended treatment of clavicle tumour growth. I eventually made it back to UK, but had to scan every three/four weeks. Checks in March showed that, as feared, it had likely metastasised to my left lung.

Easter Sunday found me in Scotland where I won the BDFPA's British Championships, which was an amazing feat in itself! - though knew I had to imminently return to Germany after the competition, as April's checks confirmed those of the previous month.

After much deliberation, it has been decided that the chances of a further implant are too risky in this area and thus there is nothing more that can be done.

Therefore, I have returned to my beautiful home in the West Midlands where I am devoting my time and still considerable energies to the needs of my patients and am ecstatic at each sunrise I awaken. I believe the Higher Power is allowing my life onward in order that I complete my long-awaited book detailing my approach to cancer and embracing a raw and living foods lifestyle. This is in its early stages at present: I am determined to finish this work with the Almighty's help and love and compassion for me.

On a lighter note, over the last twelve months or so, I have noted a diminished use of animal-based foodstuffs and a considerable increase in both vegetarian and vegan eating principles amongst my patients: Perhaps even more importantly, a considerable proportion of them discarding animal produce in order to create self-healing. My living food day events, talks to various authorities, lecturing, etc reinforces the message. I have been working with a local branch of the Autistic Society in this regard and evaluating the rate of success.

I have designs on retaining my fifteen-year British championship title with BWLA on May 20th, and with no training since I competed in Scotland, that is certainly a considerable challenge - and I thrive on those!

Please note my new contact details - Love, Light and Peace to all our readers.

Pat Reeves. www.foodalive.org Email pat@foodalive.org Telephone 01384 270270.

Drug Testing Tragedy

Those who oppose the testing of drugs on animals, which includes many highly qualified doctors, have for a long time been pointing out that testing a drug on an animal gives no assurance of how the human body will react to the drug. In fact, different animals themselves react differently to the same drug, because their physiologies are different and they are all different from humans. There have been many examples of drugs tested on animals that have had dangerous side effects - Thalidomide being a well known case.

Now we have to add another tragic example to prove what the conventional thinking has refused to accept. In March 2006 a new anti-inflammatory drug which had been tested on animals was declared safe for testing on healthy human volunteers. Within a couple of hours, all six men given the drug TGN1412 became critically ill and had to be rushed to intensive care, where they remained critically ill and needed a long period of intensive nursing. A subsequent enquiry has not found any human error in administering the drug nor any contamination during the manufacturing process. They are still alive, but one man may lose his toes. One of the two who were given placebos described how one of the volunteers suddenly arched out his back as though someone had prodded him in the back and cried out, "my back, my back, Doctor help me", then "my head". He was hyperventilating and passed out.

We are told that these serious ill-effects are very rare. This is an admission that they do occur. It is also admitted that some people have died during drug trials, yet these are never publicised at the time and the public are left to infer that they never happen. Is that because it might put people off volunteering to be tested? One expert volunteered to say that a death

occurred about 5 years ago when a young lab technician volunteered for a test at John Hopkins University and died 3 or 4 days after inhaling hexamophonium. The researchers had only gone back to the 1960s for relevant evidence, yet relevant search in the 1950s would have told them it was very dangerous.

A newspaper report says, "Scientists were left contemplating the worrying possibility that the dangerous side effects of this drug in humans had not been and perhaps could not be detected in the normal animal trials." If only scientists could learn this lesson from the tragedy, maybe more tragedies of this nature can be avoided.

The volunteers in the trial (aged between 18 and 40 years) had each signed a 14-page contract, which said that the drug had been tested previously on mice, rats and dogs and that the side effects on mice and rats included, "increased urine volume, decreased faeces, redness of the skin, etc." In dogs the drug had caused an "increased heart rate and decreased blood pressure." Not all that reassuring but volunteers were offered a £2,000 payment and opportunities to study and play snooker.

The drug in question was not the same as the chemical drugs usually used in the treatment of diseases, but a biological product, a genetically engineered "humanised" protein - a monoclonal antibody designed to be accepted by the human body. Experts say this makes it difficult to work out by animal testing what dose would be toxic to humans. These drugs have more potential to cause a harmful reaction in the body. The dose administered was 1/500th of the dose found to be safe in monkeys. That should have provided a huge margin of safety and yet the reaction on humans was devastating. The Head of Research at Southampton University, Dr. Shakin, says,

"The message is that biological products are more complex products. They are a protein, so they can induce reactions in the body which could be of an allergic or hypersensitive nature." Now that a new generation of biological products has arrived we could be into a "new paradigm", he says. Janet Derbyshire comments, "We are interfering with systems where we have not necessarily got the knowledge of how the normal system works. So we also need to know how they would work on, say, where the immune system is under-active or overactive. These antibodies are specific to the species." [Therefore testing them on animals can tell us nothing about these new drugs].

The new drug was being developed for the treatment of immunological diseases with a high unmet medical need, such as multiple sclerosis, rheumatoid arthritis and certain cancers, said the company developing the drug. TGN1412 uses artificial antibodies designed to target a subset of immune system cells called T cells. It is designed to attach itself to receptor molecules that sit on the surface of the white blood cells. These CD28 molecules act as switches to control the activity of the cells that bear them. The aim is to find a drug that will turn these switches on or off. Mice also have these CD28 molecules, but genetically engineered mice without CD28 can live normal lives, whereas no human has been found without CD28. Mice only live 2 or 3 years, but humans need an immune system that will continue for 70 or more years.

Rheumatoid arthritis is believed to be caused by some T cells attacking the body. The antibodies in the new drug would bind to the rogue immune cells so well that they overstimulate them, making them burn out and die. As a layman I personally would have wondered what would happen if there were no rogue immune cells to attack, after all, the men being tested were chosen as being healthy.

Other anti-inflammatory drugs designed to treat multiple sclerosis have shown unexpected but sinister adverse side effects. A drug which had been tested for 15 months before being given a wider marketing licence was found to have serious side effects on a few patients - a rare but horrible brain disease. It could be that the despised "alternative" or "complementary" treatments should be more widely examined and tried before conventional treatments.

As I write, there is much fuss being made by defenders of animal testing who are insisting that the testing of drugs on animals is essential to ensure the safety of new drugs. "Animal Rights extremists" are being vilified and portrayed as people who care more about animals than about humans. But I have heard no mention, let alone a defence or apology for the catastrophe that has hit these six healthy volunteers. It is as if the tragedy had never happened. Is this because they might have to face the painful conclusion that in this case at least testing on animals was proved a gigantic failure? One that vindicates the case against animal experimentation?

Harry Mather

Vegans at the Big Green Gathering

This year, instead of the Vegan Summer Gathering, we are organising a vegan camping area at the BIG GREEN GATHERING near Cheddar in Somerset (see their website www.big-green-gathering.com) There is some separate space for caravans and campervans too.

The event, suitable for all ages, should be attended by some 15,000 people. There will be workshops, talks, stalls, entertainments, a kids area, and lots of vegan and vegetarian cafes. Some activities/talks may be vegan orientated.

If you would like to come and help us swell the vegan presence, ring Malcolm Horne on 01792 792442 (or e-mail vegancom@btinternet.com)

"The Big Green Gathering is for people who care about health, the environment, sustainability, our children's future and life in general. It is a celebration of our natural world and our place within it. As such it is a place for enjoyment, learning and fun."

VISITING MADEIRA? Look up Bio-Logos Health Food Shop and Restaurant, Rua de S.Pedro 34, Funchal.

Bioforma 31 Rua da Queimada de Cima, Funchal.

Going on holiday? Why not check out a web site for vegan food and accommodation, such as www.happycow.net (see page 19).

BOOKS



Better than peanut butter and jelly by Marty Mattare and Wendy Muldawer - Quick vegetarian meals your kids will love. Revised Edition 2006. Published by McBooks Press Inc, Ithaca, New York, USA. ISBN 1 59013 122 3. US\$16-95

The authors' aim is to produce a cookbook for busy parents who are concerned about good nutrition for their children. It features more than 150 healthy, meatless meals and snacks for children aged two and up. The recipes contain no refined sugar and are low in fat. All are high in nutrients, including protein and essential vitamins and minerals. They also rate high in the flavours, colors, and textures kids seem to prefer. To make the recipes even more child-friendly, they've limited the use of spices and strongly flavoured ingredients. (If your children happen to like spicy food, you can experiment by adding more garlic, a bit of hot pepper, or other spices to taste). The recipes are all vegetarian and almost half of them are vegan

The authors add that the vegan diet is growing in the USA. There are many reasons for this growth, among them concern for the environment as well as for health. Nutritionists support the vegan diet for children as long as the diet is carefully monitored for the proper amount of nutrients. Research finds that the vegan child, by age ten, is in the same percentile for height but 10 per cent lower in weight than the omnivorous child who eats meat as well as plant-based food.

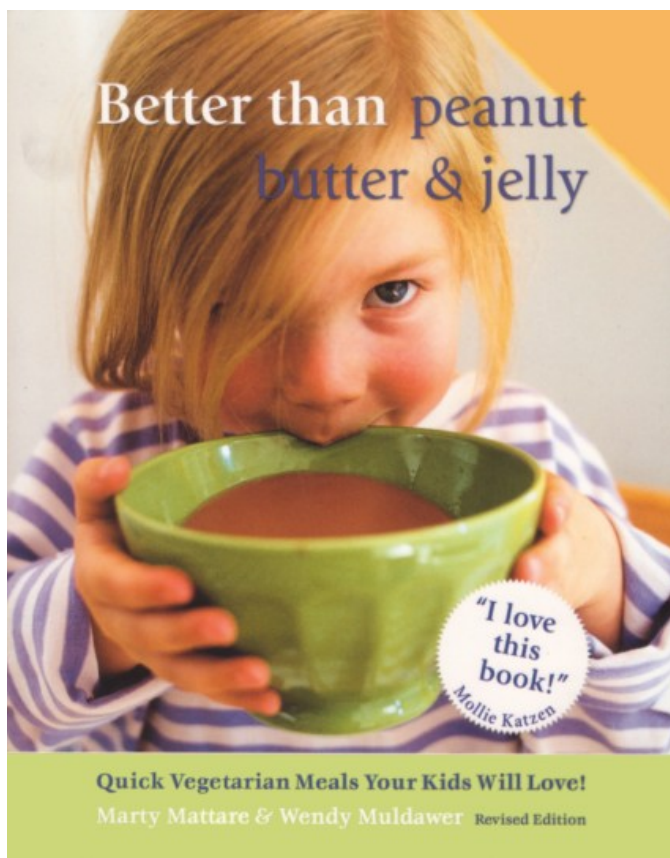
Included in the book is a chart of important nutritional elements found in most of the ingredients used in the recipes, listing the amount of calories, protein, fat and carbohydrates in many foods

The book hopes to help those who want to start their children on the path to vegetarianism and will help the introduction of interesting and tasty alternatives to meat and animal products, and also help the children acquire a taste for vegetables, whole-grains and generally wholesome foods.

Although based on USA food sources, this book will also be easily adapted to British food sources. Incidentally, "jelly" in America means "jam" in the UK. The American for "jelly" is "jello".

HM.

Growing Green - Organic Techniques for a sustainable future by Jenny Hall and Iain Tolhurst. Published by the Vegan Organic



Network (www.veganorganic.net). UK price: £18-99. ISBN 0 9552225 0 8. 328 pages. Available by mail order (add £2 p&p for UK postage, enquire for overseas postage) from October Books, 243 Portswood Road, Southampton, SO17 2NG. 023 8058 1030. www.octoberbooks.org/veg

Many readers of Vegan Views will be interested in buying organic foods, but not all will be aware that food produced organically to the standards of the Soil Association will permit the

use of animal products such as horse manure and manure from poultry sheds or pig farming. The Vegan Organic Network has recently defined and established the standards for Vegan Organic agriculture, also known as Stockfree agriculture.

This book is a practical guide both for those farming on a commercial scale and also for the individual person with a small garden growing fruit and vegetables. It explains both the theoretical basis behind the vegan organic system and the practical details of how to cultivate in a garden or field. The need for vegan organic gardening for a compassionate lifestyle and in relation to sustainability, reducing the need for bringing outside inputs into the area cultivated. Most people object to veganism by saying you cannot maintain soil fertility without an input of animal manure. This has been disproved by several examples of vegans, who have grown their plots on vegan lines. The economic cost of current agricultural policies is also challenged.

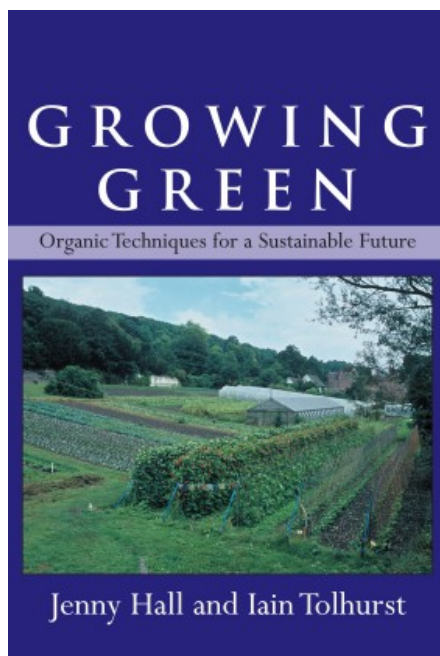
The subjects covered are: Soil protection, soil fertility, composting, propagation, weed control, pests and diseases, green manuring, environmental conservation, UK vegetable crops, crop storage, and marketing.

This is the first UK edition. It is well produced with some attractive colour photos. It is hoped to update regularly and editions will be produced for other countries with different climates, for the Vegan Organic Network has contacts around the world.

Vegan-Organic horticulturalist Graham Cole has sent us this review of the book:

I have been looking forward to this tome coming out as it will hopefully show the direction of sustainable vegan-organic/stockfree system of growing - the why, what and how, written by two experienced people compiling information from many sources and is a practical referenced guide on growing food.

I like the way it is presented with each themed chapter broken up into titled sections that enable the reader to dip into and, from the index, to find a particular method or subject. The myth that we need animal manures and animal by-products is demolished. Also covered are the future food sufficiency of the world and the promotion of local food produced in a truly sustainable way. Growing Green is an essential guide for all organic growers, researchers, students and anyone interested in how a plant-based diet can really work from soil to table.



octoberbooks

243 Portswood Road, Southampton SO17 2NG. Tel 023 8058 1030.

Web www.octoberbooks.org/veg. Email info@octoberbooks.org

Eating Out/Travel

Vegetarian Britain 2006 by Alex Bourke. **£9.95**. A guide to UK veggie/vegan/vegan-friendly cafés/restaurants/B&Bs/guest house/hotels.

Vegetarian London 2005 by Alex Bourke. **£6.95**. 100 vegetarian and vegan restaurants. Also, health food stores and veggie-friendly hotels, guest houses and hostels.

Vegetarian Europe by Alex Bourke. **£9.99**. 300 city centre vegetarian and vegan restaurants in Europe's top 40 destinations. Published in 2000, with an update at www.vegetarianguides.co.uk.

Vegan Society Books



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

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

Vegan Stories by Julie Rosenfield. **£5.99**. People tell their stories of how and why they went vegan.

Fiction Books for Children/Teenagers

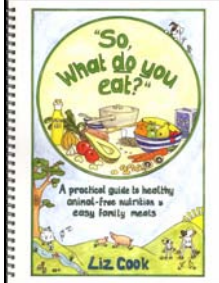
These books are written/co-written by Mary Brady of the excellent vegan campaign group *Realfood* (www.realfood.org.uk).

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

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

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

Vegan Cookbooks



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

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

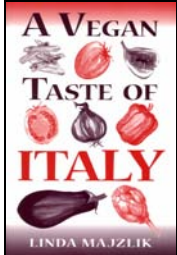
Vegan Permaculture

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

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

Vegan Cookbooks by Linda Majzlik

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



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

Books published by Harry Mather

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

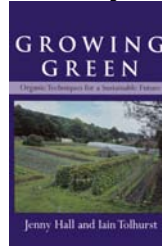
Sunshine and Shadow: an Autobiography by Wilfred Crone. **£7.50**. Wilfred was a fruitarian and published many articles in *Vegan Views* magazine. He also wrote down many of his stories, and they were discovered after he died. Harry Mather put this book together from them.

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



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

Books by the Vegan Organic Network (+ supporters)



NEW Growing Green - Organic Techniques for a Sustainable Future by Jenny Hall and Iain Tolhurst. **£18.99**. The Vegan Organic Network's book on growing fruit and veg without animal inputs. It's the first of its kind in the world, and is a very important book to veganism.

We are expecting the revised edition of **Vegan Rustic Cooking for All Seasons** by Diana White later this year. Diana is an active member of the Vegan Organic Network. Check our website for updates...

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Views on Vaccinations

Vaccinations and inoculations are promoted as essential for maintaining health in modern society. Most people accept this as normal for a baby's health and survival. Strict vegans may become aware that vaccines have been tested on animals, they may also learn that many of these vaccines are cultured on animal tissues such as chicken embryos, rabbit brain tissue, dog or monkey brain tissue, etc. Vegans may therefore see inoculations as animal exploitation which they want to avoid. Occasionally, rumours hit in the media about adverse effects suffered by babies after inoculations.

This can be a very delicate and contentious subject and most vegans will leave this decision to the individual families (who may have to contend with strong views from grandparents or other family members or close friends). But it is important that decisions should be made on factual information. Vegans will be aware how much misinformation based on wishful thinking runs the rounds about vegan diets (slimming diets are also sources of deep confusion). So my purpose is to present facts that are not usually known and try to provide a less one-sided view that will allow parents (and prospective parents) to form a more rounded view on which to form an opinion. In April of this year I heard a radio programme by the much respected Melvyn Bragg about vaccination that was very informative, yet managed to ignore completely the huge epidemic of smallpox in 1870/1872 after vaccination was strictly enforced.

Origins

We think of inoculations as inventions of modern western science. But the idea originated somewhere in the East in the distant past and was discovered by Lady Mary Wortley Montagu, wife of the Ambassador to the Turkish Empire in Constantinople (now called Istanbul) about the beginning of the 18th century. In a letter to a friend she wrote, "The smallpox, so fatal and general among us, is here so entirely harmless by the invention of ingrafting, which is the term they give it. There is a set of women who make it their business to perform the operation, every year, in September, when the great heat is abated. People send to one another to know if any of their family has a mind to have the smallpox and asks what vein you please to have opened. She immediately rips open that you offer to her with a large needle, and after that binds up that little wound with a hollow bit of shell; and in this manner opens 4 or 5 veins. The Grecians have commonly the superstition of opening one in the middle of the forehead, one in each arm and one in the breast. to make the sign of the cross; but this has a very ill effect, all these wounds leaving little scars, and is not done by those who are not superstitious, who choose to have them in the legs or that part of the arm that is concealed. The children or young patients play together the rest of the day, and are in perfect health until the eighth day. Then the fever begins to seize them. and then they keep to their beds two days, very seldom three.

They very rarely have 20 to 30 in their faces, which never mark; and in 8 days' time they are as well as before their illness. Where they are wounded, there remain running sores during the distemper, which I don't doubt is a great relief to

it. Every year. thousands undergo this operation; and the French Ambassador says pleasantly, that they take to the smallpox here by way of diversion, as they take the waters in other countries. There is no example of anyone that has died of it; and you may believe I am well satisfied of the safety of this experiment and I intend to try it on my dear little son.

I am patriot enough to take pains to bring this useful invention in England."

Smallpox inoculations were also known in India when introduced by the Mogul conquerors and may have also been practised in China.

Smallpox and Jenner

The Lady was true to her word and the practice we call variolation (variola is the technical name for smallpox) became widespread. Unfortunately, smallpox remained a real threat to health, leaving many with disfigured faces and even many deaths.

It was in this context that a Gloucestershire surgeon called Dr. Jenner, in 1776 spoke to a milkmaid who claimed that milkmaids never suffered from the smallpox because they caught the cowpox from their cows. the cowpox did not have any serious affect on them and they believed it protected them from the more disfiguring and dangerous smallpox. Jenner decided to test this. In May 1796 he took an eight year old boy called James Phipps and injected him with lymph from a cowpox pustule on the hand of a dairymaid. His own children had already been inoculated with smallpox so were unsuitable for the experiment. Then ,in June, he injected the boy with the smallpox and he did not show any signs of smallpox. Although this would not be conclusive by today's rigorous standards, a single experiment on a human being was enough for Jenner to claim that injection with cowpox gave immunity to the smallpox. In 1798 he published an Enquiry into the Effects of Cowpox Vaccination. This impressed the College of Physicians and Surgeons who were at a loss how to deal with the epidemic of smallpox. Jenner took up this cause with enthusiasm. He was a good propagandist and injections with cowpox as a preventative against smallpox became a popular replacement for the previous method of inoculation with the actual smallpox. The procedure became widespread and Jenner was granted a huge sum by Parliament in recognition of his great services to the nation. He labelled cowpox as 'Variolae Vaccinae' (smallpox of the cow) so the new procedure was called Vaccination. However, the tombstone of Benjamin Jesty at Worth Matravers in Dorset records that he inoculated his children with the cowpox in 1774, so the practice was known before Jenner propagated it. The boy James Phipps died of TB aged 20, but it is not possible for us today to prove any connection with the vaccination procedure.

However, the problem of smallpox remained. Vaccination was promoted in Foundling Hospitals, suitable for experimentation because the children had no known family. The governors of those institutions may have been motivated by the altruistic motive of saving their protégées, but results were not encouraging. There was no proof of the benefits of vaccination against the smallpox. In fact regular epidemics of smallpox continued. In 1840 it was decided that the smallpox was a disease that emanated from the poor people There was truth in this in

so far as the poor being undernourished and living in unsanitary conditions in overcrowded slums are always more susceptible to diseases. Variolation (inoculation with the live smallpox) was banned and vaccination was offered free to the poor. This was unpopular with the poor people who thought they were being victimised and were suspicious about an animal product being injected into small babies. As very few took up the offer, Vaccination was made compulsory in 1853. Still about 25% refused the vaccinations.

Pasteur and Germs

Louis Pasteur now appeared on the scene. He was a chemist and, peering into his microscope, he could see tiny creatures (microbes) which he was able to associate with specific diseases. He discovered the microbe connected with philoxera, the disease that had devastated the grape vines that were the pride of France. He became a national hero and proceeded to link other microbes with other diseases. He became famous for inoculating people, to protect them against rabies. He would inject rabbits with the disease and passed the virus through many animals so that the virus was attenuated and practically harmless but useful for immunisation procedures Robert Koch joined Pasteur in the struggle to eliminate diseases. Koch was noted for his search and discovery of the bacillus that caused cholera. In the 1990s Mechnikoff worked out the theory of the body's immunity by producing antibodies, like leucocytes (the white blood corpuscles) that ward off disease germs. The germ theory of disease was born and used to confirm the process of immunisation by inoculations. If you could identify the bacterium associated with the infection, you could inject a mild dose into healthy people; they would produce antibodies that would destroy any harmful germs that subsequently invaded the body.

Compulsory Vaccination

The discoveries of Pasteur and others gave scientific validation to the inoculations against smallpox in Britain and a determined policy to eradicate smallpox was decided upon. The vaccine used was produced by first rubbing smallpox cultures in slashes made on the bellies of calves and taking secretions from the wound. Those who refused the vaccination could be fined £1 (which was more than a week's wage for the poor), goods could be seized for non payment of fines and refusal could lead to one year in prison. But serious epidemics continued in 1857/9, 1863/5 and the most serious epidemic of 1870/2 when 44,840 died. Three times as many people died in that epidemic as in epidemics when very few had been vaccinated. Babies with cuts on their arms went home to insanitary crowded homes. It is hardly surprising that infections set in the cuts and many died of gangrene. Though epidemics of smallpox followed, this was only seen as a need for even more vaccinations. In Sweden and Prussia where large scale vaccination was followed, there was a similar outcome of a huge increase in smallpox cases and deaths. In 1875 a prosperous shopkeeper, a grocer called Abel Rider, who had already lost two children following their vaccination, refused to have his third child vaccinated. In accordance with the Act, he was sent to prison. Many felt this to be an injustice and the

Anti-Vaccination League, which had been formed by John Gibbs, demonstrated at the House of Commons. He was released from Banbury prison after seven days in jail.

Resistance to vaccinations did not disappear, in 1907 in Croydon, Surrey, there were 2,000 summonses to the magistrates court for people refusing to have their children vaccinated. About fifty fathers went to prison rather than have their children vaccinated or pay the fine. Some who could not afford to pay the fine had their goods taken and sold by auction. Six distress sales and attempted sales had been held, involving hundreds of cases of fines and costs.

Dirt and Disease

Cities in the 1870s had grown hugely with a large influx of people to the towns in need of factory hands. Houses were built closely crowded together and sanitation was non-existent. There were no sewers and rubbish just piled up in the streets. Most people were too poor to afford adequate food and they lost the ability to grow their own vegetables as they had been able to in their country gardens. Edward Chadwick and Charles Booth campaigned to improve the living conditions of the workers and construct sewerage systems. This development of sanitation and nutrition greatly improved the health potential of the towns.

Dirt and poor nutrition provide ideal conditions for the spread of smallpox (and indeed of many other diseases). It is therefore not surprising that injecting large numbers with a disease organism such as the cowpox should have spread disease among the poor. Even today, we could say that providing the poor in undeveloped countries with clean piped water and effective latrines plus an adequate diet, would be more effective and cheaper than the expensive immunisation programmes.

Is this mere speculation? No. There was a remarkable confirmation in the 1870s. Whilst the City of Leicester encouraged mass vaccinations and had 95% of the population vaccinated, it had as many cases of smallpox as London had. In 1872 they changed their policy and improved sanitary conditions. Immunisations were allowed to fall to 5% of the population. The result was dramatic. Smallpox almost disappeared! Only 19.3 cases of smallpox per 10,000 population. Warrington, where 99.2% of the population was vaccinated had 123.3 cases per 10,000, more than eight times those of Leicester. Dewsbury also rejected vaccination and, with Leicester, had the lowest rates in the country. In Sheffield in 1887-8 no less than 98% of the population had been vaccinated. They had 7,000 cases of smallpox. These cases originated and clung around an insanitary area of 175 acres of cesspits called The Croft. In an epidemic in Bristol, 40% of vaccinated children caught the disease and 17% died of it.

Other nations also took to mass vaccination of their people and comparisons between those who did and those who didn't vaccinate support the theory that vaccination was not proved a success.

When the USA took control of the Philippines they enforced a country-wide vaccination drive, although smallpox was practically unknown there. Large smallpox epidemics continued between 1905 and 1923. After 15 years of vaccinations, there were 16,000 deaths in 1918.

More about Germs

What then about the germ theory? Opposing the germ theory of Pasteur was Béchamp. He said, yes, there are those tiny things in the body (I think he called them zygotes) but they were

inactive unless they found a suitable 'soil' in which case they became toxic and caused illnesses. The same so-called 'germ' can therefore be either harmless or destructive according to the state to the body in which they had their environment.

There is a parallel in modern science that tells us viruses are able to mutate and avoid the 'vaccines' that are intended to destroy them. This is well known with influenza vaccine. So maybe Béchamp was right after all. It is even asserted that Pasteur who had vigorously attacked Béchamp's ideas, recanted on his death bed and accepted that Béchamp's idea was correct. One can only speculate about that.

Modern scientific discoveries show that our bodies are fascinatingly complex. We know that there are white corpuscles in the blood that will attack unwanted foreign bodies. Science also reveals that the cell's defence mechanisms do not always work. It now seems so much more complicated than in the days of Jenner and Pasteur. What we do know is that we have an immune system to protect us against diseases and we can follow a lifestyle and diet that will assist our immune system to function at its best. After all, many people who were exposed to virulent diseases like the Black Death of the 14th century and the Great Plague of London in the 17th century managed to survive.

Happily, smallpox has been eradicated from the planet. In the 1960s the Anti Vaccination League claimed that more babies were being killed by the vaccine than died of the smallpox. Similar statements were made in USA, so vaccinations were discontinued in both countries. Even France, the home of Pasteur, which had insisted on all children being vaccinated before they could be admitted to school, let the procedure drop. In 1967 the World Health Organisation launched a global campaign to eradicate smallpox from the planet in order to achieve herd immunity worldwide and in 1977 it was claimed that the last case had been treated in Somalia and no more cases could be found in the world. Today patients with an infectious disease are kept isolated from others and this minimises the risk of passing it on to a wider circle. Lack of clean water and no latrines are also ways that diseases become widely spread. Again we must suggest that better sanitation and nutrition are more important than immunisation procedures. If patients with infectious diseases are kept strictly isolated, this is a great factor in preventing the spread of infectious diseases.

The aim of promoting herd immunity was more easily achievable in the case of smallpox because one smallpox case usually only infects two others so for each one inoculated, only half can be infected instead of two. By the time you have inoculated half the population, the disease can disappear. Other diseases, such as measles, may result in more (maybe up to ten) people becoming infected and in these cases it may be necessary to immunise up to 90% of a population to achieve herd immunity. This is one of the reasons why the eradication of polio is proving difficult.

Alternative Ideas

Parents have a perfect right to refuse any or all of the immunisations proposed by the medical profession. They will still want to do the best for their children's health. What should they do? Firstly, they should breastfeed the new-born baby. This way they will be providing the baby with the nutrition designed for the human offspring, who grow more slowly than other animals and will develop much larger and more complex brains. The milk of cows is of a

different composition to that of humans. It does not need to promote the creation of high intelligence, but produces rapid physical growth. That is why babies fed on cows' milk can put on weight rapidly. The main reason why breast milk should be given at least during the first few days is that the first secretions contain colostrum, which provides the newborn infant with antibodies and antibiotics to protect it in the new environment outside the womb. The infant also has a large thymus gland (in the upper chest), which is known to foster the body's immune system. This large gland becomes relatively smaller as the infant grows, probably because the need for its defence mechanism declines as other protective factors take over.

Ensuring good hygiene and proper nutrition will protect the infant against childhood diseases, and if they become ill, this will help them to recover sooner. The scary statistics of mortality from childhood diseases, which are used to propagate the immunisation programmes, relate to times when people lived in dirty conditions, dire poverty and poor food. All these high mortality rates had fallen to comparatively little by the mid-twentieth century when living conditions had greatly improved. Most immunisation procedures were started after the danger had passed. It should be noted that the change affected all the childhood fevers, including those for which no immunisation was available, including for example scarlet fever. Cholera disappeared when drinking water ceased to be polluted by sewage! Dr. Snow, a vegetarian, had a tough struggle to convince the establishment of this simple demonstrable fact.

But still parents may have to face a fever affecting their child. What should they do? I happen to have grown up in a time when medicine was not as developed as today and it was considered normal that children would catch a childhood fever. We were three boys and if one caught measles or mumps or whooping cough, or whatever, the others would catch it too. We were put to bed to keep warm, our temperatures were regularly checked with a thermometer put under the tongue and we were given plenty of water or fruit juice to drink. That was the best way to treat a fever. Although naturally anxious about our illnesses, our parents were glad to have us go through the fever because they knew that we were unlikely to catch that disease again. In other words our immune system had been boosted to help us resist future infections in a natural way. Our young friends were not allowed to visit for fear they would catch the disease, still all our young friends caught one or other of these fevers, but I never heard of anyone who died or was seriously affected by them. If a doctor today treats a case, say of measles, by giving medication that will suppress the fever, he may well be doing long-term harm, because the body uses a fever to burn up harmful matter and he is preventing the body from acquiring natural immunity. It may be that the herd immunity that the medical establishment are trying so hard to achieve could best be realised by letting children catch these fevers and allowing their bodies overcome the disease germs. There is good evidence that these diseases are less virulent than in the past. On the other hand we suffer from serious diseases in later life, could it be that the suppression of the old mild diseases of childhood, which we can confidently treat, have led to the body having to face terrible onslaughts in later life, and for which we seek to find ever

more drastic remedies. There are experts who believe this.

The fundamental concept of immunisation is to subject the body to a small dose of the disease in order to boost its defences. There is a long established medical concept called homoeopathy that works on this principle of 'curing like with like'. A dose of the substance that will produce the same symptom as a disease is given to the patients, but in such greatly reduced potency that it is impossible to trace any actual physical presence of the original agent. Many people have benefited from homoeopathic treatments and epidemiological studies show that these treatments are at least as effective in immunising against infectious epidemics and they are never known to harm the patients. I have read that a type of homoeopathic remedy called a nosode, made from cultures of microbes and viruses, is often used as an alternative to the usual (allopathic) medical vaccines. It would be interesting to hear from any readers who have experience of homoeopathic alternatives to the usual vaccinations.

Conclusion

The World Health Organisation has energetically pursued immunisation programmes to eradicate specific diseases. Currently they aim to clear the world of poliomyelitis. It would be difficult to say that these have not been successful. On the other hand, some diseases such as Tuberculosis still persist (and might be countered by better living conditions). Better living conditions are still essential for the promotion of health around the planet. Perhaps there is more money to be made out of selling vaccines than there is to be made out of improving living conditions.

Inoculations are vigorously promoted by the authorities, sometimes using more emotions and scare tactics than facts. It is possible that their case is valid. My purpose in this article is to redress what I believe is unbalanced propaganda and present facts and views that should be more widely known. It is up to individuals to make up their own minds, after they have been better informed.

Further Reading

The Vaccination Bible, published by What Doctors Don't Tell You, Satellite House, 2 Salisbury Road, London SW19 4EZ
Blood Poison by Pat Rattigan PO Box 73, Chesterfield S41 0YZ

The Informed Parent Quarterly. P.O. Box 4481 Worthing, West Sussex BN11 2WH

P.S. In April 2006 a child was recorded as having died of measles in Manchester. Coming from a family of travellers, he had never been inoculated against measles. We are not told how many children die or are seriously affected as a result of inoculations. We are left to infer there are never any complications from these procedures.

Similarly we are told that 109 deaths worldwide from bird flu H5N1 is very little compared to the thousands killed on roads in UK alone. But we are not informed of the serious ill effects, maybe deaths, resulting from salmonella infections, which would be a much more valid comparison.

Consider this:

If the deadly effect of strychnine on humans was not already known, it would be given a test on animals. Suppose that a cat was injected with strychnine. The cat would show no ill effect from the strychnine, so it would then be tested on volunteers. They would probably die.

In an actual case, a boy was seriously ill, no cure could be found and it was decided to inject him with penicillin which had not yet been used as an injection. It was decided first to test this on an animal. A cat was injected with penicillin. Very quickly, the boy's health seriously deteriorated and it was decided that he would die, so they took the risk and injected him with the penicillin. He recovered but the next day the cat died.

Testing drugs on animals is not only unreliable, it can be dangerous in some cases and in other cases it can mean that effective cures are rejected. These are the facts that defenders of animal experimentation have to answer.

Harry Mather

Vegan Organic Growing Strawberries for Flavour

The satisfaction of growing your own Strawberries is the flavour and goodness that you cannot get from those out of season and imported Strawberries....

By *Graham Cole*

Once you have experienced those first fruits of the season, luscious, scented and sweet, the tasteless things in the shops are not the same and are likely to have been grown using lots of chemicals in acres of polytunnels both here and abroad.

The real thing can be grown in our gardens - even in large pots and tubs, as long as you net them because the birds also know a good thing when they can get it! At present I grow six varieties - three standard summer strawberries, one late summer/autumn perpetual and two alpine.

To get good strong plants ready to start cropping the following year we take runners (young offsets) and peg into a three-and-a-half inch pot sunk in the ground next to the parent plant or buy young plants to get into the ground by the end of August or mid September at the latest. Allow no more than five runners to develop from each plant. Then they will give you fruit for up to three summers before digging up and discarding whilst each year you can get more runners to have more plants. I still have the descendants of a variety called "Gento" that I first grew nearly 20 years ago! They are short-lived plants and are best replaced periodically to prevent their quality and size diminishing.

This year I am growing the early variety "Rosie" which sounds good, and as I only got the plants in February they will produce their first crop next year. The two main summer types are "Pegasus" a good sized heavy cropper and the old favourite "Cambridge Late Pine" and these usually start ripening and cropping by the end of June here in Hampshire.

The two Alpine varieties, "Reugen" (red) and the yellow or cream coloured one which the birds seem to miss are grown from seed or divided from established plants. These wild forms have a distinct rich flavour in their little berries and crop all summer, are also short lived but easy to replace. These ones are really good down the edge of a plot of ground - easy for the regular pickings.

The late remontant or "perpetual" fruiting strawberries can begin in August and continue well into October especially if they are given a good sunny sheltered site. They produce flowers at the same

time as the standard summer varieties but if the flowers are picked off this encourages them to produce another big batch of blooms later in the summer for that late crop. That old "Gento" mentioned above is a large tasty one that the old Head Gardener at an estate I worked on in Hertfordshire back in the 1980's gave me and is no longer available to buy but there are other ones such as "Mara des Bois", "Aromel", "Ostara" and "Rabunda" two of which I have not tried. However, I am fond of that old one....

If container growing they need plenty of root-run, feeding and lots of water. Strawberries need good well drained soil rich in organic matter so dig in plenty of compost before planting and find a sunny spot sheltered from wind. Buy virus-free certified stock and plant in early autumn when the soil is warm as they start to grow roots before winter and will produce good crops in the first summer. Plant in rows spacing 18 inches apart and 18 inches/2 foot between rows with the crown at soil level, water in well and never allow strawberries to dry out when fruiting. A good mulch of leafmould, pine needles etc topped with straw that keeps the fruits clean from soil splashes is a must. Cut off the foliage when cropping ceases to a couple of inches above the crown as this can stop diseases and viruses developing and very soon they sprout a new set of fresh green leaves and look forward to another bountiful harvest next year!

Where to buy.....

Ken Muir 0845 747 9111.
www.kenmuir.co.uk

Organic Gardening Catalogue 0845 130 1304 www.organiccatalog.com

Chiltern Seeds (for Alpine Strawberry seed) www.chilternseeds.co.uk

Vegan Organic Places to Visit in 2006
Holywell Gardens, Swanmore, Southampton. National Gardens Scheme on June 25th, 2pm-6pm. Contact: Graham 01489 896471.

Growing with Nature Market Garden, Pilling, Lancashire. July 22nd, at 2pm. Contact: John Read 01925 753653.

Sow and Grow Organics, Wigan, Lancashire at 1pm. Contact: Peter White 0161 9283614. Sunday 27th August.

Tolhurst Organic Produce, Whitechurch-on-Thames, Reading Sept 23rd, at 1pm. Iain Tolhurst, the leading Stockfree Organic grower in the UK is hosting another walk around his Market Garden near Reading in Berkshire on Saturday September 23rd from 1pm. Details from Graham Cole, Coach House, Holywell, Swanmore, Southampton SO32 2QE. 01489 896471.

Milk is Not Necessary

A Nutritionist's Answer to the Vegan Debate in 'Natural Beauty and Health' magazine April 2006

As a fellow naturopathic nutritionist I feel I must take issue with Michael Van Straten's criticism of the vegan diet. For a so-called 'expert' he appears to have little knowledge on the subject of milk-free diets, furthermore, as a practitioner of Holistic medicine he is not acting in a very holistic or professional way by criminalising a certain diet instead of looking at things in a case-by-case manner, ie 'Holistically'.

By Star Khechara, vegetarian naturopathic nutritionists and holistic beauty specialist.

In his outspoken diatribe he has made some serious errors of judgment. Firstly his statement "Milk is a very important part of a balanced diet, unless you are one of the very few people who are allergic to it" is misleading to say the least. Yes, milk is important, but this applies to HUMAN milk for HUMAN babies, once weaned we no longer need breast milk, as to assume we then need to swap to drinking the milk of another animal species, this is just not backed up by scientific evidence, in fact I challenge Michael to provide just one peer-reviewed research paper (not funded by the Dairy Council) that actually proves, once and for all, that human beings need to drink the milk of a cow (or goat or horse or giraffe etc) in order to stay healthy. (I believe that I'll be waiting a long time for this evidence!). For a start, what did the human race do before we domesticated the cow?? The point about allergies is also incorrect, true allergies (to the proteins in milk) may be few, however lactose intolerance (not being able to digest the sugar in milk) is not.

Over 20% of Europeans suffer from this and around 80% of Africans, in fact it is becoming increasingly common, perhaps due to the fact that cow's milk is actually made to be drunk by baby cows (strange as that may seem!) not humans who have a completely different biochemistry, anatomy and physiology (one stomach instead of four!). Cow's milk being fed

to human babies has been linked with conditions such as eczema, asthma, cot death and iron deficiency. Not looking so important to our health now, is it?

The calcium issue, which crops up tediously in arguments about veganism and milk drinking, has been brushed over by Michael who once again does not seem to be up to speed with the facts. Green vegetables, certain nuts, fruits and seeds have been shown in research to be a much better source of calcium than milk in both terms of assimilation and total nutritional content. Again, this is non-holistic thinking, as foods must be looked upon as a whole item not just as a source of one or two of their nutrients. Milk may contain calcium, but it also contains genetically modified Bovine Growth Hormone (not in organic brands), Antibiotics, synthetic vitamins (Vitamin D is often added), pus, bacteria (Para TB has been shown to survive pasteurisation) and is also cooked which kills all the enzymes, coagulates the proteins, destroys vitamins and basically turns milk into a gluey substance which is difficult for the human gut to break down.

Besides, as a 'health expert', Michael should know that Osteoporosis is generally a disease of calcium LOSS not of dietary insufficiency, several dietary factors increase calcium loss from the bones including high protein diets, acid-forming foods, oxalate foods (ie spinach), grains, sugar, salt and fizzy drinks. Other foods bind dietary calcium so that it cannot be absorbed. In fact there is a positive correlation between milk drinking and osteoporosis. The Harvard Nurses Study shows this as do other epidemiological studies. The USA is the world's largest consumer of dairy products and yet it also has the highest incidence of Osteoporosis! Got broken bones?

Michael may have been dealing with people's health for 40 years but perhaps it was time he took a crash course in current nutrition, as things change rapidly in the ever-evolving world of science especially in the relatively new science of Nutrition. Some aspects of nutritional science of 40 years ago have been

disproved since. There is no yes or no answer to some questions. Veganism is one of them. Who's to say we're not meant to be vegans?? Nobody truly knows 100% exactly what diet humankind is biologically adapted to eat; so who are we nutritionists to try and denounce certain diets? Michael's assumption about Man's correct diet is just that - an assumption. Genetically, biologically and physiologically we are most like primates, which are classed as Frugivores (fruit eaters), some (chimpanzees) do occasionally eat small animals but meat still only makes up only about 5% of their diet, other apes are vegan other than for the odd insect. There are no primates that drink milk! (Unless fed to them by dumb humans). The vegan diet is only viewed as extreme within the context of an assumption about man's correct diet. If we start with a level playing field and admit that we just don't know what our natural diet is, then veganism will be seen as just one diet choice among many, not extreme, not weird, just preference.

I won't even go into the environment aspects, as it is clear to see that from Michael's answer that he has zero knowledge of ecology. It would take several pages to address this issue!

My last point is about Michael saying that to bring up a vegan child is to be 'criminally irresponsible'. What !!?? So a loving and health aware mother who decides not to feed her child the breast extracts from another species is now a criminal?? Do us all a favour Michael and please leave your 'health expert' title in the bin where it belongs! It is statements like this that discredit our profession! Are you saying that a person should go to Jail (well that's where criminals go) for not feeding cow's, goat's, rat's or cat's milk (well you didn't specify a species from whence this milk should come to their offspring?? There are mothers who do not even give their children human breast milk which IS their biological birthright and IS actually necessary, we do not hear you criminalising them. I am sad for vegans everywhere to have come up against this kind of ridiculous attitude. It is scary to think that there are so-called health experts and nutritionists out there who are so myopic in their thinking (or is it because their training didn't allow them to think?) that they will condemn and criminalise those who choose a different way of eating, one which has many proven clinical and anecdotal health benefits. I just hope that you never assist Social Services any time if they are dealing with vegans. That would be frightening!

I only hope that magazines such as Natural Health and Beauty will stop printing rubbish from the mouths of irresponsible well-known 'health experts'.

PS I found it ironic that the lady from The Vegan Society 'Catriona Toms' looked vibrant and healthy, whereas Michael looked overweight and puffy.

"I am also vibrant and do not drink milk".

Universal Declaration of Animal Welfare

In November 2005, five countries planned to propose to a high-level ministerial conference later in 2006 a Declaration that recognises animals as sentient beings. Meeting in Costa Rica, officials from Costa Rica, Kenya, India, Philippines and Czech Republic, are aiming to have a Declaration on Animal Welfare to be accepted by the United Nations General Assembly.
This step has been welcomed by Compassion

in World Farming, World Society for the Protection of Animals, the Royal Society for the Protection of Animals and the Humane Society International.

Advancing the cause of Animal Welfare on a worldwide scale is to be applauded but is still a long way from a Declaration of Rights for Non-Human Animals as proposed by Toma Sik in our last issue.

Bovine TB and Badgers

Bovine TB has been a worrying problem for dairy farmers and also for the government for many years, costing the taxpayer £90 million last year and probably up to a billion pounds over the years. Farmers put the blame on the badger population for spreading the disease and want the government to pursue a policy of culling the badgers.

One problem with this policy is that badgers have been declared a protected species due to the brutality displayed in the past with badger baiting carried out by so-called sportsmen who seem to delight in cruel activities. Also, badgers are popular animals with the public and are felt to be an important part of the wildlife of the countryside. Further the scientific experts doubt whether culling of badgers will be effective in controlling TB in cattle, some suggest that culling badgers, instead of solving the problem, might even result in spreading the disease.

It is agreed that there is a high incidence of TB in cattle in areas where there is a greater population of badgers. This suggests that whatever is done to eradicate the TB in cattle, there will be a reservoir of disease among the badgers that can re-infect the cattle. In affected areas, an average of 10% of badgers carry TB. This fluctuates up and down in what appear to be cycles of infection without posing a threat to the number of badgers. They seem to survive with the disease for a number of years and to have developed some immunity. The Krebs trials for culling badgers were inconclusive. A proactive cull removed up to 60% of badgers in TB areas and in these areas the cases of TB actually increased. Reactive culls were carried out on some farms where outbreaks of TB in cattle had occurred. In these cases the decrease was only in the central core of the badger population and the disease increased on the periphery of the area, suggesting that the cull lead to a spreading out of the population and of the disease.

In Leicestershire there are few badgers but there are still cases of TB in cattle. It is suspected that the cause has been that infected cattle have been brought into the area. This suggests that the best way to check the spread of the disease would be to test the cattle before they are moved to another area.

But are the tests conclusive? In 1969 compulsory annual testing of all cattle was introduced and it seemed as though the disease had been brought under control so in 1979 testing was reduced to testing only every 4 years and only on selected herds. But also at that time, badgers had become protected animals; and in addition a centralisation of retailing resulted in greatly increased movements of cattle around the country with the disease spreading to many more parts of the country than ever before. At present, 30 million cattle are relocated in the UK each year without knowing whether or not they are infected with TB. Testing of cattle before they are relocated would seem to be important in checking the spread of the disease. This would mean extra costs for farmers. It might make them re-evaluate the profitability of a transfer and lead to fewer cattle movements. Farmers also cast

doubt on the accuracy of the tests and are naturally dismayed when ordered to slay cattle they consider to be free from infection. How reliable are the tests? The skin test is generally considered to be about 70% accurate. It does pick up cases of TB before the symptoms appear, but some animals that have cleared the test may still be spreading the disease.

The Republic of Ireland has also had to face a problem with Bovine TB. After a five year investigation they arrived at an overall plan. Every animal is registered at birth, electronically tagged, tracked and annually tested. If TB is found on a farm and at least two cattle are affected, they first check if the TB came from a purchased animal. If badger infestation is suspected, a cull is set up. Not with the aim of destroying all badgers but to reduce the population and keep the disease among badgers at a low level. They are looking to develop a vaccine that could solve the problem eventually.

British farmers would prefer the government to be responsible for any culling of badgers. The government would call on the farmers to do the culling. The question of who will be paying seems part of the argument. Farmers would prefer the gassing of sets, but the government is not happy with this procedure and wants a year to consider it.

A farmer in France reported that there were no known cases of TB in badgers in his region, and none in cattle, but the government had a strict policy of controlling TB in cattle. A farmer in Aberdeenshire said there were a lot of beef cattle in her region also a lot of badgers, but very few dairy cows and very few cases of TB. When she sees dairy cows she is shocked at their emaciated condition and extended udders and sees them as "a disease waiting to happen".

Is vaccination an option? At present the only TB vaccine available is the BCG vaccine used for humans and not effective for use with cattle. The TB organism is very complex and no

effective vaccine for cattle has yet been found despite much research in this country and in other countries doing this research. How about vaccinating the badgers? Here again there is no effective vaccine available and administering it to wildlife would be very difficult, nor is there any certainty that it would decrease the disease among cattle.

Incidentally, some suggest that the human strain of tuberculosis probably developed from the bovine form about 5,000 years ago when people started taking cow's milk.

On the whole, it would appear that the best way to check the increase in Bovine TB would be to have more regular checking of the animals (it seems to have worked in the 1960s) and to have strict controls on cattle being relocated so as to minimise the spread around the country. This would be more important than trying to cull the badger population. The government is introducing pre-movement testing on 20th February.

Tuberculosis was once a major disease for humans in Britain. Many people believe that better nutrition and living conditions were major factors in its control - TB is still prevalent in poor countries. Cows are bred for the maximum production of milk, rather than being bred for the improvement of their health.

There was once a slogan "Milk from Contented Cows". Cows would be even more contented if they produced milk just for their calves and they did not have to overproduce in order to satisfy the human population, some of whom are allergic to the milk of cows. Giving up milking cows would not only benefit the cows but help to improve the health of humans. The solution to some problems is often simple but the most difficult for people to accept.

Information taken from Radio 4 Farming Today programmes in January 2006
HM.

THE POWER OF PLACEBO

A scientist, Kathy Sykes, investigating alternative therapies like acupuncture, herbalism and faith healing for a series of TV films, started with a sceptical attitude. She was startled to discover the power of placebos, which would explain why faith healing can work. A surgeon took a group of patients with serious knee problems, who could hardly walk and needed surgery to correct the condition. He carried out the conventional surgery on half the patients, but the others were not operated on. They were made to believe that they had been operated on. They were given an anaesthetic and fussed over as though the operation had taken place. To the surgeon's surprise, two years later, those who had not been subjected to the sham treatment did just as well as those operated on.

Another example of the power of placebo concerned patients suffering from Parkinson's disease. Some were given a salt injection which would not have any effect on the brain, whilst others were given dopamine, which is

the substance that these sufferers are lacking. Those given the salt injection were made to believe that they had been given the dopamine that would be beneficial. The effect was the same in both groups and researchers found that the group given salt injections, were found to have dopamine in their brain. The brain produces dopamine when you are expecting a rewarding experience, such as expecting to eat chocolate or to look at a favourite programme. It makes you feel better and reduces the feeling of pain. So when you are hoping to be cured, whether going to a doctor, or faith healer, or taking a pill, your body produces dopamine, which no doubt triggers other mechanisms that we don't know about that can improve your condition. Kathy Sykes concludes that it would be more beneficial for their patients if doctors spent more time with their patients and have more eye contact rather than be staring at the computer.

HM

Life Under The Ocean

Thanks to the Shellfish Network for the following information:

Lobsters mate for life, walking together along the seabed, claw in claw, for hundreds of miles. When lobster strangers meet, they run a pincer over each other's backs in greeting.

The sales of lobsters in supermarkets are up by 20% in a year, not less because the stores take all the effort out of the cooking. Lobsters are usually boiled alive. Members of the Scottish Parliament are considering placing lobsters and crabs on a protected list to prevent them being boiled alive.

Scotland has built an artificial reef with concrete blocks at Loch Linnhe. This has increased the amount of sea life in the area sixteenfold since 2002. Cod, lobster and other shellfish numbers have increased dramatically. The purpose was to establish intensive farming of lobsters. A similar reef is being planned off the coast of Aberdeen.

There are at present over 65 open net cage fishfarms in British Columbia, Canada, producing waste equivalent in volume to the raw sewage released from a city of half a million inhabitants.

The proportion of the North Sea floor trawled at least once a year is 90%. Some of Europe's most spectacular deep-sea fish species are being wiped out by over-fishing, according to reports from conservation associations. However fishermen in New England are celebrating an increase of a third in stocks over the past decade, achieved by using methods that have been rejected by the EU.

Over-farming of shrimps is leading to "dead zones" in the ocean, where the natural habitat is being destroyed by the by-products of shrimp farms.

A ban on Beluga caviar imports was announced by the USA in September 2005. The beluga sturgeon is the largest of the species and now the rarest. The Caspian population has dropped by half in the past five years and in the Black Sea by a fifth.

The Amazonian rainforest is being destroyed at double the rate of all previous estimates, according the journal Science, as a result of shallow water heating in one of the worst droughts in the area in decades, millions of fish

are dead or dying.

According to international scientists, half the world's coral reefs could be dead in 40 years unless measures are taken to protect them from climate change and pollution.

The Scientific Panel on Animal Health and Welfare of the European Food Safety Authority has stated that decapod crustaceans (eg. crabs and lobsters) and cephalopods (eg. octopuses, squid) are able to experience pain and distress and accordingly should receive legislative protection. Several of our MPs are tabling amendments to a current Bill to get these creatures included under the term 'animals'.

Harriet, the turtle that Charles Darwin picked up in the Galapagos Islands was brought to England. She has spent the last 160 years in Australia, and now lives in a spacious enclosure in a zoo She celebrated her 175th birthday in November 2005.

See page 16 for address of The Shellfish Network.

ANIMAL LOVERS!
DON'T EAT YOUR FRIENDS
SPEAK FOR THE ANIMALS
AGAINST SLAUGHTER
THEY NEED YOUR VOICE
TO STOP THE MURDER

RECIPES

Here is a recipe rich in calcium that will reassure those who fear that their diet will be low in calcium unless they take dairy products. It's also delicious to eat!

Spinach and chickpea bake

1 lb spinach	2 oz Brazil nuts, (milled)
2 oz parsley	1 oz sesame seeds (omit if not available)
400g can of chickpeas	2 oz wholemeal breadcrumbs
1 large onion, chopped	2 tablespoons vegetable oil

Thoroughly wash the spinach, cut it up and cook on medium heat with the water that is clinging to the leaves.

If you wish, you can add a tablespoon of oil, a tablespoon of soya milk and a chopped clove of garlic.

Stir occasionally until much reduced in volume; add the parsley

Put the chickpeas (they are already cooked) in a baking dish and add the spinach mixture.

On top of this put the nuts and sesame, after mixing them with 2 tablespoons of oil and the breadcrumbs.

Bake in pre-heated oven Gas 5, 375F/200C for 30 minutes, until brown on top.

THE VAGONES

ZAPSHOOO
NO. 3 #ZK

THE LAB'S SENT FOR BACK-UP. IT'S THE ROBOCOPS!!

BOLDIE HAS BEEN LOCKED UP
MAYBE IF I THINK HOW I GOT HERE IT WILL HELP!! *@!!! THAT DAMN RALLY!

LAB LAB TEST VIVI CO
MEAT LLL LLLL LLLL LLLL
BAN LAB STOP TEST BAN VIVI
THIS IS BAD MAYBE WE SHOULD GO
NO! I'LL TALK TO THEM

GRUNT!
PROPERTY
ROBO PRISON
ROBO PRISON

*@! OFF DUDE FACE
GRRR

DISPERSE THEM... NOW!

ROBOCOPS IN ATTACK MODE

HELP!! RUN BEFORE THEY GET US! AAHHH!
ARREST THIS ONE. MAKE AN EXAMPLE OF HIM. THAT WAY WE CAN CRUSH THE REBELLION QUICKLY
GOOD IDEA - A SCAPE GOAT
BASH! THUMP
MOVE ON NOW. NOW!!

A FELLOW INMATE

WHY ARE YOU IN HERE DUDE?
ARRESTED AT A VEGAN RALLY
YE A H
YOU A VEGAN

REALLY? DO YOU ROB GRAVES CAN I JOIN YOUR GANG?
ER..NO... THATS ANOTHER GROUP SORRY
I HAVE GOOD NEWS
AM I FREE TO GO??
NO. WE HAVE SYNTHETIC MILK FOR YOUR COFFEE
OK THANKS ANYWAY

SI VISITS HIS DAD. OH! OH!

MORRIE VISITS BOLDIE

WELL DONE DAD! GO ON HUNGER STRIKE DEFY DESPOTISM! ANARCHY RULES. ROBO SUCKS
WHAT'S YOUR FULL NAME BOY?
BETTER GO SCI. HE MAY ARREST YOU FOR BEING A SUSPECT TERRORIST

I THOUGHT YOU SHOWED BY EXAMPLE, AS I DO! NOT BY THIS WAY. WHEN YOU ARE RELEASED WE WILL DISCUSS OUR RELATIONSHIP. I JUST DONT KNOW YOU ANY MORE! SNIFF!
I'M SORRY. I DIDNT MEAN THIS TO HAPPEN. I WAS PRESSURED INTO GOING!!
I GUESS THAT MAKES ME SEEM PATHETIC
ROBO PRISON

BODIE RINGS BOLDIE

BALDIE !

ARE YOU OK? DONT COOPERATE WITH THEM. DONT EAT, DRINK OR USE THE LOO.

FOR SURE YOU ARE REALLY DOING SOMETHING WORTHWHILE. YOU HAVE MY RESPECT

END YOUR CALL NOW. YOUR 2 MINUTES IS UP. STOP!

BODIE ? THANK YOU BUT I NEED YOUR HELP. PLEASE LISTEN TO ME. QUICK. DAMN SHE HUNG UP

ALICE AND PA VISIT BOLDIE

MY GOD-

WHAT HAPPENED ? UNCLE AND AUNTIE RANG. AUNTIE WONT EAT VEGGIE FOOD NOW IN CASE SHE GETS ARRESTED. YOUR BOSS CALLED. HES VERY UPSET. AND GRANNIE HAS THREATENED TO END IT ALL.

OH NO ! IS SHE OK ? IM MUST GET OUT OF HERE ! MY FAMILY AND JOB MUST COME FIRST. IM SORRY

ALL IS BLEAK !!!

A RAY OF LIGHT ! (SORT OF!!)

THE BLEAK FACTS ARE REVEALED

ITS THE END THE END ! OOOOAH! ERR!!

MORRIGANS EX-HUSBAND CONTACTED ME. I AM AN ANDROID AND HUMAN RIGHTS LAWYER

FIRSTLY, YOU CAN BE HELD HERE INDEFINITELY AS A SUSPECT TERRORIST. THEY SEE YOU AS A THREAT TO THE M.E.A.T. PARTY. IF YOU AGREE TO HAVE YOUR HOME PUT UNDER SURVEILLANCE AND RANDOM SEARCHES MADE TO YOUR HOME AND FAMILY THEN YOU WILL BE FREE TO GO

HAVE NO CHOICE

OUT OF THE FIRE ...

UNWANTED PUBLICITY. SAY VEEZE

A FOE

LOOK WHAT THIS VEGAN FOOL HAS DONE. WHY DO WE CONTINUE TO EMPLOY HIM, SIR?

ROBOPRISON

OH NO PLEASE ! NO PHOTOS !!

SNAP! CLICK! SNAP! CLICK!

THE RAGE

BALD EAGLE IN PRISON!

THANK VEGGI GOD I AM FREE

WAKIE WAKIE BOLDIE

IT'S THE MORNING BEFORE THE RALLY

STAY TUNED NEXT WEEK FOR ANOTHER ACTION

FLASH!!
WHAT? WHERE AM I AM I DREAMING

WHAT A NIGHT! MAYBE I'D BETTER NOT GO TO THE RALLY. NO I WONT LET THEM DOWN. BETTER GET READY
YAWN... GO BACK TO SLEEP

PACKED VEGAN ADVENTURE IN M.E.A.T CITY !!!
TO BE CONTINUED ...

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VEGCOM stands for "vegan/VEGetarian acCOMmodation".

It is a free accommodation listing service for vegans and vegetarians who are either looking for or can offer somewhere to live (short term or long term)

It can now be accessed online at www.vegcom.org.uk and covers London and the South. However, we plan to expand the service to other areas in the near future, starting with the Midlands.

Also, we intend to make the listings available for non-www users in paper form at some time in the near future

If you want to place an entry, you can do this online. If you have any problems doing this, then send an e-mail to vegcom@london-vegans.org.uk. If you do not have internet access, then you can send your entry by mail to VegCom, London Vegans, 7 Deansbook Road, Edgware, Middlesex HA8 9BE".

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

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

North Yorkshire Moors Organic vegan natural foods in peaceful coastal village overlooking Robin Hood's Bay. Close to the best fossil beach in Europe. Non-smoking. Special diets. Children really welcome. B&B from £22, ensuite £24, 4-course dinner £10, packed lunch £5. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

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

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

Exmoor vegetarian and vegan guesthouse. Gourmet meals. Organic food where available.

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

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

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

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

BOOKS

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

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Sunshine and Shadow by Wilfred Crone. Autobiography of well-known vegan & fruitarian. £7-50 inc.p&p: Harry Mather, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

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

01453 762487.

Web: www.bowbridgepublishing.com

Email: info@bowbridgepublishing.com

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

1000 Doctors Against Vivisection by Hans Ruesch. £13 inc p&p.

Slaughter of the Innocent by Hans Ruesch. ISBN: 0951 964631. This book was first published in 1978 and was in 2003 published by Slingshot Publications. £12 inc p&p.

Skewed by Martin J. Walker £12 inc p&p.

A Cat in Hell's Chance £10 inc p&p. ISBN: 0951 565524. Published by Slingshot Publications.

All four of the above books can be bought from Philip Duckworth, Dormers, Outwood Lane, Chipstead, Surrey CR5 3NF. Cheques payable to Philip Duckworth.

CAFÉS & RESTAURANTS

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

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

Wessex Tales wholefood vegan restaurant. 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

Allsorts Psychic Café Drinks, cakes and a few savouries. Fully veggie, good choice for vegans, soya milk available. 202 Carlton Place, Southampton. Tel: 023 80237561. Web: www.allsorts-psychic-cafe.com

Spirited Palace 105 Church Road, Crystal Palace, London SE19 Phone: 0208 771 5557. Caribbean and fresh fruit juices, organic and animal-free plus programme of events. Opening 25th February.

Meat is Self-Inking Rubber Stamps

Murder £8-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE. Also T-shirts printed with Meat is Murder front and back, black on grey. Sizes M or XL £9.

Campaign tee-shirts, toys send stamp for list or see e-bay shop A11LOVE. Vernon, 15 Millbrook, Fence in Pendle, Lancs BB12 9PE. Email: alllovanlib@onetel.com

NOT butchers trade delivery bikes as used on London to Brighton bike ride £175. For campaigning or shop deliveries. Vernon's address as above e-mail alllovanlib@onetel.com

CATERING

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

GENERAL

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

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

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

The Shellfish Network works to end the cruelty involved in, and eventually end the slaughter of shellfish for human consumption. Springside, Forest Road, East Horsley, Surrey KT24 5AZ.

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

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

Email: patricia@p-m-t.freeserve.co.uk

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

Email chipke@hotmail.com

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

Vegetarian Web Designer Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see www.vegdesign.com. Tel: 07742 336858. Email: cathy@vegdesign.com

Nature's Treats Vegan cakes, pies, slices etc, freshly handmade to order, delivered next day by 1st class mail. Ingredients; Organic Fruits,

nuts, seeds and spices. Tel: 023 9261 1607. Email: chriskennett01@hotmail.com

HEALTH

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

Skinvac Vegan Beauty - (Chemical Free) for Acne Control & Daily Cleansing. Non-drying Exfoliation. Reusable, Affordable and Effective. Available from ebay.co.uk & www.skinvac.com. See actual video footage of whiteheads unclogged instantly! Listed on Peta.org. Email: sl@skinvac.com

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

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

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

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

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

Email pat@foodalive.org

Web www.foodalive.org

The Natural Living Centre Ethical implications, environmental advantages and health benefits of a raw vegan lifestyle. Contact: Chris Kennett, Diploma in Nutrition, Sports Coaching Certificate Tel: 023 9261 1607 Email: chriskennett01@hotmail.com

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

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

Email: DrGinaShaw@aol.com

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

Microcare Tooth Powder from Health Connections. Contains no fluoride, Sodium Lauryl Sulfate, saccharin, preservatives, animal ingredients, aspartame, artificial colours or

flavours. For free sample, tel: 01892 683439. Online ordering or cheque ordering. Discount for regular customers. web site for tooth and gum hygiene system: www.microcare4teeth.com

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

Chinese Yoga Try something old! Deep breathing, stretching and relaxing exercises based on Chinese Medicine principles in Wakefield, West Yorkshire. £3 per class. Enquiries: Mark Popplewell 01924 462261.

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

PERSONAL

Hi! I'm an 11 year old girl would like a penpal around same age. I love reading, writing, arts & crafts, animals and being outdoors

Write to Box Number 106, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.net

Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or veganly consumerism to computer games, anime & books. We're friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

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

www.aubergineintroductions.com

SHOES

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

Freerangers sell animal free footwear. Send for brochure to 87 Derwent Street, Chopwell, Newcastle upon Tyne NE17 7HZ. Tel: 01207 565957. Web www.freerangers.co.uk

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

Web: www.vegetarian-shoes.co.uk

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

Web: www.ethicalwares.com

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

What is veganism?

So What Do Vegans Eat?

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

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

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

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

But what do you do for protein?

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

Yes, but what about vitamin B12?

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

I bet you wear leather shoes!

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

Anything else?

Toiletries and cosmetics can have animal ingredients or have been cruelly tested on animals. Vegan alternatives are easily obtainable.

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

Vegan organisations

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



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

VEGA (Vegetarian Economy and Green Agriculture) Free on-line magazine. Web: www.vegaresearch.org

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*. SAE for details to 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 01639 841223. Web: www.mclveganway.org.uk e-mail: see website

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

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

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

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

Subscribe to Vegan Views!

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

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Postage is included.

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Name:

Address:

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

Be kind to animals!

Vegans in your area

SOUTH

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

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8941 8075 or email Lesley@vegan4life.org.uk

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

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

Web: www.londonvegans.org.uk

Email: info@LondonAnimalAction.org.uk

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

Email: vvvg@freeuk.com

Web: www.vvvg.freereserve.co.uk

Bedford Vegetarians

Web: www.bedfordvegetarians.co.uk

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

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

Web: <http://essex.veganfestival.org>

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

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

Web: www.veganharlow.co.uk

Email: info@veganharlow.co.uk

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

Web: www.veggiefolk.co.uk

Solent Vegetarians & Vegans John Curtis,

To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. We also put these details on our website.

The Vegan Society have their own local contacts – see the Vegan magazine for details, or their website at www.vegansociety.com for a list. The Vegetarian Society have affiliated local groups and information centres which often include vegans – see www.vegsoc.org/network for a list.

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: t.west@oneteldsl.net

Web: www.ivu.org/uklocal/bournemouth

Isle of Wight Vegetarians & Vegans Tel. 01983 407098. Email: iow@ivu.org

Web: www.iwvv.org.uk

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

Web: www.wiz.to/penzancevegans

Guildford Vegetarians welcomes vegans to its varied programme of events (see local groups listings on www.vegsoc.org/network) for further information or to join the email list ring 01483 425040.

Thames Valley Vegans & Vegetarians social events, veggie and vegan support and info, talks and presentations, displays, information stands in the Reading area. Web: www.makessense.co.uk/tvrvv

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

WALES

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

Email: george.barwick@ntlworld.com

Carmarthen Vegetarian Friends We are nearly all vegans and we meet socially on the first Tuesday of each month at 11.30am at the Waverley Vegetarian Restaurant, Llamas St,

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

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

MIDLANDS

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

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

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

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

Leicester & Rutland Campaigning for Animals to promote ways people in their everyday life can help animals by making a few simple changes such as buying non animal-tested products & adopting a vegetarian or vegan diet. Sam McCreesh (youth local contact for Animal Aid, PETA VIVA! and The Vegetarian Society).

Email: info@campaigningforanimals.co.uk

Web: www.campaigningforanimals.co.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 PO Box 537, Rotherham S66 7WW. Tel: 0114 258 8869.

Web: www.sheffieldvegansociety.org.uk

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

East Riding Vegans meet once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Web: www.merrydowncontrolware.co.uk/ervegans Email: ervegans@merrydowncontrolware.co.uk Tel: 01482 471119.

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

Leeds Vegetarian & Vegan Society Meet twice a month for various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044 or email natalie@tharaleos.freereserve.co.uk www.leedsveg.co.uk

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

Email: patricia@p-m-t.freereserve.co.uk

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

Useful websites

General

www.veganvillage.co.uk
www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)
www.eco-centric.co.uk (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)
www.arcnews.org.uk (animal rights new)
www.realfood.org.uk
www.veganbuddies.org.uk
www.veggievision.com (internet TV station)

Lists of Veggie Restaurants & cafés

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

Travel

www.vegetariansabroad.com
Vegan online shopping
www.isitvegan.info (vegan foods/drinks)
www.isitveggie.com (vegan foods/drinks)
www.crueltyfreshop.com (Dr Hadwen Trust)
www.veganstore.co.uk
www.octoberbooks.org/veg (vegan books)

Vegan-run business lists

Artists, accountants, translators...
www.veggies.org.uk/vbc.htm
www.veganvillage.co.uk/services.htm

Vegetarian information

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

A Life Dedicated to Doing Good

In memory of Frieden Howard

The vegan movement was born a lifetime ago, so it seems inevitable that in the last few years we are having to record the death of the pioneers of the movement. Frieden Howard, who died on 9th April 2006 and was a vegan from birth, was dedicated to the ideal and practice of veganism.

His mother Ruth Howard had been sickly as a child and given many milk products with the aim of building up her strength, but it was only after turning vegan at the age of 15 that her health improved. She had given up on all animal products three years before Frieden was born in 1940. This was 4 years before the word 'vegan' was coined and she referred to herself as a 'plant-eater'. She was then living in the country. Her doctor and district nurse assumed that "that awful diet" could be detrimental to a successful birth., but when Friedenstern (meaning Star of Peace) was born easily weighing 7 1/2 lbs, they were proved wrong. He thrived as a plant-eater and was shown as a model baby at the clinic! His mother took great care about his nutrition, growing fresh vegetables on her allotment, as the vegan products and advice of today were not known then.

Frieden qualified as a Civil Engineer, specialising in water resources and water supply, working for civil authorities and later for the National Rivers Authority until 1993. In his twenties he took part in the Aldermaston marches campaigning for Nuclear Disarmament. He married Frances, also a vegan and Quaker and they had four children. Frances initiated the Vegan Camps and the family were prominent at all the camps, arriving in their old Land Rover, which soon became a legend. Frances was very active in making a success of the Vegan Camps, organising sing songs and puppet shows.

Frieden also attended the Vegan Summer Gatherings, In fact, he was to be seen at any meeting of vegans with a stall promoting the charity VEGFAM, which fought against Third World distress like OXFAM but supporting only those that were based on plant nutrition and avoided animal exploitation. VEGFAM was founded by Chris and Janet Aldous in 1963 and was taken over in 1967, when the founders moved abroad, by his mother and Frieden. The purpose was, and still is, to provide vegetarian (in practice vegan) foodstuffs for emergency relief and reconstruction. It has no personnel abroad but works through other organisations. One of the earliest they supported was FIND YOUR FEET which advocates using the goodness of leaves as a protein. The leaves, normally indigestible to humans, can by easy processes, using locally made simple machines



be turned into a nutritious protein containing vitamins and minerals and has greatly improved health in places where it is used. The process consists of extracting the juice with a centrifuge, like the kitchen style juice extractor and allow this juice to curdle. Leaf Concentrate provides protein and vitamins to countries where malnutrition is common. Michael Cole produces leaf curd concentrate in this country in Cove near Tavistock in Devon.

Frieden had a gentle disposition, always willing to help and greeting you with a friendly, eager smile, but he was also a very firm and determined person when it came to promoting the causes he believed in. With his bushy beard that turned prematurely grey, then white, he always struck me as a Patriarch of the vegan movement. As an engineer he saw the need and value of the good use of nature's resources. He promoted a simple method for purifying water to rid it of impurities - the Sterasyl Candle. He also promoted the Amplifaire system for incre-

asing the efficiency of wood burning stoves. On retirement, he moved to the house his mother had bought in Devon - The Sanctuary near Lydford on the edge of Dartmoor. The house adjoined a large area of natural woodland, which was allowed to go wild.

He believed in the importance of raw food in the human diet and when he became ill, he went to the establishment of Dr. Gina Shaw to follow a juice fast for a week, after which his condition seemed to be in good shape. Perhaps he should have stayed there longer However he died two or three weeks later of cancer of the oesophagus. Our condolences go to his children: Russell, Sophia, Sylvia and Wendy. His wife Frances died a few years ago. The work of VEGFAM will continue under the care of the other Trustees. Sandra Ozalins has undertaken to continue the work from her place in Wales: Cwm Cottage, Cwmyynys, Cilycwm, Llandoverly, Carmarthen SA20 OEU.

A Sell-out

The Body Shop founded by Anita Roddick and her husband in the 1970s successfully promoting cruelty-free cosmetics with many shops worldwide has sold the business to L'Oreal, a cosmetics firm that has resolutely refused to cease the testing of products on

animals. An incomprehensible decision by Anita Roddick, but perhaps a good move for L'Oreal if they feel the trend is towards products that have not been tested on animals.