

VEGAN VIEWS

A forum for vegan opinion
in memory of Harry Mather

No.126 Winter 2012/2013 £1.50



This red squirrel was a visitor at this year's Vegan Camp in the Lake District - see page 19

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www.veganviews.org.uk

VEGAN VIEWS

Website: www.veganviews.org.uk

We are also on Facebook:

www.facebook.com/groups/veganviews

Email: veganviews@ymail.com

Editors - Sarah Austin and Malcolm Horne
Consultant Editor - David Mather

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Vegan Views, which started in 1975, is an informal forum for vegan news and discussion, produced by unpaid volunteers on a non-profit-making basis. Our emphasis is on debating issues amongst vegans and vegan sympathisers. We are independent but support the work of other vegan groups and publications. We expect to publish three times a year - in March, July and November.

We rely on readers' contributions, and try to print all that is relevant and of interest. We welcome letters, articles, news, events, recipes, reviews, photos, drawings, cartoons, etc - by email if possible, with articles preferably as Word attachments.

If you write to us but don't want your letter published please make this clear. Please include email and/or phone number in case we need to contact you - we will not pass on any personal information we receive. More details are on our website.

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In memory of Harry Mather (1924-2010)



Harry became editor of Vegan Views in 1985, and edited no less than 82 issues (numbers 35-116) until retiring in 2008. Harry was a true pioneer of the vegan movement, and an inspiration to many

people throughout his lifetime. See our website for an extensive memorial with more photos.

The deadline for contributions to the next issue (due out in March) is THURSDAY 31st JANUARY - but smaller items may be accepted for a few weeks after this date. We would love to hear from you! See panel on the left for more info.

The digital pdf version of V.V. is available free at www.veganviews.org.uk (but donations are very welcome to help us keep the print version going). If you'd like to receive the pdf version by email as soon as it's out (rather than waiting until it's on the website) then please let us know and we'll add you to our 'Pdf Mailing List'.

Our recent back issues 121 through to 125 are also freely available online (as are many earlier issues in our archive).



EDITORIAL



Welcome! Once again we have tried to bring you a variety of topics in this issue, covering veganism in the UK and internationally.

I've recently been exploring raw food vegan diets, and with so much online it can get somewhat confusing. Not only because it's a different way of eating to what I'm accustomed to, but also there is the problem of where to start. So I enquired if there were any local people here in the Bournemouth area who could advise. Marijke McCartney has explained on page 14 how she improved her health by increasing the percentage of raw food in her diet, and hopefully she will expand further in future issues. Also I'm looking through a new book, *Raw Food Made Easy* by Jennifer Cornbleet, which I hope to review in our Spring issue.

My labrador Millie (see photo on this page last issue) has been on a vegan diet now for well over a year. We have recently had to find a new vet as I'd ditched the last one due to a disagreement. So I tried to find a vegan friendly one, and phoned around. We found one who turned out to be lovely. He immediately announced that Millie was a beautiful looking dog and how good her coat was, then she played with him just to show off how lovely she was. He checked her over and everything was fine (heart, lungs, coat, toes, ears, eyes, etc), and he said that she was doing extremely well on her diet, which he knew very little if anything about. I think he was pleasantly surprised by her energy levels too. It turned out to be a good experience as I had been very reluctant to visit any vet, and in my opinion it's extremely important to have one who is vegan friendly if you are feeding your companion a vegan diet, as you never know when you may need help.

The *Vegan Dog Nutrition* Facebook group that Butterflies Katz and I started is doing very well, with new people joining almost daily. We are slowly approaching 800 members! It's a great place to share ideas, and inspire others on how to feed their companions, and I have now opened a subsidiary UK group of the same name, where we can share issues more locally. The main group has members worldwide so if you are interested in joining us please visit www.facebook.com/groups/vegandognutrition and the UK group can be accessed from there.

I hope you will enjoy reading this issue, as always!

Sarah Austin

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Subscriptions and donations help to keep us going. Three printed issues - now in colour and identical to the digital version - cost £5 inc UK postage (Europe inc Rep. Ireland £8, rest of world £8 surface or £11 air).

When subscribing please state which issue you want to start from, and if you give us an email address we can also put you on our mailing list.

You can pay online using PayPal at www.veganviews.org.uk (click on the link to Subscriptions). If you're not able to use PayPal, and prefer to pay by cheque or other means, please email us to arrange this.

Sell Vegan Views to friends, or at local shops, or meetings or festivals. If you order five or more copies of the current issue each copy costs £1 inc UK post.

Back issues (in colour from 124 onwards) cost £1.50 inc UK post.

V.V.125 (Gentle World interview, Dan Piraro cartoons, Drimlabarra Herb Farm)

V.V.124 (David Irving interview, Vegans in the ancient world, How many vegans?)

V.V.123 (VON interview with David Graham, Vegans against suspenders)

V.V.122 (Lee Hall interview, Vegan and transgendered, Critical Society)

V.V.121 (Veggies interview, Speaking in schools, Fox hunting and eating meat, etc)

See the V.V. website for an archive of many older issues and articles.

Vegan Café 4 The Day

In July this year *Eat Out Vegan Wales*, a co-operative whose aim is to promote veganism in Wales, dropped in to Swansea where I live. Tim and Paul and friends hired a hall in the nearby picturesque village of Mumbles, and ran a vegan café for one day. They have been doing this in various parts of Wales quite often recently - earlier in the year they were in Aberystwyth, and last year in Bangor and then Llangollen.



What happens is that typically around ten members of the group, most of them young, work hard all day serving free vegan food and drinks. At the Mumbles event an estimated 200-300 people (mostly non vegans) came through the doors, but at the earlier Aberystwyth event around 500 dropped in, which was actually more than they could comfortably cope with.



Of course it's always going to be hard to predict how many people will turn up. The group advertise their events widely beforehand (which can be tricky when the venue is a long way from their base near Cardiff). For the Swansea event, a few of them visited a couple of times in the fortnight beforehand, and distributed about 5,000 leaflets to houses in the area. Large banners outside the hall (in English and in Welsh), as well as internet publicity, also drew people in. For the earlier Bangor event they rented a holiday house for the week so they could be in the area to publicise the event beforehand.

Here in Swansea our local group's events have often been about talking to the already converted, so it was refreshing to have something different that reached out more to the general public. The idea of these one-day cafés is to introduce non-vegans to the food, but vegans are welcome too, especially if they want to help out a bit or bring some non-vegan friends. It helps to turn the event into a bit of a social occasion with people, including ordinary members of the public, talking to each other. One visitor to the café in Mumbles commented on how great the food was - he was amazed that it was all animal free, and was impressed with the people, their enthusiasm and their commitment.



Although vegan food and drink are offered freely, the group do ask for donations on the day. At Swansea about £240 was taken in donations, about a third of the cost of putting on the event. The group (all of them volunteers) have often received financial help from the Vegan Society or VegFund, but they have sometimes borne a small loss themselves.

Running events like these is by no means the only thing they do. The events complement their website www.eatoutveganwales.org which has lots of helpful and regularly updated listings about where you can eat vegan food, or shop vegan, all over Wales. They have a Facebook page too, and have also published two basic and free guides: *Vegan South Wales* and *Vegan North Wales*.

The group actually started back in 2002. From about 2005 they started to get involved in food events (typically running vegan fayres in South Wales, or giving out free food at events). Then, in 2011, they decided to travel further afield and run these occasional *Vegan Café 4 the Day* events all over Wales. In October this year they also took part in the large Conwy Feast event in North Wales, where they ran a free food vegan café over the weekend.

VEGAN CAFÉ 4 THE DAY

@Victoria Hall, 6 Dunns Lane, Mumbles, Swansea, SA3 4AA
Saturday 14th July 2012, 10am-4pm

Serving FREE breakfast, dinner, desserts and more for 1 day only

10am-lunchtime Breakfast Rolls
noon-2pm Choice of hot meals
noon-4pm Desserts and cakes
Plus Buffet until lunchtime

- Literature stall
- Guide to vegan South Wales, where to eat and shop
- Diabetic/Gluten Free choices
- Friendly people on hand for information and advice

Could other groups copy their ideas? Some local groups will already be doing somewhat similar things in their area of course (in the latest issue of *New Leaves* there is an article on the Vegan Food Fair in Taunton) - but *Eat Out Vegan Wales* seem more ambitious and energetic than many.

Malcolm Horne

For an article (with photos) about the 2011 Llangollen event see www.vegsource.com/john-davis/vegan-cafe-4-the-day---could-your-group-do-this.html

TOPICS TO WRITE ABOUT - we'd love to hear from you!

You might like to tell us about an event you've been involved in, or which has taken place in your area. Or you might want to react to other articles or letters in the magazine, or choose a topic of your own choice.

Or maybe you'd like to review a relevant book or video for us, or send us a recipe or a photo? Or tell us about an interesting website, blog, or forum you've seen.

The deadline for our next issue is 31st January 2013.

The Vegan Woman ... is a journey

Sivan Pardo, who lives in Israel, explains why she set up *The Vegan Woman* website (which isn't just for women!)



It started in July 2011, when I decided, after 18 years of being vegetarian, to finally take the vegan step.

While it was always obvious to me that we should not eat animals - I stopped the same day I made the connection between a burger and a cow - the deeper understanding that eggs and dairy, amongst other

products, were also abusive, for some reason eluded me.

But things 'clicked' and became very clear the day I sat down and watched Gary Yourofsky's lecture. Now, say what you will about Gary himself, his lecture does the job (you can look it up on YouTube if you like, I highly recommend it). In a simple, precise, sometimes funny and at times alarming manner, Gary manages to convey the absurdity of eating animals and their products by using a lot of common sense, and by reconnecting people to their natural instincts and feelings. The lecture certainly helped me reconnect to my inner truth, and the road from there was easy and natural.

This life altering decision happened to coincide with another change in my life at the time: quitting my job and looking for something meaningful to do. I wanted it to be something that was bigger than my personal gain or needs, and something that I could lead and be proud of, that would make a difference in this world. Working around animal rights issues was an old passion and the natural way to go, but I was scared, scared of dealing with painful issues, scared of being faced with horrific pictures coming from the meat and dairy industry, scared that I would not be able to cope.

I wanted to do fun things! Things that would make people happy, that would offer support, motivation, inspiration, and food for thought, without it being too hard or painful to digest. I wanted to reach people who wouldn't necessarily turn to veganism through the conventional paths.

Veganism to me was fun, sexy, beautiful and appealing, and I thought it deserved to be represented as such. The topics that also interested me at the time revolved around feminine issues, and I kept having this image in my head of a lifestyle magazine dedicated to vegan women. And so *The Vegan Woman* was born.

Establishing 'The Vegan Woman'

It started in the form of a Facebook page www.facebook.com/theveganwoman where I posted links to online articles, videos, pictures and discussions that I found interesting as a woman and as a vegan. There was one rule: all posts had to be fun, lighthearted, and show how exciting it is to be vegan.

As the page grew I felt the urge to provide my audience with original content written especially for them, their needs and their interests. This is how the website www.theveganwoman.com came into being. It was obvious to me that *The Vegan Woman* would not be me writing as a blogger, but a group of writers writing as a team. I wanted to be able to reach people from a variety of ages, interests, countries, and backgrounds, and I wanted the team to reflect our audience.

The first two to join our team were Clare Crossan, a talented copywriter from Scotland, and the inspirational

Natalie Cunningham from Australia, co-founder of the not-for-profit *Vegan Parents Australia* (and an active blogger at www.veggiebacons.com). Clare and Natalie were and still are our 'vegan super mums' - writing about their experiences as proud vegan mothers to gorgeous vegan children, and sharing tips and advice in regards to situations vegan parents face as they are raising their children.

From there the team kept growing, and at the moment *The Vegan Woman* is a team of twelve contributors including myself, Clare and Natalie. The website launched in December 2011, featuring fun articles such as *Top 10 Vegan Holiday Cocktails*, *What to Buy Us Vegans this Christmas*, *A Vegan Guide to a Peaceful Holiday*, and *Creating New Traditions in the Holiday Spirit*. It was FUN! All the articles celebrated being vegan in the holiday season, and offered support and guidance for vegans worldwide and those around them.

The website today

We have come a long way since then and while *The Vegan Woman* has yet to even celebrate its first birthday, our content, sense of community, and the different projects we have initiated (such as *The Vegan Woman's Food Blog Guide*), have won us a place in the hearts of quite a few people across the globe.

The website currently features articles and posts dealing with a variety of topics, with each team member specialising in their own field of interest, including topics such as vegan gardening, vegan food and recipes, raising a vegan family, vegan lifestyle, personal grooming, etc.

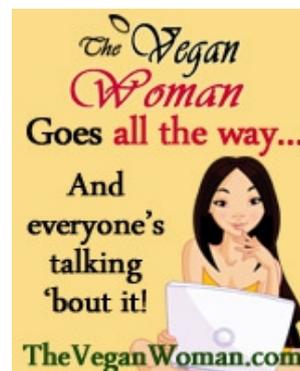
Some of our most successful articles so far have been the likes of *How to Convince Your Boyfriend to Go Vegan* which dealt with the benefits veganism has for men, *Choosing Vegan: Are We Imposing Our Beliefs on Our Children?* which offered support in regards to the criticism vegan parents often have to deal with, and *Vegan Since Birth: Meet Shaun Durrance* which was an inspiring piece showing how a young vegan child to a vegan mother grew up to be a healthy happy man with vegan children of his own.

The impact that the website has is an element that keeps me and our team highly motivated, as we are constantly getting feedback from people across the world who tell us they find support in our website, that they find comfort in knowing that they are not the only ones dealing with the issues we have been raising, or that following some of our articles they have been inspired to take the leap into veganism.

As the website grows we keep looking at ways to be innovative and original, while staying true to the principles that led us to create this platform. We think and hope the website exposes some of the beauty the vegan lifestyle has to offer for us, and for those who cannot speak for themselves.

You can hear a 50-minute audio interview with Sivan, where she talks about her life, veganism, and 'The Vegan Woman' at

http://meantforsomethingbetter.podomatic.com/entry/2012-04-20T11_07_20-07_00



Vegucating Bristol

What motivated me to screen the film *Vegucated* in Bristol? Let me start by saying how I discovered it in the first place. I have always been a keen environmentalist, and one late night in April, when I was googling 'environmental films', I came across the UK Green Film Festival.

One of the films in the festival, *Vegucated*, had a really catchy and meaningful title. I have always been interested in the relationship between food, nutrition and health, and having seen the captivating trailer, I decided to go to Cardiff to see it myself.

Part sociological experiment and part adventure comedy, *Vegucated* follows three meat and cheese loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured by tales of weight lost and health regained, they begin to uncover the hidden sides of animal agriculture that make them wonder whether solutions offered in films like *Food, Inc.* go far enough. This entertaining documentary showcases the rapid and at times comedic evolution of three people who discover they can change the world one bite at a time.

I had been a part-time vegan before watching the film, and was instantly 'vegucated' afterwards - particularly since this was my first exposure to the cruel practices in animal agriculture. I noticed, however, that *Vegucated* had not been - and was not scheduled to be - shown in Bristol, where I live.

I felt that this film deserved to be screened in a city that has over the years strongly supported causes for environmental protection, and has a strong veg*n presence. Moreover, unlike the usual documentary, *Vegucated* does not try to indulge in the *facts* of a vegan lifestyle; rather, it focuses on the *process* of going vegan for ordinary folks like me. Thanks to the three volunteers involved, the film succeeded in depicting this serious and sometimes difficult process in a very down-to-earth and at times comedic manner, which is very engaging and provides high entertainment value for a documentary. Personally I have lived in Bristol for seven years as a university student, and I sincerely wanted to give something back to the community. *Vegucated* provided the perfect platform for me to connect and share something of wonderful value with people.

Overcoming a lack of experience

Having had no prior experience in organising events at all, at first I felt overwhelmed by the scale of the task at hand. I drew inspiration and strength from the experience of Marisa Miller Wolfson, director of *Vegucated*, in putting her inspiring film together. Before *Vegucated*, she had had no previous filmmaking experience either. It was mostly blood, sweat and tears for her during seven years of production, before her film ended up being a bestseller on iTunes and Amazon in the first six months after its 2011 premiere. The film has been screened at more than 150 public venues across the globe, and has won three different awards at various film festivals.

I was not content with merely showing the film at my event. From experience, most people dread making the vegan transition mainly because (i) they think that vegan food is boring, and (ii) they are not able to resist the peer pressure when dining with sceptical or carnivorous friends or relatives or family members.



Organiser Alan Lee, with Rose Alexander from Viva!

I wished to incorporate activities which addressed these issues for sceptics. Having attended the Bristol VegFest one week after the Green Film Festival, and witnessing how free food and cooking demos were instant draws for everyone, I decided to marry the film screening with some free food, one raw food demo, and a discussion session. Thanks to advice from Tim Barford, the mastermind behind VegFest UK, I decided to do the event for FREE to the Bristol public on the afternoon of Sunday 15th July, and at the same time raise funds for the vegan charity *Vegfam* through a donation box and a fundraising raffle.

A key component in attracting people to an event is massive promotion. For that, I set up a Facebook page, and circulated widely to various groups and people related to the vegan cause. An enormous amount of posters and flyers were printed and distributed to many areas of Bristol. Further, websites that promote events in Bristol, such as *VisitBristol* and *Bristol 24/7*, were utilised extensively. Last but not least, a 5-minute appearance on the radio show *Breakfast* on BBC Radio Bristol, a day before the event, helped. Another important ingredient was the Bristol VegFest programme, which I had kept and which gave me an extensive list of organisations to contact for support.

The day of the film

The big Sunday arrived in no time. A total of 82 people were at the event! I'm glad that the guests really warmed to the film, the organisation of the event (particularly our food collection), Rebecca Kane's raw food demonstration, and the discussion panellists (Tim Barford, Shane Jordan, and Rose Alexander). During the discussion Tim asked the audience "How many of you are vegan/vegetarian/omni?", and a rough estimate was 25% vegan, 25% veggie, and 50% omni.

Most of the audience found the film very informative. Those who had never been exposed to factory farming were very affected and troubled by what goes on daily in slaughterhouses. Suddenly, eating meat products did not seem appetising to them, and some went vegan straight after the movie.



I could not thank these wonderful people enough for helping raise a total of £85 for Vegfam, and donating £89 towards the expenses of putting this event together. Special thanks must also go to our long list of food/product donors and sponsors for making this event possible. (If anyone wants to run an event of this sort I'd be glad to pass on details of the sponsors who helped, and other organisational info too.)

For more information about the film - including a trailer - visit www.getvegucated.com (where the film can be purchased, click the 'Store' link). It's also available from the iTunes Store, or from Amazon USA.

Alan Lee

You can find Alan on Facebook under the name Alan Vegucated Lee, or follow him on Twitter @alanyst or email him at alanphenyl@hotmail.com

Inspired by the success of this event, Alan decided to continue the 'vegolution' by organising another couple of free *Vegucated* screenings in Bristol in early November, just as we went to print with this issue.

Vegan Asia

Teresa Bergen's new book *Vegetarian Asia* (reviewed on the next page) prompted us to contact some of the people mentioned or listed in her book. So on these two pages we hear from vegans who live, or have recently lived, in Taiwan, Vietnam, Malaysia, and South Korea.

Taiwan

Jesse Duffield (a New Zealander) now lives and teaches in Japan, but he spent four years in Taiwan from 2007-2011 and still visits the country regularly. His *Vegan Taiwan* blog is at <http://vegantaiwan.blogspot.co.uk> and the photo shows him (with pizza) at Veggie Joy, a vegan fast food outlet in Taipei.

Taiwan is the most vegan-friendly country in Asia. A vibrant democracy, Taiwan is rich in culture and history, has a beautiful countryside, a highly developed infrastructure, and at least one vegetarian restaurant in almost every neighbourhood.



There are three large vegetarian religious groups in Taiwan.

I Kuan Tao are an exclusive group with Chinese roots, many of whom migrated to Taiwan after the Chinese Civil War ended in 1950.

Chinese Buddhism, which has been practised in Taiwan for centuries, takes its philosophy of compassion seriously, with all temples and many followers being vegetarian. Most other Taiwanese, who follow a mixture of Taoism, Buddhism and Confucianism, hold

vegetarianism in high esteem, and many eat vegetarian on certain days of the month or during important times.

Despite this, Taiwanese are mostly urban dwellers who have little contact with animals, and while some high-profile animal-cruelty cases have caused outrage, farm animal welfare isn't on the radar of many Taiwanese; visitors may be disturbed by blatant cruelty such as aquariums in fish restaurants. However, the country's many animal rights groups receive much good publicity, and Taiwan was the first country in Asia to ban shark finning. From my limited experience riding around the countryside, farm animals - including those on factory farms - are treated better than in western countries.

The third group, of most interest to vegans, is the followers of Supreme Master Ching Hai, the leader of millions worldwide and inspiration behind the Loving Hut chain. She teaches her followers to meditate, be vegan, and promote the environmental message. It is due to the tireless work of this group that veganism is emerging so quickly in Taiwan. Taiwan has the best food labelling system in the world. It is illegal to label food as 'vegetarian': it must specify whether or not it's vegan or it contains dairy or egg.

Taiwan has many vegetarian buffets, from large and elaborate to simple neighbourhood eateries. Followers of SM Ching Hai are also opening more and more vegan restaurants. With these, and microwaveable meals, sold at the ubiquitous convenience stores, one can set out for a day's adventure without planning ahead for the next meal.

Taiwan is well known for mock meat products. But contrary to claims in reputable guidebooks, most fake meat (including those sold at Chinese vegetarian restaurants around the world) is not vegan: it often contains whey and egg, and sometimes even real meat. It should only be trusted if it's produced by a reputable source, such as the followers of Supreme Master Ching Hai.

The contrast between Taiwan and Japan, where I now live, is astounding, given their close proximity and that Taiwan was part of Japan for the first half of the last century. Vegetarianism is rare in Japan, and veganism, which is almost unheard of, is often met by reactions of laughter or disbelief. The situation is improving in the major cities, which offer a great variety of international vegetarian and vegan restaurants; however, finding food in the countryside can be very challenging.

Taiwan's great food, culture, and the friendliness of its people makes it a great travel destination and a fascinating country to live in.

Vietnam

Paul Tarrant and his family run the *Karma Waters Vegan Restaurant* www.karmawaters.com in Hoi An in Vietnam, and they are also responsible tour operators (with a strong environmental emphasis).

Our restaurant strategy is to make veg*n food available to all, so we have a simple functional décor with meal prices starting around US\$0.75 (very basic local veg*n dish) and then upwards. We get equal numbers of Vietnamese and foreign tourist customers. We do *not* want an exclusive foreigner tourist place that average locals are unable/unwilling to eat at.

The issue of Global Climate Change (Global Warming) is very important in developing countries such as Vietnam, which is becoming badly affected. So one of the most important ways to connect to people to change their lifestyles is to provide them with enough relevant information on issues so that they can understand they need to become veg*ns - mostly just talking about health has little effect on most people!

In general the Vietnamese aspire to being good practising Buddhists and so they respect veg*ns. But there is very little connection in their minds between veganism and global warming - in fact there's very little awareness of global warming at all.



My mother and I, and my wife and two young daughters, are all vegans. I personally follow the Five Buddhist Precepts (the Christian Ten Commandments, or other similar practices designed to nurture spirituality, can just as easily be applied). I believe the planet itself is a living being of a higher order than we humans. The issues facing our living planet and the largest number of species of mammals on the planet - human beings - are mostly caused by human lifestyles! We humans are now irreversibly eating this planet and one of two things will most likely happen; either we change our lifestyles and our man-biosphere relationship or we will not be able nor allowed to survive as a species on this planet!

For more information on our vegan philosophy see www.karmawaters.com/organic-vegan-green-1.phtml

Malaysia

Stephanie Lai (a Chinese-Australian vegan and social justice blogger) has lived and worked in Malaysia, China and Australia. Her *Vegan About Town* blog is at <http://veganabouttown.blogspot.co.uk>

As Chinese-Malaysians, my family eats just about everything and we really love that about ourselves, so it was a huge shock to them when I went vegan as an adult. They reconciled it as being about the family religion (Buddhism, though I myself am not Buddhist), or about my Australian upbringing, and the concession they make to my veganism is that we go to meaty restaurants that happen to have excellent vegetarian options, and then overordering so that I am overwhelmed by choice. Some friends like to show off their love for me by telling me about amazing vegetarian restaurants and then making sure I eat there, again overwhelming me with choice.

It's easy to be vegetarian in Malaysia, but vegan can be harder. Malay, Indian, Nyonya and Chinese food dominate the landscape, and each cuisine brings with it different difficulties. Indian food is so regularly vegetarian, but ghee is everywhere.

The cities are filled with amazing vegetarian Chinese restaurants, as well as Jain restaurants. Hawker stalls are frequent, and the dishes are cooked in front of you so it's easy to point and specify exactly what you want, though everything is cooked on the same pan or in the same pot, so it can be hard if you very strictly want to avoid cross-contamination.



The photo shows char kueh teow (rice noodles, chilies, bean shoots, tofu, etc) in a Penang restaurant.

In most places English is all you need to get by, enough to specify that you are vegetarian, or strict vegetarian, meaning vegan, and fortunately there is a common understanding of what that means.

South Korea

Mipa Lee is an artist and illustrator. Her blog *Alien's Day Out (life as a vegan in Seoul, South Korea)* <http://aliensdayout.com> is written in English and focuses mostly on vegan food (a great variety of it!), and eating out.

I usually eat at places that I know are veg-friendly, such as Korean restaurants with bibimbab [rice mixed with various seasoned vegetables] or lots of veggie side dishes, Indian restaurants, Mexican restaurants, or vegan buffets. I would say



that most restaurants have at least one thing I can order or ask to be veganized. I tend to avoid Korean BBQ or seafood restaurants because it's doubtful that there will be anything vegan, and they're also environments I'd just rather not be in.

As a vegan in Korea, eating out does take a little more planning and patience, such as researching and suggesting veg-friendly places to your friends, or asking the cook to modify

a dish. It does have its challenges, but it gets easier with practice. It also helps to remember that being vegan isn't about being perfect or beating yourself up over accidentally eating an animal product. Accidents and mistakes happen. The best thing to do is just remember for the next time and move on.

This is an excerpt from an interview with Mipa at www.vegetarianinkorea.com - click on the 'Press' link on Mipa's website for the rest of this interview, and for others.

Vegetarian Asia by Teresa Bergen

Paperback, or Kindle e-book, 2012 (in the e-book format each country is also available separately). Search for "Teresa Bergen" on Amazon. There's also a Vegetarian Asia section on Teresa's own website www.teresabergen.com

'Fascinating' is one of those words I tend to overuse, but it certainly applies to this book, which takes a close look at the vegetarian/vegan and animal welfare/rights situations in more than 20 Asian countries. If you're visiting Asia it will very obviously be useful, but it's also an absorbing book for the armchair traveller.

Teresa first published *Vegetarian Asia* in 1994 but she has now completely rewritten and updated it. The book is based on a combination of personal experience (she has visited the majority of the countries), and on research, and dozens of interviews with vegetarian and vegan residents and travellers.

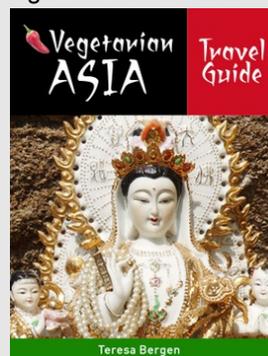
Each chapter starts with a snapshot of the current state of vegetarianism and animal welfare in that country, including information about relevant religious or philosophical traditions and organised vegetarian groups. The bulk of the book focuses on which common dishes are usually vegetarian or vegan, or can easily be made so. There's also advice on etiquette, and asking for vegetarian/vegan food in different languages.

For most countries there's a good amount of vegan information. I asked Teresa how much harder it is for vegan rather than vegetarian travellers: "Whether it's harder for vegans depends on the country. In many parts of Asia, such as Cambodia, Japan, Indonesia, Korea, etc, the hardest ingredient to avoid is fish sauce. If you can get them to leave out the fish sauce, most offerings will be vegan. However, in places like India and Bhutan you can find vegetarian food without much trouble but it's likely to contain dairy products."

Fancy a trip to Tibet? "Few plants grow at Tibet's high altitude. With vegetables scarce, food is very limited. So being a vegetarian in Tibet is considered a great sacrifice." However "you'll find Indian, Nepali, Chinese and western food in Lhasa, and even a couple of vegetarian restaurants. But outside of big cities ... vegetarian food is rare."

Some of these countries (for example Cambodia, East Timor, and Burma) have experienced great political strife and hardship in recent years. As Teresa says in her introduction: "If you visit countries where many people suffer poverty and/or abuses to their basic human rights, your concern for animals might seem comical, or even arrogant." (There's an interesting article by Maureen Chen on vegetarianism in Cambodia at www.vegsources.com/news/2010/05/vegetarianism-in-cambodia.html)

As elsewhere in the world, vegetarian and vegan ideas are still marginal in most of Asia (despite the influence of Buddhism and Hinduism), but there is progress to be seen and in a number of places the seeds are sprouting forth.



Malcolm Horne

Food Facts : Fending off Space Cowboys and Cavemen

On the internet, a supposedly "ethical" meat-eater recently accused me and other vegans of indirectly causing more cruelty to animals than herself and her fellow meat-eaters (because of the small animals hurt during ploughing and so on - you have probably heard similar comments). Over a day later, she produced one link to back up her accusation: <https://theconversation.edu.au/ordering-the-vegetarian-meal-theres-more-animal-blood-on-your-hands-4659>

The author of the article, Mike Archer, states: "Published figures suggest that, in Australia, producing wheat and other grains results in: at least 25 times more sentient animals being killed per kilogram of useable protein ... than does farming red meat". Archer misleads readers somewhat by referring to the percentage of cows grazed outside in Australia (98%) although, if you look hard enough, you can see he concedes that about a third of "cattle" in that country are also given supplemental feeding.

Some of the other flaws with Archer's article are to be found in this piece by vegetarian Patrick Moriarty: <http://theconversation.edu.au/vegetarians-cause-environmental-damage-but-meat-eaters-arent-off-the-hook-6090>

Moriarty has interesting things to say about the amount of grain harvested to feed cattle, and about forest being cleared for grazing.

There are other errors in Professor Archer's piece. Most important, as Archer himself admits in the article, the figure of 25 times as many animals killed to feed vegans is largely based on mouse plagues. The term "mouse plague" is rather emotive. Let us be clear. These mice are not carrying the bubonic plague. They are just multiplying quickly and eating food intended for human consumption.

These "plagues" are much more common in Australia than in other countries, because the mouse is not native to those shores. But it is known that monocultures encourage "pests" (see <http://en.wikipedia.org/wiki/Monoculture> for example). Like most V.V. readers, I have long been an advocate of humans growing a wide range of edible plants. I am pro-forest gardening and pro-vegan permaculture. I am pro-vegan-organic agriculture.

My diet does not consist solely of soya and wheat, and nor does that of any vegan I know. As Moriarty points out, most meat-eaters eat wheat or soya or other crops in addition to eating meat. It is important to note that there are meat-eaters who may catch you off-balance if you make that point, as they will say they don't touch wheat or soya or annual crops, because they're "paleo" or "primal" modern-day cavepersons. They are probably being a bit hypocritical. They almost certainly wear jeans or other items made of cotton, which is of course an annual monoculture. (If you google "paleo T-shirt", you will see that they are quite fond of cotton.) Archer makes further errors. He has included animals killed by non-humans in the figures for animals killed. As he wrote: "Anyone who has sat on a ploughing tractor knows the predatory birds that follow you all day are not there because they have nothing better to do".

One cow or two mice

As my legions of fans may recall, I criticised the work of an academic named Steven Davis in an article named *Space Cowboys* in V.V. 115. His argument can be summarised thus: "for every cow you eat, you save two mice from the plough". He suggests that it is better to farm cows, sheep and goats on pasture, killing X million ruminants per year, than to grow wheat on the same amount of land, supposedly causing the death of 2X million small, wild animals.

If we were to assume that Davis had his facts correct, that would give rise to several difficult questions for vegans. Does "causing accidental death" have a role to play in our thinking about ethics? Is it fair to argue that vegans should be concerned only with our intentions, and not about the real-world consequences of our choices? After all, lacto-ovo-vegetarians have good intentions too, but generally their intentions do not take into account how milk and eggs are produced in the real world (with unwanted animals being killed).

Does one cow matter more than two wild mice? If so, why? Do we find cows quite appealing (unless we stray into a field and get chased by them)? By contrast, we are brought up to think of mice as unclean, and they scuttle around in a way that may startle us.

Should we take longevity into account? Cows have a longer potential lifespan than mice. Would it be worth killing a couple of mice, which might have died of old age a few years down the line, if that would prevent a cow being bred which would be slaughtered decades before she reached the bovine equivalent of old age?

I did not consider these questions at the time I wrote *Space Cowboys*, as I believed Davis had his facts wrong. I still think that, and have even more reason to do so. As I pointed out then, Davis fails to take into account the impact of feed given to cows in winter. Even the journal which published his work carried an article by a vegan named Gaverick Matheny which pointed out that Davis failed to note that veganism is a more efficient use of land.

Now the work of Davis has been critiqued again here: www.animalvisuals.org/projects/data/1mc - this analyses the number of animals killed in order to produce a million calories of food for humans. In order of how bad they are, the eight foods listed are:

- Chicken (251.1 animals killed per million calories)
- Eggs (92.3)
- Beef (29)
- Pork (18.1)
- Milk (4.78)
- Vegetables (2.55)
- Fruit (1.73)
- Grains (1.65)

According to these statistics, beef production entails the death of about 17 and a half times more animals than grain production.

These figures were partly based on the information in the following article: http://papers.ssrn.com/sol3/papers.cfm?abstract_id=1253172 (Andy Lamey, "Food Fight! Davis versus Regan on the Ethics of Eating Beef", *Journal of Social Philosophy* 38, no. 2 (2007): 331-348). To cut a long story short, Lamey criticises Davis's figures for reasons I did not



Illustration by Katharine

take into account when I wrote my original V.V. article.
 (1) Davis made the same mistake as Archer, by including the killing of small animals by non-human predators alongside the harm done directly by humans. It is illogical and unfair to hold humans responsible for non-human carnivores eating what they need to eat in order to survive.

(2) Davis failed to take into account changing agricultural practices. Eg: burning stubble, which is very harmful to mice, is mostly banned in England and Wales. If we take into account the ban, the figures change. It is also alleged that Davis failed to take into account that sugarcane is not harvested annually.

Lamey also mentions harm to humans caused by four factors involved in animal farming: E-coli, farm accidents, slaughterhouse accidents, and the effect of methane from ruminants in adding to the greenhouse effect.

Environmental factors

We might also take into account other environmental factors. For example, that some beans and grains can be dried and stored, and then sprouted and eaten raw (or in stir fries). Meat, on the other hand, usually has to be refrigerated and thoroughly cooked. Both those practices take energy. And the impact on animals of producing that energy also has to be considered.

Let us not ignore hygiene. As you will know if you have had to do a health and safety course, catering for meat-eaters requires up to six different chopping boards. Cooking for vegans takes a maximum of three (green for salad, white for bread, and brown for vegetables). There must be some extra environmental costs attached to the manufacture (and maintenance of the cleanliness) of those yellow, red and blue chopping boards.

When I pointed some of these facts out to the woman who had started the argument, she became very defensive (despite her having insisted that the statistics in the USA were even more pro-meat than the Australian ones). She said that you could prove anything with research papers and statistics. One of her supporters said that even if they had their figures wrong, I had been wrong to say that vegans had no accidental impact on other animals.

I hadn't said that.

So ... have I learnt anything from this? I think the message is that we should, of course, pay attention to how our food is produced. And, indeed, to the impact on the environment and animals and humans of everything we do. However, this conversation has led me to two conclusions:

- (1) Meat-eaters who say they are responsible for fewer animal deaths than vegans probably have their facts wrong, and
- (2) the vast majority of them don't really care.

So ... stay vegan. Trust that if you base your philosophy on avoiding causing deliberate harm to animals, you will almost certainly also be causing less accidental harm than non-vegans. If someone comes out with a new, shocking "fact" about the evils of veganism:

Keep Calm
 Stay Vegan
 Appeal to other vegans for help
 Help will almost certainly arrive
 Enjoy vegan food
 Even cupcakes

In my case, I was rescued by Maja Oreskovic Igric and Ben Hardy. I have only met them via an internet vegan group. I am deeply grateful to both of them.

Katharine A Gilchrist

For a critical article by John McDougall on the Paleo diet see www.vegsource.com/news/2012/06/the-paleo-diet-is-uncivilized-and-unhealthy-and-untrue.html

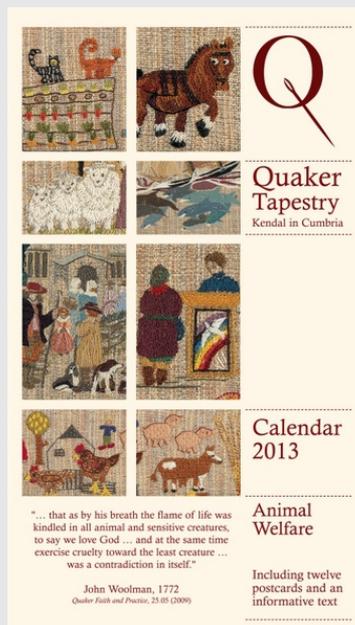
Quaker Tapestry 2013 Calendar Animal Welfare

The Quaker Tapestry is an exhibition of 77 embroidered panels stitched between 1981 and 1996 by around 4,000 men, women and children from 15 countries. The design is based, in a broad sense, on the Bayeux Tapestry, and illustrates Quaker history and beliefs from around 1652 to the present day. It is based in Kendal's historic Quaker meeting house in the Lake District, but sometimes goes out on tour too. (All 77 panels can be seen in the photo gallery on the website.)

Jill Greenway, a member of *Quaker Concern for Animals*, came up with the idea of Animal Welfare as the theme for a future Quaker Tapestry Calendar - and, after the idea was approved, she was asked to write the text. Drawing on themes which appear in the panels, and which show the consistent strand of concern for animals among Quakers over centuries, Jill selected relevant images from the panels and wrote the text for each of the months.

Attractively illustrated with images from the panels, topics covered over the 12 months include humane research, farming, animals and war, whaling, and slavery.

Kathleen Jannaway (a Quaker herself, ex secretary of the Vegan Society, and founder of the Movement for Compassionate Living) is featured in October, and Jon Wynne-Tyson (author of *Food for a Future*, "one of the most cogently argued cases ever for vegetarianism"), Ruth Harrison (author of *Animal Machines*), and Anna Sewell (author of *Black Beauty*), appear in other months.



© Quaker Tapestry

Quakers are, of course, known for their peace testimony and strong ethical values. There are no doubt proportionally more vegetarians among Quakers than in the wider Christian community - however most Quakers are not vegetarian, let alone vegan. Nevertheless, as with Buddhism (see Jane Easton's letter on page 17), progress is being made. The café at the Quaker Tapestry exhibition in Kendal is vegetarian, and Bridget Guest (the exhibition and café manager) is a Vegan Society local contact. This attractive calendar is part of that progress.

In 1988 Vera Haley wrote: "If it is right that we should show love and compassion for people, surely it is right that we should extend our love and compassion to animals, who can feel fear and experience pain in much the same way as humans. They may not be able to speak, but we can certainly see the fear in their eyes and demeanour. I feel that being a vegetarian is a natural progression from being a pacifist and a Quaker."

The Quaker Tapestry calendar costs £5.95 (plus £2.75 p&p in the UK). Available via the website, or by mail order, or by visiting the gift shop at the Exhibition Centre in Kendal.

Quaker Tapestry Exhibition & Cafe
 Friends Meeting House, Stramongate, Kendal, Cumbria LA9 4BH
 Tel: 01539 722975 www.quaker-tapestry.co.uk
 Quaker Concern for Animals www.quaker-animals.co.uk

Interview with John Davis of the IVU



John Davis is manager and historian of the IVU (International Vegetarian Union www.ivu.org). The IVU has about 120 member organisations (including Vegan Views), and many individual supporters on every continent of the world - and in recent years IVU has become more and more 'veganised'. John lives in rural England but travels to many vegetarian and vegan events worldwide, usually at his own expense. The photo here shows him being interviewed by Chinese TV, at the first ever vegetarian congress in China in 2011.

In 2010 he began to compile a series of 'History of Veganism' articles, which were posted in blog form on the internet. To date there are over 80 such articles, and most are also available in a pdf compilation 'World Veganism - Past, Present and Future'. See www.ivu.org/history/vegan.html

These fascinating articles cover topics such as 'Were there vegans in the ancient world?' (reprinted in V.V.124), vegans in the Middle Ages, prototype and pioneer vegans, notable figures such as

Henry Salt and Gandhi, then the growth of vegetarian/vegan ideas worldwide (China, India, Africa, Latin America, and so on), and finally there's much discussion of current trends and how things might pan out in the future.

John was a pioneer of vegetarianism on the internet from the early days of the world wide web in 1994. He maintained the first websites for the UK Vegetarian Society, Viva!, and the European Vegetarian Union, as well as being involved with many others, and in 1995 he built the first IVU website. In 2006, after many years of working for the IVU, he became its manager.

How did you get involved with the International Vegetarian Union? Can you sum up the IVU's role, and how it's changed in the years you've been involved?

I got on the primitive internet in 1994, having become aware of a small number of other veg*ns using it, and I was soon working with some of them in running websites. At the end of 1995 we were looking at how to improve the resources and I contacted the IVU General Secretary to see if any money was available. There wasn't, but he promptly asked me if I'd set up a website for IVU, and we had it online in December 1995.

IVU's primary role is to encourage veg groups from different countries to share ideas and to help each other. Up to the late 1990s that was almost entirely in Europe, North America and some in India. The basic role hasn't really changed, but since 2004 we have focussed much more on the developing world, and the internet has made it possible to be more proactive now that we can be in constant contact with each other so easily and cheaply.



The first IVU congress, held in Dresden in 1908, was attended by just 22 people

In your 'Vegetarian equals vegan!' article you begin by saying "The first people who called themselves 'vegetarian' were in fact vegan. This has now been established conclusively with resources not previously available." This was in the UK, circa 1840. It's fascinating to read the articles in which you trace the conflict between lacto-ovo-vegetarian and vegan ideas, and how the vegan ideas largely lost out. Do you think it was

always likely that the vegan concept would become downgraded to lacto-ovo-vegetarianism? At that time veganism would obviously have been quite difficult for most people, much more so than now.

What we now call veganism was certainly much more difficult in the mid 19th century - even margarine hadn't been invented, and soya milk was unknown in the West. A significant group did attempt it, but by the late 19th century they were outnumbered by a far bigger increase in ovo-lacto-vegetarians. That was partly down to the main ovo-lacto group having more money and influence, and the way they interpreted the Bible to promote the 'land of milk and honey' (and eggs).

By the late 19th century ovo-lacto-vegetarianism was far more popular than many people today might imagine. In 1897 Central London alone had 11 vegetarian restaurants and two vegetarian hotels. The meat-eaters, as well as 'vegans', routinely accused the 'vegetarians' of hypocrisy as eggs/dairy were obviously not vegetation, and despite attempts to defend it, the problem of the misuse of the word never went away.



Back in Dresden in 2008 - rather more attended this time

Veganism was, shall we say, marginal within the vegetarian movement only a few decades back. But that has changed, and nowadays many vegetarians accept veganism as the ideal - even if they don't go all the way themselves. What do you think are the reasons for that big shift in attitude?

The simple answer is the internet - and the Americans. Records on Google Books show that the word 'vegan', invented in 1944, was very little used for 50 years, then from 1995 it suddenly appeared in a lot more book titles, mostly cookbooks, as a result of publicity by prominent vegan websites. By 2011 there were more books with the word 'vegan' in the title than 'vegetarian'.

This vast increase in easily available information does appear to have raised awareness of both a completely plant-food diet, and (ethical) veganism as an ideal, and a major increase in people at various points on the journey. Ovo-lacto-vegetarianism has become just one of many routes. How many go 'all the way' will largely depend how easy it is for them, and circumstances do vary enormously, especially in different countries.

As Americans have always been more motivated by health, they have always had a stronger tradition of recognising that eggs/dairy are no better than meat in health terms, so have been more inclined towards a purely plant-food diet. Some, like Bill Clinton, occasionally add fish, but not eggs/dairy, giving a different route to the diet - but not necessarily vegan as they often exclude ethical values.

As concerns about global warming grew, it was obvious that dairy cows produce the same methane as beef cattle. This combined with higher profile arguments online about the ethical implications of male calves and chicks. The internet has made it possible to make more people aware of all this than it ever was in print.

Recent statistics suggest less than 1% of the UK population is vegan (some suggest 2% including those just adopting the plant-food diet). The latest USA survey gives 2% of 'self-defined' vegans - inevitably including dietary only. The US population is about 300 million (five times the UK) and, even with the high proportion of diet-only in the USA, there would still appear to be more genuine (ethical) vegans in the US than anywhere else.

There are now vegans, many of them organised, in most countries around the world, largely as a result of the spread of information through the internet, primarily from American websites.

What sort of conditions do vegetarianism and veganism need in order to flourish? This is an interesting question to ask as we plot the progress of vegetarian/vegan ideas throughout history. Obviously societies ravaged by war, or where even human rights are little respected, are not promising in this respect. A sympathetic religion (eg Buddhism) helps a lot, but are there other factors?

Most religions do not seem very sympathetic to veganism. In India vegans often get hostile receptions from some who see them as offending the sacred cow by refusing to drink milk.

There are several Christian vegetarian societies around the world, but I've never heard of a Christian vegan society, just individuals. Buddhism varies enormously in different countries, but again where it is sympathetic it tends to be lacto-veg. However, the Jewish Vegetarians of North America are strongly plant-food-only and, as I understand it, from an ethical basis.

Wars certainly have a hugely damaging impact. Before the First World War the vegetarian movement in Europe was almost as big as it is today, and with clear signs of moving towards veganism. The brutality of war seems to have destroyed most of the ethical values, and for millions it was just a case of eating anything they could get. Though ironically, research during both World Wars showed that the people were healthier when meat was rationed.

Despite all the setbacks, equal respect for all human life has been making slow but steady progress over the last 200

years. Maybe that was needed before respect for non-human animals could expand further.

The major recent growth factor has undoubtedly been ease of communications via the internet. Now isolated individuals can participate continuously in group discussions, and share information in any language. If a way of thinking is genuine then more and more will recognise it and come on board, provided they get to hear about it.

In recent years the IVU has reached out far more to the developing countries. Let's take one example, Africa, where you might not expect vegetarian ideas to flourish too much - yet you've said that "Africans are developing new ideas that have lessons for all of us to follow". Have you been surprised by the growth of interest in vegetarianism (and veganism?) in places with very different cultures like Africa, Latin America, and Asia?

We were frustrated for many years in trying to establish organised veg*ism in Africa and elsewhere. There were always some local groups but they drifted in and out of contact.

The key has always turned out to be finding one individual who can make things happen in the region. Progress in the developing world is only going to come from local people doing things in their own way. There is deep resentment to 'colonialism' and veg*n 'missionaries'. People in developing countries are perfectly capable of organising themselves, and they are more appreciative than the rich world of the benefits that come from mutual support.

IVU is now mostly led from the developing world. The chair of the International Council is in Brazil, with other prominent leaders in Indonesia, India, China, the Middle East and Africa - and almost all of them vegan. They are very good at sharing resources and helping each other in ways that Europeans and North Americans often seem to have forgotten.



Marching (with 'Be Vegan' banner) during a vegetarian congress in Ghana 2009

Looking forward now rather than back, one of the most interesting of your articles is the one on 'flexitarians and plantarians' (a plantarian, or simply plantarian, being someone who lives wholly on plant foods but may or may not share the ethical values of veganism).

You suggest that fewer younger people, especially in developed countries, are adopting a traditional lacto (or ovo lacto) vegetarian diet, and are either choosing a flexitarian diet (with some but not all meals vegetarian) or else, at the other end of the scale, they are opting for veganism. How do you see this heading in the future?

The surveys from the USA and the UK suggest a flat-line, or even a decline, in committed ovo-lacto-vegetarians over the

last 20 years, and an increase in those only eating plant foods (variously known as non-dairy-vegetarians, total-vegetarians, plantatarians etc).

Some surveys look at 'meat-reducers', increasingly known as flexitarians, and all seem to be showing huge increases in the number of people deliberately choosing some meat-free meals. The latest UK survey suggested 60% of the population now doing this.

There is now considerable debate about how the committed vegans should respond - do we simply reject anyone who is not a perfect vegan? Or do we actively promote the idea of meat reduction in the hope that the reduction will continue to eventual zero? Whatever approach vegan individuals or groups choose, all the signs are that the meat-reduction movement will continue to expand.

You've stated that veganism is not just about food, that it's an ethical position which rejects any use of animals - and that ideally a 'vegetarian' would be someone who just eats plants, while a 'vegan' would mean someone living an animal-respecting ethical lifestyle, which included a vegetarian diet.

But that change in terminology isn't of course likely to happen any time soon. You've argued that right now we're in need of a word between ovo lacto vegetarian and vegan, and various terms crop up in your articles such as pure or total vegetarian, and plantatarian/plantarian. Having all these terms can be confusing. Are any of them in wide use or likely to be?

Changing the common usage of words is not something any of us can control, especially as the meanings vary considerably in different countries. For me it is just a case of trying to provoke some discussion and see what happens. There are many other people with similar concerns, and promoting their own preferences. As always the internet is making it so much easier to do this, and potentially meanings could shift more quickly than was possible in the past.

'Flexitarian' is a good example of a word that took off very quickly. It will be interesting to see what happens over the next few years, if enough people join in then we could get some momentum going.



John Davis (2nd left) at an international veg fair in China in 2009. Susianto Tseng (IVU Asia-Pacific co-ordinator from Indonesia) is on the far left.

In Vegan Views 125 (p.8) Edward Immel wrote about the shifting meaning of the word 'vegan' and expressed concern that, especially in the USA, a number of people

are calling themselves vegan who really aren't, and that "veganism is being reduced to a plant-based diet and not a very consistent one". Do you share that concern, and is what is happening in the USA likely to happen in the UK and elsewhere too?

I think the problem was always there, just that there are a lot more people calling themselves 'vegan' now, especially in the USA. When the word 'vegan' was invented in the UK in 1944 it was specifically used to replace 'non-dairy-vegetarian', and really did just refer to food, even though the founders were all ethically motivated. The Vegan Society clarified its rules and definition in 1951, but by that time there was already another vegan society in California, from 1948, and the leaders of that appear to have been primarily health motivated. So some confusion was there right at the beginning.

I do share Edward Immel's concern but all we can do is keep raising the problem. There are some prominent Americans now deciding not to call themselves vegan, just referring to eating a 'plant-based diet' ('plant-strong' is going around too).

It is difficult for us to avoid misusing the word 'vegan' - for example we routinely state that all food at IVU events is vegan - but what we really mean is that it will all be plant food. If veganism is a set of ethical values then food cannot be vegan, it is just plants; only people can be ethical, so only people can be vegan.

One alternative is to move the label onto the meat-eaters, with terms such as 'carnist' and 'carnism' gaining interest. Some of us would prefer to promote the idea that we are the normal ones, and that those abusing animals in any way should be labelled, not us.

It seems that the number of committed and consistent vegetarians and vegans, although growing, is still relatively low. You've commented about personality types and you wrote that "It seems that only a small percentage of the population have the type of personality that prefers a total commitment to whatever cause they are promoting. It works the same in politics and religion as it does in veg*ism".

If that's right, what can we expect as time goes on? Would veganism have to become so easy (and cheap) for the public at large to embrace it? Perhaps it will have to be something like lab-grown or 'in vitro' meat that changes everything for the better, rather than ethics?

It could be just that meat becomes more expensive and less sustainable, especially as the developing world tries to copy the West. For many that could make plant-food a more attractive option than increasingly industrialised meat production, and we are seeing a significant increase in meat-eaters concerned about factory farming. If they all tried to change to free-range-organic meat it would be impossible to supply enough for seven billion people.

The various forms of fake meat are popular with the food industry because they can make more profit from any sort of processed food than they can from fresh fruit and vegetables. Potentially, fake meat is also more profitable than all the hassle of managing livestock; so, we are likely to see more and more of that being advertised.

As for lab-grown 'in vitro' flesh - personally I can't imagine wanting to eat it, but there are millions, even billions, of people who just want cheap meat and don't much care where it comes from. If lab flesh can be produced more cheaply and more profitably than factory farmed meat, then it could have a major impact on that sector of the market, so I wouldn't expect too much campaigning against it. Whether lab flesh is ever recognised as 'vegetarian/vegan' remains to be seen. Maybe

future generations might see it differently to the way most of us probably do today.

The food research for the NASA mission to send people to Mars is a good indication of one possible future - they are planning plant-food only. They might even begin to realise that it could work better on this planet too.



Vegan sales stall at the 2010 IVU congress in Indonesia

The 40th IVU International Vegetarian Congress will have taken place in the USA by the time this interview is published. What are your hopes for it?

Maybe we can send a review of the congress for your next issue. The main objective for IVU in California will be to raise awareness about world veg*ism amongst North Americans. We will have speakers from every continent in both San Francisco and Los Angeles, including leaders of several vegan societies. *[There are now reports and photos of the event up on John's blog at www.vegsource.com/john-davis]*

IVU now has 27 member organisations around the world with 'vegan' in their title. But common definitions of the word 'vegetarian' have always been 'with or without' eggs/dairy, and most organisations that call themselves 'vegetarian' these days are promoting the 'without' version.

The International Vegetarian Union is doing what it can to encourage this trend. We welcome anyone to our events, and accept any type of vegetarians as members and supporters, but we only promote plant-foods - vegetarians eat vegetation - and we support the full ethical values of veganism.



IVU congress in England 1947. Donald Watson, co-founder of the Vegan Society, is in the middle of the front row

*** The Vegan Press ***

Since other animals are predators, why shouldn't we eat animals? Zoe Weil

"To me, the fact that falcons prey on rodents, that some frogs eat other frogs, that cats are carnivores, and that most fishes eat other fishes does not mean that I should cause harm and death to other animals by eating them if I don't have to. Unlike falcons, frogs, cats, and fishes, I can choose.

I try to live by the MOGO (most good) principle and do the most good and least harm, not only to myself, but also to other people, other species, and the environment. It's for this reason that I have chosen a vegan diet that is primarily organic and often locally produced (very locally in the summer and fall because I grow much of our food in my garden). I feel very fortunate that I have the ability to choose what I eat and to do so based on this principle. Many others around the globe don't have such choices, and if I had to eat other animals to survive I would do so, just like an Inuit or a Pacific Islander. But I don't have to.

And so my answer to those who ask why shouldn't we eat animals since other animals are predators is simply this: because (most of us) don't have to. Why should we cause suffering and death to other sentient animals simply because we like the taste of them?"

Full article at <http://freefromharm.org/food-and-ethics/since-other-animals-are-predators-why-shouldnt-we-eat-animals>

With an end to animal agriculture, what happens to all of the animals? Robert Grillo

"Yes I realize that the hypothesis of the world going vegan all at once is wildly unrealistic. It's just not going to happen this way ... I see the most likely scenario as a steady increase in people adopting a vegan diet and lifestyle until a *tipping point* is reached. The tipping point could be 15% of the population. From that point the rate at which veganism takes root would very well accelerate."

Full article at <http://freefromharm.org/food-and-ethics/when-animal-agriculture-comes-to-an-end-what-happens-to-all-of-the-animals>

Robert is the founder and editor of the 'Free from Harm' website, which is dedicated to "bringing the vegan and vegetarian lifestyle into the mainstream".

Why US meat consumption is falling Paul Shapiro

"Just a few years ago, it seemed inevitable that the United States would retain its place as the king of carnivores. A sharp drop in meat consumption would have seemed impossible to virtually any reasonable onlooker. And yet it was Nelson Mandela who declared 'it always seems impossible - until it's done'.

But we shouldn't forget that these trends aren't self-executing. They're occurring for an array of reasons, including the work of so many thousands of animal, health, and environmental advocates who keep making the case for a more humane and sustainable diet. Billions of animals have been spared the misery of factory farms in part due to their efforts - an historic accomplishment, for sure. The longest journeys begin with single steps, and of course the animal-protection movement still has a long way to go. But we've taken many important steps in recent years, steps few would have imagined possible just five years ago."

Full article at <http://vegnews.com/articles/page.do?pageId=4916&catId=1>

The US-based 'VegNews' is "the premier vegan lifestyle magazine ... read by more than 225,000 people in 38 countries".

I healed my life ...

Marijke McCartney (the main founder of Vegan Views back in 1975) writes about her path back to health, over an approximately two year period, with the help of a high percentage raw food vegan diet.

When my husband decided, after 38 years together, that he needed to be on his own and broke our marriage, I experienced a very painful and stressful period. To suddenly lose my husband, my job, my house, my friends, the country I lived in (Ireland), and my financial security, was more than I could cope with.

I found myself back in England in our old marital home (which went up for sale), with no income and no job. My health started to deteriorate. I went to my doctor with terrible pains in my hands. The diagnosis, after I went for tests at the hospital, was Carpal Tunnel Syndrome. An operation was offered which I declined. I was given painkillers, which I took very occasionally for relief. Soon my hands started swelling up, then my knees and ankles, and I had pain when walking and also in my shoulders.

I was fortunate to be able to see an anthroposophical doctor who advised me to go back to my GP and have a blood test. He warned me that it was probably a serious problem, and that I would be given very strong drug therapy. When my GP saw my joints, he sent me to a rheumatologist who found inflammation in eleven places and diagnosed rheumatoid arthritis, which was confirmed by the blood test. The rheumatologist decided to put me on cortisone injections and a mild chemotherapy drug called methotrexate, and she was going to give me an injection there and then.

When I told her I was not going to have the injections or the drugs, and that I thought it had a lot to do with the recent stress, she looked at me very seriously and warned me that I could end up in a wheelchair. She gave me a lot of leaflets describing the illness, and how to live with this "chronic, degenerative incurable autoimmune disease". I was also given the helpline for sufferers and an appointment with the local support group. I never made use of them but I did benefit from my visits to the physiotherapist and occupational therapist.

So there I was, in a lot of pain, insecure and very unhappy. I often wished I would not wake up in the morning. My hands started to bend and look like claws, and I could barely use them. Dressing myself was difficult. It was virtually impossible to do handwork and crafts, or play the whistle, which were the things that I really loved doing. I could hardly lift anything and was cold a lot. I was also very sad and grieving for my loss. And sometimes I feared for my future.

Slowly I realised I needed to take charge of the situation. At my local health food shop I met a vegan man who had suffered from the same condition and who told me about the Margaret Hills Clinic. They are concerned with treating all kinds of arthritis the drug free way. They sent me supplements and gave nutritional advice. I also started to see alternative practitioners. I went to a chiropractor who was also a nutritionist. He told me to alkalise my body as the stress had caused an acid environment. This meant cutting out grains and acid fruits and eating lots of greens. I saw a Chinese herbalist who also gave acupuncture, and I had homeopathic pills and injections.

I started eating mainly raw foods and drinking wheatgrass juice,

and I am still on a high raw diet. I have fruit and yogurt for breakfast, with added flax seeds or flax seed oil. I cut out wheat and other cooked grains, except for millet and quinoa. I started growing wheatgrass, and drank wheatgrass juice or rejuvelac from soaking wheat berries daily. I also juiced a lot of greens every day, mostly organic with apple, celery and/or carrot. I did eat sprouted spelt bread occasionally, with tahini or raw nut spreads. I had lots of salads, with some cooked foods in the form of steamed vegetables, mainly asparagus and broccoli, and in the evening often a vegetable soup. I have not always succeeded in maintaining this healthy diet, and have succumbed to my desire to eat chocolate, licorice, pasta, bread, etc. I am sure I will be fitter once I overcome these weaknesses. I'm working on it.

Beyond the physical aspect

I felt I was dealing with the physical aspect but needed something else as well. I decided to go for counselling. What I already knew from my anthroposophical doctor became more apparent in the counselling sessions. My feeling of self worth and self esteem was very low, and that had been the case even before my break up. To change my attitude towards myself was crucial in my healing, and with the help of my family, my children and mother and brothers and sisters, and friends and colleagues at the local Steiner School, I realised I could still have a meaningful and happy life. I was lucky to be offered a part-time job and to have such fantastic support. I started to feel less despondent.

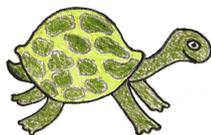
I felt that it was necessary to live with the pain and go through it. It was part of my healing. I found out so much about myself, and started to relish all the time I had now to spend with myself. I went for walks on the beach a lot, sometimes crying and screaming, and listened to many healing tapes and read spiritual texts. One of the best things I did for myself was to have Sound Healing sessions with Gabriella, a wonderful person. Though the pressure from friends and family to take the drugs, and not to take the chance of permanent damage to my joints, was sometimes huge, I persevered on my chosen path.

At first I got a lot worse. Joints I never before experienced were hurting. I slept with splints on both hands. I also had special supports for wrists, elbows, knees and ankles. I felt like an alien at times. Every morning I woke up and tried to straighten my hands. And every morning I found they were still bent and it took about an hour before I could function properly after a hot bath.

I did exercises every day and visualised myself to be well. I knew that with raw foods you could cure almost every illness, and if I accepted myself and cared for myself and did not lose faith, I would get there. Looking back now, strangely I cannot remember when I could straighten my hands again, as I now do. I have been swimming in the sea again, I do handwork and play my whistle and I can lift the kettle again. I feel reborn. I am much happier in myself now and have grown in love and understanding and acceptance and patience. I no longer rush through life and see only work. I try to ban stress and fear out of my life, and surround myself with love and beauty. My finances and home situation are still not resolved, but I manage well.

I treat myself like my best friend and I love my life again. I would be happy to speak to anyone in a similar situation (my email address is m.mccartney@ymail.com).

Remember: *Love yourself. Food is your medicine and every adversity bears the seed of an equivalent benefit.*



Violet's Vegan Comics

Debbie Andrews explains why she started a vegan comic for girls



My daughter, Eve, told me a child at school showed her the meat in her sandwich - it was pink and shaped like a teddy bear's face. "You don't like this do you?" the girl said, "touch it, go on, don't you want to?" Eve just ignored her and got on with her own animal-free lunch.

I taught Sunday school back then and I used to try to get the children to think about the way animals were treated. I even organised a coach trip to Hillside Animal Sanctuary in Norfolk. I asked them ever-so-nicely if they wouldn't mind *not* bringing meat in their packed lunches out of respect for the fact that it was a vegan establishment - a glance across the picnic tables when we were there revealed I had asked too much. We enjoyed our day with all the rescued animals, and one friend of mine vowed to go vegan (interestingly she was not part of the church group). The coach driver was angered by the fact that she couldn't buy meat in the on-site café, and felt compelled to stop at McDonalds on the way home. A couple of the congregation eagerly joined her! The Sunday school children couldn't contain their excitement when we passed the newly built and soon-to-be-open KFC close to home, and they cheered loudly at the prospect of being able to get a bucket of chicken wings!

"I'm not dinner!"



Rhyming Story Book

That was a long time ago. I didn't understand why most other people didn't think the way we did. I gave up on organised religion. My children gave up school. We began our adventure in home education. It was the happiest time in my life. Eve was nine and Emily was twelve. We had been thinking about doing it for years but were worried about whether we were doing the best thing for the girls. In the end we decided Emily should go to secondary school to see if she liked it, and then she could make an informed choice. She went. She became a nervous wreck. Every morning she would ask me to check in her bag to see if she'd got everything she needed. I told her that she could see for herself that she'd got everything, "I know but I want you to double check - if I forget something I'll get detention!" She didn't get detention for forgetting something, she got detention for wearing the wrong colour socks for PE!

At the beginning of year 8 she decided she'd had enough. I asked Eve if she wanted to join her sister and she didn't hesitate. Eve used to talk in a nervous breathy way. I can hardly remember it now so it's difficult to explain, but she would break up words by inhaling in the middle. She didn't

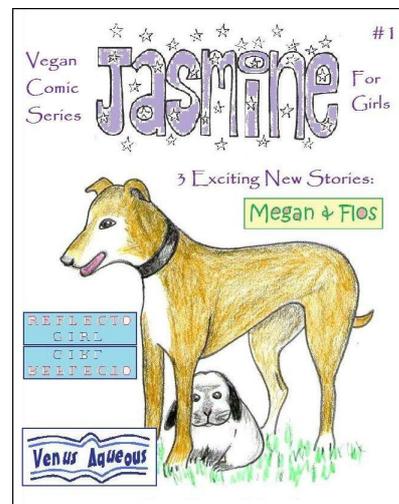
have asthma or anything. It was just some kind of nervous affectation that she had while she was at school. After she left school it just disappeared and she talked normally, with confidence. Now I know how this sounds but the girls weren't bullied or picked on. The schools weren't horrible as far as schools go. But these places seemed to want to crush any vestige of individuality. Children couldn't just relax and be themselves. They couldn't sit with who they wanted to sit with. They couldn't wear what they wanted to wear. They couldn't study what they wanted to study. It wasn't good for them.

Home School was fantastic. We went cycling and swimming. We grew vegetables. We sewed. We knitted. We drew. We learned Welsh (a bit) and Welsh history. Eve was interested in the solar system, planets and moons. Emily was interested in animals, and she looked after horses at the local stables and volunteered at an animal sanctuary. Eve joined an amateur dramatics group and took music lessons. Emily went kick-boxing. We went on trips to museums, art galleries, country parks. We were free. We were in our own world and we loved it.

That's what I've created in my comics - my own world. The real world can be depressing when you really know what's happening in it. We won't do as some do and look the other way, we have to keep fighting to end the suffering of sentient beings. But this can take its toll on us and we need to take a break, escape for a bit. My comics are intended to be cheerful and entertaining, as well as encouraging and inspiring for veg*ns of all ages.

I focus on children in particular because I feel it's especially important that they keep their spirits up. I don't want them to be made to feel like they're weirdos or outsiders because they choose to live with compassion. I want to celebrate that compassion and help them to enjoy it. In my comics I want to give them characters they can relate to who live by the same principles; characters who are clever, strong, kind and cool like them. I want to inspire people not to go with the flow just because that's what everybody else does, but to be themselves and, in turn, an inspiration to others.

I'm still at the beginning, and already I've changed my format from printed comics to virtual so as not to waste paper and ink. But I've completed three issues of *Jasmine*, *vegan comic for girls*, three graphic novellas, and three short rhyming story books for little children. Eve has added another graphic novella to the collection. I hope it will do some good. It's good for me.



Violet's Vegan Comics shop www.violets-vegan-comics.com - but limited stock left. Read all the comics for free at Violet's Veg*n e-comics <http://violetsvegnetcomics.com>

RECIPES

Chestnut and Mushroom Feast

This is a really rich chestnut dish with a boozy mushroom ragout. It's pretty versatile in that it can be made in advance and frozen until you're ready to cook it. It's delicious either hot or cold and is a great option for Christmas Dinner with all the trimmings. It is based on a recipe by Simon Hope in his book *Entertaining with Friends*. I've 'veganised' the original and reckon it's even better (but many thanks to Simon for the inspiration).

I was invited on to a local radio station last year to explain what vegans ate for Christmas and I took a slice of this with me. It went down a storm, and lots of people asked for the recipe. I was amazed that a radio programme about cooking could have such an impact!

The ingredients are enough for at least six people.

Chestnut Purée

275g fresh chestnuts (or 100g dried chestnuts)
175g shallots - finely chopped
4 tbsp olive oil
1 tsp each chopped sage, thyme and parsley
Sea salt and freshly ground black pepper
2 tsp soy sauce
2 tbsp vegan brandy
30g breadcrumbs
50g roasted, ground hazelnuts
2 tsp soya cream

Mushroom Ragout

2 tsp vegan brandy
100g onion - finely chopped
2 cloves garlic - minced
450g mushrooms - finely chopped
275ml vegan red wine

For putting it together!

450g puff pastry
Soya milk to seal and glaze pastry
1 tbsp sesame seeds

To make the purée

Soak the dried chestnuts the day before in plenty of salted water, then boil until tender (around 90 minutes). If using fresh chestnuts stab each one with a sharp knife, boil in salted water for 20 minutes, drain, and when cool remove the skin. I often cheat and use tinned chestnuts!

Roughly chop the cooked chestnuts. Sauté the shallots in the olive oil until softened, then add the herbs and seasoning. Stir for a few moments then add the soy sauce, and brandy.

Again after a few moments fold in the breadcrumbs, hazelnuts and chestnuts. Cook for five minutes then take off the heat and stir in the soya cream. You should be left with a fairly stiff mixture. Allow to cool.

To make the mushroom ragout

Place all the ingredients in a large pan. Bring to the boil and simmer until all the liquid has evaporated. Taste and adjust the seasoning. Some people prefer a smooth ragout and you can pop the mixture in a food processor for a few seconds if you wish. I prefer to leave the ragout as it is.

To put the 'Feast' together

Roll out the pastry until it is about the same size as a piece of A4 paper. Place the ragout down the centre (long ways). Spoon the purée over the top of the ragout. Bring up the two longer sides of the pastry and overlap them slightly, sealing with soya milk. Then turn the whole thing over and seal each end by tucking the ends under the roll.

Score the top diagonally with a sharp knife, brush with soya milk, and sprinkle the sesame seeds over.

When ready to cook place on a baking tray and bake at 230C/450F/ Gas 8 for 10 minutes, before reducing to 200C/400F/Gas 6 for another 25 minutes or until golden brown.

Recipe from Richard & Sandra Barnett who run the Barn Vegan Guest House www.veggiebarn.net in the New Forest in Hampshire (see advert back page).

Orange and Walnut Mince Pies



To make 12 mince pies

200g (8oz) self raising flour
100g (4oz) vegetable margarine
50g (2oz) walnuts - finely chopped
2-3 tbsp orange juice or water
225g (9oz) Christmas mincemeat (about half of a standard jar)

Rub the margarine into the flour until the mixture resembles crumbs. Stir in the walnuts. Add the orange juice and blend it in with a palette knife until it just clumps together. Press the mixture together tightly with your hands and roll it out on a floured board.

Cut out 12 circles using a 7.5cm pastry cutter, and 12 using a 6cm pastry

cutter. Grease your mince pie tray and lay the larger circles of pastry into the dents. Put a rounded teaspoon of mincemeat into each pie.

Dip your finger into a cup of water and run it round the edge of each pastry circle in the tin. Put the smaller pastry circles on top of each pie, and press down at the edges.

Stick a fork in the top of each pie to let the steam out while it is cooking. Bake in the oven for about 25 minutes at 200°C/400°F.

Mince pies recipe from the Parsley Soup (Cherry's Vegan recipes) website at www.parsleysoup.co.uk

Curried Pancakes



Serves 2-4, takes 15 minutes

280g/10oz gram flour
2 tbsp vegetable oil
200ml/7 fl oz water
2tbsp curry powder
100g/3½ oz mixed vegetables, finely chopped, eg onion, courgette, tomato

Stir the gram flour and curry powder in a large mixture bowl. Gradually add the water and mix with a hand blender to form a smooth batter.

Mix in the vegetables. Heat the oil in a frying pan and spoon in one ladle of the batter.

Fry on one side for a minute or two then cook the other side by flipping with a spatula. Serve when pancakes are lightly browned.

Recipe by Shane Jordan (taken from the Vegetarian Recipe Club <http://vegetarianrecipeclub.org.uk> where all recipes are "deliciously vegan").

Shane is a vegetarian/vegan chef. He has done food stalls and cooking demos around the UK, and worked in various cafés in Bristol. He is known for his unique way of turning food waste like banana skins, cauliflower stalks and potato skins into nutritious wholesome meals. See article and recipe here: <http://blog.foodcycle.org.uk/blog/2012/08/14/shane-jordan-foodcycle-volunteer-and-creator-of-the-famous-banana-skin-curry>

Also see Shane's letter on the next page.

Letters

Vegan Views has always featured a good variety of letters from its readers.

Please send in your thoughts, comments and ideas so that the Letters pages can flourish...see page 2 for contact details, and page 3 for some possible topics.



Vegetarian/vegan division ?

I would like to bring up an important topic. Do you think there is a division between vegetarians and vegans? I feel there is a growing tension between both parties, even though these are both plant based diets. Vegetarianism is an umbrella term for different types of plant based diets. Inside vegetarianism there is veganism, raw foodism and other similar diets. If there was more unity between these two diets then plant based foods would flourish more, and become bigger and more commercial.

Many vegans I know seem to look down at vegetarians because they eat dairy. In their eyes, they should be making the transition from vegetarianism to veganism. Most vegans were vegetarians first, so I do not see the problem. I feel there shouldn't be a vegetarian or vegan festival, but a veggie festival bringing both together.

The key things for me are compassion towards animals, and conscious awareness of food. Once these are met I feel a veggie diet will flourish even more. Having humans closer to animals (eg petting* zoos or farms), and giving the facts of where meat comes from, how the animal/meat is treated, and the environmental issues surrounding transportation and waste, will all help.

In addition, I think vegetarians and vegans should try to promote 'reducing meat consumption' rather than trying to persuade meat eaters to eliminate meat altogether. Also we should talk about the alternatives to the foods we cut out, instead of reeling off all the things we can't have - in other people's eyes it looks like we are neglecting ourselves.

Shane Jordan, Bristol

Shane is a vegetarian/vegan chef - see previous page for info and recipes.

* A petting zoo or farm features a combination of domestic animals and some wild species that are docile enough to touch and feed.

Compassion is coming home it seems

I read Jane Easton's review of *Buddhism on a Plate* (Vegan Views issue 125) which raises some interesting points. Buddhists are of course known for their compassion and interconnectedness with all beings so it is obvious that they would want to follow the path of not eating animals. Jane points out that Triratna Buddhists are not wholly vegan but their centres are vegetarian, with veganism being a growing trend, and the essay *Buddhism on a Plate* by Samacitta puts forward the case for Buddhists to go vegan. I downloaded it and read it, and very interesting it is too. It's in an easy-to-read format essay at http://issuu.com/thebuddhistcentre/docs/buddhism_on_a_plate

Many Buddhists are already vegan, and I am certain that given their compassionate nature they would all be if only they were only more aware of the facts surrounding animal farming for the dairy and egg industries. I think it is high time that those who seek to follow a compassionate way of life looked more deeply into this subject and sought to find out more about veganism versus vegetarianism. The essay in question reads like the writer is very familiar with the campaigns of Viva! and it is a terrific place to start from.

My own thoughts are that the tenets of Buddhism and veganism are so closely linked it should be easy for Buddhists to become vegan, and for vegans to follow the basic ideas of Buddhism. Our compassionate nature puts us quite a few steps on the path, and a good path it is too. Perhaps we can show each other

the light as it were.

Looking at the wider picture, vegetarians really ought to look deeply into why they are vegetarian and not vegan, given the truth about animal farming. I would say read Samacitta's essay, and also read about the campaigns of Viva! which paint a disturbing picture of the truth about dairy farming and the egg industry.

Viva! have a new campaign re goats and goat milk too, which uncovers some painful truths about that. Kid goats on Britain's goat farms are routinely mutilated, including painful castration and de-horning. Horn buds on goats have been seen being painfully burned out by farm workers. In the goat milk industry goats have been seen packed into sheds with sores, hooves curled from neglect, and some unable to stand up due to oversized udders and seriously swollen teats. On one farm male kids are sold on for the ethnic meat market, but first they are mutilated by having a rubber band placed around their scrotum above the testes which then slowly wither and die.

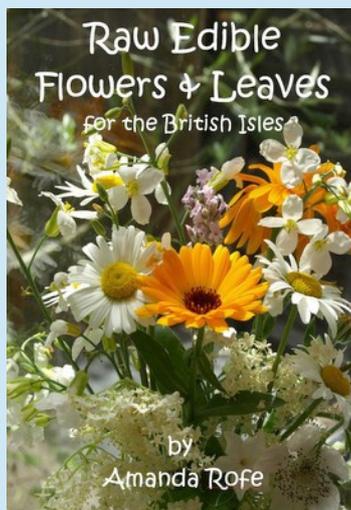
Given all that we know about the dairy and egg industries I am of the opinion that the dairy industry creates more cruelty to cows than the meat industry, and if I am wrong then there does appear to be only a very fine line between the two, so in eating dairy and egg products (being an ovo/lacto vegetarian) you are supporting the suffering of animals on a quite dreadful scale. As far as I am concerned be vegetarian if you think it is going to be good for you in some way, but don't think for one moment you are preventing the suffering of animals by your actions.

Caroline Hartley, Sheffield

Buddhism and veganism

Samacitta (whose essay on Buddhism and veganism I reviewed in V.V.125), myself and another woman ran a vegan day at Triratna's Sheffield Buddhist Centre on one day in August. It went very well indeed and there are plans for taking it out to other centres. Triratna is the largest Buddhist movement in the UK and Europe, with a huge sister group in India as well as groups in Australia, North America and elsewhere. Some Buddhist groups don't place much importance on ethical diets so it's good that Triratna are taking it seriously.

The founder of Triratna recently went vegan (in his late 80s!) and several order members have done the same. There is a small but steadily growing buzz about veganism in the movement. Triratna has always been more or less vegetarian but this is an important step forward. I've



We reviewed Amanda Rofe's e-book 'Raw Edible Wild Plants' in V.V.124. This is Amanda's new e-book, for more details see <http://rawedibleplants.blogspot.co.uk>

personally been doing my vegan thing (so have a handful of others) for about a decade in Triratna, and it's very heartening to see things take off like this; it can only improve.

Despite the relatively middle class/educated nature of many Triratna Buddhists, there are still the same urban myths/misconceptions about vegan diets circulating. But there is at least a conscience and willingness to look at difficult stuff amongst many of those involved - many admitted they have sat on it, even though they knew dairy and eggs were cruel, and welcomed the opportunity for some clarity and honesty. It was really good that the three of us were able to answer questions, reassure people about nutrition/the environment/soya, and such.

There were a few tears - some of the footage shown and some of the information in discussions was by necessity upsetting. However, because we framed the day in a non-judgemental way, it gave people a safe space to explore their resistance and such. I experienced a lot of honesty from participants - and, most importantly, everyone there wanted to make big changes to their diet.

Jane Easton, Bristol

A turning point

I am actually ashamed of how I became vegan. I was about 15 years old, and on holiday in Spain with Mum and Dad. I'd always loved animals and had cats, dogs, budgies and a tortoise. My parents decided to go and see a bullfight! The bull was a magnificent creature, he actually beat 15 men and gored the matador. He had to be shot, and we walked out in tears!

When we got home I decided to become vegetarian. I joined *Compassion in World Farming*, and I saw *Look out here comes your dinner*. In the 1970s I went on marches for baby seals, and on other demos. I eventually turned vegan. I went to Vegan Society AGMs, and met Kathleen Jannaway and Serena Coles. I was hooked.

I'll admit I've had lapses in my diet, as I got bullied about my lifestyle. But I've actually got to thank my parents for taking me to see this awful event as it showed me the animal cruelty and made me curious to investigate further. I am determined to carry on, however hard it is for me, as I can have a clear conscience as to what is on my plate and know that no animal has suffered to satisfy my appetite.

Best wishes to all my vegan friends,
Linda Noble, London

The China Study debate

In Vegan Views 124 (p.10) we interviewed David Irving, author of *The Protein Myth*. David was influenced by T. Colin Campbell's book *The China Study* (published in 2006), which advocated a whole foods plant-based diet, with a minimum of refined foods, to combat the "diseases of affluence" we face today.

In V.V.125 (p.16), however, Paul Appleby wrote about the limitations of *The China Study*, it being "generally reckoned to be the least informative type of epidemiological study". This led to some controversy, and some people were critical of Paul's letter while others supported it. (Both interview and Paul's response can of course be seen in the issues available on our website.)

One important point, which should have been made clear before, is that there is a difference between the actual *China Study* of the 1980s/1990s (in which Colin Campbell was a researcher), and his subsequent book *The China Study - we'll use italics here and in the following two letters whenever the book, rather than the study, is referred to*. Colin Campbell later regretted using this same title for his book, and admitted it was misleading, as we found out at <http://www.vegsource.com/news/2010/07/china-study-author-colin-campbell-slaps-down-critic-denise-minger.html> - apparently it was his publisher's choice and not his.

The reason he regretted this title is because the original *China Study*, although an important constituent of his book, forms not much more than 10% of it. The rest covers other research into "diseases of affluence" such as diabetes, obesity, heart disease, cancer, and so on - plus eating correctly, and why the message isn't getting through to people and organisations.

However, animal experiments (on mice and rats) are frequently cited in the book. Colin Campbell says (p.48) that he respects the concern about using experimental animals, but "very likely, I would not be advocating a plant-based diet today if it were not for these animal experiments". Also he had not up to then found an alternative way to elaborate "some very important principles of cancer causation not obtainable in human-based studies".

Paul Appleby, in his letter in our last issue, was commenting specifically on the original *China Study*, and not on Colin Campbell's book. Paul (a committed vegan of over 30 years standing) is not the only vegan to be

doubtful about the conclusions of the *China Study*. As he mentioned in his letter last time, vegan dieticians Jack Norris and Virginia Messina chose not to cite findings from the study in their book *Vegan for Life* (which Paul reviewed for us in V.V.123). And Stephen Walsh explains, in his letter that follows, why the UK Vegan Society opted not to promote or stock *The China Study*.

As editors we do not necessarily agree with the views expressed in the magazine (as the disclaimer on p.2 says), and in this case the editors do not necessarily agree with each other either! If you google something like 'China Study + veganism' you'll see that there are a wide variety of views on the topic. Without doing a lot of research and having much background knowledge it can be hard to come to any kind of informed conclusion, and of course even very well informed scientists can disagree with each other.

Colin Campbell acknowledges (p.107) that the original *China Study*, standing alone, "does not prove that diet causes disease". It is in conjunction with his other research that he believes the case mounts up.

Our interview with David Irving perhaps suggested that *The China Study* was very much his main source of reference. In fact, as he writes in his letter that follows, that book was only "one of many sources".

The confusion between the *China Study* and the subsequent book of the same name has contributed to the disagreements here. Make of all this what you will, we have only scraped the surface ...

The Protein Myth

With respect to the V.V. interview with me in issue 124, Paul Appleby acknowledges in V.V. 125 that he has not read my book *The Protein Myth*. Nevertheless, he states that I obviously set great store by *The China Study* by T. Colin Campbell as substantiated by my statement that *The China Study* "offers scientific evidence that is absolutely irrefutable, that consuming animals is the major cause of our killer diseases". Mr Appleby disagrees and then sets out to explain his reasons why, though I fail to see that he ever addresses how he disagrees with my statement.

Unfortunately, Mr Appleby did not include the sentence following the one he disputes, which is: "So it [*The China Study*] is a source of facts which can be used to point out that the way we use and exploit animals is not necessary." Instead, he goes on to argue that

“ecological studies such as The China Study cannot be extrapolated to vegetarians and vegans”. However, this has little to do with what *The Protein Myth* is about, nor did I ever suggest it did.

As to setting great store by *The China Study*, the following should be taken into account. Although only one of many sources I used for *The Protein Myth*, Campbell's book is valuable for my purposes because it shows a direct correlation between the killer diseases and the consumption of animals. For example, high estrogen levels, the primary cause of breast cancer, can be vastly reduced by a reduction in animal protein. I call that the kind of “scientific evidence that is absolutely irrefutable, that consuming animals is the major cause of our killer diseases”. It is difficult to understand how anyone could disagree because, rather obviously, the more that women are aware of evidence like this the more are they less likely to consume animals, which means a reduction in breast cancer victims - and, incidentally, a reduction in the killing of animals for food.

Similar parallels are drawn to heart disease, diabetes, Alzheimer's and other diseases in *The Protein Myth*, based on evidence other than *The China Study*. It should be noted that the deliverance of animals and human beings from the suffering caused by human exploitation of animals was my sole purpose in relying on all studies used in *The Protein Myth*, including *The China Study*.

Regarding Campbell's book, therein lies the greatest of ironies because he experimented on mice and rats, to which I am 100% opposed, in making some of his early discoveries on animal nutrition as a cause of disease. Since Campbell's animal research is long past, however, I felt his discoveries offered a useful tool in the fight for the rights of animals and a reduction in the killer diseases.

Meanwhile, I pray for all animals who have suffered and died in animal experiments, including those conducted by Campbell, and for the evolution of human consciousness that when realised

will make reliance upon animal experiments a relic of a barbaric past in which homo sapiens thought it was necessary to be cruel in order to survive.

The problem with offering opinions that imply generalisations about a book, without having read it, is that one is apt to miss the point of the book entirely. First, it would be helpful to get the title of the book straight which is: *The Protein Myth: Significantly Reducing the Risk of Cancer, Heart Disease, Stroke, and Diabetes While Saving the Animals and Building a Better World*.

This is a well-researched, highly referenced, fact-based book jam-packed with all kinds of information related to animal rights issues, including animal protein as a source of the killer diseases, cruelty to animals on factory farms, the fraudulent procurement of public tax dollars for animal research, the creation of poverty in the developing countries by the corporate promotion of the Western animal-based diet, the destruction of our children's health with animal foods in our schools, the threat to the world's survival directly traceable to the consumption of animal protein, the relation of animal-based diets to societal drug problems, and much, much more.

The Protein Myth does not purport to be a diet book as Mr Appleby seems to imply and has nothing to do with the diet vegetarians and vegans choose for themselves, other than to very unapologetically state why a vegan diet saves lives. The book is highly to be recommended for anyone who wants to learn more about nutrition as a means for protecting against the killer diseases and for standing up for the inalienable rights of animals.

David Irving, New York, USA

David is the author of 'The Protein Myth'. He has just completed a new book 'The Smartest Most Cruel People the World has Ever Known: Animal Research from Aristotle to the 21st Century', which is a study of vivisection and its demoralising impact on society and humanity.

The China Study

The book *The China Study* does indeed cover a range of evidence but its centre is the China Study itself in which Colin Campbell was directly involved. There is also a strong focus on Campbell's own results from animal experimentation.

The book promotes animal experimentation, stating that “these experimental animal studies elaborated some very important principles of cancer causation not obtainable in human-based studies”. Campbell's results from animal experiments certainly influenced his interpretation of the China Study, but recommendations for human individuals must rest on direct evidence from humans. The promotion of vivisection in the book was sufficient for the Vegan Society to decide not to stock or promote it.

As Paul Appleby correctly notes in V.V.125, the China Study is an ecological study (a comparison of average values between regions or groups rather than individuals), and therefore provides very weak evidence as to the best diet and lifestyle to promote health. Even within the general limitations of an ecological study it provides little evidence that the lowest level of animal protein is associated with the best health - indeed the same study has been used (in a paper with Campbell as an author) to argue for a health-promoting effect of fish consumption (www.ncbi.nlm.nih.gov/pubmed/14527635).

The book also reviews previously published work by Ornish and Esselstyn using low fat diets (along with other lifestyle changes and drugs) to arrest and reverse heart disease. Their results do not straightforwardly support the hypothesis that animal *protein* promotes disease, as the diets studied were specifically designed to be very low *fat* diets.

Stephen Walsh, London

Stephen is the Nutrition and Health Spokesperson for the UK Vegan Society



This year's Vegan Camp at Ormside in the Lake District got rather muddy at times but it didn't spoil the enjoyment! The 2013 Camp will be near Bude in Cornwall from 3-17 August.

Photos by Dave Martin (including the Vegan Camp squirrel on our front cover).

Vegan Camp 2012 www.vegancamp.co.uk

EVENTS

For loads more events click the Events link on the Veggies website at www.veggies.org.uk

ANIMAL AID'S CHRISTMAS FAYRE
Sunday 2nd December 2012 10am-5pm
 Kensington Town Hall, Hornon St, London W8. Stalls, talks, food and more. Website: www.animalaid.org.uk or 01732 364546

GLASTONBURY VEGAN FAIR
Sat 15th December 2012 11am-3pm at Glastonbury Town Hall. Free food & entry.

BRIGHTON VEGFEST
Sat 16th & Sun 17th March 2013
 11am-6pm at the Hove Centre. Free entry. www.brighton.vegfest.co.uk 0117 307 9872

GROUPS

VEGAN SOCIETY The UK Vegan Society is an educational charity providing information and guidance on various aspects of veganism, for new and potential vegans, caterers, healthcare professionals, educators, the media, etc. Membership £21 a year (with various concessions) includes quarterly magazine *The Vegan* - from Donald Watson House, 21 Hylton Street, Hockley, Birmingham B18 6HJ Tel: 0121 523 1730. Website (with online shop): www.vegansociety.com

VON The Vegan-Organic Network researches and promotes vegan organic methods of agriculture and horticulture. They produce a large informative magazine *Growing Green International* twice a year, with articles and news from vegan-organic growers worldwide. Membership £16 single, £18 family a year. Further info: 11 St Mary's Rd, Disley, Cheshire SK12 2AH Tel: 01663 766366

www.veganorganic.net and also www.stockfreeorganic.net

VEGAN FORUM (www.veganforum.com) is a very active online message board for vegans. New posts each day on a wide variety of vegan-related topics.

VEGAN VIEWS DISTRIBUTION

Would you like to sell *Vegan Views* to friends or to shops, or on local stalls or at festivals? If so there is a reduction in the cover price, see panel at foot of page 2.

If you can help to promote *Vegan Views* at forthcoming events/festivals that Veggies will be attending, please contact Patrick (c/o Veggies, see ad this page).

We also have some recent back issues that can be given away freely at events. Please contact us (details p.2) and let us know what events you're going to.

VEGGIES are a vegan food catering service, based in Nottingham but operating at events all over the country. Their "vast & extensive" website www.veggies.org.uk includes the UK Animal Rights Calendar and the Vegan Outreach Diary. At 245 Gladstone St, Nottingham NG7 6HX (tel: 0115 960 8254).

MCL (Movement for Compassionate Living - the vegan way) promotes "a way of life that is free of the exploitation and slaughter of sentient beings, that is possible for all the world's people and that is sustainable within the resources of the planet". Annual sub £5 includes the quarterly journal *New Leaves*. From 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT (tel: 01639 841223). Website: www.mclveganway.org.uk

OVER 3200 LINKS TO VEGAN-RELATED WEBSITES (blogs, recipes, forums, action & campaigns, online shopping, recipes, events & festivals, networking, etc, etc) at www.veganchatroom.co.uk



VEGAN VILLAGE (which listed hundreds of UK vegan companies and contacts, and featured a popular message noticeboard) sadly closed in November 2012. So too did the long-running online newsletter **VEGAN NEWS**.

ADVERTS

Small text adverts (preferably not more than 50 words inc contact details) are free to subscribers, although a donation would be very welcome especially if you are a profit-making business.

THE BARN VEGAN GUEST HOUSE
 Exclusively vegan accommodation in the beautiful New Forest. 100% cruelty free, 100% solar powered. Perfect for walking, cycling and relaxing. Website www.veggiebarn.net or tel: 023 8029 2531.

COMMUNAL LIVING Our vegetarian and vegan group is working towards a community/co-housing set-up in the Somerset countryside, not far from Yeovil. Following an excellent 3-day get-together in Yeovil, with plans to have another meeting before Christmas, we would love to hear from anyone interested in joining us. Enthusiasm and useful skills vital! Finance - well, always a factor, isn't it!! But we aim to be as flexible as possible. Love & Peace, Roisin. Tel: 01935 420725 or email roisingruner@yahoo.co.uk

FOLLOWERS OF THE WAY Explaining why a vegetarian diet is essential for (Christian) spiritual development and how Paul misled people by obscuring the original message of Jesus. Box 39/2, Viva!, 8 York Ct, Wilder St, Bristol BS2 8QH (allow 21 days).

GREEN MEADOW ANIMAL SANCTUARY

nr Wolverhampton, home to around 150 farm animals rescued from slaughter, cruelty and neglect, urgently needs donations to stay open: www.greenmeadow.org.uk or ring 01902 701743.



PERSONAL Vegan female, living in Provence, would like to get in touch with vegans in England. Please write to Janna Van Wijngaarden, 287 Chemin Rural du Plan, 83630 Aups, France.

SELF-CATERING HOLIDAY ACCOMMODATION in the Burren National Park, Co.Clare, Ireland. The house is situated in its own grounds deep in the countryside, and surrounded by spectacular views. The letting in this very comfortable house consists of a living room with wood burner, sunroom, kitchen, two bedrooms and a bathroom. Tel: 0161 4913027.



DR HADWEN TRUST (UK's leading non-animal medical research charity). Xmas cards shown above, and others, are available from their online shop at www.drhadwentrust.org (01462 436819).

• VEGFAM •



"Feeds the Hungry Without Exploiting Animals", registered charity no. 232208.

Vegfam has been helping to alleviate hunger, thirst, malnutrition and starvation since 1963, by funding vegan food production projects worldwide.

During 2009 and 2010, Vegfam financed 18 projects (totalling over £261,000) in 12 countries (Bangladesh, Belize, Brazil, Cambodia, Colombia, DR Congo, India, Kenya, Malawi, Niger, Pakistan and Rwanda), which should help more than 200,000 people. Funding the seeds, tools and other supplies facilitated the planting of thousands of acres of land - to provide lifesaving nutritious food. Water resources of 26 different types will provide safe, clean drinking water and much needed irrigation.

More information from Vegfam (VV), c/o Cwm Cottage, Cwmyynys, Cilycwm, Llandoverly, Carmarthenshire SA20 0EU (tel: 01550 721197). Website (with link to online giving): www.vegfamcharity.org.uk