

VEGETARIAN SOCIETY  
OF HONOLULU



## *Human Health, Animal Rights, and Ecology*

Volume III, No. 2, Jun. 1992



Aloha friends,

Do you want to get in shape for summer swimsuit weather? Since I come from a family of overweight people (my father ran a hamburger restaurant for many years), the topic of weight control has always interested me. There are a zillion weight loss programs around, and most of them involve limiting calories, being hungry and miserable for a while, and then, at the end of the diet, gaining back all the weight that was lost. No one needs that kind of guaranteed failure. What other approach could we try?

Perhaps we should observe various cultures to see which ones have low rates of obesity. Where the people center their diet on starches and eat few or no animal foods, they stay slender throughout life. The China Diet Study showed that the average Chinese person consumes twenty percent more calories, adjusted for body weight, than the average American. In spite of this fact, obesity is rare in China. This can not be fully explained by the differences in activity levels between Americans and Chinese; it is also related to the *source* of their calories. Other studies show vegetarians to be lighter in weight than meat-eaters and to have a lower percentage of body fat, although the calorie intakes of the two groups are nearly identical.

Are you a vegan who is still carrying around extra weight? First of all, remove every trace of excess fat from your diet, including nuts, seeds, avocado, olives, coconut and soy products. You may also need to limit simple sugars, even such healthy ones as fresh fruit and juices. Sweet-tasting foods stimulate insulin production, and insulin increases the quantity and action of the fat-storing enzyme LPL (adipose tissue lipoprotein lipase.) Finally, you must confront the specter of EXERCISE! You don't have to run marathons. A good steady walking program six days a week will burn fat and crank up that metabolism for you. Start at a comfortable level but work up until your pulse gets into the aerobic zone; a relatively fit person may need to climb hills to accomplish this.

This past March, Jerry and I visited the National Institute of Fitness near Saint George, Utah. Dr. Marc Sorenson, the exercise physiologist who owns this fitness resort, knows his science and has great success in getting people on the road to life long weight maintenance. There is no calorie restriction at the Institute, and you are encouraged to eat until you are satisfied. We found the low fat vegan meals to be delicious, and the location of the resort at the edge of a large state park provided miles of walking trails. Zion National Park is nearby for even more spectacular hiking. The price was reasonable and the accommodations were clean and comfortable. Our Board member Ruth Heidrich recently did a presentation at NIF, and Jerry and I will be there to give a series of talks and cooking demonstrations between September 28 and October 11. If you can't make it to Utah to enjoy a fitness vacation with us, you can just read Dr. Sorenson's well-documented book *MegaHealth*; I highly recommend it. And have fun at the beach this summer!

Best wishes,

-Elaine French



## VSH CALENDAR

Summer 1992



JUNE 2, 1992, TUESDAY

Informal dinner at Country Life Vegetarian Buffet at 421 Nahua Street in Waikiki at 6:00 p.m. Bring your VSH membership card and receive a 10% discount. Parking will be partially validated at any Outrigger lot. For more information call 956-7665 (days) or 395-9960 (eves).

JUNE 9, 1992, TUESDAY

Monthly meeting of the Society. 7:00 p.m. at St. Clement's Episcopal church parish Hall. 1515 Wilder Avenue at the corner of Makiki Street. Dr. Stephen Paine, L.Ac., will speak on the similarities between vegetarianism and Chinese medicine.

JUNE 15, 1992, MONDAY

Gather at Yen King Chinese Restaurant at Kahala Mall, across the parking lot from the Yum Yum Tree, at 6:00 p.m. (Brown rice will be available that evening.) For more information call 956-7665 (days) or 395-9960 (eves).

JUNE 20, 1992, SATURDAY

Potluck dinner at 6:00 p.m. at St. Clement's Episcopal Church parish hall. 1515 Wilder Avenue on the corner of Makiki Street. Bring your own utensils and a dish containing no flesh (no meat, fish, or fowl) with a list of ingredients, as many members eat no dairy, eggs, oil, or honey.

JUNE 23, 1992, TUESDAY

Meet at Thai Taste restaurant at 1246 South King Street (between Piikoi and Keeaumoku Streets on the mauka side) for a casual dinner at 6:00 p.m. No reservations are necessary; bring your own brown rice. Limited parking is available behind the building. For more information call 956-7665 (days) or 395-9960 (eves).

JULY 4, 1992, SATURDAY

Celebrate Independence Day at a potluck lunch at the Hawaii Trail and Mountain Club clubhouse in Waimanalo from 11:30 a.m. until 4:00 p.m. Bring your own utensils and a dish containing no flesh (no meat, fish, or fowl) with a list of ingredients, as many members eat no dairy, eggs, oil, or honey. Bring swimming gear, as the clubhouse is a short walk from Waimanalo Beach. 41-023 Puuone Street, Waimanalo, off Kalaniana'ole Highway on the ocean side (phone 259- if you get lost).

JULY 7, 1992, TUESDAY

Informal dinner at Country Life Vegetarian Buffet at 421 Nahua Street in Waikiki at 6:00 p.m. Bring your VSH membership card and receive a 10% discount. Parking will be partially validated at any Outrigger lot.

For more information call 956-7665 (days) or 395-9960 (eves).

JULY 14, 1992, TUESDAY

Monthly meeting of the Society. 7:00 p.m. at St. Clement's Episcopal Church parish hall. 1515 Wilder Avenue at the corner of Makiki Street. VSH editor, Bill Harris M.D. on "The Protein Perplex." How did Americans get so hyped on protein and what are the consequences of eating too much?

JULY 20, 1992, MONDAY

Gather at Yen King Chinese Restaurant at Kahala Mall, across the parking lot from the Yum Yum Tree, at 6:00 p.m. (Brown rice will be available that evening.) For more information call 956-7665 (days) or 395-9960 (eves).

JULY 28, 1992, TUESDAY

Meet at Thai Taste restaurant at 1246 South King Street (between Piikoi and Keeaumoku Streets on the Mauka side) for a casual dinner at 6:00 p.m. No reservations are necessary; bring your own brown rice. Limited parking is available behind the building. For more information call 956-7665 (days) or 395-9960 (eves).

AUGUST 4, 1992, TUESDAY

Informal dinner at Country Life Vegetarian Buffet at 421 Nahua Street in Waikiki at 6:00 p.m. Bring your VSH membership card and receive a 10% discount. Parking will be partially validated at any Outrigger lot. For more information call 956-7665 (days) or 395-9960 (eves).

AUGUST 11, 1992, TUESDAY

Monthly meeting of the Society. 7:00 p.m. at St. Clement's Episcopal Church parish hall. 1515 Wilder Avenue at the corner of Makiki Street. Donald Thomas, ordained non-denominational minister and Executive Director for United Self Help, will speak on vegetarianism and herbal sports nutrition.

AUGUST 17, 1992, MONDAY

Gather at Yen King Chinese restaurant at Kahala Mall, across the parking lot from the Yum Yum Tree, at 6:00 p.m. (Brown rice will be available that evening.) For more information call 956-7665 (days) or 395-9960 (eves).

AUGUST 22, 1992, SATURDAY

Potluck dinner at 6:00 p.m. at St. Clement's Episcopal Church parish hall. 1515 Wilder Avenue on the corner of Makiki Street. Bring your own utensils and a dish containing no flesh (no meat, fish, or fowl) with a list of ingredients, as many members eat no dairy, oil, eggs, or honey.

AUGUST 25, 1992, TUESDAY

Meet at Thai Taste restaurant at 1246 South King Street (between Piikoi and Keeaumoku Streets on the Mauka side) for a casual dinner at 6:00 p.m. No reservations are necessary; bring your own brown rice. Limited parking is available behind the building. For more information call 956-7665 (days) or 395-9960 (eves).

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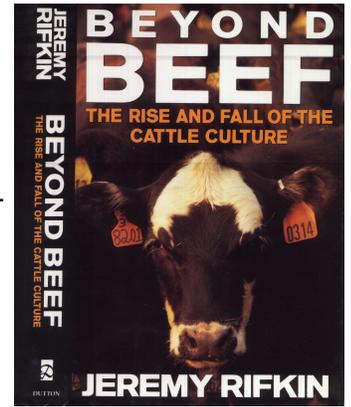
## BOOK REVIEW

Rifkin, Jeremy

*Beyond Beef: the rise and fall of the cattle culture.*

Dutton, 1992. ISBN 0-525-93420-0. \$21.00

"The Line should be certainly drawn at non-resident aliens who take their large profit to foreign countries." Is this a local politician railing at 1992 Japanese land speculators? Nope, it's an 1884 Chicago editorial attacking British cattle barons operating in the western United States.



Jeremy Rifkin, the scourge of modern biotechnology, has assembled in excellent typo-free prose style, a massive indictment of the beef industry, with more to come. His research director, Erik Jansson, provides 47 pages of reference material, which by itself is worth the price of the book. The result is a new insight into the ecological and political consequences of what Rifkin calls "the cattle culture." From diverse and dependable sources we learn that the beef fetish started with the bull-god Apis, whose entrepreneur, the pre-dynastic King Menes was the winner in a power struggle between Upper and Lower Egypt, circa 3000 B.C. From there, the cattle culture infected stone age Eurasian cowboys, the Kurgans, who used their horses and their cattle to overwhelm the relatively peaceful agriculturalists of central Europe. Wherever the culture spread, there arose a well fed and predatory upper class and a disenfranchised peasantry, left with marginal lands and barely enough food for survival. Rifkin confirms Henry Bailey Stevens' allegation (*The Recovery of Culture*, Harper, New York 1949) that war is a Sanskrit word meaning "desire for cows". That, incidentally, squares with current data showing that Lesotho, in southern Africa, where the ancient art of cattle rustling is still a tradition, has the highest homicide rate in the world.

The Celts brought "a fierce warrior bull cult" to Iberia in 400 B.C., and Roman invaders overlaid it with a Mithraic bull religion. The sacrificial remnants of this theological mish-mash can still be seen in the machismo of today's bullfight. The bad taste of spoiled meat triggered an appetite for spices to hide it, and in Columbus' attempt to find a shortcut to the spice islands (Ceylon and Indonesia), he hit the New World instead. Conquistadors then unloaded their longhorn cattle in the West Indies and Mexico. Spanish cavalry and herds of cattle decimated the Aztecs, converted the survivors to the true faith, and used them for cheap cowboy labor.

When the "fat beef" appetite hit the English upper class in the late 1700's, it pauperized Irish and Scottish peasants, whose land was expropriated to browse cattle, leaving them with small monoculture subsistence farms. Then the potato blight hit Ireland in 1846 and mass starvation and immigration to the U.S. were the result. The British cattle barons next fixed their attention on the grasslands of the western U.S. and, by killing off the buffalo, starved out most of the native American population with the collusion of the U.S. government.

Masculine military prowess must be the payoff for the beef countries. The hitch: militarism in the nuclear age is obsolete; the mightiest of carnivorous warriors can be blown away with equal ease by the push of a button or by the fat in his own arteries. Rifkin's book is a must for readers who want to know how our world ever got bent into its present bizarre shape. -Bill Harris, M.D.

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## RECIPES

### Manicotti (Courtesy of Mary McDougall)

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- 16 manicotti shells
- 1 batch Marinara Sauce\*
- 1 tsp oregano
- 1/2 tsp basil
- 1 yellow onion, chopped
- 2 cups drained and mashed firm tofu
- 2 Tbsp low sodium soy sauce
- 1/4 cup whole wheat flour
- freshly ground pepper to taste
- 1 10-ounce package frozen chopped spinach, thawed, drained and well squeezed

- 1/2 tsp dill weed

Saute the onion in a small amount of water for 5 minutes. Remove from heat, add the tofu, soy sauce, flour, oregano, basil, dill weed and pepper and mix well. Crumble the spinach and add it to the mixture, stirring well. Preheat the oven to 350 degrees. Place about 2 cups of marinara sauce in the bottom of a 9" x 13" baking dish. Stuff each manicotti shell with some filling mixture (pack rather tightly for the manicotti expand when cooked.) Place them side by side in the baking dish and cover with the remaining marinara sauce. Cover and bake for 35 to 40 minutes. Let rest a short time before serving.

### **Marinara Sauce**

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- 2 onions, chopped
- 4 cloves garlic, crushed
- 8 oz. mushrooms, chopped (not sliced)
- 2 15-oz. cans tomato sauce
- 1 tsp basil
- 1 16-oz. can tomatoes, cut up
- 2 tsp oregano
- 1 1/2 Tbsp parsley flakes

In a large pot, saute onions, garlic and mushrooms in 1/2 cup of water for 10 minutes. Add tomato sauce, tomatoes and spices and simmer over low heat about 1 hour. Do not cover. Serve over whole wheat pasta.

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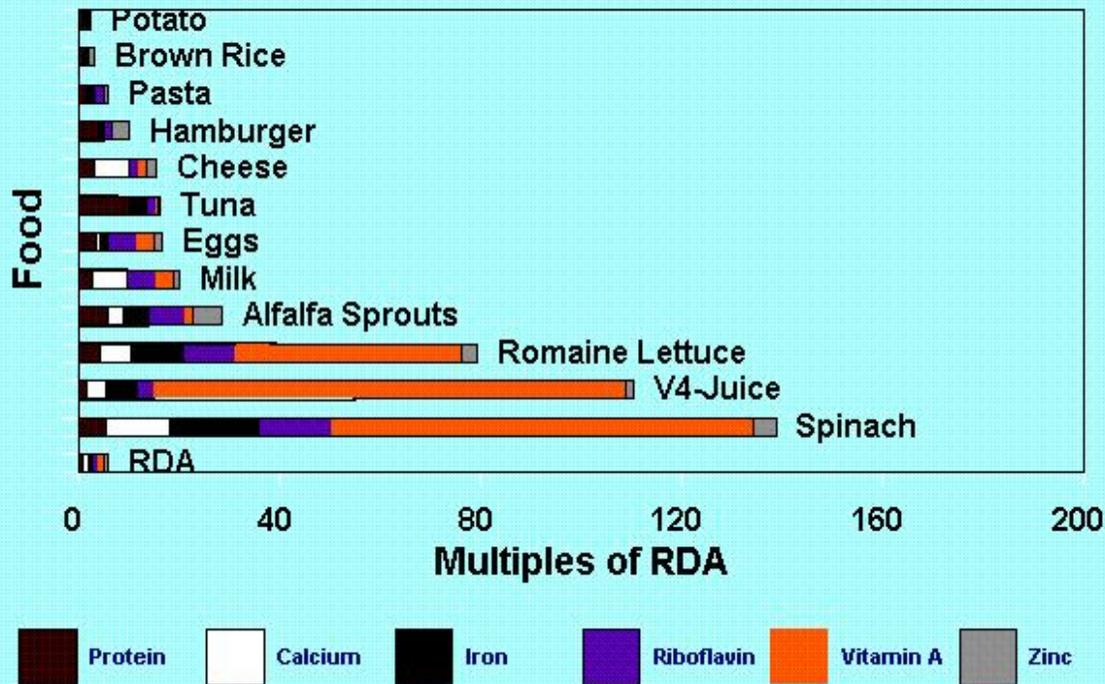
### ***EAT YOUR VEGGIES, DEAR***

Recipes are very popular in our VSH newsletter and in Vegetarian Times. Apparently people are stymied by the question "How do you cook vegetarian?" As it happens, the answer is, "You don't really *have* to cook at all." Humanity has only used fire 400,000 years, and all other animal species remain healthy eating uncooked food; there's no obvious reason present-day humans should be an exception.

Raw food vegetarians have long argued that cooking is a mistake since some vitamins are lost, and also because cooks have an annoying habit of adding sugar-fat goodies to what would otherwise be healthy food. There's another argument, so far unmentioned by the raw fooders: for the six nutrients shown in this stacked bar graph, the raw vegetables have a much higher nutrient/Calorie ratio than the animal foods, and also than pasta, rice and potatoes, which are traditionally cooked. Of course there are more than six nutrients, but a brief analysis suggests that if these six critical ones are present in adequate amount, so will be the other forty odd.

# Raw vs Cooked

Nutrients in 2200 Calories



The V4-Juice is in the proportion 1 carrot, 1 tomato, 1 celery stalk, and 1/2 bunch of parsley, run through a juicer with a squirt of lemon juice added. About eight quarts (2200 Calories) of this stuff would satisfy all (except vitamin B<sub>12</sub>) of your day's Recommended Dietary Allowances (RDAs) with big-time bonuses of protein, calcium, vitamins, and minerals, and no saturated fat or cholesterol. The spinach would be more of a challenge, since it would require roughly a bushel of spinach, a reasonable goal only if you'd like to become a grazing animal for the day. We're also looking at 30 lbs of Romaine lettuce here. Labelling problems preclude giving the volume or weight figures for the animal foods, and the cooked starchy foods, but one can easily eat enough of them to meet Calorie requirements. Their nutrient value is considerably less, however.

Herein lies the problem: the human stomach maxes out at one quart, so on a raw food vegetarian diet, the stomach is filled, nutrient requirements met, and appetite quenched with only about a third of the day's Calorie requirements on board. Maybe that's why raw fooders usually look healthy but *slender*.



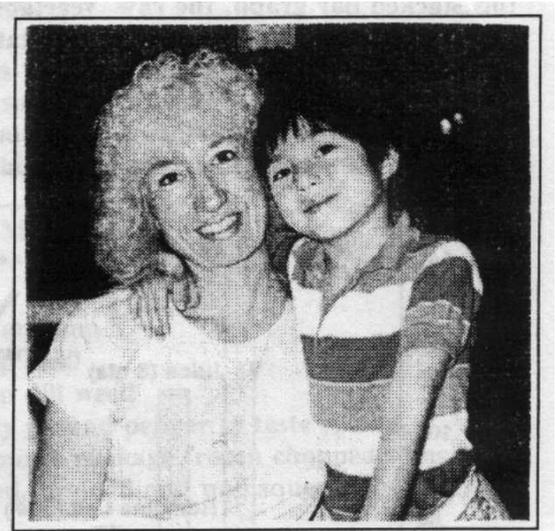
**MEET  
THE**

**MEMBERS**

Cheryl Chung joined the Vegetarian Society of Honolulu at our second meeting, back in 1990, after hearing about us on K108's "Nutrition and You." Since then she's done yeomanly service as our phone tree coordinator, which had a lot to do with the success of the John Robbins lecture in 1991. More recently she worked with Eliot

Rosen's Committee to Improve School Lunches. That's a matter of particular interest since her son Dustin, a free thinking 6-3/4 year old at Kapuaahala Elementary School in Kaneohe, is also a vegetarian. Before and after the public hearing on SB 3195, which specified an optional vegetarian entree for school lunches, Cheryl lobbied and called all 25 State Senators.

Raised in the Finger Lakes region of upstate New York, Cheryl came here in 1965 to earn her B.A. in Sociology at the University of Hawaii. Expecting to return to Elmira, instead she married Calvin Chung in 1967, when they were both Bank of Hawaii employees. Calvin continued on with the bank and Cheryl became an Employment Specialist for the State of Hawaii. Calvin, however, developed kidney failure a year and a half later, and spent the next twenty years on outpatient dialysis. Cheryl and Calvin helped found the Hawaii Kidney Foundation, wrote its bylaws, and secured its tax-exempt incorporated status.



Dustin was born in 8/85, and brought joy to a family weary with life's problems, but Calvin died in 9/88 after 36 hospital admissions. By then, Cheryl had lost several other family members: a sister to a brain tumor, mother from intestinal rupture, her mother-in-law and three grandparents to other causes, and it was time to take stock. A tiny newspaper ad by John McDougall, M.D., looking for participants in his breast cancer/diet study, did the trick. Cheryl became interested, and attended all of the McDougall lectures she could. She went vegetarian and noticed that her chronic gastroenteritis vanished. She converted her 80-year-old widower dad to the veggie diet, and his previously diabetic blood sugar level dropped to normal range. His vigor now allows him to travel, keep house for himself, and play the violin publicly.

Dustin is a bright and friendly kid. His art work was displayed at various Oahu malls last year in the Praise Art exhibition. He has played on an AYSO soccer team for two years, and performed the Chinese lion dance at his school the last three years, while his blonde mom from New York explained the Chinese culture to local kids at New Year. This year he participated in a Windward Schools Speech Festival, which could be useful training for his announced goal of physician-educator. There may still be people left to convince about the merits of vegetarianism, even twenty years from now when he finishes medical school. Dustin's good health began with seven months of exclusive breast feeding, and progressed to starches, fruits, and veggies, while still nursing.

Both Mom and Dustin started their progressive diet modifications for health reasons, but through participation in VSH, have learned to see ecological and animal rights issues as equally important.

Cheryl especially likes VSH because, she says, "While it has not compromised on teaching the ideal nutritional principles, it does not police or push, end treats people with respect, because most of us, if we are Americans, were unfortunately not born vegetarian".

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### THE THREE DOT VEGETARIAN

Feb 14,15,16 VSH held down a booth at the Health and Fitness Expo at Blaisdell Center. Ruth Heidrich spoke on the importance of vegetarianism and exercise Feb 1S...VSH board members taught an eight lecture adult education DOE course on vegetarianism at Kaiser High School this past quarter. Topics included cooking (Elaine French and Jerry Smith), ecology (Cynthia Smith), raw foods and sprouts (Eliot Rosen, MSW), quick veggie meals, exercise, and ethics (Ruth Heidrich)...Ken Thomas taped his regular channel 22 PEP show at the VSH Mar 10 meeting. The nicely edited results were seen Tues PMs on channel 22 at 8:00 through the month of May...VSH also showed up far the Honolulu Community College Health Fair on 3/18/92 and Elaine's vegetarian chili recipe, prepared by the HCC kitchen crew, was gone in a flash. Kids will eat anything that's free, of course, but they scarfed the chili down even faster than they usually put away hamburgers... In April, VSH went to the Earth Day activities at the University of Hawaii and distributed literature and books...VSH editor, Bill Harris

M.D., lectured twice for the Hawaii Heart Association on cutting cardiovascular risk with the vegetarian diet...Linda Day was featured speaker at the April 14 VSH meeting and gave us the ecological reasons not to eat meat. Linda has a flair for PR and media outreach and we're really happy she was just elected to the VSH Board of Directors...Pat Moore ran the VSH booth at the Leeward Community College "Go to Health" Fair on April 22...VSH has adopted a highway; and what a picturesque highway it is! We pick up roadside trash between Hanauma Bay and Sandy Beach about four times a year and thousands of daily commuters see the word Vegetarian on the Adopt-A-Highway sign. First cleanup was actually fun, according to Eliot Rosen, and to get in on the Jun 14, Sun 9:00 AM effort you should call him at 732-9555....Ruth Heidrich as usual won her running age group Sunday May 17th...VSHer Anne Braswell is leaving the islands, to our regret. She did the VSH accounting for us, so if you're experienced in keeping the books and would like to help, please call us at 395-1499.

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## ANIMAL RIGHTS HAWAII



SB 2606, which would have appropriated \$30,000 to plan a slaughterhouse to replace the defunct Hawaii Meat Co. facility on Middle Street, was finally killed in Rep. Joe Souki's House Finance Committee, but that's probably not the end of it. Funding for a state supported livestock facility will likely turn up buried in some general appropriations bill later and we'll have to go to bat again when it does. Keep posted if you agree your taxes should not be used to support the meat industry.

ARH/VSH members Gailynn Williamson and Linda Day did a first rate job on the Great American Meatout Mar 20. First, Linda and husband Jim turned up in living color in the food section of the Star-Bulletin Mar 18. Beatlewife Linda McCartney's Chili Non Carne was the featured recipe. Cathy Goeggel was interviewed by Mary Zanakis on TV 2 KHON the same day. Alaina Lynch showed vegetarian announcer Dick Allgire (TV 4 KITV) some nice gourmet veggie food from her Avante Garde Catering establishment on 3/1Y. Only one VSH member showed up to join two dozen ARH picketers at Burger King that day, but in defense let it be said the board members were out of town. TV 9 KGMB showed the ARH/VSH protest at the Fort St. Mall MacDonald's for which Keith Krueger dressed in a cow suit! (It was really a bull suit, according to Keith, but everyone was too bashful to look). Linda and Keith dropped off veggie breakfasts and were interviewed by Michael Qseng on AM KQMQ, and by K108's Lectra Anderson.

In short: *myriad mild-mannered moral members moved many media moguls to munch meatless Meatout morsels.*

### Quote:

**"The ordinary flesh-eater, if he be a man of any perception, is always fain to acknowledge, on being pressed, that there is something in the usual mode of feeding which clashes with his finer sense of what ought to be."**

**-Anna Kingsford, M.D. 1848-1888**