

THE

WINTER 1965-6

VEGAN



CONTENTS

- Editorial *Jack Sanderson*
- 21st Annual Report and Accounts
- Messages of Congratulation
- The Vegan News, No. 2
- Modern Veganism
Frey R. Ellis, M.D. (LOND.), M.C., PATH.,
Frank Wokes, B.Sc., PH.D., F.R.I.C., F.B.S.
- Commodity and Other News
Eva Batt
- Divine Justice *Dorothy Thomson*
- The Animals' Fair *Serena Coles*
- Nostalgia and Nausea *Eva Batt*
- Correspondence and Reports
- News and Comments

Official Journal of
THE VEGAN SOCIETY

THE VEGAN SOCIETY

Founded November, 1944

Veganism is a way of living which excludes all forms of exploitation of, and cruelty to, the animal kingdom, and includes a reverence and compassion for all life. It applies to the practice of living on the products of the plant kingdom to the exclusion of flesh, fish, fowl, eggs, honey, animal milk and its derivatives, and encourages the use of alternatives for all commodities derived wholly or in part from animals. Veganism remembers man's responsibilities to the earth and its resources and seeks to bring about a healthy soil and plant kingdom and a proper use of the materials of the earth.

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Deputy-President: Mrs. E. B. SHRIGLEY, [redacted], Old Coulsdon, Surrey.
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THE VEGAN

Journal of the Vegan Society

WINTER, 1965-6

EDITORIAL

"I send my best wishes to the Vegan Society on the occasion of its 21st birthday and I shall be with you in spirit on the day.

I thank those who have worked so devotedly over the years to develop the movement and bring the Society so successfully through its childhood and adolescence. This has been a prodigious task for the few concerned. It has been performed voluntarily with great sincerity and enthusiasm, and it stands as an example to all who work against great odds to lead mankind away from its traditional savagery.

Veganism is a powerful word describing a powerful reform. It challenges orthodox morality over a wide field by renouncing the idea that man has the right to exploit animals, and in doing this it sets new horizons in the evolutionary trend towards emancipation. It is gratifying to note that the early definition of veganism has not been diluted, and that the Movement has not been used to further other irrelevant ideas. Long may this be so.

For many reasons comparatively few at present achieve full vegan consistency in practice. May the Vegan Society continue to flourish so that the challenge, and everything it implies, is kept constantly before us."

DONALD WATSON.

The above message from the founder of the Vegan Society was to have been read out at our 21st Birthday Dinner at the Cora Hotel, London, on October 31st, 1965, but though it was postmarked on the Friday, it did not arrive until the Monday, the day after the Dinner. This was the only mishap on an otherwise perfect occasion and the thanks of all of us go out to her who organised it and made it so—Eva Batt. The Society owes her a great deal of gratitude for all the work she has put in since she joined the Committee seven years ago, both in her capacity as Commodities Investigator and also as Hon. Secretary (not forgetting myriads of other jobs she has done for us and

other societies). Both jobs have grown and have become too much to cope with single-handed and as Eva feels that her services will be put to best use on commodities and revising the Food Guide, she hopes that some member or members will be able to relieve her of the secretarial work so that she can concentrate on the other side. If the reader is able to respond and has a little space for files, please contact Eva as soon as possible.

The Dinner was a great occasion and presented a unique gathering of many of the best known workers in the vegan and vegetarian field, and some of those present had come from places as far apart as Belfast, Jersey, Edinburgh, Brighton, Cheshire and Hereford. It included at least two of the original founding members, Mrs. Sally Shrigley (our Deputy-President) and Miss T. Tyack, and for these especially it was a wonderful occasion. Sally has been a sheet anchor for the Society and has served it faithfully and constantly through good times and bad. She, along with Muriel Drake, Serena Coles, Eva Batt, John Heron, Mabel Simmons, Winifred Simmons and Donald Watson have been numbered amongst the greater servers of the Society whilst invaluable contributions have been made at various times by such as Leslie Cross, Frank Mayo, Kathleen Keleny, the Hendersons, Dr. Ellis, Jack McClelland, Tina Harvey, Kenneth and Mrs. O'Brien, Lady Dowding, Dorothy Thomson and many others.

Among those present were Dr. F. Wokes, Dr. H. J. Shonfield, Dr. A. and Mrs. K. Long, Mr. R. Lightowler, Mr. G. L. Rudd, Mr. J. and Mrs. F. Dinshah, Mrs. Stella Lief, Miss Liat Sandys, Mr. P. Patel, Doctors Monica, Douglas and Gordon Latto, and servers from many other societies.

After reception by the President we enjoyed the following menu:—

Thick Vegetable Soup
Wholemeal Rolls and Maizy Margarine
Nut Roast and Mushrooms
Jacket Potatoes
Brussel Sprouts Carrots
Green Salad
Fruit Salad
Coffee with Granogen Milk
Celebration Cake

followed by friendly speeches from Geoffrey Rudd, Jack McClelland and Ronald Lightowler, the central theme of which was the growing co-operation between the various societies and the unique place of the Vegan Society as the spearhead of so much for the good of all life. Then followed dancing and many

spontaneous conversation groups in which reminiscences of the past and hopes for the future were discussed and all too soon a wonderful evening in attractive surroundings came to end. Letters of thanks poured in to the Secretary during the next few days and a representative pair follow this article, some of the photographs are reproduced on pages 4 and 5.

Donald Watson certainly lit a match twenty-one years ago that has become a steadily increasing flame. It is the task of the present and future generations of vegans to turn it into a brilliant light that will reveal and help to erase from the face of the earth all the wrong exploitation of the collective life of the earth—that of the creatures and the plants, and that of man. The Society's task is to lead Man to a deeper reverence for all life and to point the way to a truer stewardship of all the kingdoms which have been committed to his care.

J. SANDERSON.

LETTERS OF APPRECIATION

Dear Mrs. Batt,

Just a word to thank you for making the Vegan Society's 21st anniversary such a successful evening. My husband and I enjoyed it immensely, the welcome was spontaneous, the company congenial, and the meal delicious, especially the cake. We both hope we can join you again sometime in the not too distant future.

We also spent an enjoyable hour the next day at the new Beauty Without Cruelty boutique, where I was able to purchase most of my Xmas gifts for the ladies.

Yours faithfully,

Hereford.

(Mrs.) JUNE SMITH.

Dear Eva,

I felt I must express in writing my appreciation of the excellent Vegan Dinner and Dance that you organised so well. It was a most enjoyable and memorable occasion and a success in every way. You must have spent weeks making careful, detailed plans but I hope you now feel well rewarded. Please do extend my good wishes and grateful thanks to the committee. The Cora Hotel are to be commended for their efforts too. I wonder what they thought of it all?

I hope that later on, I may be of some further service to the Vegan Society.

With all good wishes for the continuing success and progress of the Society.

Yours very sincerely,

London, N.6.

TINA HARVEY.



*Dr. Alan Long, Mr. Geoffrey
Rudd and Mr. Ronald Lightowler.*



*Dr. Gordon Latto and Dr. F.
Ellis and Guest.*



*Mrs. Freya Dinshah and Mrs.
Stella Lief.*



*Mrs. Dorothy Thomson, two
Guests and Mrs. Serena Coles.*



Mr. Jack McClelland.



A general view.



*Mrs. Eva Batt and Dr. Gordon
Latto.*



*Mrs. F. Dinshah, Mr. John Hoffans
and Mr. Jay Dinshah.*



Guest and Dr. Frank Wokes.



*Mr. Kenneth O'Brien, Mrs. Eva
Batt and Mr. Ronald Lightowler.*



Mrs. Mabel Chuer and the cake.



*Miss Lia Sandys and Dr. Douglas
Latto.*

MEETING

ADVANCE NOTICE.—A Garden Party will be held at the home of Mrs. S. Coles, [redacted], Purley, Surrey, on Sunday, June 5th, 1966, from 2.30 to 7 p.m.

THE ANNUAL GENERAL MEETING, 1965

This was held on Saturday, October 30th, at the Alliance Hall, Westminster, on the first day of our Birthday weekend, and it was the best attended A.G.M. we have ever had. So much so that we ran out of refreshments and we apologise to the latecomers (one or two of those who had promised help with the refreshments were unable to attend).

After a welcome from the President, Dr. F. Ellis, an excellent report was read by the Secretary, followed by the Treasurer's report (these appear in this issue) and the election of the officers and committee. Then after a brief discussion on various matters, we adjourned for tea and many happy meetings with old friends. The meeting closed with two powerful speeches, one by Miss Liat Sandys of the Animal Machine Action Group and the other by Mr. Jay Dinshah, President of the American Vegan Society on the theme, "A World to Win". Reference to these two talks will be made in our next issue. J.S.

SURVIVAL TEST—THEN NUTS AND SALAD FOR JACK

A report from "Belfast News Letter" 28.12.65

It may appear bad enough to spend *ninety minutes* in the sea on Christmas morning—but to return home and eat a dinner consisting of salad and ground nuts seems ridiculous!

But this is just what long-distance swimmer Jack McClelland did this year—purely for the sake of a scientific experiment!

Jack explained that he has been co-operating with the Admiralty on research into the limits of human endurance in the sea.

"Up until Saturday we had not been able to find water cold enough for our experiments and when I found that the water temperature was only thirty-eight degrees F., six degrees below normal for the time of year—I decided to conduct this particular experiment on the spot at Helen's Bay," he said.

During his swim he broke a European record for endurance under these conditions by eighteen minutes, and Jack said: "If I had been pushed I could have spent longer in the water, though I was fairly near the limit.

"I ate my normal meal—fruit and vegetable juices, salad and savoury nut roast—and some Christmas cake and plum pudding."

The above appeared with a large picture of Jack at lunch.

(Well done, Jack, and grateful thanks for what you do for veganism in so many ways.—EDITOR.)

THE 21ST ANNUAL REPORT OF THE COMMITTEE OF THE VEGAN SOCIETY

When preparing this, our 21st Annual Report, your Committee decided that a brief reminder of some of the milestones along the way might be in order.

On looking back, however, we find that there has been no exciting step forward, no financial windfall, no shattering calamity (but some near misses!) and no epoch-making happening that has brought veganism to the notice of a great number of people.

In fact all that has been achieved has been the result of continuous hard work and every step forward has been a mighty small one. But we are expanding, steadily and surely if not swiftly, and we would like to say a big thank-you to all those devoted workers behind the scenes whose efforts have made this possible. In the beginning, when some of us did not know much about the nutritional values of entirely non-animal foods, a few of the brave vegan pioneers were ill. Much has been made of this by those who would detract from the essential soundness of our ideals, even though it has since been established that a sensible balanced vegan diet, as recommended by our Society, is nutritionally adequate as well as being ethically desirable and economically sound.

Publicity in the national press has not been sought; our ideas are so startlingly original to the average orthodox person that the only way of presenting them seems to have been in a semi-comic or wholly patronising manner. One exception was a very fair and balanced article in the magazine *She* which brought us many letters of enquiry and a few new members. The editor responsible, Mrs. Joan Werner Laurie, although not a vegetarian, was genuinely interested in our ideals and methods of putting them into practice, and had planned to be with us today. Unfortunately, however, she met her death in a plane crash last year.

One definite milestone was the acceptance of our application to become a registered charity. The Treasurer will shortly be giving us his report, but we may point out now that anyone may bequeath to us any sum of money (or their whole estate if they have a mind to), entirely duty free.

Also we have recently received our first cheque from the Inland Revenue. A £12 Income Tax Rebate made possible by those members who pay their subscriptions by Covenant. Full details from the Treasurer.

The methods and advantages of "Veganic Gardening" (NOT *organic*, which as we hope you all know, can include the use of all kinds of slaughterhouse products) was brought a good step forward when Mr. Kenneth O'Brien was invited to read a paper on the subject at the Royal Society of Arts last year. This he

followed with a series of articles in "The Gardeners Chronicle". With world population expanding as it is, the best use of the soil becomes essential for our very survival and veganic culture MUST be established if widespread starvation and its attendant suffering is to be prevented.

As suggested last year, we have curtailed our public meetings for, let us face it, there are very few people interested in learning about a way of life which requires them to alter their daily habits, even though it IS the only way which will assuredly free animals from slavery and cruel exploitation at the hands of man. Instead we have concentrated more on the indirect approach by taking part in the general activities of animal welfare and vegetarian societies. We have been assisted considerably in this by the B.W.C. organisation and various vegetarian societies which have several times invited us to have a display at their meetings. In this way we can meet many thinking people who would not consider coming to a purely vegan gathering.

This year we have had stalls at the London Fashion Show at the Hotel Russell, the B.W.C. Garden Party at Shangri La, and The Vegetarian May Meetings in Bournemouth (your Secretary represented vegans on a Brains Trust at this Conference). Just a year ago the Welwyn Garden City Vegetarian Society allowed us to have a stall at their Food and Health Exhibition. To all of these people we are extremely grateful.

A visit to a Veganic Walled Garden in Gloucestershire was arranged in July, but this was poorly attended. A great pity as there was much to be learned as well as a day to be enjoyed.

Of general interest to vegans was the opening in March of the Sharuna Hotel and Restaurant in Great Russell Street by the High Commissioner for India, Dr. Jivraj Mehta. Here, we are told, vegan food will always be obtainable.

Mrs. Keleny's Cookery Book has been reprinted; new vegans find it a considerable help in planning meals.

We are delighted that Mrs. Coles has been able to take up again the duties of magazine secretary although not yet fully recovered from her motor accident. We are deeply indebted to her and wish her renewed health and strength.

Seventy-three new members have joined and once again, after allowing for "lost" members and deaths the nett increase is sixty-six. It seems to have settled at around this figure and although not as large as we would like, at least it has been fairly constant these last few years. Members may be interested to know that we now have members in twenty countries, even two behind the iron curtain. As these last may not send money out of the country for any reason at all, they have been "adopted" by members over here who generously pay their subs. fees with their own.

The I.V.U. Congress was held in Great Britain this year and was attended by several of our members. Mrs. E. B. Shrigley

spoke on the progress made by the Society since its inception and Dr. Ellis, our President, submitted a paper on Modern Veganism which was read by Dr. Wokes. The vegan point of view was more pronounced at the conference this year than on previous occasions and the dining table set aside for vegan meals had to be increased to three tables during the week. Not all were vegans, some were just interested in trying meals without eggs, cheese, milk or butter. As these eighty people remained on the vegan and raw food tables we can only assume that our food met with approval! Perhaps we shall be hearing from them later.

Several opportunities have presented themselves for addressing the members of other Societies on veganism. Mrs. Batt spoke at the Nature Cure Clinic on October last, the Exeter Vegetarian and Food Reform Society in March and the Torbay New Health and Vegetarian Society in May, and Mr. Bill Wright in a talk to a Women's Guild in Enfield answered many questions on veganism.

The benefit to the Society of the excellent publicity earned by Jack McClelland cannot easily be assessed but must be considerable. This year he has conquered Dingle Bay, a previously unswum sixteen miles off the Kerry Coast which even he admits presented the problem of "fantastic currents"! Now he has challenged all comers to a triple race, ten miles swimming, cycling, and running, but so far no-one has shown themselves eager or even willing to accept the challenge. As most of you know, Mr. McClelland's diet consists solely of nuts, grains, fruit, vegetables and water. We should remember his many sporting achievements when confronted with the frequent phrase "but one could not do a strenuous job on your diet".

Dr. Ellis has continued his research in the field of vegan nutrition and many tests have been carried out on volunteer members at Kingston Hospital. Part of this work has been executed in collaboration with the Department of Nutrition, Queen Elizabeth's College, University of London, and recently the War on Want Charity has donated £4,000 to the Department of Nutrition in this College of which Professor Yudkin is the director. This money is to be used exclusively for research into vegan nutrition. The work is being undertaken by Mr. D. S. Miller, B.Sc., who is the National Research Council research nutritionist in this department.

In addition, Mr. J. C. McKenzie, B.Sc., research sociologist, has undertaken an extensive sociological survey of vegans during the year, the result of which will be published later.

There has been close co-operation in this sphere with the Vegetarian Nutritional Research Centre, and a paper by Dr. Ellis and Dr. Wokes, summarising some of these results is shortly to be submitted to the *Lancet*.

Further, research into the personalities of vegans has been

Continued on page 12

INCOME AND EXPENDITURE ACCOUNT FOR

1964			EXPENDITURE						
£	£			£	s.	d.	£	s.	d.
89		Secretarial Expenses and Duplicating	85	10	10			
111		Postage, Stationery and Telephone	69	16	1			
6		Bank Charges	4	3	3			
12		General Advertising	13	3	3			
6		Honorariums	6	6	0			
22		Legal Charges						
							178	19	6
1		Annual General Meeting 1964				2	0	0
1		Annual Dinner						
	374	"The Vegan"—Cost of Printing	335	8	11			
		36 Less Income from Sales	£43	11	10			
284	90	54 Advertisements	£106	4	2	149	16	0
									185 12 11
		Donations:—							
3		Nature Cure Clinic						
2		International Vegetarian Union	10	10	0			
3		Nutritional Research Fund						
3		Beauty Without Cruelty						
									10 10 0
		Animal Fair						10 10 0
		Excess of Income over Expenditure Transferred to Balance Sheet				177	0	7
									<u>£564 13 0</u>
									<u>£543</u>

BALANCE SHEET AS AT

1964			LIABILITIES						
£	£			£	s.	d.	£	s.	d.
	677	Surplus—Balance at September 30th, 1964	660	5	9			
		Add—Excess of Income over Expenditure for Year Ended September 30th, 1965	177	0	7			
	—17	(deduct)							
660							837	6	4
24		SUNDRY CREDITORS				27	12	6
									<u>£864 18 10</u>
									<u>£684</u>

I have examined the above Balance Sheet and Income and Expenditure Account for the year ended September 30th, 1965, with the books and
Signed F. R. ELLIS (Dr.), Treasurer.
Signed GRACE SMITH (Mrs.), Assistant Treasurer.
 October 25th, 1965.

THE YEAR ENDED SEPTEMBER 30th, 1965

1964	INCOME						
£	£	£	s.	d.	£	s.	d.
323	Subscriptions	298	12	8
124	Donations	172	1	6
	Legacy	50	0	0
	Interest:—						
	Bank Deposit	5	11	4
9	Post Office Savings Account	9	5	0
					<hr/>		
	Dividend	14	16	4
					2	15	1
3	Food Guide—Net Income from Sales		13	7
5	Profit on Sale of Vegan Badges	3	16	0
55	Pamphlets—Net Income from Sales	21	17	10
7	National Council for Animal Welfare	—	—	—
17	Excess of Expenditure over Income Transferred to Balance Sheet	—	—	—
					<hr/>		
					£564	13	0

SEPTEMBER 30th, 1965

1964	ASSETS						
£	£	£	s.	d.	£	s.	d.
	INVESTMENT—Trust of Insurance Shares at Cost	218	2	10
	STOCKS AT COST:—						
7	“The Vegan”	2	5	0
25	Food Guides	19	4	0
141	Literature	116	11	9
28	Vegan Badges	25	0	0
201					<hr/>		
16	DEBTOR AND PAYMENT IN ADVANCE	163	0	9
	BALANCES AT BANKERS				131	4	2
370	Westminster Bank Ltd., Current Account	96	18	8
	Westminster Bank Ltd., Deposit Account	255	12	5
					<hr/>		
97	Post Office Savings Bank	352	11	1
					<hr/>		
£684					£864	18	10

vouchers of the Vegan Society and certify that they agree therewith according to the information and explanations given to me.

Signed D. E. BACON, Certified Accountant, Hon. Auditor.
Hayes Lane, Kenley Surrey.

made and electro-encephalograms taken by Dr. E. D. West at Belmont Hospital again this year.

These results also are being submitted for publication on completion.

The fact that all this activity is going on around us, and the knowledge that more and more people are anxious to know the practical aspects and progress of veganism is not only interesting to us, but more important, it is going to help and encourage many others who have so far been afraid to take this second step towards humane living. Furthermore, from the collation of all these factors will come much enlightenment about nutrition in general and the hope of a fuller, happier life for many under-nourished peoples in other parts of the world. Our grateful thanks to the volunteers who have submitted themselves time and again for these clinical tests without which none of this work would have been possible.

Mr. Harry Bonnie called for vegan volunteers to give blood transfusions should they be required. Eight have already come forward and blood banks are being contacted.

Our Editor, Mr. Sanderson, has once more produced four copies of our magazine, but the cost of printing and postage increases every year. This could be offset by more advertisements and we are appealing for a volunteer, preferably with some knowledge and experience, who will undertake this work of helping to put our magazine on a sound economic basis. "The Vegan" attempts to cover all aspects of humane living and during the past year has included articles from individuals and other Societies on vivisection, modern farming methods, veganic gardening, recipes, baby-care, non-leather footwear and other commodities, herb culture, folk medicine and letters from overseas members.

The Food Guide has been a considerable help to old and new members and also to our vegetarian friends; it has to be revised and enlarged next year. This work will take several months and necessitate the writing of hundreds of letters. We really do need a full-time secretary now, even though we cannot think about an office yet.

The new B.W.C. Catalogue "More than Skin Deep" now has all vegan cosmetics and toiletries clearly marked which will save much of our precious time on this section. The new Boutique in London stocks them all and is open from Monday to Friday.

The long awaited Corfam shoes have become available during the year and although the early models were made with leather soles, a few are now coming along with synthetic soles. Some manufacturers are prepared to make up to our requirements, but it is expected that this will shortly be unnecessary as the supply of vegan shoes is steadily increasing. This is partly controlled by economy but our members have also played a big part in making known their preference for a good shoe with *no leather at all*. Considerable help has been contributed in this field by

Dr. Alan Long in his capacity as Hon. Secretary of the Publicity Sub-Committee of the London Vegetarian Society in his letters to manufacturers. By keeping us informed of his progress he has reduced our work considerably.

The arrival of "Plantmilk" is something for which we shall always remember 1965. It will help our cause considerably, especially where new members are concerned. Mr. Leslie Cross who has been connected with the work from the beginning was also one of those whose letters in the national Press germinated our Society. We therefore owe him a two-fold debt of gratitude.

We would remind members that Granogen and Velactin are still available.

Several attempts have been made in the past to inaugurate a vegan community but the difficulties were previously insurmountable. This year, however, Mr. Anthony Kelly, with a few other members, has founded the vegan communities movement and we wish them every success. Details in *The Vegan*, Spring, 1965.

The National Association for Health in sponsoring the Labelling of Food Bill, has our whole-hearted support. The correct labelling of food can only benefit everyone whatever his diet, but vegans especially will appreciate knowing which of the apparently vegan foods, actually contain milk products—albeit disguised.

The Ministry of Food has sent us a copy of the Labelling of Food, Proposals for Regulations, for our further consideration. It is available from Room 433, Assistant Secretary, Food Standards Division, Great Westminster House, Horseferry Road, S.W.1.

Members can study this and send their comments and suggestions to us for forwarding to the Ministry before the end of the year.

In closing this Report your Committee would ask all members to re-examine their attitude to veganism. A few are still inclined to regard it as a "doing without"—or at least that is the impression which some non-vegans have formed. We know, of course, that veganism is not a permanent self-denial week; we accept our chosen way of life as a challenge and a wonderful opportunity. Only we can make it so, and in doing this, show the world that consistency in ideals can be allied to cheerfulness, warmth, and compassion for all life.

MESSAGES OF CONGRATULATION

We printed many twenty-first Birthday congratulations in our Autumn, 1965 issue, and the following is a further selection from other societies and leading figures in reform movements of a parallel nature:—

From The Plantmilk Society

It was with the most mellow nostalgia that I read Donald Watson's words in your current magazine. It was I who initiated

the correspondence in the then *Vegetarian Messenger* which ultimately led to Mr. Watson founding the Vegan Society, and, of course, I was very happy to be among those few first founder members. For some time I was also an officer of the small but active London Vegan Group—it is incredible to think that twenty-one years have elapsed! You may rest assured that I shall be with you in spirit and send you every good wish for the next many twenty-one years!

I can, of course, assure you of the very best wishes and congratulations to the Vegan Society from the Plantmilk Society, since it was entirely because of my vegan convictions that I founded the Plantmilk Society in 1956. Although the Plantmilk Society embraces members who are neither vegan nor even vegetarian, the impetus came from vegan ideals.

Please convey not only the best wishes of the Plantmilk Society, but my personal regards to those members of the "old guard" who may still remember me.

LESLIE J. CROSS.

From Lord Dowding

I am in hospital with a broken leg and do not know when I shall get out, but shall not be mobile again for some time. I wish you all the best on the occasion of the Society's 21st Anniversary.

From The Vegetarian Society of Australia

Our Society sends greetings on the occasion of your 21st Anniversary, wishing you more than a successful Annual Meeting and a pleasant Grand Dinner and Dance celebration. May you continue to educate, and to enjoy the benefits of the most superior way of living.

B. STANDISH.

From The Vegetarian Catering Association

May I send you, on behalf of the Vegetarian Catering Association, our very best wishes for success in your great pioneer work.

ISABEL JAMES.

From World Forum

Your Hon. Secretary, whose achievements for the humane cause have long filled me with admiration, is well aware of the esteem in which I hold the second step on the path of dietetic evolution, that of veganism.

I shall be following your achievements with the interest and admiration they so richly deserve.

Perhaps we may regard vegans as the heroes and heroines of the vegetarian movement—very much needed if we are not to grow complacent and imagine we are fully evolved when we are only one step along the path leading from beast of prey to the "Divine Man".

ESME WYNNE-TYSON.

From The National Anti-Vaccination League

Whilst it is not possible for the Members of our Executive Council to be present, I am directed to express our sincere wish for a successful evening, and in particular to express our deepest appreciation of those of your members—not least yourself—who are members of our own League, of which membership is so vital if we are to preserve our medical liberty.

CLIVE R. DESMOND, Secretary.

From The British Union for the Abolition of Vivisection

On behalf of the B.U.A.V., I wish you every success and heartiest congratulations. CHARLES SLATTERY, Gen. Secretary.

From The Scottish Society for the Prevention of Vivisection

We write to congratulate your Society on reaching its majority—not only upon this, but on all the good work you have accomplished during the twenty-one years of arduous toil, in bringing home to mankind, the intrinsic value of pure food. It is good to think that from all over the world, the pure food of the earth can be brought to us, so that we need not molest "Farmer Giles's Cow", or engage in those things that we know are not really clean.

You have carried the sacred fire of Humanitarianism very high indeed and we trust that through your anniversary celebrations, more people will applaud your endeavours and greater light will still be seen.

My chairman and committee would wish me to couple their names with this message, and we are sorry that pressure of work will prevent us being with you on this happy occasion.

HARVEY METCALFE.

From The Performing Animals' Defence League

Greetings from one Pioneer Society to another.

Heartiest congratulations to The Vegan Society on its coming of age. As fighters against organised secret cruelty to animals, we realise the vital necessity of its work, and we have very great pleasure in sending a birthday present to help it in its arduous efforts.

EDMUND T. MACMICHAEL, Director.

From The Council of Justice to Animals and Humane Slaughter Association

In celebrating its coming of age the Vegan Society can look back with pride and satisfaction on twenty-one years of splendid work. Congratulations. May the future bring such a humane cause the success it so richly deserves.

DOROTHY L. SIDLEY.

From Vegfam

My wife and I, trustees of Vegfam, regret that we are unable to attend the celebrations of the Vegan Society's 21st Anniversary. We are, however, anxious to communicate our congratulations.

The foundation of the Society in time of war was a splendid achievement. Its growth has been a splendid witness to the worth of pioneer reform and to unselfish motivation.

Surely our common aim must be a nation-wide new-look at the animal kingdom based on the tenet that all slaughter of animals is horrific, all stealing from them is libidinous.

Our best wishes for the future welfare of the Society and for those for which it intercedes.

C. ALDOUS, Secretary.

From The National Association for Health

Though we are unable to accept your kind invitation to attend your annual dinner and dance, we naturally wish to extend our very good wishes and congratulations on your coming of age, and on all the wonderful work that your Society has accomplished, and no doubt will continue to accomplish in the future. Once again our very sincere congratulations.

R. PEDERZOLLI.

From Coombe Lodge Guest House

Very many happy returns to the Society that I have known from its infancy, and my sincere good wishes to everyone present.

I should have loved to have come on the 31st as I have been in touch with the Society for so many years, in fact the milkman was asked "not to call" more than twenty-one years ago.

KATHLEEN KELENY.

From Cranks Salad Table

The Directors of Cranks wish all the members of The Vegan Society many happy returns on their 21st Anniversary and further strength and success to their cause in future years.

DAPHNE SWANN.

From The Vita Club

Congratulations from the Vita Club, Tunbridge Wells, to The Vegan Society on the 21st Anniversary of its foundation. Our unbounded admiration goes to all those who serve the Society's outstanding cause in both official and unofficial capacities.

BRIAN GUNN-KING.

Mrs. Shirley Collins, a former Committee member, included the Birthday Dinner on a flying visit from her new home in America.

INCOME AND EXPENDITURE ACCOUNT FOR THE 21st BIRTHDAY DINNER, 1965

	£	s.	d.
125 Tickets at 32/6d.	203	2	6
3 Tickets at 27/6d.	4	2	6
Gifts of Money from members unable to come (9 Complimentary Tickets) ...	63	1	0
	£270	6	0
Costs	£	s.	d.
Band ...	23	2	0
Advertising ...	19	19	3
Printing, Tickets, Menus, etc ...	10	12	0
Cora Hotel (131 dinners) ...	168	12	6
Cake ...	3	6	9
Gift Boxes for Cake and Postage ...		17	0
Postage on Tickets, etc. ...	2	15	0
Plantmilk ...	1	7	3
	£230	11	9
Balance in our favour ...	£39	14	3

It is worthy of note that a deficit of £23 was turned into a surplus of £40 by the generous gifts from members unable to come (for which gifts many thanks!).

CELEBRATION CAKE FOR 21st ANNIVERSARY OF THE VEGAN SOCIETY

By MRS. M. CLUER

(Many members who saw and tasted this cake at "the 21st" have asked for the recipe.)

For each cake nine inches in diameter proceed as follows:—

1 lb. Prewett's 100% Compost wholemeal	3 ozs. soya flour
½ lb. Barbados sugar	1 level teaspoonful bi-carbonate of soda
½ lb. Nutter	1 slightly rounded teaspoonful cream of tartar
1 level teaspoonful powdered nutmeg	½ teaspoonful salt

Rub Nutter into the above ingredients, then add:

4 ozs. ground cashews

Stir well, then add fruit as follows:

$\frac{1}{2}$ lb. seedless raisins	$\frac{1}{2}$ lb. chopped mixed peel
$\frac{1}{2}$ lb. seeded raisins	2 heaping tablespoons Fowler's
$\frac{1}{2}$ lb. sultanas	syrup
$\frac{1}{2}$ lb. currants	2 tablespoons lemon juice
$\frac{1}{2}$ lb. chopped apricots	

Dissolve syrup in a little water and add lemon juice. Stir into cake and add extra cold water until the mixture is soft enough to beat thoroughly.

(Alternatively, add liquid and beat flour and fat, etc., before adding the fruit. This is much easier, if it has to be done by hand.)

Have oven at about 350° F. to commence. It can drop to about 300° whilst cooking after the first hour or so. Bake four to four and a half hours in a tin thickly lined with greaseproof paper and well protected. Use three or four layers over top to prevent scorching.

Cover with almond marzipan and a water icing using vegetable-refined sugar.

NEWS FROM THE INTERNATIONAL VEGETARIAN UNION

VEGETARIAN HOLIDAY CENTRE PORTUGAL

May 22nd—28th, 1966

In accordance with a request made at the recent I.V.U. Congress a Holiday Centre has been arranged at

UM LUGAR AO SOL, COSTA DA CAPARICA
(near a beautiful beach only forty minutes from Lisbon)

The cost including vegetarian food will be Esc. 100 per day
(about 81 Escudos equal £1)

If you would like to join this International Holiday Centre
and then see something of Portugal

Write immediately to

PROF. ANGELO DA COSTA CABRAL
VIVENDA INES DE CASTRO—RUA DE FANARES 5 C
MEMS MARTIN—PORTUGAL

NEW JOURNAL DISTRIBUTOR

We are pleased to welcome Miss Larkin as our new journal distributor and her address will be found on the inside of the front cover. She also serves on the Committee as Minute Secretary.

Many members have asked for copies of the first issues of "The Vegan," and we have pleasure in printing the following extract from a copy of No. 2. A copy of No. 1, a 4-page issue, appeared in our Autumn, 1965 number.

THE VEGAN NEWS

(QUARTERLY MAGAZINE OF THE NON-DAIRY VEGETARIANS)

Price 2d. (post free 3d.) Yearly subscription 1/-

From: Donald Watson, 67 Evesham Road, Leicester

No. 2

FEBRUARY, 1945

“ . . . Everything else depends upon the solution of the milk question. If the milk remains, so does the cow and with it the organised massacre which animals have to undergo at the hands of man. He who clings to the use of milk in any form, let him renounce any claim to advance a New Humanity, it is impossible to unite both.”

BRUNO WOLFF.

Before adopting a diet free from all animal food, the question must arise in the mind of the would-be convert whether such a practice, which is condemned by nearly all doctors of every school, and which the great majority of laymen consider to be ludicrous, can possibly be safe and rational. Whether it is or not, we, and others like us who tread new paths, can take heart from the fact that the sad predicament of mankind today, particularly regarding his physical condition, and his failure as a social animal, is the harvest of orthodoxy. It is the result of vast numbers of people following blindly the instructions of those not competent to instruct. This, of course, does not imply that everything orthodox is wrong, but it does prove that in orthodoxy there is a very great deal that has failed, and that if we are to detect it we should sharpen our critical faculties and protect ourselves by scepticism against all advice and opinion, especially when these are inspired by vested interests.

The present milk mania is, we believe, a classical example to prove how completely 20th century man can be made to accept an idea that is absurd, dangerous, and immoral. So universal is the milk fetish that scarcely a soul today accepts the sanity of Nature in arranging for milk only in early infancy. We hear the most protracted arguments concerning whether milk should be taken raw or pasteurized; whether it should come from this sort of herd or that, and whether or not it should be subsidised, but that it should be taken in some form or another by everyone

seems to be a foregone conclusion, so much so that if, through any contingency, the daily delivery of milk is affected, it is generally assumed that the nation's health is in peril. Not only do doctors and laymen accept that "the bottle" stands between mankind and starvation, but so do many humanitarians and aesthetists who must know, unless their education has been badly neglected, that milk is a sex-product closely akin to blood. Original thinkers make startling discoveries, and here on this milk issue we find nearly all who call themselves health teachers accepting a flagrant violation of natural law, and we find many good and earnest humanitarians who would stand horrified at the sight of a calf being pushed into a slaughterhouse, slow to appreciate that they might be drinking the milk of that calf's mother the next day, and that the birth of most calves is merely the necessary preliminary to make the milk industry possible. One of our critics informs us that the reform we advocate is "so very difficult". The cow too must not find it easy when her successive calves are taken away from her, but she can do nothing about it. We can. Regarding difficulties, we might remember the words of Phillip Brooks: "We do not pray for easier lives; we pray to be stronger men." Reformers who find it difficult to stand alone in a world of such moral and physical decay, can hardly have the strength of conviction, and they would do well to keep silent until their opinions have matured.

We are endeavouring to prove, at least so far as food is concerned, what we would like to think is a law of a moral Universe; that morality and physiology when rightly interpreted are both calling us in the same direction. This does not mean that because a diet is humane it is good. It means that we should accept humaneness as a guiding rule then go ahead using our brains, intuition, science and ingenuity to arrange a diet which fulfils the necessary biological requirements. The vegetarian idea, taken to its logical conclusion, must be proved to be sound, otherwise the whole show collapses, and lacto-vegetarians should realise this, even if they do not take part in the experiment.

Readers will wish to know what response came from the issuing of "Vegan News" No. 1. Forty-eight people have joined as Members, and eighty-two have subscribed to receive the first four issues of the magazine. Four hundred copies of this issue have been printed, and are available post free at the following rates: one copy 3d., two copies 6d., four copies 1/-, eight copies 1/9d.

Membership Forms for signing will be sent out with the next issue. Someone once said that the most immoral forms of society require the most laws and rules, therefore it is proposed that the Vegan Society shall have but one Rule, as follows:—

"I desire to be enrolled as a Member of the Vegan Society, and during my period of membership I promise not to partake of fish, flesh, fowl, eggs, animals' milk or any of its products, and

also that I will not consciously use foods in which any of the above are included. In their place I will use the wholesome products of the vegetable kingdom."

It is questionable whether any other humanitarian society in the world has such stern conditions for entry. It has been necessary to decide whether to include as Members those who practise veganism with occasional lapses, or to confine membership rigidly in accordance with the proposed Rule. The latter has been chosen because it would be impossible to fix upon any measure of permissible inconsistency. We cannot have as Members those who are strict between meals! To sign such a Declaration will be a severe test of humanitarian sincerity, and it is acknowledged that many who will wish to sign it will find themselves in circumstances that do not allow it. Comments on the proposed Rule are welcome. No stipulation has yet been made regarding the use of honey, though some of our Members do not use it. This matter will be discussed fully later, and anyone competent to deal with the pros and cons of the subject is invited to submit an article.

Instead of a fixed annual subscription for Members, it has been thought preferable to issue a half-yearly Balance Sheet, so that when funds are low Members will subscribe according to their means. The running expenses will be low, as duplicating is one of the "cottage industries" of your Secretary! A fixed charge of 1/- a year will be made to non-members receiving the magazine.

Publication of the list of Members' names and addresses, suggested in our last issue, is being withheld until after the completion of the Membership cards.

The voluminous correspondence already received proves that the formation of this Society is quite due. Well over a hundred letters have been received—some coming thousands of miles, but much of the interesting matter they contain must be left over for other issues. Some reference must, however, be made to the suggestions for a name for the new Movement, its magazine, and its followers. The difficulties appear to have been appreciated by all, especially by the two correspondents who say they do not think much of "Vegan", but do not suggest any alternatives! Before the appearance of our first issue, Mr. and Mrs. G. A. Henderson suggested the word Allvega, with Allvegan as the magazine title. It was from this that the word Vegan was taken, and recently Mr. and Mrs. Henderson have written stating that they prefer the shorter version.

W.S. suggests that we call ourselves the Total Vegetarian Group (T.V.G.) with the magazine title Allveg or Allvegist.

D.S. suggests as the magazine title "The True Vegetarian".

P.S. suggests Neo-vegetarian. He wishes to keep the word vegetarian, always referring to "the others" as lacto-vegetarians—"until it sticks" (Clotted!).

F.G.B. suggests that we christen ourselves Dairybans. Dare to be a Dairyban, dare to stand alone!

L.D. suggests *Vitan* in place of *Vegan*, as he says it is *life* we are demonstrating, not vegetables. But would it not be bad psychology to choose a name which suggests that we are physical super specimens? In health matters we are by no means masters of our fate; heredity and environment largely decide the issue.

S.D.S. seems profoundly conscious of the difficulties in hitting on the right name. He writes: ". . . Would you like to be known as a 'Benevore'—editing the 'Benevorous News'? No. Neither should I. Nor a 'Sanivore'? 'Beaumangeur'? The one suggests disinfectant—the other something soft, wobbly and very 'Dairy'. 'Non-dairy' is non-grammar. Well that seems the best I can suggest. 'Bellevore' would call forth derisive jibes from our opponents. I must leave it to more able minds than mine to devise a label I can wear."

This opportunity to further enrich the English language is still open. In the meantime we shall remain vegans, our practice will be veganism, and our magazine the "Vegan News".

Two Members have asked how "Vegan" is pronounced. *Veegan*, not *Veejan*.

POINTS FROM LETTERS RECEIVED

". . . Logically and humanely you occupy an unassailable position. If man is to supersede himself and become really man, not merely half-animal and half-man, he will be compelled to leave the animal-half completely behind him, including the leaving of dairy products out of his diet. Other advances in human understanding, feeling, intuition, and will, are necessary to man's emancipation, besides the advance in Humane Diet, but the latter is by no means the least important of superfining methods."

MILTON POWELL, N.D., D.O.

"I can do without eggs, milk and cheese without being any the worse. They have never at any time been an important part of my diet."

G. BERNARD SHAW.

"The appearance of your quarterly may prove to be of just as historic value as the meeting in Ramsgate in 1847."

W. S. JAMES.

"I believe the line you are on is the correct one, and intend to adopt it later."

DR. CYRIL V. PINK.

"It is good to know that at last there is a journal that stands for 100% vegetarianism. It is obvious that the ideal of this magazine is in harmony with Truth; man to be man must not be a parasite on animals."

LOUIS NATURIST, N.D., D.O.

MARCONIGRAMS

"Excavations in Canterbury have revealed the rim of a second century Roman milk pan." *Sunday Express* 4.2.54. On reading this we could not help remembering what happened to the Romans!

Any member wishing to have made soft non-leather slippers should communicate with Miss E. Marsden, [redacted] Sutton Common Road, Sutton, Surrey.

A Member wishes to know how the hardness can be taken out of Suenut. Another Member has suggested "Eat it", but we feel there must be a more aesthetic way!

In our last issue we enquired for the name of the author of a booklet written about forty years ago by a Harley Street specialist, opposing the use of milk. We have not yet procured a copy of this booklet, but a Member has forwarded to us an old book called "The Cup of Health" by the Rev. T. Gwernogle Evans, in which is to be found the following: "Dr. Cecil Webb-Johnson, the Harley Street diet specialist, says: 'There is more danger in drinking milk than in drinking alcohol. Milk is responsible for more disease and deaths than any other food. Adults ought never to drink milk, which is natural food only for babies. I have been warning people against it for years. Nature provides milk only for babies.'" Another Member informs us that in 1922-23 two books were published entitled "Diet for Men" and "Diet for Women" by a Dr. Webb-Johnson (presumably the same man). In both these works milk drinking is strongly condemned. The books were 5/- each and were published by Mills and Boon Limited, 49 Rupert Street, London, W.1. Should any Member happen to have these books, we should be pleased to borrow them.

Several Members have written to correct a statement made in our last issue that tea cannot be successfully made with nut-milk. The correct way is to mix the nut-milk thinly and pour into the cup, adding the tea later. If the milk is added to the tea, it curdles.

The new Soviet drug Sympatomimetin (called "mushroom drops" to you and me) has made milch cows yield milk at a constant level for seven months, whereas ordinarily yields would fall off by 50% during such a period.

Kosher/Vegetarian margarine contains no animal fats of any description. The added vitamins, likewise are of non-animal origin.

Will anyone interested in the formation of a colony (nature-cure, pacifist, non-lactic), based on the spiritual philosophy of the Ancient Wisdom, write to Maurice Cheshire, Hayler's Bungalow, Coolham, Nr. Horsham, Sussex.

VEGAN RICE PUDDING

We are indebted to Mrs. O'Brien (Groby) for the following recipe. For those of us who lose our childish instincts slowly the great drawback with this pudding is that it has no skin! We offer a prize of our Best Wishes to anyone clever enough to make good this discrepancy, and so elevate the vegan version to the status and dignity of its predecessor. Mrs. O'Brien's "nudist" model is as follows:—

2 dessertspoonfuls rice	1 pint boiling water
2 dessertspoonfuls nut cream	1 pint lukewarm water
2 dessertspoonfuls sugar	

METHOD. Place the rice in a pudding dish. Pour over the pint of boiling water. Place in slow oven for $\frac{3}{4}$ hour, or until rice is moderately soft. Dilute the nut cream with the lukewarm water in a separate basin. (Care should be taken to dilute very gradually, stirring all the time.) Remove dish containing rice and water from oven, stir in the diluted nut cream, and add sugar. Grate a little nutmeg over and cook in slow oven for a further $\frac{1}{2}$ hour, or until creamily thickened.

(Further extracts from early issues will appear in future journals.—EDITOR).

VEGETARIAN HOSTEL IN LONDON

Perhaps some vegans or vegetarians who visit London sometimes would like to know of Millwood House, an international vegetarian hostel at 31 St. Charles Square, London, W.10 (LADBroke 2869).

Millwood House welcomes those who wish to stay in London and find a pacifist outlook congenial. It is a mixed hostel with beds for about sixteen people. In most cases rooms are shared but there is a Quiet Room as well as a general sitting room. Meals are vegetarian, with preference given to natural and unrefined products. There is a strong tradition of co-operation and everyone takes part in some of the lighter domestic work. Residents are requested to refrain from smoking in the house.

The house stands in a quiet position at the corner of St. Charles' Square and Millwood Street, a few minutes off Ladbroke Grove and the Nos. 52, 15 and 7 bus services. The nearest bus stop is the Earl Percy and the nearest Underground Station Ladbroke Grove (Metropolitan Line).

TONY AND MARGRIT BACK.

MODERN VEGANISM

By FREY R. ELLIS, M.D. (Lond.), M.C. Path., AND
FRANK WOKES, B.Sc., Ph.D., F.R.I.C., F.B.S.

Vegetarianism as defined when the parent society was established in 1847 involved the exclusion of all flesh foods from the diet but left it to the individual vegetarian to choose whether or not to exclude also dairy produce—milk, butter, cheese and eggs.

Exclusion of *all* animal food from the diet has been tried by many individual vegetarians since 1847, not always with success. Many of these earlier attempts must have passed unrecorded. Towards the end of the nineteenth century a number of the Seventh-Day Adventists who had recently adopted vegetarianism attempted to exclude dairy produce also from their diet. Mrs. Ellen White, an early Adventist leader, has described in her book "The Ministry of Healing", some illness encountered by these pioneer vegans, who went back to milk and eggs to restore their health. She prophesied that foods which would satisfactorily replace milk, butter, cheese and eggs would gradually become available. We shall see how this prophecy is slowly being fulfilled.

Despite these earlier failures a few individual vegetarians persisted in trying to live on diets free from all animal foods, finding this less difficult as they became older. The poet Robert Graves seems to have met one of these in France in 1915. In his book "Goodbye to All That" he describes "a kindly retired schoolmaster with a bright eye and white hair who lived entirely on vegetables and gave him a vegetarian pamphlet entitled "Comment Vivre Cent Ans".

The key to the problem of finding a satisfactory diet containing no animal food lies mainly in cows milk and its products butter and cheese. These have long served as a main source of protein and of fat to most vegetarians. Frank Wokes, in a pre-war study of the food eaten by vegetarians during a week's stay at the Vegetarian Society's holiday centre in Exmouth, found them to be consuming more dairy produce than the average meat eater in this country. This finding, published in his war-time Penguin "Food—The Deciding Factor", was discussed with the Minister of Food, Lord Woolton, and helped to secure a larger cheese ration for British vegetarians during World War Two. The finding was confirmed in a post-war study at another vegetarian holiday centre.

Butter during World War Two was largely replaced in the national diet by margarines based mainly on vegetable fats. These margarines had been developed between the two world wars by manufacturers who had added to them vitamins A and D derived from vegetable sources. These vitamins were not available in World War One when the margarines in the national diet were

much less satisfactory. The use of vegetable fats, mainly from nuts, stemmed from the pioneer work of Hugh Mapleton in the earlier part of this century. Little did he imagine when he toured the country endeavouring to persuade vegetarians to try his nut butters and margarines that these would develop into a great national industry which would help to overcome the British food crisis in World War Two.

The development of satisfactory vegetable milks to replace animal milks, mainly that from cows, has proved much more tedious and difficult. The coconut, of course, provides a natural vegetable milk but this cannot serve all the purposes of animal milks, especially for feeding babies, and is not sufficiently available in many parts of the world where milk is needed. Oil seeds such as peanuts and soya are found to be the best raw materials for making vegetable milks and have been gradually brought into use for this purpose in different countries during the last thirty or forty years. A quite palatable vegetable milk made from soya by a German firm was shown at a medical exhibition in London in 1913 but our knowledge of nutrition was then insufficient to ensure a satisfactory nutritional value especially in regard to vitamins. This applies also to work on vegetable milk described to the American Paediatric Society in 1918.

It would take too long to describe the findings of many other workers on vegetable milks much of which is described in the monograph "Plant Proteins in Child Feeding" by Professor R. F. A. Dean who has stated that the lives of a great many children may depend on evolving a really adequate vegetarian diet. I must, however, mention two leading vegetarian workers, Drs. Harry Miller and Cyril Pink, both honorary members of the Vegetarian Nutritional Research Centre which has been very active in this field.

Dr. Harry Miller, going as an American medical missionary to China after World War One encountered much infantile malnutrition which he treated successfully with vegetable milk he had made from soya. The dairy where he produced it in Shanghai was destroyed by Japanese bombs in 1937. He then returned to America and set up a factory for commercial manufacture of the soya milk as a powder which was marketed as Soyalac for babies and Soyagen for general purposes. This factory was later taken over by the Seventh-Day Adventists and with other factories since set up in other places has supplied increasing amounts of the vegetable milk to vegans and others wishing to avoid the use of cows' milk. Soyalac and Soyagen, sold as Granolac and Granogen in this country, are more expensive to British vegans than cows' milk which is, of course, subsidised by the British Government. However, Dr. Miller has recently devised relatively inexpensive plants for making his soya milk in liquid form at much lower cost from any suitable local raw materials and put these to work in several different parts of

the Far East where they are helping to overcome severe protein under-nutrition.

Dr. Cyril Pink, on his return from Mesopotamia at the end of World War One, set up in partnership with Dr. White the Stonefield Vegetarian Nursing Home at Blackheath, London. Some of the mothers having their babies there asked for an alternative to cows' milk. Several different vegetable milks were devised and used for this purpose between World War One and World War Two. The most satisfactory seemed to be Almondlac, introduced by Dr. Dorothy Lane in America, where her clinical trials were described to the American Paediatric Society in 1918, as mentioned above.

When supplies of Almondlac from America were cut off during World War Two Dr. Pink asked Dr. Frank Wokes, then Director of the Ovaltine Research Laboratories at Kings Langley, Herts., to provide an alternative. In collaboration with Dame Harriette Chick of the Medical Research Council a vegetable milk was devised using soya and barley as raw materials. Professor Dean, in the above-mentioned monograph, described the prolonged investigations leading to the development of satisfactory products used on undernourished German children and later on African children suffering from Kwashiorkor, a protein/calorie deficiency widespread in poorer countries. In England a similar product made in the Ovaltine Research Laboratories was used by Dr. Pink at Stonefield to replace cows' milk in the absence of Almondlac. After addition of vitamin B₁₂ it proved successful both there and at the Hospital for Sick Children, Great Ormond Street, for the treatment of milk allergies and also of galactosaemia which previously had often proved fatal.

When the British Vegan Society was formed in 1944, many members, especially those with nutritional knowledge, tried to make the vegan diet as adequate as possible. For a few years they seemed to be succeeding in this, as no ill effects were observed. Then signs of some deficiency in the diet began to appear. Like the vegan Seventh-Day Adventists fifty years previously they found that the deficiency could be gradually overcome by returning to the consumption of dairy produce, particularly cows' milk. Clinical tests showed them to have low levels of vitamin B₁₂ in the blood, suggesting a deficiency of this vitamin, which had been discovered only a few years previously, in 1948, by Dr. Lester Smith in the Glaxo Laboratories. The Serum B₁₂ levels were lower in those with more severe deficiencies as judged by effects on the nervous system and were gradually raised when they consumed milk or other dietary sources of the vitamin such as cheese or eggs. More recently vitamin B₁₂ deficiency in vegans had been overcome by giving them vegan foods containing the vitamin. This first discovery of human dietary deficiency of vitamin B₁₂ was reported to the Third International Congress of Nutrition in Amsterdam in 1954 by Wokes, Badenoch and

Sinclair, published in Dutch and American journals (Vaeding and the American Journal of Nutrition) in 1955, and has since been quoted in standard textbooks as a noteworthy advance.

This advance and the subsequent marked progress would not have been possible without the whole-hearted co-operation of many individual vegans who during the last twelve years have voluntarily submitted themselves to various clinical trials and tests, involving rigid disciplines and sometimes considerable personal discomfort. Their reward has been the knowledge that they have enabled us to gain much important information about the relationship between vegetable proteins and vitamin B₁₂ in human nutrition, opening up the possibility of improving the biological value of the vegetable proteins so that they can play a leading part in making good protein shortages in many different countries and thus helping to overcome the world food problem.

Cheese, a concentrate of the protein with varying proportions of the fat of cows' milk, is widely used by vegetarians as an important source of body building food in many dishes. Rennet from the calf's stomach is used to curdle cows' milk, giving a protein curd from which cheese is produced by suitable moulds. The calf is killed to obtain the rennet. Vegetarians wishing to avoid this often ask if cheese can be produced without using rennet. Cows' milk can be curdled with various vegetable extracts, some of which may be used to obtain "cheese" from vegetable milks. Much prolonged investigation will be needed to secure a series of vegetable cheeses similar to the wide range of animal cheeses developed during the centuries. Useful ideas may be derived from the various fermented soya products widely used in the Orient. These include soyabean curd, soya sauce, *miso* and *tafu* from Japan and *tempeh* from Indonesia.

Incidentally, research on *tempeh* at the New York State Experimental Station and Cornell University—supported by the United Nations Children's Fund—has shown that the *Rhizopus* mould used to make the soya protein more palatable and digestible can produce increases in the content of some B vitamins, including riboflavin, niacin and B₁₂. However, despite these increases, *tempeh* as usually made does *not* contain a significant amount of B₁₂. Moreover the fermentation produces decreases in the content of other B vitamins, B₁ and pantothenic acid, also of methionine, in which soya is already deficient.

The use of moulds to produce vegetable cheeses must be very carefully controlled. *Aspergillus flavus*, a close relative of the *Aspergillus oryzae* used in the fermentation of soya beans to give *miso*, has recently been found to cause the formation in peanuts of aflatoxin, a highly toxic substance leading to the development of liver cancer and other fatal results in different animal species. An account of the implication to vegetarians and vegans has just been published in "The Fundamentals of Nutrition" articles by the Vegetarian Nutritional Research Centre.

Until satisfactory vegetable cheeses become available in sufficient quantity, vegans will continue to obtain their requirements of protein mainly from pulses, nuts and cereals in that order of importance (Wokes, 1956). Intakes are limited by the presence of fibre and other factors affecting digestibility such as the trypsin inhibitor in soya which may well have prevented the late C. F. Davey from proving the efficiency of pulse proteins in severe muscular exertion. In this connection vegetable proteins have been restored to favour by the remarkable long-distance swims of the vegan champion Jack McClelland.

The more important body-building effects of vegetable proteins have to be established by long term clinical trials on vegan babies and children, and to some extent also on vegan adults. Data are available on the growth and development of a few vegan children who have now reached their late teens on diets which since weaning have been completely free from animal food. The average rate of growth of these children has been over ninety per cent. of the standard growth rate in British children as found on 1,000 children by Dr. E. M. Widdowson of Cambridge, the difference between the vegans and Dr. Widdowson's children not being significant. However, there have been changes in the peripheral and central nervous systems indicating a probable deficiency of the essential amino acid methionine. Data on the content of essential amino acids in different vegetable protein foods published by McCance and Widdowson show a marked deficiency of methionine in these vegetable protein foods. Analysis of a typical vegan diet composed by Hughes and Wokes showed it to contain only sixty-four per cent. of the methionine in a typical meat-eater's diet (Hughes, 1960). Tests on African children suffering from the protein deficiency disease Kwashiorkor have shown their blood to have lost most of its methionine. Workers at the Central Food Technological Research Institute in Mysore have been able to improve the rate of growth of Indian children suffering from protein deficiency when they added extra methionine to their vegetable protein diet.

The efficiency of absorption of the added B_{12} from the digestive tract into the blood must also be carefully considered. In a paper recently submitted for publication (Ellis and Wokes, 1965) it is shown that this efficiency diminishes as the concentration of vitamin B_{12} increases. To ensure that the daily requirement of one microgram of vitamin B_{12} enters the blood stream at least three micrograms of B_{12} should be taken in the food each day. Manufacturers of vegan foods containing less than the recommended amount of vitamin B_{12} have been approached by the Vegetarian Nutritional Research Centre. The makers of Barmene have already agreed to effect the suggested increase.

The paper referred to above describes the beneficial effects of vegetable milks and other vegan foods containing vitamin B_{12} as measured by tests at Kingston on vegan volunteers deficient in

B₁₂. The vitamin, obtained from vegan sources, was added to all but one of these foods. The exception was "laver bread" a seaweed jelly used by many generations of South Wales miners as a cheap salty relish. Its B₁₂ content comes from bacteria in the sewage entering the sea near where the seaweed grows. Laverbread has only a small seasonal local production and cannot meet the needs of vegans all over the country for a food providing them with B₁₂. Moreover, its fishy flavour is not generally acceptable to them.

Sewage containing vitamin B₁₂ might provide some of this vitamin to plants to which it is applied as manure. This could account for the minute traces of B₁₂ found in certain American, British and German workers in certain leaves such as alfalfa, comfrey, broad beans and turnip tops. But as only a fraction of the B₁₂ in the manure gets into the leaves they cannot become a significant source of the vitamin. Investigations at the Vegetarian Nutritional Research Centre showed that to obtain leaves rich in B₁₂ it was necessary to soak the plants in B₁₂ solutions much richer in the vitamin than manure is.

Minute traces of vitamin B₁₂ may be produced in seeds by the action of certain bacteria or moulds. American workers showed in 1961 that a B₁₂ content in soya of one in seven thousand million could be increased to one in two thousand million by fermentation with the *Rhizopus* mould widely used to produce the home made food *tempeh* in Indonesia. Lester Smith in his authoritative book on vitamin B₁₂ quotes similar figures for B₁₂ in peanuts which have been fermented by moulds. But moulds can produce toxic substances such as aflatoxin so the process is not to be recommended.

This seems a suitable opportunity to correct a mis-statement about B₁₂ in wheat that crept into the book on Bread by Horder, Dodds and Moran. In Table 5 on page 45, wheat is said to contain one to two micrograms of vitamin B₁₂ per grain. Actually no significant amount of B₁₂ has ever been found in wheat free from mould or bacterial contamination.

This brief account of Modern Veganism has concentrated on its scientific aspects. The principles of veganism are basically scientific, dealing with the replacement of animal by vegetable foods and other products. The solution of the world food problem, perhaps the most important question facing mankind, may definitely be helped by the information obtained in the investigations on the vegan volunteers.

COMMODITY AND OTHER NEWS

By EVA BATT

At the Annual General Meeting in October, Mr. Jack McClelland, in spite of his many other activities, kindly volunteered to help by taking over the investigation and publication of vegan commodities (other than shoes) which offer was, naturally, accepted with grateful thanks. Please send your letters to him in future at [redacted], Belfast 15, Northern Ireland.

The 1965/6 Herb Plant List is now ready and available from Mr. G. P. Molineux at Riverside Herb Garden, Seaton Valley Road, Hesseford, Torpoint, Cornwall. Just reading it gives even the flat-dweller a burning desire to try his hand at a window box. And why not? The rewards are great—in a sense of achievement, the pleasure of showing off our Pennyroyal, Smallage, Sweet Cicely or Chamomile (why do herbs have all the best names?) to less clever friends, and the satisfaction of providing even tastier meals for the family with the assistance of home-grown herbs.

Not to mention the convenience of fresh ingredients at all times should a simple home remedy be needed. The list contains over fifty varieties and although it has no price printed on it, I suggest we enclose a 6d. postal order when writing, to cover printing and postage. The plants are all 3/- each, postage and packing included.

Visitors to the Gardens are welcome any day (except Monday) from 9 a.m. to 8.30 p.m.

"More Than Skin Deep", Brochure of Beauty Without Cruelty and other humane products. A slight oversight in the above journal is the omission of the vegan star against the new Beauty Without Cruelty product Bittersweet Toilet Soap. We can assure our members, however, that this is absolutely vegan. Copies sent out from this office are now all marked with the star, sign of the vegan standard of purity. This applies also to the B.W.C. Talcum. "Sea Jade", a new toilet soap from B.W.C. will be ready very shortly. It is vegan and is perfumed with hyacinth, 1/8d, bath size 3/-.

Also a liquid shampoo will be ready soon along with a delightful Avocado Milk for the complexion. Avocado oil, we understand, has all the nourishing values of lanolin with none of the latter's toxic properties. Perfumed with Lily of the Valley.

Jabley Limited, 145 Turnpike Lane, London, N.8. A manufacturer new to our lists has just written to assure us that all the following products are vegan: Jabley Creme de Nuit for Dry Skin, Jabley Skin Fresh, Jabley Dusting Powder, Jabley Blue Cologne, Jabley Toilette Fragrance, Debret After Shave Lotion, Jabley Cleansing Creme, Jabley Creme Talc, Jabley Iced Cologne, Jabley

Toilette Bouquet, Jabley Flower Drum Perfume, Debret Deodorant Cologne, and Jabley Honeydew Lipsticks. Perhaps an unfortunate name, but we are emphatically assured that these are indeed vegan. I have tried one and find it very good. Obviously beeswax is no longer an essential ingredient—if our information is correct. You may not yet find the Jabley products in your local shops but most chemists will order for you, or you can send direct to Messrs. Jabley enclosing remittance. Write first for price list and shade card enclosing s.a.e.

Elizabeth Arden perfumes are now made without animal fixative. Unfortunately other products are not vegan.

Another Reason for Veganism appeared in a letter in "Here's Health" on toothbrushes. It stated that "natural" (animal) bristles have to be treated with an insect repellent. A "minute amount" was mentioned, yet the writer discovered it by its smell, which, the makers claim, is normally hidden by the strong smelling dentifrice used by most people. One more hazard we do not risk!

We have had a letter from a member in Aberystwyth who says that Rylands Health and Education Centre in Chalybeate Street are now stocking both Plantmilk and Granogen.

LABELLING OF FOOD BILL

The work of collecting signatures for the Labelling of Food Bill is going ahead with undiminished enthusiasm, organised by the National Association for Health.

A draft of the Ministry's proposed Bill has been sent to this office for our comments, which will need to be lengthy and detailed, for no mention is made of many aspects which we feel necessary.

No doubt many of you have your copy by now (page 18 last issue) and you will have noticed that water need never be mentioned (how can an allergic person avoid fluoride in this case?) and milk is exempted completely. Altogether there are far too many exemptions for our liking and fats in particular seem to leave "edible fats" more or less as they were—made up of any mixture of animal and vegetable fats. Most unsatisfactory. Do send for a copy if you have not done so already and *do* write to the Ministry of Agriculture and Fisheries *immediately* even though the date for receiving comments may have passed.

The following notes may assist members when shopping for tinned or packet foods:—

Methionine is a vegetable product.

Lecithin is extracted from the soya bean.

Hydrolysed protein may be either animal or vegetable.

Mono-sodium glutamate is derived from vegetable, mineral salt deposits.

Sodium caseinate is an extract of milk.

Bergene soups. On page 29 of the Food Guide, the mention of these soups is intended to refer only to the Fruit Soup Mix. Some of the other vegetable blocks contain eggs. Only Tomato and Leek are vegan. We are sorry for the obscure wording which has misled some of our members.

While on the subject of soup, Caruso soups (made in the U.S.A. and sold in packet form) are guaranteed 100% vegetable in origin. Available in some parts of this country they include "Vegetable with Barley and Mushrooms", "Barley-Bean" and "Minestrone". Maybe others. I have not tried them, but the members who wrote asking us to make enquiries about them, added that the family found them very tasty.

Bird's Dream Topping contains sodium caseinate (from milk).

L. J. Colman's Savoroni Spanish Mix is vegan but Savoroni Curry is not.

Mars Plain Chocolate Bounty. The chocolate contains some butter and the sugar used is not stated but almost certainly it is white cane sugar (refined with bone charcoal).

Adhesives. "Aeralite" 306, and "Araldite" adhesive are both free of any animal based ingredients.

Although Fairy Liquid is a synthetic detergent, Fairy Snow is soap powder and does contain animal fats. We have said this before but it is necessary to repeat it as people still write in asking about Fairy Snow.

Recommended. Plas Shammy, a new soft synthetic "leather" for cleaning windows, cars, etc. In plastic packet with snap fasteners 12/-. Made by Key Leather Co. Ltd., 5 Urswick Road, London, E.9. Available generally or from the B.W.C. Boutique.

FOOTWEAR NEWS

Headline in "The Sun", September 2nd: "You can always tell a real vegetarian by his shoes".

It is natural that our readers should be very interested in the new Corfam footwear, and quite a few, we know, have been disappointed (so far) at not being able to get shoes made in this material.

As we have said before, even when found, these shoes are invariably lined with leather and the men's styles in particular almost always have leather soles. We have therefore concentrated on trying to get manufacturers to make up Corfam without these leather fittings; soles, linings, trimmings, insoles.

The Corfam shoes for men made by Messrs. Loake Brothers and mentioned in the last issue (style 563) will be available from stock in the London Co-op shops from February 1st. We are assured that these will have resin rubber soles and non-leather

linings. We hope that you will encourage this trend and make it an economic proposition for the trade, by getting a pair as soon as they arrive. At the same time you will be showing your appreciation of our work and, best of all, be the proud possessor of a really excellent pair of shoes. 99/11d. pair, brown or black.

Russell and Bromley Limited, 24/5 New Bond Street, London, W.1 (and branches, and also to order), can now supply ladies' bootees with Corfam uppers, resin rubber soles, and alas, a small quantity of leather inside, in the following styles:—

“Mardi”—Chukka boot in Corfam with back wrapover strap in beige or olive green. £5 19s. 11d. Man-made fleecy lining.

“Eloise” off-white sueded Corfam, side-zip style. £5 19s. 11d. Fleecy lining.

“Helga”, a mid-calf Corfam boot in black or beige. £6 6s. 0d.

Easily the best value-for-money vegan shoe this quarter came from Woolworths in Oxford Street (also in some other branches). Men's black or brown, elasticated front with high cover, very well cut in attractive style, soles with good grip. Appears to be completely weatherproof, and is certainly very comfortable. Quite indistinguishable from leather. 21/- a pair. Made in Japan.

One of our members reports good shoes for children, made by Bata, which she has been able to get from Supreme Shooservice, 550 Streatham High Road, S.W.16.

Insole is marked “Modern Miss” and they come in black or brown, lace, bar or casual style, and they go up to size 5. Around 23/9d.

We have been told about an all vegan shoe (men's) which is usually available in Curtess shops which sells at 10/-.

By the way, should you have any plastic shoes which have come away at the join due to faulty adhesion, try Rawplug Durofast. I have been told by one repairer that it really will make plastic adhere to plastic once again.

Curtess Shoes. A member tells us that style numbers 2217 and 2218 (ladies' shoes) in the present range are entirely without leather.

B.W.C. FASHION SHOW IN LONDON

Beauty Without Cruelty put on their excellent London Fashion Show and Exhibition at the Hotel Russell on October 20th, 1965. The show was opened in the afternoon by that popular young vegetarian Peter Murray and in the evening by Dr. Douglas Latto who looked first-rate in his kilt (and nylon sporan). Apart from the women models who wore a variety of beautiful coats and stoles, many non-animal garments were demonstrated by a male model.

Our Society had a stall at the exhibition, and grateful thanks go to Mr. and Mrs. Dodds of the Epsom Health Food Store who stepped in at the last moment to man our stall. Many visitors showed much interest in our literature.

DIVINE JUSTICE

By DOROTHY THOMSON

Are there birds in the whispering woods
Soaring on joyful wing?

Yes! They were made for our delight,
For us alone they sing.

Are noble beasts with spirits crushed
Tortured and trained to ape
Humans, when the cruel whip
Has lashed them into shape?

O yes! The circus is the thing
And elephants so sweet:
We love to see the proud and strong
Brought cringing to our feet.

Are there cattle in twilight hells
Kept from the blessed day
In fetid air where never sun
Can shed a single ray?

Yes, there are calves in slatted crates
But what are we to do?
The brutes were only meant for food,
And there are far too few.

Are there tortured creatures scorned
Mangled and torn apart
In white-walled rooms where robots work
With calculating heart?

Yes! There are mangled cats and dogs
For science must progress,
If not to serve our human ends
Such lives are valueless.

And is there justice in the world
Is this the perfect plan?
Yes! There's justice in the world
But justice just for man.

TWO IMPORTANT LETTERS FROM MR. AND MRS. MOLINEUX

Dear Sir,

I enclose a letter from my wife about the "Vegan Mothers' Pen Friend Circle" which perhaps you could include in the next *Vegan*.

I would also like to get in touch with any vegans living in the country, possibly isolated, who are trying to grow their own food and be as self-supporting as possible—what the Americans call "Homesteading". It would be very interesting to swap ideas and we might in time also get a circular letter going. My wife and her "pen pals" seem to get a lot of fun out of it.

Would it be possible to add a few lines to this effect and so help vegans with similar interests to get in touch.

Yours sincerely,

GEOFFREY MOLINEUX.

P.S.—The herb business is growing slowly but steadily. We are planning to expand our stock to cover as many scented plants as possible.

Dear Sir,

We now have a small circle of mothers who contribute to a letter which we pass round. This is very interesting, helpful and sometimes amusing. It keeps widely separated people in touch, and we all feel that even if we don't ever meet we are friends who are getting to know each other. We swap ideas, advice and family news.

Perhaps there are yet more vegan mothers who would like to join the group. Please put them in touch with me as I'm sure they would enjoy it.

Yours sincerely,

CHRIS MOLINEUX.

(A very kind invitation indeed to mothers and gardeners. Please write to the Molineuxs at Riverside, Hessenford, Torpoint, Cornwall.)

THE ANIMALS' FAIR

Once again we held a stall at the Animals' Fair on November 26th and 27th. For this the society pays £10 10s. 0d. and it is therefore essential that goods to this value are sold before we even think of any profit. Have you ever stopped to think about how the society raises this figure?

It is a wonderful opportunity for publicity and we do not spare ourselves in distributing free literature to the general public always hoping that they will be sufficiently moved to take a step towards at least the vegetarian way of life. An even more important way in which we can show the public how we live is

by selling food—especially cooked food—that is made without the use of the creatures. Unfortunately, this year, a notice in the journal appealing for gifts was overlooked and, consequently, only a few “old stagers” turned up with contributions.

To Mrs. Cluer and Mrs. Drake especial mention should be made for their cooking efforts on our behalf. But we could have sold much more if we had had the voluntary cooks! It is only on account of Muriel Drake's generosity that we are able to cover the costs. She allows the society the profits from the sale of goods taken from her shop. This entails a great deal of packing and book-keeping and, although she was unable to be with us this year, she and John Coles spent the Thursday evening packing the goods and we are very grateful for their efforts.

This year a rota of ten people was formed to cover the two days, but it is not nearly enough if the same people are to be given adequate relief. We were very happy to welcome some of our newer members as helpers and to Mr. and Mrs. Fugeman, Miss Larkin and John Hopkins we say a big thank you and please come again! Your committee members who were able to be present for all or some part of the time were Sally Shrigley, Eva Batt, Serena Coles, Sam Wolf, Harry Bonnie and Jack Sanderson. What a tower of strength is Harry who seems able to carry boxes galore in his arms. There was hardly anything left for Muriel and her friend, another strong Harry, to carry home on the Saturday evening when they called for the left-overs.

We were also fortunate this year in having an extra part of a table given to us by The Beauty Without Cruelty Society and this allowed us to spread ourselves with the literature and a few shoes. A very big thank you to B.W.C. for allowing us this privilege.

To everybody who so kindly gave of their time another very big thank you. Next year may we have even more offers of help? It will lessen the load for those who have to do other work for the society.

SERENA COLES.

A LETTER TO THE MINISTRY FROM THE VEGAN SOCIETY

November 22nd, 1965

The Ministry of Agriculture, Fisheries and Food,
Great Westminster House,
Horseferry Road,
London, S.W.1.

For the attention of J. H. V. Davies, Esq.

Dear Sirs,

The Officers and Committee of this Society have studied the Labelling of Food, Proposals for Regulations, and herewith forward their comments for your consideration.

1. We recommend that artificial and natural added flavourings, antioxidants, colourings, bleaching agents, emulsifiers, improvers, preservatives, stabilisers or propellants, fat-extenders and all other additives should be stated on the wrapper or label in detail, with full names and percentage quantities.

2. The word "milk" should be used in its technical sense, i.e., as a term for an emulsified liquid as in vegetable milk, coconut milk, latex milk, etc., etc., and not used to necessarily denote cow's milk only. Butter likewise should be referred to as either "nut butter" or "cow butter", etc.

3. No exceptions should be allowed in the case of any food. Packs could be made large enough to accommodate a clearly printed list of additives.

4. The above should also apply to coin-operated and other vending machines.

5. Bread should not be excluded. In particular, the origin of the fat content, when used, in this and in all other foods should be clearly stated. "Edible fat" conveys nothing to a vegetarian, Jew, or one allergic to animal foods.

6. All sources of protein should be stated for the reasons given above (5). No reasons for not complying with this should be considered.

7. Section 16 of the Proposals should be deleted.

8. Every piece of meat or poultry and every egg produced under any type of intensive system should be clearly marked, and in addition restaurants, hotels and cafes serving such products should display at least one sign, easily read from any part of the premises and clearly stating this fact.

9. Water containing added sodium fluoride should be included in the additives which must be stated on the label. This mainly for the convenience of those with allergies, or moral objections, the aged and those with diseases likely to be aggravated by this chemical.

10. All foods containing animal milk or cream, cow butter or cheese made from animal milk, should clearly state this on the label. All foods containing eggs, whether or not intensively produced, should be clearly marked. These are unacceptable to vegetarians, Jews and those with allergies, and the needs of these people should be studied.

11. Fruit and other wrappings which have been treated with antioxidants or insecticides should be so marked.

12. Fruit which has been dyed to improve the appearance, such as oranges, should be marked and a notice displayed in the shop offering these for sale. This should be large enough to be read from any part of the shop and displayed in a prominent position. See 8.

Yours faithfully,

E. V. BATT (Mrs.), Hon. Secretary.

NEWS AND COMMENTS

Thanks to the sender of the Vegan journals and other booklets from Daventry district. A name and address on the envelope were Miss A. V. Hewitt, Helidon Grange, near Daventry, Northants. (I have happy memories of visiting this house many years ago as the guest of the Colliers—Mr. Collier was President of the Vegan Society.—Editor.)

The Emblem on our front cover has been the subject of some recent comment. One or two humanitarian readers thought that it looked too religious—they appeared to think that the figure had wings and was too much like an angel. Others pointed out that the “wings” were in fact not attached to the human figure. Most comment over the years since the emblem first appeared in 1957 has been favourable. The editor would be glad to receive the views of readers on this subject.

The Friends Vegetarian Society recently became affiliated to the Vegan Society.

Death in Infancy. In a recent Ministry of Health report entitled “Inquiry into Sudden Death in Infancy”, it is stated that the Medical Research Council is considering further research on allergy to cow’s milk as a cause of sudden infant deaths.

School Milk. “I cannot see any need to continue school milk. In a survey of the heights and weights of those children who did not take school milk there was no significant difference between their height and weight and those of the national average.”—from the annual report of Nottingham’s principal school medical officer.

Visit to Walled Garden. We were grateful to Sir Thomas Bazley for allowing us to visit his veganic walled garden last July. Although it turned out to be a wet day, and the day itself clashed with many events elsewhere, those who did attend were most interested in the quality and cleanliness of the crops and the excellent arrangements for compost. Mr. Kenneth O’Brien acted as guide and was kept very busy answering questions. I think that all of us were impressed by what we saw. Some of the pictures in the Faber book “Intensive Gardening” by Dalziel O’Brien were taken in this garden.

We hope that from small beginnings, this method will be adopted by more and more gardeners and horticulturists, both in private and market gardens.

LETTER TO THE EDITOR, HERALD OF HEALTH, U.S.A.

(Printed in the October, 1965, issue)

In spite of the advances in nutritional knowledge made in the last few years, we in Great Britain find that all too often some of the most health-minded and humane vegetarians (lacto) are still under the mistaken impression that some kind of animal proteins are essential if full, positive health is to be maintained.

It is truly said that a myth in which it is convenient to believe will be very difficult to depose, and the fallacy of this "animal protein" business is a first-class example of this.

Let's face it, we like cakes made with eggs, milk in our tea, and cheese with our salad (although cheese is certainly not a vegetarian food) and it is comforting to tell ourselves that these things are a necessary part of a first class diet. *But this does not alter the facts.* Which are that they are no more essential than a third elbow!

When anyone expresses doubt to me about the possibility of leading an active life on a vegan (strict vegetarian) diet, I simply point to Jack McClelland—a vegan of many accomplishments in the field of sport. His wonderful record of "firsts" in the field of endurance swimming alone is sufficient proof of the adequacy of a diet such as we recommend.

Early activities included soccer, cycle racing and cross-country running. He was: winner of the Junior Heavyweight Championship of Ireland in wrestling; holder of the Royal Humane Society's Testimonial for lifesaving; internationally known for his long distance and endurance swims; first British subject to swim the Straits of Gibraltar (1962); winner of the 1956 Cross-Channel race; first to swim Donegal Bay and Lough Swilly in Ireland; holder of the British and Irish twelve hour (22½ mile) record for open air swimming pools, etc., etc. Other successes include Lough Neagh, Rathlin Channel and Lough Sheelin.

But swimming is just a "spare time" occupation for Jack who runs a Health Food business, with all the work (free advice, etc.) which that entails. And all without a glass of milk, an egg or a spoonful of that "wonder" food honey! He never smothers himself with lard or goose-grease as most long distance swimmers have to do, "Olive oil is all right and anyway I do not feel the cold like the others", he says in that deep Irish brogue. "The others" are meat-eating and lacto-ono-vegetarian swimmers.

However, Jack McClelland is by no means a solitary example: there are vegans in all walks of life proving just what can be done on a diet of nuts, seeds, fruit, grains, vegetables and water.

And who is afraid of the big, bad B₁₂ Wolf? My personal experience is that, since I adopted this simple, natural diet seven years ago, the B₁₂ content of my blood has *risen* steadily so that, instead of being very low, as it was when I was a lacto-vegetarian, it now ranks high, even among that of meat-eaters, who, of course,

get "second-hand" B₁₂ from the intestines of the animals they consume. This does not mean that all vegans have a high B₁₂ rating, but it does show that vegans and vegetarians need not fear serious B₁₂ deficiencies provided a sensibly balanced diet (including food such as Velactin vegetable milk if necessary) is followed.

So let us stop kidding ourselves and make genuine attempts to be as consistent as possible, whether our main interest is the health of our family, or a compassionate desire to reduce the suffering endured by so many cruelly exploited creatures. Remember that it is of little interest to the lamb whether it is killed for human food or to supply us with window-cleaning material! There are man-made alternatives to just about every animal-based product, if we take the trouble to find them. Here in Great Britain, we include regular lists of these humane products in our magazine and every so often revise and publish these in book form. I wonder if you have such a service in the U.S.A.?

The Vegan Society, which is international, will welcome news or enquiries from vegans and lacto-vegetarians.

EVA BATT.

NOSTALGIA AND NAUSEA

by EVA BATT

(Continuing a vegan view of a winter cruise, the first half of which appeared in our Summer, 1965 number.)

Everyone to whom we spoke in Caracas seemed contented enough and reasonably satisfied with the President, a Frenchman named Leone (this may not, however, be the case in the agricultural districts).

Bold, hand-painted slogans on all available walls were proof that Venezuelans put a considerable amount of enthusiasm into their election campaigns. The currency is one of the hardest anywhere, being more than covered by gold and dollar reserves—oil, of course.

One thing that surprised us, seeing that the place is figuratively knee deep in oil, was that petrol pump attendants (gas 9d. gallon) smoked cigars all the time. Possibly a case of familiarity and contempt, but it did not tend to fill us with confidence!

Gratitude to Britain for her help in effecting their liberation from Spanish rule is expressed in a law which gives the right to the British Army, should it ever wish to do so, to march in Caracas with fixed bayonets. As far as one can tell, advantage of this concession has never been taken.

How sad that the Venezuelans still retain the inevitable blot and legacy from their early Spanish conquerors—the bull ring. It is in use and draws large crowds every Sunday, very many of the onlookers, alas, being European visitors who agree that it is

cruel and "just hate the idea of it all". But when they get back home they feel that they must be able to say that they have seen a bull fight, lest their friends suspect them of being "squeamish", that is, having some decent feelings of compassion.

Basket-ball is the popular pastime of Venezuelans now.

As we steamed out of La Guaira Harbour, past an imposing line of warships, the last thing we saw on land was a sign "Tome Coca Cola, Refresca Mejor! Signo de Buen Gusto!" Surprised?

Our call at Trinidad coincided with a rainstorm so we spent our day relaxing on deck, appreciating the smell and sound of the tropical downpour. I found a book in the library on Venezuela which was most absorbing.

The island of Trinidad (see the Summer *Vegan*, 1963) now has television programmes from America. We shall expect to see everything "whiter than white", with "grey forced out" and new blue whitener "forced in" on our next visit.

Grenada, the spice island, only ninety-seven miles from Trinidad, as would be expected, was green and fragrant, perfumed with cloves, nutmeg, mace, vanilla, cinnamon and ginger. The coins are Bwe's (pronounced Beeweez) and are peculiar to this island. Because of this, any small change picked up during the day is cheerfully surrendered to the masses of jubilant small boys who swarm on (and off) the landing stage, reminding one and all, of this fact "Throw away Bwe's mister" in tones which make it impossible for anyone to leave Grenada without having gathered at least one piece of local colour.

On my travels in this part of the world, I have always been on the look-out for coconut based products, especially soap. Of course, all the town shops stock well-known brands of imported toilet soaps made from slaughterhouse waste (mutton fat, whale oil, etc.) and they deny any knowledge of locally produced coconut oil soaps which I was convinced, nevertheless, must exist. Here at last in Grenada we found someone who knew someone who worked in a soap factory up in the hills. My companions were not in love with the idea of "wasting" a day looking for a possibly non-existent soap factory but I was determined. After getting long, colourful and entirely misleading directions we found, not the factory, but the man who knew where it was. Luckily the language spoken on the island is English (sort of) or we should never have got as far as this. Now we were getting somewhere, but where? When we eventually arrived at the site, we recognised it as a shed we had already passed twice! This was the Temple Man. Company, Grenada, W.I. But it was well worth the trouble—to me anyway. We saw, on a "conducted tour" through both halves of the corrugated iron building, the coconut being crushed and squeezed, the resultant oil (and soda?) being boiled—this outside at the back—and dyed a nauseous blue. Finally the coagulated mass being pressed into tablets (one at a time, by hand!) and then packed into boxes for delivery to village stores.

On leaving we were each presented with a tablet (lump would perhaps be a better word) of this rather foul smelling *sapo elegans* only to discover later that it contained grit and small stones! The somewhat caustic remarks I received can well be imagined of which "Now perhaps you're satisfied" was by far the most restrained!

It appears that, because it is so cheap to make, its "public image" is low and this is why no one so far seems to have considered making a good quality refined soap from the abundant oils on their doorstep. It would provide employment for quite a few people if someone would start up such a business, and would be a good thing for native labour—as well as for the animals. But not so good for the financial interests of the established soap companies, of course.

Progress? In this very fertile island, with its abundance of vivid blossoms growing wild, we actually saw plastic flowers in the taxis. How lazy (and civilized) can you get?

For some unaccountable reason the local fruits are known by most un-fruit-like names. "Penny Piece" is a plum-like yellow fruit, and one very similar to a tangerine is called "Fat Pork"! Ugh!

The mountain Grand Etang with its lake 1,740 feet above sea level in the centre of a volcano, and the bird sanctuary in a 5,000 acre forest, are "musts" for tourists, unless, of course, they have been "too busy" inspecting soap factories! These and the famous waterfalls and natural swimming pools I shall hope to see "some other time".

Barbados, truly named "Queen of the Caribbean" has been a British colony for over 300 years. It has a happy, relaxed atmosphere and many reminders of home, such as Salvation Army lasses energetically shaking collecting boxes on the main roads in Bridgetown. The R.S.P.C.A. is represented here also. All over the island place names such as Hastings, Worthing, and even Trafalgar Square complete with a Nelson Monument, bear witness to the long association.

A magnificent deep water harbour was completed only four years ago at a cost of thirty million W.I. dollars. The harbour police are picturesquely dressed as they were in Nelson's day.

Unlike the other islands, which are mostly volcanic in origin, Barbados is built of coral limestone and in many places, the top soil is too shallow to support large trees. However, there are some magnificent mahogany and breadfruit trees, and one called Rose of Shannon which has dahlia-like blooms on leafless branches. Of course, cane sugar is the main product and there are forty processing factories on this smallish island (21 x 14 miles).

A popular native food called Poan is made from grated coconut, pumpkin, corn, sugar and spice. With it they drink considerable quantities of mauby, distilled from the bark of a tree and flavoured with sugar and cloves.

I always thought "Regulars" were soldiers, but in Barbados they are little black ants (harmless) which we were told are found in every house and are regarded with tolerance or even, like "Jenkins", a certain amount of affection. Jenkins is a mental hospital of which the Barbadians are certainly very proud.

Looking at some budget figures for 1948/9, we noticed that although the allowance for Prisons was £135,720, Old Age Pensions accounted for a mere £56,000 and Social Welfare only £311. This out of a total of over £1,400,000. The average yearly income for a labourer was then around £22. There is still unemployment, and overpopulation is an acute problem. Nevertheless, there seems to be little real hardship here—by comparison with some of the other islands, and it is definitely a place one would like to get to know better. Here I did not feel guilty because I have breakfast every day and actually possess two skirts!

Martinique. There is little I can add to what I wrote in 1963 about this run-to-seed once-French possession, except that this time the people seemed even poorer and sadder, and we saw a dead rat in the gutter in the principal street in Port au Prince.

The really depressing thing about this is, that in Martinique it is quite in keeping and does not really call for comment. Up in the hills, where we spent most of our time on our first visit, flamboyant trees, gaudy ginger plants, azaleas, priscillas and giant ferns grow wild in jungle-like profusion, fed by many tumbling streams.

In such ideal growing conditions, fruit is plentiful and cheap (by our standards) and limes, aubergines and huge avocado pears—one of my favourite foods—delighted us. I remember those avocados every time I see them marked up at 4/6d. each in London!

St. Thomas. (One of fifty islands bought from Denmark in 1917.) A. U.S.-owned island in the Virgin Group. Vacation place for many Americans, hence its air of comparative affluence. Has a few good shops selling luxury goods from many countries. It was our first visit of only a few hours' duration, so I have only first impressions. Perhaps my diary notes will give those best. "Dry, hilly, prosperous. Airfield, Americans, Hilton Hotel (Tourists for the use of), Roosevelt Park, no beggars, T.V., Americans, Bluebeard's Castle (where the notorious pirate and Anne Bonney hid their treasure), Swiss Watches, Scotch Whiskey and Tweeds, Americans, French perfume, American clothes—some native islanders." There was a little more than this though; the street of ninety-nine steps for instance, which has been featured on our television because of its beauty. I expect to be going there again when I hope to have more time and hope to visit the French village Cha Cha Town.

We tried the local drink, Daiquiai, which is made from bananas, white rum and ice. It looks pretty harmless but nevertheless the rule is no more than one to any European. The island

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divides the Atlantic and the Caribbean and as it is only four miles wide it is possible, from high points such as Drake's Seat, to see both seas at the same time. By the way, it was here we saw some healthy-looking cows—grazing outdoors too—the Liberty Bell, commemorating the freeing of the slaves in 1848, a "hill tramway", some junk-type houseboats anchored in the harbour, and papaya trees, but very little cultivation, probably due to the low rainfall.

Now six days homeward across the Atlantic and 2,720 miles to Funchal on the Portuguese island of Madeira. Back to shuffleboard, boat drill, swimming, sunbathing, trying not to over-eat, and keep fit exercises on the top deck before breakfast. The gymnasium instructor was an ex-boxer named Dominic Volente and quite a "character". Born in Liverpool of Italian parents he was North of England Featherweight Champion from 1925—1933 and in a tour of America in 1930, won eight out of his nine fights (he drew the other one). On retiring from this life, he spent twelve years as physical Instructor at Liverpool University and has been eleven years with the Cunard Line. Although during this time he had worked with film actors, politicians, the famous—and some of the others—(the stories he could tell!) he had never lost that Liverpool/Latin accent. "Keeping Fit" under his tuition was also a mental exercise and we were sometimes hard put to it to translate. For instance, he made his own "embarcation" in which he had great faith. To me he confided that "It is only holive erl and the oak of a hag shooked up well together".

After exercises, which promised to reduce our "toomies, ips, tighs and lags," we would be urged to "breed dipply" and not forget to eat only "wolemill brad". He and I argued about nutrition, music and medication—and got along fine. He caught me entertaining the class one day by standing up front and imitating him, but he enjoyed the joke too and when we left the ship, made me a present of a skipping rope he had used daily for many years. Of course, he had replaced the rope a good few times and the handles once or twice over that time! It is still giving very good service.

The delights of Madeira are very well known, the clean cobbled streets in Funchal with their mosaic pavements, the flower and orange sellers in their brightly coloured national costumes (an armful of heavily-scented mimosa costs 1/- and a three-foot tall basket of orchids as little as 15/-), and the neat orderliness of everything is so refreshing.

The main industries are basket weaving and embroidery which are done to perfection. There are British cars and flowers here too, but the latter are all outside. A bright, cheerful, perfumed, lovely place. The only sad note is the knowledge that we are nearing the end of the trip. In another three days we shall be home to unsympathetic customs men, with our memories of sun,

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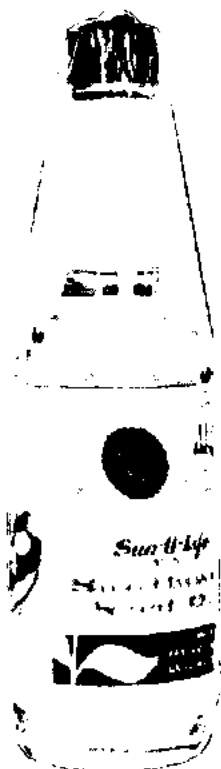
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READERS' LETTERBOX

Dear Sir,—I thought I had been shocked too often ever to be stricken with blind, helpless fury again.

But today I have read a suggestion in a National Newspaper that Britain's family doctors should "question" parents of an injured child if they suspect cruelty or maltreatment, as the known number of "battered babies" is growing alarmingly.

Good heavens! Isn't this done already? One would imagine that anyone, doctor or not, who saw an injured child and even half suspected cruelty, would report the matter, not merely ask questions!

But no, only now are doctors "requested" to report to the N.S.P.C.C. signs of ill-treatment of children. To "encourage" this, a list of inspectors has been printed in Medindex, a doctor's guide to drug treatments.

It is Professor Keith Simpson, head of the Forensic Medicine Department at Guy's Hospital who seems to have been leading this campaign to make the medical profession "more aware(!)" of child cruelty. In his capacity as Home Office Pathologist, Professor Simpson has first-hand knowledge of babies battered to death. As 4,000 cases were investigated last year in Great Britain, one dare not think what the real figure would have been if all suspected cases had been reported as he suggests.

One question burns in my mind—How can these children grow up normally, loving one another, co-operating with their fellow men, and seeing that animals receive only just and humane treatment?

Essex.

V. DOMINEY.

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