



Health, Animal Rights, and Ecology

Volume I, No.3, December 1990

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### PRESIDENT'S MESSAGE



Aloha Friends,

This newsletter is being printed at the beginning of the holiday season. We have just enjoyed a memorable Thanksgiving dinner at Country Life Vegetarian Buffet, which brought many of us together in a spirit of friendship and community. The holidays are a time when people are busier than usual, attending social functions, decorating homes, choosing gifts and sharing with the less fortunate. The pleasure these activities bring us usually far outweighs the effort involved in planning them.

The Vegetarian Society also has important activities to plan during this season. From January 20 through 27, we will be the local hosts for The YES! Tour, in which several outstanding vegetarian teenagers will visit Oahu. The leader of this dynamic group is Ocean Robbins, son of *Diet for a New America* author John Robbins. YES! stands for "Youth for Environmental Sanity", and the group will be touring the country telling high school students about the environmental problems caused by the American diet and lifestyle. Of course they will offer a healthy, compassionate and earth-supporting alternative. They will present assemblies in our high schools, followed by a more intensive weekend workshop. There will be an evening program open to the public on Thursday, January 24. The YES! Tour will generate media coverage too, so the message it brings will reach many people. (The group will be on the outer islands earlier in January.)

The tour requires a lot of advance planning, and this is where we urge you to help. If you are a parent with high school children, you can help us contact school administrators to set up an assembly in your school. Call Cynthia Smith at 595-5316 for further information. If you have contacts in the press, radio or television and can help us arrange interviews for these young people, please call Ruth Heidrich at 536-4006. We need someone to arrange a workshop for the weekend of January 26-27, either in a large private home or in a retreat-type location. We also need some type of fund-raising activity to help offset the cost of the tour. An organizer's manual with more details is available at our office.

The Vegetarian Society now numbers more than 100 members. Many of you are dear friends of ours by this time; others are intriguing names on the mailing list and we look forward to meeting you in person. This is a chance for us to work together to promote environmental sanity in Hawaii. The YES! Tour will be a great success if each of us takes the time to contribute something to it. Please call us right away and let us know how you can help! Best wishes for the holidays,

-Elaine French

## ANIMAL RIGHTS HAWAII

Cathy Goeggel reports that The Sea Shepherd II, under the command of Captain Paul Watson (a skipper not to be trifled with: he *sinks* pirate whalers), was in town from mid September to late October. Repairs were the name of the game. The ship had rammed two Japanese driftnetters, sending them home with driftnet winch problems, but the Shepherd took some damage too. A shipboard open boat party Oct. 21 featured vegetarian food catered by Down to Earth, the music of *Melodious Think*, several pieces of retired driftnet as door prizes, and many new members for ARH. TV coverage by channels 4 and 9 helped raised public awareness and the SSII left with a modest stipend of \$1500. Captain Watson heads next through the Panama canal to intercept Taiwanese driftnetters now operating in the Caribbean. The Sea Shepherd then heads to Canada to protest the baby seal slaughter in March, and finally to monitor the feeble efforts of the International Whaling Convention, meeting in Iceland.



Cathy also reports that Peter Linck, a lobbyist for the National Alliance for Animals, spoke at the Hawaii Humane Society Saturday, Nov. 11 on "Animal Protection Into the Nineties: where we've been, where we're heading, and how to be politically active."

ARH has a Humane Shopping Guide, and they're selling Ingrid Newkirk's "101 Ways to Save the Animals", and "The Animal Rights Handbook", each for \$4.95. They also need volunteers to help coordinate The Great American Meatout, scheduled for 3/20/91. ARH has 300 members and meets the 1st Weds. of each month. Call Cathy at 261-6192 for further details.

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### WINTER 1990-91 CALENDAR OF ACTIVITIES

Tuesday, December 11<sup>th</sup>:

Monthly meeting of the Society. Gary Hickling and Christopher Jones Ph.D. of the Hawaii Green Party will give a talk entitled "Vegetarianism and Politics". The Greens are an environment-oriented political party whose ideals include vegetarianism. 7:00 P.M. at the Kaimuki Public Library, 1041 Koko Head Avenue (at Harding). Tuesday, January 8<sup>th</sup>: < BR> Monthly meeting of the Society. Elaine French, President of the Society, presents an introductory talk on vegetarian cooking entitled "Veggie for a Week". 7:00 P.M. at the Manoa Public Library, 2716 Woodlawn Drive.

Tuesdays, January 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup>:

Series of three low fat, no cholesterol vegetarian cooking classes taught by Elaine French. Elaine taught cooking classes for Dr. John McDougall for several years and contributed many recipes to the McDougall cookbooks. Space in the classes is limited, reservations are made by sending payment in full to the Vegetarian Society of Honolulu. \$50 for members, \$55 for non-members. 6:30 to 9:30 P.M., call 395-7822 for location and details.

Thursday, January 24<sup>th</sup>:

Special meeting of the Society for a presentation by The YES! Tour (Youth for Environmental Sanity.) Ocean Robbins, son of author John Robbins, and three other vegetarian teenagers present their highly-acclaimed program. 7:00 P.M. at Kaimuki Library.

Tuesday, February 12<sup>th</sup>:

Monthly meeting of the Society. Dr. Cromwell Crawford speaks on the topic "The Animal within Us". Dr. Crawford is the Chairman of the Department of Religion at the University of Hawaii at Manoa. He has a masters degree in philosophy from Indiana University and a Ph.D. in theology and comparative ethics from the University of California at Berkeley. He is the author of five books, and currently teaches Indian studies and ethics. 7:00 P.M. at Kaimuki Library.

Sunday, February 24th:

Meet at Country Life restaurant at 6:00 P.M. for a casual dinner. No reservations. This is a good opportunity to meet and socialize with other vegetarians. Ten percent discount for Society members. 421 Nahua Street in Waikiki, between Kuhio and Ala Wai Blvd. Parking at Outrigger West with partial refund on leaving.

Every Monday night from 7:00-8:00PM, KGU radio (AM 76) presents "Nutrition and You", hosted by Dr. Terry Shintani and Ruth Heidrich. Events of the Vegetarian Society will be announced on this program.

## BOOK REVIEWS

Bovard, James

*The Farm Fiasco*

Institute for Contemporary Studies

San Francisco 1989

ISBN 1-55815-001-3

Luttrell, Clifton B.

*The High Cost of Farm Welfare*

Cato Institute

Washington 1989

ISBN 0-932790-70-4

Off the Leash WB Park



Harriet left the farm and made a whole new life for herself. Then one day. . .

The idea of agricultural subsidies became reality after the First World War when farm profits, artificially raised by European wartime demand, began to sag. Since then, as both these authors document, the Federal Government has persistently and disastrously intervened in all aspects of farm economics. Farmers are paid not to raise crops. Cheese, butter, wheat, and corn are stockpiled until they spoil. Weak farm groups are routinely sacrificed to other farm groups with more political clout. Foreign aid programs devastate native agriculture and only marginally help our own.

In 1989 the tobacco industry got price supports of \$366,993,000, about \$33,068,000 in "Non-Price Support Related Activities", and a 33% tax break in its \$3 billion advertising budget.

Dairy lobbies give congressmen \$1-2 million/year in contributions and get \$1-2 billion/year in subsidies. In 1986 1.6 million cows were slaughtered, with USDA blessings, to keep dairy prices up, and the carcasses dumped on the open market. The unprotected cattlemen saw their markets drop 15% as a result.

Taxpayers also lose \$3 billion/year to sugar supports, \$145 million to wool, \$250-300 million to peanuts, and \$100 million to honey (this figure is equal to the market value of US honey production). Cotton and rice also score nicely.

A logical first target for reform: cutting off federal funds to the tobacco industry. Citizens should not have to pay the bills three times: first time to grow a product they may not use, second to see some of their money diverted into noxious propaganda which is then used against them, and third to pay the medical bills for those citizens foolish enough to use the product.

The same arguments can be used against the animal food industry. Politically savvy vegetarian and ecology groups should be aware the tobacco industry is the first in a long line of sitting ducks moving up the firing range in that unique shooting gallery called the USDA.

Proponents of free market agriculture can be found across the political spectrum from William F. Buckley to John Kenneth Galbraith. If agricultural price supports were dropped, the animal food industry would have to sink or swim. The statistics in John Robbins' *Diet for a New America* do not suggest much buoyancy.

-Bill Harris, M.D.

## MEET OUR MEMBERS



Bodil Anderson is a lively Swedish woman who owns and operates a vegetarian health retreat in Kaaawa. Her three year old Plantation Spa has already made a name for itself by attracting celebrity guests from the mainland. It was featured as one of the 25 best spas in the United States by Conde Nast Traveler magazine, and people pay top dollar for her vegetarian meals, yoga, massage, water sports and numerous outdoor activities. The friendly, intimate facility can accommodate 14 guests at a time, and there are nine full time staff members. Half of her guests are Hawaiian residents.

Bodil became a vegetarian twenty years ago after struggles with arthritis and bronchitis. She learned her health practices from natural health teachers Are Waerland and Alma Nissen of Sweden, whose tradition goes back to the 1930's. She has worked with Karl-Otto Aly M.D., medical director of the famed Hälsofrämjandets Vital-Center in Tällmogarden, Sunnansjö, north of Stockholm.



Bodil has been a resident of the islands for thirteen years, lives on Diamond Head with her husband Dave, and has two grown stepchildren and a nine month old grandson. She and Dave share their quarters with a golden retriever and nine frisky puppies, in case any of our members are looking for a companion animal.

Bodil enjoys outdoor activities, including skiing, sailing, bicycling and a little golf. She also likes to sew and is an avid reader. One of her favorite hobbies is cooking fantastic vegetarian meals for meat eaters, then watching their expressions when they realize they have dined so well without eating meat.

Bodil Anderson is enthusiastic about the future of vegetarianism. She feels that the 90's will be the decade that people finally wake up and realize the damage a meat-centered diet has done to their health and to the environment. She also feels that children are more advanced than adults when it comes to a vegetarian consciousness, because they have a natural abhorrence of killing or eating animals. We are pleased to have Bodil as one of our members and we look forward to the continued prosperity of her Plantation Spa.

-Bill Harris, M.D.

## CHOLESTEROL IS GOOD FOR YOU

A recent news article reported that people who lower their serum cholesterol increase their risk for suicide, homicide, and accidental death at about the same rate they reduce their risk for heart attack. It's an intriguing thought since, as the authors<sup>(1)</sup> note, there's no obvious relationship between cholesterol and behavior.

In six cholesterol-lowering trials involving 24,847 men who averaged cholesterol levels of 260 mg/dL, there was an average 10.5% reduction in serum cholesterol to 233 mg/dL. Right off we know we're not dealing with vegans, since they average 150.8 mg/dL, or lacto-vegetarians, who average 166.3 mg/dL.

The authors suggest that preventing heart disease may increase the likelihood of other causes of death, although it's unlikely that it would all pool in a near doubling of violent death. They hint, in explanation, that monkeys

fed the low fat American Heart Association diet were significantly more aggressive than control animals consuming a diet high in fat and cholesterol. But monkeys *au naturale* are *normally* aggressive and their diet contains little fat, so this observation should be placed in perspective: fat monkeys don't move around much.

The authors quote additional studies<sup>(2)</sup> showing low serum cholesterol concentrations in aggressive, homicidal, anti-social individuals, but a check of *those* references shows these were habitually violent alcoholics, and a second uncited study<sup>(3)</sup> failed to confirm the findings of the first. Some of the trials used diet alone but some others used cholesterol lowering drugs. There's nothing in the article to indicate which subjects went off the deep end, dieters, druggers, or a combination. However, eight out of eight cholesterol lowering drugs in the 1990 Physician's Desk Reference listed neurologic side effects including drowsiness, dizziness, fatigue, weakness, headache, insomnia, peripheral neuritis, blurred vision, anxiety, syncope, and "psychological changes" any of which could reasonably increase one's susceptibility to accidents. One might question from the start the mental status of individuals who pay perfectly good money to buy drugs to lower their serum cholesterol when all they have to do is stop eating the stuff.

It's difficult to sum up. Certainly we're not an immortal species, so if we don't die of heart attacks we have more opportunities to stall, spin, crash, and burn. This study may merely reflect that immutable fact. It also reflects a curious notion of what constitutes "low serum cholesterol" which in all cases turned out to be "high" by lacto-vegetarian and vegan standards.

-Bill Harris, M.D.

## REFERENCES

1. Muldoon MF, Manuck SB, and Matthews KA. *Lowering cholesterol concentrations and mortality: a quantitative review of primary prevention trials*. British Medical Journal 1990;301:309-14
2. Virkkunen M. *Serum cholesterol in antisocial personality*. 1979 Neuropsychobiology;5 (1):27-30. ISSN 0302-282X
3. Stewart MA, Stewart SG. *Serum cholesterol in antisocial personality. A failure to replicate earlier findings*. 1981 Neuropsychobiology;7(1):9-11 ISSN 0302-282X

Rubes by Leigh Rubin



"Come now, old boy, the way I see it those who eat vegetables are vegetarians and those who eat humans are humanitarians"



**Quotable quote:**"Eat as wide a variety of plant foods in as unprocessed a form as possible."

-Suzanne Havala, R.D. and Laura Gilbert, M.S., R.D.

*Issues in Vegetarian Dietetics*

Fall 1990

The Official Publication of VEGEDINE, the Association of Vegetarian Dieticians and Nutrition Educators, is now into Volume IV. It's available at \$10.00/year from:

Diet-Ethics

3835 Route 414

Burdett, NY 14818

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## **RESTAURANT REVIEW**

Beyond Mocha Java (Restaurant Row)

1500 Ala Moana Blvd.

Phone: 531-5282

Hours: Mon-Fri 8:30 AM-10 PM Sat-Sun 10AM-10PM

Beyond Mocha Java is a new and refreshing addition to the Restaurant Row scene. Chef Eddie J. Caraeff offers a selection of six vegetarian dishes plus a special of the day which is often vegetarian. The menu also contains a couple of token meat dishes in case you are dining with meat-addicted friends. The vegetarian dishes are light and creatively seasoned. The majority are vegan and the rest are easily modified by omitting the cheese. Our favorites were the Tantan Noodles, which have a spicy Asian flavor, and the curry which was the special of the day. There is also an interesting dish consisting of three different salads rolled up in a whole wheat chapati and sliced. Their veggie burger is the commercial Gardenburger, which does contain eggs. Due to the minimal use of oil in these dishes and their high vegetable content, a single portion doesn't contain many calories. This is great if you are on a diet, but we actually consumed five entrees between the two of us before we were satisfied. No comments please. Eddie could double the amount of starch (noodles, brown rice or potatoes) in his offerings without significantly raising prices, thereby providing more filling meals for healthy, active vegetarians. There were a number of attractive-looking treats for dessert but all of them contained eggs and/or dairy products.

Leave a green restaurant card with Eddie letting him know if you would like some whole wheat vegan desserts! The youthful modern decor of Beyond Mocha Java was a bit garish for our middle-aged eyes, and the place is very tiny (only one table inside and three outside). However, you can easily take your food to other locations in the common area if you wish. Parking at Restaurant Row is free after 5:00 P.M., and it can be an interesting place for people watching in the evenings.

### **Definition:**

"The mouse is an animal which, when killed in sufficient numbers under carefully controlled conditions, will produce a Ph.D thesis."

-Anon

## RECIPES

### Wild Rice Holiday Stuffing

1 cup wild rice  
1 cup plus 2 Tbsp brown rice  
1 small onion, diced  
1/2 lb. mushrooms, sliced  
2 stalks celery, diced  
1/4 cup low sodium soy sauce  
4 cloves garlic, pressed  
2 tsp thyme  
1 Tbsp Bouquet Garni  
1/2 tsp rosemary  
10 roasted, shelled chestnuts, chopped (or 1/3 cup chopped pecans)

Cook wild rice and brown rice together, covered, in 3-1/2 cups water for 40 minutes. (Can use rice cooker). Chill. In 1/2 cup water, saute all other ingredients except chestnuts. Cook for 10 minutes. Add cold rice mixture and chestnuts and cook, stirring constantly, until hot.



### Healthy Aplets

6 oz. frozen apple juice concentrate, thawed  
1/3 cup cornstarch or arrowroot  
3/4 cup unsweetened applesauce  
1/2 cup chopped walnuts  
1 tsp vanilla

Combine thawed juice and cornstarch in an unheated saucepan and stir until cornstarch is dissolved. Stir in applesauce, then heat over medium high heat, stirring constantly until mixture thickens and clears. Remove from heat and stir in walnuts and vanilla. Spread in an 8x8 pan or loaf pan, and refrigerate until set. Cut in small squares.

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### **VSH CHRISTMAS WISH LIST**



Bits and pieces of a PC computer.

Someone who does snappy line cartoons with a vegetarian or animal rights slant.

Person or persons with UH affiliations to either start a University Vegetarian Society or to act as liaison between VSH and UH.

A bookcase for our growing library of vegetarian reference materials.

A file cabinet.

### **RECIPE OF THE MONTH**

This month we feature "Legumes et Pain d' Americaine" submitted by chef Antoine de Saint Exuberant of the Cafè Maupassant, 7-11 Rue de Balzac, Paris.

The instructions were complicated and in French but we did the best we could:

"Take ze succulent slice of fresh tomato, say 1 cm thick. Add 10 gms of lettuce Romaine en flagrant delicto, and squash ze both of them between deux slices of whole wheat bread. Eat."

We ran this exotic mix through Nutritionist III, our resident computer dietician and got the following analysis:

The nutrient indices are for a man age 25+. (e.g. the recipe contains 1.8 times the protein and 1.1 times the calcium needed per Calorie in the overall diet). The bad news and the good news: there's no B12 or cholesterol.

	RDA	Index
Calories	2900	1.0
Protein(Gm)	63	1.8
Fat(Gm)	96	0.5
Cholesterol	0	0.0
Iron(Mg)	10	4.3
Zinc(Mg)	15	1.3
Vitamin C(Mg)	60	2.3
Thiamin(Mg)	1.5	2.4
Riboflavin(Mg)	1.7	1.7
Vitamin B6(Mg)	28	1.2
Folacin(Ug)	200	4.3
Vitamin B12(Ug)	2	0.0
Panto. Acid(Mg)	5.5	1.8
Calcium	800	1.1



This gourmet feast is also known as a lettuce and tomato sandwich and a more complete investigation shows that if the 25 year old man ate a large loaf of bread, a couple of tomatoes, and a head of lettuce, he would meet most of his Calorie and nutrient requirements for the day.

See how complicated vegetarian nutrition can be?

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Wanted: Walking partner in ZIP code district 96826.

Available: Reprints of Dr. T. Colin Campbell's China Diet Study from Vegetarian Voice. Send \$1.00 to cover xerox, postage, and handling.

## WHAT IS A VEGETARIAN?

A vegetarian is a person who lives on a diet free of meat, fish, or fowl. Dairy products or eggs may or may not be used, depending on personal beliefs.

VEGETARIAN SOCIETY OF HONOLULU

P.O. BOX 25233

HONOLULU, HI 96825

(808) 395-1499





**VEGETARIAN SOCIETY  
OF HONOLULU**

P.O. BOX 25233  
HONOLULU, HI 96825