THE VEGAN NEWS

(Quarterly Organ of The Vegan Society.)

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VEGANISM is the practice of living on fruits, nuts, vegetables, grains, and other wholesome non-animal products.

VEGANISM excludes as human food: flesh, fish, fowl, eggs, honey, and animals' milk, butter and cheese.

VEGANISM aims at encouraging the manufacture and use of alternatives to animal products.

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Quotation. "It often happens that the universal belief of one age - a belief from which no one was, nor without extraordinary effort could, at that time be free - becomes to a subsequent age so palpable an absurdity that the only difficulty then is to imagine how such a thing can ever have appeared credible."

John Stuart Mill.

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EDITORIAL.

It is not our wish to hide the fact that strict Veganism involves us in new problems, chiefly of a social nature. The world is organised to cater for the orthodox, and those who choose to depart from orthodoxy must be prepared to lay their own roads. They must do so under hostile criticism from many quarters, often from people whose profession of faith would seem to qualify them better as co-builders.

In the face of opposition, Vegans are strengthened by the conviction that their precepts are logical, scientific and humane, and that critics must, therefore, be using false arguments. We believe that flesh-food is intended for carnivores, and that milk is intended for babies. History will surely record the grown man attached to the cow's udder as one of the more humorous episodes in evolution. Also, we believe that eggs and honey are designed solely to serve vital purposes in the lives of birds and bees, and that they are out of place in the diet of a frugivorous creature. We think these are Nature's dictates, and in following them we feel we are on the side that has the better credentials.

We have arrived at our present position not by any sudden burst of sentiment or food faddism, but by years of reflection from many aspects. A broadened conception of morality, involving us in our behaviour towards the rest of sentient creation has set us striving for a freedom which none yet can claim. We seek to emancipate ourselves from parasitism on animals, which we see to be undignified, unhygienic, uneconomic, and inevitably cruel. The mutilation and slaughter of creatures as highly sentient as ourselves presents us with a grave responsibility, for morally there seems to be no difference between such behaviour and similar behaviour to human beings. Moreover, as we cannot accept the development of conscience as an evolutionary accident, we maintain that conscientious impulse should be a factor for

consideration in scientific approach. We reject the common claim that man has the right to torture, and we see morality as a fallacy if its tenets must be broken to meet the demands of the living process. We have the faith that collectively we can solve the problems arising from our desire to be humanely fed, clothed, and otherwise provided for. Who can say that the purpose of our existence is not to test our reaction to the cruel conditions that surround us, in qualification for higher responsibilities later? Certainly we can claim that a truly humane order of society can be built only by those who have the vision of it, and who accept cruelty as a personal challenge.

Quite apart from ethics, or the appalling prospect of retribution for atrocities committed, we see no reason to warrant the high praise given to certain animal foods by both orthodox and unorthodox dieticians. So far as we are aware not a word of opposition has yet been uttered against Mr Willink's recent statement that there is no better investment than putting milk into babies' stomachs. Cow's milk was, of course, implied. For the benefit of those about to invest, the following impressive evidence supplied by the League of Nations Committee on Nutrition should prove useful. A few years ago a large scale enquiry was made at the Infant Welfare Centre at Chicago, in which more than 20,000 infants were concerned. Of these, 48.5% were breast-fed, 43% were partly breast-fed, and 8.5% were wholly artificially fed. All the infants received the best care the Centre could give. The mortality rates for the three groups were as follows:

	No. of Infants.	Total Deaths.	%
Wholly breast-fed	9,749	15	0.15
Partially breast-fed	8,605	59	0.7
Artificially fed	1,707	144	8.7

It will be noticed that mortality among the artificially fed babies was fifty-six times greater than among the breast-fed. Four of the 9,749 breast-fed babies died of respiratory infections; 62 of the 1,707 artificially fed babies died from this cause. Similar results were obtained when the League's Committee conducted observations in six European countries and four South American countries. It would appear that Nature had reasons for constituting human milk differently from that of cows. The fact that human milk is the only food which no one sells, perhaps accounts for the fact that our commercially inspired Ministry of Health is attracted more to dubious schemes necessitating the sale of artificial preparations than to basic principles of health. Clearly every effort should be made to encourage breast-feeding and to investigate the tragedy of the ever increasing number of mothers who find themselves unable to give milk. May not a contributary cause of this be the increased consumption of cow's milk, particularly during the period of pregnancy? We know that when a gland is provided with the secretion it should manufacture, it soon loses power to do so. The malfunctioning pancreas soon packs up altogether if insulin from animals is injected. Might not the human mammary glands be taking similar exception to the unnatural intrusion of animals' milk? It is well known that in Victorian days poor mothers who could not afford to buy milk made their gruel with water, with good results. The idea that milk is needed to make milk is a fallacy, and it may be causing more trouble than can be traced.

Tooth Decay in New Zealand.

A brochure loaned to us by the High Commissioner for New Zealand states that since 1937 a half-pint free ration of milk has been available to 84% of the 282,000 school children in the Dominion. The milk is provided in all types of school, and is taken by 75% of the children. A second ration is sometimes available for those who wish to have it. The children have firmly established the habit of taking morning milk, and on non-school days they buy their usual ration from vendors or milk-bars. More milk is, of course, taken by the children at home. The quality is higher than in this country.

A person recently back from New Zealand tells us that nearly all the adults there have false teeth, and that many of the elementary school children have full double sets. Tooth decay is so serious that the Government provides free dental treatment up to the age of 19. It is clear that a diet rich in calcium from milk does not guarantee good teeth. The New Zealand children get enough calcium to grow tusks, yet their teeth decay almost as soon as they appear. Either the calcium in milk is not assimilable

by children beyond the age of infancy, or there is some drastic influence at work destroying the teeth as quickly as they are made. It is difficult to think of any such influence which does not also apply to the children of this country, who receive less milk and whose teeth are better. The trouble in New Zealand can hardly be due to lack of vitamin D to fix the calcium, for N.Z. has more sunshine than we have, and the air there is much cleaner. According to orthodox teaching the amount of vitamin D in the milk, butter and cheese consumed in N.Z. should be adequate.

This high incidence of dental decay prompts one to question the statement made recently by Sir John Orr in his maiden speech in the House of Commons. Having said that there was no malnutrition in N.Z., Sir John later added that the condition of the teeth is an indication of health. If this is true and there seems good reason to think it is, then it is difficult to agree with Sir John that there is no malnutrition in the Dominion. Granted, the diet conforms well to standards now recognised as being scientific, but the results suggest plainly that the scientists have gone astray. The very high incidence of cancer in New Zealand is also a fact that truth seeking students in dietetics should not ignore.

The craze for supplying calcium to children in the form of milk is not easy to understand for there are richer sources of supply in many common green vegetables. Maybe the following extract from the brochure from the New Zealand High Commissioner throws some light on the mystery: '-- it is found that the Scheme has been particularly beneficial in that it has served as an outlet for the surplus milk which in the past has had to be placed on the markets in the main centres at cut prices, which have been ruinous to distributors and producers.'

We do not doubt that animal foods are rich in many food substances, indeed we suggest that for human food they are far too rich. Not without good reason, we think, has Nature arranged for a low percentage of certain elements in many of man's natural foods. Diet charts based on phemical analyses teem with dangers for those who are attracted by high percentages. It would seem that chemistry aided by philosophy will achieve more for us than chemistry alone.

We attach great importance to the fact that human milk is low in its protein (1.07%), for if this suffices to nourish the body when it is growing faster than at any subsequent period, it would seem that the diet for adults need not exceed this percentage of protein. Thus fruits, vegetables and grains qualify better than flesh, eggs and dairy produce. The additional advantage that fruits and vegetables are usually protected by skins, pods, shells, or husks, renders them sterile and spells greater safety for their consumers in a world where not all germs are converted to the cause of human well-being.

D.W.

THE DIET OF TUBERCULOUS PATIENTS.

(A note by Dr Cyril V.Pink.)

A note has appeared in the magazine published by the Bircher-Benner Clinic in Zurich concerning the observed effects of wartime diet on tuberculous patients in Switzerland. As a result of the general reduction in the quantity of food taken, particularly the limitation of fat and protein, the patients lost weight but there was no deterioration in the progress of healing. This observation indicates that it was not the customary "feeding up" but other therapeutic measures employed in the Sanitorium which are curative. Impressed and encouraged by the excellent results achieved by a comparatively low protein diet including a high proportion of uncooked food, certain doctors have renounced the "feeding up" doctrine, but opposition to this advance has come from their patients. It seems that the acquirement of layers of fat is felt by them to be an insurance against disappearance from this physical world and in some clinics protests amounting to minor revolts occurred when attempts were made to introduce the new dietary.

LETTERS.

A correspondence of several hundreds of letters have been received during recent months. They reveal great interest in our ideas, and though many have been critical, the criticism has usually concerned practical difficulties rather than our moral and physiological precepts. It has been decided to include in each issue of the magazine selections from correspondence received, and to add brief replies.

The Problem of Soil Fertility.

Sir,

Your publications have accidentally come my way and I have read them with interest and sympathy. Neither of these qualities is sufficient to induce me to join your Veganism, but I am pleased to see someone apparently trying to carry out vegetarianism logically.

You have, however, in my opinion, another step to go. There is that most important and indispensible by-product of our domestic animals, without which many of the so-called natural foods would not be available, namely, muck. It is agreed by the more enlightened that artificial manures will gradually ruin soil fertility; composting and green manuring have only a limited application; sewage is unsuitable, so you have quite a problem.

In any case, to make your articles of faith strictly logical you will have to include "neither will I eat produce raised on ground fertilised by the manure of cattle, pigs, poultry, etc."

R.Wilkinson. (Pershore)

(The implication here is that Veganism, if practised generally, would lead to the degeneration of agriculture, owing to drastic reduction in the number of animals. There seems no justification for this assumption. If animal dung is necessary then Veganism alone among the various dietetic systems will free sufficient land to increase the animal population and so make good the prevailing deficiency. Animals then would live naturally (as did the buffolo in Canada and America); their health would be restored; the soil would regain its fertility, and exploitation would be replaced by symbiosis. A large animal population of this kind would be no drain on the soil, as their bodies, and the products of their bodies, would never be taken away. The increase in fertility would be cumulative. The amount of land available for the purpose may be estimated from the fact that Britain could feed 200,000,000 people on a Vegan diet. (See the careful calculation made by H.H.Jones, B.Sc. in his booklet "Can Britain Feed Herself on Home-Produced Foods?", obtainable at 3d from The Vegetarian Society, Bank Square, Wilmslow, Manchester.)

We question, however, the need for animal dung. Sewage is dangerous only because it comes from flesh-eating people. The excreta of all carnivorous creatures is dangerous, while the herbivora and frugivora the world over live safely among their droppings. The colonic flora is determined by diet. We know of many Vegans who have used their night-soil for years to fertilise their gardens, with excellent results. We happen to know of others who for aesthetic reasons have dispensed entirely with the use of excreta for fertilising, and who keep their land in good heart by the use of green manures, ground rocks, leaf mould, lime, peat-moss and vegetable compost. Ed.)

Honey.

Sir,

Congratulations on the first three numbers of "The Vegan News", so packed full with facts and figures on the milk racket.

I am bound, however, to dispute the issue with you on the consumption of honey, for, apart from exploitation, important as it may be, you advance no reasoned argument supported by facts why honey is detrimental to the human system.

If we are to be guided by the principle of exploitation, then we should be consistent, and we should abstain from consuming any cereal, vegetable or fruit produced by the exploitation of the land. All these crops are exploited or forced to bear more abundantly than they do under natural conditions, and, like bees, crops become more prone to disease the more they are forced by artificial fertilisers and other means, and are just as

likely to and undoubtedly do imperil health.

No Sir, we must have more facts about honey. Is honey, for instance, a disease or germ carrying product? Has it to be pasteurised or similarly treated to be safe? Is it a growth promoting product, or has it other characteristics that render it liable to cause such a widespread affliction as cancer?

I submit that there is an immensely greater gap between cows and bees than there is between bees and crops, and, whilst I cannot subscribe to the practice of excessively exploiting bees, I do feel that the honey question is one that belongs to the sensible tilling of the land, and should be tackled with it when disseminating the enlightenment that must also of necessity be brought to this other facet of human living.

Our task is immense enough in all conscience if we are thoroughly and completely to overthrow the milk vested interests; why should we saddle ourselves, therefore, with another particularity in support of which we have as yet scanty evidence?

E.P.Adcock. (Sanderstead.)

(We have no evidence to suggest that honey is dangerous as a human food. We do not use honey because its production necessitates the exploitation of sentient creatures, and this, we think, is of more importance than any of the finer points of dietetics. The object of The Vegan Society is to oppose the exploitation of sentient life whether it is profitable to do so or not. We cannot accept Mr Adcock's contention that the exploitation of bees is analogous to that of the soil and plants, for whilst we agree that exploitation in any sphere encourages disease, we think the moral issue arises only when such exploitation affects creatures possessing a nervous system sufficiently highly developed to suffer by it.
As the annual consumption of honey in this country is only a small fraction of a pound per head, honey cannot be regarded as a dietetic life-line, whatever its food value. Chemically it may pass the test as a useful human food, but philosophically it fails even more ingloriously than does cows's milk, for whilst the latter is at least intended for a mammal, the former is for another order of life entirely. We maintain that as an average of a million miles have to be flown by bees to collect two pounds of honey, the bees have first claim to it. Moreover, 2/9 a pound is rather a high price to pay for sugar.

It is questionable whether early man made use of honey, for until he devised an ingenious system of self defence he could not have held his own against the spritely deputation organised by the hive to negotiate with visitors who cannot mind their own business. -Ed.)

Sir,

I wonder if you are aware that by inversion of cane sugar into laevulose and fructose one can obtain a perfect substitute (or alternative) to honey. According to analyses, honey consists almost entirely of the a/m sugars and is almost entirely lacking in vitamins and minerals. Here is the method of inversion: Dissolve 1000 grams of cane sugar in 300 c.cs of water. Add 1.1 gram of Tartaric Acid and boil for 30-40 minutes.

F.Simpson. (Tadcaster.)

Sir,

--- I much enjoy reading "The Vegan News"; it's full of pep and grit and ginger.---

M.P. (Northampton.)
(To new readers: the above is not the recommended Vegan diet. - Ed.)

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Said the poor little hunted ermine
"There's one thing I cannot determine,
If a dame wears my coat
She's a person of note,
But when I wear it, I'm called only vermin."

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Formation of a London Group.

A London Group of The Vegan Society was formed on Saturday, July 14th, at The Attic Club, 144 High Holborn W.C.1. Thirty-six people were present with Mr Paul Spencer in the Chair. Mr Arthur Reed, 27 Sedgwick Avenue, Hillingdon, Middlesex, was elected Hon. Secretary, and the following were elected to serve on the Committee: Mrs E.B.Shrigley, Mr Paul Spencer, Mr Barry Green, Mrs E.Jepp, and Mr Sowan.

Several Members spoke of their Vegan experiences.

Mr Reed said that two raw meals a day had kept him well and fit whilst on strenuous building work.

Mrs Shrigley spoke of her reasons for being a Vegan. The diet was clean, humane, and logical.

Mrs Henderson had once been offered a drink of human milk. She could not take it, and this made her realise that she should not drink the milk of animals either.

Mr Henderson tackled the problem of entertaining and visiting. He and his wife had decided to give their guests Vegan food, and it had proved successful. On holidays and when visiting they had found people sympathetic and interested.

Mr Green said that Veganism was the natural outcome of the vegetarian embryo. It was a step towards the ultimate goal of true living.

Dr Louis Naturist said he had been a Vegan for thirty years. You avoid disease by keeping away from animal food. He had obtained remarkable results with raw food diets with patients in many parts of the world. Lacto vegetarians were humane on a cheap basis.

Dr R.Kirkpatrick. (M.B., F.Z.S.) associated tooth decay with milk drinking.

Mr M.Cheshire. suggested a Vegan community for those who wish to explore the full implications of Veganism.

Mr Crabb emphasised the importance of guest houses. He and Mrs Crabb hoped to open a Vegan guest house in the Western Highlands next year.

Mr and Mrs Henderson spoke of organised Vegan holidays at home and abroad.

The next meeting of the Group will be at 3p.m. on Saturday, Sept. 22nd at The Attic Club. Mrs Barbara Moore-Pataleewa will speak on -
"VEGETARIANISM - AND BEYOND"

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The Vegan Trade List.

The earlier announcement that the Society had undertaken to produce a list of commodities guaranteed free from animal matter, was warmly received. This list will not be sufficiently comprehensive for publication until original recipes can replace the many ersatz materials now being used. The Society's Officers are making enquiries in several fields, and their findings will be published in "The Vegan News" prior to publication in booklet form.

Mr Spencer has received reports from manufacturers of tooth-pastes. It traspires from the correspondence that all tooth-pastes contain glycerine as the lubricant, and that this can be of animal, vegetable, or mineral origin. It is not general for manufacturers of tooth pastes to prepare their own glycerine, and in some cases it has not been possible for them to obtain from their suppliers the necessary guarantee that the glycerine they use is non-animal. This applies to the following: Pepsodent. T.C.P. Tooth Paste. Maclean's Tooth Paste. Milton Antiseptic Tooth Paste. Euthymol. Genozo. Kolynos. Solidox.

Colgates and Forhans have given guarantees that their tooth pastes are free from animal matter. Colgates manufacture their own glycerine from vegetable oils, and they assure us that their Palmolive soap also is made entirely from vegetable oils. We have also obtained a guarantee that Selto Dental Salt is entirely free from animal matter. Messrs Colgate Pamolive Peet Ltd. remind us that the chalk they use is the bones of prehistoric creatures, but we doubt if even the most vegan Vegan will object to this! If so, he or she should try apples. They cleanse and nourish in one operation - an advantage no manufacturer can claim.

In England Now. "Herb bear, sold here. Our own bruin."

Salt.

In the last issue of "The Vegan News" Mr W.S.James gave the warning that those who do not get salt from animal food should take it in moderation in its inorganic form. Mr James contended that salt is a dietetic necessity and that people with leanings towards more natural systems of feeding should be careful not to include salt among the other condiments that can, with advantage, be omitted.

Vegans would do well to keep an open mind on this subject. It would be extremely unfortunate for the Cause if over zealous food-reform Vegans suffered in health through lack of a commodity which can be had so cheaply. Protein deficiency and salt deficiency bring about very similar symptoms and for this reason Veganism might be blamed for giving an inadequacy of protein, when all that is wrong is lack of salt.

There seems little doubt that vegetarians in general have a temperature somewhat lower than meat-eaters. This may spare them the inconvenience of suffering from certain infections associated with germs that do not thrive in a temperature lower than 98.4 degrees, though chilliness is not pleasant. Our investigation into the question of the use of salt has brought forth some evidence which seems to account for this lower temperature of certain vegetarians and Vegans. Physiologically there seems no reason why meat-eaters should be warmer than we are, for we have access to all the starches and sugars which are the heat-producing foods. Animal food is not a cheap or convenient way of supplying heat to the body. As a result of including in his diet one teaspconful of salt a day over a period of six months, a Member finds his circulation has improved very considerably. Other factors of his life have remained as before. Mr James sends the following notes relative to this observation:

"The experiment carried out by the enthusiastic Vegan is a most interesting one. I pointed out in my previous remarks in "The Vegan News" that there was a certain danger of people experimenting with the Vegan diet finding that it did not give them sufficient energy, and that this might be due, not to insufficient protein, but to lack of salt. It is an unnecessary risk, even in these temperate climates for anyone, especially vegetarians, and still more, Vegans, to deny the body of an adequate amount of salt, one of the essentials for an active life.

"The Member finds that a better body temperature results from adding salt to his Vegan diet. This is not difficult to understand. The chief heat producer in the body is the oxydising action that takes place on muscular contraction, and the efficiency of the muscles depends upon a certain definite concentration of salt being maintained in the blood. If the chemical mechanism is upset by a low salt concentration, it is no wonder that the heating system appears faulty and that 'poor circulation' is complained of. The experiment suggests that those who say they have a poor circulation, should try the effect of adding a little salt to their food.

"In certain hot and humid factories in Lancashire the workers are given salt water to drink, and the results have been very significant. The British Army in the Red Sea compels each soldier to drink a glassful of salt water daily, and the experience of the men is that they cannot keep up their normal activity without it. Moreover, in the July issue of "Health and Life" Dr H.Valentine Knaggs mentions the use of diluted sea water for hypodermic injection and as a drink. Our blood stream, he suggests, needs replenishing from its original source. He recommends that the salts from evaporated sea water are valuable for human beings, especially in the tropics. Nature-cure enthusiasts will note that this comes from an eminent nature-cure authority. I suggest that Vegans be reasonable in this matter, and do not adopt the dogma that salt is unnatural an abomination, and a poison. This dogma, I suppose, was inherited from the creed of the nature curists. It should be dropped overboard, back into the salty sea, and not made part of Veganism."

W.S.James. M.Sc.

Since the appearance of Mr James' article in our May issue, no one has produced any evidence to challenge his claim that salt is a necessity of life for people living in the tropics. A Member has written stating that as monkeys must be considered approximately equal to human beings physiolcgically, it would be interesting to know whether they partake of sodium chloride. In reply to an enquiry that was sent to the Zoo on this matter

we are informed that all monkeys and apes show eager desire for salt, and that 'searching for fleas' is really searching for particles of salty skin flakes. All the monkeys at the zoo are given salt, Under natural conditions monkeys go to salt licks. The manager of a circus has also informed us that he gives his monkeys salt.

In his book "Science and Everyday Life" J.B.S.Haldane F.R.S. gives the following information on this subject:
"Besides organic constituents in food - that is to say, complicated carbon compounds - we need inorganic substances - that is to say, water and minerals. Some are needed in very large amounts, some in the tiniest traces.
"Our greatest need, after water, is sodium chloride, or common salt. We need it for a very curious reason. It is not found in most cells of our body, nor in most plant cells. They contain potash salts, and there are plenty of these in every kind of food. But it is found in our blood.
"--- In the majority of fish, and in all land animals, the blood corresponds to sea water diluted with about three times its volume of fresh water. And the lives of some babies who had lost much water and salt from diarrhoea have been saved by injections of diluted sea water.
"-- We cool ourselves by sweating, and sweat contains a good deal of salt. The need for salt is particularly felt by vegetarian animals which sweat, for there is very little salt in most plants.
"Our horses and cows are very often short of salt, That is why they lick one another in summer. The only horses which I have ever seen which got all the salt they could possibly want were the pit ponies in a Cheshire salt mine. They had licked great holes in the wall of their underground stable.
"Men who sweat a great deal feel an instinctive need for salt. Miners in deep and hot mines eat far more bacon and kippers than the average of the population, and some of them put a little salt in the drinking water which they take underground. If they run short of salt they may get cramp in the limbs of stomach.
"The same applies to other workers who sweat very greatly, such as ships' firemen. The firemen of Scandinavian ships eat more salt than those of British ships, and are therefore less affected.
"But the need for salt is most felt by vegetarians in hot countries such as India. Here it is a necessity of life.

Further evidence favouring the use of salt is found in "The Physical Basis of Personality" by Prof. V.H.Mottram. "----- In Addison's disease the kidney loses its power of holding back sodium salts in the blood; consequently the blood is depleated of sodium and there is an excess of potassium. Such a loss of sodium from the body may be provoked by living on a saltless diet and submitting to hot-air bathing sufficiently prolonged to produce intense sweating. In the sweat produced there is much common salt or sodium chloride.
"A week or so of such treatment, getting rid of a third of the sodium in the body, brings on a set of symptoms closely resembling those of Addison's disease. There is immense lassitude; distressful breathing on walking up a flight of stairs; inability to think out quite simple mental problems; incapacity for mental or ordinary arithmetic; lack of judgment and inability to carry out the next step in a series of manipulations. So much depends upon the balance of the chemical substances in the blood, and the maintenance of a normal balance depends upon the activity of the suprarenal cortex. If the sodium complement of your blood is lowered, your character changes."

The Vegan Society will be pleased to have any data concerning experiments which Members may choose to make with salt in their diet. It is suggested that such experiments should be continued for at least three months before particulars are sent.

Veganism Introduced to Cosmotherapy.

At the A.G.M. of the Bureau of Cosmotherapy, held at Leatherhead on July 22nd, Dr Philip Kilsby L.R.C.P., L.R.C.S. spoke in advocacy of Veganism. Mr G.A.Henderson followed by outlining the aims and activities of The Vegan Society. It is likely that an article on Veganism will appear in a forthcoming issue of "The Cosmo-Vitalist".

Correspondence Relating to Rations for Vegans.

Members may wish to learn of the efforts that are being made to obtain special rations. The correspondence to date is as follows:

The Food Minister.

The Vegan Society,
Leicester.
5th June, 1945.

Dear Sir,

Early in the war special food rationing concessions were granted to vegetarians. May I, on behalf of The Vegan Society, ask if similar concessions could be granted to our Members? We do not use the 12 ozs of cheese granted to vegetarians each week in lieu of meat and bacon, for as you will see from the enclosed Declaration Form we do not use any animal food whatever.

We have fifty Members, and we suggest that in place of meat, bacon, milk, cheese and eggs, we need an additional ration of fat, and more Points. It has always seemed anomalous to Members of this Society that the special concession to vegetarians should be in the form of a food which contains a slaughtered animal product - namely, rennet, and we trust you will see your way clear to respect in a practical way our more strict humanitarian habits.

I suggest that our Members could send their new Ration Books to your Department in London for cancellation of all meat, bacon, milk, cheese and eggs coupons, and that the Books could then have attached to them an appropriate slip qualifying the holders to obtain alternative foods.

The Vegan Society has made a most careful study of the cruelties associated with the production of dairy produce and our strong moral objection to these foods is proved by the fact that we have adhered to our principles throughout the difficult war years.

You will agree, I think, that in view of the very stern conditions for qualification, even generous concessions to our small number would not be likely to result in a stampede to join our ranks for ulterior motives.

I am, etc.

Donald Watson.

The Vegan Society,
Leicester.

Ministry of Food.
29th June, 1945.

Dear Sir,

I write in reply to your letter of the 5th of June in which you request special supplies of fat, and more points coupons for members of your Society in exchange for their meat, bacon, milk, cheese and shell egg allowances.

Your request has been put before the Ministry's medical and scientific advisors but they are unable to recommend that special concession should be made in favour of your members since the foods you ask for are in no way nutritionally equivalent to the foods which they are prepared to surrender. They consider that the case of the vegetarian is entirely different for he exchanges meat protein for other types of protein, and as the Ministry is only justified in granting extra rations, or allowing alternative rations where there are strong scientific or nutritional reasons for the provision it does not I am afraid feel able to grant your request.

Yours faithfully,
B.Knott.

The Ministry of Food.

The Vegan Society,
Leicester.
3rd July, 1945.

Dear Sir,

I thank you for your letter of 29th June, relating to the application made for special rations for Members of The Vegan Society.

I should be grateful if you would make known to the Ministry's medical and scientific advisors that my Committee cannot agree with their contention that the foods for which we ask are in no way nutritionally equivalent to those we are prepared to surrender. With extra Points we

could obtain protein in the form of lentils and tinned beans, whilst an additional ration of fat would serve in lieu of the considerable amount of fat which others have from meat, bacon, fish, milk, butter and cheese. May I stress the point that Members of this Society are not merely prepared to surrender all these rationed foods for alternatives, but that already we are abstaining from such foods on grounds of moral principle and that we shall continue to do so whether our request is met or not.

We cannot reconcile the Ministry's refusal to meet our request with the concessions already granted to vegetarians. If these concessions were made in respect for the moral feeling of vegetarians, we consider it unfair that we who are more consistent in this direction, and who for that reason do not eat cheese because of the rennet it contains, should be denied some alternative concession.

Your letter does not state what the Ministry's medical and scientific advisors would recommend the fifty-five Members of this Society to eat in place of the rationed foods they do not use. I cannot think that the Ministry's advisors consider the fat and protein at present granted to meat eaters and vegetarians to be unessential luxuries, nor can I believe that the Government wishes to see any section of H.M. subjects penalised - still less made to suffer in health - owing to a religious conviction.

May I suggest that a deputation from this Society be permitted to interview the Food Minister?

I am, etc.,
Donald Watson.

The Vegan Society,
Leicester.

The Ministry of Food,
23rd August, 1945.

Dear Sir,

In reply to your letter of the 3rd July relating to the application made for special rations for Members of The Vegan Society, I have to inform you that where in the Ministry's view there are no strong scientific or nutritional reasons for doing so, the Ministry is not prepared to make special arrangements to meet the desires of individuals.

With reference to your suggestion that a deputation be received by the Minister, the Minister is so fully occupied with matters of greater importance that I do not see my way to recommend him to receive a deputation from your society.

Yours faithfully,
S.W.Hood.

The Ministry of Food,.

The Vegan Society,
Leicester.
28th August, 1945.

Dear Sir,

I thank you for your letter of the 23rd instant, referring to my application for special rations for Members of The Vegan Society.

The rejection of the application is interesting, for if in the opinion of the Ministry's advisors there is no scientific or nutritional justification for granting alternative rations to those who do not take flesh, fish, fowl, eggs, milk, butter and cheese, it would seem that these foods themselves cannot be claimed necessary on scientific or nutritional grounds. This I know to be flatly contradictory to the published opinion of the Government's scientific advisors. Thus, my Committee feels that discrimination is being made in favour of meat-eaters and vegetarians, presumably because they are bigger groups. If so, this represents a departure from professed Government policy in this part of the world.

As stated in earlier correspondence, Members of The Vegan Society will continue to abstain from all products of animals' bodies, and, on grounds of conscience, they will not exchange their rations of any such food for other foods which fall within t eir dietary. The respective coupons will, therefore, be available at any time that the Ministry realises our appeal has been unjustly dismissed.

I am, etc.,
Donald Watson.

A Vegan Centre?

Birds of a feather flock together, therefore it is not surprising that many Vegans have been enquiring whether a scheme or schemes might be developed to bring them more closely together. A Vegan community has been suggested, and maybe those who have the communal urge will get together and start life anew. The history of communal living, however, appears to record few attempts that have been successful, owing either to the uncompromising nature of those who have formed the colonies, or to the possibility that the family unit is the ideal for man and that all alternatives are doomed to varying measures of failure. A more generally acceptable scheme might be to fix upon some town or area as a centre to which Vegans could migrate and settle. Such a scheme in practice would have obvious social advantages and would be free from the irksome conditions often found even in the best regulated communities. Such a district would seem to call for these qualifications:

1. Good soil.
2. Mild climate suitable for fruit growing.
3. Variety of occupation within a ten miles radius.
4. Pleasant scenery.
5. Accessible to main line railway.
6. Off post-war air routes!

Suggestions of districts conforming to these conditions would be welcomed.

Shame on the 'nut cutlet' for
Making verbal obeisance to the carnivore;
Is this the way to prove that nuts
Breed guts?

(From a "New Statesman" Clerihew Competition.)

Carrying the hint a step further, we should realise the obeisance implied by the term 'nut-milk'. Is there no more Vegan word or phrase?

The time is also ripe for someone to produce a word to denote a humane person. The word 'humanitarian' seems to be wrongly used by all animal welfare societies. Dictionaries tell us that humanitarian means one who denies Christ's divinity and claims him to be a mere man, or 'one devoted to human interests'.

Extract from "The Origin of Food Habits" by H.D.Renner. (Faber and Faber.)

Fresh milk is not suited to our times. You might even call it a ludicrous product. If you kill a sheep or other animal for food, that means a unit in regard to labour of at least fifty pounds, or for a bullock a multiple of that; it may be cumbersome, but from skin to bone it can all be used, and in the user's own time. But if a cow is robbed of her milk, it is not only a cumbersome business in itself, but you get only a gallon or two at a time. This has to be collected, along with the milk from other cows, in a vessel of a size readily transportable by one person. These cans have then to be rushed to town, where the milk has to be sterilised, bottled, and the bottles distributed and paid for, according to a detailed and ever changing plan, the empty bottles having to be collected and washed again. And all this fuss with milk in order to distribute a substance containing nine-tenths water, and from the remaining tenth of which even milk sugar amongst other things could easily be replaced by cheaper available sugar. And since the cow has to be milked twice daily, and since milk does not keep, it is a seven-day-a-week-job at both ends. Apart from all this, the cows have to be maintained and reared to render milk, so it is little wonder that such a product is an expensive food compared to cereals, although the work connected with it is poorly paid. The origin of milk consumption in towns was the town kept cow and the possibility of sale without much handling. One nuisance has been replaced by another."

Recipes.

By Ann E.Owens.

Rich Wholemeal Cake.

¼ lb Nutter or Suenut grated.
¼ lb sugar.
¼ lb dates.
¼ lb currants.
1 despnfl treacle.
¼ lb sultanas.
½ lb Pitman's flour.
2 level tsps mixed spice.
2 ozs ground nuts.

Sift flour into basin with mixed spice; rub in fat; stir in sugar and prepared fruit; stir all together with treacle and water; bake for 1½ to 1¾ hours in moderate oven.

Lemon Curd.

½ lb sugar.
2 ozs nut-butter.
Juices of three lemons.
Grated rind of one lemon.

Put sugar, butter, lemon juice and rind in a stone jar and boil the jar in a pan for an hour at least, stirring occasionally.

Uncooked Lemon Curd.

Cream any nut-butter with sugar and add juice and grated rind of lemon slowly, mixing all the time. Quantities: ¼ lb nut-butter. 2 ozs sugar. and amount of lemon to consistency required. For immediate use.

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Whipped Cream (Recipe by Eva Watson.)

½ teacupful cold water.
1 oz margarine.
Vanilla essence.
½ despnful cornflour.
1 tbsnfl icing sugar.

Blend water and cornflour. Heat and beat. Cool. Cream margarine and sugar. Add cornflour sauce in small amounts. Beat. Add flavouring.
(and eat - Ed.)

Notes and News.

Those interested in the forming of a Vegan colony in the sub-tropics are asked to contact Dr Louis Naturist, The White House, Tring, Herts.

Celery salt contains Casein and is, therefore, not Vegan.

At a recent meeting held under the Technical Development Committee in Cardigan, a large group of agriculturists and others accepted favourably the proposal to add dried blood to cows' winter food in the proportion of 1 to 16. ("Cardigan Advertiser" 9.3.45.)

Three thousand children under the age of five die in this country each year from bovine tuberculosis, whilst thousands more contract it.
"Farmer's Weekly."

Congratulations to Mrs Mary Ann Lane, of Largs, who at the age of 83 is, we believe, our oldest convert to Veganism. Any advance on 83?

We learn that elephants are weaned at the age of five. The important point here is that they are weaned. Moreover they live for a long time after that - some for as long as 200 years. Lions and tigers usually die around the age of 20 - and they sleep most of the time they live.

Early in September Mr and Mrs Little will take over a 16-acre market garden at Winscombe, Somerset. They are willing to provide Vegan diet for guests. Address: "Maytrees", Hillyfields, Winscombe, Som.

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