

THE ecologist

PRESCRIPTION ADDICTION

What doctors
won't tell you
p32

Do you work for a Psycho?

FRIENDS IN FAT PLACES

Why is the government so
scared of the food industry? p17

BEHIND THE LABEL

Perfume p30

GET OFF OUR LAND...

Do we need farmers? p25



THINK GLOBAL, BUY LOCAL 32-page definitive guide to ethical shopping • p67

Editor Zac Goldsmith
Editor's Assistant Layla Dayani
Managing Editor Harry Ram
Deputy Editor Jeremy Smith
Associate Editor Matilda Lee
Sub-editor Ben Skelton
Science Editor Peter Bunyard
Art Director Peter Bishop
Distribution Manager Belinda Bush
Advertising Manager Zayda Kebede
Marketing Manager Selina Barker
Press enquiries Jan Howells
Researchers Electra Gillies, Natasha Scripture, Rowan Gray, Ben Davis, Petra
Publisher Tyler Moorehead

Founding Editor Edward Goldsmith
Editorial Board Helena Norberg-Hodge, Steven Gorelick, John Page, all of ISEC

SUBSCRIBE NOW

As a not-for-profit magazine we rely on subscriptions to keep going.

To subscribe call 01795 414963
Online www.theecologist.org

JOIN THE ECOLOGIST NETWORK

We have a growing team of passionate Ecologist readers around the UK who are helping to promote the magazine and its issues in their local areas.

If you'd like to help, email us at supporters@theecologist.org

Editorial Office

Unit 18, Chelsea Wharf,
15 Lots Road, London, SW10 0QJ, UK
Tel: +44 (0)20 7351 3578
Fax: +44 (0)20 7351 3617
Email editorial@theecologist.org
Website www.theecologist.org

The Ecologists International Serial Number is ISSN 0261-3131. The Ecologist is a member of the Independent News Collective (INCK), Periodicals Postage Paid at Rahway, NJ. Postmaster: Send address corrections to: The Ecologist, c/o Mercury Airfreight International Ltd, 365 Blair Road, Avenel NJ 07001.

All information correct at time of going to press. All rights reserved. Reproduction in whole or in part is prohibited without prior written permission of the copyright owner. No responsibility will be accepted for any errors or omissions, or comments made by writers or interviewees. Views expressed and goods advertised are not necessarily the views of, or are endorsed by, Ecosystems Ltd.
Printed in UK by The Friary Press
© The Ecologist 2004.

Printed on Emerald FSC made from up to 75% recycled post-consumer waste and at least 17.5% certified pulp from well managed forest independently certified in accordance with the rules of the Forest Stewardship Council, supplied by Paperback under chain of custody SGS-COC-0621. FSC Trademark 1996 Forest Stewardship Council A.C.



AVEDA

the art and science of pure flower and plant essences

mind at rest.

Follow our path to peace. New Caribbean Therapy™ body care creates sanctuary at home. Our Bath Soak blooms into a milky, skin-softening oasis of Caribbean mango, lime and aloe. Our Body Creme soothes and comforts with island-lush plant butters. Warm island aromas of amyris, bay leaf and vetiver rejuvenate skin and senses. Keep the peace—take home traditional plant wisdom with Caribbean Therapy™ Bath Soak and Body Creme today. Find Aveda now, at 866.824.1555 toll-free U.S., 44.020.7297.6350 U.K. or aveda.com.



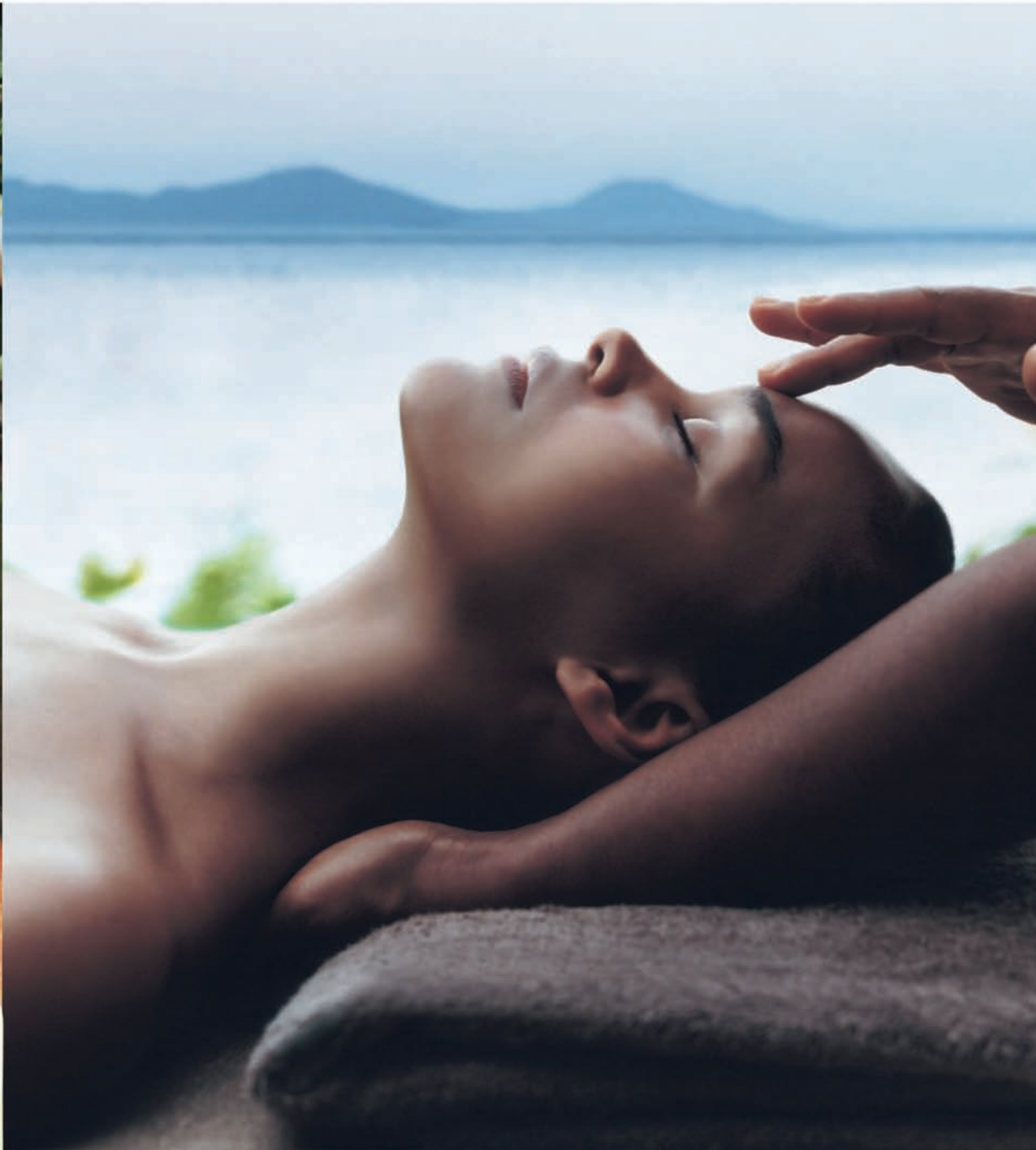
AVEDA

the art and science of pure flower and plant essences

body in touch. heart at peace.



Learning from tradition: emollient mango nut butter conditions skin, uplifting aromas of orange and neroli blossom ease mind and spirit.



On the island of Martinique, inspirational plant therapist Martine Saint Zéby creates rejuvenating rituals grounded in tradition. Our collaboration with her brings you new Caribbean Therapy™: authentic spa treatments and body products that embrace you in the healing feel of Caribbean mountain, sun, sea and air. Reconnecting you to the Earth—and yourself—with the power of touch and the life force of island-sourced plants. Find peace in the wisdom of the world's time-honored traditions—like Caribbean Therapy™ spa treatments, Bath Soak and Body Creme. Find Aveda at 866.824.1555 toll-free U.S., 44.020.7297.6350 U.K. or aveda.com.

EDITORIAL



If I were to make a list of the wrongs inflicted in Britain against animals, it would probably start with factory pig farms. But live exports, intensive chicken sheds and vivisection are all at the cutting edge of our capacity to be cruel, and it's a matter of opinion which is worse.

But two things are certain: the list would be depressingly long, and fox hunting wouldn't appear until somewhere deep into the double figures. Whichever way you look at it, hunting foxes just doesn't compare with any of these abuses. And what's more, the alternatives to hunting with hounds – poison, traps or guns – are worse, not least because they each allow the possibility of a slow, painful death.

And yet the fox hunting issue is not only at the top of the cruelty agenda, it is at the top of the political agenda itself. A ban is considered to be so important that the government intends to use an act of Parliament that hasn't been used more than three times in history to rush it through.

By any standard, that's an immense response to a cruelty problem that even some prominent hunt opponents agree is ambiguous on the issue of cruelty. So why the excitement? A ban on hunting isn't going to contribute to social justice. On the contrary, hunting is one of the few activities that still nurtures the badly suffering rural economy. Nor is it an ecological issue. Because of the way they are maintained, hunting regions tend to be disproportionately diverse, and therefore good for ecology. Nor is the fox an endangered species. Whereas shooting, trapping and poisoning are random forms of population control, hunting with hounds necessarily favours the strongest and healthiest animals, and by extension the species as a whole.

So what is it about hunting that drives our MPs wild with anxiety? According to Compassion in World Farming, this supposedly cruelty-obsessed Labour government has failed to act on any of the animal welfare bills it's tried to introduce – so it's hard to imagine the fox has very much to do with it. Even Labour MP Tony Banks has admitted that hunting 'isn't a matter of great significance.' And *Guardian* columnist George Monbiot goes so far as to place hunting somewhere close to 130 on his own 'cruelty list'.

The truth is, if hunting utterly dominates the agenda for so many Labour MPs, it's because it represents something else that they dislike – a conservative world where people fail to conform to the sanitised urban New Labour monoculture, a place where the fads and fashions of political correctness are still taken with a pinch of salt.

This is all clear, but only a handful of commentators have explicitly made the link. George Monbiot has been honest enough to admit that he sees hunting as a symbol of a bygone era – a feudal England – and that he supports a ban on those grounds. Gerald Kaufman, Labour MP and vocal hunt opponent, goes further. For him, a ban on hunting is a way of getting even with those country folk who failed to 'march for the miners'.

No one can reasonably argue that the landed gentry still call the shots in Britain. Today's establishment is dominated by seedy tycoons and multinational lobby groups. Which means that the campaign to ban hunting is a campaign to ban a symbol. Those same Labour MPs who oppose detention without trial, or discrimination of any sort in the work place, have taken it upon themselves to ban a symbol of an obsolete era, of yesterday's elite.

Besides the swastika, which Germany banned for obvious reasons, outlawing symbols on the basis that the new establishment dislikes what they represent is the preserve of Stalin, Mao, or Pol Pot, who banned spectacles (before deciding that it would save time simply to kill people wearing them).

Finding hunting distasteful is one thing. Prioritising it over virtually every other political issue and criminalising it is another. Perhaps it's time someone pointed out to Britain's Labour Party that banning symbols is just not something true democracies do.

Zac Goldsmith





VOLUME 34, NO 9, NOVEMBER 2004

contents

Highlights

17 FRIENDS IN FAT PLACES **COVER STORY**

With the tobacco industry being attacked on all sides, **Joanna Blythman** wonders how much longer politicians will pussy foot around the food industry and stop kids being reared on bone-rotting fizzy drinks, and poultry slurry nuggets with the texture of a spongiform brain.

22 LIVING ON THE EDGE OF EXTINCTION

'With animals often "worth" significantly more over a lifetime in terms of tourist dollars than the sale of their body parts, trading wildlife in the name of conservation or development is a fatally flawed strategy.' **Richard Leakey** reports.

25 DEBATE: DO WE NEED FARMERS? **COVER STORY**

Intensive agriculture is destroying our countryside and wildlife, and costs the UK taxpayer £3 billion a year in subsidies. And yet, as oil prices rise above \$50 a barrel, can we survive without them?

30 BEHIND THE LABEL: PERFUME **COVER STORY**

What's in your perfume bottle? **Pat Thomas** dissects the ingredients of Eternity by Calvin Klein, uncovering a sweet smelling array of carcinogens, neurotoxins and hormone disruptors.

32 PRESCRIPTION ADDICTION **COVER STORY**

Next time your doctor prescribes you pills, is he acting in your best interests, or those of the drug rep who paid for his lunch? A family doctor lifts the lid on the corrupting influence of the pharmaceutical industry on the nation's health.

38 THE ILLUSION OF PROGRESS

With every year that passes, the sum of human knowledge grows ever larger. But we don't become any kinder to one another, any more compassionate to other species, or any more respectful in our attitudes to nature. Nor will we, argues **John Gray**. And anyone that believes we will has been hoodwinked by the illusion of progress.

42 MEET DELILAH

'She was an orphan, the survivor of a massacre, but despite this background she was one of the sunniest, most consistently good-tempered individuals I have ever met. She was also truly beautiful, with long, thick eyelashes. And I was particularly fond of her trunk.' **Lyllal Watson** tells the story of his love for Delilah, a fully grown African elephant.

51 ARE YOU WORKING FOR A PSYCHO? **COVER STORY**

Church. Monarchy, State. All have at one time been the most powerful force in our lives. But no more. These days the world is run not by people, but corporations, and they are only interested in one thing – themselves. In this exclusive extract from his new book, **Joel Bakan** exposes the rotten core of the corporate world.

Regulars

4 Editorial

6 Letters

8 The Month

Play with Rummy; Mining victory; Mussels heading north; Cancer sniffing dogs; Nuclear fraud; SUV monster.

14 KarmabanQue

Activists taking control of the Stock Market using Smart Boycotts.

64 Reviews

Book of the month; 5 most influential books; latest releases.

Meat really is murder

Hugh Fearnley-Whittingstall's cosy view of a world where all meat is humanely produced is flawed, to put it mildly ('Should we all be vegetarian', October 2004). The reason that farm animals are crammed into sheds is this: there is no other way to produce the vast quantities of meat required by consumers; there simply isn't enough land to go around.

There is roughly one acre of useable land per head of the world's population; to satisfy the needs of one meat eater, three acres are required. A vegetarian can be fed from the produce of one acre; a vegan can be fed from a third of that. Not all people who choose to avoid meat and dairy produce do so solely for the sake of animal welfare; many have woken up to the fact that there is no other way of feeding the world.

Cynthia Phillips, By email

Hugh Fearnley-Whittingstall accuses Andrew Linzey of circularity, yet, ironically, his argument for eating meat seems to revolve around the need to avoid the extinction of livestock.

It's highly unlikely that the whole world would ever become vegetarian all at once. If the demand for meat diminished, fewer animals would be bred for slaughter. Farm animals could live in peace in special sanctuaries or reserves without the threat of slaughter hanging over them. Land could be used to grow crops for human consumption, and there could be more land available for wildlife to flourish.

More importantly, those who claim that the lives of animals are of little or no importance display deep-seated speciesism. They defend the status quo of human supremacy as strongly as white supremacists and the supporters of slavery used to claim (and in some cases still do) that the lives of people of other races were of little value. Europeans called native Americans beasts, and Africans sold into slavery were treated like domesticated animals. During WWII Americans described the Japanese as vermin to be exterminated, and the victims of the Nazis were killed in assembly-line fashion just as animals are killed in slaughterhouses. The vilification of people as animals made it much easier to kill them because most humans are brainwashed to have little or no regard for the lives of animals.

The grim truth is that our 'civilisation' is built on the exploitation of animals, and it is from this cancer that all other atrocities flow. Those who advocate for animals are attacking the roots of human oppression.

Sheila Edwards, Dubai, United Arab Emirates

SUPERMARKET REVELATIONS

A friend lent me her copy of your September issue, and having read it from cover to cover, I was very reluctant to hand it back. It was the sort of magazine that I think everybody should read.

The articles on supermarkets had such a profound effect on me that I was compelled to change my lazy ways of shopping under one roof, and make a much more conscious effort to support those suppliers who live close to me. Your magazine made me realise that these huge institutions are creeping into every sector of our lives, so that future generations will become brainwashed into thinking that the supermarket is the only option open to them, and they will know nothing but bland, overpriced food. Taste and flavour will be sacrificed for the 'convenience' of one-store shopping. But convenient for whom? Certainly not local shopkeepers.

The different skills and individuality that used to make up the diversity of shops that ensured every town was unique will be lost for ever

if people do not make the effort to change the apathetic way they shop. I admit that in the past, I have been drawn into the local supermarket for my weekly shop, but not this week.

I visited my local greengrocer and butcher, where I was met with choice, outstanding value for money, wonderful flavour and an excellent service. I now know that the butcher has shares in his supplier's herd so he knows how the animals are kept. The vegetables I bought had been grown less than 12 miles away, and were not transported to a depot in the middle of the country only to be brought back again by a huge container lorry.

I only wish that the rest of the country could be as inspired as I have been.

Debbie Sharp, By email

The Ecologist has changed my life. I picked up September's edition purely because someone had left a copy beside the gardening magazines in WH Smith at Waterloo Station. What I read about supermarkets horrified me

- and made me transform my food shopping habits.

I have for a long time tried to buy organic and deliberately not used a loyalty card (I used to persuade the person behind me in the queue to collect my points, just to disrupt the profiling), but now I have abandoned the supermarket altogether. Now my household's meat is delivered from a local organic farm and our vegetables and other provisions come from an organic box scheme.

Apart from the satisfaction of knowing that my household's £5,000-plus annual food spend will not now be adding to the turnover of the supermarkets, there are lots of benefits to our new regime. Not least the fact that having our food delivered is immeasurably less stressful than a weekly trip to the supermarket: all those battles for a parking space, a trolley and a place in the shortest queue are now a thing of the past.

Moreover, I hope that by eating seasonal foods (our first box of vegetables contained a butternut squash, which I have never before been tempted to try and at first had no idea how to cook) I will reawaken a childhood love of food that had been blunted by the constant availability of produce all year round.

I wanted to say a big thank you for opening my eyes to what is happening out there. I look forward to my behaviour being similarly altered by future issues.

Alison, By email

Thank you for your brilliant but oh so sad exposé of supermarkets. The fact that 'seven out of 10 English villages are now without a shop of any kind' is deeply disturbing. What an appalling loss of community. Just as deplorable is the Western world's obsession with the motor car. With the two rapidly approaching crises of energy depletion and climate change we are in probably one of the most frightening periods of our civilisation. The problem seems to be that officialdom is slow to recognise the problem, while the public at large seems unaware of the approaching meltdown.

**Derek J Wilson
Wellington, New Zealand.**

POLITICS FOR BEGINNERS

A little boy goes to his dad and asks, 'What is politics?'

Dad says, 'Well son, let me try to explain it this way: I am the head of the family, so call me the president. Your mother is the administrator of the money, so we call her the government. We are here to take care of your needs, so we will call you the people. The nanny, we will consider the working class. And your baby brother, we will call him the future. Now think about that and see if it makes sense.'

So the little boy goes off to bed thinking about what his Dad has said. Later that night, he hears his baby brother crying, so he gets up to check

I hope that by eating seasonal foods I will reawaken a childhood love of food that had been blunted by the constant availability of produce all year round

on him. He finds that the baby has severely soiled his diaper. So the little boy goes to his parents' room and finds his mother sound asleep. Not wanting to wake her, he goes to the nanny's room. Finding the door locked, he peeks in the keyhole and sees his father in bed with the nanny. He gives up and goes back to bed.

The next morning, the little boy says to his father, 'Dad, I think I understand the concept of politics now.'

The father says, 'Good, son, tell me in your own words what you think politics is all about.'

**Send letters for publication to:
Letters, The Ecologist, Unit 18 Chelsea Wharf,
15 Lots Road, London SW10 0QJ.**

E-mail: editorial@theecologist.org

The Ecologist reserves the right to edit letters as necessary

The little boy replies, 'The president is screwing the working class, while the government is sound asleep. The people are being ignored, and the future is in deep shit.'

Douglas Bebb, By email

IS POLICE COMMUNICATION SYSTEM LEGAL?

Regarding Jay Griffith's fine article on Tetra ('A popular revolt' October 2004),

it is worth noting that in September 1999 the European Commission severely criticised the Home Office's original tendering procedure for the Tetra contract. The commission ruled that the Home Office had unlawfully limited the contract to tenders that could supply the Tetra standard rather than the alternative, French-owned Tetrapol system. One would have thought that this in itself would call into question the whole legality of irradiating the UK population with pulsed Tetra signals, but neither Tetrapol nor any other group has yet revealed whether they are

considering legal action over this issue.

**Simon Best, Editor,
Electromagnetic Hazard & Therapy**

NO PAIN, NO GAIN

Sometimes *The Ecologist* makes for depressing reading, but then again if you stick your head in the sand you deserve to get your arse kicked.

John Curran, By email

HUNTING BAN HAS NOTHING TO DO WITH ANIMAL WELFARE

Isn't it a joke that when Tony Blair talks about reducing cruelty to animals by banning fox hunting he is at the same time supporting the globalisation of animal food production?

The urban consumer doesn't give a shit about animal cruelty. If they did they'd buy the right food. I think this is also because they don't actually have a clue about what they are buying as the supermarkets have brainwashed them into thinking it's all nice and pleasant out there in farmland.

Building local abattoirs and producing clearly labelled local products to promote to the consumer would do more for animal welfare than banning fox hunting.

Last week a southwest farmer I know of lost his contract to supply Tesco. I wonder how the pigs now being transported across Europe instead of his animals feel about the ban on fox hunting.

Anonymous farmer, By email

ERRATUM

In the October article 'a popular revolt' a mistake in editing meant that the article suggested two policemen had died of the same rare cancer. In fact only one has. The other, however, is seriously ill with cancer of the oesophagus.



Unocal to stand trial over Burma pipeline abuses

Making what could turn out to be a landmark ruling, a court in California has ruled that US oil giant Unocal must stand trial for alleged human rights abuses associated with a pipeline project in Burma. In September Superior Court judge Victoria Chaney rejected an attempt by the oil multinational to dismiss a lawsuit claiming it was complicit with human rights abuses committed by the



notoriously brutal Burmese military while protecting Unocal's Yadana pipeline project in southern Burma.

The decision could have enormous ramifications, as Paul Hoffman, co-counsel for the 12 Burmese who launched the lawsuit, explained: 'This is an important decision, not only because it allows Unocal to be held liable for abuses committed overseas, but also because it tells other multinational corporations that go into business with repressive dictatorships that they are responsible for their partners' human rights violations.'

The case was originally filed eight years ago, following years of undercover work by Burmese activist Ka Hsaw Wa, who was interviewed about the Yadana pipeline and lawsuit in the July/August *Ecologist* ('Tortured soul'). Speaking to *The Ecologist* following the ruling, Wa said: 'This is a complete victory for the villagers who live under the rule of a brutal dictatorship. We now have truth and justice on our side'.

To learn more about the case, go to www.earthrights.org



Play with Rummy

The perfect gift for the Republican in your family: a talking Donald Rumsfeld doll. An elegant and timeless reminder of the man who brought us such unforgettable *bon mots* as, 'I would not say that the future is necessarily less predictable than the past. I think the past was not predictable when it started'... 'We do know of certain knowledge that [Osama Bin Laden] is either in Afghanistan, or in some other country, or dead'... And, 'Death has a tendency to encourage a depressing view of war'.

CHINA: WASTE BASKET OF THE WORLD?

At the launch of the UK government's new £10m recycling campaign at the end of September one question that wasn't asked was: 'Where does it all go?' The answer for much of it is China. In a report in *The Guardian* the same month, John Vidal wrote: 'More than a third of the waste paper and plastic collected by British local authorities, supermarkets and businesses for recycling is being sent 8,000 miles to China without any knowledge of the environmental or social costs.'

Why? The Chinese will pay more for it than anyone else. They offer, for example, £120 per tonne of mixed plastic compared with £50 the same amount



of waste would go for in the UK.

China is now the world leader in buying up other countries' waste, and imports, Vidal says, 'more than three million tonnes of waste plastic and 15 million tonnes of paper and board a year'.

It's not as if the country doesn't have enough environmental problems to be getting on with. Also in September, *The Washington Post* reported that China is now home to at least six of the world's 10 most polluted cities, that five of its largest rivers are so polluted they are dangerous not only to taste but also to touch, and that around 600 million Chinese are drinking water contaminated by human or animal waste.

Blair's local food ignorance

'To be absolutely frank I don't know.' Not a phrase one might associate with Tony Blair, but these were the very words he used this September in reply to a question concerning his government's policy on promoting local food and reducing food miles. Andrew Turner, Conservative MP for the Isle of Wight, asked Blair why it is easier to buy mangetout from Sierra Leone than Isle of Wight tomatoes in supermarkets on the island. Blair replied: 'The mangetout section has been left out of my brief and I apologise for that. To be absolutely frank I don't know.'

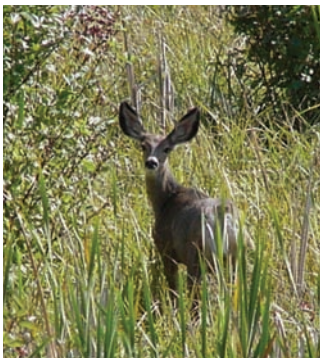


Dow, a deer, a dangerous deer

Dangerously high levels of dioxin contamination have led officials in the US state of Michigan to advise people against eating wild game from downstream of a Dow Chemical facility on the banks of the state's Tittabawassee river.

According to recent research, the levels of contamination for meat caught downstream of the Dow complex compared with that hunted upstream are: seven times higher for venison; up to 40 times higher for squirrel meat; 66 times higher for turkey meat; and up to 118 times higher for deer livers.

Dow spokeswoman Anne Ainsworth said the company agreed with the advice against eating deer liver or turkey meat, but insisted: 'We still conclude that individuals who consume venison, squirrel or turkey with the skin off taken south of [the Dow facility] would incur no greater exposure than by eating meat, fish or poultry from the national food supply.' Which doesn't say much for the US food supply.



Mclibel Two take UK government to court

The two British activists who were famously sued for libel by McDonald's in 1997 are now challenging the very legality of the law used against them. David Morris and Helen Steel appeared before the European Court of Human Rights in Strasbourg in September, calling the English libel laws 'patently unfair' because of their failure to address 'the stark inequality between ordinary individuals and a massive corporation'. The Mclibel Two point to the fact that the global sales of McDonald's soared from \$19 billion to \$30 billion during their trial; at the same time, Steel's maximum income was £65 a week and Morris, a single parent, was unwaged and entirely dependent on income support. The European court's ruling is expected at the turn of the year. www.mcspotlight.org

Pollution affecting animal behaviour

Pollution is disrupting animals' behaviour patterns far more seriously than previously suspected, according to an article in the *New Scientist*. The article cites two new major reviews into the effects of endocrine disruptors: synthetic chemicals, including PCBs and pesticides like DDT, that either mimic or block hormones and disrupt the body's normal functions. Significantly, the problems are often caused by low concentrations of the chemicals concerned. The researchers' findings included the following:

- male starlings exposed to the insecticide dicrotophos decreased their singing, displaying, flying and foraging activities by 50 per cent;
- newts exposed to low levels of the pesticide endosulfan found it harder to sniff out the attractive pheromones of potential mates;
- increasing numbers of male western gulls hatched from eggs exposed to DDT attempt to mate with each other.
- 'Atrazine makes goldfish hyperactive.'
- 'The chemical TCDD makes the play behaviour in macaques rougher.'



Lion cubs walking in the grass at Nairobi animal orphanage in Kenya, July 2004. The Kenya Wildlife Service is pushing the Convention on International Trade in Endangered Species (CITES), to give the African lion, panthera leo, its most protected status. Current estimates place the African lion population at 23,000.

LOOKING OUT FOR OUR CHILDREN

Which one of these is true?

- 1 The US Food and Drug Administration (FDA) has just decided that it is ethically acceptable to test amphetamines on children under the age of 10.
- 2 The head of the UK's National Confederation of Parent Teacher Associations (NCPTA) claimed that using mobile phones could make children more intelligent.
- 3 On 11 September this year the man responsible for Russian teen sex pop duo Tatu launched a new band called nATo, which features a 16-year-old schoolgirl dressed in a burqua.

Unfortunately, they all are.

1 The FDA wants to monitor the effects of stimulants on children diagnosed with attention deficit disorder. It is paying families \$570 for the privilege of giving their children a dose of dextro-amphetamine, considered by child psychiatry expert Dr Judith L Rapoport to be 'roughly equal to five cups of coffee'.

2 Talking at a Lib Dem conference meeting sponsored by phone company O2, NCPTA head David Butler said: 'From a perspective of pupil performance it can enhance things, because that heating effect actually improves the neuron transfers between neural pathways, and your thinking ability goes up.' His comments were dismissed by all sides of the debate.

3 The nATo launch party (the invites for which were in the shape of jumbo jets) took place on September 11 this year. The date was also only one week after the Beslan massacre.

GLOBAL WARNINGS — POLES APART

Climate change is not a future scenario. The day is not after tomorrow, but today

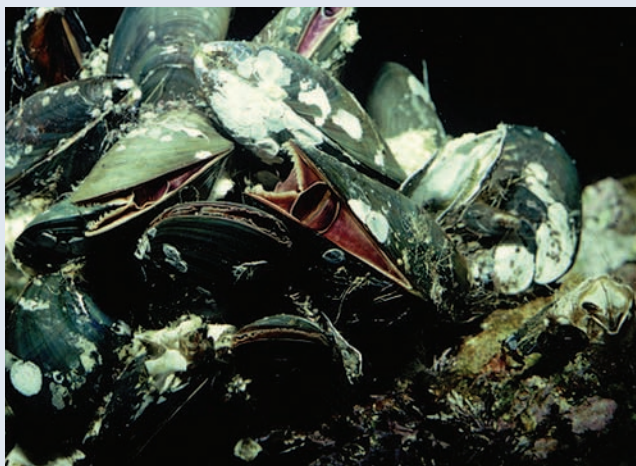
SOUTHERN GLACIERS

When the Larsen B ice shelf collapsed into the oceans around Antarctica in 2002, it was considered one of the most significant signs of the impact of global warming. Now, scientists writing in the journal *Geophysical Research Letters* have shown that glaciers, whose progress towards the ocean was previously halted by the shelf, are now melting directly into the sea and moving at speeds up to eight times faster than before the shelf's collapse. As the glacial ice melts into the sea it instantly causes local sea levels to rise.



NORTHERN MUSSELS

Blue mussels have been found growing on the seabed just 800 miles from the North Pole in waters off Norway's Svalbard archipelago which are covered with ice for most of the year. The mussels normally grow in warmer conditions around Europe and the US, and are a clear sign that the waters of the Arctic are heating.



Victory for villagers against world's largest mining company

Villagers in the Peruvian Andes have succeeded in preventing the world's largest gold mining company from starting operations on the sacred mountain that provides them with their drinking water. Peru's minister of energy and mines withdrew the Newmont Mining Corporation's permit for mining on Mount Quilish in September. This followed two weeks of protests and roadblocks that shut down the capital of the northern Peruvian province Cajamarca.

Newmont had hoped to expand the existing Yanacocha mine, the largest gold mine in Latin America and the second largest in the world, onto Mount Quilish. Now it can only do so with the consent of the local community, and if it funds an independent hydrogeological study to determine what impacts mining on the mountain would have on Cajamarca's water supply.

Separately, *The New York Times* has revealed that Newmont has been dumping mine waste directly into the sea off the Indonesian province of Sulawesi for the last 10 years. This has caused fish populations vital for local people's food and economic wellbeing to collapse. Local villagers have fallen victim to a host of health problems, including skin disorders tumour-like bumps and birth deformities.

For more information, and to continue to put pressure on Newmont to clean up its act, go to www.globalresponse.org

Jobs for the... robots
Debunking the oft-parroted corporate lie that supermarkets promote jobs, a reader sent us this till receipt from the fittingly named 'World's End' branch of Somerfields. Which is more tragic: that the supermarket promotes the fact that customers are being 'served' by robots, or that it gives the robots in question human names?





What chance for the polar bear?

Soon the only polar bears left in the world might be as miserable as this one. Three new studies have shown that biological changes in the animals' hormone and immune systems are linked to the levels of toxic contaminants in their bodies. Researchers studying polar bears in Canada and on the Norwegian archipelago of Svalbard found that the higher the concentration of PCBs and pesticides was in the bears' bloodstreams, the lower their levels of antibodies were, leaving animals more susceptible to disease.



Mexican turtles spawn comeback

Sea turtles are spawning in record numbers along Mexico's Pacific coast, thanks largely to steps taken to deter poachers. Of the 27.2 million olive ridley turtle eggs under guard in the southern Mexican state of Oaxaca, about 9 million are expected to hatch: the highest number for 20 years.



NEWS IN BRIEF

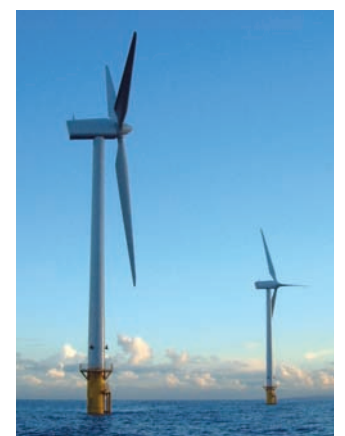
The US Environment Protection Agency found that the drinking water of 20 out of 158 passenger airplanes it tested was contaminated by coliform bacteria from human faeces.

The flow of the river Jordan has shrunk from 264 billion gallons a year half a century ago to just 26.5 billion a year today. Moreover, 5 billion gallons of the river's current flow is raw sewage. Years of conflict in the countries the Jordan passes through have destroyed any chance of multilateral agreement on how best to conserve it.



Animal experiments in the UK increased by 2.2 per cent in 2003, with more than 2.8 million procedures performed.

A British Wind Energy Association survey found that despite a highly publicised campaign to discredit wind farms three quarters of Britons are in favour of them.



A new study of 8,600 Americans in 38 metropolitan areas, details of which were published in the UK journal *Public Health*, has found that the more sprawling the area people live in, the more likely they are to suffer from a range of ailments that include asthma and heart disease.

Comic relief tarnished by Burma connection

The Burma Campaign has called on Comic Relief to drop its partnership with delivery company DHL, because the firm operates a joint venture with Burma's military dictatorship.

'Comic Relief partnering with DHL defies common sense,' said Burma Campaign UK

director John Jackson. 'On the one hand Comic Relief funds projects in Rwanda, supporting victims of violence where rape was used as a weapon of war. At the same time it partners with DHL, a company funding the regime in Burma, which uses rape as a weapon of war.'

BOOTED OUT

Boots the chemist is to close 54 dental practices, nine laser eye surgeries, and 52 chiropody and 14 laser hair-removal businesses as it struggles to compete with the supermarket chains. It has also announced price cuts and longer opening hours. If Boots, the most famous name in UK pharmacy, is struggling against the supermarkets, the outlook for independent community pharmacies looks even grimmer. Meanwhile, Tesco, which already sells more toiletries than Boots and Superdrug combined, announced pre-tax profits for the first six months of the year of £822m; that's up 24 per cent year on year.



PRESSURE RISING IN SUPERMARKET BATTLES

As the UK lies back and thinks of Asda, other countries are not being so supine. In a bid to wow customers with technology (and save money by not having to pay people), the Austrian supermarket Billa recently introduced speaking shopping trolleys, robotic cleaners and blood pressure machines positioned by the chain's newly automated checkouts. But customers soon got fed up with being bumped into by unruly robots, started muffling the trolleys' tinny speakers with their hands, and found that the automated tills were slower than ones staffed by humans. All of Billa's 'advances' have since been removed, except for the blood pressure machines, which remain remarkably efficient at reminding shoppers how stressful supermarkets really are.

NEWS IN BRIEF

Debates on building sustainable communities at both the Liberal Democrat and Labour Party conferences were sponsored by Tesco.

It has been estimated that more than \$1.5 billion will be spent on campaign ads for the US presidential election this year. The amount spent in 1980 was \$90m. In contrast, the amount of airtime devoted by US television to the party conventions has fallen from 100 hours in 1980 to around 18 hours this year.



Carlo Petrini, the president of Italy's Slow Food movement and the subject of an interview in *The Ecologist's* April 2004 issue, has been included by *Time* magazine in a list of 27 'European heroes' on account of his work defending traditional food and farmers. www.slowfood.com



Monsanto's patent on the wheat variety Nap Hal has been revoked by the European Patent Office as the result of a lawsuit launched by Greenpeace in February. The patent, filed in March 2003, covered wheat that exhibited a special baking trait which Monsanto claimed it had invented. However, Greenpeace proved that the wheat's special characteristics, which makes it perfect for crisp breads like chapatis, was the result of cultivation by generations of farmers in India.



Beslan: used to suppress democracy?

The freedom of the Russian media took a severe battering during the Beslan hostage siege, *The Christian Science Monitor* has revealed. The Boston newspaper quoted two journalists (one from Georgia and one from Moscow) who claimed they were drugged and so prevented from reporting from Beslan. The *Monitor* also described how at Russian television station NTV a 'semi-official document' was circulated demanding high levels of self-censorship: journalists were not allowed to mention what the hostage-takers' demands were or to discuss possible options to save the people being held captive; they were also forbidden from using the phrases 'special operation', 'suicide martyr' or 'war in Chechnya' (the last two phrases have actually been banned from state TV in Russia for more than a year). And one Russian parliamentarian was quoted as saying: 'We should make sure that the media does not facilitate terrorist activity, and all means are good for this. We should not be afraid of the suppression of freedom of speech, the suppression of democracy.'

Nuclear madness

'Here is the world's most nonsensical job description. Your duty is to work tirelessly to prevent the proliferation of nuclear weapons. And to work tirelessly to encourage the proliferation of the means of building them. This is the task of the head of the International Atomic Energy Agency, Mohamed El Baradei.'

George Monbiot, *Guardian* 21 September

Around the world nuclear affairs proceed on equally illogical terms.

At the beginning of September the EU Commission decided to take the UK

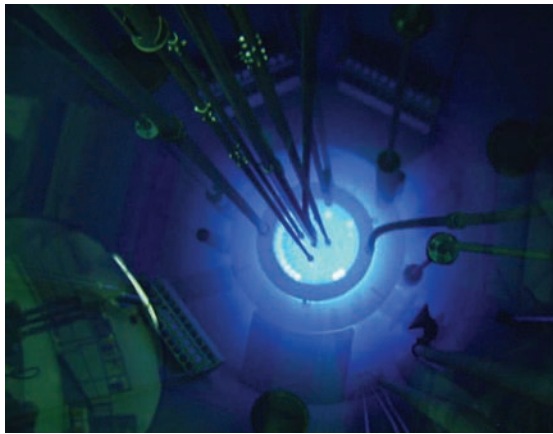
government to court over the latter's failure to clean up more than a ton of radioactive waste at Sellafield. Then at the end of the month it decided to allow up to £4 billion in state aid to British Energy plc, the UK's privatised nuclear power generator, to pay

for reactor decommissioning costs over the next 100 years. Attacking the subsidies, Friends of the Earth Europe campaigner Mark Johnston said: 'This is a disgraceful decision and potentially an appalling precedent. British Energy should meet its own decommissioning costs by increasing its prices. It should not off-load its radioactive legacy onto British taxpayers.'

China, meanwhile, expressed concern over secret nuclear tests in neighbouring South Korea. Yet a team of Chinese scientists told their own government that it might need 300 gigawatts of nuclear output by 2050. Total

global output is currently only 350 gigawatts.

And the US government has announced that it is planning to develop portable nuclear power reactors that can be delivered readymade to developing countries, and then returned once the fuel is used up 30 million years later. The US Department of Energy insists the reactors would be safe because, to quote the *New Scientist*, the core of each 'would be inside a tamper-proof cask protected by a thicket of alarms'. At the end of the month, however, a US expert in nuclear proliferation warned an International Atomic



Energy Agency meeting that the 'raw material for nuclear terrorism is housed in hundreds of facilities in dozens of countries and inadequately secured'. Laura Holgate, a former US Department of Energy official specialising in the disposal of plutonium, said just

one Russian institute had recorded '23 attempts over eight years to steal nuclear bomb-making materials'. She added: 'We know these failed. We don't know how many succeeded and went undetected.'

Also in the US, a government auditor called into question the decision of the industry lobby the Nuclear Energy Institute's to hire private security firm Wackenhut to conduct surprise mock attacks on its members' facilities. He was concerned at just how effective these tests might be, considering that Wackenhut is already employed to guard half the US's nuclear plants.

Bigger really is better... apparently

A US lobby group with close links to the automobile industry has launched an advertising campaign arguing that tighter controls on CO₂ emissions will actually cause more people to die. The argument goes like this: in order to meet the new tighter regulations car manufacturers will be forced to make smaller cars, which are apparently more dangerous than the vehicles they currently produce. The group, which goes by the name Sports Utility Vehicle Owners of America (Suvoa), is run by an organisation called Strat@comm, which the *Los Angeles Times* describes as a 'public relations firm whose clients have included General Motors, DaimlerChrysler and Ford, as well as the auto industry's two major trade groups'.

Meanwhile, another US car manufacturer has brought out the biggest sports-utility vehicle (SUV) yet. Navistar International has introduced the CXT (below), which stands for Commercial Extreme Truck, for those Americans who consider the infamous Hummer (currently the largest SUV on the road) not quite big enough for their needs. At 21.5 feet long and nine feet tall, the CXT is 4.5 feet longer and two feet taller than the Hummer and does a miserly six to 10 miles per gallon of diesel. Navistar says it is designed 'for people who want to make a statement'. Just what statement might that be?



Soya and slavery

Next time you order GM-free soya, or beef from cattle fed on it, consider the following: most of that soya will have come from Brazil, and will have been the result of deforestation of the Amazon rainforest and quite possibly slavery. The Brazilian government recently described the conditions in the Amazon logging industry as 'analogous to slavery'. It is estimated that more than 25,000 illiterate peasant labourers are working in the industry after having been lured to southeastern Brazil with the promise of wages worth \$3 to \$4 a day. These workers are then held against their will by employers who withhold payment of wages and threaten them with death if they complain or try to leave.

DUMB ANIMALS?

THINK TANKS?

'...[Fish] are steeped in social intelligence, [pursue] Machiavellian strategies of manipulation, punishment and reconciliation, [exhibit] stable cultural traditions and [cooperate] to inspect predators and catch food...'

So said magazine *Fish and Fisheries* in the introduction of a special issue on fish intelligence

That should give pause for thought to anglers who have no qualms about catching fish they have no intention of eating. Citing more than 500 academic papers, the magazine presented a variety of findings to back up its assessment, including the following:

- fish can learn to avoid nets by studying other members of their shoal;
- they can recognise individual members of their shoal;
- one species of South African fish actually uses a tool: it lays eggs on leaves so that it can carry them to a safe place if the need arises;
- contrary to the goldfish bowl jokes, fish have a memory span of at least three months;
- they communicate with each other using squeaks, squeals, and other low-frequency sounds that humans can hear only with special instruments;
- some fish keep 'gardens', encouraging the growth of algae they enjoy eating and weeding out types they don't;
- many fish build nests for their young;
- fish feel pain: a two-year study conducted by scientists at Edinburgh University and Scotland's Roslin Institute confirmed that fish suffer when they are impaled in the mouth and pulled into an environment in which they cannot breathe.



I LOVE EWE

Lonely sheep are comforted when they see pictures of friends and relatives. Researchers from Cambridge University showed photographs of various goats and other sheep to sheep that were kept in a darkened barn. By analysing a combination of the noises the animals made, their movements and heartbeat, along with levels of adrenaline and cortisol in their blood, the scientists learnt that they were calmed by pictures of sheep they already knew. Lead researcher Keith Kendrick said: 'Sheep, while apparently ruminating mindlessly, could be dwelling on long-absent flock-mates, mothers or even shepherds.'

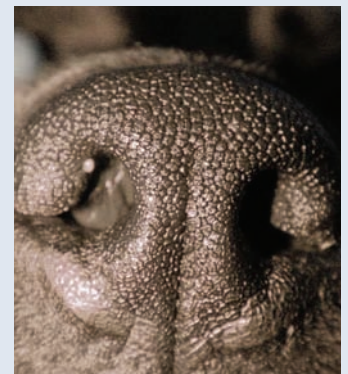


APING ONE ANOTHER

Yet again another study proves we aren't as unique as we like to think. Up until now it had been thought that humans were the only animals capable of telling when they are being imitated. But studies with chimpanzees by researchers at the University of Queensland suggest this is not the case. When the researchers imitated a 31-year-old male chimp they found that he performed the same sort of behaviour normally exhibited by human children when they are aware that they are being mimicked. (Human children can recognise when they are being imitated from the age of around 14 months.) The chimp's actions included replicating the researcher's movements, and performing series of actions so as to ascertain whether or not it was indeed being copied.

DOGS SNIFF OUT CANCER

It's possible to train dogs to detect bladder cancer, according to findings reported in the *British Medical Journal*. Scientists at Amersham Hospital in Buckinghamshire trained six dogs to discriminate between urine from patients with bladder cancer and urine from donors without cancer. The dog's success rate of 41 per cent was far higher than the 14 per cent that would be expected by chance alone.





KarmabanQue

Activists taking control of the stock market using Smart Boycotts

WHAT'S A SMART BOYCOTT?

Companies constantly change tactics to stay one step ahead of regulatory authorities and activists. Smart activists using Smart Boycotts can close this gap, and gain control of the market, by switching boycotts on the fly as stock market conditions change and new boycotting opportunities become available month by month.

	COMPANY	BVR
1	Microsoft	10.31
2	Ryanair	6.92
3	Pfizer	6.88
4	Starbucks	5.78
5	Coca-Cola	4.57
6	Citigroup	3.85
7	Clear channel	2.32
8	Mcdonalds	2.29
9	Krispy Kreme	1.86
10	Exxon	1.66

A portfolio of short sales of these stocks would be up 13.95 per cent this year – a fourth month in a row of gains – a new high.

The ten stocks that make up the KbQ Index 2004 above are CSR (corporate social responsibility) risky companies that, for the most part, are vulnerable to a boycott. The higher their BVR, the more vulnerable they are.

The BVR is calculated as follows: the company's market capitalisation (its total amount of shares multiplied by the current price of each of those shares) is divided by annual sales (over the past 12 months). This number can then be used to determine exactly how much damage a \$1 boycott would do to a company's share price. According to the formula outlined above, for example, if Coke has a BVR of five, while Exxon-Mobil has a BVR of one; subtracting \$1 of sales would cut into the value of Coke's shares five times harder than it would affect Exxon. So, to be effective, consumer boycotts ought to target high-BVR stocks like Coke and not bother with low-BVR stocks like Exxon.

1 Microsoft

BVR: 10.31

Boycott trend: ↑ Users are flocking by the million to the internet search engine Mozilla, the free open-source alternative to Microsoft's Internet Explorer

CSR risk trend: ↑ Hackers are succeeding in taking this leviathan down.

Market commentary: The magazine *Business Week* says Microsoft looks vulnerable. Clearly, the company's bug-prone software isn't helping, the global security situation: viruses targeting the monopolistic and negligent Microsoft are acting like virtual oil spills, degrading the environment of cyberspace. Writing for news and data provider Bloomberg, John Dorfman says: 'Avoid: earnings have increased at an insipid pace of 0.97 per cent. That should improve, but the stock seems a little rich at eight times revenue and 22 times earnings.'

2 Ryanair

BVR: 6.72

Boycott trend: ↑ Britons are realising that cheap flights don't offer blissful breaks as locations such as Barcelona and Prague fill up with vomiting, drunken yobs.

CSR risk trend: ↑ War in Iraq has backfired: the price of fossil fuels is going up; oil has broken the \$50-a-barrel barrier.

Market commentary: The UK disability organisation Scope gave KbQ the idea of boycotting Ryanair in the first place: it objects to the budget airline's wheelchair-discriminating super-quick turnaround times on the runway. But I never heard back from Scope after we listed Ryanair. I asked around and an insider, wishing anonymity, told me it didn't want to get too 'anti-corporate' and jeopardise funding streams. Isn't there a conflict of interest here? When I asked my insider this, I was told: 'Of course, but we also take money from British Aerospace, one of the leading suppliers of landmines in the world.'

3 Pfizer

BVR: 6.88

Boycott trend: ↑ Animal rights activists are looking for new targets after successfully taking down vivisection company Huntingdon Life Sciences.

Market commentary: Sloane Rangers giving up Viagra-enhanced ageing bankers and instead are buying their way into toy-boy market.

4 Starbucks

BVR: 5.78

Boycott trend: ↑ Consumers are seeing through the latest corporate greenwashing tricks.

CSR risk trend: ↑ The company is raising the price of its products to try to pay for its mounting CSR risk.

Market commentary: The new Oxfam-endorsed 'Common Code for the Coffee Community' does nothing to raise the price of coffee beans from the current 'jump down, turn around and pick a bail of coffee' slave price of 70 cents a pound. It's greenwash and diverts attention from the market manipulation schemes of the coffee giants Nestlé, Sara Lee, Kraft, Procter & Gamble and Starbucks. If Starbucks procured all of its coffee from fair-trade sources for \$1.26 a pound, its stock would not be selling at 50 times earnings; it would trade closer to the current market multiple of 20 times earnings – ie, a stock price of \$17, not \$45. I'll believe Starbucks is serious about stopping coffee bean market manipulation, and the slavery that comes with it, when the company condemns the World Bank for rigging prices on coffee bean plantations in Vietnam.

5 Coca-Cola

BVR: 4.57

Boycott trend: ↑ Drinking Coke seen as slap in face to human rights.

CSR risk trend: ↑ Coke admits climate change is pressuring earnings.

Market commentary: Coke's problems are growing. Germany's new deposit laws on drinks' packaging are forcing it to adopt recyclable glass and reimburse consumers who recycle. This will cost Coke \$450m in the third quarter of this financial year. Market analyst David Kolpak says: 'We're nearing a breakdown of sentiment toward the stock, here. This is as dark a view as Wall Street has had on this stock in the nine years that I have been covering it.' Translation: 'Oh my God, this stock's gonna tank.'

6 Citigroup

BVR: 3.85

Boycott trend: – Citigroup has wedged itself into a global neo-feudal system; difficult to break free from indentured servitude.

CSR risk trend: ↑ Its propensity to cook its own, as well as other companies', books is becoming clear.

Market commentary: Citigroup has apologised for stealing millions from the bond market with its smash-and-grab bilking of the MTS market in August. Interestingly, China executed four people, including two employees of a state-owned bank, for orchestrating a similar \$15m fraud at about the same time. I like the Chinese punishment scheme. It fits the crime. The US should adopt the same approach. God knows they'd love it in Texas.

7 Clear Channel Communications

BVR: 2.32

Boycott trend: – Americans can't resist Clear Channel's brand of neo-fascism.

CSR risk trend: – With Bush ahead of Kerry in the polls, free-speech rights and democracy continue to erode.

Market commentary: David Bank of RBC Capital Markets has downgraded his target price for Clear Channel from \$51 to \$48. The company is the biggest radio broadcaster in the US, with about 1,250 stations. It also runs outdoor advertising billboards and entertainment venues in the UK, but it has no radio assets in Britain. Rumours are circulating about a takeover of either of the London stations Capital and GLR. Britons who love political debate should resist Clear Channel's fundamentalist brand of agitprop and Muzak, as it would certainly threaten what remains of balanced political debate in the UK.

8 McDonald's

BVR: 2.25

Boycott trend: ↑ Britons are abandoning McDonald's: profits in the UK last year plunged by 75 per cent.

CSR risk trend: ↑ Obesity lawsuits are not going away.

Market commentary: Last year's profit slide was the biggest for the fast-food franchise in its 30-year history. Healthy eating concerns and bad publicity thanks to the Mclibel case and the film *Super Size Me* have made McDonald's a high street pariah.

9 Krispy Kreme Doughnuts

BVR: 1.86

Boycott trend: ↑ The obesity epidemic is recruiting new doughnut-haters.

CSR risk trend: ↑ Allegedly the company has been accounting for the doughnut holes.

Market commentary: Are Krispy Kreme boycotters political activists? We have been told, post-9/11, to stop 'terrorists' by shopping. When over-consumption equals patriotism, under-consumption becomes political. I don't eat Krispy Kreme because I think the US and UK policy of 'consuming your way to democracy' is dangerous rubbish. Plus, I don't want the health risks.

10 ExxonMobil

BVR: 1.66

Boycott trend: ↓ In defiance of conventional wisdom, green groups are beginning to realise there are better ways to spend boycott bucks. But Gerd Leipold, international executive director of Greenpeace, told me personally during a meeting in London that he would never advise his supporters to abandon their 'Stop Esso' campaign. He said: 'Greenpeace does not believe in financial leverage: we rely entirely on passion.' Have an opinion? Email Gerd at gerd.leipold@int.greenpeace.org.

CSR risk trend: ↑ The higher oil price translates into riskier oil company behaviour.

Market commentary: The stock is flirting with another 52-week high. When you've got several national governments in your pocket, and zero environmental accountability, it's difficult not to make money.

Investors should be cautious about any and all stock recommendations and should consider the source of any advice on stock selection. Various factors, including personal or corporate ownership, may influence or factor into an expert's stock analysis or opinion.

All investors are advised to conduct their own independent research into individual stocks before making a purchase decision. In addition, investors are advised that past stock performance is no guarantee of future price appreciation.

Market News

Carbon Trading

Labour MP Colin Challen has published his draft for a Domestic Tradable Quotas (Carbon Emissions) Bill, which, if passed by Parliament, would make every adult in Britain eligible to trade carbon credits for themselves. This is how such trading would work: carbon consumption would be capped; motorists' and home-owners' carbon use would be tracked with smart cards; and carbon hogs who exceeded their rations would have to buy credits from carbon skinflints who didn't. Basically, you'd be able to sell your credits to SUV-driving luvvies in Hampstead and pocket your condescension as cold cash.

The business weekly *The EU Reporter*, naming and contradicting last month's column in *The Ecologist*, had predicted that Russia wouldn't sign up to the Kyoto Protocol on climate change. It now has egg on its face. Never bet against self-interest. It's in Russia's self-interest to ratify Kyoto, but I would never expect *The EU Reporter* to raise its journalism standards above the level of neo-liberal tripe.

Sony

Copyright monopolists like to sue Americans for engaging their constitutionally guaranteed 'fair use' rights when downloading music off the internet. But James Jackson, an executive at Sony Pictures Entertainment, has rather different legal concerns at the moment. He has to cough up \$850,000 to settle charges filed by one Nena Ruiz, who claimed that she had been kept against her will and paid slave wages of \$300 a year to work as housekeeper in Jackson's Los Angeles home.

The next Enron

We warned in the September issue that Alan Greenspan's loose-money regime at the US Federal Reserve Bank was having an impact on the world's financial markets similar to the effect global warming is having on the polar ice caps. Too much money causes huge pieces of the financial eco-system to disappear: the stock market equivalent of the Larsen A ice shelf is mortgage lender Fannie Mae. Since we made our comments two months ago, Fannie Mae's stock has dropped by 14 per cent. Regulators say its reserve requirements are grossly inadequate. We are sticking to our thesis that Fannie Mae will be the next Enron.

**MOVERS & SHAKERS
IN THE TOP 40
AT 1900 Hrs 8.10.04**

CURRENT RANKING		BVR
1	Microsoft	10.21
2	Bank of New York	8.75
3	Pfizer	6.63
4	Ryanair	6.55
5	Plum Creek Timber	5.84
6	Starbucks	5.80
7	Bank of America	5.61
8	Wells Fargo Bank	5.46
9	Chiron	5.44
10	Wrigley	5.28
11	Johnson & Johnson	4.59
12	Coca Cola	4.50
13	Gillette	4.49
14	Harley-Davidson	4.26
15	GlaxoSmithKline	3.90
16	Citigroup	3.88
17	UST Inc	3.81
18	Bed Bath and Beyond	3.30
19	Procter & Gamble	3.30
20	PepsiCo	3.21
21	DENTSPLY International	3.15
22	News Corp	3.09
23	Anheuser-Busch	3.06
24	Occidental	2.95
25	Clorox	2.85
26	American Express	2.82
27	GE	2.75
28	Dell Computer	2.67
29	Tiffany & Co	2.65
30	Hershey	2.64
31	Bristol-Myers	2.57
32	Colgate-Palmolive	2.47
33	Abercrombie & Fitch	2.37
34	ClearChannel	2.31
35	McDonald's	2.31
36	Monsanto	2.21
37	Disney	2.03
38	Nike	1.98
39	Diebold Incorporated	1.89
40	Krispy Kreme	1.86

**INTERESTED IN TAKING
CONTROL OF THE
STOCK MARKET WITH
SMART BOYCOTTS?**

- 1 Log on to www.KarmabanQue
- 2 Register
- 3 Select 3 companies you want to boycott

Send me, or better yet, post on the KarmabanQue, website any inside information you have on one of the listed corporations. Just because they don't believe in full disclosure or transparency doesn't mean full disclosure and transparency can't be imposed.

www.karmabanque.com

KarmabanQue: smart boycotts for smart activists

GlaxoSmithKline

Who will be the next target of the anti-vivisection campaign Stop Huntingdon Animal Cruelty (Shac)? Drug manufacturer GlaxoSmithKline (GSK) seems the likely answer. Shac 'gets it': it ties its success metrics to one thing: stock price. NGOs everywhere could and should adopt Shac's agility in expanding campaigns to include 'secondary' and 'tertiary' targets. In this interconnected, globalised, just-in-time supply-chain management world, preventing the CEO at the top from doing their job has the same weight as obstructing the delivery guy at the bottom in terms of slowing down a company's ability to make money, and in smashing its stock price.

Hershey Foods

Talking of Hershey's treatment of its cocoa suppliers in Africa, black American cleric Dr W Braxton Cooley Sr said: 'After 100 years of black patronage, it's time Hershey Foods demonstrated some concern, as well as economic reciprocity, with people of colour. Hershey should provide industry leadership to establish price supports, rather than dress up modern-day sharecropping arrangements, which deny our African brothers decent earnings for their crops.'

Tesco

Tesco is following the rest of the world's corporate lemmings into the finance game. The margins on selling 'stuff' are not as good as selling confidence. What banks, brokers and financial intermediaries know is that borrowing money at artificially low rates and investing it at artificially high ones, all courtesy of the central banking cartel's refusal to put the environment onto the corporate world's balance sheet, yields an easy rate of return. Tesco just reports blockbuster earnings, in line with other financial institutions. It's all part of a trend for shady finance deals that *The Times* calls the 'corporate Kleptocracy'.

Asda

Wal-Mart, Asda's parent company, is getting into trouble in the US for draining communities of social equity. For example, in Chicago alone, Wal-Mart employees take a total of \$86m in public assistance money to help them survive on their Wal-Mart paychecks. In other words, the US taxpayer is paying Wal-Mart shareholders part of their dividend, and the government is subsidising the company's low wage bill. Does Britain want this style of government-corporate collusion draining social equity from its neighbourhoods? Who needs another Tesco?

Monsanto

Forget the health issues regarding GM seeds, and forget the argument about feeding the world's hungry. The real question is: do communities want a private, US corporation to have the ability to monopolise the global seed industry? If they do, control of the global food supply will move out of the public domain and into the private sphere of big business.

DENTSPLY International

Is the leading supplier of 'silver' – ie mercury, the most poisonous non-nuclear substance on earth. Widely used in dentistry, Mercury is the single greatest source of mercury poisoning in our environment, from toxic vapours spewed from the manufacturer to the vapours released upon cremation. Mercury has been linked to reproductive problems, the rapid increase in childhood cancers (mercury vapours are passed through the mother's milk) and to Alzheimers. The American Dental Association gives their 'seal of approval' to the mercury amalgam without disclosing that they, unlike the American Medical Association, receive financial kickbacks for their endorsements. Also, the company's stock price has doubled since Bush came into office, making it a high boycott vulnerability company.

Max Keiser is:

- 1 An ex Wall Street broker;
- 2 The inventor of virtual currencies;
- 3 Founder of the Hollywood stock exchange www.hsx.com

max@karmabanque.com

MALCOLM TAIT

Four and twenty blackbirds

Would sir like larks' tongues with his dinner?

It's three in the morning and, just as they were last night, the night before and every previous night stretching back over the centuries, the ancient woodlands of southern Serbia are silent of birdsong. But there are different sounds echoing through the stillness tonight: over there, the crack of an air rifle; nearby, the rustle of shuffling feet; beyond the ridge, the engine of a truck humming gently off into the distance.

The night passes, the sun rises, and the trees stretch their limbs... But the *day* is not like those of centuries past. Today, there is still no birdsong.

The poaching of birds in Serbia has reached Titanic proportions. Thousands of men ply their illicit trade in the small hours, using nets, guns, glue and catapults, across the wildwoods, the forests and even the nature reserves, collecting – wait for it – at least a

Restaurateurs have twigged that Western tastes are inclining once more to the decadent. Larks' tongues in aspic, nightingale tongue paté, roasted thrushes: all are making a comeback in high dining eateries

million birds between them every year. In one lorry alone, officials found 1,000 kilograms of dead birds; in another no fewer than 120,000 frozen little corpses; and ornithologists have calculated that some species may have declined by up to 80 per cent in just 10 years. In fact, there is not a single Serbian species of bird the population of which is rising.

Such poaching is illegal, yet throughout the years that it has been going on not one person in Serbia has been brought to trial.

The situation is becoming drastic, and it's time the people responsible were

dealt with... and I'm not talking about the poachers. Poaching, after all, is a time-honoured way for poor people to either fill their bellies or become slightly less poor. After a good night a Serbian poacher could expect to earn the equivalent of about £20, which is about half an average week's wage. The birds might not be around in a few years' time, but what does the poacher care? If he doesn't earn the money, someone else will. And goodness knows, Serbians have been through a time and a half in recent years.

I'm talking about the market that hungrily swallows the fruits of the poachers' labour: a market that is ravenous enough to justify thousands of men losing their night's sleep. It's a market that helps boost poor men's wages, and line the pockets of Serbian government, police and customs officials. It's the western European restaurant trade.

Restaurateurs have twigged that Western tastes are inclining once more to the decadent. Larks' tongues in aspic, nightingale tongue paté, roasted thrushes: all are making a comeback in high dining eateries as if the Romans were back in town; and as much of the produce ends up in Italian restaurants, you could say they were. But German, French and even Belgian chefs are also upping the delicacy quota on their

menus. And if it's happening in Europe, London and New York can't be far behind.

As Europe fiddles, Serbia burns. The nation, full of bomb craters in urban areas, will at the current rate be almost devoid of rural birds within a matter of years.

But who cares? Had a great meal out last night. And Luigi tells me he's going to try frying up the new shipment of warbler brains from Iraq next week.

Malcolm Tait is the former managing editor of The Ecologist

JOANNA BLYTHMAN

The new tobacco

It's time processed food was subjected to a cigarette-style public health campaign

The tobacco industry will be in court for the next six months as the US government pursues a lawsuit, filed during the Clinton administration, that accuses it of lying about the effects of smoking over a 50-year period. The government thinks that tobacco companies manipulated nicotine levels to increase addiction, targeted teenagers with multi-billion advertising campaigns, lied about the dangers of smoking and ignored adverse research.

Sound familiar? I can't help thinking that the food industry ought to be coming in for the same flack. After all, people who live on a diet of processed junk food are heading for an early grave just as surely as the 20-a-day smoker is heading for heart disease and cancer.

Smokers can't taste food properly because smoking deadens the taste buds. Junk food corrupts the palate in an equally insidious way. Kids reared on the increasingly typical diet of chemical sweets, bone-rotting fizzy drinks, sugar-crusted cereals and poultry slurry nuggets with the texture of a spongiform brain (all hyped brazenly to them courtesy of vast marketing budgets) soon find the natural taste of unprocessed foods unpalatable. Scarily, many children today will tell you that they find straightforward water undrinkable. Given that they are most likely addicted to the 11 teaspoons of sugar hit delivered by your average can of cola, not to mention all those packets of additive-laced crisps that are three times saltier than seawater, you can appreciate their problem.

It's obvious, too, that the food industry routinely denies the health risks posed by many of its best-selling products, although it would doubtless dispute that too, because, like the tobacco industry, it has a habit of arguing that white is black.

Recently there was a perfect example of its cynical abdication of responsibility on Radio Four's *Today* programme, when a representative of the Salt »

Manufacturers Association (SMA) asserted bombastically that salt consumption had absolutely no connection with high blood pressure and related diseases. This is absolute nonsense, of course. The physiological mechanism by which salt contributes to high blood pressure, which in turn leads to stroke and heart disease, is amply documented. But you can feel the blood pressure of our salt manufacturers soaring (if not from eating their own products), because they are in a huff with the Food Standards Agency (FSA). Uncharacteristically, the FSA has decided to be outspoken about salt. The SMA has taken exception to the agency's current 'Sid the Slug' public health campaign, which dares to remind consumers that salt kills slugs and is not that great for humans either. The SMA has complained about the campaign to the Advertising Standards Authority.

The food industry isn't used to getting a hard time from regulators; quite the opposite. You can almost hear it squealing, 'Why are you having a go at us all of a sudden? We thought we were mates. If you keep this up, we'll turn nasty.' Bear in mind that when the then Conservative government started

of honour. Any tough talk from Johnson will soon be eclipsed by a reiteration of the Blairite line on obesity, parroted frequently by culture secretary Tessa Jowell and health secretary John Reid. In their script, Britain's current obesity time bomb is not primarily due to the type food we eat; it's all down to lack of exercise. They want us to believe that as long as we touch our toes enough, we can safely fill up on crap.

The food industry loves the sporty-fitness angle on obesity. McDonald's has even started giving away pedometers, thereby implying that you can guzzle Big Macs with impunity, as long as you then walk them off. In fact, as *The Lancet* has reported, you would need to run a marathon to burn off a burger and chips.

Politicians find refuge in the sporty angle because they lack the principles and bottle to stand up to the food industry. It's easier for them to treat nutrition as a semi-devolved voluntary concern that can be run by earnest amateurs in the spirit of raising charitable funds to reslate the church roof. It takes the heat off them when obesity becomes fodder for toe-curling reality TV programmes in which families, even whole streets of fatties, endure behaviour-modification training from size-six dieticians who can't stop

It's much more likely though that Sid will get squashed under foot by the food industry before he gets any more ambitious public information plans into his tiny head. And perhaps in 50 years time the food industry will find itself dragged into court, not only to defend itself against accusations from generations whose health prospects have been blighted by bad food, but also to account for its role in Sid's premature demise.

Joanna Blythman is the author of Shopped: the shocking power of British supermarkets and The Food Our Children Eat: how to get children to like good food (both published by Fourth Estate)

ROBERT F KENNEDY J

Crimes against nature

The environment cannot afford four more years of Bush

You simply can't talk honestly about the environment today without criticising the US president. George W Bush will go down as the worst environmental president in America's history. His administration has launched more than 300 major roll-backs of US environmental laws, roll-backs that are weakening the protection of the country's air, water, public lands and wildlife.

Such attacks, of course, are hardly popular. National polls consistently show that more than 80 per cent of the American public (with little difference between Republican and Democratic rank and file) want their environmental laws strengthened and strictly enforced. In a March 2003 memo to his party's leadership, Republican pollster Frank Luntz noted: 'The environment is probably the single issue on which Republicans in general and president Bush in particular are most vulnerable.' Luntz cautioned that the US public is inclined to view Republicans as being 'in the pockets of corporate fat cats who rub their hands together and chuckle maniacally as they plot to pollute America for fun and profit'. Luntz warned: 'Not only do we risk losing the swing vote, but our suburban female »

According to the government, Britain's obesity time bomb is not due to the type of food we eat; it's all down to lack of exercise: as long as we touch our toes enough, we can safely fill up on crap

drawing up plans to reduce salt intake in the UK, back in 1994, prominent food processing companies withdrew their funding from the Tory Party.

Every now and then some politician threatens to get shirty with Big Food. Public health minister Melanie Johnson turned up at the launch of the Sid the Slug campaign to tell assembled industry bigwigs that 'we've all got to increase our efforts' to see salt consumption reduced. But this government wears its business-friendly credentials like a badge

jogging on the spot.

But more than ever before we need our politicians to get their heads and tongues around one very clear, unequivocal health message: we need to eat less processed food and start cooking more from scratch from raw, unprocessed ingredients. Sid the Slug could be given new lines: 'Salt/fat/sugar kills, and here's a list of products that contain too much. They are banned in school meals now, and adverts for them that don't carry health warnings are, too.'

'Two weeks ago The Ecologist changed my life.. A big thank you for opening my eyes to what is happening out there'

Alison Barley, Reading, September 2004



As a non-profit magazine every new subscription enables The Ecologist to reach out to a wider audience

Subscribe to The Ecologist today and help us go further. Call 01795 414 963 or subscribe online at www.theecologist.org

10 issues for just £24

Save on the cover price.

Free delivery.

Never miss an issue.

Subscribe Today

base could abandon us as well'. In essence, he recommended that Republicans don the sheep's clothing of environmental rhetoric while continuing to wolf down US environmental laws.

White House strategists grasped that lesson long before the Luntz memo. The administration has gone to great lengths to keep the president's agenda under wraps, orchestrating the legislative roll-backs almost entirely outside of public scrutiny. It has manipulated and suppressed scientific data, intimidated enforcement officials and other civil

Bush champions a short-term, pollution-based prosperity that enriches his political contributors and corporate cronies by lowering the quality of life for everyone else

servants, and masked its agenda with Orwellian doublespeak. Bush's 'Healthy Forests' initiative promotes destructive logging of old-growth forests. His 'Clear Skies' programme suggests repealing key provisions of the US's Clean Air Act. The administration talks about 'streamlining' and 'reforming' regulations when it means 'weakening' them, and 'thinning'

when it means 'logging' or 'clear-cutting'; it is using this language to obscure the effective elimination of America's most important environmental laws by the end of its term.

The Bush attack was not entirely unexpected. During his tenure in Texas, Bush had the grimmest environmental record of any governor in the country: the Lone Star State had the worst air and water pollution figures in America. In his six years in Austin, Bush championed a short-term, pollution-based prosperity that enriched his political contributors and corporate cronies by lowering the quality of life for everyone else. As president he is doing the same in the US's other 49 states.

The present US cabinet boasts more CEOs than any other in history. Most come from the energy, extractive, and manufacturing sectors that rely on giant subsidies and create the worst pollution. Almost all the top positions at the agencies that protect the environment in America have been filled by former lobbyists for the biggest polluters in the

very industries these ministries are supposed to oversee. These men and women seem to have entered government service with the express purpose of subverting the agencies they now command. The administration is systematically muzzling, purging and punishing scientists and other professionals whose work impedes corporate profit-making. The immediate beneficiaries of this corrupt largesse have been the nation's most irresponsible mining, chemical, energy, agribusiness and automobile companies. The American people have been the losers.

Environmental injury loads the costs of pollution-based prosperity onto the backs of the next generation. In 2003 the US Environmental Protection Agency (EPA) announced that for the first time since America's Clean Water Act was passed 30 years ago, the country's waterways are getting dirtier. In Lake Erie (painstakingly resurrected by the Clean Water Act) the infamous dead zone is expanding once again. More raw sewage is flowing into America's rivers, lakes and streams as the White House throws out rules designed to end sewer-system overflows. Bush's policies promote greater use of dangerous pesticides, deadly chemicals and greenhouse gases, and encourage the filling of wetlands and streams. The administration has removed protections from millions of acres of public lands and wetlands and thousands of miles of creeks, rivers and coastal areas.

I am angry about this both as a citizen and a father. Three of my sons have asthma, and on bad-air days I watch them struggle to breathe. They're comparatively lucky: one in four African American children in New York City shares this affliction, and many lack the insurance and high-quality healthcare that keep my sons alive and active. Sadly, too, few children today can enjoy that quintessential American experience of going fishing with Dad and eating their catch. Most bodies of water in New York (and all freshwater in 17 other US states) are so tainted with mercury that one cannot eat the fish in them with any regularity. Forty-five states advise the public against regular consumption of at least some local fish due to mercury contamination.

I often take my children to hike, fish



and canoe in New York State's Adirondack Mountains, the oldest protected wilderness on earth. The area was declared 'forever wild' in 1885, for the enjoyment of future Americans. Now 500 of its 2,800 lakes and pools have been rendered sterile by acid rain.

The mercury and the pollutants that cause acid rain and provoke most asthma attacks come mainly from the smokestacks of a handful of outmoded coal-burning power plants. These discharges are illegal under the Clean Air Act. But Bush recently sheltered these plants from civil and criminal prosecution, and then excused them from complying with the act. Amazingly, his administration is using a clean-up schedule written by polluters for polluters that will leave the US with contaminated air, poisoned water and fish, and sickened children for generations. The energy industry, by the way, gave \$48m to Bush and his party during the 2000 election campaign, and has ponied up another \$58m since; it is now reaping billions of dollars in regulatory relief.

Furthermore, the addiction to fossil fuels so encouraged by White House policies has entangled the US in foreign wars, diminished its international prestige, made it a target for terrorist attacks, and increased its reliance on Middle Eastern dictators who despise democracy and are hated by their own people.

As a lawyer I have instigated several lawsuits against environmental transgressors that have since been derailed by Bush and his friends. As he began his presidency, I was involved in litigation against the factory-pork industry, which is one of the largest sources of air and water pollution in the US. Industrial farms illegally dump millions of tons of untreated faecal and toxic waste. They have contaminated hundreds of miles of waterways, put tens of thousands of family farmers and fishermen out of work, killed billions of fish, sickened consumers and subjected millions of farm animals to unspeakable cruelty.

I helped several farm and fishing groups sue Smithfield Foods, one of the largest hog conglomerates: we won a decision that suggested that almost all large factory farms in the US were violating the Clean Water Act. Then the

Bush administration ordered the EPA to halt its own Clean Air Act investigations and weakened the US's Clean Water rules, neutralising my lawsuits and allowing the industry to continue polluting indefinitely.

I have also worked for 20 years with commercial and recreational fishermen and riverfront communities to force General Electric to clean up the polychlorinated biphenyls (PCBs) that it has dumped in the Hudson river for decades. These PCBs have put hundreds of commercial fishermen out of work, dried up the river's barge traffic (because the shipping channels are too toxic to dredge), contaminated waterfront towns, and infected virtually every person who lives in the Hudson Valley. In February 2002 we finally forced the EPA to sign a long-awaited order requiring GE to dredge the river and recover its PCBs. But our celebration was short-lived.

In October 2003, after Bush failed to renew an environmental tax on oil and chemical companies, the EPA's Superfund went bankrupt. The Superfund was the EPA's principal leverage over recalcitrant polluters, enabling the agency to clean up polluted sites and then charge those responsible three times its costs. With no money in the Superfund, the EPA has lost its leverage to force General Electric to act. Now the Hudson is likely to remain polluted for mine and my children's lifetimes; its fish will be unsafe to eat for the next century.

The fishermen, farmers and other working people whom I represent are by and large traditional Republicans who live by Teddy Roosevelt's precept that 'the nation behaves well if it treats [its] natural resources as assets which it must turn over to the next generation increased, and not impaired, in value'. Without exception, these people see the current administration as the greatest threat not just to their livelihoods but to their values, their sense of community and their idea of what it means to be American. Why, they ask, is the president allowing coal, oil, power, chemical and automotive companies to fix the game?

The son of former US attorney general Robert Kennedy, Robert F Kennedy Jr is a lawyer and environmental campaigner



**“Despite intensive research efforts
the causative agent of AIDS
has not been found.”**

**DON'T MISS IT
SUBSCRIBE NOW
01795 414 963**

AIDAN RANKIN

The sterility of single-issue politics

Campaigners like the Fathers4Justice 'superheroes' and the pro-hunting House of Commons five appeal only to sectional interests

We've had Spiderman, we've had Batman, now what is Superman going to do?' asked the newsagent, wearily, as I paid for the morning paper. He was referring to the actions of the Fathers4Justice campaign, in which men dressed as comic book action heroes commandeered the London Eye and scaled the walls of Buckingham Palace. Their aim was to draw attention to the plight of divorced fathers denied access to their children by ex-wives, doctrinaire social workers and an unfeeling legal system. But it was not to be Superman who grabbed the headlines days later. Instead, five young men burst into an almost empty House of Commons to protest the ban on hunting with dogs, then being passed by MPs. Their T-shirts read, 'FCUK the ban', true to the post-modern overlap of corporate logos and political slogans. In Parliament Square

outside, truncheons were flying as urban police squared up to a mainly rural, pro-hunt crowd.

Pro-hunt demonstrators and Fathers4Justice are both drawing, quite consciously, on the methods pioneered by the New Left. But the latter is now ageing rapidly and many of its members have become New Labour: former student politicians have graduated from marching against the war in Vietnam to justifying the war in Iraq. The generation of 1968 that dominates politics today reacts with anger and bafflement when its methods are used against it. Peter Hain, the South African-born leader of the House, is a seasoned anti-apartheid campaigner whose colourful, well-publicised protests did much to break

to direct action himself) suggested that we are witnessing a struggle between 'establishments' old and new. The truth is more complex even than that. One of the five young men who entered the Commons was a friend of Princes William and Harry; another was the son of a rock star, and in Blair's Britain, rock stars are part of the new elite, right up there with footballers, corporate donors and Republican presidents.

Fathers4Justice and the House of Commons five have shattered the comfortable illusion that direct action is the property of the left: their causes fly in the face of 'progressive' opinion. As for the left, its antipathy to hunting is based less on ecological awareness and respect for life as on archaic class

In their present form single-issue campaigns are a symptom of political malaise, rather than its cure as is often claimed: they encourage fanaticism and narrowness, and switch off the non-political majority

sporting ties with the racist former regime in his mother country. Yet in his apoplectic outburst against September's 'invasion' of the Commons, he sounded for all the world like an MCC spokesman, circa 1973.

During a Radio Four discussion, the campaigning author and *Guardian* columnist George Monbiot (no stranger

politics; although many hunt followers are in the classic sense working class and field sports workers have their own union.

In Britain's 'advanced democracy' single-issue campaigns are the only growth area of politics, as party memberships plummet and trust in politicians falls to new lows. A plethora

 **Resurgence** MAGAZINE PRESENTS

PEOPLE PLANET and POLITICS

Is economic growth compatible with sustainability?

A debate with: Michael Meacher, former Minister for the Environment; Jonathan Porritt, chair of the UK Sustainability Commission; Dr Caroline Lucas, Green MEP; and Satish Kumar, Editor of Resurgence

NOVEMBER 17 2004 **ADMISSION: £7.00**

7pm Hampstead Old Town Hall, 213 Haverstock Hill, Hampstead NW3 4QP

RSVP and enquiries to Peter Lang, London Representative for Resurgence <peterlang@resurgence.org> Tel: 0208 809 2391

of causes, products of a political system too inflexible to address genuine grievances or reconcile opposing sides, compete for media attention and 15 fickle minutes of fame. Some movements, such as the pro-hunting and 'pro-life' campaigns, are mainly of the right. Others, like 'anti-racism', are now dominated by the left, although one should not have to be a paid-up leftist to oppose prejudice.

However, labels of left and right have little value these days: when there is no reference to the middle, they become meaningless. On both sides of polarised debates, campaigners communicate vituperatively with each other, ignoring moderate opinion. They seek less to persuade and more to assert themselves and compete to grab headlines. In their present form, single-issue campaigns are a symptom of political malaise, rather than its cure as is often claimed. They encourage fanaticism and narrowness, and switch off the non-political majority, who like my newsagent are mildly irritated and bored.

The problem with modern campaigners is that they appeal only to sectional interests instead of the wider civil society. In this, they differ markedly from

their forebears. Feminist pioneers, from the Pankhursts to Emma Goldman, believed that liberating half of the human race would unlock the potential of all human beings, male and female. Supporters of black civil rights in the US believed that white as well as African Americans had their lives distorted by racism. Their approach was inclusive and holistic, rather than Balkanising and divisive.

Green politics should aim to restore that holism. It can do this only if it returns to its founding principle, 'neither left, nor right, but in front', instead of clinging to an increasingly sectarian left wing. The ecological movement is strongest when it crosses political and social frontiers, when 'one nation' Tories as well as ex-socialists vote Green and 'county' ladies protest against bypasses with New Age travellers. This approach is not only politically expedient, but also makes rational sense. The effects of uncontrolled growth are inclusive and so the Green movement has to be too.

Aidan Rankin is Research and Publications Officer for the Economic Research Council, London. www.ercouncil.org Email: aidan.rankin@ukonline.co.uk

RICHARD LEAKEY

Living on the edge of extinction

Trading wildlife in the name of conservation or development is a fatally flawed strategy

Fifteen years ago, the world's television screens relayed images of Kenya's then president Daniel arap Moi and myself as we set fire to a mountain of 2,000 elephant tusks. Kenya could have earned millions of pounds by selling the stockpile. However, I passionately believed we had to illustrate the impact of the ivory trade in the most graphic way possible – and the fact that destroying this trade was the only way to save Africa's elephants. Throughout the 1980s ivory trading, most of it fed by rampant poaching, had slashed the continent's elephant population from 1.3 million to just 625,000. Kenya had been especially hard hit: 80 per cent of its elephants were massacred.

A few months after the symbolic burning, something incredible happened. The UN Convention on International Trade in Endangered Species (CITES) put a total ban on the ivory trade, and the bloodshed slowed to a trickle. Without the legal market onto which to launder illegal ivory, poaching elephants became largely futile.

As *The Ecologist* went to press hundreds of delegates from 166 countries gathered in Bangkok for another meeting of CITES, which was set up in 1975 to ensure that international trade in wild animals and plants does not threaten their survival. However, it is becoming increasingly obvious that parties to the convention, not least the UK government, are trying to change it from its original aims. Swayed by the doctrines of 'sustainable development' and the market economy, they have developed a cavalier attitude towards the very species CITES was created to protect, increasingly promoting trade where there is a need for caution. This year's meeting was due to consider making CITES subordinate to less conservation-minded bodies »



such as the UN's Food and Agriculture Organisation and Convention on Biological Diversity, while measures to increase protection for commercially valuable species are likely to face stiffer opposition than ever. Previously unimaginable trade proposals are also up for discussion, such as trophy hunting requests for black rhinos, whose numbers fell by 96 per cent due to poaching between 1970 and 1992.

The fashionable mantra of 'use it or lose it' holds that conservation is only possible if a price is put on endangered species' heads, and that people in

agreed in 1997 and 2002 to allow sales of stockpiled ivory. Subsequently, we have witnessed a resurgence in both poaching and ivory seizures to a level not seen since before the ban, including a huge haul of almost three tonnes of ivory in Spain just this summer. And yet the relentless push to re-open the trade continues, with Namibia now asking CITES for an annual ivory export quota, as well as permission to trade in worked ivory, elephant hair and, with South Africa, elephant leather. These countries, two of the richest on the African continent, say they have the right to

communities for destruction of crops or loss of life caused by animals. However, given that Kenya, for example, still has only 20 per cent of the amount of elephants it had in 1970, this is an issue to be resolved by developing long-term land use policies rather than exterminating wildlife.

Funding conservation is often largely a question of political priorities, too. While Swaziland (in a move supported by the EU) wants to fund rhino conservation by trading in white rhinos, of which it has just 61, the country's king is reportedly building new palaces for each of his 13 wives.

With animals often 'worth' significantly more over a lifetime in terms of tourist dollars than the sale of their body parts, trading wildlife in the name of either conservation or development is a fatally flawed strategy. Centuries of trade in products such as ivory have never alleviated poverty in Africa and never will. It is the end dealers in consuming countries, not local people, who reap the lion's share of the profits, and I strongly believe that the developing world has suffered for too long from such plunder.

Ironically, the end market for many of the world's endangered species products is Europe, which has already hunted so much of its own wildlife into extinction. The EU's single block vote is crucial in many CITES decisions, and with its expansion this year it is more important than ever that the EU votes in favour of conservation, not trade. I sincerely hope that the UK government will not stand for further mauling of the convention at the Bangkok conference, but will instead seek solutions to the planet's wildlife woes that are truly sustainable (in the ecological sense) for both people and animals.

Richard Leakey is a paleoanthropologist, environmentalist and former Kenyan Minister for the Environment.

With animals often 'worth' significantly more over a lifetime in terms of tourist dollars than the sale of their body parts, trading wildlife is a fatally flawed strategy.

developing countries will only hold back from wiping out species they have lived alongside for millennia if they can see a financial benefit in preserving them. Yet historically trade has been the foremost factor in the decimation of scores of species ranging from tigers to cod. The illegal international trade in wildlife, already worth many billions of pounds each year, is often estimated to rank only behind the illegal trades in drugs and arms in the global black economy. I have seen how opening up even a limited legal trade creates a confusing smokescreen, allowing the illegal market to thrive and making effective policing and interception next to impossible.

While 'sustainable use' may superficially sound very reasonable, in reality it dodges definition. There is a yawning gulf, for example, between ecological and economic sustainability. All the world's elephants could be slaughtered tomorrow and yet an economically sustainable ivory trade maintained for years to come (as is currently the case with mammoth ivory).

Given the changes within CITES, it is perhaps unsurprising that the reprieve for elephants has not lasted. Swayed by a few pro-trade southern African countries, whose largely fenced-in elephant populations were relatively unaffected by poaching, the convention

profit from their 'natural resources'.

Again, this sounds perfectly reasonable, until one considers that many poorer countries are actively campaigning against this concept. Kenya, supported by many other African states, is actually proposing a 20-year total moratorium on ivory trade. This is because the economics of the ivory trade just do not add up. Most countries where elephants live are poor and politically chaotic, and the knock-on negative effects of allowing even a limited trade would far outweigh any benefits. Already struggling to protect their wildlife, these countries will be the first port of call for poachers, leading to vastly increased costs in terms of both law enforcement and rangers' lives.

And where is the evidence that ivory sales would benefit conservation (as required by CITES)? There has been no audit of how income from the 1999 stockpile sale was spent. Botswana, one of the countries that sold their ivory, recently admitted that 30 per cent of the income allocated to community development remains unspent.

With human populations growing exponentially, it is undeniable that many countries are experiencing serious habitat destruction and human-wildlife conflict, and I am the first to support efforts to help compensate farming

Trouble finding the Ecologist?

**Have it delivered
straight to your door.**

**Call 01795 414 963 or subscribe
online at www.theecologist.org**

THE DEBATE

Do we need farmers?



As a campaigner working for both environmental and farming organisations over the past 15 years,

Robin Maynard has often felt as if he's had one foot in each of two seemingly irreconcilable camps. This has resulted in a slightly schizophrenic view of farming and farmers. Here he debates their worth with himself.

Robin Maynard is a founder member of the independent farmers' campaign group Farm (www.farm.org.uk)



Dear Robin,

It wasn't so long ago that many farmers questioned the need for and value of environmentalists. When I addressed a National Farmers' Union (NFU) meeting as Friends of the Earth's countryside campaigner back in the 1990s, one farmer told me he didn't think too much of Friends of the Earth but we weren't as bad as the Ramblers Association, who'd be first on his bale-spike.

Now with falling farm-gate prices and with their subsidies pared back before the Common Agricultural Policy cash-cow collapses under the weight of thousands of additional farmers from the EU's new Eastern European member countries, farmers are calling for help from those they previously held in such contempt.

The majority of farmers, certainly their main representative bodies like the NFU, have resisted and dismissed the concerns of the public, despite these same taxpayers bankrolling farming for more than 60 years (currently to the tune of £3 billion per year). For such a sum, the public has every right to a say in how our land is farmed, by what methods, perhaps even by whom.

Indeed, given the vast sums of public money poured into agriculture, it wouldn't be unreasonable to declare all farmland now under public ownership. Would that be any worse than what the NFU hubristically calls 'stewardship' - ie, the present system of private ownership and occupation? Recent history suggests not: witness BSE, Foot and Mouth, and widespread pollution of our environment, food and drinking water with agrochemicals.

I don't question we need farmers, but that's not the same as saying the present body, number and type of farmer deserve to be preserved in aspic and allowed to do exactly as they please. If the public is to be persuaded that they merit any more preferential treatment than the miners and shipyard and textile workers already sacrificed on the altar of free trade, then farmers will need to demonstrate they are committed to delivering the fullest range of public goods and services: from safe food to a diverse and accessible countryside.



Dear Robin,

Get off your soapbox or (should I say?) bale-spike. With both the NFU and Friends of the Earth quoting the same grim statistic of 4,500 farms going bust every year (87 a week; 12 a day), it's clear there's agreement across the old farmer-environmentalist divide that farming's in crisis. If those figures weren't enough to merit public concern and government action, the fact that on average one farmer commits suicide every week (only doctors, with easy access to the means to their end, do so more frequently) should dispel any cynicism as to farmers 'crying wolf'.

Does it matter that so many are leaving the land? Clearly, no one in government seems that bothered. When asked that question recently, Sir Brian Bender, the civil servant who is permanent secretary at the Department for Environment, Food and Rural Affairs (Defra) replied that the government had 'no view' on how many farmers the UK needed, adding: 'Britain was not a communist society intent on setting levels.'

Bender's dismissive comment reflects the short-sighted, narrow view that agriculture is no different to any other industrial sector. The vagaries of weather and climate change, and the long-term stewardship (yes, good farmers believe in and practise such) of natural resources of soil and water are insignificant compared to the paradigms of economic efficiency and market-forces.

'Don't mention the war', said Basil Fawcay. Certainly, doing so raises snorts of derision from free-market proponents like Bender, who conveniently forget WWII's U-boat blockade of our sea-borne food supplies from the former colonies. That stranglehold was broken as much by farmers' heroic efforts as by the Navy's destroyers.

Enemy submarines no longer patrol our waters, but we face equal if not greater shocks and challenges to our food security. If events in Iraq and Saudi Arabia weren't enough to question the food system's reliance on fossil fuels, geologists warn that global sources of oil have peaked and that there are only 40 years' worth of supplies left.

Climate change impels us to curb fossil fuel use, ending the era of low-cost freight. Supermarkets showcase a cornucopia of foodstuffs from around the world, but behind the marketing, they are only huge, shelf-lined sheds, and, for all the praise they receive from politicians and City investors, 'they sow not, neither do they reap, nor gather into barns' (Matthew VI, 26).



Dear Robin,

Polishing up farming's old war record or resorting to the modern sport of slating supermarkets won't restore farmers' tarnished public image.

Following the war, mainstream agriculture pursued a path of industrialisation, substituting labour and husbandry with agrochemicals, animal drugs and machinery. The result was a rapid increase in output, but also a corresponding, catastrophic decline in the diversity, health and quality of our countryside, wildlife, soils and water.

In 1984, the now defunct government agency the Nature Conservancy Council estimated that more than 95 per cent of Britain's wildflower-rich meadows had been ploughed up to be replaced by species-poor intensive grassland, and that half the UK's remaining ancient woodland had been felled, along with 140,000 miles of hedgerow grubbed out to enlarge fields to accommodate bigger machinery.

For many farmers, these were the glory years of maximum outputs fuelled by seemingly limitless subsidies courtesy of the taxpayer. Any self-respecting arable farmer strove to make the '10-tonne per hectare' club. Environmentalists, whingeing about wildlife losses, were simply ungrateful busy-bodies, ignoring bellies filled by modern farming techniques.

But consumers also began to question the downsides of intensive farming. They liked 'cheap food', but not the cocktail of pesticide residues it contained. A recent report from the Organisation for Economic Cooperation and Development (OECD) shows that Britain still uses 0.58 tonnes of pesticides for every square kilometre of arable land: more than twice the OECD average. And surveys of people's body fat by the World Wide Fund for Nature have found that redundant chemicals such as DDT and Lindane are still present at worrying levels.

While profit margins remained healthy, few farmers questioned the methods or wider impacts of intensive agriculture. Now incomes are in decline, farmers' leaders are parading their concern for and stewardship of the countryside. Their past record will take some overturning.



Dear Robin,

Those hackneyed farmer-bashing figures can't be left unbalanced. Industrial farming has damaged our countryside and its wildlife, but that's only half the picture. The post-war push to intensive agriculture did for many farmers and farm workers, too.

From representing a majority of the UK's 500,000 farms at the end of WWII, 'mixed farms' dropped to a minority of 12,000 of the UK's total 240,000 viable farm holdings in 1998, to fewer than 11,000 today. If a parallel set of statistics had been produced showing the devastation wreaked upon the farming community, then we could have spared ourselves 20 fruitless years of ecologists and agriculturists at each other's throats and instead be closer to following systems of agriculture that sustain rural communities and wildlife alike.

Mixed farming's rotations of crops and livestock and fallowing of fields maintain fertility, prevent pest build-ups and break disease cycles. They also produce the diversity of habitat and food supply that supports so much wildlife.

What politicians failed to recognise in the policies and grants introduced to reward farmers for their war effort in the 1947 Agriculture Act, was that it was this system that had enabled farmers to boost production: banks of fertility stored under grass during the lean inter-war years were 'cashed in' to grow crops. The range of produce and livestock raised on any one farm provided insurance if particular markets failed: when corn prices were low, poultry or pigs made up the short-fall.

Instead of recognising the inherent benefits of mixed farming and directing efforts to develop such systems, post-war policymakers, urged on by the agrochemical and machinery lobby, sought to replace it with industrial-scale farming.



Dear Robin,

Good: you're shifting from a blanket statement that the UK needs all its current farmers, whatever their systems, methods and underlying philosophy and principles (or lack of them), to suggesting that certain types of farm, farmer and farming are better, or more sustainable, than others.

You term such systems 'mixed farms', of which you say there are about 11,000 left in this country. A fair proportion of these must surely be organic or biodynamic farms, which are based upon mixed rotations of crops and livestock. The absence of agrochemicals and routine antibiotic use from organic and biodynamic farming removes most public and environmental health concerns, making it consumer-friendly.

That's not the claim of organic evangelicals, but borne out by scientifically validated research. A comprehensive review of UK studies comparing biodiversity on organic farms to that on 'conventional' farms found five times as many wild plants in organic arable fields and a 57 per cent overall diversity of wild plants, including several key, endangered species.

The same review found 25 per cent more birds in organic field edges, with 44 per cent more in-field over autumn and winter. Interestingly for farmers, while 'good' flora and fauna flourished, crop pests such as aphids significantly decreased in the organic fields. This was because of greater numbers of beneficial predator insects.

Clear public benefits unlock public support, and Defra calculates that organic farming delivers environmental benefits to the tune of £130-£170 per hectare. So, setting Defra's organic aid scheme at just £60 per hectare gives the taxpayer very good value for money.

Stop fence-sitting and state what the facts support: UK agriculture needs to shift to more organic and biodynamic farming.



Dear Robin,

I accept there are benefits associated with organic farming, but such values aren't restricted to that system or its practitioners. That's a good thing, too, as there are only about 4,000 organic farmers and growers in the UK, working just 4 per cent of the country's total farmland. Many farming sectors, including the remaining mixed farms, and the smaller and family farms that hold on against the odds, provide a range of environmental, cultural and community services that offer value beyond simple economic 'efficiency'.

Yet the government's ironically-titled rural recovery czar Lord Haskins talks about 'half of Britain's farmers needing to go', adding that 'farms will get bigger and that's a good thing'. Presumably, Haskins shares the vision of Sir Ewen Cameron, the former chair of the rural watchdog the Countryside Agency, who believes that only vast US-style agribusinesses are commercially viable. 'Anything less than three or four thousand acres for each crop grown will probably not be sufficient,' Cameron says. 'It probably means taking a block of 20,000 acres and planning out the cropping and responsibilities in a very precise and maybe hard-hearted way.'

Farming on such a scale is antithetical to the type of landscape and countryside the public wishes to see sustained. US studies, where the shift from family farms to corporate-owned agribusiness is much further advanced than here, show a general collapse of surrounding social and civic infrastructure. Where agribusinesses dominate, nearby towns die off; increased mechanisation means fewer local people employed; and income from the mega-farms is siphoned off to company headquarters and banks in distant cities. In contrast, where family farms predominate there are more thriving and diverse local businesses, flourishing schools, churches and civic societies; local newspapers maintain an active readership; and even the pavements are better maintained.

For the UK it's been calculated that every pound of farm income boosts the local economy by £2.20. And a west Lancashire study indicated that for every 100 agricultural jobs, 50 others are created locally. So this is about more than just special pleading for 'whingeing' farmers.



Dear Robin,

Don't get all sentimental about 'family farms'. Even the 'barley barons' at NFU HQ describe themselves as such to cajole more cash from the public purse. The majority of farms in the country could call themselves 'family farms', whatever their scale, methods of production, and degree of care for animal welfare and the environment. What about farms owned or occupied by single and gay people? Why shouldn't they offer just as many, if not more, benefits as 'family farms'?

The term is used to communicate an attitude and scale of farming, but it's too woolly to convince policymakers to act. In 1990 a House of Lords select committee concluded that it did not 'regard the concept of a "family farm" as one which is useful for policy purposes, since it can mean more or less anything one wants it to mean. Nor is it clear what benefits the "family farm" confers on society'. That's what the farming community and those campaigning for a viable, sustainable agricultural sector in the UK must set out in concrete terms, not by falling back on romantic notions.

The costs of the dominant model of industrial agriculture pursued over the last half-century are unambiguous. As well as wildlife and rural communities, the basic foundations of food production, our soil and water resources, are being irreversibly damaged and depleted. Across Europe, soil erosion affects 157 million hectares: an area three times the size of France. US prairie farmers need 1,000 tons of water to produce just one ton of grain. Recent weather may make UK farmers sceptical, but the Environment Agency has warned of future water shortages as climate change bites. Simplistic calls to 'save our farms' and farmers' short-term demands for higher prices won't communicate the long-term interests to society generally in getting farming back onto a sustainable footing.



Dear Robin,

With net farm incomes dropping by 59 per cent in real terms over the past 25 years, you can't blame farmers for focussing on prices. Yet the popular stereotype would have it that farmers' pockets are stuffed with subsidy payments.

Subsidies mask the fact that farming doesn't pay. A small number of very large chemical, food-processing and retail companies dominate the agrifood sector, charging farmers high prices for their inputs and giving them low payments for their outputs, leaving the taxpayer to make up the difference. The cost of propping up this imbalanced market is now too great for the enlarged EU.

The current 'vision' is that the most efficient big farms should compete unsupported on the 'free' world market: if our food can be grown more cheaply overseas, so be it. Organic farmers can survive by supplying niche markets. The rest should give up producing food, and instead 'manage the countryside' in return for a single, annual payment – as long as the Treasury and taxpayers tolerate paying farmers to be 'park keepers'.

US-style agribusiness is promoted as the model for mainstream UK food production, yet its efficiency is questionable and its unsustainability certain. Producing, processing and distributing a year's worth of food for the average American requires around 400 gallons of diesel, with 10 calories of fossil-fuel energy going in for each calorie of food energy out.

The shift to this highly-mechanised model in this country is well-advanced, as thousands of farmers with the skills to grow our food leave the land and few new and young people take their place. The average age of farmers in the UK is 58 and we have the lowest uptake of European funding available for new entrants.

The challenges of dwindling oil supplies and increasing climate and global political instability reinforce our need for greater reliance on home-grown produce. We'll need farmers and farm-workers – as many as, if not more than, we currently have. It's in all our interests to force the government to answer the question: 'How many farms and farmers (and what systems) do we need to ensure a sustainable and secure food supply?'

PAYING THROUGH THE NOSE

What's the difference between perfume and pollution? Absolutely nothing. Perfumes may be sold as luxury items that enhance our wellbeing and sexuality, but at heart they are composed of neurotoxic solvents not dissimilar from those favoured by glue sniffers and volatile chemicals usually more at home in garages and industrial factories.

As far back as 1986, the US National Academy of Sciences targeted fragrance ingredients as one of six categories of neurotoxic chemicals in need of thorough investigation. This placed perfume ingredients right up there with insecticides, heavy metals, solvents and food additives as primary causes of disease in humans. But government and industry have been slow to get their acts together.

Under EU legislation there are few restrictions and even fewer outright bans on the quantities or combinations of fragrance chemicals that may be used in cosmetics. A typical perfume contains a mixture of fragrance chemicals (often between 50 and 100) mostly derived from petroleum. These include benzene derivatives, aldehydes and many other known toxins capable of causing cancer, birth defects, central nervous system (CNS) disorders and allergic and asthmatic reactions.

These substances can get into the body by inhalation or by being absorbed through the skin. When fragrance chemicals penetrate the skin they can be toxic to the liver and kidneys.



ETERNITY

Calvin Klein
fragrances for men and women



Dillard's

ETERNITY EAU DE PARFUM INGREDIENTS

Iso E Super, Lilial, Benzyl salicylate, Diethyl phthalate, Beta-ionone, Lylal, Alpha-terpineol, Piperonal, Galaxolide 50, Methyl dihydrojasmonate, Linalyl acetate, CIS-3-hexenyl salicylate, Eugenol, Ethyl linalool, Citronellol, Cyclopentadecanolide, Alpha-ionone, Benzyl acetate, Geranyl acetate, Octanol 7-hydroxy-3, 7-dimethyl-, 2-Buten-1-ol, 2-ethyl-4-(2,2,3-trimethyl-3-cyclopenten-1-yl), Benzenethanol, 1-Cyclohexene-1-butanol 4-(diethoxymethyl)-.alpha.,.alpha.-dimethyl-, 2-Buten-1-one, 1-(2,6,6-trimethyl-1-cyclohexen-1-yl)-,

BENZYL ACETATE

Purpose

- Synthetic fragrance (floral, fruity)

Adverse effects

- Irritating to eyes and respiratory passages
- Carcinogen, linked to pancreatic cancer

BENZENETHANOL

Purpose

- Synthetic fragrance (sweet, floral, rose)

Adverse effects

- Irritating to skin, eyes and upper respiratory tract
- CNS disruption
- Carcinogenic
- Also affects bone marrow (the tissues that produce blood cells). Exposure

can lead to aplastic anaemia, excessive bleeding, and damage to the immune system (by changes in blood levels of antibodies and loss of white blood cells)

DIETHYL PHTHALATE

Purpose

- Solvent; carrier; fixative

Adverse effects

- Irritating to eyes and skin
- CNS disruption
- Causes fetal abnormalities
- Sperm damage
- Oestrogen mimic
- Carcinogen

EUGENOL

Purpose

- Synthetic fragrance (clove oil substitute)

Adverse effects

- Irritant
- Contact dermatitis
- Also a common fungicide, pesticide and insecticide ingredient

ETHYL LINALOOL; LINALOOL

Purpose

- Synthetic fragrance (bergamot, French lavender)

Adverse effects

- Narcotic
- CNS disruption
- Commonly used in pesticides.



love, sweet love



Still others accumulate in fatty tissue and leach slowly back into the system or are passed on to children via breast milk.

Inhaled, they can cause sore throat, runny nose, sinus congestion, wheezing, shortness of breath, nausea, headache, dizziness, lethargy, mood swings and muscle pain. Perfume chemicals not only affect users but also those around them, and there are now urgent calls for second-hand scent to be considered in much the same light as we consider second-hand smoke.

There are environmental concerns as well, since fragrances are volatile compounds, which add to both indoor and outdoor air pollution. Synthetic musk compounds, for example, are carcinogenic and potential endocrine disruptors. They are also persistent in the environment and contaminate waterways and aquatic wildlife.

The turnover of the fine fragrance market in the UK was £350 last year. Calvin Klein's Eternity accounts for 3.1 per cent of the total market.

Currently, the US Food and Drug Administration is considering a petition submitted by US environmental group the Environmental Health Network to have Eternity declared 'misbranded'. The basis of the petition is that none of the perfume's ingredients have been adequately tested for safety.

The ingredients of Eternity are fairly representative of those found in all modern perfumes. While most women perceive it as a romantic floral fragrance, the reality is quite different. Of Eternity's 41 known ingredients, 33 have no relevant safety data. Of the rest, data suggests they are toxic, irritant, sensitising (capable of causing allergic-like reactions), damaging to the CNS and carcinogenic. Accordingly, the campaigners want the label of this (and all other perfumes) to caution: 'Warning: the safety of this product has not been determined.'

Benzaldehyde, 4-hydroxy-3-methoxy-, Phenol, 2-methoxy-4-(1-propenyl)-, Oxacycloheptadec-10-en-2-one-, 2-Octanol, 8,8-diethoxy-2,6-dimethyl-, 2-Propen-1-ol, 3-phenyl-, 6-Octen-3-ol, 3,7-dimethyl-, acetate, 6-Octen-3-ol, 3,7-dimethyl-, 7-Octen-4-one, 2,6-dimethyl-, Acetic acid, (cyclohexyloxy)-, 2-propenyl ester, 2,6-Octadien-1-ol, 3,7-dimethyl-, Phenol, 2,6-bis(1,1-dimethylethyl)-4-methyl-, Benzaldehyde, 4-methoxy-, Benzenemethanol, 1,3,6-Octatriene, 3,7-dimethyl-, Benzoic acid, 2-hydroxy-, ethyl ester

ALPHA-TERPINEOL

Purpose

- Synthetic fragrance (floral)

Adverse effects

- Highly irritating to mucous membranes
- CNS disruption
- Scientific data warns against repeated or prolonged skin contact

GALAXOLIDE 50

Purpose

- Synthetic fragrance (artificial musk)

Adverse effects

- Hormone disruptor
- Irritant
- Carcinogenic

CYCLOPENTA-DECANOLIDE

Purpose

- Synthetic fragrance (artificial musk)

Adverse effects

- Hormone disruptor
- Irritant
- Carcinogenic

BENZALDEHYDE, 4-HYDROXY-3-METHOXY

Purpose

- Synthetic fragrance (vanilla)

Adverse effects

- Irritation to the mouth, throat, eyes, skin, lungs, and the gastrointestinal tract, causing nausea and abdominal pain
- Kidney damage
- CNS disruption

BENZENEMETHANOL

Purpose

- Solvent (carrier for other fragrance chemicals)
- synthetic fragrance (sweet, floral)

Adverse effects

- Irritating to skin, eyes and upper respiratory tract
- CNS disruption
- Carcinogen

PHENOL, 2,6-BIS(1,1-DIMETHYLETHYL)-4-METHYL-

Purpose

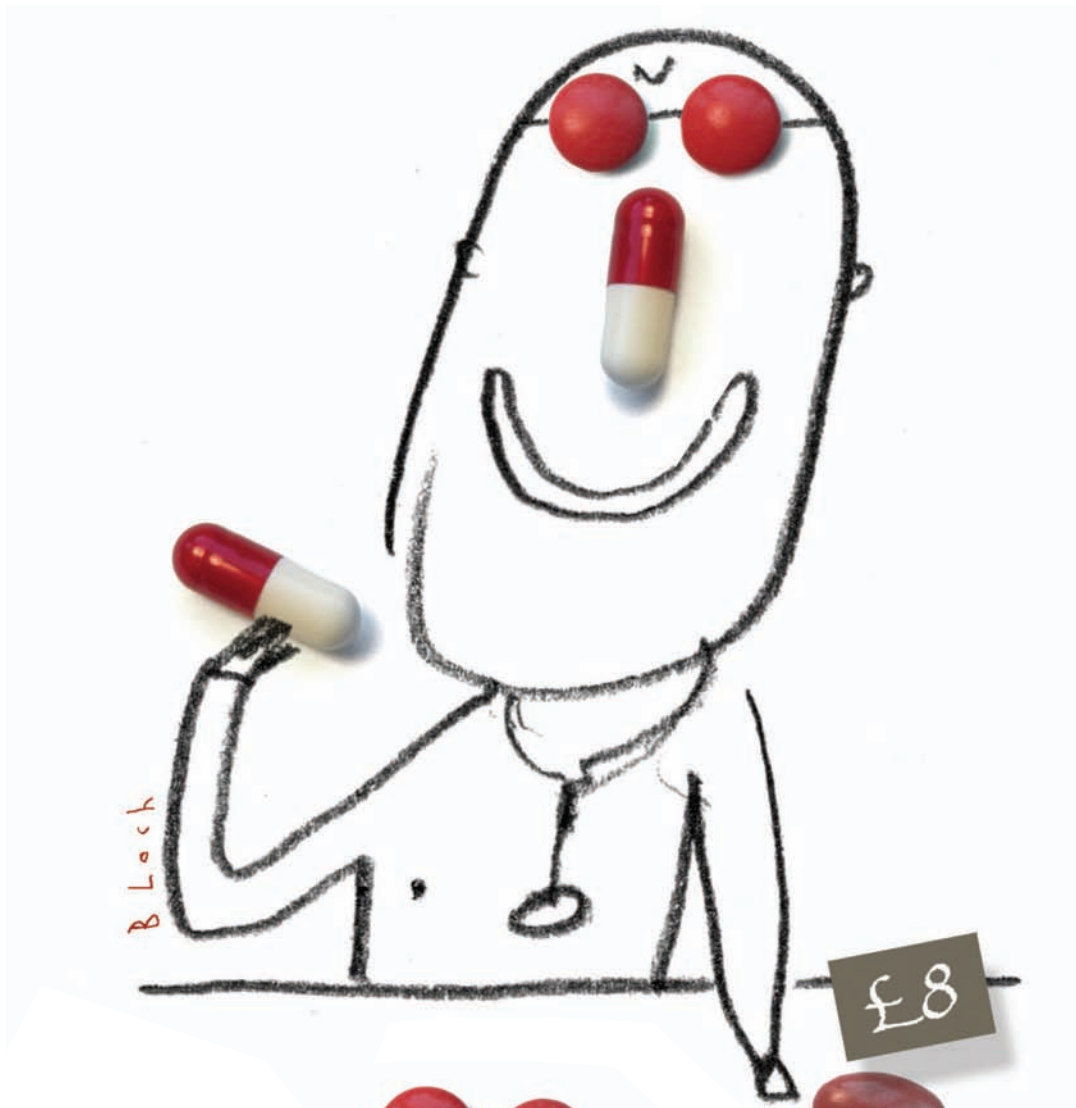
- Fragrance; antioxidant

Adverse effects

- Irritant
- Potential carcinogen
- Reproductive toxin
- Also used as a pesticide

When your doctor prescribes you a new drug, is he acting in your best interests, or those of the pharmaceutical company buying his lunch? Family doctor Des Spence lifts the lid on how the drug companies bribe doctors to push their products on an unsuspecting public.

Prescription addiction



£4



£12



£8



£10



Fancy a weekend at Gleneagles? 'How about lunch – anywhere you want' 'Listen. Just have a flick through these marketing pictures and there's £50 in it for you.' Who gets perks like these?

Doctors.

These freebies are typical of the largesse of one of the world's most profitable industries – the pharmaceuticals industry, which enjoyed revenues of more than \$364 billion in 2001 alone. The same year *The Guardian* reported that the combined worth of the world's top five drug companies was twice the GNP of the whole of sub-Saharan Africa. Recently, the leading pharmaceutical companies have recorded gross profit margins of around 70 to 80 per cent.

To keep the money pouring in, the pharmaceuticals industry spreads a bit of it around – keeping its main customers (our doctors) motivated. Italian police are currently investigating a scandal involving 4,400 doctors implicated in allegations of a £152m illegal scheme incentive operated by UK drugs giant GlaxoSmithKline. According to the police, doctors were offered junkets such as free holidays, drugs or just plain cash to supply patients with Glaxo drugs instead of those of the firm's rivals. Domenico Cuzzocrea, of the Venice tax police, put it as simply as he could, telling the Associated

my area's budget on their drugs instead of those of their rivals, it would be worth £50,000 per year to them. £250 spent making me feel important was a cheap round.

Why the hell hadn't I seen this before? As a student I'd tucked innumerable branded pens into my pocket, been given corporate stethoscopes and Filofaxes, eaten my fill of the drug companies' sandwiches, and enjoyed any number of 'sponsored' nights out. In my mind the pharmaceutical industry was simply wonderful. I couldn't get enough of it.

As a junior doctor I and my colleagues had been wined and dined at some of Glasgow's finest restaurants. By the time I became a GP pharmaceutical representatives were taking me out to lunch on an almost daily basis. Just how much did we see of them? Not only were they sponsoring practice meetings and paying for our Christmas parties; they were coming along too.

I'd even been paid £7,000 to conduct research for them. For 10 years, I realised, I had almost daily contact with the industry. When I looked back I felt a sense of shame: I realised that they had got exactly what they wanted. As a result of the hospitality and the gifts, I had changed what drugs I prescribed to my patients. I felt beholden to the drug representatives and, given a choice, would choose their more expensive medications. It was only when my wife rubbed my nose in it

When I looked back I felt a sense of shame because I realised that the drug companies had got exactly what they wanted. As a result of their hospitality and their gifts I had changed what drugs I prescribed to my patients.

Press: 'Glaxo put this mechanism in place to sell as many medicines as possible.'

Glaxo's Italian antics are far from exceptional. In the UK last year pressure from the Medicines and Healthcare Products Regulatory Agency led to three wholesale pharmaceutical companies ending incentive schemes through which pharmacists could exchange 'points' for share discounts or holidays if they bought the firms' products.

One of the reasons why I know about the drug companies' 'generosity' is because I used to be a beneficiary of it. That was until a moment of clarity I experienced a few years ago. I was working as a family doctor in Glasgow. Like so many other GPs I was high on drug company hospitality. Then one night I returned home from speaking at an evening meeting, clutching a £250 cheque from a pharmaceutical company and feeling rather self-important.

My Glaswegian wife, however, is not given to suffering fools. She told me she preferred the medical student she had first met pulling pints in a pub for £1.80 an hour 15 years before. She made it quite clear to me that it wasn't my wit, charisma or natural ability at after-dinner speaking that the drug companies were after; they wanted my influence.

What my wife said was patently true. At my practice alone the budget was £500,000 per year; the budget for my local area (for which I was partly responsible) was 10 times that. If the drug companies could get me to spend just 1 per cent more of

that I saw that this was the whole point. The drug reps were preying on the natural desire of people to help their mates.

In my defence I can only say that I was doing what everybody else did. I knew no better. Since then, however, I have thought long and hard about the pharmaceutical industry. I am now fully signed up to an organisation called No Free Lunch, which aims to rid the medical profession of pharmaceutical influence.

The key to profitability for pharmaceutical companies is holding the patent to a drug. However, patents last no more than 20 years. So to remain profitable, these companies need to keep on inventing new drugs, or repackage them. In the last six years US pharmaceutical firms have introduced 487 drugs to the market. Of these, the Food and Drug Administration ruled that 78 per cent were unlikely to represent improvements over drugs already on the market, and that 68 per cent didn't even contain new chemical compounds: they were simply old drugs presented in new combinations or formulations.

When the companies think they've come up with a potentially money-spinning new (or nearly new) drug, they commission hospitals and doctors to conduct research. This can involve tens of millions of pounds being paid to hospitals, which become dependent on this research money. Consider that while the UK government spends £1 billion a year on »

medical research and development, the pharmaceutical companies spend £3 billion; the disparity is even worse on the other side of the Atlantic.

Once the hospitals and doctors have finished helping the industry with its research, the drug companies own their findings and control interpretation of them. Commenting on a battle he had endured with a drug company that did not wish him to publish negative findings into one of its drugs, professor James O Kahn, a leading Aids researcher at the university of California, said: 'It is common that researchers agree not to publish results if they don't please the company. Companies are frantic to get out positive results, but not neutral or negative results. It's very hard to publish a study that's either neutral or negative on a commercial product.'

In 2000 Kahn found out just how hard this could be. That year *JAMA* (the *Journal of the American Medical Association*) reported how a research team he led had studied the effects of a particular therapeutic vaccine on 2,527 patients across 77



suppress negative views, of research into their products. Last year *The Observer* claimed that 'estimates suggest that almost half of all articles published in [medical] journals are by ghost-writers'. The newspaper listed a series of examples, including one which involved *The New England Journal of Medicine* having to retract an article when it emerged that 'several of the listed authors had little or nothing to do with the research'; another involved an article published in the journal *Alimentary*

Pharmacology and Therapeutics, which promoted the use of the AstraZeneca drug Omeprazole and was later revealed as being co-authored by someone on the company's payroll.

Research that is presented as being impartial can have dramatic effects on a drug's sales. Sales of a drug called Bextra rose by 60 per cent following the publication of a favourable study in *The Journal of the American Dental Association*. This was despite the fact that the claimed benefits had been discounted

The more sales representatives your doctor sees, the more drugs they end up prescribing. (And considering that of Glaxo's 101,000 employees, 44,000 of these are in sales, there's a lot of reps out there to be seen).

hospitals. Marketed as Remune, the vaccine was designed to boost the immune systems of people infected with HIV. The researchers found that it was no better than a placebo. When Kahn published his results, the drug's manufacturer, Immune Response Corporation, took him to court, demanding \$7m in compensation.

A similar case took place in 1996 in Canada. Nancy Olivieri was working as a medical researcher at Toronto's Hospital for Sick Children when she discovered that Deferiprone, a drug treatment for the blood disease thalassaemia, had potential risks for children. Apotex, the company that owned the patent, ordered her not to make her findings public, saying that she had signed a confidentiality agreement. What followed became one of the most infamous cases concerning the influence of drug company money on the integrity of research. Olivieri lost her job as head of the hospital's blood disorders programme. She became the victim of anonymous hate mail from another member of staff. It was not until 2001 that a report for the Canadian Association of University Teachers finally concluded in her favour.

Another tactic of the pharmaceutical corporations is to employ ghost-writers who spin positive interpretations, and

by federal regulators just six months previously. Only later did it emerge that the article had not been written by medical researchers: the lead investigators were from a research firm part-owned by advertising agency Omnicom.

Such distortions of the truth can have dangerous side effects. In March this year the *Canadian Medical Association Journal* published excerpts from a Glaxo internal document concerning the company's antidepressant Seroxat (known as Paxil in North America). The memo advised Glaxo staff to 'withhold clinical trial findings in 1998 that indicated the antidepressant had no beneficial effect in treating adolescents'. The company said it needed to 'effectively manage the dissemination of these data in order to minimise any potential negative commercial impact'. It seems that Glaxo's desire for profit was greater than its desire to ensure the wellbeing of depressed teenagers.

The trouble is, medical journals rely on drug company payments to survive. The *BMJ* (*British Medical Journal*) even admits: 'Doctors in Britain receive the *BMJ* free in part because of the support the journal receives from pharmaceutical advertising. *BMJUSA*, which circulates monthly to 90,000 doctors in the US, is paid for entirely by advertising. Because of advertising *The New England Journal of Medicine* is sent



Drug Reps!

Nagging doubt?
Trouble sleeping?
Has pill pushing
lost its magic?

you need

Rep-revive™

fast-acting relief for your
troubled conscience

RECOMMENDED BY DOCTORS EVERYWHERE*

' Feelings of remorse nearly ruined my career. Then I was diagnosed with Drug Reps Ethical Anxiety Disorder (D.R.E.A.D.)™ A simple course of Rep-Revive™ and I'm once again proud of the job I do'



profit from pills®

* CONTACT YOUR CORPORATION FOR DETAILS



free to many hospital doctors in Britain and *JAMA* to many doctors in the US... Pharmaceutical advertising almost certainly does affect prescribing.'

And the drug companies' influence does not end with the subsidising of research. After the research is published, and the drugs cleared, high-flying doctors in the NHS, along with a coterie of health editors from the national press, are often whisked away to five-star hotels to attend glitzy international drug launches. These all-expenses-paid promotional trips are passed off as 'educationals'.

As a result, top doctors and journalists are given a warm feeling about the companies and act as advocates for their new drugs. Conspiracy theory nonsense? Last year the *BMJ* published the details of a survey of 1,000 GPs which confirmed that those who saw drug company representatives at least once a week were more likely to prescribe drugs that were not needed. Another study reported that 46 per-cent of physicians admitted that drug reps are moderately to very important in influencing their prescribing habits. It's easy to see why the drug companies set aside £10,000 a year on marketing for each doctor in the UK.

The general rule is: the more sales representatives your doctor sees, the more drugs they end up prescribing. And considering that 44,000 of Glaxo's 101,000 employees are in sales, there's a lot of reps out there to be seen. In fact, while the number of people employed in research and development by US drug companies has actually decreased by 2 per cent since 1995, the number employed in marketing has risen by 59 per cent.

Although the man in the street is mostly ignorant about all this, the pharmaceutical industry has not forgotten him; in fact, it has a special technique set aside for persuading the general public of the need to buy its products: it's called 'disease mongering'. This August the

UK's Royal College of General Practitioners, which represents many of Britain's 37,000 GPs, took the industry to task over the practice. Giving evidence to a parliamentary enquiry, it said the drug companies were exaggerating the risks of many conditions in order to worry people into buying more drugs. Speaking to *The Sunday Telegraph*, the college's honorary secretary, Dr Maureen Baker, said: 'It is very much in the interest of the pharmaceutical industry to draw a line that includes as large a population as possible within the 'ill' category. The bigger this group is, the more drugs they can sell. If current trends continue, publicly funded healthcare systems will be at risk of financial collapse with huge cost to society as a whole.'

Not content with exaggerating the risks of known conditions, the drug companies even invent new ones. Before the launch of Seroxat, Glaxo went on a massive promotional campaign: not promoting its drug, but publicising the 'disease' for which it was supposed to provide the cure. In the month before the drug was launched in the US there were hundreds of stories in the media about the condition Social Anxiety Disorder (SAD); in the two years previously there were fewer than 50 such stories. All of a sudden it seemed, we were all suffering from SAD. Of course, for industry insiders such an approach is laudable: Glaxo was praised in the trade

press for stimulating 'a strong anti-anxiety position'. So strong, in fact, that it is predicted that by 2009 the 'anxiety market' will be worth at least \$3 billion. (The situation is that much worse in the US than it is in Europe. Companies can employ 'direct to consumer marketing' in America: schmaltzy TV commercials and celebrity endorsements convince a trusting public to buy into the latest drug.

Thus, in 2000 Merck Sharp and Dohme spent \$161m just on advertising its drug Vioxx in the US: that's more than was spent on promoting Pepsi or Budweiser.)

It should come as no surprise, therefore, that the best-selling drugs become not the ones that might stop the most people dying, but those that respond most to our current faddish concerns. Of the UK's top 10 selling drugs, for example, three are for cholesterol, two for peptic



ulcers, and two for high blood pressure. Is prescribing these drugs really the best way to help transform our stressed-out society and its unhealthy eating habits?

Most sane-minded people would consider that something needs to be done about this situation, that these companies need to be reined in and their influence on research, doctors and public spending patterns curtailed. Surely this is a job for government?

Don't think the drug companies haven't thought of that. These unbelievably profitable companies exert enormous political power both in the UK and the US. Earlier this year, the UK government's Joint Committee on Vaccination and Immunisation recommended the introduction of the new five-in-one jab for diphtheria, tetanus, whooping cough, polio and Hib. It later emerged that three senior members of the committee had received 'industrial support' from two of the pharmaceutical firms making the vaccine, Aventis Pasteur and Merck.

And with all that money it's no wonder Tony Blair loves the drug companies. Writing a foreword for a pharmaceuticals industry report, he gushed: 'A successful pharmaceutical industry is a prime example of what is needed in a successful knowledge economy. The UK's pharmaceutical industry has an outstanding tradition and has contributed very substantially to our economy and to the welfare of our citizens.'

In the US the situation is, once again, far worse. At the Republican Party convention in the summer you could hardly turn round for fear of bumping into a drug rep. As the Associated Press reported, there was 'an afternoon tea with New York state first lady Libby Pataki, sponsored by AstraZeneca; a nomination-night party for top members of Bush's re-election team, co-sponsored by Bristol-Myers Squibb; and a breast-cancer awareness luncheon funded by Novartis...' Pfizer, meanwhile, provided a supper for the Colorado delegation to the convention and an evening reception in honor of former New York mayor Rudy Giuliani. In the past year, the Associated Press revealed, the pharmaceuticals industry spent more than \$85m lobbying Congress and the Bush administration. It also donated at least \$11.5m to the Republican and Democratic parties and their presidential and congressional candidates (roughly two thirds of that money went to Republicans).

With such unholy alliances at work, it is left to individual doctors and patients to resist the drug companies' might. That's why I joined No Free Lunch. If you come to my surgery the No Free Lunch logo is the only brand you'll see. Why not ask your doctor if he is a member, and if not, why not. In the meantime, look after your own best interests. Next time the doctor suggests you go on a drug you've never heard of, ask him or her some questions about it. Have a look round the surgery to see what company's name adorns the pens or appears prominently elsewhere. If you still aren't sure, do some research yourself at home on the internet, or call us at No Free Lunch. We'd be glad to tell you what we know about the pills in your pocket. And there's nothing in it for us. Except the ability to sleep easy at night.

Des Spence is a GP in Glasgow. To learn more about No Free Lunch go to www.nofreelunch.org Or email nofreelunchuk@yahoo.co.uk



VOLUNTEERS WANTED

To work as interns at
The Ecologist in editorial or
marketing, please email:
Belinda@theecologist.org

Campaign against Climate Change 

Make sure whoever wins gets the message straight away!



**RALLY FOR THE PLANET
at the
US ELECTION**

2 days after the election, Thursday, November 4th
Assemble 6.00 pm Lincoln's Inn Fields (Holborn tube)
for march to US embassy

If Bush wins :
"Global Funeral March"
It will be essential to remind everyone just how damaging Bush's policies are and to make the point that we here in the UK deplore his re-election, and see it as a disaster for the whole world.

If Kerry wins :
Take action on climate now! Re-engage and ratify!
Remind him that the whole world is looking to him to show leadership in the fight against ecological catastrophe. Lets see if he can live up to his environmental credentials!

www.campaigncc.org 02088553327 07903316331



What none of the thinkers of the Enlightenment envisaged, is that human life can become more

The illusion

by JOHN GRAY

The 20th century was an age of faith, and it looks as if the 21st will be as well. For much of the century that has just ended, the world was governed by militant political religions, each promising paradise on earth. Communism promised universal freedom and prosperity; it succeeded only in adding another chapter to the history of human misery. After the fall of the Berlin Wall, the cult of the free market promised all that communism had failed to deliver. The neo-liberal era lasted little more than a decade. The post-Cold War interregnum was shattered by the 11 September attacks on Washington and New York, and the US attempt to export democratic capitalism worldwide is meeting a brutal end in the killing fields of Iraq.

Both communism and neo-liberalism were messianic movements, using the language of reason and science but actually driven by faith. Seemingly deadly rivals, the two faiths differed chiefly on a point of doctrinal detail: whether the final perfection of mankind was to be achieved through universal socialism or global democratic capitalism. Just as Marx's revolutionary socialism had done, the global free market promised an end to history. As could have been foreseen, history continued – with an added dash of blood.

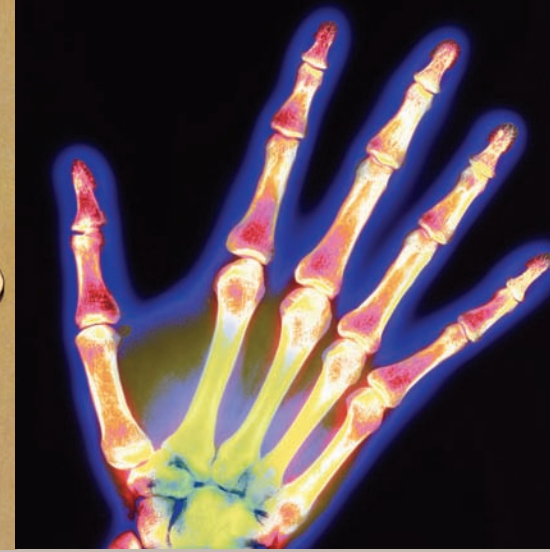
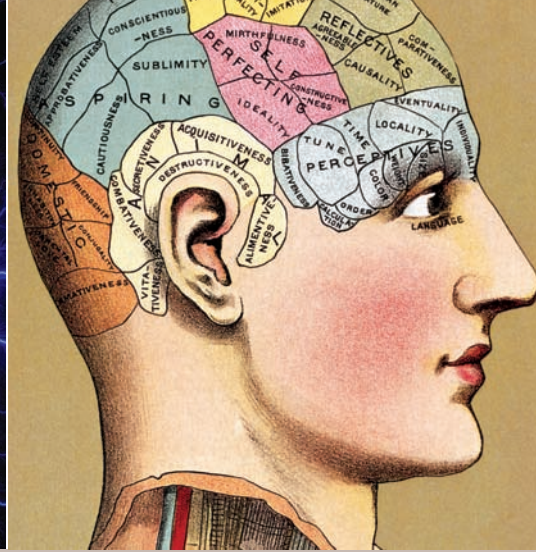
Like most Enlightenment ideologies, communism and neo-liberalism were obsessively secular. At the same time they were

deeply shaped by religion. Looking to a future in which all of mankind would be united in a single way of life, each was rooted in a view of human history that is found only in Western monotheism. Marxism and the cult of the free market are only the latest in a succession of Enlightenment faiths in which the Christian promise of universal salvation reappears as a political project of universal emancipation.

For the pagans of pre-Christian Europe history was an unending succession of cycles no different from those in the natural world. In contrast, in Western monotheism – Judaism, Christianity and Islam (which in this respect belongs in the West) – salvation is the culmination of history. Judaism was concerned with the destiny of a particular people, not the species as a whole: the missionary impulse was absent. With the coming of Christianity, monotheism became universal in its claims. This development is commonly seen as an advance. Yet it sowed the seeds of the militant political religions of modern times.

The thinkers of the Enlightenment saw themselves as reviving paganism, but they lacked the pagan sense of the dangers of hubris. With few exceptions, these savants were actually neo-Christians, missionaries of a new gospel more fantastical than anything in the creed they imagined they had abandoned. Their belief in progress was only the Christian doctrine of providence emptied of transcendence and mystery.

Secular societies are ruled by repressed religion. Screened off from conscious awareness, the religious impulse has



and their followers today have failed to perceive, savage and irrational even as scientific advance accelerates

of progress

mutated, returning as the fantasy of salvation through politics, or – now that faith in politics is decidedly shaky – through a cult of science and technology. The grandiose political projects of the 20th century may have ended in tragedy or farce, but most people cling to the hope that science can succeed where politics has failed: humanity can build a world better than any that has existed in the past. They believe this not from real conviction but from fear of the void that looms if the hope of a better future is given up. Belief in progress is the Prozac of the thinking classes.

In science progress is a fact; in ethics and politics it is a superstition. The accelerating advance of scientific knowledge fuels technical innovation, producing an incessant stream of new inventions; it lies behind the enormous increase in human numbers over the past few hundred years. Post-modern thinkers may question scientific progress, but it is undoubtedly real. The illusion is in the belief that it can effect any fundamental alteration in the human condition. The gains that have been achieved in ethics and politics are not cumulative. What has been gained can also be lost, and over time surely will be.

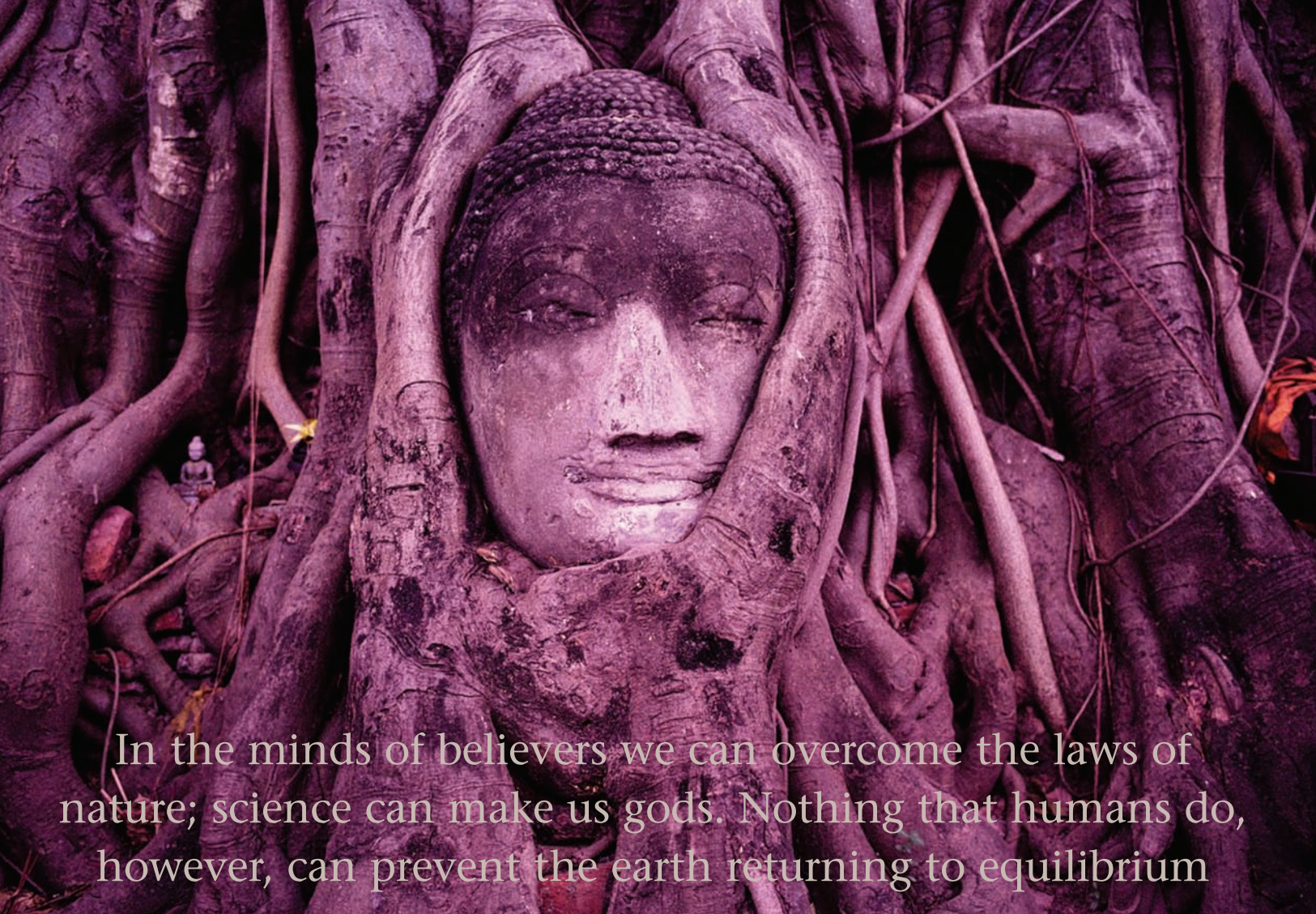
History is not an ascending spiral of human advance, or even an inch-by-inch crawl to a better world. It is an unending cycle in which changing knowledge interacts with unchanging human needs. Freedom is recurrently won and lost in an alternation that includes long periods of anarchy and tyranny, and there is no reason to suppose that this cycle will ever end.

In fact, with human power increasing as a result of growing scientific knowledge, it can only become more violent.

The core of the idea of progress is the belief that human life becomes better with the growth of knowledge. The error is not in thinking that human life can improve. Rather, it is imagining that improvement can ever be cumulative. Unlike science, ethics and politics are not activities in which what is learnt in one generation can be passed on to an indefinite number of future generations. Like the arts, they are practical skills and they are easily lost.

Many Enlightenment thinkers accepted that scientific advance might slow down or stop, as in previous periods of history, and in that case social progress would stall as well. Yet so long as the advance of science continued, they believed human life would improve. The improvement might not be quick or steady, but it would be incremental, with each new advance building on the last, like the growth of knowledge in science. What none of the thinkers of the Enlightenment envisaged, and their followers today have failed to perceive, is that human life can become more savage and irrational even as scientific advance accelerates.

Now that science is worldwide the advance of knowledge is unstoppable. Short of an almost unimaginable global crisis there is no prospect of the advance of science slowing or going into reverse. In ethics and politics, however, no gain is irreversible. Human knowledge grows, but the human animal



In the minds of believers we can overcome the laws of nature; science can make us gods. Nothing that humans do, however, can prevent the earth returning to equilibrium

CONCISE

stays much the same. Humans use their growing knowledge to promote their conflicting goals – whatever they may be.

Genocide and the destruction of nature are as much products of scientific knowledge as antibiotics and increasing longevity. Science enlarges human power. It cannot make human life more reasonable, peaceful or civilised, still less enable humanity to remake the world.

In calling belief in progress an illusion, I do not mean that we should – or could – simply reject it. When Freud described religion as an illusion, he did not imply that it was wholly false, nor was he suggesting that humanity could do without it. Illusions are not mere errors. They are beliefs to which we cling for reasons that have nothing to do with truth. We turn to religion not for an explanation of the universe, but in order to find meaning in life.

The illusion of progress has sometimes been benign. It inspired some genuine social advances, such as the abolition of judicial torture. (Ironically, some US liberals are now arguing for judicial torture's reintroduction.) Even so, I believe it has now become harmful. Whatever role it may have had in the past, belief in progress has become a mechanism of self-deception that serves only to block perception of the evils that come with the growth of knowledge. In contrast, the myths of religion are ciphers containing the truth of the human condition.

In order to be effective, illusions must be genuinely believed; but it seems that even its most militant evangelists today secretly

suspect progress to be an illusion. How else can we explain their anxious certainty? Since Pascal religious faith has thrived on doubt. No trace of doubt leavens the dogmas of secular humanism. They are too brittle to withstand serious questioning.

Anyone who dares question the idea of progress is at once accused of wishing to return to the Dark Ages. Yet it is a fact that the largest mass murders in history were perpetrated by progressive regimes. But it is not the scale of modern mass murder that is its most distinctive feature; it is the fact that it was done to elevate the human condition. The millenarian movements of the late Middle Ages were sometimes violent, but they did not see violence as the instrument whereby a new world would be forged; that task was left to God. Even the Inquisition did not claim that it was building an earthly paradise. It is only in modern times that mass murder has been seen as a means of perfecting humanity.

Lenin boasted of being an 'engineer of souls' and of being able to construct a new 'socialist humanity'. The end result of the Bolshevik experiment was mass murder and broken lives on an unprecedented scale. The scale of death in Soviet Russia was rivalled only in Maoist China, another progressive regime. The Nazis despised Enlightenment values of freedom and toleration, but they shared the Enlightenment goal of using science to alter the human condition. Like Lenin, Hitler dreamt of creating a new type of human being. Mixing Nietzsche's childish brew with the deadly poison of 'scientific

racism', he perpetrated a uniquely atrocious genocide.

The lesson of the century that has just ended is that humans use the power of science not to make a new world but to reproduce the old one, sometimes in newly hideous ways. This is only to confirm a truth known in the past, but forbidden today: knowledge does not make us free.

We inherit from Greek philosophy the belief that knowledge is liberating, but the biblical myth of the Fall is closer to the truth. The increase of knowledge brings many benefits; but it is not an unmixed good. Tempting humanity with the promise of magnifying its power, it ends by enslaving us.

In modern times, nothing is more heretical than the idea that knowledge can be a sin. The belief that humanity advances with the growth of knowledge is at the heart of liberal humanism. In many ways humanism is not much more than secular Christianity; but it has suppressed the profound insights into the contradictions of human nature and the ambivalence of knowledge that were preserved in the Christian tradition. At the same time, it has perpetuated Christianity's worst errors.

Among the world's religions Christianity has always been one of the most radically anthropocentric. Christians believe humanity is separated from the natural world by an impassable gulf; other animals exist to serve us. The idea that humans are supremely valuable in the scheme of things has always been at the core of Christianity. But the peculiar notion that human personality is the source of all that is valuable in the world makes little sense once it is wrenched from a theology in which humans are made in the image of a divine person. Despite that, it has become the basis of humanism.

The theistic belief that humanity has been given dominion over the world has not been relinquished. It has been recycled as the humanist belief that, by using the power of science, humanity can escape the natural laws that govern all other animals. And yet human supremacy is running up against the finitude of the earth's resources. Science teaches humility. Humans cannot evade the laws of thermodynamics, and there is nothing about progress in Darwin's theory of natural selection. It is industrialisation that has enabled humans to attain their present numbers; but worldwide industrialisation is the basic human cause of climate change, and the effect of global warming is to make the planet less hospitable to humans. Nothing that humans can do can prevent the earth returning to equilibrium.

In the minds of secular believers, however, we can overcome the laws of nature: science can make us as gods. Liberal humanism is a secular rendition of a Christian myth, but the truth in the myth has been lost. The biblical story of the Fall teaches that evil cannot be rooted out from human life: humans are radically flawed. It is not error or ignorance that stands in the way of a better world. The human animal may yearn for peace and freedom, but it is no less fond of war and tyranny. No scientific advance can alter the contradictions of human needs. On the contrary, they can only be intensified as science increases human power.

John Gray is professor of European thought at the London School of Economics. This extract is taken from his latest book *Heresies: Against Progress and other Illusions* published by Granta Books.

 **Resurgence Magazine** in collaboration with The Ecologist, The Gaia Foundation, The International Forum on Globalisation, The Henry Doubleday Research Association and Schumacher College, *JOINTLY PRESENT*

The Future of Food

An afternoon to discuss local & tasty food on a tasty planet!

Saturday 22, January 2005

2.30 to 7.30pm

with **Vandana Shiva** of Bija, the School of Seed, India • **Jerry Mander** Director of the International Forum on Globalisation, USA • **Colin Tudge** Research Fellow at the LSE, and author of *So Shall we Reap*. • **Tim Lang** Professor of Food Policy at City University London • **Dr. Caroline Lucas**, Green Party MEP • **Satish Kumar**, Editor of Resurgence Magazine



City of London School for Girls,
St Giles Terrace, Barbican, London EC2Y 8BB
(junction of Wood St. and Fore St.) nearest underground: Barbican

Accessible for the disabled

Tickets £20 (£15 concession)

including delicious Indian refreshments

RSVP: Peter Lang, London Representative for Resurgence, 0208 809 2391,
peterlang@resurgence.org

MEETING DELILAH

She entwined my whole arm in her trunk, held it there as she breathed deeply several times, and then put the tip of her trunk in her mouth and sighed. I came a little closer and let her explore my face and neck freely until I could hear a soft growl of pure delight: the elephant equivalent of purring.

The zoo in Johannesburg is a municipal institution, short of cash, long on bureaucracy, and run by the city's Parks and Recreation Department. Which meant that when I started working there the lawns were manicured, the flower beds lovely, but the animal quarters disastrous. I was the first professional zoologist to be employed there. Most of the staff were untrained, largely uninterested, and working there only because none of the city authority's other departments would have them.

It was an uphill struggle. Far too many pointless meetings, too much talk, and everything else in triplicate. Requisitions were a nightmare: it was always so much easier for officials to say no rather than come down and see problems for themselves 'out at the zoo'. We always seemed to be last on everyone's list of priorities. And then the only person who really cared about the zoo, the man who had found and hired me in London, left his post and we lost whatever clout we had in the first place, along with most of our budget. But then there was still Delilah...

She was four years younger than me: a teenager who had been born in the bush, but had lived most of her life in

Johannesburg.

She was an orphan, the survivor of a massacre, but despite this background she was one of the sunniest, most consistently good-tempered individuals I have ever met. She was also truly beautiful, with long, thick eyelashes. And I was particularly fond of her trunk.

Delilah lived alone in a dark, damp, concrete-floored cage in what was euphemistically described as the Elephant House. More than half of her time was spent shackled indoors, chained to a ring in the floor that gave her the scope of just



The elephant's trunk is an elongated fusion of nose and upper lip, an unparalleled adaptation of the nasal muscles (most mammals have a set of six... elephants have more than 100,000). Elephant trunks are capable of lifting weights exceeding 1,000 pounds and yet are able to pick up objects just one 10th of an inch in diameter and discriminate between them. Elephants use them for eating, drinking, dusting, sparring, fighting, throwing, playing, spraying, scratching, sniffing, smelling, trumpeting, caressing, communicating with others, and reassuring the young.

eight feet of chain. During the day, she had the 'free run' of a compound half the size of a tennis court surrounded by girders of black steel bent out of shape by earlier, angrier denizens.

This was where I first met her, standing near her steel barrier, rocking gently in a way I had learned to recognise as one of the first signs of stress and mental illness in elephants. As I approached, she pushed out her trunk directly toward me in the gesture all elephants use on meeting strange or higher-ranking individuals. I knew that this was a 'greeting-intention movement', something universally misinterpreted in zoos as a 'begging' gesture and rewarded by offers of food, when what is really being sought is friendship. So I cupped the tip of her trunk in my hand and gently blew into it.

The result was extraordinary. She entwined my whole arm

in her trunk, held it there as she breathed deeply several times, and then put the tip of her trunk in her mouth and sighed. I came a little closer and let her explore my face and neck freely until I could hear a soft growl of pure delight: the elephant equivalent of purring.

It was love at first sight, and I decided, then and there, that my first priority in this zoo would be a new elephant house and company, elephant company, for Delilah. That took time, but as construction on the replacement elephant house continued, I got the chance to get to know Delilah a great deal better.

To start with, her initial automatic, head-lowered, ears-flattened, swaying gesture of submission made me curse the early keepers who must have beaten her into obedience. But as we became better acquainted I was happy to see more confident approaches: she would raise her head, tuck her chin in, and lift and flap her ears, all in a short gallop to the fence.

I never fed her. That is not something elephants normally do for one another. I left that to her regular keeper, who by now was beginning to take a closer interest in her welfare. And eventually I decided it was time to go into the compound with her alone: just me and more than 8,000 pounds of female elephant on a blind date. »

To get into the compound, I had to go through the store and the indoor area: the usual way the keepers approached her, with all the usual sounds. But by the time I stepped out of the darkness into the sun, she was already unusually interested. She had heard, smelled, seen something other than her keeper, and was standing tall. She flapped her ears and lifted her head very high, trunk spelling out the letter 's' in front of her head, the tip swivelling my way in full alert, a thin dribble of dark fluid on each cheek. 'Oh-oh!' I thought. 'This could go wrong. Have I miscalculated?'

She began to move toward me somewhat stiff-legged, trunk now hanging at a more acute angle, but still not showing the side-to-side head shake of outright threat: that would have sent me back indoors in a hurry. Then I heard the door close behind me, cutting off any retreat. The keeper obviously didn't want to be involved in any of this, or he wasn't very fond of me. Still she kept coming, keeping me guessing until the last moment, when she stopped right in front of me and very deliberately pressed the top of her trunk against my forehead so that I could feel a soft vibrant rumbling right through my body. She was leaning into me, purring something that sounded very much like 'Hey! What took you so long?'

She stopped right in front of me and very deliberately pressed the top of her trunk against my forehead so that I could feel a soft vibrant rumbling right through my body

For a while, construction on the new elephant house stopped altogether (something to do with the supply of cement), and I wondered what else I could do to keep Delilah amused. I contemplated bringing back elephant rides. There was still a pair of brick ladders, gangways like those on airport aprons, via which children once boarded howdahs (seated saddles) to be taken by elephant round the swan lake. The rides had been discontinued after an animal welfare organisation made a fuss, condemning them as demeaning to elephants. They were right, but for elephants stuck in a cage such a diversion could have been a welcome change of pace. I was sure Delilah could be taught to wear the howdah and would enjoy the company, but the city fathers and their lawyers squashed the whole idea. And I got cement in a hurry.

In the meantime, and before zoo opening time, I took to walking Delilah around myself. We used a bridle with a leather lead, which both she and I pretended would keep her in line. It was never tested, for the simple reason that she really enjoyed walking with me. She wasn't fond of monkeys or little creepy things like honey badgers and porcupines, however, so we avoided the part of the zoo where they lived and strolled instead between the paddocks of zebras, wildebeests and giraffes. These animals seemed familiar to her, and she spent a lot of time with her trunk hanging over their fences, trying to remember where and when she had met them before. I'm not sure she ever did make the connection: she was only three »

INFRASOUND COMMUNICATION a vast natural internet

For years elephant researchers have been confounded by much of elephant behaviour. Iain Douglas-Hamilton, founder of Save the Elephants, has been amazed by their ability to organise their herds without any visible or audible cues. He even joked about ESP. Cynthia Moss and Joyce Poole in Kenya were puzzled by the ability of far-flung male and female elephants to find each other during the few days in every five years when the female can conceive. In Zimbabwe Rowan Martin had discovered that his radio-tracked elephants were precisely coordinating their movements despite being miles apart. And flying over Botswana, I had noticed that separate elephant trails were not only as straight as fence lines, but parallel and equidistant even though they were well out of sight of each other.

In 1984 whale sonar expert Katy Payne spent a week in the elephant house at Washington Park Zoo, recording everything that happened. While doing so, she noticed what she calls a 'thrill in the air' or 'silent thunder', something reminiscent not just of giant pipe organs, but also of great whales underwater. Four months later, she was back

with fellow acoustic biologists from New York's Cornell University and the equipment necessary to record and measure infrasound.

The elephant house was full of it. Later analysis showed a complex array of overlapping calls that couldn't be heard by humans in the zoo, but sprang to life and hearing when the tapes were run at 10 times their usual speed. The loudest sounds were three octaves too low for humans to detect, but were capable of connecting two elephants standing face to face on opposite sides of a concrete wall three feet thick. Elephants use infrasound.

At the lowest frequencies (between five and 25 cycles per second) infrasound has astonishing properties. The long, slow waves are hardly affected by the densest forests and keep on going for many miles without distortion or loss of power. In the natural world, they lie somewhere just above the deep rumbles of earthquakes, volcanoes, severe weather and ocean waves, and well below the calls of any other animals except perhaps blue and fin whales. And when Payne took her equipment to Africa, even to





the quietest parts of the continent's wildernesses, she discovered that the sound of silence is everywhere punctuated, day and night, by long-distance trunk calls.

So, groups of elephants arrive at a waterhole simultaneously from different directions despite not having met for weeks. An entire herd, relaxing on its feeding grounds, suddenly takes flight or freezes in its footsteps. Groups synchronise their behaviour no matter which way the wind blows. And adult males drop whatever they are doing and converge on an ovulating female. Infrasound is the answer to all these mysteries, and the mechanism that generates many more.

The elephant network is extensive. The average animal-to-animal distance in highly populated areas may be just a few miles, but each individual is part of a far larger

communication system, a cell in a network that covers hundreds of thousands of square miles, potentially an entire country. This natural internet is vast and calls into question all the assumptions we have been making about elephant society. Elephant families can no longer be restricted to a group of visibly bonded animals. Herds could consist of every elephant in the whole ecology, which makes nonsense of all culling programmes that involve taking out just family groups to prevent disturbing other animals in the area. Kill one elephant and every elephant within infrasound range knows about it instantly. Infrasound also provides the kind of detail and intimacy that could help maintain hierarchies in elephant societies, like those in the Namib Desert, where individuals may not meet face to face for months or even years. ■

AFRICAN CONSERVATION EXPERIENCE



Conservation Volunteers for Africa

We need your help

No previous experience or qualifications required

T: 0870 241 5816

WORK WITH THE WILDLIFE

Get hands-on → Game Capture and relocation using helicopters and darting methods
 → Elephant, lion and other predator research
 → Wildlife rehabilitation and veterinary work
 → Conservation in a tribal community



contact us for a full Information pack or visit our website

E. info@ConservationAfrica.net www.ConservationAfrica.net



The WILDLIFE FOR ALL Trust

DO YOU CARE ABOUT THE ENVIRONMENT?

Like many other organisations, The Wildlife For All Trust works to conserve endangered species and habitats. Unlike other organisations, we put a lot of emphasis on tackling human problems such as greed, selfishness, and the "me, me, me" mentality. We train our staff to understand how these psychological factors have a huge impact on the success or failure of nature conservation projects.

The key to overcoming our environmental problems lies in changing the way we think and care about the world around us. If this deeper approach appeals, there is a chance to get involved with our work - which includes practical wildlife projects at our nature reserves in Sussex and Africa. We will be holding interviews in Brighton during late October.

This is a real opportunity to help make a difference.

To arrange an interview, please contact Jonathan on: 01273 748405 or 07906 697226

One in eight of the world's birds faces extinction... but you can help BirdLife International save them by subscribing to *World Birdwatch*, our award-winning, quarterly magazine.

As a *World Birdwatch* reader, you'll become a member of the World Bird Club, and add your voice to the growing conservation movement across the globe.

To receive a sample copy and subscription form, please write to: World Birdwatch-Ecologist Offer, Wellbrook Court, Girton Road, Cambridge CB3 0NA, UK, or email birdlife@birdlife.org



Discover the world of birds...

www.birdlife.org UK registered charity 1042125

years old when she was captured, and her memories of her experiences before then must have been very faint.

Sometimes she let me grip her tail while she decided which way to go, trotting along, squeaking like a calf, perhaps reliving those times when her mother steered her with a firm trunkhold on her behind. And I could have sworn she found pleasure in this strange reversal of roles. But there was another day when this game nearly backfired.

Delilah must have heard lions before. There were several in the zoo, and they roared almost every evening, giving people who lived in the crowded suburbs nearby a frisson, reminding them that, all immediate appearances to the contrary, they were still living in Africa. I am certain that lion smell had been part of her zoo experience for 16 years and wouldn't normally disturb her. But I had forgotten, or was never told, that a new male lion was being brought in that day.

I even heard the tractor trailer coming our way, but this was such a normal part of zoo routine that I never thought twice about it until it was just 20 feet away and the lion flung himself at the bars with a deafening roar. That sound, anywhere nearby, is enough to turn your knees to water. In Delilah, it triggered an instinctive response. She whirled around and put herself between me and the lion, doing everything possible to assume a group defence all on her own. There were no signs of indecision: no trunk coiling or winding; no ear-touching or pulling up tufts of grass. Her tail stiffened in my hand; her back arched; her head shot up; and her ears spread out to their full extent, providing an awesome frontage of 10 or 12 feet of grey anger studded with tusks and accompanied by an ear-splitting scream from her raised trunk.

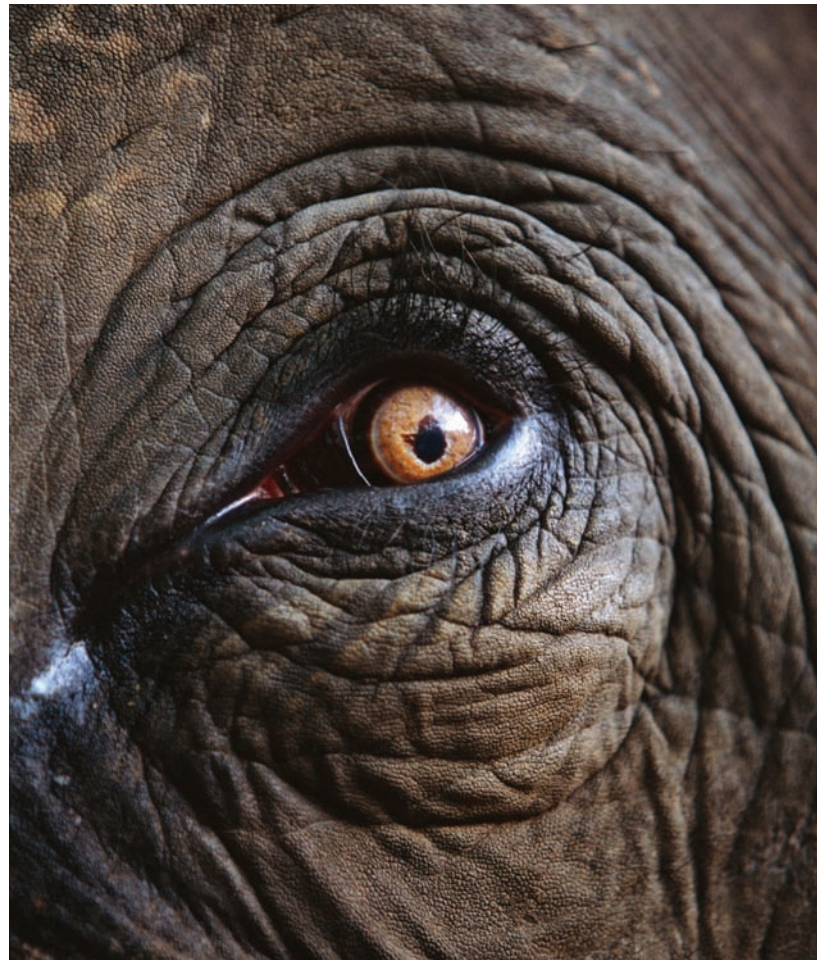
Even from behind it was impressive. From the lion's side, it must have been absolutely terrifying. It took us two days to get him out of the travelling cage and an entire week before he dared show his nose in the outdoor enclosure.

Delilah took it in her giant stride. For weeks afterward, whenever she thought no one was looking, I saw her replay her display, polishing some of the moves. And at the end of each silent rehearsal, she adopted that funny, loose-limbed sort of swagger that in the elephant world invariably indicates a large degree of self-satisfaction.

Her ears spread out, providing an awesome frontage of 10 or 12 feet of grey anger studded with tusks and accompanied by an ear-splitting scream from her raised trunk.

When the domed buildings of the new elephant area were almost complete, we got word of a pair of young elephants who had survived a cull on the border between South Africa and Botswana. I pulled a few strings, and within the week they were ours and on their way to Johannesburg.

The plan was to keep them in the old building next to Delilah so that they could get used to each other through the »



ELEPHANT TEARS

Zoologist Ivan Sanderson tells of a young elephant called Sadie, one of eight belonging to a circus in Missouri. The group was being trained for an upcoming performance, and Sadie, the youngest, tried in vain to master the complex routines, until it all overwhelmed her and she fled the ring. Twice the trainers brought her back and chastised her, but on the third occasion she simply gave up, sank to her knees, lay down on her side and started weeping. 'She lay there,' said one of the horrified trainers, 'tears streaming down her face, sobs racking her huge body, like a child.'

In addition to their two protective eyelids, elephants have a third clear blinking membrane that sweeps horizontally across the eyeball, and which is lubricated by the Harderian gland. The secretion from this gland differs slightly from that of our lachrymal glands, but when there is enough of it, something very like tears

trickles from the corner of the eyes of elephants and runs down their cheeks. As this tends to happen when elephants are tired, sick, or emotionally disturbed, I see no reason not to conclude that elephants weep.

I have seen a zoo elephant shackled on its own do just that, and it is impossible not to be deeply moved. The least we can do in the circumstances is to allow that elephants are capable of feeling disturbed and of showing great concern. There is no other way of describing what happens when they gather around a dead herd member, playing their trunks over the fallen animal, touching its tusks, sniffing at a wound perhaps, and doing so in utter silence. Their whole comportment changes: there is none of the usual rumbling or pacing or scratching and scraping; they just look forlorn. They appear to be deeply moved, and to deny them this capacity seems churlish and absurd. ■

THE MOST SOCIAL OF ANIMALS

Elephants lead extraordinarily complex social lives. Females, in particular, are never alone. They are born into and live in bonded groups which they never leave. These groups, in turn, enjoy the experience of a multi-tiered network of other elephants, encompassing an entire local population that lives in a far-flung herd.

As a rule, all the members of a family group eat, drink, rest and travel at the same time, keeping constant contact with one another, calling, sniffing, touching tusks and trunks, tasting each others' mouths, interacting, in zoologist Katy Payne's words, 'like ants which exchange drops of regurgitated liquid when they meet, and so learn about the composition and condition of the colony'.

All elephants greet each other, but when the encounter involves animals that are directly related, the reunion is effusive. Cynthia Moss followed one

family in Kenya's Amboseli National Park for 13 years. She says: 'Subgroups of the family will run together, rumbling, trumpeting, and screaming, raise their heads, click their tusks together, entwine their trunks, flap their ears, spin around and back into each other, urinate and defecate, and generally show great excitement. A greeting such as this will sometimes last for as long as 10 minutes.'

Similar rituals and ceremonies cement relationships all the way up the social scale - from families to groups through clans and on to encompass every elephant in an ecosystem. Mature males lead slightly different lives, compelled by testosterone and *musth* (an Urdu word meaning 'sexual intoxication') to seek the company of others; the males act as satellites to the female herds. They, too, keep in touch, by sound and smell. A solitary elephant is not an elephant at all. ■



Insight, passion and skills for a real change

Integrate insights into ecology, society and self. Learn how to apply your passion to be most effective. Develop change skills for sustainability, ecological and social justice. Choose options ranging from *Conservation of Biodiversity* to *Spiritual Activism*.

MSc in Human Ecology
VALIDATED BY
THE OPEN UNIVERSITY

Weekend schools and home study. One year full time, two years part time. MSc, Postgrad Diploma, Postgrad Certificate, and Short Course options.

12 Roseneath Place, Edinburgh EH9 1JB Scotland
T: 0131 624 1974 F: 0131 228 9630
E: courses@che.ac.uk
See www.che.ac.uk for full details.

Scotland's alternative university for ecology & community

COULD YOU HELP MANAGE NATURAL RESOURCES?

Developing ways to manage natural resources sustainably can help people in some of the world's poorest countries to support themselves. That's why VSO urgently needs skilled professionals to fill a range of natural resources roles. We're looking for individuals with a degree in eco-tourism, community forestry, coastal resource management, fisheries or related field and two years' relevant experience. You'll live and work as a volunteer at the heart of a local community in countries such as Cambodia, the Philippines and Vietnam.

For up to two years, you'll share your skills with some of the world's poorest people, enabling them to develop strategies and initiatives to manage and protect the natural resources on which they depend. So if you're resourceful enough to fill this challenging role, apply today.

www.vso.org.uk/environmentjobs

020 8780 7500

CHARITY NUMBER 313757

VSO
Sharing skills
Changing lives



bars before they were all turned loose in their new home. Delilah's part of the original building was larger, better equipped for the two newcomers, so we moved her to a smaller older wing that had not been used at all since her arrival.

She was reluctant to make the move and had to be led by hand into her new quarters, moving very slowly, step by step, hanging back as long as she could. The place had been spring-cleaned, scrubbed and furnished with fresh hay and water, but

Delilah's behaviour was part of a well-developed, continent-wide pattern of action in which elephants recognise death and respond to it with rituals which seem to be deeply felt

it was clear that she didn't like it. I stayed with her all the way, making encouraging noises, but that didn't help much. In the end, however, she settled down a little and we left her to it as I watched from behind the scenes.

She started sniffing first at the food and bedding, and then moved across to the other side of the indoor area, the tip of her trunk opening and closing, testing smells left and right, reaching out to its full extent as she got closer to the wall. Then

the pattern changed: she began to concentrate on one spot in the corner, pausing, turning, hesitating, finally giving all her attention to that small area. She became very quiet, even tense, and stood right over the spot, giving it her undivided attention, so absorbed that even her trunk stopped moving. And she stayed that way, entranced, for minutes on end.

Everything about her demeanour reminded me of a young bull elephant I had seen in South Africa's Addo Elephant National Park investigating another elephant's skull. Eventually, Delilah shook herself out of the meditation and seemed to come to a decision. She went over to the hay pile, picked up a large sheaf with her trunk and carried it across to the offending area. She kept on transporting hay until the entire corner was completely concealed. Then she relaxed and seemed quite at home.

I called the keeper and showed him what she had done. It didn't make any sense to him, either, until I asked how long it was since the wing had been used.

'Almost 20 years,' he said. 'This is where we kept the last African elephant. The one we had before Delilah arrived...'

I asked what had happened to it.

'She became very sick and difficult and had to be kept shackled all the time. Until eventually the visiting vet said she would have to be put down. We shot her...' He paused and I could see that something had just occurred to him. 'My God,' he said, with his eyes wide. 'That's where it happened, all those years ago. That's where she died. Right in that corner!' »



aetfina



cosmo



kalura



marvel of four seasons



red batavian cardinale



red majestic

*500 varieties of lettuce in 1900
36 left by 2000
73 per cent are now iceberg
of which 90 per cent is water*

*Isn't it time to stop shopping
at supermarkets?*

Turn to page 67 to find out how



red sails



red oakleaf



red rage



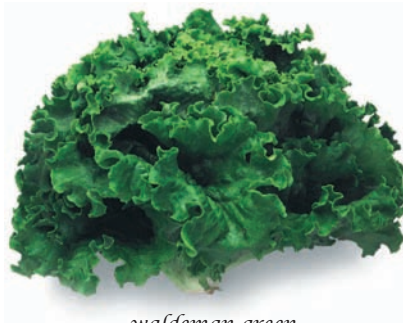
rouge d'hiver



royal oakleaf



sierra



waldeman green



sangria

Everyone connected with elephants has a similar story.

Joyce Poole, the scientific director of Kenya's Amboseli National Park, says: 'I have observed a mother, her facial expression one I could recognise as grief, stand beside her » stillborn baby for three days, and I have been deeply moved by the eerie silence of an elephant family as, for an hour, they fondled the bones of their matriarch.'

Poole's colleague Cynthia Moss says: 'Recently, a big adult female died of natural causes and we collected her jaw after a few weeks and brought it to the camp. Three days later her family happened to be passing through the camp and when they smelled the jaw they detoured from their path to inspect it. One individual stayed for a long time after the others had gone, repeatedly feeling and stroking the jaw and turning it with his foot and his trunk. He was the dead elephant's seven-year-old son, her youngest calf. I felt sure that he recognised it as his mother's.'

Oria Douglas-Hamilton, who with her husband Ian runs the Elephant Watch Camp in Samburu National Reserve, northern Kenya, says: 'The tusks of [one] dead elephant excited immediate interest; they were picked up, mouthed and passed on from elephant to elephant... To begin with only the largest individuals would get near the skeleton, but the rest of the group followed, many of them carrying pieces, which were dropped within about a hundred yards... It was an uncanny sight to see those elephants walking away carrying bones as if in some necromantic rite.'

And Sylvia Sikes, author of *The Natural History of the African Elephant*, says: 'If the female elephant is dead, they tear out branches and grass clumps from the surrounding vegetation and drop these on and around the carcass... then scrape soil toward the carcass and stand by, weaving restlessly from side to side.'

The strange ritual of elephants turning and dispersing bones is well documented; as is their apparently widespread habit of burying the carcasses of other animals. And it seems clear that elephants have no difficulty in recognising the body parts of their own kin or the place of death of related (or unrelated) individuals, even long after all obvious remains have been removed.

So Delilah's behaviour was not aberrant. It was part of a well-developed, continent-wide pattern of action in which elephants recognise death and respond to it with rituals that result in dispersion or concealment of remains, and which seem to be deeply felt.

There is something rather humane in elephants' grieving. When responding to the death of one of their kind, elephants become distinctly formal. They fall silent, moving with unusual decorum, observing what seem to be very solemn ceremonial acts. Last rites, perhaps.

Not long after I witnessed Delilah reacting to the death of one of her kind, Johannesburg Zoo's new elephant area was opened, much to the delight of Delilah and her new friends, who spent a great deal of time there in constant contact, relishing being close to one another. We also completed a new big cat area, and a wolf wood, but then the building fund ran out completely, and I ran out of patience and decided to move on... ■

Lyllal Watson is a naturalist and author of over twenty books. This article is extracted from *Elephantoms*, published by WW Norton.

DYING FASTER THAN THEY CAN REPRODUCE

Elephants are surprisingly difficult to count. Despite their size, they have an uncanny ability to dissolve into shadows, disappearing in plain sight and reappearing where you least expect them. Even from the air, it is hard to untangle a herd, and turn a tide of great grey backs into numbers. And whenever you can, the arithmetic is dismal.

At the turn of the 19th century, there were perhaps 200,000 elephants in the wild in Asia. Today there are fewer than 50,000. Ten million African elephants roamed the savannas of Africa in Hemingway's day; now there may be no more than half a million. Elephants everywhere are dying faster than they can reproduce.

On average, elephants can expect to live for roughly 65 years, at which age they run out of teeth and starve.

Females reach puberty, just as we do, at about 12 years old and remain fertile until they are 50. Every gestation occupies almost two years, but the calving interval in most of Africa is nearer five years, which means that the annual population growth rate, even under ideal conditions, is seldom more than 4 per cent.

Elephants are the slowest breeders in the animal kingdom, but left to their own devices they are theoretically capable of turning one breeding pair into 15 million questing trunks in just 500 years. However, elephant numbers in Africa have been controlled historically by climatic factors such as periodic droughts. An even more important influence during the last century has been direct competition between elephants and humans for the same resources. ■



ARE YOU WORKING FOR A PSYCHO?

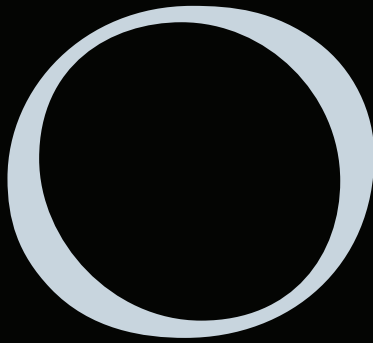


the
Corporation

The Pathological Pursuit of Profit and Power

by JOEL BAKAN





ver the course of the Twentieth Century the world stumbled, haltingly and unevenly, toward greater democracy and humanity.

New nations embraced democratic ideals, and governments in extant democracies expanded their domain over society and the economy. Social programmes and economic regulations were created as part of a broad midcentury movement by Western governments to protect their citizens from neglect by the market and from exploitation by corporations. Beginning in the latter part of the century, however, governments began to retreat. Under pressure from corporate lobbies and economic globalisation, they embraced policies informed by neoliberalism. Deregulation freed corporations from legal constraints, and privatisation empowered them to govern areas of society from which they had previously been excluded. By the end of the century, the corporation had become the world's dominant institution. »

As images of disgraced and handcuffed corporate executives parade across our television screens, pundits, politicians, and business leaders are quick to assure us that greedy and corrupt individuals, not the system as a whole, are to blame. Despite such assurances, citizens today – and many business leaders too – are concerned that the faults within the corporate system run much deeper than a few tremors on Wall Street would indicate.

According to William Ford, Jr, chairman of the Ford Motor Company and great-grandson of corporate social responsibility pioneer Henry Ford, ‘corporations could be and should be a major force for resolving environmental and social concerns in the twenty-first century.’

There is much evidence to support his view. Corporations now boast about social and environmental initiatives on their websites and in their annual reports. Entire departments and executive positions are devoted to these initiatives. The business press runs numerous features on social responsibility and ranks corporations on how good they are at it. Business schools launch new courses on social responsibility, and universities create centres devoted to its study.

Not everyone, however, is convinced of corporate social responsibility's virtue. Milton Friedman, for one, a Nobel laureate and one of the world's most eminent economists, believes the new moralism in business is in fact immoral.

When Friedman granted me an interview, his secretary warned that he would get up and walk out of the room if he found my questions dull. So I was apprehensive as I waited for him in the lobby of his building. This must be how Dorothy felt, I thought, just before Toto pulled back the curtain to reveal the real Wizard of Oz. Friedman is an intellectual giant, revered and feared, deified and vilified, larger

than life. So I felt some relief when he entered the room smiling, a charming little man who, like the wizard himself, barely broke five feet.

‘A corporation is the property of its stockholders,’ he told me. ‘Its interests are the interests of its stockholders. Now, beyond that should it spend the stockholders’ money for purposes which it regards as socially responsible but which it cannot connect to its bottom line? The answer I would say is no.’ There is but one ‘social responsibility’ for corporate executives, Friedman



‘SHOULD A CORPORATION SPEND THE STOCKHOLDERS’ MONEY FOR PURPOSES WHICH IT REGARDS AS SOCIALLY RESPONSIBLE BUT WHICH IT CANNOT CONNECT TO ITS BOTTOM LINE? THE ANSWER I WOULD SAY IS NO.’

MILTON FRIEDMAN

believes: they must make as much money as possible for their shareholders. This is a moral imperative. Executives who choose social and environmental goals over profits – who try to act morally – are, in fact, immoral.

There is, however, one instance when corporate social responsibility can be tolerated, according to Friedman – when it is insincere. The executive who treats social and environmental values as means to maximise shareholders’ wealth – not as ends in themselves – commits no wrong. It’s like ‘putting a good-looking girl in front of an automobile to sell an automobile,’ he told me. ‘That’s not in order to promote pulchritude. That’s in order to sell cars.’ Good intentions, like good-looking girls, can sell goods. It’s true, Friedman acknowledges, that this purely strategic view of social responsibility reduces lofty ideals to ‘hypocritical window dressing.’ But hypocrisy is virtuous when it serves the bottom line. Moral virtue is immoral when it does not.

Corporations and the culture they create do more than just stifle good deeds. They nurture, and often demand, bad ones. Marc Barry knows this all too well, and he is not bothered by it.

Barry, is a competitive intelligence expert (‘Essentially I’m a spy,’ he says), and likes to think of himself as a good date. ‘I like to be able to go out and have a nice dinner with someone,’ he says. ‘There’s so much trickery and deception in my job that I don’t really want it in my private life.’ At work, Barry says, he is a predator engaged in morally dubious tasks. Corporations hire him to get information from other corporations: trade secrets, marketing plans, or whatever else might be useful to them. He has set up a phony recruiting firm, he says, complete with pictures of his phony family on the desk, and

called executives from a competitor's firm to offer them better jobs. 'When the executive shows up,' he boasts, 'he doesn't realise... I'm actually debriefing him on behalf of a competitor... it's all just a big elaborate ruse to glean competitive information from him.' For Barry, a regular day at the office is filled with venal actions and moral turpitude.

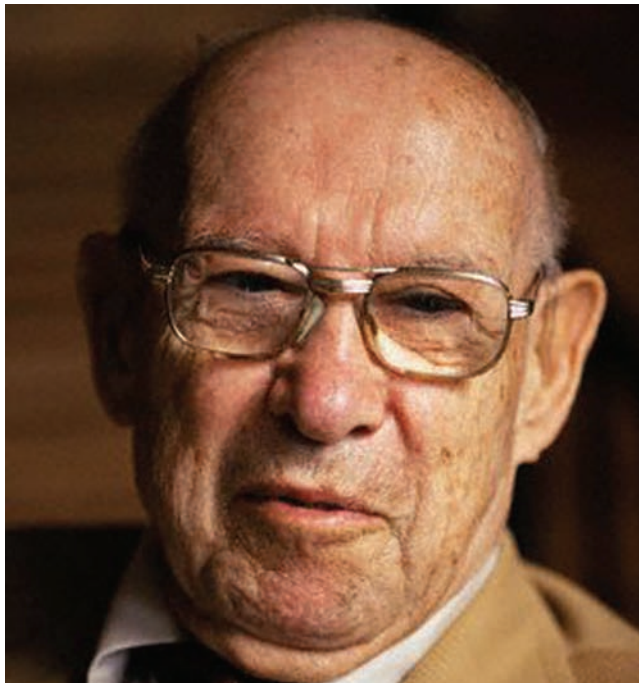
Yet Barry believes he is a decent person because he can draw the line at his personal life. 'I can go and pick the pocket of some executive at a trade show in Miami,' he says, 'so badly that I know his company's going to be out of business in six months, and I can go home and sleep like a baby, and it's no big deal, you know, because it's business.' 'The way you live with yourself,' he says, '[is] to have a very compartmentalised life.'

Barry also takes comfort from the fact that he is no more morally wanting than the top executives and CEOs who hire him (he says he's worked for more than a quarter of the Fortune 500 companies). 'If you're a CEO,' says Barry, 'do you think your shareholders really care whether you're Billy Buttercup or not? Do you think that they really would prefer you to be a nice guy over having money in their pocket? I don't think so. I think people want money. That's the bottom line.'

Barry's morally compartmentalised life is exactly what Anita Roddick tried, unsuccessfully, to avoid at the Body Shop. She and Barry likely would not be friends or dinner companions. The two do have one thing in common, however – a view of the corporate world as amoral. Barry accepts it, Roddick regrets it, but both believe it to be true. Roddick blames the 'religion of maximising profits' for business' amorality, for forcing otherwise decent people to do indecent things: 'Because it has to maximise its profits... everything is legitimate in the pursuit of that goal, everything... So using child labour or

sweatshop labor or despoiling the environment... is legitimate in the maximising of profit. It's legitimate to fire fifteen thousand people to maximise profits, keep the communities just in such pain.'

The managers who do these things are not monsters, Roddick says. They may be kind and caring people, loving parents and friends. Yet, as philosopher Alisdair MacIntyre observed – and Barry lives – they compartmentalise their lives. They are allowed, often compelled, by the



'IF YOU FIND AN EXECUTIVE WHO WANTS TO TAKE ON SOCIAL RESPONSIBILITIES, FIRE HIM. FAST.'

PETER DRUCKER

corporation's culture to disassociate themselves from their own values – the corporation, according to Roddick, 'stops people from having a sense of empathy with the human condition'; it 'separate[s] us from who we are...' 'The language of business is not the language of the soul or the language

of humanity,' she says. 'It's a language of indifference; it's a language of separation, of secrecy, of hierarchy.' It 'is fashioning a schizophrenia in many of us.'

Psychology, as Roddick's last comment suggests, may provide a better account of business executives' dual moral lives than either law or economics. That is why I asked Dr Robert Hare, a psychologist and internationally renowned expert on psychopathy, for his views on the subject.

He told me that many of the attitudes people adopt and the actions they execute when acting as corporate operatives can be characterised as psychopathic. You try 'to destroy your competitors, or you want to beat them one way or another,' said Hare, echoing Roddick and Barry, 'and you're not particularly concerned with what happens to the general public as long as they're buying your product.' Yet, despite the fact that executives must often manipulate and harm others in pursuit of their corporation's objectives, Hare insists they are not psychopaths. That is because they can function normally outside the corporation – 'they go home, they have a warm and loving relationship with their families, and they love their children, they love their wife, and in fact their friends are friends rather than things to be used.' Businesspeople should therefore take some comfort from their ability to compartmentalise the contradictory moral demands of their corporate and noncorporate lives, for it is precisely this 'schizophrenia,' as Roddick calls it, that saves them from becoming psychopaths.

The corporation itself may not so easily escape the psychopath diagnosis, however. Unlike the human beings who inhabit it, the corporation is singularly self-interested and unable to feel genuine concern for others in any context. Not surprisingly, then, when we asked Dr. Hare to apply his diagnostic checklist of psychopathic traits (italicised below) to the corporation's institutional character, he »

BRISTOL Schumacher Lectures 2004



SPirit, NAture, MAtter

Saturday 30 October 2004, 10am-5pm
The British Empire & Commonwealth Museum
Bristol Temple Meads Train Station



SATISH KUMAR

Schumacher UK President
EVERYDAY SPIRITUALITY - Integrating Ecology, Social Justice & Spirituality



MIRIAM MCGILLIS

Dominican Sister
NATURAL COSMOLOGY
Revealing the Soul of Nature



CHRISTOPHER ALEXANDER

eco-Architect
SUSTAINABILITY & MORPHOGENESIS
A New View of a Living World

Tickets: £25, cons £20, members £15, lunch: £7
Tf: Yolanda Pot, **Schumacher UK**, CREATE Environment Centre
Smeaton Road, Bristol, BS1 6XN, UK
T/F 0117 9031081 E admin@schumacher.org.uk
W www.schumacher.org.uk

BROCKWOOD PARK SCHOOL



www.brockwood.org.uk



More like a multicultural family than a boarding school, with 60 students aged 14 - 19 from around the world, Brockwood Park offers a totally different way of learning.



Classes have 7 students on average, so teachers can give individual attention to students' academic studies whilst nurturing in them human qualities. A broad range of subjects are offered alongside the core curriculum. Enquiry about all aspects of life is encouraged, as teachers and students live, study, work, play and inquire together in a co-operative atmosphere. Exceptional attention is given to pastoral care.



Set on a large country estate, we have an active environmental programme and vegetarian diet sourced where possible from the schools own organic garden.

To find out more visit www.brockwood.org.uk or contact Claire Little, Brockwood Park School, Bramdean, Hampshire, SO24 0LQ, UK. Tel: 01962 771744, Fax : 01962 771875, Email: enquiry@brockwood.org.uk

Founded in 1969 by J.Krishnamurti. Part of Krishnamurti Foundation Trust Registered Charity No. 312865

Displays and graphics that **don't** cost the Earth

The **worlds most** sustainable graphic display. . .

ecodisplay.com

. . . is probably chalk on stone

Ours come a close second. With display systems that are beautifully crafted in wood, from sustainable UK sources and graphics printed on to organic cotton and FSC birch ply . . .

ecodisplay
sustainable display solutions

01348 875111

. . . We're thinking of the future.

green building store

sustainable building products

mail order & online

timber windows and doors

super-efficient glazing

new range of aluminium-clad timber windows and doors

natural paints

timber finishes

paint strippers

timber preservatives

garden timber treatments

ultra-efficient WCs

bathrooms

water-saving fittings

natural insulation

steel rainwater drainage

and more. . .

At Green Building Store we only sell building products which promote healthy, environment-friendly homes. Whether you are redecorating, building or refurbishing we can help you do it safely and sustainably.



- **Ecoplus System.** High performance timber windows, doors and conservatories, with a unique environmental specification.
- **Ifö ultra-efficient WCs.** Elegance and water conservation combined.

- **The Natural Paint Collection.*** Natural ingredients; healthy, effective paints and woodfinishes.
- **Lindab rainwater drainage system.** The solid steel alternative to PVC guttering.



* Some products contain some non-natural ingredients.

To find out more, visit our website or call our sales team:

www.greenbuildingstore.co.uk
01484 854898

found there was a close match. The corporation is *irresponsible*, Dr Hare said, because 'in an attempt to satisfy the corporate goal, everybody else is put at risk.' Corporations try to '*manipulate* everything, including public opinion,' and they are grandiose, always insisting 'that we're number one, we're the best.' A *lack of empathy and asocial tendencies* are also key characteristics of the corporation, says Hare – 'their behaviour indicates they don't really concern themselves with their victims'; and corporations often *refuse to accept responsibility for their own actions and are unable to feel remorse*: 'if [corporations] get caught [breaking the law], they pay big fines and they... continue doing what they did before anyway. And in fact in many cases the fines and the penalties paid by the organisation are trivial compared to the profits that they rake in.'

Finally, according to Dr Hare, corporations relate to others *superficially* – 'their whole goal is to present themselves to the public in a way that is appealing to the public [but] in fact may not be representative of what the organisation is really like.' Human psychopaths are notorious for their ability to use charm as a mask to hide their dangerously self-obsessed personalities. For corporations, social responsibility may play the same role. Through it they can present themselves as compassionate and concerned about others when, in fact, they lack the ability to care about anyone or anything but themselves.

Take the large and well-known energy company that once was a paragon of social responsibility and corporate philanthropy. Each year the company produced a Corporate Responsibility Annual Report; the most recent one, unfortunately its last, vowed to cut greenhouse-gas emissions and support multilateral agreements to help stop climate change. The company pledged further to put human rights, the environment, health and safety issues, biodiversity, indigenous rights, and transparency at the core of its business operations, and it created a well-staffed corporate social responsibility task force to monitor and implement its social responsibility programs. The company boasted of its development of alternative energy sources and the fact it had helped start the Business Council for Sustainable Energy. It apologised for a 29,000-barrel

oil spill in South America, promised it would never happen again, and reported that it had formed partnerships with environmental NGOs to help monitor its operations. It described the generous support it had provided communities in the cities where it operated, funding arts organisations, museums, educational institutions, environmental groups, and various causes throughout the world. The company, which was consistently ranked as one of the best places to work in America, strongly promoted diversity in the workplace. 'We believe,' said the report, 'that corporate leadership should set the example for community service.'

Unfortunately, this paragon of corporate social responsibility, Enron, was unable to continue its good works after it collapsed under the weight of its executives' greed, hubris, and criminality. Enron's story shows just how wide a gap can exist between a company's cleverly crafted do-gooder image and its actual operations and suggests, at a minimum, that skepticism about corporate social responsibility is well warranted.

There is, however, a larger lesson to be drawn from Enron's demise in that the underlying reasons for its collapse can be traced to characteristics common to all corporations: obsession with profits and share prices, greed, lack of concern for others, and a penchant for breaking legal rules. These traits are, in turn, rooted in an institutional culture, the corporation's, that values self-interest and invalidates moral concern. No doubt Enron took such characteristics to their limits. It was not, however, unusual for the fact it had those characteristics in the first place. It was not, in other words, a 'very isolated incident,' as Pfizer's Hank McKinnell described it and as many commentators seem to believe, but rather a symptom of the corporation's flawed institutional character.

THE EXTERNALISING MACHINE

As a psychopathic creature, the corporation can neither recognise nor act upon moral reasons to refrain from harming others. Nothing in its legal make-up limits what it can do to others

in pursuit of its selfish ends, and it is compelled to cause harm when the benefits of doing so outweigh the costs. Only pragmatic concern for its own interests and the laws of the land constrain the corporation's predatory instincts, and often that is not enough to stop it from destroying lives, damaging communities, and endangering the planet as a whole. Enron's implosion, and the corporate scandals that followed, were, ironically, violations of corporations' own self-interest, as it was shareholders, the very people – indeed, the only people – corporations are legally obliged to serve, who were chief among its victims. Far less exceptional in the world of the corporation are the routine and regular harms caused to others – workers, consumers, communities, the environment – by corporations' psychopathic tendencies. These tend to be viewed as inevitable and acceptable consequences of corporate activity – 'externalities' in the coolly technical jargon of economics.

'An externality,' says economist Milton Friedman, 'is the effect of a transaction... on a third party who has not consented to or played any role in the carrying out of that transaction.' All the bad things that happen to people and the environment as a result of corporations' relentless and legally compelled pursuit of self-interest are thus neatly categorised by economists as externalities – literally, other people's problems. Friedman cites as a mundane example the case of a person whose shirt is dirtied by the smoke emissions from a power plant. That person pays a price – the cost of cleaning the dirty shirt and the inconvenience of wearing it – that flows directly from the power plant's operations. The corporation that owns the power plant, in turn, gains benefits by saving money through not building higher smokestacks, installing better filters, finding a less populated location in which to operate, or taking other costly measures that might avoid dirtying people's shirts.

Beyond the dirty shirt example, however, corporate externalities have 'enormous effects on the world at large,' as Friedman points out. Though they can be positive – jobs are created and useful products developed by »

corporations in pursuit of their self-interest – it is no exaggeration to say that the corporation's built-in compulsion to externalise its costs is at the root of many of the world's social and environmental ills.

Ray Anderson, founder and chairman of Interface, Inc., the world's largest commercial carpet manufacturer, had a late-career epiphany about the institution to which he had devoted his life. Until that moment, he says, he never 'gave a thought to what we were taking from the earth or doing to the earth in the making of our products.' Today, he believes, 'the notion that we can take and take and take and take, waste and waste, and waste and waste, without consequences is driving the biosphere to destruction.'

Anderson remembers the moment when his beliefs about the corporation shifted. It was the summer of 1994, and Interface Inc's customers had begun to inquire about what the company was doing for the environment. 'We didn't have answers,' recalls Anderson, 'the real answer was "Not very much."' Nonetheless he agreed to give a speech describing his own personal environmental vision.

The difficulty, Anderson quickly realised, was that 'I didn't have an environmental vision.... I began to sweat,' he recalls. Desperate for material and inspiration, he began to read a book about ecology. There he came across the phrase 'the death of birth,' a description of species extinction. 'It was a point of a spear into my chest,' he now recalls, 'and I read on, and the spear went deeper, and it became an epiphanal experience, a total change of mindset for myself and a change of paradigm.' 'We're all sinners, we're all sinners,' says Anderson today of his position as a corporate chief. 'Someday people like me will end up in jail.' But he now rejects as dangerously misguided the beliefs he once shared with the large majority of business leaders – 'that nature is unlimited, the earth... a limitless source for raw material, a limitless sink into which we can send our poisons and waste'; 'that the

relevant timeframe is my lifetime, maybe my working life, but certainly not more than my lifetime'; and that the market's invisible hand will take care of everything. The market alone cannot provide sufficient constraints on corporations' penchant to cause harm, Anderson now believes, because it is 'blind to... externalities, those costs that can be externalised and foisted off on somebody else.'

All businesspeople understand that corporations are designed to externalise their costs. The corporation, is deliberately programmed, indeed legally compelled, to externalise costs without regard for the harm it may cause to people, communities, and the natural environment. Every cost it can unload

CORPORATIONS MUST 'BE CONCERNED ONLY FOR THEIR STOCKHOLDERS AND... NOT THE COMMUNITY OR THE WORKFORCE.'

NOAM CHOMSKY

onto someone else is a benefit to itself, a direct route to profit. From Bhopal and the Exxon Valdez to epidemic levels of worker injury and death and chronic destruction of the environment, this is the price we all pay for the corporation's flawed character.

In theory, corporations, and the executives who run them, are deterred by a system of regulatory laws from engaging in socially irresponsible behaviour. Like many other good theories, however, this one often has little to do with reality.

The Fair Labour Standards Act, to take just one example, is regularly and routinely violated by garment industry operators.

'Sweatshops were wiped out of the United States in 1938,' says Charles Kernaghan director of the National Labor Committee, but 'they are back now, with a vengeance. Sixty-five per

cent of all apparel operations in New York City are sweatshops. Fifty thousand workers. Forty-five hundred factories out of seven thousand. And we're talking about workers getting a dollar or two an hour.' Los Angeles is no better. The southern end of the city houses America's, and perhaps the world's, largest concentration of garment sweatshops, staffed by some one hundred and sixty thousand workers, many of them illegal, and thus powerless, immigrants. There, a US Department of Labour survey found, 'the overall level of compliance with the minimum wage, overtime and child labour requirements of the Fair Labour Standards Act is 33 per cent' – in other words, 67 per cent of the garment industry workplaces did not comply with the law.

Such systemic unlawfulness is not unique to the garment industry, however. Corporate illegalities are rife throughout the economy. Many major corporations engage in unlawful behaviour, and some are habitual offenders with records that would be the envy of even the most prolific human criminals. Take, for example, General Electric, the world's largest corporation and one of the most highly

respected. See opposite is a record, compiled by *Multinational Monitor*, of some of the company's major legal breaches between 1990 and 2001.

The corporation's unique structure is largely to blame for the fact that illegalities are endemic in the corporate world. Shareholders cannot be held liable for the crimes committed by corporations because of limited liability, the sole purpose of which is to shield them from legal responsibility for corporations' actions. Directors are traditionally protected by the fact that they have no direct involvement with decisions that may lead to a corporation's committing a crime. Executives are protected by the law's unwillingness to find them liable for their companies' illegal actions unless they can be proven to have been 'directing minds' behind those actions. Such proof is difficult if not impossible »

GENERAL ELECTRIC IS THE WORLD'S LARGEST CORPORATION
AND ONE OF THE MOST HIGHLY RESPECTED.
THIS IS A RECORD, COMPILED BY *MULTINATIONAL MONITOR*,
OF SOME OF THE COMPANY'S MAJOR LEGAL BREACHES
BETWEEN 1990 AND 2001.

March 23, 1990: Shepherdsville, Kentucky:

GE and others ordered to clean up PCB contamination of soil and water.

March 27, 1990: Wilmington, North Carolina:

GE fined \$20,000 for discrimination against employees who reported safety violations.

May 11, 1990: Fort Edward/Hudson Falls, New York:

GE ordered to clean up PCB contamination of Hudson River.

July 27, 1990: Philadelphia, Pennsylvania:

GE fined \$30 million for defrauding government in defense contracts.

October 11, 1990: Waterford, New York:

GE fined \$176,000 for pollution at Silicone Products plant.

May 20, 1991: Washington, D.C.:

GE ordered to pay \$1 million in damages over improperly tested aircraft parts for air force and navy.

February 27, 1992: Allentown, Pennsylvania:

GE ordered to pay \$80 million in damages for design flaws in nuclear plants.

March 4, 1992: Orange County, California:

GE fined \$11,000 for violating worker safety rules on handling PCBs.

March 13, 1992: Wilmington, North Carolina:

GE fined \$20,000 for safety violations at nuclear fuel plant.

May 22, 1992: Illinois:

GE ordered to pay \$65 million in damages for design flaws in nuclear plants.

July 22, 1992: Washington, D.C.:

GE fined \$70 million for money laundering and fraud related to the illegal sale of fighter jets to Israel.

September 13, 1992: Chicago, Illinois:

GE ordered to pay \$1.8 million in damages for airplane crash.

October 12, 1992: Nashville, Tennessee:

GE ordered to pay \$165,000 in damages for deceptive advertising of lightbulbs.

October 27, 1992: Washington, D.C.:

GE ordered to pay \$576,215 in damages for overcharging on defense contracts.

May 12, 1992: Washington, D.C.:

GE ordered to pay \$13.4 million in damages to whistleblower on illegal sale of fighter jets to Israel.

March 2, 1993: Riverside, California:

GE and others ordered to pay \$96 million in damages for contamination from dumping of industrial chemicals.

March 11, 1993: Grove City, Pennsylvania:

GE and others ordered to clean up mining site.

July 18, 1993: Hudson Falls, New York:

GE ordered to clean up PCB contamination of Hudson River.

September 16, 1993: New York:

GE ordered to compensate commercial fisherman \$7 million for PCB contamination of the Hudson River.

October 11, 1993: San Francisco, California:

GE ordered to offer \$3.25 million in rebates to consumers after deceptive lightbulb advertising.

February 2, 1994: Perry, Ohio:

GE settles with utility companies on defective Perry Nuclear Plant.

March 14, 1994: Fort Edward, New York:

GE ordered to clean up contamination of sediment in the Hudson River.

September 14, 1994: Washington, D.C.:

GE fined \$20 million for overcharges on defense contracts.

September 2, 1995: Waterford, New York:

GE fined \$1.5 million for air pollution and contamination of Hudson River.

September 15, 1995: Brandon, Florida:

GE fined \$137,000 for groundwater contamination.

September 9, 1996: Waterford, New York:

GE fined \$60,000 for Clean Air Act violations.

October 7, 1996: Hendersonville, North Carolina:

GE ordered to clean up contaminated soil and groundwater.

October 8, 1996: Cook County, Illinois:

GE ordered to pay \$15 million as settlement for airline crash in Sioux City, Iowa.

February 22, 1997: Somersworth, New Hampshire:

GE and others ordered to clean up contamination of groundwater and public water supply.

February 1998: Waterford, New York:

GE fined \$234,000 for pollution violations.

April 20, 1998: Waterford, New York:

GE fined \$204,000 for pollution violations.

October 1998: United Kingdom:

GE ordered to pay £2 billion for asbestos cleanup and related pollution claims.

October 26, 1998: Puerto Rico:

GE and others ordered to clean up contamination of drinking water supply.

November 5, 1998: South Whitehall, Pennsylvania:

GE and others ordered to clean up contamination.

January 24, 1999: Chicago, Illinois:

GE ordered to reimburse consumers \$147 million for unfair debt collection practices.

August 19, 1999: Piscataway, New Jersey:

GE and others ordered to clean up contaminated groundwater.

September 2, 1999: Malvern, Pennsylvania:

GE and others ordered to clean up groundwater contamination.

September 17, 1999: Moreau, New York:

GE ordered to build drinking water system after PCB contamination of water supply.

October 9, 1999: Pittsfield, Massachusetts:

GE ordered to clean up PCB pollution in Housatonic River.

October 18, 2000: New York, New York:

GE and others ordered to clean up contamination of soil.

January 2001: New York:

GE and others ordered to refund \$4 million in overcharges on mortgage insurance.

February 4, 2001: New York State:

State Supreme Court rules that GE deceptively misled consumers into purchasing new dishwashers after recall even though it sent commercial customers a replacement part.

HISTORY HUMBLER DOMINANT INSTITUTIONS. GREAT EMPIRES, THE CHURCH, THE MONARCHY, THE COMMUNIST PARTIES OF EASTERN EUROPE WERE ALL OVERTHROWN, DIMINISHED, OR ABSORBED INTO NEW ORDERS. IT IS UNLIKELY THAT THE CORPORATION WILL BE THE FIRST DOMINANT INSTITUTION TO DEFY HISTORY.

Sherron Watkins, Vice-President of Enron, Jeffrey Skilling former CEO of Enron, and Jeffrey McMahon, President and Chief Operating Officer of Enron, are sworn in before a subcommittee of the Senate Commerce, Science and Transportation Committee on the financial collapse of the Enron Corporation, February 26, 2002.



to produce in most cases, because corporate decisions normally result from numerous and diffuse individuals' inputs, and because courts tend to attribute conduct to the corporate 'person' rather than to the actual people who run the corporations.

For a corporation, compliance with law, like everything else, is a matter of costs and benefits. 'Again and again in America we have the problem that whether [corporations] obey the law or not is a matter of whether it's cost effective,' says Robert Monks, former CEO and now campaigner for corporate reform. 'If the chance of getting caught and the penalty are less than it costs to comply, our people think of it as being just a business decision.' Executives, when deciding whether to comply with or break a law, 'behave rationally and... make cost effective decisions,' says Monks, which means they ask, 'What's the penalty, what's the probability of being caught, how much does that add up to, and how much does it cost to comply and which is bigger?'

The irony in all of this is that the corporation's mandate to pursue its own self-interest, itself a product of the law, actually propels corporations to break the law. No corporation is exempt from this built-in logic, not even those that claim they are socially responsible.

DEMOCRACY LIMITED

Anne Wexler is one of Washington, DC's top lobbyists, with a client list that includes major corporations, such as American Airlines, General Motors, and Roche, and an extensive network of contacts from her days at the helm of Bill Clinton's Office of Public Liaison. She was still gloating over a recent victory for one of her clients when I caught up with her for an interview. 'Last night,' she said, 'the amendment which would have raised the [fuel efficiency standard] was defeated in the House... that was a victory for the automobile industry, including our

client.' The industry feared the amendment would restrict the production of highly profitable gas-guzzling sport-utility vehicles and spent millions of dollars to help defeat it. Its lobby against the amendment was typical of corporate lobbying more generally. When corporations lobby governments, their usual goal is to avoid regulation. Sometimes they seek to stop governments from introducing new or stronger regulations (as the auto industry did with the fuel efficiency standard); other times they pressure governments to repeal, weaken, or narrow the scope of existing regulations (as Enron did with the regulation of energy futures trading).

Another significant change in

MANY MAJOR CORPORATIONS ENGAGE IN UNLAWFUL BEHAVIOUR WITH RECORDS THAT WOULD BE THE ENVY OF EVEN THE MOST PROLIFIC HUMAN CRIMINALS

JOEL BAKAN

corporate-government relations since the 1970s has been the expanded role and influence of corporate donations within the electoral system. As Anne Wexler puts it, 'it's very hard [for a politician] to turn somebody down when they've given a hundred thousand dollars to [his or her] campaign. In terms of getting in the door and making your case, it's obviously easier.' To cite just one example:

After donating more than a million dollars to congressional candidates, most of them Republicans, during the 2001 election cycle, Eli Lilly and Company found itself the beneficiary of a provision, buried in the Homeland Security Act, that protected thimerosal manufacturers – of which it is the only one – from lawsuits arising out of harm caused by the drug's use. Thimerosal is a mercury-based preservative used in children's vaccines that may be linked to the development of autism in children.

The provision was eventually removed in response to public indignation and political pressure.

Indeed, from the public's perspective, however, 'We are,' as Harvard's Joe Badaracco says, 'evolving... towards a system where corporations have an enormous and arguably disproportionate influence on our political system.' Democracy requires, at a minimum, some measure of equality of opportunity to participate in the political process. Yet profound inequality is the result when corporations – huge concentrations of shareholder wealth – exercise the same rights as individuals within that process. Today, warns Robert Monks, we face a 'situation of great precariousness'; we are 'dangerously close to the co-optation of government by business.' 'Unless we are extremely attentive to the inclination of business to dominate government,' he says, 'it could well be that the institution [of government] will fade.'

Yet many corporate insiders seem to believe they are performing a public service when they seek to influence the political process on behalf of the companies that employ them.

'Educating people' is how Anne Wexler describes her work as a lobbyist for major

corporations. 'It is very difficult for a member of Congress, who is a very busy person, to understand what every issue is, every day,' she says. 'Our job... is to be sure that the folks who are going to be making the decisions at least have an understanding of what the issues are.'

Chris Komisarjevsky, CEO of public relations giant Burson-Marsteller, also believes his work, some of which is aimed at defeating proposed environmental and other public-interest regulations on behalf of corporate clients, serves an important public purpose: 'What we do is based on the respect of an individual to have information put at their disposal and then make the right decision.... It's the respect for the individual to make the right decision which I believe is at the root of communications and it is clearly at the root of the way Burson-Marsteller practices its business.'

'I don't think it's unfair at all,' »

continues Komisarjevsky about the claim that corporations have an unfair advantage in the political realm. 'Everybody has the same opportunity to garner resources to share a point of view.... There are plenty of resources to help people share whatever their point of view is.'

Yet where are the desperately needed countervailing lobbies to represent the interests of average citizens? Where are the millions of dollars acting in their interests? Alas, they are notably absent.

The beliefs shared by Wexler and Komisarjevsky, that lobbying and political donations are public services rather than undue influences over government are likely informed by a deeper belief about the proper relationship between business and government. Today, says Wexler, 'corporations essentially feel that they're partners with government'. It seems a compelling and innocuous idea – until you think about what it really means.

Partners should be equals. One partner should not wield power over the other, should not regulate the other, should not exert sovereignty over the other. Partners should share the same

mission and the same goals. They should work together to solve problems and plan courses of action. Democracy, on the other hand, is necessarily hierarchical. It requires that the people, through the governments they elect, have sovereignty over corporations, not equality with them; that they have authority to decide what corporations can, cannot, and must do. If corporations and governments are indeed partners, we should be worried about the state of our democracy, for it means that government has effectively abdicated its sovereignty over the corporation. Today corporations stand next to, rather than under, democratic governments. Their leaders believe they have a legitimate role, as partners with government, in governing society.

By corollary, government is believed to have a less legitimate role in governing corporations. As stewards of the public interest, along with their government partners, corporations should be left free to regulate themselves – or at least that is the argument made by proponents of deregulation. Corporations can regulate themselves now, according to Douglas G

Pinkham, president of the Washington, DC-based Public Affairs Council, and should be 'given the freedom to deal with a concern [such as workers or the environment] in a constructive way that maybe doesn't involve government regulation, to create a voluntary code.'

Yet business is all about taking advantage of circumstances. Deregulation thus rests upon the suspect premise that corporations will respect social and environmental interests without being compelled by government to do so. No one would seriously suggest that individuals should regulate themselves, that laws against murder, assault, and theft are unnecessary because people are socially responsible. Yet oddly, we are asked to believe that corporate persons – institutional psychopaths who lack any sense of moral conviction and who have the power and motivation to cause harm and devastation in the world – should be left free to govern themselves.

Joel Bakan is a professor of law at the University of British Columbia and the author of *The Corporation*, published by Constable and Robinson, from where this article is extracted.

Slash your motor running costs by up to 30%

...on the energy consumption of refrigeration, air conditioning and air handling equipment

SAVAWatt est.1985 are the leaders in the design, manufacture and installation of electronic motor controller technology with over 1,000,000 units in use in business, industry and a wide range of other applications, helping save millions annually in:

Government Departments
Prisons & Police Forces
Education Establishments
Retail Outlets

SAVAWatt

Call: SavaWatt (UK) Ltd, Waterloo Road Industrial Estate, Bidford-on-Avon, Warks B50 4JH
Tel: 01789 490413 Fax: 01789 490151
E-mail: enquiries@savawatt.com
Website: www.savawatt.com

Helping you cut energy costs and contribute to the environmental cause

ALBION CANVAS C^o



CANVAS AND WOOD TENTS TO FREE THE SPIRIT!

YURTS, TIPIS, GEODESIC DOMES, BELL TENTS, NORTH AFRICAN TENTS, & THE ALL-NEW 'FESTY TENT'! SPRING IS ON ITS WAY, BE PREPARED & ORDER NOW!
TELEPHONE FOR A FREE CATALOGUE OR VISIT OUR INFORMATIVE WEBSITE

www.albioncanvas.co.uk

Tel: 0845 456 9290

All tents are hand made in the UK by skilled craftsmen from British hardwoods & fine canvas

Trouble finding the Ecologist?
Have it delivered
straight to your door.
Call 01795 414 963 or
subscribe online at
www.theecologist.org



the Corporation

A film by Mark Achbar, Jennifer Abbott & Joel Bakan

STARRING 7 CEOs, 3 VPs, 2 WHISTLEBLOWERS, 1 BROKER, 1 SPY, AND 1 REALLY BIG MESS
WITH MICHAEL MOORE, NOAM CHOMSKY, NAOMI KLEIN, AND MILTON FRIEDMAN AS THEMSELVES
SPECIAL GUEST STAR: THE FBI'S TOP CONSULTANT ON PSYCHOPATHS

Opening across the UK from October 29: Curzon Soho **London** • Everyman Cinema **London** •
The Gate **London** • UGC Chelsea **London** • Ritzy Brixton **London** • Screen on the Green **London** • Odeon Camden **London** •
Arts Picturehouse **Cambridge** • Duke of York's **Brighton** • Phoenix Picturehouse **Oxford** • Cornerhouse **Manchester** •
Film Theatre **Glasgow** • UGC Renfrew St **Glasgow** • Filmhouse **Edinburgh** • UGC **Edinburgh** •
Irish Film Institute **Dublin** • UGC **Dublin**

November 5: Screen on Baker St **London**

November 12: Rio Cinema **London** • Watershed **Bristol** • Hyde Park Picturehouse **Leeds** • Picturehouse at FACT **Liverpool**
• City Screen **York** • Tyneside Cinema **Newcastle** • The Belmont **Aberdeen**

November 19: Little Theatre **Bath** • Kino Cinema **Cork**

November 26: Picturehouse **Exeter** • Chapter Cinema **Cardiff** • Midland Arts Centre **Birmingham** •
Arts Centre **Warwick** • Pictureville Cinema **Bradford**

December 3: Contemporary Arts **Dundee** • Moviehouse Dublin Rd **Belfast** •
Lighthouse **Wolverhampton** • Waterman Arts **Brentford**

'Read the book. Watch the film. Change your life'

The Ecologist

Food for Free: a fantastic feast of plants and folklore

Richard Mabey

COLLINS, 2004, £4.99

Generally, books small enough to fit in your pocket aren't worth the paper they are printed on: they're the presents mothers and partners supplement birthdays with, and which, once unwrapped, never get read. But this condensation of Richard Mabey's classic on the edible plants of the UK, should be in everyone's back pocket when they set off into the countryside. Which mushrooms are edible? How to prepare seaweed? When's the best time of year to pick dandelion? As Mabey says in his introduction, the book aims to inspire people to regain an 'intimacy with wild things that foraging can bring'. When people see nature as dangerous, poisonous or to be avoided, it is much easier to accept its relentless destruction. Mabey's book is a wonderful way of reminding ourselves that nature is a provider, and to be cherished as such.

REVIEWED BY RUFUS WESTON



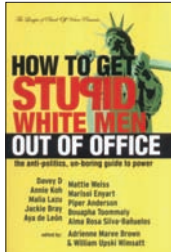
How to get Stupid White Men out of Office: a road trip to power

William Upski Wimsatt et al

SOFT SKULL PRESS, 2004, £7.99

Written by a group of US activists, artists and agitators with the express intention of doing what its title says, *HTGSWM000* is targeted squarely at young disaffected Americans more interested in music and fashion than politics. It documents 20 success stories from recent years when young voters swung or won elections. From the story of how University of Michigan students exploited a campus election to catapult themselves into and shift the national debate about affirmative action, to that of a group of young Native Americans in South Dakota who swung a US Senate seat by 528 votes in 2002, this is politics for the unpolitical. It just about manages the unthinkable: making politics hip. Even if you aren't American, the book should galvanise you into action.

REVIEWED BY COLIN WHEELER



In Pursuit of Justice: new and collected writings

Ralph Nader

SEVEN STORIES PRESS, 2004, £13.99

There isn't just Bush or Kerry. There's Ralph Nader: the independent 'third' candidate; the one not allowed to participate in the presidential debates; the one blamed by many Democrats for losing them the last US presidential election (as if the fact that Nader showed up their inadequacies was somehow his fault); the one who, while the other two are sounding off live on air, has published a book whose wisdom and erudition makes you realise that the words 'intelligent', 'decent' and 'politician' can actually be used in the same sentence. In *Pursuit of Justice* features articles on many of the most pressing issues of our times: corporate power, nuclear energy, media control, food and drug safety, pollution, political reform. One can only dream what a US with this man in power would be like.

REVIEWED BY JEREMY SMITH



Food Wars: the global battle for mouths, minds and markets

Tim Lang and Michael Heasman

EARTHSCAN, 2004, £19.99

In the past the great issue to do with food was always the question of how to feed the starving. But, as Eric Schlosser's *Fast Food Nation* and the film *Supersize Me* show, in the West we are now almost just as concerned with over-consumption and bad diet. For the authors the root of the new problem is that our approach to food is not based on health, but cost. The pursuit of ever cheaper production methods has resulted in rich corporations, overweight consumers, ill children, despoiled countryside and out of work farmers; by reversing our approach, so that we are more concerned with health than with cost, we would address all these problems at the same time.

REVIEWED BY SARAH MCCARTHY



Book of the month

Tell Me No Lies: investigative journalism and its triumphs

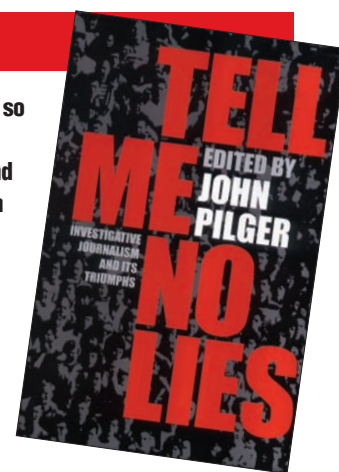
Edited by John Pilger

JONATHAN CAPE, 2004, £20

This is one of the most powerful and upsetting books I have read this year. The triumphs of the title do not, of course, mean moments of celebration, but rather a selection of the most devastating, vital and historically important exposés that journalists have ever written: those rare occasions when the media really does the world a service. The extract from Anna Politkovskaya's *A Dirty War: a Russian reporter in Chechnya*, for example, is a searingly painful depiction of life for a people trying to survive under constant military attack. The entry culled from Pilger's own *Year Zero: the silent death of Cambodia* is equally

shocking, in part because of the cruelty that he so vividly yet sensitively describes, but more so because of the revelations of how British, US and other governments colluded with Pol Pot. And in case one assumes these are all stories of what goes on in crippled and corrupt regimes, Seamus Milne's *The Enemy Within: the secret war against the miners* is also featured. Milne's book details the incredible lengths to which MI5 and Margaret Thatcher's government went to vilify National Union of Mineworkers leader Arthur Scargill, and the media's willingness to toe the line for the sake of a good headline, rather than try to expose the truth of what actually happened.

REVIEWED BY RUFUS WESTON



'Some of our presentations were based on official theories and policies, but presented with far more candour than usual, making them look like the absurdities that they actually are. At other times we simply ranted nonsensically. Each time, we expected to be jailed, kicked out, silenced or, at the very least, interrupted. But no one batted an eye. In fact, they applauded.'

The Thieves in High Places: they've stolen our country and it's time to take it back

Jim Hightower

PLUME, 2004, £9.99

Jim Hightower is a sort of Texas cowboy equivalent of Michael Moore (he comes from Austin and wears a stetson), but funnier and more interested in the environment. His latest is a behind the scenes account of corporate misdeeds, political corruption and media oversight. Yet, coupled with attacks on those in power, the book is also a celebration of the true heroism, compassion and community spirit of everyday activists: ordinary Americans, whose faces never get on TV. Hightower describes them as embodying 'the true spirit of America, the public spirit that the rest of the world rarely glimpses and that we're rarely shown by our own media and political powers'.

REVIEWED BY TIM DAVIES



The No-Nonsense Guide to Water

Maggie Black

VERSO, 2004, £7

Up to two thirds of the world's population doesn't have access to sufficient fresh water, and yet in the rich world we fill our swimming pools, soak our golf courses and spray our cars with it and generally behave as if it were infinite. It isn't, and in recent years several giant corporations have been buying up ownership of what is in most people's minds a shared common resource. Will these corporations ensure equitable use of water for all, rich and poor alike, or will the profit motive cause them to think of their pockets rather than our needs? As *Fortune* magazine said, 'water promises to be to the 21st century what oil was to the 20th'. It is an issue we all need to take seriously.

REVIEWED BY LAWRENCE CHISOLM



MY FIVE MOST INFLUENTIAL BOOKS

Angie Zelter

Norfolk-based activist Angie Zelter has been campaigning for disarmament and the environment for 25 years. She is a founder member of the anti-nuclear weapons campaign Trident Ploughshares and of the International Women's Peace Service-Palestine, which seeks to monitor and prevent human rights abuses in the occupied territories. She is the author of *Trident on Trial* (Luath Press). In 2001 she was the recipient of the Right Livelihood award, often called the 'alternative Nobel peace prize'.



1 Which book first made you realise that 'something was wrong'?

You may not believe it but it was not a book: it was the first edition of *The Ecologist*, called 'Blueprint for Survival'. I read it at university and was shocked to realise that I had gone through an education system that had given me no inkling of the major problems facing our planet: global warming, climate change, ozone depletion, pollution, nuclear weapons, the wars exacerbated by the arms trade, Third World debt, poverty: all caused by human beings and all catastrophic in their consequences. It was clear that the human race was in self-destruct mode and yet no one I knew at the time was even aware of the threats, let alone taking them seriously... Now more than 30 years later the issues are at least on the agenda, and many of us are trying to make the necessary changes to avert the worst effects.

2 Which one book would you give to all politicians?

In our globalised, corporate, free-market world, politicians do not have much power and they are not helping to deal with the major issues of our time. The unsustainable consumption and continual competitive economic growth promoted by powerful transnational companies are killing the planet and making our lives a misery, and yet there are solutions. Although individual nation states are largely impotent and unable to survive for long if they alone make the changes that are necessary, there is a mechanism available for politicians to regain the power to act in the interests of ordinary people and for democracy to blossom. *The Simultaneous Policy: an insider's guide to saving humanity and the planet* by John Bunzl is a must for politicians, their constituents and all those concerned with creating a sustainable global economy.

3 And to every CEO?

CEOs are too busy to really live, or to truly see and understand the profound and catastrophic loss of humanity that their actions bring upon us all. They are single-mindedly pursuing their profits, losing their humanity and harming our ability to live at peace on this fragile planet. Perhaps only a children's book about the men in grey and the timesaving bank could get to them. *Momo* by Michael Ende is about a young girl, simple, honest and loving, who is able to listen and resist the evil spreading. This is truly a tale of our times. Perhaps CEOs could read the book to their children and be reminded of their own humanity and make some much-needed changes in their workplaces.

4 And to every child?

Children need hope and inspiration, and especially so in this terrible time of mass species extinction and destruction of the planet's life-support systems. Maybe the simple, allegorical tale *The Man Who Planted Trees* by Jean Giono, telling how a loving man plants acorns that transform a waterless desolation, could delight and inspire them as it did me.

5 It's 2050 and the ice caps are melting. You're only allowed one book on the Ark. What is it?

The Prophet by Kahlil Gibran would give me the spiritual sustenance and beauty that would sustain me for this next phase of man's journey, when maybe at last we will all learn together that we are all one, connected to all living things and that love is the only constant guide.

Iraq: the borrowed kettle

Slavoj Žižek

VERSO, 2004, £16

Taking his title from a Freudian analysis of the warped logic of dreams, Žižek presents a dazzling analysis of both the current war and modern politics. Focussing on what he calls the 'inherent crisis of democracy', Žižek is highly sensitive to the human cost of modern political manoeuvring and relentlessly seeks to expose the hypocrisies that underlie much of what takes place in the world today. Be warned though: with its references to everyone from Lacan to Leo Strauss, this is far from a simple survey of what went wrong; rather, it is an attempt to get to grips with what it all means.

REVIEWED BY RUFUS WESTON



Freeing the World to Death: essays on the American empire

William Blum

COMMON COURAGE PRESS, 2004, \$18.95

Is Iraq an aberration, a lapse from a US foreign policy based on doing the right thing? Not according to William Blum, whose earlier work on US military interventions was called 'the best book on the subject' by Noam Chomsky. Written with his usual dry wit, Blum's latest collection includes essays on Iraq, Afghanistan, the Cold War, Venezuela, Peru and Hiroshima. Blum also turns his eye on US domestic affairs, attacking the lie that America has a strong economy, the way that Bush stole the presidency in 2001, and the use of the media in the States. His wonderfully irreverent style makes the book a pleasure to read, even if the subject matter is so bleak.

REVIEWED BY STEPHEN WEBB



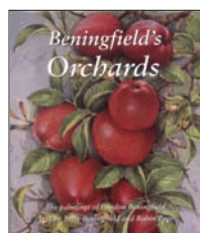
Beningfield's Orchards

Betty Beningfield & Robin Page

BIRD'S FARM BOOKS, 2004, £25

Sadly this is almost certainly the last Gordon Beningfield book. When he died in 1998, he left behind a set of fruit and blossom paintings and sketches. Thankfully his widow Betty, helped by Robin Page, set about publishing them along with numerous other pieces of his work in this beautiful testimony to the great British Orchard. Clearly a man who loved the countryside, his paintings are rich in detail and brilliantly capture the texture of orchard life. From scruffy field mice to wasp covered windfalls, this is a collection of paintings to remind us all of a countryside we are losing fast beneath developers diggers, and supermarket car parks.

REVIEWED BY BEN PREST



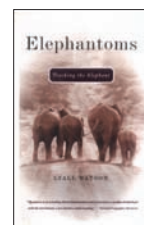
Elephantoms

Lyall Watson

W.W. NORTON, 2003, \$14.95

Watson's compelling book is filled with warmth, wisdom, and depth. Here is a man who is obsessed by elephants, and yet doesn't anthropomorphise them. He clearly wants to understand them for who and what they are. Packed with fascinating insights into the great grey beasts of the African plains, Indian plateaus and those unlucky enough to be behind zoo bars - wherever he finds them he reveals another facet of their extraordinary character. His explanations of how elephants live and die is lyrical. This along with a solid explanation of how these animals contribute to their ecosystems, provides a wonderful overview of creatures that remember, mourn, and even draw pictures.

REVIEWED BY HARRY WILMOT

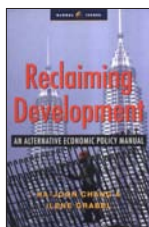


LATEST RELEASES

Reclaiming development: an alternative economic policy manual

Ha-Joon Chang and Ilene Grabel
ZED BOOKS, 2004, £9.99

Chang and Grabel challenge the dominant assumption that there is no other valid approach to development than neo-liberal globalisation. Case studies showing the negative impact of the neo-liberal model are backed up by serious proposals for alternative models.



The Battle for Saudi Arabia

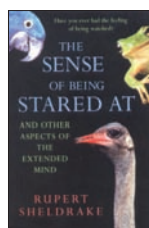
As'ad AbuKhalil
SEVEN STORIES PRESS, 2004, £6.99
AbuKhalil examines the paradox that is Saudi Arabia: officially considered 'moderate' by Washington, yet the birthplace of Osama Bin Laden and most of the 9/11 hijackers.



The Sense of Being Stared at: and other aspects of the extended mind

Rupert Sheldrake
ARROW BOOKS, 2004, £7.99

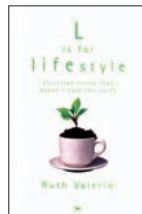
Since the hardback edition of this book came out last year, independent scientific research has endorsed several of Sheldrake's incredible conclusions about human intuition. Telepathy, the scientists are beginning to grudgingly accept, works.



L is for Lifestyle: Christian living that doesn't cost the earth

Ruth Valerio
INTER-VARSITY PRESS, 2004, £5.99

A series of short essays that marry Christian religious thinking with an environmental approach to living. If people believe the earth is God's creation, shouldn't they be treating it a bit better?



Toxic Sludge is Good For You: lies, damn lies and the public relations industry

John Stauber and Sheldon Rampton
CONSTABLE AND ROBINSON, 2004, £6.99

Out now in paperback with a new introduction by comedian and Ecologist columnist Robert Newman, Sheldon and Rampton's classic shines a light on the industry that probably has more effect on how we perceive corporations than any other today: public relations.



The Biodynamic Sowing and Planting Calendar 2005

Maria and Matthias Thun
FLORIS BOOKS, 2004, £5.99

Essential for all organic gardeners, this calendar is a guide to the best days of the coming year for sowing, pruning and harvesting various plants and crops. The philosophy behind biodynamics is mysterious, but the beneficial results are clear.



The New Great Game: blood and oil in central Asia

Lutz Kleveman
ATLANTIC BOOKS, 2004, £8.99

A new paperback edition of Kleveman's account of today's battle for control of the oil-rich Caucasus. Leaves you in no doubt that it really is (almost always) all about oil.



The New Nuclear Danger: George W Bush's military-industrial complex

Dr Helen Caldicott
THE NEW PRESS, 2004, £10.95

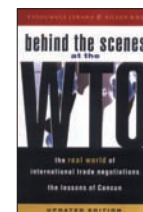
Founder of the Washington-based anti-nuclear weapons campaign Physicians for Social Responsibility, and a nominee for the Nobel Peace Prize, Dr Helen Caldicott shows how indebted the Bush administration is to the arms industry. This revised edition is a timely warning against allowing weapons manufacturers to dictate foreign policy.



Behind the Scenes at the WTO: the real world of international trade negotiations

Fatoumata Jawara and Aileen Kwa
ZED BOOKS, 2004, £12.99

Updated exposé of what really goes on at the world's most secretive and powerful trade organisation. If this is the body that regulates 'free trade', then just how 'free' can it be?



THINK GLOBAL, BUY LOCAL



**green
pages**

The definitive guide to ethical shopping

Green Pages Contents

FARMERS' MARKETS 70-74

FOOD (MAIL ORDER) 75

Bread and flour
Dairy products
Drinks
 Alcoholic drinks
 Coffee/teas
 Juices
Fish
Poultry
Meat
Other food products and services
 Caterers
 Chocolate

REGIONAL FOOD 78-86

ENERGY 87

Electricity suppliers
Energy-saving products
 Light bulbs
 Wood fuels and stoves
Ground source heat pumps
 Suppliers
 Installers
Solar energy
 Heating
 Panels
 Photovoltaic
 Water heating
Wind energy

VOLUNTEERING 88

HOLIDAYS 88

Cottages
Tours

JOBS 89

COURSES 89

Short courses
Degrees

HOME & GARDEN 91

Bedding and linens
Cleaning
DIY Materials
 Flooring
 Insulation
 Paints & paint remover
 Recycled materials
 Self-build homes
 Tiles
 Timber
 Windows and doors
Furniture
Gardens
 Composting supplies
 Garden furniture
 Garden supplies
 Pest control
Kitchen appliances
Professional Services
 Architects

Builders
Building consultant
Carpenters
Energy consultant
Electricians
Interior design
Roofing specialist
Recycling services
Water
 Water conservation
 Water filters

HEALTH & BEAUTY 93

Cosmetics
Toiletries
Deodorant
Menstrual products
Sun protection
Therapies
 Accupuncture
 Homeopathy
 Osteopathy
 Psychotherapy
 Reflexology

BUSINESS & HOME OFFICE RESOURCES 94

Graphic design
Ink Cartridges
Janitorial services and supplies
Phone and internet
Recycled office supplies
Recycling services
Promotional materials

FINANCE 94

Banking
Financial services
Insurance
Mortgages

BOOKS & PUBLICATIONS 95

Email newsletters
Independent bookshops
Mail order books and publishers

FUNERALS 95

Coffins
Funeral Services

PERSONALS 95

CLOTHES 96

Fair trade clothes
Footwear
Organic
T-shirts

BABY 97

Clothing & textiles
Food
Nappies
 Eco disposable
 Laundry services
 Re-usable
Toiletries
Toys



FARMERS' MARKETS

BEDFORDSHIRE

Amphill Bedford Street car park
Last Saturday Monthly, 9:30 am to 1:30 pm

Leighton Buzzard High Street
3rd Saturday Monthly. Also on 1st Tuesday of the month from 4th November, 9:00 am to 3:30 pm

BERKSHIRE

Ascot Car park 3, opposite racecourse
3rd Sunday Monthly, 9:30 am to 1:30 pm

Maidenhead Grove Road Car Park
2nd Sunday Monthly, 10:00 am to 1:00 pm

Newbury Market Place
1st Sunday Monthly, 10:00 am to 1:30 pm

Reading The Cattle Market
1st & 3rd Saturday Monthly, 8:00 am to 12:00 pm

Wokingham
Market Place (integrated into the daily market)
1st Thursday Monthly, 9:00 am to 2:00 pm

BRISTOL

NO CERTIFIED MARKETS

BUCKINGHAMSHIRE

Beaconsfield Windsor End, Old Town
4th Saturday Monthly, 9:00 am to 12:30 pm

Olney Market Place
1st Sunday Monthly, 10:00 am to 2:00 pm

Princes Risborough High Street
3rd Thursday Monthly, 8:30 am to 2:00 pm

CAMBRIDGESHIRE

Ely Just off Market Square
2nd & 4th Saturday Monthly, 8:30 am to 1:30 pm

Huntingdon Market Hill
15 & 29 Oct; 12 & 26 Nov; 10 & 17 Dec.,
8:00 am to 2:00 pm

St Ives Sheep Market/Town Centre
1st & 3rd Saturday Monthly, 8:30 am to 1:30 pm

St Neots Market Square
2nd Saturday Monthly, 8:00 am to 2:00 pm

Whittlesey Market Place
Every other Friday from May to September,
8:30 am to 2:00 pm

Wisbech Market Place Every alternate Friday to
Whittlesey from May to September., 8:30 am to 2:00 pm

CHESHIRE

Congleton The Bridestones Centre (next to Safeway)
1st & 3rd Tuesday Monthly, 9:00 am to 4:00 pm

Vale Royal, Kelsall Eddisbury Fruit Farm
3rd Saturday Monthly, 10:00 am to 2:00 pm

CORNWALL

NO CERTIFIED MARKETS

CUMBRIA

Brough Brough Memorial Hall
3rd Saturday Monthly, 9:30 am to 2:00 pm

Orton Orton Village, Market Hall
(2m from junction 38 off M6)
2nd Saturday Monthly, 9:30 am to 2:30 pm

Penrith Market Square, Town Centre
3rd Tuesday Monthly, 9:30 am to 2:30 pm

Pooley Bridge Village centre, behind Sun Hotel
Last Sunday monthly from April to September,
10:30 am to 2:30 pm

DERBYSHIRE

Belper Belper Market Place
2nd Saturday Monthly, 9:00 am to 2:00 pm

Hartington Hartington Moor
Sundays weekly, 30th May to 12th September
annually, 10:00 am to 5:00 pm

Ripley Market Place
1st Saturday Monthly, 9:00 am to 3:00 pm

DEVON

Exeter Princesshay, adjacent to High Street,
opposite Boots
Thursday Weekly, 9:00 am to 2:00 pm

Newton Abbot Newton Abbot Market, Courtenay St
Tuesday Weekly, 9:00 am to 4:00 pm

Plymouth Sundial, Armada Way, City Centre
2nd Saturday Monthly, 9:00 am to 4:00 pm

South Molton Part of the Pannier Market
4th Saturday Monthly, 7:00 am to 1:00 pm

Tavistock Bedford Square
2nd & 4th Saturday Monthly, 9:00 am to 1:00 pm

Tiverton Pannier Market
3rd Wednesday Monthly

DORSET

Blandford Forum The Corn Exchange
2nd Friday Monthly, 9:00 am to 1:00 pm

Bridport Arts Centre
2nd Saturday Monthly, 9:00 am to 1:00 pm

Christchurch Saxon Square
1st Friday Monthly, 9:00 am to 1:00 pm

Dorchester Poundbury
1st Saturday Monthly, 9:00 am to 1:00 pm

Gillingham The Methodist Chapel
4th Saturday Monthly, 9:00 am to 1:00 pm

Shaftesbury Town Hall
1st Saturday Monthly, 9:00 am to 1:00 pm

Sherborne Cheap Street
3rd Friday Monthly, 9:00 am to 1:00 pm

Sturminster Newton Market Place
4th Friday Monthly, 9:00 am to 1:00 pm

Wareham Town Hall
4th Thursday Monthly, 9:00 am to 1:00 pm

Wimborne Corn Market
2nd Thursday Monthly, 9:00 am to 1:00 pm

DURHAM

Barnard Castle Cobbles
1st Saturday Monthly, 10:00 am to 3:00 pm

Darlington Market Place
3rd Friday Monthly, 9:00 am to 4:00 pm

Stanhope Durham Dales Centre
4th Saturday monthly except for Dec when on
Friday 12th, 10:00 am to 3:00 pm

ESSEX

Barnston Barnston Village Hall
4th Saturday Monthly, 9:30 am to 11:30 am

Billericay Barleylands Craft Village & Farm Centre
2nd & Last Saturday monthly, 9:00 am to 1:00 pm

HOW DO FARMERS MARKETS WORK?

The National Association of Farmers Markets describes the main purpose of farmers' markets as developing 'a vibrant environment where consumers and producers are brought together'. There are certain rules by which stallholders must abide, of which the two key ones are:

1 FOOD MUST BE LOCALLY PRODUCED

All the food you buy is guaranteed to have been produced in the local area. What defines 'local area' varies depending on the market, but ranges from 30 to 100 miles from the market.

2 PRODUCER MUST BE PRESENT

The principal producer, or someone else who was directly involved in the production process, must attend the stall. This means that whenever you buy your food you can talk to someone who knows exactly how it was produced. If there is something wrong with it, or if it was the best thing ever, you can come back and tell them. And if you want advice on how best to cook or prepare something, you can directly ask the person who has grown, caught or reared that product.

To read more about the rules under which farmers markets operate, go to www.farmersmarkets.net

November

UK In Season



▬ At its best
▬ In season

artichokes (Jerusalem)	▬
artichokes (globe)	▬
asparagus	▬
aubergines	▬
beetroot	▬
borlotti beans	▬
broad beans	▬
broccoli (purple sprouting)	▬
broccoli (calabrese)	▬
Brussels sprouts	▬
Brussels tops	▬
cabbages (various green varieties)	▬
cabbages (white)	▬
cabbages (red)	▬
cardoons	▬
carrots	▬
cauliflower	▬
celeriac	▬
celery	▬
chard	▬
chicory	▬
courgettes	▬
cucumber	▬
endive	▬
fennel	▬
french beans (whole pod)	▬
garlic	▬
greens (spring & winter)	▬
kale (and borecole)	▬
kohlrabi	▬
lamb's lettuce	▬
leeks	▬
lettuce	▬
onions	▬
pak choi	▬
parsnips	▬
peas (incl. sugar snaps)	▬
peppers and chillies	▬
potatoes	▬
pumpkins (and squashes)	▬
purslane	▬
radishes	▬
rocket	▬
runner beans	▬
salsify (and scorzonera)	▬
samphire	▬
sea kale	▬
sorrel	▬
spinach	▬
swede	▬
sweet corn	▬
tomatoes	▬
turnips	▬
watercress	▬

Clacton Clacton Factory Shopping Village
May- October: 2nd weekend monthly - Saturday
10am-6pm, Sunday 11am-5pm.
Smaller market in winter

Colchester Colchester Arts Centre
1st Friday Monthly, 9:00 am to 1:00 pm

Harlow Market Square
1st Wednesday Monthly, 9:00 am to 4:00 pm

Loughton Centric Parade
1st Sunday monthly from March 2004,
9:00 am to 4:00 pm

Maldon Swan Hotel, High Street
1st Tuesday Monthly, 9:00 am to 1:00 pm

North Weald Weald Hall farm, Canes Lane
3rd Sunday Monthly, 9 am to 4 pm

Takeley Silver Jubilee Hall
1st Saturday Monthly, 9:30 am to 11:30 am

Witham The Grove Shopping Centre
2nd & 4th Tuesday Monthly, 9:30 am to 2:00 pm

GLOUCESTERSHIRE

Chipping Sodbury High Street each side of clock,
winter markets inside Town Hall tower
2nd Saturday and last Thursday monthly,
9:00 am to 2:00 pm

Gloucester The Cross & Southgate Street
1st & 3rd Friday Monthly until May & then Friday
weekly, 9:00 am to 3:00 pm

Stow on the Wold The Square
2nd Thursday Monthly, 9:00 am to 2:00 pm

Stroud Cornhill Market Place
1st & 3rd Saturday Monthly, 9:00 am to 2:00 pm

Thornbury St Mary Centre
1st & 3rd Thursday Monthly, 9:00 am to 1:30 pm

HAMPSHIRE & ISLE OF WIGHT

Alton Market Square
2004: Saturday 27th Nov., 10:00 am to 2:00 pm

Andover High Street, George Yard car park
3rd Sunday monthly from Feb to Dec inclusive,
10:00 am to 2:00 pm

Basingstoke Top of town outside Willis Museum
2004: 2nd Sunday monthly from Jan to Dec.,
10:00 am to 2:00 pm

Farnborough Queensmead Precinct
2004: 11th Dec, 10:00 am to 2:00 pm

Fleet Gurkha Square, car park off High St
2004: 19th Dec; plus Wed 24th Nov 6-9 pm,
10:00 am to 2:00 pm

Newport St Thomas' Square
Friday Weekly, 9:00 am to 3:00 pm

Petersfield Market Square
1st Sun monthly Feb - Dec inclusive, 10:00 am to
2:00 pm

Romsey Broadwater Road car park
2004: 7th Nov., 10:00 am to 2:00 pm

Southsea Palmerston Road Precinct
2nd Sunday monthly February - November, and 5th
December, 10:00 am to 2:00 pm

Winchester Middle Brook St car park
Last Sunday monthly except for Dec when on 12th.,
10:00 am to 2:00 pm

HEREFORDSHIRE

Bromyard Outside leisure centre
4th Friday Monthly, 10:00 am to 2:00 pm

Hereford High Town
3rd Thursday and 1st Saturday of the month,
9:00 am to 2:00 pm

Leominster Corn Square
2nd Saturday Monthly, 9:00 am to 1:00 pm

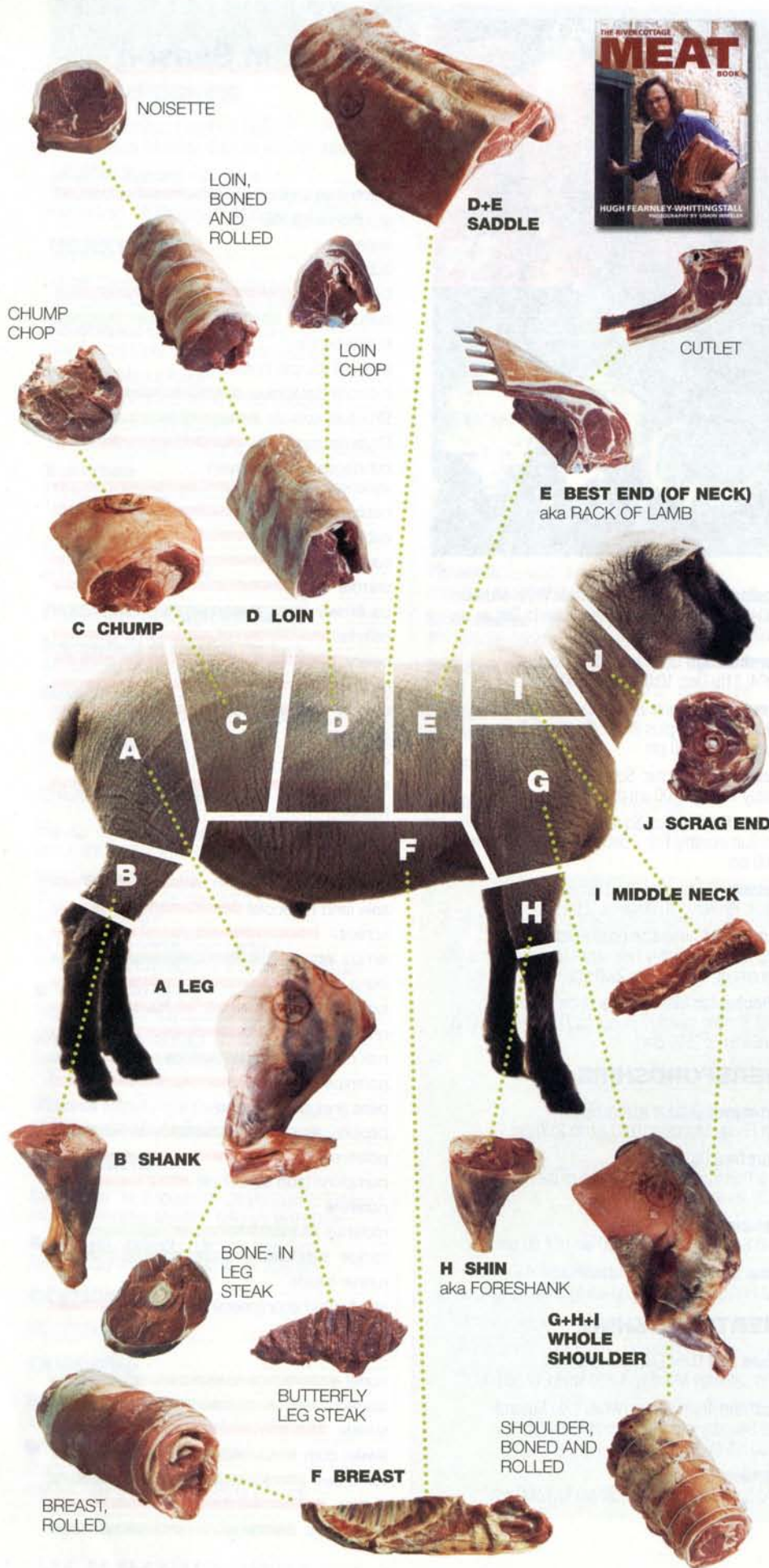
Ross on Wye Below Market House
1st Friday Monthly, 10:00 am to 2:00 pm

HERTFORDSHIRE

Dane End Dane End Memorial Hall
2nd Saturday Monthly, 10:30 am to 12:30 pm

Hatfield Town Centre (White Lion Square)
1st Saturday monthly (except January),
9:00 am to 2:00 pm

Sandon Village Hall
3rd Saturday Monthly, 9:30 am to 12:00 pm



KENT

Grays High Street
2nd Thursday Monthly, 9:00 am to 4:00 pm

Rochester Corporation St car park
3rd Sunday Monthly, 9:00 am to 1:00 pm

Rolvenden Parish Church St Mary The Virgin & Village Hall opposite
Thursday Weekly, 10:00 am to 12:00 pm

Tunbridge Wells Civic Way (in front of Town Hall)
2nd & 4th Saturday monthly plus Thursday 23rd December, 9:00 am to 2:00 pm

Wye The Green, Centre of Wye
1st & 3rd Saturday Monthly, 9:00 am to 12:00 pm

LANCASHIRE

Colne Market Street (Car park outside & in Market Hall)
3rd Saturday Monthly, 9:00 am

Ribblesdale (Clitheroe) Clitheroe Auction Mart
Wednesday Fortnightly, 10:00 am to 4:30 pm

LEICESTERSHIRE

Castle Donington St Edward's School
2nd Saturday Monthly, 9:00 am to 2:00 pm

Coalville Market Hall
Last Saturday Monthly, 9:00 am to 2:00 pm

Hinckley The Market Place
3rd Thursday Monthly, 9:00 am to 2:00 pm

Leicester Market Place
Last Wednesday Monthly, 9:00 am to 2:00 pm

Melton Mowbray Cattle Market, Scalford Road
Weekly, 8:00 am to 12:30

Oadby The Parade
Special markets only. Call for dates. Tel: 01530 261379

LINCOLNSHIRE

Brigg Brigg Market Place
4th Saturday Monthly, 9:00 am to 3:00 pm

LONDON

Blackheath Blackheath Rail Station Car Park, SE3
Sunday Weekly, 10:00 am to 2:00 pm

Ealing Leeland Road, West Ealing W13
Saturday Weekly, 9:00 am to 1:00 pm

Islington Essex Road, N1, (opp. the Green)
Sunday Weekly, 10:00 am to 2:00 pm

Marylebone Cramer Street car park, just off Marylebone High St W1
Every Sunday. Nearest tubes: Baker St & Bond St, 10:00 am to 2:00 pm

Notting Hill Car Park off Kensington Place, corner Ken. Church St W8
Saturday Weekly, 9:00 am to 1:00 pm

Peckham Peckham Square, Peckham High St, SE15
Sunday Weekly, 9:30 am to 1:30 pm

Pimlico Road Location: Orange Square, corner Pimlico Rd & Ebury St SW1
Saturday Weekly, 9:00 am to 1:00 pm

Richmond Heron Square, off Hill Street
Saturday Weekly, 11:00 am to 3:00 pm

Stoke Newington The Old Fire Station, Leswin Rd
Saturday Weekly, 10:00 am to 2:30 pm

Swiss Cottage Car park of the O2 Centre, Finchley Rd, near Homebase NW3
Wednesday Weekly, 10:00 am to 4:00 pm

Twickenham Holly Road car park, Holly Road, off King St, TW1
Saturday Weekly, 9:00 am to 1:00 pm

Wimbledon Park Wimbledon Park First School, Havana Rd, SW19
Saturday Weekly, 9:00 am to 1:00 pm

GREATER MANCHESTER

NO CERTIFIED MARKETS

MERSEYSIDE

NO CERTIFIED MARKETS

MIDDLESEX

Staines Town Centre
2nd Sunday Monthly, 9:00 am to 4:00 pm

NORFOLK

Aylsham Market Place
1st Saturday monthly (except January), 9:00 am to 1:00 pm

Norwich Norfolk Showground-Indoors
2nd & 4th Saturday Monthly, 9:00 am to 1:00 pm

Norwich The Assembly House, Theatre Steet
3rd Sunday Monthly, 10:00 am to 3:00 pm

Wayland (Watton) Watton High Street
1st Saturday monthly except January, 8:00 am to 12:30 pm

NORTHAMPTONSHIRE

Brackley Market Place
3rd Saturday Monthly, 9:00 am to 1:00 pm

Daventry High Street
1st Saturday Monthly, 9:00 am to 1:30 pm

Higham Ferrers Market Square
Last Saturday Monthly, 9:00 am to 2:00 pm

Oundle The Market Place
2nd Saturday Monthly, 8:30 am to 1:30 pm

Towcester Richmond Road car park (adj. Safeways)
2nd Friday Monthly, 9:00 am to 1:30 pm

Wellingborough Market Place
Last Thursday Monthly, 9:00 am to 1:30 pm

NORTHUMBERLAND

Hexham Market Place
2nd Sat monthly, plus 4th Sat May-Nov, 9:00am to 1:30pm

Morpeth Town Hall
1st Sunday Monthly, 9:30 am

Ponteland Memorial Hall, Darras Road
4th Saturday Monthly, 9:30 am

NOTTINGHAMSHIRE

Mansfield Buttercross Market
3rd Tuesday of every Monthly, 9:00 am to 3:00 pm

Wollaton Wollaton Co-Op Store, Trowell Road
9:00 am to 1:00 pm

OXFORDSHIRE

Abingdon Near the Market Place
3rd Monday Monthly, 8:30 am to 2:00 pm

Banbury Cornhill
1st Friday Monthly, 8:30am to 1:30pm

Chipping Norton Market Square
4th Friday Monthly, 8:30 am to 1:00 pm

Deddington Market Place
4th Saturday monthly, except for Christmas, when on 20th, 9:00 am to 12:30 pm

Witney The Green
3rd Thursday Monthly, 8:30 am to 1:00 pm

Wolvercote Wolvercote School (off First Turn)
Sunday Weekly, 10:00 am to 2:30 pm

Woodstock Woodstock Market Place
1st Saturday Monthly, 8:30 am to 1:30 pm

SHROPSHIRE

Oswestry The Bailey Head
Last Friday Monthly, 9:00 am to 3:00 pm

Wem Leek Street
2nd Saturday November/December, 9:00 am to 2:00 pm

SOMERSET

Axbridge Town Square
1st Saturday Monthly, 9:00 am to 1:00 pm

Bridgwater High Street, Town Centre
2nd Friday Monthly, 9:00 am to 2:00 pm

Cheddar Church Hall
3rd Saturday Monthly, 9:00 am to 1:00 pm

Crewkerne Falkland Square
3rd Saturday Monthly, 9:00 am to 1:00 pm

Frome Cheese & Grain Market
2004: 2nd Sat monthly, Christmas markets - Sat 13th Dec, Sun 21st Dec 2.30 - 5.30 pm., 9:00 am to 1:00 pm

Glastonbury St John's Car Park
4th Sat monthly, Christmas market Sat 20th Dec., 9:00 am to 1:00 pm

**For advice on marketing
your products and
booking advertisements,
call Zayda on
020 7351 3578**

Highbridge Community Hall
1st Friday Monthly, 9:00 am to 1:00 pm

Midsomer Norton Midsomer Norton Methodist Church, 1st Saturday Monthly, 9:00 am to 1:00 pm

Taunton Town Centre
Thursday Weekly, 9:00 am to 3:00 pm

Wellington Scout Hall
3rd Saturday Monthly, 9:00 am to 1:00 pm

Wells The Market Place
Wednesday Weekly, 9:00 am to 3:00 pm

Weston Super Mare Town Square (Winter Gardens)
2nd Saturday Monthly, 9:30 am to 2:00 pm

Wincanton Memorial Hall, High Street
1st Friday Monthly, 9:00 am to 1:30 pm

STAFFORDSHIRE

Lichfield Market Square
1st Thursday monthly except January, 9:00 am to 3:00 pm

Stafford Market Square
2nd Saturday Monthly, 9:00 am to 4:00 pm

SUFFOLK

Beccles Beccles Heliport
1st & 3rd Saturday Monthly, 9:00 am to 1:00 pm

Felxtowe Trinity Methodist Church Hall
1st Saturday Monthly, 9:00 am to 1:00 pm

Needham Market Alder Carr Farm
3rd Saturday Monthly, 9:00 am to 1:00 pm

Woodbridge Community Centre
2nd Saturday Monthly, 9:00 am to 1:00 pm

SUSSEX EAST

Hailsham Hailsham Cattle Market Site
2nd Saturday, 9:00 am to 12:30 pm

Heathfield Co-Op car park
3rd Saturday Monthly, 9 am to 1:00 pm

Lewes Cliffe Pedestrian Precinct
1st Saturday Monthly, 9:00 am to 1:00 pm

Uckfield Luxford car park
1st Saturday Monthly, 9:00 am to 1:00 pm

SUSSEX WEST

Arundel Town Square, Town Quay, Jubilee Gardens
1st Thursday & 3rd Saturday monthly, 9:00 am to 1:00 pm

East Grinstead High Street (South Side)
1st Thursday monthly, 9:00 am to 2:00pm

Ford Ford Airfield
1st Saturday monthly, 7:30 am to 2:00pm

Hayward's Heath Hayward's Road West Car Park
3rd Thursday monthly, 9:00 am to 2:00pm

Horsham Horsham Carfax
9:00 am to 5:00pm

SURREY

Guildford Guildford High Street
1st Tuesday Monthly, 11:30 am to 3:30 pm

Milford Secretts Farm, Chapel Lane
3rd Sunday Monthly, 10:00 am to 2:00 pm

Walton-on-Thames Ashley Road, High Street
Weekly from June, Tel: 020 8707 2865

Woking Town Square
3rd Thursday Monthly, 9:00 am to 14:30 pm

TYNE AND WEAR

Newcastle Grey's Monument, City Centre
1st Friday Monthly, 9:30 am to 2:30 pm

WARWICKSHIRE

Coleshill Church Hill
4th Friday Monthly, 10:00 am to 2:00 pm

Kenilworth Talsiman Square
2nd Saturday Monthly, 9:00 am to 2:00 pm

Leamington Spa Pump Room Gardens
4th Saturday Monthly, 9:00 am to 2:00 pm

Rugby Clock Tower
Last Thursday Monthly, 9:00 am to 2:00 pm

Southam Market Hill
2nd Saturday Monthly, 9:00 am to 2:00 pm

Stratford Upon Avon Rother Street Market
1st & 3rd Saturday Monthly, 9:00 am to 2:00 pm

Warwick The Market Place
3rd Friday Monthly, 9:00 am to 2:00 pm

WEST MIDLANDS

Birmingham New Street
1st & 3rd Wednesday Monthly, 9:00 am to 5:00 pm

Moseley Moseley Green, centre of Moseley
4th Saturday Monthly, 9:00 am to 3:00 pm

WILTSHIRE

Bradford upon Avon Westbury Gardens
3rd Thursday monthly, 9 am to 1:30pm

Coombe Bisset
3rd Thursday of every month

Devizes Market Place
1st Saturday every month, 9am to 1:30pm

Devizes The Shambles
1st Wednesday every month, 10:00 am to 2:00 pm

Lacock Manger Barn
3rd Saturday every month, 10:00 am to 2:00 pm

Marlborough High Street
Last Sunday of every month, 10:00 am to 2:00 pm

Salisbury Market Square
First Wednesday, 10:00 am to 2:00 pm

Trowbridge Fore Street
4th Friday of every month, 9:00 am to 1:30pm

Warminster Central Car Park
1st & 3rd Friday of each month, 9:00 am to 1:30 pm

Wooton Bassett High Street
4th Saturday every month, 9:00 am to 1:30 pm

WORCESTERSHIRE

Bewdley Opposite Dog Lane Car Park
4th Sunday of every month, 10:00 am to 2:30 pm

Broadway Village Centre
1st Thursday monthly, 9:00 am to 1:00 pm

Bromsgrove High Street
2nd Saturday monthly, 9:00 am to 5:00 pm

Droitwich Victoria Square
1st Saturday monthly, 9:00 am to 2:00 pm

Evesham Market Square
4th Friday Monthly, 9:00 am to 3:00 pm

Kidderminster High Street
2nd Friday Monthly, 9:00 am to 4:00 pm

Malvern Abbey Road
3rd Saturday Monthly, 9:00 am to 2:00 pm

Pershore Broad Street
Monday 19 December., 10:00 am to 3:00 pm

Stourport
Call for times and venue, Tel: 07795 656148

Worcester Royal Worcester Museum, Severn Street
1st Sunday Monthly, 10:00 am to 2:00 pm

Wychbold Webbs Garden Centre
Wychbold (Junction 5 M5)
10:30 am to 4:30 pm

YORKSHIRE, WEST

Bradford Kirkgate
4th Saturday Monthly, 9:00 am to 3:00 pm

Doncaster Goose Hill
1st & 3rd Wednesday Monthly, 10:00 am to 4:00 pm

Holmfirth Market Hall, Huddersfield Rd and Hollowgate
3rd Sunday Monthly, 9:00 am to 3:00 pm

YORKSHIRE, NORTH

Acklam Nature's World
Last Sunday Monthly, 10:00 am to 2:00 pm

Bradford Kirkgate
4th Saturday Monthly, 9:00 am to 3:00 pm

Doncaster Goose Hill, Doncaster Market
1st & 3rd Wednesday Monthly, 10:00 am to 4:00 pm

Driffield The Showground, Kelleythorpe
1st Saturday Monthly, 9:00 am to 1:00 pm

Grassington Village Centre
3rd Sunday Monthly, 9:30 am to 3:00 pm

Harrogate Market Place/ Cambridge St
For dates & times call 01423 556027

Hawes The Creamery
2nd Saturday Monthly, 9:30am to 3 pm

Holmfirth Holmfirth Market Hall, Huddersfield Road and Hollowgate
3rd Sunday Monthly, 9:00 am to 3:00 pm

Knaresborough Market Place
For dates & times call 01423 556027

Leyburn Market Place
4th Saturday Monthly, 8:00 am to 3:00 pm

Northallerton High Street
4th Wednesday Monthly, 8:00 am to 3:00 pm

Pinchinthorpe Pinchinthorpe Hall
1st Sunday monthly (except January),
9:30 am to 2:00 pm

Richmond Pinchinthorpe Hall
1st Sunday monthly (except January),
9:30 am to 2:00 pm

Ripon Market Square
Phone for dates & venues, Tel:01423 556027

Settle Town Square
2nd Sunday Monthly, 9:30 am to 3:00 pm

Stokesley Town Square
1st Saturday Monthly, 8:00 am to 3:00 pm

York Parliament Street, York City Centre
29th of each month except 14th/15th Sept; 11th/ 12th Dec, 9:00 am to 4:30 pm

YORKSHIRE, SOUTH

Whirlow, Sheffield Whirlow Hall farm Trust, just off A625 Ecclesall Road, 4m from city centre
10:00 am to 4:00 pm

SCOTLAND

Edinburgh Castle Terrace
1st & 3rd Saturday Monthly, 9:00 am to 2:00 pm

WALES

Aberaeron Inner Harbour
June to September 3rd Friday monthly, 10:00 am to 3:00 pm

Aberswyth North Parade
1st & 3rd Saturday Monthly, 10:00 am to 3:00 pm

Brecknock Market Hall, Brecon
2nd Saturday monthly from January to December excluding August, 10:00 am to 2:00 pm

Cardiff Fitzhamon Embankment, Riverside, Central Cardiff
Sunday Weekly, 10:00 am to 2:00 pm

Cardigan Guildhall, Upper Market
2nd & 4th Thursday Monthly, 9am to 2pm

Chepstow Senior Citizen Hall
2nd & 4th Saturday Monthly, 9:00 am to 1:00 pm

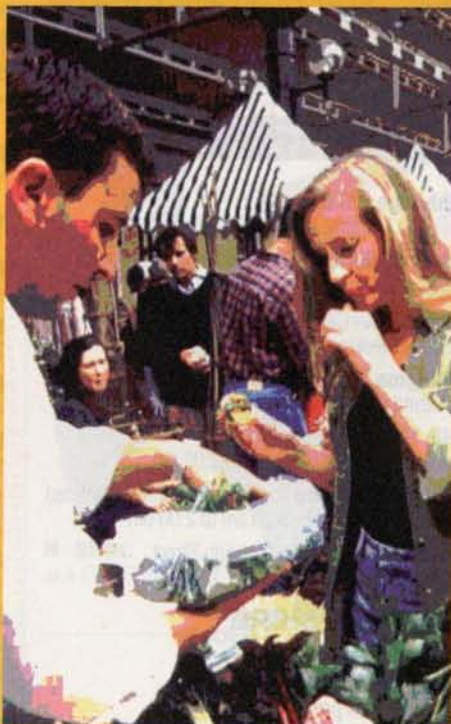
Haverfordwest Riverside Quay Shopping Centre
Fridays: Nov 5th 19th; Dec 3rd 17th., 9:00 am to 3:00 pm

Lampeter Market Street
2nd & 4th Friday Monthly, 10:00 am to 3:00 pm

WHY I LOVE FARMERS' MARKETS

REBECCA MARSTON, 37, TEACHER AND CUSTOMER OF SWISS COTTAGE FARMERS' MARKET, NORTH LONDON

'I love fish, but am aware that much of the fish on sale in supermarkets isn't fresh, and is caught using environmentally destructive fishing practices. That's why I love my local farmers' market in Swiss Cottage, London. Every week I go to the same guy. All his fish is caught off Portland Bill in Dorset, and he's been using the same fisherman for years. Even his sea bass is line-caught. He refuses to support the sea-bass trawlers ploughing up and down the English Channel, killing dolphins. Above all, I like to talk to him about the fish he's selling... What's best at this time of year? How to cook it? What to serve with it? Who needs Rick Stein, when you've got your own real life fishmonger.'



What do you love about farmers' markets? Have you had an experience that reminded you how pleasurable food shopping can really be?

Write to us at editorial@theecologist.org

FOOD (MAIL ORDER)

GENERAL

Barleywood Walled Garden.....	0117 935 1725
Beantree Organics.....	0114 266 2972
Beanbreaks Ltd.....	029 2025 1678
Buxton Foods Ltd.....	020 7637 5505
Ceres Natural and Organic Foods Ltd.....	01935 428791
Dragonfly Foods.....	01364-642700
Duchy Originals.....	020 8831 6800
Eostre Organics Ltd.....	0195 378 9639
for details see advertisement.....	page 75
Equal Exchange.....	0131 220 3484
Essential Trading Cooperative.....	0117 958 3550
for details see advertisement.....	page 77
Everybody Organic.....	0170 765 1243
Goodness Direct.....	0871 871 6611
for details see advertisement.....	page 75
Graig Farm Organics.....	0159 785 1655
Green Cuisine.....	01544 230720
Half Moon Health Foods.....	01484 456392
Infinity Foods Cooperative Food.....	0127 342 4060
Island Bakery Organics.....	01688 302223
Langley Chase.....	01249 750095
Mother Hemp.....	0126 242 1100
Natural Good Foods.....	01455 556 878
for details see advertisement.....	page 77
Naturemade Oasis.....	01769 573571
Oil in the Raw.....	0157 935 1178
One Food Ltd.....	08708711112
Organic Delivery Company, The.....	020 7739 8181
Organic Experience, The.....	01249 720274
Organico.....	0118 951 0518
Organic Pantry, The.....	01937 531 693
Pertwood Organics Ltd.....	01985 840646
Rhanich Farm.....	01862 821265
Rosemary's Health Foods.....	01902 427520
Seasons Wholefoods.....	01225 469730
Soya Fresh!.....	0870 787 7336
Suma.....	0845 458 2290
Sunshine Health Shop & Organic Bakery.....	01386 443757
Tamara Organics.....	01822-834887
Traidcraft.....	0870 443 1018
Valley Garden Organics.....	01422 846651
Westcountry Organics.....	0164 724 724
Wheeler, S. & Son.....	01588 640298
Wholefood.net.....	01736 810 015
Wild Oats.....	0117 973 1967

BREAD AND FLOUR

Bread Shop, The.....	020 7586 5311
Long Chichel Bakery.....	0125 883 0852
Neal's Yard Bakery.....	020 7836 5199
Village Bakery, The.....	0176 888 1811

DAIRY PRODUCTS

Bath Soft Cheese.....	01225 331601
Caws Cenarth Cheese.....	0123 971 0432
Cheshire Cheese Specialists.....	0194 877 0214
Daisy and Co.....	01749 850254
Godminster Vintage Cheese.....	0174 981 3733
Llanboidy Cheesemakers.....	0199 444 8303
Neal's Yard Dairy.....	020 7645 3555

DRINKS

ALCOHOLIC

1516 Beer.....	01270 668 718
for details see advertisement.....	page 77
Beers in a Box.....	0192 448 9222
Black Isle Organic Beers.....	0146 381 1871
for details see advertisement.....	page 75
Davenport Vineyards.....	01892 852 380
Dunkerton's Traditional	



Goodness
direct

Home delivery of 1000's of healthy, organic foods & eco-friendly products

www.GoodnessDirect.co.uk
tel. 0871 8716611

SAVE THE BACON

is a delivery service dedicated to supplying the public with
the finest and purest organic food

available from small farms all over the country.
Our aim is to bring the best that British farming can offer.
Including organic meat, fish, vegetables and even ready meals!

a convenient and cost effective UK-wide delivery service
Can be delivered either to your work or home in a chilled box.

www.savethebacon.com 01604 696859





EAST ANGLIAN ORGANIC GROWER CO-OPERATIVE

SELLING TO:
SOCIAL GROUPS • INDEPENDENT
RETAILERS • BOX SCHEME OPERATORS
• CATERERS • RESTAURANTS

ALSO ON OLD SPITALFIELDS SUNDAY MARKET
EAT GOOD ORGANIC LOCALLY PRODUCED FOOD

CALL 01953 789 639
www.eostreorganics.co.uk



"Melt in your mouth & real flavour"
Home reared & butchered to high standard, pedigree South Devon beef & lamb, also chicken & pork at exceptionally affordable prices from Higher Hacknell Farm.
for mail order www.higherhacknell.co.uk
Advice 01769 560909



BLACK ISLE
BEER WITH THE GREAT OUTDOORS BREWED IN

ORGANIC BEER BY POST!
delivered anywhere in mainland Britain

20 x 500ml bottles of hand-crafted beer from the Highlands' award-winning brewery

Blonde, Porter, Red Kite, Scotch Ale, Wheat Beer, Yellowhammer

Any Mix
£44.95



order online at
www.blackislebrewery.com
or telephone
01463 811871
Credit/Debit cards accepted






Blakeney red - a.k.a the Circus pear or the Painted Lady. It is said that you can wear it, drink it, and eat it: it was used as a dye for WWI uniforms, can be drunk as Perry and eaten in a stew.

THREE COUNTIES PERRY

Perry pears are bitter, grainy pears no good for eating, but excellent for making perry, a fruity pear cider rumoured to be older than apple cider. Confined almost exclusively to the three counties of Gloucestershire, Herefordshire and Worcestershire, perry pears are in danger of disappearing in Britain, with 75 per cent of the three counties' orchards having been lost in the last 50 years.

In 1989 Gloucestershire farmer Charles Martell became so worried about the demise of the perry orchards that he started the National Collection of Perry Pears, a national seed bank for rare perry pear varieties. Charles says: 'Some of the varieties I was after were extremely rare. For the cowslip pear, for example, there are only six trees left in the whole world. I came across the one tree left in the UK shortly before the only farmer who knew about it died.' To date, Charles has collected and saved 75 varieties of perry pears.

To really save an endangered variety, it is necessary for someone to grow it and use it. In 1994 the Three Counties Cider and Perry Association was formed to support small, traditional cider and perry makers.

One of its founding members, Tom Oliver, of Oliver's Perry, spoke to The Ecologist.

What is so special about your perry?

My perry is based on 100 per cent perry pears, from 30 orchards in the three counties area. There are no imported pears. All the pears are hand-picked from unsprayed trees when fully ripe, instead of being machine-picked ahead of ripeness, which is why supermarket pears are always so hard. That means the perry has the maximum amount of sugar yielding the best alcohol, with a full balance of sugar, acidity and tannin.



Cowslip pear - only six trees left in the world



Hedgehog pear

How does perry differ from cider?

Perry is more delicate, more subtle and has a higher alcohol content. It works well as an aperitif, with fish or with cheese. This year I am very pleased with the Three Counties Medium Dry, which is a blend of mainly three perry pears: Oldfield, gin and Blakeney red.

For the widest variety of Three Counties perry, contact: The Hop Pocket, tel: 01531 640592 Orchard Hive and Vine, tel: 01568 611232

For more information on Three Counties perry producers, see (www.threecountiesperry.co.uk)

Cider and Perry.....	0154 438 8653
Freedom Organic Beer.....	020 8748 0903
Fuller's Vintage Ale.....	020 8996 2085
Juniper Green Organic Gin.....	0148 389 4650
Only Fine Beer.....	0124 525 5579
Organic Brewhouse.....	0132 624 1555
Organic Spirits Company.....	0148 389 4650
for details see advertisement.....	page 76
Organic Wine Company.....	0149 444 6557
Papagayo Spiced Rums.....	0148 389 4650
Pennard Organic Wines & Cider.....	0174 986 0393
Pitfield Beer Shop & Brewery.....	0207 7393701
Pure Wine Company, The.....	02380238214
Ravensbourne Wine Company.....	020 8692 9655
Sedlescombe Organic Vineyard.....	0800 980 2884
Shropshire Organic Wine Company, The.....	01588 640442
St. Peter's Brewery.....	0198 678 2322
UK5 Vodka.....	0148 389 4650
Vinceremos.....	0113 244 0002
Vintage Roots.....	0800 980 4992
Weston's Cider.....	0153 166 0233

ORGANIC SPIRITS

Juniper green gin. UK5 vodka
Papagayo white and spiced rums

**Order direct from:
Vintage Roots/ Vinceremos
or call 01483 894650**

COFFEES AND TEAS

Bean Shop, The.....	0173 844 9955
Burgil Coffee.....	020 8560 0263
Café Direct.....	020 7490 9520
Clipper Teas.....	0130 886 3344
Coffee Plant.....	020 7221 8137
Eleven O'Clock Tea.....	0163 527 8648
Equal Exchange.....	0131 220 3484
E-Teas.....	0800 849 4039
Hampstead Tea and Coffee Co., The.....	020 8731 9833
James' Gourmet Coffee Company.....	0870 787 0233
Monmouth Coffee Company.....	020 7645 3560
More Organics.....	0173 636 6008
Nothing But Tea.....	0123 485 3855
Pumphreys Coffee Ltd.....	0191 414 4510
Tea and Coffee Plant, The.....	020 7655 4574

JUICES

Grove Fresh.....	0146 274 3126
Innocent.....	020 8600 3939
Oakwood Farm.....	0158 083 0893

FISH

Hawkshead Trout Farm.....	0153 943 6541
---------------------------	---------------

"THE BEST TROUT IN THE COUNTRY...."

RICK STEIN.

"Purely Organic Trout, better than any I have tasted..."

HUGH FEARNLEY-WHITTINGSTALL.

Tel 01985 841093

www.purelyorganic.co.uk

ORGANIC SMOKED SALMON FROM IRELAND

"...the best I have eaten this year was the gently smoked fish from Kinvara ..."

NIGEL SLATER

order www.kinvara-smoked-salmon.com

Tel: 00 353 91 637489

For advice on marketing your products and booking advertisements, call Zayda on 020 7351 3578

POULTRY

Traditional Norfolk Poultry.....0195 349 8434
S & J Organics.....01267 253570

MEAT

Airlie Organics.....01575 540294
Angus Organics Ltd.....01575 540294
Black Mount Foods.....01899 221747
Graig Farm Organics.....0159 785 1655
Heritage Prime.....01297-489304
Higher Hacknell Farm.....0176 956 0909
for details see advertisement.....page 75
Hindon Organic Farm.....01643 705244
Hunters of Helmsley.....01439 771876
Meatshop.....0122 857 7329
Northumbrian Quality Meats.....01434 270 184
Organic Beef Company, The.....0148 866 8429
Organic Smokehouse, The.....01588 660206
Orkney Organic Meat.....01856 781345
Pampered Pigs.....01305-848107
Real Meat Company, The.....0198 584 0562
Red Poll Meats.....01728 748444
Rock Midstead Contacts.....01665 59225
Save the Bacon.....0160 469 6859
for details see advertisement.....page 75
Sheepdrove Organic Farm.....0148 871 659
for details see advertisement.....page 77
Swaddles.....0845 456 1768
for details see advertisement.....page 77
The May Highland Beef.....0157 042 3080
Vernon, R & H.....01369 840237

OTHER FOOD PRODUCTS AND SERVICES

CATERERS

Eostre Organics Ltd.....0195 378 9639
for details see advertisement.....page 75
Organic Express.....020 7277 6147
Lady Jane's Tea Room, Brampton.....0169 774 1974

CHOCOLATE

Choc Aid Fairtrade Chocolate.....0035 321 477 3013
Coton's Continental Chocolates.....01584-844004
Divine Fairtrade Chocolate.....020 7378 6550
Green and Black's Organic Chocolate.....020 7633 5900

ORGANIC BEER

Christmas gift packs now available from £14.99+p&p
An extensive range of organic beers from the UK & Belgium

Order Direct from
1516 BEER COMPANY
Tel: 01270 668718
www.1516beer.co.uk



THE ORIGINAL

FARM FRESH ORGANIC PRODUCE

BEEF, LAMB, PORK, POULTRY, DUCKS, PIES, PATES & SAUSAGES, FARM PREPARED ORGANIC MEALS, WILD NATURAL SEA FISH DIRECT FROM THE OCEANS, DAIRY PRODUCE, VEGETABLES & FRUIT
Daily deliveries in London, the home-counties and nationwide. Call today for a full catalogue and details of our delivery service
Telephone: 01460 234 387 Fax: 01460 234 591
www.swaddles.co.uk



Sheepdrove Organic Farm

Sheepdrove is a model of environmentally responsible farming, driven by a passionate concern for animal welfare, wildlife conservation and a sustainable rural economy.

ORGANIC Beef, Lamb, Mutton, Pork, Chicken & Meat Boxes
Delivered Nationwide

Call 01488 674747 or visit www.sheepdrove.com

Sheepdrove Organic Farm, Lambourn, Berkshire RG17 7UU Email: sales@sheepdrove.com

Committed to ethical trading, we strive to provide quality

Getting in a flap about Genetically Modified food?

Actively promoting Organic choices. All our foods contain *no* artificial flavours, colours, sweeteners or GMOs - that's *guaranteed*.

Spread your wings, trust Essential - and help preserve our local bio-diversity.


WORKERS CO-OPERATIVE
www.essential-trading.coop
For your nearest supplier please phone 0845 458 0201

Quality produce from a workers co-operative. Vegetarian, vegan, organic and fair-trade products for an equitable and ecologically sustainable world.



ORGANIC FOOD BY MAIL ORDER

What could be easier?
We have a huge range of foods, and can help you find what you need

Ring us on 01455 556878, visit www.goodfooddelivery.co.uk, or come to our shop in Cotesbach, Leics
Soil Association Licensed

REGIONAL FOOD

BEDFORDSHIRE

- Wholefood & Health **R**
Bedford01234 312 929
- Sherry's Healthfoods **R**
Biggleswade01767 220 020
- David Catlin **B**
Bedford01525 861 452

BERKSHIRE

- Brockhill Farm Organic Shop **R M F**
Bracknell01344 882 643
- Dove Farm Foods **B**
Hungerford01488 684 880
- Ellis Organics **B**
Reading0118 9722826
- Garlands Organic **R M**
Pangbourne0118 984 4770
- Organic Beef Company, The **M**
Hungerford01488 668 326
- Organico **B**
Reading0118 951 0518
- Sheepdrove Organic Farm **B M**
Lambourn01488 71659
for details see advertisement page 77
- Tolhurst Organic Produce **B**
Reading0118 9843 428
- Waltham Place Farm **R**
Maidenhead01628 825 517

BRISTOL

- Barleywood Walled Garden **B B**
Bristol0117 935 1725
- Better Food Company, The **R M**
Bristol0117 935 1725
- Brenda's **R**
Bristol0117 929 8154
- Earthbound **R**
Bristol0117 904 2260
- Fresh & Wild **R C**
Bristol0117 910 5930
- Harvest Natural Foods **R C**
Bristol0117 942 5997
- Leigh Court Farm **B**
Abbots Leigh01275 375 756
- Murray, T & PA **M**
Bristol0117 942 4025
- One Planet **R**
Bristol0117 942 6644
- Primrose Café Ice Cream **D**
Bristol0117 946 6577
- Southville Deli **R**
Bristol0117 966 4507
- Stoneground **R**
Bristol0117 974 1260
- Wild Oats **R C**
Bristol0117 973 1967
- Windmill Hill City Farm Shop **R M**
Bristol0117 963 3233

BUCKINGHAMSHIRE

- Fieldfare Organic and Natural **B**
Wendover0845 601 3240
- Fuller's Organic Farm Shop **R M**
Milton Keynes01908 269 868
- Giles Foods **B**
Milton Keynes01908 217 824
- Healthright **R C**
Aylesbury01296 397 022
- Healthright **R C**
Chesham01494 771 267
- Only Natural **R**
St. Peters Court01753 889 441
- Sustainable Lifestyle Cooperative **R**
Dinton01296 747 737

CAMBRIDGESHIRE

- Arjana Wholefood **R C**
Cambridge01223 364 845
- Daily Bread Co-operative **R**
Cambridge01223 423 177
- Guilden Gate Smallholding **B**
Royston01763 243 960
- Naturally Yours **B M F**
Ely01353 778 723
- Organic Connections International **B**

SEASONAL FOOD

WHAT TO DO WITH...
KALE

One of the reasons people often cite for not joining a vegetable box scheme is that they will get loads of vegetables they don't know what do with. But rather than seeing this as an excuse to resist, why not look at it as an opportunity to explore?

Description:

This member of the cabbage family has been cultivated for more than 2,000 years and is one of the few vegetables that actually prefer cold weather. It comes in many different colours: from green to white or purple.

Nutritional value:

Kale contains the most phytochemicals of all leaf vegetables. This makes it excellent at fighting or warding off cancer (especially colon, stomach, lung and breast cancer). Moreover, its high content of the pigment lutein helps reduce the risk of eye problems. Kale also has nearly as much calcium as milk, is high in vitamins A and C, and is a good source of folic acid and potassium.



Cooking:

Wash well to get rid of any soil caught between the ruffles. Remove the tough stems and then cook as the recipe requires. Boiling and frying both work well. It can also be added raw to salads and sandwiches.

Serving suggestions:

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> 1 Baked curly kale with potatoes, olives and garlic 2 Barley, kale and kidney bean stew 3 Beer batter-fried kale 4 Black-eyed peas with garlic and kale 5 Cajun kale salad 6 Corn bread stuffing with kale and green chillies 7 Curly kale and chickpea balti | <ul style="list-style-type: none"> 8 Grilled scallops and kale with a fresh beet sauce 9 Kale and leek pie 10 Kale ricotta dumplings with sage brown butter 11 Roast turkey with corn bread and kale stuffing and paprika 12 Saut[é]ed kale with cracklings and garlic breadcrumbs 13 Stinging nettle tagliatelle with hot sausage, kale and Pecorino cheese | <ul style="list-style-type: none"> 14 Kale and carrot smoothie 15 Kale pesto 16 Sweet potato, corn and kale chowder 17 Corn and kale skillet cakes 18 Kale with potatoes, anchovies and hot peppers 19 Risotto with tam purée, kale, and smoked mozzarella 20 Kale and Stilton quiche |
|---|--|--|

Wisbech.....	01945 773 374
Organic Health R M F Cambridge.....	01223 870 101
Peterborough Health Food Centre R Peterborough.....	01733 566 807
Waterland Organics B Cambridge.....	01223 812 912

CHESHIRE

Abbey Leys Farm R Nr Knutsford.....	01925 753 465
Aromart R Stockport.....	0161 406 7176
Cheese Shop, The D Chester.....	01244 346 240
Cheshire Organics B Lymm.....	01925 758 575
Deer Park Farm M Crewe.....	
Demeter R Sandbach.....	01270 760 445
Foodlife Cheadle Hulme.....	0161 486 1173
Naure's Remedies R Warrington.....	01925 444 885
Northern Harvest B Warrington.....	0845 602 3309
O Zone, The R B Sale.....	0161 291 8862
Oakcroft Organic Gardens B Malpas.....	01948 860 213
Organic Stores, The R M F Chester.....	01244 881 209
Organicair R B Chester.....	01244 400 158
Rainforest R C Chester.....	01244 340 200
Ravens Oak Farm D Nantwich.....	01270 524 624
Real Food Comany, The Nantwich.....	01270 873 322
Stockley Farm Organics B Northwich.....	01565 777 492

CORNWALL

A & N Health Foods R B Saltash.....	01752 844 926
Archie Brown's Healthfoods R Penzance.....	01736 362 828
Bodinnick Farm M St Austell.....	01726 882 421
Bosavern Farm R M Penzance.....	01736 786 739
Camel Valley Farm Shop R M Bodmin.....	01208 841 343
Camel Valley Farms R M St Issey.....	01841 540 767
Carleys of Cornwall R B M Truro.....	01872 277 686
Cheese Shop, The D Truro.....	01872 270 742
Churchtown Farm M Lanteglos by Fowey.....	01726 870 375
Coombe Mill Farm M Saltash.....	01579 350 315
Cornish Organics R Redruth.....	01209 202 579
Cotna Organics B St Austell.....	01726 844 827
Countryside Healthfoods R Redruth.....	01209 215 012
Cusgarne Organics B M Cusgarne.....	01872 865 922
Gear Fam Shop R M F Helston.....	01326 221 150
Helsett Farm M D Boscastle.....	01840 261 207

The Natural Grocery Store

**Specialists in organic and natural foods, groceries
and provisions, household cleaning materials,
personal-care products**

**Now trading from 2,500 square feet of brand new premises at
150-156 Bath Road, Cheltenham
Open 8am-10pm, seven days a week**

**Telephone 01242-243737 Fax 01242-238872
E mail triple8.trading@virgin.net**

Kevaler Farmers B St Martins-by-Looe.....	01503 250 135
Lower Polgrain M Bodmin.....	01637 880 082
Mewton PG R B M Truro.....	01872 540 343
Natural Store, The R M Falmouth.....	01326 311 507
Natural Store, The R M Helston.....	01326 564 226
Nice Organics B Penzance.....	01736 810 033
Nuncarrow Organic Farm B M Truro.....	01872 540 343
Oughs Unicorn Grocers R Liskeard.....	01579 343 253
Rider, J & J M Launceston.....	01579 370 186
Rosevinnick Organic Farm M Lostwithiel.....	01208 871 122
Roskilly's of Cornwall Ice Cream D St. Keverne.....	01326 280 479
Rosuick Organic Farm R M Helston.....	01326 231 302
Stephen Gelly Farm M Bodmin.....	01208 831 213
Stoneybridge Organyks R B M Tywardreath.....	01726 813 858
Sunflower Wholefoods R Camborne.....	01209 715 970
Tree Of Life Organics B St Agnes.....	01872 552 661
Trevelyan Farm R M Penzance.....	01736 710 410
Vivian Olds Ltd B M Penzance.....	01736 788 520
Widdicombe Fayre R Torpoint.....	01752 822 335

CUMBRIA

Alston Wholefoods R Alston.....	01434 381 588
Castletown Farm Shop R M Carlisle.....	01228 674 400
Eva Botanicals B Brampton.....	01697 741 906
Hawkshead Trout Farm F Ambleside.....	01539 436 541
Howbarrow Organic Farm R B M Grange-over-Sands.....	01539 536 330
Kan Foods R Kendal.....	01539 721 190

Lady Jane's Tea Room B Brampton.....	07941 731 255
Low Sizergh Barn Farm Shop R Kendal.....	01539 560 426
Sundance Wholefoods R C Keswick.....	01768 774 712
Village Bakery, The B Penrith.....	01768 881 811
Whiteholme Farm B M Carlisle.....	01697 748 058

DERBYSHIRE

Adams, Nick B Ashbourne.....	01335 360 996
Beano's Wholefoods B MatlockBath.....	01629 57130
Lower Hurst Farm M Nr. Buxton.....	01298 84900
Meynell Langley Organic Food R B Ashborne.....	01332 824 815
Natural Choice R C Ashbourne.....	01335 346 096
New House Organic Farm B Ashborne.....	01335 342 429
Nix Organix B M Ashbourne.....	01335 360 996
Organic Pumpkin B Derby.....	01332 370 254
Organic Shop, The B NewMills.....	01663 747 550
Organic Stores, The R B Nr Chester.....	01244 881 209
Sunflower Health Store R Ilkeston.....	0115 930 4750
Wild Carrot R Buxton.....	01298 22843

DEVON

Alan's Apple R B Kingsbridge.....	01548 852 308
Ark Wholefoods Shop, The R Ashburton.....	01364 653 020
Café & Shop, The R Chagford.....	01647 432 571
Ceridwen Herbs B Pyworthy.....	01409 254 450
Dairy, The R C Chumleigh.....	01769 580 598
Dartmoor Direct Co-Operative R B Newton Abbot.....	01364 631 528
Earthstar, Little East Lake Farm B Beaworthy.....	01409 221 417

Elder, D **B**
Exeter.....01392 860 856

Endacott, WA Ltd **R**
Okehampton.....01837 52888

Fishleigh Estate **B M**
Okehampton.....01837 810 124

Fountain Violet Farm **B M**
Kingswear.....01803 752 363

Great Cummins Farm **R B**
Exeter.....01647 61278

Green House, The **R**
Crediton.....01363 775 580

Griffin's Yard **R**
South Molton.....01769 572 372

Heal Farm Meats **M**
Umberleigh.....01769 574 341

Health Food Store, The **R**
Barnstaple.....01271 345 6624

Healthwise **R**
Kingsbridge.....01548 857 707

Higher Hacknell Meat **B M**
Umberleigh.....01769 560 909
See advertisement on p 75

Holsworthy Organics **B**
Beaworthy.....01409 221 417

Kilworthy Kapers **R**
Tavistock.....01822 615 039

Linscombe Farm **B**
Crediton.....01363 84291

Little Comfort Farm **M**
Braunton.....01271 812 414

Lugg Smallholding **B**
Barnstaple.....01598 710 558

Marshford Organic Produce **B**
Bideford.....01271 322 855

Meat Joint, The **M**
Barnstaple.....01271 850 335

Middle Campscott Farm **R**
Ilfracombe.....01271 864 621

Moorlands Farm Shop **R**
Oakhampton.....01647 231 666

Ms Kate Palmer **B**
Tiverton.....01884 861 269

Natural Way **R**
Paihnton.....01803 665 529

Nature's Round **B**
Newton Abbot.....07810 127 376

Nicholson's Wholefood & Health Shop Ltd. **R**
Kingsbridge.....01548 854 347

Orchard Wholefoods **R**
Budleigh Salterton.....01395 442 508

Organic Farmers Market, The **B M**
Exeter.....01392 875 678

Ottery Wholefoods **R**
Ottery St Mary.....01404 812 109

Pantry, The **R**
South Brent.....01364 73308

Providence Farm Meats **B M**
Holsworthy.....01409 254 421

Reapers **R**
Tiverton.....01884 255 310

Richard's **R**
Exeter.....01392 873 116

Riverford Farm Shop at Kitley **R**
Plymouth.....01752 880 925

Riverford Farm Shop **R**
Totnes.....01803 863 959

Riverford Organic Vegetables **B**
Buckfastleigh.....0845 600 2311

Rod and Bens **B**
Exeter.....01392 833 833

Sacks **R**
Totnes.....01803 863 263

Seasons **R**
Exeter.....01392 201 282

Seeds Bakery & Health Store **B**
Exmouth.....01395 265 741

Seeds Bakery & Health Store **B**
Dartmouth.....01803 833 200

Sharpham Partnership Ltd **R**
Totnes.....01803 732 203

Shillingford Organics **B**
Exeter.....01392 832 729

Tamar Organics **R B**
Tavistock.....01822 834 887

Tucker, Edwin & Sons **R**
Newton Abbot.....01364 665 2233

Well Hung Meat **M**
Plymouth.....01752 830 494

West Country Organics **R**
Exeter.....0164 724 724

West Hill Farm **B**
Ilfracombe.....01271 815 477

Woodland Organics **B**
Newton Abbot.....01803 813 760

Yarner **B**
Bovey Tracey.....01364 661 503

DORSET

Becklands Farm **M**
Bridport.....01297 560 298

Bothen Hill Produce **B**
Bridport.....01308 424 271

Bourne Organic **B**
Bournemouth.....01202 778 516

Cannings Court Organic Farm **R B**
Pulham.....01258 818 035

Childhay Manor Organics **B M**
Beaminster.....01308 868 709

Dorset Farms **M**
Beaminster.....01308 868 822

Down to Earth **R**
Dorchester.....01305 268 325

Fruits of the Earth **R**
Bridport.....01308 425 827

Gold Hill Organic Farm **R B**
Nr Blandford Forum.....01258 861 413

Green Valley Farm Shop **R**
Godmanstone.....01300 342 164

Health Ministry, The **R**
Christchurch.....01202 471 152

Heritage Prime **M**
Stanton St. Gabriel.....01297 489 304

Leakers Bakery **R**
Bridport.....01308 423 296

Long Crichel Bakery **B**
Wimborne.....01258 830 852

Long Crichel Organic Walled Garden **B**
Wimborne.....01258 830 295

Longmeadow Organic Vegetables **B**
Dorchester.....01300 341 779

Manor Farm Organic Milk Ltd **D**
Dorchester.....01300 341 415

Modbury Farm **R M**
Bridport.....01308 897 193

Pampered Pigs **M**
Dorchester.....01305 848 107

Sturts Farm Community **B**
Ferndown.....01202 870 572

Tamarisk Farm **R**
Dorchester.....01308 897781

Woodlands Park Dairy **D**
Wimborne.....01202 822 687

CO DURHAM

Acorn Dairy **B**
Darlington.....01325 466 999

Piercebridge Farm **M**
Darlington.....01325 374 251

ESSEX

Ashlyns Organic Farm **R B**
Ongar.....01277 890 788

Buntings **R**
Maldon.....01376 561 233

Fair organics **B**
Ongar.....01277 890188

Hepburns of Mountnessing **R**
Brentwood.....01277 353 289

Legg, RG **B**
Brentwood.....01277 211 883

Organic Choice **R B**
Halstead.....01787 478 471

Pilgrim's Natural **R**
Maldon.....01621 858 605

Sunrise Healthfoods **R**
Hockley.....01702 207 017

Wholefood Store, The **R**
Manningtree.....01206 391 200

GLOUCESTERSHIRE

Adeys Farm Meats **B M**
Berkeley.....01453 511 218

Allen Hale **M**
Painswick.....01452 813 613

Authentic Bread Co., the **B**
Newent.....01531 828 181

Better For Organics **R B**
Dursley.....01453 545 090

Bowldown Farms Ltd **B**
Tetbury.....01666 890 224

Camphill Village Trust **B**
Newnham on Severn.....01594 516 344

Daylesford Organic Farmshop **R**
Moreton In Marsh.....01608 731 700

Green Shop **R E**
Bisley.....01452 770 629

Health-Wise **R**
Yate.....01454 322 168

Hobbs House Bakery **B**
Chipping Sodbury.....01454 317 525

La Bodega **B**
Lydney.....01594 844 841

Living Earth Produce **R**
Nailsworth.....01453 837 510

Mother Nature **R**
Stroud.....01453 758 202

Natural Grocery Store, the **R**
Cheltenham.....01242 243 737
See advertisement p 79

Nutrition Centre **R**
Tewkesbury.....01684 299 620

Nutrition Centre **R**
Cheltenham.....01242 514 150

Organic Farm Shop, The **R E**
Cirencester.....01285 640 441

Organic Shop, The **R**
Stow-on-the-Wold.....01451 831 004

Rendezvous **R E**
Cheltenham.....01242 577 893

Ruskin Mill College **R**
Horsley.....01453 837 500

Shipton Mill Ltd **B**
Tetbury.....01666 505 050

Slipstream Organics **R B**
Cheltenham.....01242 227 273

Sunshine Health Shop & Organic Bakery **R**
Stroud.....01453 763 923

Taurucentre **R**
Lydney.....01594 844 841

Thornbury Organic Co-op **B**
Thornbury.....01454 415 345

Whitfield Farm Organics **B**
Wotton Under Edge.....0845 283 0232

Wydean Wholefoods **R**
Coleford.....01594 810 303

Wydean Wholefoods **R**
Cinderford.....01594 825 455

Wydean Wholefoods **R**
Gloucester.....01452 423 577

Wydean Wholefoods **R**
Newent.....01531 821 922

Wydean Wholefoods **R**
Lydney01594 841 907

GREATER MANCHESTER

Chorlton Wholefoods **R B**
Chorlton-cum-Hardy0161 881 6399
Cormell, R.M. Organic Food Specialist **R**
Bolton01204 846 844
Glebelands Market Garden Ltd **B**
Whalley Range0161 718 5328
Health and Vegetarian Store **R**
NewtonHeath0161 683 4456
Limited Resources **B**
Stockport0161 477 2040
Mossley Organic and Fine Foods **R B**
Mossley01457 837 743
On The 8th Day Co-Op **R E**
Manchester0161 273 4878
Unicorn Grocery **R**
Manchester0161 861 0010

HAMPSHIRE & ISLE OF WIGHT

Collins, MJ & LK **R**
Hook0118 932 6535
Godshill Organics **R**
Godshill01983 840 723
Harroway Organic Gardens **B**
Whitchurch01256 895 346
Laverstoke Park Produce **B**
Whitchurch01256 890 900
Mill Farm Organic Shop **R**
Nr. Alton01420 22331
Naturally Health Foods **B**
Andover01264 332 375
Naturally Organic **B**
Clanfield023 9236 0196
Park Farm Organics **R B**
Heckfield0118 932 6650
Scotlocks Health Foods **R E**
Ringwood01425 473 787
Sunnyfields Organic **R B**
Southampton023 80871408
Warborne Organic Farm **R B**
Lymington01590 688 488
Week Farm/Avon Organics **M**
Ringwood01202 484 628

HEREFORDSHIRE

Abundance Produce **B**
Hereford01981 540 181
Arkstone Mill Produce **B**
Kingstone01981 251 135
Biosphere Organics **B**
Hereford01432 820 082
Butford Organics **B**
Bodenham01568 797195
Destiny **R E**
Radlett01923 852 522
Everybody Organic Ltd. **B**
Potters Bar01707 651 243
Field Fayre **R**
Ross-On-Wye01989 566 683
Fodder the Health Store **R**
Hereford01432 358 171
George's Delicatessen **R**
Kington01544 231 400
Green Acres Organic Growers **R B**
Hereford01568 797 045
Green Cuisine Ltd **R**
Kington01544 230 720
Hay Wholefoods and Delicatessen **R**
Hay-On-Wye01497 820 708
Hopes of Longtown **R**
Longtown01873 860 444
Ledbury Wholefoods **R**
Ledbury01531 632 889

Nitty Gritty Wholefoods **R**
Leominster01568 611 600
Organic Options **R**
Leominster01568 612 154
Rice Cake, The **R**
Ledbury01531 635 860
September Organic Dairy **D**
Weobley01544 312 910
Survival Wholefoods **R**
Leominster01568 614 147
Weston's Cider **R**
Ledbury01531 660 233
Wholefoods of Leominster **R**
Leominster01568 611 600
Wydean Wholefoods **R**
Ross-on-Wye01989 562 340

HERTFORDSHIRE

Clare James Health Foods **R**
King's Langley01923 263 195
Cook's Delight **R E**
Berkhamsted01442 863 584
Eastwoods Of Berkhamsted **M**
Berkhamsted01442 865 012
Fairhaven Wholefoods **R**
Letchworth01462 675 300
Farm2door **B**
Watford01923 490 526
Harmony **R**
Tring01442 822 311
Redbournbury Watermill **R**
St Albans01582 792 874

KENT

Brockham, AG & Co. **R B**
Canterbury01227 732001
Burscombe Cliff Farm **M**
Ashford01233 756 468
Canterbury Wholefoods **R**
Canterbury01227 464 623
Church View Farm **B**
Ightham01732 886 680
Dabbs Place Organic Farm **B**
Gravesend01474 815 393
Especially Health **R**
Sevenoaks01732 741 181
Food for Living **R**
Dartford01322 278 790
Health Matters **R**
Maidstone01622 691 179
Herbs, Gardens and Health **R**
Broadstairs01843 600 201
Ivy House Farm **R B**
Ash01304 812 437

Jubilee Farm **R**
Canterbury01303 862 317
Luddesdown Organic Farms Ltd. **B**
Nr. Cobham01474 813 376
Organic Health Shop, The **R B**
Tunbridge Wells01892 538 155
Regent Health **R B**
Belvedere01322 446 244
Simply Wild Food Company **B**
Horsmonden08456 586 141
Wellhouse Organics **R**
Canterbury01227 732 001
Wingham Country Market **R B**
Wingham01227 720 567

LANCASHIRE

Chorley Health Food Store Ltd **R**
Chorley01257 276 146
Flintoff, Libby **B**
Preston01995 679 728
Gielty, A&D **B**
Ormskirk01695 421 712
Growing with Nature **B**
Nr.Preston01253 790 046
Only Natural **R**
Wigan01942 236 239
Roy Porter **M**
Clitheroe01200 441 392
Single Step Co-Op **R E**
Lancaster01524 63 021
Taste Connection **R**
Bury01706 82 2 175

LEICESTERSHIRE

Bambury Organic Farm **B**
Countesthorpe0116 247 8907
Beth's Kitchen & Growing Concern **R**
Loughborough01509 268 984
Claybrooke Mill **B**
Claybrooke Magna01455 202 443
Corner Plot Vegetables **B**
Thurmaston0116 2697 920
Currant Affairs **R**
Leicester0116 251 0887
GNC **R**
Leicester0116 2624 859
Manor Farm **R B**
Loughborough01509 646 413
Naturally Good Food **R B**
Cotesbach01455 556 878
Picks Organic Farm Shop **R B**
BarkbyThorpe0116 2693 548
Queenby Hall Organic Foods **M**
Hungarton0116 259 5224



REGIONAL FOOD

Watts, DA B	
Sapcote	01455 272 840
Wood - Family Butcher R	
Leicester	0116 270 5194
Woodlands Farm B	
Nr. Boston	01205 722 491

LINCOLNSHIRE

Alford Five Sailed Windmill R	
Alford	01507 462 136
Broxholme Farm Shop R	
Nr Saxilby	01522 704 212
Eden Farms B	
Spilsby	01790 763 582
Goodacre, JM & A B	
Grantham	01476 860 228
Holbeach Wholefoods R	
Spalding	01406 422 149
Keep Yourself Right 2 R	
Scunthorpe	01724 854 236
Lincolnshire Organics R	
Scunthorpe	01724 866 493
Louth Wholefood Co-Op R	
Louth	01507 602 411
Maud Foster Mill R	
Boston	01205 352 188
Natural Remedy Warehouse R	
Spalding	01775 724 994
Sadd, BM B	
Spalding	01945 440 388
Silverlane Foods R e	
Stamford	01780 755 710
Spice of Life R	
Bourne	01778 394 735
True Loaf Bakery Limited B	
Kirton-in-Lindsey	01652 640 177
Wheelbarrow Foods R B	
Barrow on Humber	01469 530 721
Woodlands M	
Kirton	01205 722 491

LONDON

A. Miller M	
TW11	020 8977 2753
Abel & Cole B	
SE2	020 7737 3648
Alara R	
WC1N	020 78371172
Alternatives Health Store R e	
N12	020 8445 4397
Baldwins Health Food Centre R e	
SE17	020 7701 4892
Bread Shop, The B	
NW8	020 7586 5311
Brixton Wholefoods R e	
SW9	020 7737 2210
Bumblebee R B	
N7	020 7607 1936
Bushwacker R e	
W6	020 8748 2061
C Lidgate M	
W11	020 7727 8243
Capricorn Organics B	
SE6	020 8306 2786
Celtic Bakers, the B	
NW2	020 8452 4390
Dandelion R	
SW11	020 7350 0902
Farm W5 R e	
W5	020 8566 1965
Farmaround	020 7627 8060
Food Ferry Company, the B	
SW8	020 7498 0827
Fresh & Wild R e	
NW1	020 7428 7575
EC1	020 7250 1708
SW11	020 7585 1488
W15	020 7229 1063

W1R	020 7434 3179
N16	020 7254 2332
Fresh Food Co, The B	
W12	020 8749 8778
G Baldwin & Co R	
SE17	020 7703 5550
Grain Shop, The R B	
W11	020 7229 5571
Greenwich Organics R B	
SE10	020 8488 6764
Haelan Clinic R e	
N8	020 8340 4258
Heartstone R e	
NW1	020 7485 7744
Here R B	
SW3	020 7351 4321
Just Natural...Organic Solutions R e	
N8	020 8340 1720
Just Organic B	
N4	020 7704 2566
Lidgate B M	
W11	020 7727 8243
Luscious Organic R e	
W8	020 7371 6987
Miller of Kensington R	
W8	020 7937 1777

For advice on marketing your products and booking advertisements, call Zayda on 020 7351 3578

Monmouth Coffe Company R	
SE1	020 7645 3561
Mother Earth R e	
N16	020 7275 9099
Natural Health R	
N12	020 84454397
Neal's Yard Bakery B	
WC2H	020 7836 5199
Neal's Yard Remedies R	
W11	020 7727 3998
Old Post Office Bakery, The B	
SW9	020 7326 4408
Olive Tree R	
NW6	020 7328 9078
Oliver's Wholefood Store R e	
TW9	020 8948 3990
Organic Delivery Company, The B	
EC2	020 7739 8181
Organic Grocer R e	
W9	020 7286 1400
Peppercorns Natural Food Markets R e	
NW6	020 7328 6874
Planet Organic R	
WC1	020 7436 1929
SW6	020 7731 7222
W2	020 7221 7171
Portobello Wholefoods R	
W10	020 8968 9133
Provender R	
SE23	020 8699 4046
Revital Health Shop R	
NW10	020 8459 3382
Revital Healthplace R	
SW1	020 7976 6615
Sally Clarke B	
W8	020 7229 2190
Sesame R e	
NW1	020 7586 3779
Spitalfields Organics R e	
E1	020 7377 8909

Temple Health Foods R	
NW11	020 8458 6087
Thorogoods of Ealing B M	
W13	020 8567 0339
Today's Living R	
SW4	020 7622 1772
Well Bean R	
SE3	020 8858 6854

MERSEYSIDE

Church Farm Organics R B	
Thurstaston	0151 648 7838
Forster M M	
St Helens	01924 831 058
Only Natural R	
Helens	01744 759 797
Organic Direct B	
Liverpool	0151 7076 949
Windmill Wholefood Co-Op B e	
Liverpool	0151 7341 919

MIDDLESEX

Gaia Wholefoods R	
Twickenham	020 8892 2262
Revital Health Centre R	
Ruislip	01895 630 869

NORFOLK

Abbey Farm Organics B	
King's Lynn	01485 609 094
Arthur's Organic Deliveries B	
Attleborough	01953 887 582
Ash Farm Organics R	
Bintree	01362 683 228
Barker Organics B	
Norwich	01263 768 966
Cattermole Quality Butchers, Simon R	
Nr. Norwich	01953 860 264
Diane's Pantry R	
Norwich	01603 87 1075
Eostre R B	
Norwich	01953 789 000
See advertisement p 75	
Garboldisham Windmill R	
Diss	01953 861 593
Greenhouse, The B	
Norwich	01603 631 007
Harveys Puremeat R B M	
Norwich	01603 621 930
Letheringsett Water Mill B	
Holt	01263 712 153
Natural Foodstore R	
St. Nicholas Street	01379 651 832
Natural Surroundings R	
Holt	01263 711 091
Neal's Yard Remedies R	
Norwich	01603 766 681
Paradise Organics B	
Norwich	01508 494 260
Rainbow Wholefoods R	
Norwich	01603 630 484
Salle Moor Hall Farm B	
Norwich	01603 879 046
Stable Organics B	
Norwich	01263 577 468
Traditional Norfolk Poultry M	
Shropham	01953 498 434
World Shop R e	
Norwich	01603 610 993

NORTHAMPTONSHIRE

Arcadia Organics B	
Kettering	01536 525 298
Daily Bread Co-Operative Ltd R	
Northampton	01604 621 531
Goodness Direct B	
Daventry	0871 871 6611

Goodness Foods R	
South March	01327 706611
Leafcycles B	
Northampton	01604 628 956
Organic Trail B	
Milton Keynes	01908 568 952
Russells of Evenley R	
Brackley	01280 702 452
Save The Bacon M	
Yardley Hastings	01604 696 859
See advertisement p 79	

NORTHUMBERLAND

Cropped Up B	
Corbridge	07947 856 641
Good Life Shop, The R	
Wooler	01668 281 700
Green Shop, The R B	
Berwick Upon Tweed	01289 305566
Market Shop, The R	
Berwick Upon Tweed	01289 307 749
North East Organic Growers B	
Bedlington	01670 821 070
Northumbrian Quality Meats B M	
Hexham	01434 270 184
Out Of This World R C	
Newcastle Upon Tyne	0191 213 0 421
Rock Midstead Organic Farm R B	
Alnwick	01665 579 225

NOTTINGHAMSHIRE

Farmshop Home Delivery B	
Nr. Bingham	0800 169 7009
Green's Mill B	
Sneinton	0115 915 6878
Natural Food Co, The R	
Nottingham	0115 955 9914
Natural Food Co, The R	
Bingham	01949 876 483
Out Of This World R C	
Nottingham	0115 943 1311
Roots Natural Foods R B	
Nottingham	0115 960 9014
Trinity Farm R B	
Cossall	0115 944 2545

OXFORDSHIRE

Beanbag Natural Health R	
Witney	01993 773 922
Chipping Norton Organics B	
Chipping Norton	01608 642 973
Cotswold Flour Millers, The B	
Chipping Norton	01993 830 342
Feller, Son & Daughter M	
Oxford	01865 251 164
Frugal Food R	
Abingdon	01235 522 239
Gluttons Delicatessen R	
Oxford	01865 553 748
Neal's Yard Remedies R	
Oxford	01865 245 436
North Aston Organics B	
North Aston	01869 347 702
One Village R C	
Charlbury	01608 811 811
Pickles R	
Thame	01844 212 056
Real Farm Foods Ltd. B M	
Wantage	01235 762 461
Sarsden Organics B	
Chipping Norton	01608 659 670
Uhuru R C	
Oxford	01865 248 249

SHROPSHIRE

Boxfresh Organics Direct B	
Nr. Shrewsbury	01952 770 006

Broad Bean R	
Ludlow	01584 874 239
Corvedale Organic Lamb M	
Much Wenlock	01746 712 539
Doggart, A B	
Oswestry	01691 652 166
Food For Thought R B	
Dawley	01952 630 145
Harvest Wholefoods R	
Lydham	01588 638 990
Honeysuckle Wholefood Co-operative Ltd R	
Oswestry	01691 653 125
Myriad Organic Foods R C	
Ludlow	01584 872 665
Organic By Order B	
Craven Arms	01588 660 747
Pimhill Organic Farm M	
Shrewsbury	01939 290 342
Wild Thyme R C	
Shrewsbury	01743 364 559

SOMERSET

Alhamwood Cheeses D	
Shepton Mallet	01749 880 221
Alvis Bros Ltd R	
Bristol	01934 864 600
Arcadia Organics B	
Lower Claverham	01934 838 634
Bath Soft Cheese D	
Bath	01225 331 906
Bridie's Yard Organic Food Co-op R	
Glastonbury	01458 830 577
Brown Cow Organics B M	
Shepton Mallet	01749 890 298
Burdge, JC M	
Langford	01934 852 639
Ceres Natural and Organic Foods Ltd R	
Yeovil	01935 428 791

SPECIALIST IN WHEAT, GLUTEN,
DAIRY AND SUGAR FREE FOODS

CHEDDAR ORGANICA

01934 741644

www.cheddarorganica.com

Cobbs Wholefoods R	
Somerton	01458 274 066
Coombe Farm R	
Crewkerne	01460 279 500
Country Harvest R	
Taunton	01823 252 843
Flaxdrayton Farm B	
South Petherton	01460 241 427
Gentle Lentil R	
Wellington	01823 663 419
Godminster Farm R	
Bruton	01749 813 733
Good Earth, The R	
Wells	01749 678 600
Harvest Natural Foods R	
Bath	01225 465 519
High Street Organics R	
Bruton	01749 813 191
Hindon Organic Farm R B M	
Exmoor	01643 705 244
IYB Partnership B	
Bridgwater	01278 733 080
Larder, the R	
Taunton	01984 623 236
Leigh Court Farm B	
Bristol	01275 375 756
Miles, DJ & Co Ltd R	
Minehead	01643 703 993
Norwood Farm R B	
Nr. Bath	01373 834 856

Park Lane B	
Langport	01458 252 901
Pitney Farm Shop R	
Langport	01458 253 002
Prockters Farm Shop R B	
Taunton	01823 413 427
Provender Delicatessen R	
South Petherton	01460 240 681
Radford Mill Farm B M	
Bath	01761 479 572
Seasons Wholefoods R	
Bath	01225 469 730
Somerset Organic Link B	
South Petherton	01460 241 427
Somerset Organics M	
Bruton	01749 813 710
Spencer's Grocery Store R	
Wells	01749 672 357
Spring Grove Market Garden B	
Milverton	07956 429 531
Stoneage Organics B M	
Taunton	01823 432 488
Sunseed R	
Wellington	01823 662 313
Swaddles Green Farm M	
Chard	01460 234 387
See advertisement p 77	
Thatchers Cider Company Ltd R	
Sandford	01934 822 862
Toucan Wholefoods R	
Minehead	01643 706 101
Truuly Scumtious Organic Baby Food Ltd B	
Bath	01761 239 300
Wholefood Store, The R C	
Glastonbury	01458 831 004
Yeo Valley D	
Nr Bridgewater	01278 652 243

STAFFORDSHIRE

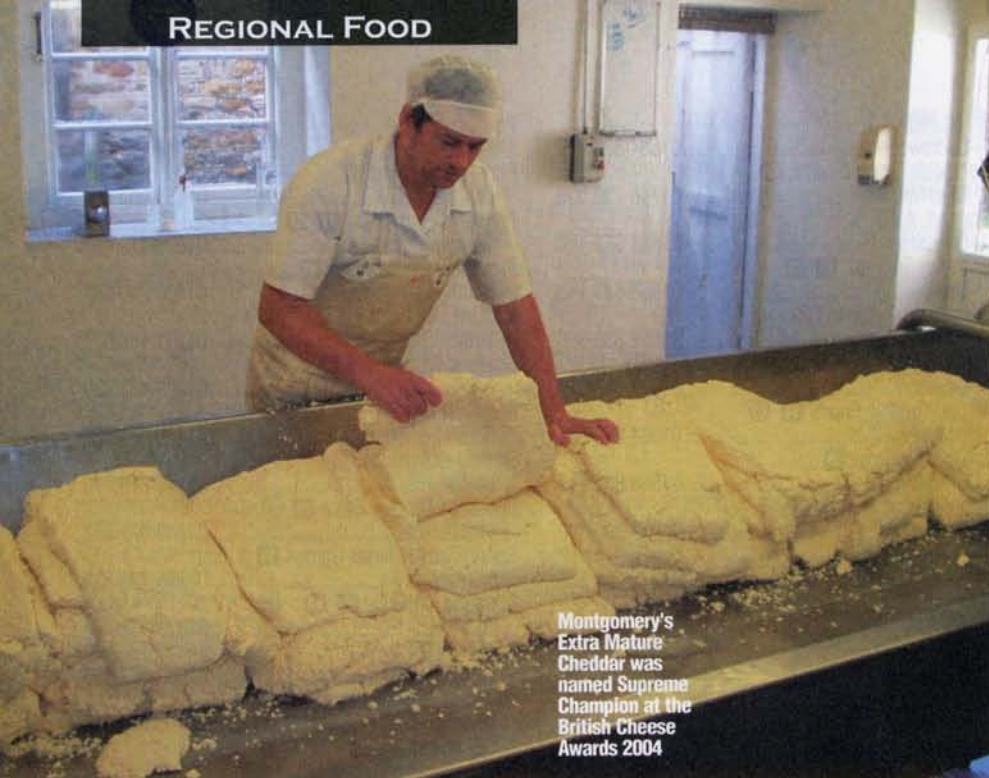
Bella Herbs B	
Stafford	01785 663 868
Boots Herbal Store R	
Newcastle	01782 617 463
Real Food Company, The R B C	
Stoke-On-Trent	01270 873 322
Wootton Organic M	
Oakmoor	01538 703 228

SUFFOLK

Bushy Ley Farm Shop R	
Ipswich	01473 658 671
Carley & Webb R	
Woodbridge	01394 385 650
Daganya Farm B	
Eye	01379 668 060
DJ Produce Ltd. B	
Newmarket	01638 552 709
Focus Organic Ltd R	
Southwold	01502 725 299
Hillside Nurseries B	
Ipswich	01473 652 682
Hungate Health Store R	
Beccles	01502 715 009
Jim Cooper Vegetables B	
Beccles	07866 960 706
Longwood Farm R B	
Bury St. Edmunds	01638 717 120
Oregano R	
Lowestoft	01502 582 907
Red Poll Meats B M	
Woodbridge	01728 748 444
Swallow Organics B	
Saxmundham	01728 668 201

SURREY

Body & Soul Organic Food R	
East Horsley	01483 282 868



Montgomery's Extra Mature Cheddar was named Supreme Champion at the British Cheese Awards 2004

ARTISAN SOMERSET CHEDDAR CHEESES

Nearly two million tons of bland industrially manufactured Cheddar are produced every year. Yet in Somerset, where the town of Cheddar is located, a few small producers still carry on the 1,000-year-old method of making artisan Cheddar cheese. *The Ecologist* spoke to **Jamie Montgomery**, of Montgomery's Cheddar

What is so special about your Cheddar Cheese?

'I spend my life trying to make sure that I do exactly what my grandfather did. He bought our farm, where Cheddar was already being produced, in 1911. Today, we still use milk from our own cows and a starter bacteria refined through more than 100 years of use. This traditional bacteria gives our cheese its breadth of flavour, and differentiates it from industrially manufactured Cheddar, which is made from starter bacteria produced in a laboratory.

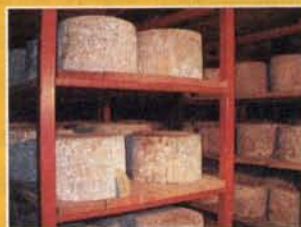
'We 'Cheddar' the cheese by hand. This is the stage where you separate the solid curd from the liquid whey, then stack the curds on top of one another and repeatedly turn them. Doing it by hand means you can control the balance between flavour and acidity. Each of our cheeses takes three full days to make, and is then typically aged for 11 months, but

can be aged for up to two years.

'Our Cheddars have a wide range of flavours: from nutty ones to others with hints of fruit. They go great with a glass of Somerset Pomona [a blend of juice and cider brandy] and strong red wines.'

What is the greatest compliment your Cheddar cheese has had?

I did a tasting recently where there was an elderly lady who refused my cheese saying that she hadn't eaten Cheddar in ages. I became a bit like a bull in front of a red rag and made it a point to get her to taste just a bit. Her eyes lit up and she told me that it tasted like the Cheddar she remembered as a child.'



Montgomery's Artisan Somerset Cheddar, as well as other artisan Cheddars such as Keen's Cheddar and Westcombe Dairy, are available by mail order. Contact: North Cadbury Post Office and Stores, tel: 01963 440201

Neal's Yard Dairy, tel: 020 7240 5700
Paxtons & Whitfields, tel: 0207 930 0259

To buy Somerset Pomona, contact: The Somerset Cider Brandy Company, tel: 01460 240782

Broadway Health Centre R	
East Horsley.....	020 86435 132
Cranleigh Organic Farm Shop R	
Cranleigh.....	01483 272 896
Drydown Farm B M	
Shere.....	07941 277 545
Hellis Holistics R	
Purley.....	020 8660 7954
Horti. Halcyon B	
Worplesdon.....	01483 232 095
Neal's Yard Remedies R	
Guildford.....	01483 450 434
Oasis Natural Products	
Croydon.....	020 8686 6167
Olivers Wholefood Store R	
Richmond.....	020 8948 3991
Organically Speaking fi M	
Wintney.....	01483 531 319
Sunshine Organics B	
Cranleigh.....	01483 268 014
Wintershall Partnership fi M	
Bramley.....	01483 892167
Wootton Organic M	
Oakamoor.....	01538 703 228

SUSSEX EAST

Arthur Alderman M	
Forest Row.....	01342 822 911
Ashurst Organics B	
Plumpton.....	01273 891 219
Barcombe Nurseries B	
Lewes.....	01273 400 011
Battle Health Store R	
Battle.....	01424 772 435
Beans and Things B	
Hartfield.....	01273 477 774
Boathouse Organic Farm Shop R	
Ringmer.....	01273 814 188
Coriander Restaurant and Deli R	
Hove.....	01273 730 850
Cornerweights R	
Henfield.....	01273 492 794
Franchise Manor Farm R	
Burwash.....	01435 883 151
Full of Beans R	
Lewes.....	01273 472 627
Harvest Supplies R B	
Hartfield.....	01342 823 392
Heron's Folly Garden B	
Mayfield.....	01435 873 608
Infinity Goods Co-operative Ltd R	
Brighton.....	01273 603 563
Landsdown Health Foods R fi	
Lewes.....	01273 474 681
Noanahs Organics R	
Plumpton Green.....	01273 890 295
Pile, John S Farms R	
Lewes.....	01323 811 411
Real Food Direct B	
Brighton.....	01273 621 222
Rye Health Store R	
Rye.....	01797 223 495
Seasons R C	
Forest Row.....	01342 824 973
Simply Wild Food Company R	
Robertsbridge.....	01424 838 454
Sunny Health Foods R C	
Brighton.....	01273 507 879
Wealden Wholefoods R	
Wadhurst.....	01892 783 065

SUSSEX WEST

Acorn Centre, The R	
Pulborough.....	01798 873 533
Aldingbourne Country Centre R	
Chichester.....	01243 542 075
Cornerweights R	
Henfield.....	01273 492 794

Down to Earth R B	
Midhurst.....	01730 815 133
G&G Food Supplies Ltd R	
East Grinstead.....	01342 311 401
High Weald Dairy R	
Haywards Heath.....	01825 791 636
Laines Organic Farm R	
Cuckfield.....	01444 452 480
Montezuma's Chocolates R	
West Stoke.....	01243 576 589
Natural Way R	
Horsham.....	01403 262 228
Old Plaw Hatch Farm	
East Grinstead.....	01342 810 652
Saxonbury Wood M	
Frant.....	01892 610 083
Steepwood Farm B M	
Billingshurst.....	01403 785 434
Wayside Organics B	
Chichester.....	01243 779 716
Whole Food Shop, The R B	
Chichester.....	01243 790 901
Willow Nursery B	
Barnham.....	01243 552 852

TYNE & WEAR

Out of This World R	
Gosforth.....	0191 213 5377
Pumphreys Coffee Ltd R	
Blaydon.....	0191 4144 510
Rising Sun Farm R	
Wallsend.....	0191 2340 114
Traidcraft Plc R	
Gateshead.....	0191 4910 591

WARWICKSHIRE

Browning, GNF & GA B M	
Rugby.....	01926 632 246
Elmhurst Organic Farm R	
Coventry.....	01788 832 233
Gaia R B C	
Leamington Spa.....	01926 338 805
Mythe Farm Organic Produce B	
Atherstone.....	01827 712 367
Organic Enterprises R C	
Coventry.....	024 7630 3517
Reality Bites Organic Market Gardens B	
Long Itchington.....	07780 688 271
Revital Healthfood R	
Stratford Upon Avon.....	01789 292 353
Warwick Health Foods R B	
Warwick.....	01926 494 311
Wholefood Shop, The R	
Rugby.....	01788 567 757
Wild & Free R B	
Rugby.....	01788 570 400

WEST MIDLANDS

Down to Earth R B	
Coventry.....	024 7667 7500
Drop in the Ocean R	
Coventry.....	024 7622 5273
Finn Butchers M	
Birmingham.....	0121 357 5780
Health Food Centre R	
Solihull.....	0121 705 0134
Hopwood Organic Farm R B	
Solihull.....	0121 711 7787
One Earth Shop R	
Birmingham.....	0121 632 6909
Organic Roots R B	
Birmingham.....	01564 822 294
Rosemary's Health Foods R	
Wolverhampton.....	01902 427 520
Rossiter, S & A, The Traditional	
Family Butchers R B M	
Birmingham.....	0121 4581 598

Sage Wholefoods R	
Birmingham.....	0121 449 6909

WILTSHIRE

Barker, DI & AM B	
Swindon.....	01793 770 219
Berkeley Farm Dairy R	
Swindon.....	01793 812 228
Coleshill Organics R B	
Swindon.....	01793 861 070
Cridlan & Walker R	
Malvern.....	01684 573 008
Eastbrook Farms M M	
Swindon.....	01793 790 460
Green Cuisine B	
Charlton.....	01666 824 584
Neal's Yard Remedies R	
Salisbury.....	01722 340 736
Organic Experience, The R B	
Chippenham.....	01249 720 274
Pertwood Organics Ltd B	
Warminster.....	01985 840 646
Purely Organic R F	
Warminster.....	01985 841 093
Purton House R B M	
Swindon.....	01793 770 219
Somerset Organics F	
Bruton.....	01749 813 710
Swindon Pulse Wholefoods R	
Swindon.....	01793 692 016
Tallywacker Farm B	
Chippenham.....	01249 750 035
Thomas Family Butchers, Michael R	
Malmesbury.....	01666 823 981
Tracklement Company, The R	
Sherston.....	01666 840 851
Westwood Farm R	
Nr. Chippenham.....	01225 742 854
Yatesbury Organics B	
Yatesbury.....	01672 539 191

WORCESTERSHIRE

Beewell R	
Pershore.....	01386 556 577
Cridlan & Walker R	
Malvern.....	01684 573 008
Greenlink Organic Foods R	
Great Malvern.....	01684 576 266
Oxton Organics B	
Pershore.....	01386 860 477
Rosemary's Health Foods R	
Worcester.....	01905 612 190

YORKSHIRE EAST

Arthur Street Trading Co B	
Hull.....	01482 576 374
Barmston Organics B M	
Driffild.....	01262 468 128
Green Growers B	
Driffild.....	01377 255 362
HNP Direct.com B	
North Cave.....	01430 425 531
Slater Organics B	
Hull.....	01964 527 519

YORKSHIRE WEST

Natural Choice R R B	
Huddersfield.....	01484 513 162

NORTH YORKSHIRE

Alligator R	
York.....	01904 654 525
Aspin Organics R B	
York Yo.....	01439 771 848
Bluebell Organics B	
Richmond.....	07759 832 234
Camphill Village Trust R	

Middlesbrough.....	01642 593 688
Castle Howard Estate Ltd R	
York.....	01653 648 444
El Piano R	
York.....	01904 610 676
Farmaround B	
Richmond.....	020 7627 8066
Farndale Free Range Ltd B	
Kirkbymoorside.....	01751 430 323
First Season R B	
Whitby.....	01947 601608
Goosemoorganics B	
Cowthorpe.....	01423 358 887
Green House, The R	
Harrogate.....	01423 502 580
Growing With Grace R B	
Nr. Lancaster.....	01524 251 723
Hazelbrow Organic Farm R B	
Richmond.....	01748 886 224
Hunters of Helmsley R	
Helmsley.....	01439 771 307
In A Nutshell R C	
Sheffield.....	0114 250 8555
Larberry Farm Shop R	
Stockton on Tees.....	01642 583 823
Leacycycles B	
Northampton.....	01604 628 956
Little Delicatessen, The R	
Tadcaster.....	01937 833 244
Low Gill Beck Farm R	
Glaisdale.....	01947 897 363
Low Leases Organic Farm B	
Northallerton.....	01609 748 177
Nature's World R	
Middlesborough.....	01642 594 895
Organic Farm Shop, The R	
Pickering.....	01751 472 249
Organic Pantry, The R B	
Tadcaster.....	01937 531 693
Organic Trail B	
Milton Keynes.....	01908 568 952
Pasture Cottage Organics R B	
Whitby.....	01947 840 075
Robinson, DS B	
Northallerton.....	01609 772 032
Smithy Farm Shop R	
Thirsk.....	01765 640 676
Sunflours R	
Ripon.....	01765658 853
Wensleydale Dairy Products R	
Hawes.....	01969 667 664
York Beer & Wine Shop R	
York.....	01904 647 136

YORKSHIRE SOUTH

5 A Day R	
Rotherham.....	01709 532 007
Beans R B	
Sheffield.....	0114 2681 662
Down To Earth R B	
Sheffield.....	0114 2685 220
Dram Shop, The R	
Sheffield.....	0114 2683 117
Heeley City Farm R	
Sheffield.....	0114 258 0482
New Roots R C	
Sheffield.....	0114 272 1971

YORKSHIRE WEST

Beano's Wholefoods R	
Leeds.....	0113 243 5737
Beanstalk Organix R	
Townhead Trading Centre.....	01943 831 103
Bradford Wholefoods R B	
Shipley.....	01422 202 648
Brickyard Organics B	
Pontefract.....	01977 617 327
Food Therapy R	

Halifax.....	01422 350 826
Half Moon Healthfoods R B	
Huddersfield.....	01484 456 392
Helen Kemp R C	
ShIPLEY.....	01274 584 557
Love Organic! R B	
Leeds.....	0113 2663 030
Meanwood Valley Urban Farm R	
Leeds.....	0113 2629 759
Natural Choice R B	
Huddersfield.....	01484 513 162
Org R	
Leeds.....	0113 234 7000
Organic House R	
Hebden Bridge.....	01422 843 429
Out Of This World R C	
Leeds.....	0113 244 1881
Saltire Wines & Wholefoods R	
ShIPLEY.....	01274 583 629
Swillington Organic Farm R M	
Swillington.....	0113 286 9129
Valley Garden Organics B	
Hebden Bridge.....	01422 846 651

SCOTLAND

Achnacloich B	
Tarskavaig.....	01471 855315
Allan Campbell R	
Edinburgh.....	0131 5523486
Angus Organics Ltd B	
Kirriemuir.....	01575 540294
Bee-Organic B	
Birkhill.....	01382 581186
Bellfield Organic Nursery B	
Cupar.....	01337 860764
Blinkbonny Organics R	
Fife.....	01337 840343
Camphill Village Trust R	
Beeswing.....	01387 760296
Cream o'Galloway D	
Gatehouse of Fleet.....	01557 814040
Croft Organics R B	
Inverurie.....	01467 981717
Damhead Organic Foods R B C	
Edinburgh.....	0131 448 2091
Earth Matters R C	
North Berwick.....	01620 895437
East Coast Organic Boxes B	
Pencaitland.....	01875 340227
Epo Growers B	
Dumartonshire.....	01389 875337
Farmhouse Eggs Ltd R	
Catton.....	01845 578376
Fraser, J & M B	
Stoneheaven.....	01569 730195
Glendale Salads B	
Glendale.....	01470 511349
Grassroots R C	
Glasgow.....	0141 3533278
Greeness Organics B	
Turriff.....	01888 544877
Grow Wild B	
Edinburgh.....	0131 443 7661
Health Shop, the R	
Inverness.....	01463 233104
Helios Fountain R	
Edinburgh.....	0131 2297884
Highland Health Store R	
Perth.....	01738 628102
Howbarrow Organic Farm B	
Grange over Sands.....	015395 36330
Hugh Grierson B M	
Perth.....	01738 730201
Jamesfield Farm M	
Fife.....	01738 850498
Lembas B	
Aberdeen.....	01569 731746

Lurgan Farm Shop R	
By Aberfeldy.....	01887 829303
Macleod Organics R B	
Inverness.....	01668 462555
Meat & Products R	
Abernethy.....	01738 850498
Millstone Wholefoods R	
Oban.....	01631 562704
Nature's Gate R	
Edinburgh.....	0131 6682067
New Leaf, The R	
Edinburgh.....	0131 228 8840
One World Shop R C	
Edinburgh.....	0131 229 4541
Phoenix Community Stores Ltd R C	
Moray.....	01309 690110
Raasay Walled Garden B	
By Kyle of Lochalsh.....	01378 660345
Roots & Fruits, Wholefoods & Organics R B	
Glasgow.....	0141 3393097
Rubha Phoil Forest Garden B	
Armada Pier.....	01471 844700
Stair Organic Growers B	
Tarbolton.....	01292 541369
Sunrise Wholefoods R	
Castle Douglas.....	01556 504455
Tapa Coffee & Bakehouse R	
Glasgow.....	0141 5549981
The Engine Shed R	
Edinburgh.....	0131 6620040
Tio Ltd B	
Inverness.....	01667 462189
Village Bakery Melmerby, The B	
Penrith.....	01768 881811
Ward, Colin, J. B	
Newmacher.....	01651 862041
Watermill, the B	
Penrith.....	01768 881523
Wildly Organic R B	
Ardrossan.....	01294 472075

WALES

Beanfreaks R	
Bridgend.....	01656 661441
Beanfreaks R	
Cardiff.....	029 2051 678
Beanfreaks R	
Newport.....	01633 666150
Beanfreaks R	
Cwmbran.....	01633 482507
Beanfreaks R	
Cwmbran.....	01633 482507
Cambrian Organics M	
Llandysul.....	01559 363151
Carrob Growers B	
Monmouth.....	01600 714529
Caws Cenarth Cheese R	
Boncath.....	01239 710432
Cheese Press R C	
Crickhowell.....	01873 811122
Clyro Hill Farm R B M	
Clyro.....	01497 820520
Country Kitchen R	
Colwyn Bay.....	01492 533329
Crest Co-Operative R	
Llandudno.....	01492 596783
Dimensions Health Store B	
Bangor.....	01248 351562
Evans, DW & CM R	
Haverfordwest.....	01437 720548
Ffynnon Farm B	
Clunderwen.....	01437 532570
Foreman, Helen B	
Anglesey.....	01407 742293
Frontline Organics R	
Whitland.....	01994 241368

Graig Farm R M F	
Llandrindod Wells.....	01597 851655
Great Oak Foods R	
Llanidloes.....	01686 413222
Green Cuisine B	
Cardiff.....	029 2049 8721
Growing Heart Workers Co-operative Ltd B	
Boncath.....	01239 841675
House of Rhug R	
Corwen.....	01490 413000
Iechyd Da R	
Llandovery.....	01550 720703
Irmma Fingal-Rock B	
Monmouth.....	01600 712372
Jade Gate Organic Produce B	
Swansea.....	01792 232643
Just Organic R	
Pontneathvaughan.....	01639 722930
Llanboidy Cheesemakers D	
Whitland.....	01994 448303
Llangybi Organics B	
Pwllheli.....	01766 819109
Lluest Growers R	
Presenter.....	01974272218
Maethy Meysydd R	
Aberystwyth.....	01970 612946
Mentro Lluest R	
Aberystwyth.....	01970 612114
Mulberry Bush R	
Lampeter.....	01570 423317
Multiple Organics R	
Cowbridge.....	01446 772964
Natural Foods Llanidloes Ltd R	
Llanidloes.....	01686 412306
Neal's Yard Remedies R	
Cardiff.....	029 20235721
Organic Stores R B	
Deeside.....	01244 881209
Organics to Go	
Carmarthen.....	0800 458
Pencrugiau Organic Farm Shop R	
Crymych.....	01239 881265
Penrhiw Farm M S B M	
Treharris.....	01443 412949
Presteigne Wholefood Co-op R	
Presteigne.....	01544 267392
Pulse Wholefoods R B	
Cardiff.....	029 2022 5873
Rachel's Organic Dairy D	
Aberystwyth.....	01970 625805
Rhosfawr Caravan Park R	
Pwllheli.....	01766 810545
Riverside Health R	
Newcastle Emlyn.....	01239 711440
Saffron.....	01286 871777
Sarra, Mr & T R B	
Haverfordwest.....	01437 762323
Source, The R B	
Caerphilly.....	029 2088 3236
Spice of Life R B	
Cardiff.....	029 20487146
The Ciliau B	
Brecon.....	01874 711224
The Ciliau B	
Builth Wells.....	07887 656887
The Quarry Shop & Café R	
Machynlleth.....	01654 702624/702339
Treehouse, The R	
Aberystwyth.....	01970 615791
Ty'n Lon Uchaf B	
Pwllheli.....	01766 810915
Welsh Hook Meat Centre Ltd. M	
Withybush Road.....	01437 768876
Wholefoods of Newport R	
Newport.....	01239 820773
WyeDean Wholefoods R	
Monmouth.....	01600 715429

ENERGY

ELECTRICITY SUPPLIERS

Ecotricity.....	08000 326 100
for details see advertisement.....	p 99
Good Energy.....	01249 766 090
Green Energy.....	0845 456 9550

ENERGY SAVING PRODUCTS

Eco-Exmoor Ltd.....	01598 763 595
Energy and Environment.....	0161 881 1383
for details see advertisement.....	page 87
ESI.....	01481 722 299
Lumin8.....	01233 666 000
Organic Energy Company, The.....	0845 458 4076

LIGHT BULBS

Lampholder 2000.....	01536 520 101
Lumin8.....	01233 666 000

WOOD FUEL AND STOVES

Able Fuels Ltd.....	01484 515 578
Beacon Stoves.....	01559 371 058
Bio Energy Devices.....	01446 781 415
Bioenergy Technology Ltd.....	01825 890 140
Chilli Penguin Stoves.....	02920 865 536
Ebc Wood Fuels.....	01953 455 854
for details see advertisement.....	page 87
Rural Energy Ltd.....	01664 454 989
Wood Energy Ltd.....	01398 351 349

GROUND SOURCE HEAT PUMPS

Dando Geothermal.....	01903 731 312
Eco Heat Pumps.....	0114 2962 227
Kensa Engineering Ltd.....	01326 377 627

SUPPLIERS

Earthwise Scotland Ltd.....	01330 833 915
Ice Energy.....	01865 882 202
John Cantor Heat Pumps.....	01650 511 575
Vitotec Solutions Ltd.....	01947 810 242

INSTALLERS

Geoscience Ltd.....	01326 211 070
Geothermal Heating International.....	02476 673 131
Groenholland UK Ltd.....	07905 508 726
Ground Source Solutions Ltd.....	01246 822 808

SOLAR ENERGY

Bredondale Solar.....	01386 561 133
Cel-f-Solar.....	0870 330 2202
Eco-Exmoor Ltd.....	01598 763 595
Eco Heat.....	01422 843 414
Ecowarm Heating Systems.....	01449 771 130
Element Energies.....	01769 550 555
Filsol Solar.....	01269 860 229
Genersys Plc.....	0207 637 9708
Green Dragon Energy.....	01654 761 731
Heavens Solar Technology.....	0845 166 2988
Imagination Solar Ltd.....	0117 942 6668
Powamate Ltd.....	01302 887 821
Powertech Solar Ltd.....	01202 890 234
Powersun.....	0115 927 0880
Rainbow Solar Trading.....	01983 533 129
Riomay Renewable Energy Ltd.....	01323 648 641
Secon.....	0191 516 6554
Solar Century.....	020 7803 0100
Solar Dawn.....	01588 680 469
Solar Energy Alliance.....	01502 515 532
Solar Gift and Gadget Shop.....	01481 722 299
Solar Sense.....	01792 371 690

EVERYTHING SOLAR POWERED SYSTEMS

ONLINE SHOP

Solar lighting
Solar powered wireless alarms
Sun Solar Charger + Battpak ONLY £66.50
Coleman Portable Power kit
Solar Battersavers
for Car, Motorbike, Boat or Motorhome
Solar Laptop chargers
PV kits & Charge controllers
PV Modules (20, 40, 80, 150Watt)
Best prices for larger orders

CONDENSING BOILERS
GROUND SOURCE HEAT PUMPS
UNDERFLOOR HEATING
SOLAR HEATING
PV FOR NEW & EXISTING PROPERTY

Energy & Environment Ltd
www.energyenv.co.uk
Tel: 0161 881 1383



We specialise in recycled environmentally friendly wood fuels & firelighters for open fires, wood burners, chimineas, camp fires and barbecues.

For enquiries on delivery and prices

please call 01953 455854
or visit our website
www.ebc-ecofuel.co.uk

Solar Tech.....	01280 703 607
Solar UK.....	01892 667 320
Solarsaver.....	01529 410 491
Southern Solar.....	0845 456 9474
Spectrum Energy.....	01202 519 825
Sundog Energy.....	01768 482 282
Sunpowered Energy Systems Ltd.....	02392 614 925
Sunseeker Solar Energy.....	0161 343 7077
Sunshine Solar.....	01277 659 659
Suntrader Solar Power Systems.....	07815 779 224
Themba Technology.....	01895 471 770
Thermoserv Ltd.....	020 8681 7330
Winsund International Ltd.....	01207 255 365

HEATING

HiTech Energy Ltd.....	0845 601 3540
Powertech Solar Ltd.....	01202 890 234
Radiant Energy.....	01522 525 300
Sirena Environmental Ltd.....	08700 602 601
Solar Design Company, The.....	0151 606 0207
Solarsense UK Ltd.....	01275 394 139
Sun Harvester.....	01786 822 827
West Wales Solar Heating.....	01994 419 439

PANELS

Dulas Ltd.....	01654 705 000
Future Heating Ltd.....	020 8351 9360
LC Solar.....	01908 664 601
NCL Solar Ltd.....	020 7394 8667
Solarworks.....	0800 781 4004

PHOTOVOLTAIC

Dulas Ltd.....	01654 705 000
Eagle Power.....	01422 823 360
Element Energies Ltd.....	01769 550 555
Filsol Solar.....	01269 860 229
Genasys Power Systems Ltd.....	01229 838 000
Proven Energy.....	01560 485 570
Sirena Environmental Ltd.....	08700 602 601

Solarsense UK Ltd.....	01275 394 139
Sustainable Energy Installations.....	01256 392 704
Wind and Sun Ltd.....	01568 760 671

WATER HEATING

Organic Energy Company, The.....	0845 458 4076
Solar Twin.....	0845 130 0137

WIND ENERGY

Dulas Ltd.....	01654 705 000
Eagle Power.....	01422 823 360
Element Energies.....	01769 550 555
Genasys Power Systems Ltd.....	01229 838 000
Green Shop, The.....	01452 770 629
HiTech Energy Ltd.....	0845 601 3540
Iskra Wind Turbines Ltd.....	0115 841 3283
Proven Energy.....	01560 485 570
Rainbow Solar Trading.....	01983 533 129
Solar Energy Alliance.....	01502 515 532
Sustainable Energy Installations.....	01256 392 704
Turbine Services.....	0190 085 616
Very Efficient Heating Company, The.....	0151 606 0207
Wind and Sun Ltd.....	01568 760 671
Windsave.....	0141 353 6841

It is surprising how
economical it is to advertise
in The Ecologist.
Call Zayda on 020 7351 3578
for a free estimate!



VOLUNTEERING

AIDCAMPS INTERNATIONAL

offers short term volunteer work overseas on third world development aid projects. Cameroon, India, Nepal, Sri Lanka. Orphanage, village school, and resource centre projects.

www.AidCamps.org

- Action Without Borders001 212 843 3973
- Africa and Asia Venture.....01380 729 009
- African Conservation Experience.....0870 2415 816
- Bio Sphere Expeditions01502 583 085
- BTCV01302 572 244
- Changing Worlds01892 770 000
- Coral Cay0870 750 0668
- Cross-Cultural Solutions.....001 914 632 0022
- Do-It020 7226 8008
- Earthwatch Institute.....01865 318 838
for details see advertisement..... page 88
- Environ0116 2220 222
- Environmentjob.co.uk0161 2820 920
- Friends of the Earth020 7490 0881
- Frontier Conservation020 7613 2422
- Global Vision International0870 608 8898
- Green Force.....0870 770 2646
- Green Volunteers.....01767 262 481
- Groundwork0121 236 8565
- Outreach International01458 274 957
- Oxfam0870 333 2700
- Project Trust01879 230 444
- Quest Overseas020 8673 3313
- Rainer Volunteer Unit.....020 8776 8333
- Raleigh International020 7371 8585
- Student Partnership Worldwide.....020 7222 0138
- The European Voluntary Service.....01823 365 448

- Time Bank020 7401 5420
- Trekforce.....020 7828 2275
- Venture Co. Worldwide01926 411 122
- Volunteering England.....0845 305 6979
- VSO Volunteering Advice Line.....020 8780 7500
for details see advertisement..... page 88
- Work and Travel Company01892 516 164
- World Service Enquiry0870 770 3274

WORLDWIDE OPPORTUNITIES ON ORGANIC FARMS (WWOOF)

is an exchange network through which bed and board are given in return for help on organic farms. WWOOF provides excellent opportunities for organic training, cultural exchange and people wanting to change to a rural life or join the organic movement.

See www.woof.org.uk or www.woof.org

BLUE VENTURES

is an award-winning not-for-profit organisation dedicated to enhancing global coral-reef conservation and research. We continue to offer opportunities and field experiences to volunteers wanting to become actively involved in marine conservation.

www.blueventures.org
enquiries@blueventures.org
Tel: 020 8341 9819



You have two weeks to help save the leatherback turtle.



Whether you're monitoring the leatherback turtle in Trinidad or surveying forest birds in Ecuador, you could play a vital part in one of Earthwatch's 140 environmental research projects.

We're looking for people who really want to make a difference. All you need is a thirst for adventure and a desire to get stuck in.

Are you up to the challenge of working alongside leading scientists in some of the world's most breathtaking places?

Take your first step now. Join one of our projects and help fund our invaluable work.

Call + 44 (0)1865 318 831

or visit www.earthwatch.org/europe



Non-profit, making environmental registered charity no. 1094467

HOLIDAYS

COTTAGES

Organic Holidays.....01943 870 791

MIDLANDS

Beechenhill Farm, Derbyshire.....01335 310 274

The Eco-Lodge

A simpler way to relax!
A wonderful break from the real world
Freedom for children, Magic moments, Great hospitality,
Somewhere precious

www.internationalbusinessschool.net/eco-lodge
gclark@internationalbusinessschool.net
Tel: 01205 870062 / 871396

NORTH EAST

Gibbs Hill Farm, Northumberland.....01434 344 030
Low Dover, Northumberland01665 720 291

SOUTH WEST

East Penrest, Lezant01579 370 186
Family Camp, Devon01803 732 324
Keveral Farm, Cornwall01503 250 215
Lower Shaw Farm, Wiltshire.....01793 771 080
Ragman's Lane Farm, Lydbrook01594 860 244
Rosuick Organic Farm, Helston01326 231 302
South Penquite Farm, Bodmin01208 850 491

CORNISH YURT HOLIDAYS AND HIRE

On the edge of the moor, warm beautiful yurts, wood burners and open fires, big skies and quiet.

From April-October – prices from £250 p.w.

Finely made yurts also available for event and party hire.

www.yurtworks.co.uk Tel:01208 850670

RURAL BLISS IN SOMERSET

Enjoy the fat of the land in the Barn at Lower Farm !
Crisp cotton sheets & downy duvets. Home-grown, local & organic food.

B & B from £60 per double. Sleeps up to 6.

www.lowerfarm.org.uk

Charles & Susie Dowding
tel. 01749 812253



SCOTLAND

Glengorm Castle Estate, Isle of Mull...01688 302 321
Treshnish Estate, Isle of Mull.....01688 400 425

WALES

Brithdir Mawr Hostel, Newport.....01239 820 164
Old Rectory, Newport.....01239 820 277

IRELAND

Green Lodge, Co Cork.....00353 276 6146

EUROPE

French Pyrenees, Ariège.....0033 56 101 3046

TUSCANY

Stay in our beautiful country houses, free your mind and refresh it with new thoughts. Enable us to maintain naturally balanced over 1200 organic acres and get back in touch with nature.

Contact us: www.barbiallanuova.it
or +39 0571 677004

TOURS

ATG Oxford.....01865 315 678
Avian Adventures.....01384 372 013
BAOBAB.....0870 382 5003
Bicycle Beano Cycling Holidays.....01982 560 471
Discover the World.....01731 218 800
Discovery Initiatives.....01285 643 333
Exodus.....0870 240 5550
Go Differently.....01799 521 950
Guerba World Travel.....01373 826 611
Little Earth Tours.....01246 591 155
Natural Discovery.....0845 458 2799
ResponsibleTravel.com.....07787 555 088
Sawday's Special Places to Stay.....01275 464 891
Tourism Concern.....020 7133 3330
Travelling Naturalist, The.....01305 267 994

Tribes.....01728 685 971
Veg1 Ventures.....01760 755 888
Young People's Trust for the Environment.....01483 539 600

QUINTESSENCE TOURS

unique tours of amazing places throughout N. Europe
discovering the essence of these places

Ethical and environmentally friendly
Destinations: N. Germany, France, Belgium,
Scandinavia

No single person supplements
Super luxury coach, max. 20 people in group

Phone 01484 642 762

www.quintessence-tours.co.uk

IS THE ECOLOGIST IN YOUR LOCAL SHOP?

Whether you're a shop owner or a customer, tell us the name, phone number and contact name for the shop where you'd like to see The Ecologist sold and we'll arrange it.

Email stockist@theecologist.org
or call Emma on 020 7351 3578

JOBS

British Ecological Society, The.....020 8871 9797
Charity Action Recruitment.....020 7928 2843
for details see advertisement..... page 88
Charity Connections.....0207 202 9000
Charity Job.....020 8390 1177
Countryside Jobs Service.....01947 810 220
Eden Recruitment.....0870 787 7630
Ends Environmental Job Search.....020 7814 5309
Environment Job.co.uk.....0161 282 0920
Environment Jobs.....01977 690 698
Ethical Careers Service, The.....01865 245 678

Evergreen Resources.....01256 314 620
Execucare.....020 7761 0700
Getalife.....0161 277 5200
Green Group, The.....01268 468 000
Index Environmental.....01252 811 333
One World.....020 7239 1400

WWW.EARTHWORKS-JOBS.COM

Worldwide careers in ecology and conservation



Countryside Jobs Service
www.countryside-jobs.com

Ethical publications to promote countryside careers in the UK and environmental conservation worldwide.

Information on and adverts for UK jobs, voluntary opportunities and short training courses in countryside and environmental conservation, management, recreation, education and interpretation. Two publications freely available on countryside-jobs.com, where you will also find lots of other features including classified ads, discussion and Q&A boards.

5000+ paid UK vacancies published during 2003.

COURSES

Greencuisine

Organic food,
vitality and health.

**RESIDENTIAL
FOOD AND HEALTH
COURSES**

For information, contact:
Daphne Lambert, Greencuisine, Penrhos Court,
Kington, Herefordshire, HR5 3LH.

Tel: 01544 230720

daphne@greencuisine.org
www.greencuisine.org

SHORT COURSES

Centre for Alternative Technology.....01654 705 981
Green Energy Systems
Green Oak Timber Training Course
Hydro Electric Power Systems

Foot Print Education.....01479 851 239
Ecotherapy (6 days)

Greencuisine.....01544 230 720
A time to heal
Beating Candida
Mamaheaven
Seeds of Change
Women's Health
Food and Health

Green Dragon Energy.....01654 761 570
Electricity from Wind
Electricity, Power and Energy
Micro-hydro
Overview of Renewable Energy Technologies
Solar Electricity
Solar water heating
System Design and Sizing

Horticultural Correspondence College.....01249 730 326
Conservation studies
Organic Arable Farming
Organic Gardening

Institute for Earth Education, The.....0845 458 3017
Advanced Leadership Workshop
Earth Education Workshop

Integrated Practitioner Training.....0870 998 8000
Creating your own practice - the mind shift
Kinesiology: the Mind and Emotions
Kinesiology and Healing
Kinesiology and Nutritional Assessment

Kerry Alternative Technology.....00353 644 5563
Alternative Building
Composting
Hydraulic Ram
Living off the Grid
Organic Gardening
Ram Pumps

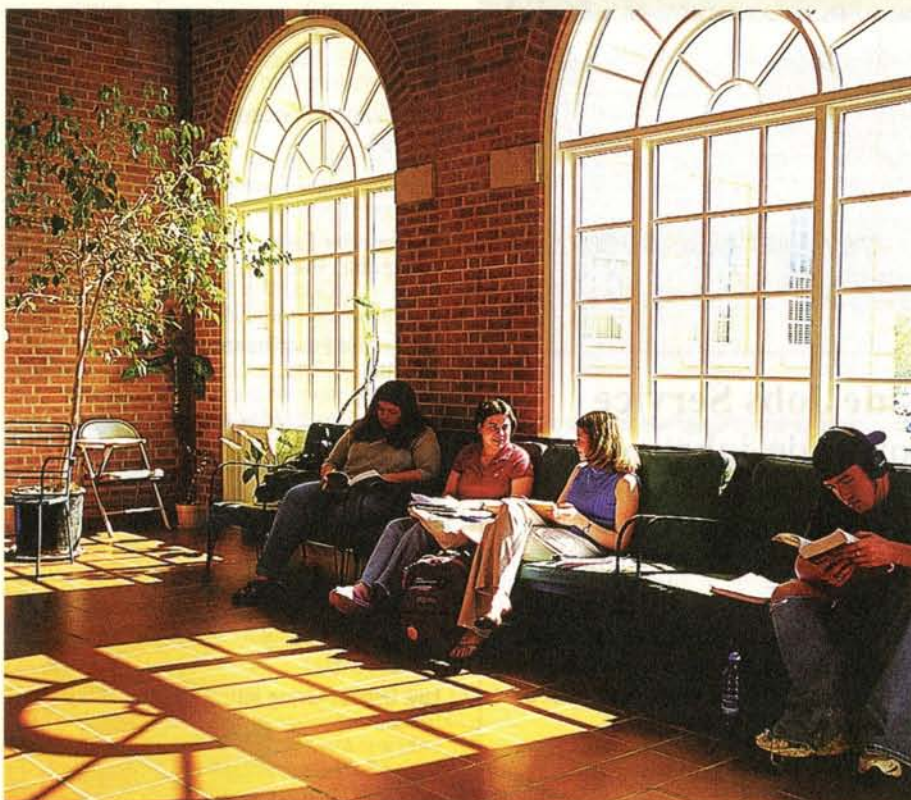
Low Impact Living Initiative.....01296 714 184
Wind and Solar Electricity
How to Make Biodiesel
Self-Build Geodesic Domes
Organic Livestock Farming

- Pershore & Hindlip College**01386 552 443
Planting New Woodlands
Hedgelaying
Forage Conservation
Soil management for Organic Farmers
Weed Control for Organic Farmers
- Permaculture Magazine**01308 867 453
Permaculture Design
Introduction to Permaculture
- Rural Energy Trust**01664 454 989
Identifying Opportunities for Renewable Energy
Systems in your Organisation
An Introduction to Wood Heating
Opportunities for Supplying Wood Fuel
Installation of Solar Water Heating Systems for Households
- Schumacher College**01803 865 934
Roots of Learning: Transformative Learning
Healthy People, Healthy Planet? Holistic Perspectives on Health
In Search of Earth Ethics
Roots of Learning: Global Education
Patterns and Mysteries: News ways of learning from nature
Economics for a Green World
Sustainability in Practice
- Scottish School of Forestry, Inverness**01463 273 600
Conservation
Forestry
Arboriculture & Urban Forestry
Forestry
Forestry & Conservation
- Vegetarian Society**01619 252 014
Tapas & Mezze Workshop
Foundation Workshop
Cook Supper for your Partner
Quick & Easy Entertaining - Watch and Taste Italian Workshop
Coast to Coast USA Watch and Lunch
Dairy Free & Delicious Workshop
World Breakfasts

DEGREES

- Bath Spa University**01225 875 755
BSc Environmental Science
BSc Environmental Biology
- Birbeck, University of London**0845 601 0174
MSc Environmental & Management
MSc Environmental Science
MSc Business Strategy, Politics & Environment
Mphil/PhD Environmental Science
- Bournemouth University**01202 595 178
MA Architectural Materials Conservation
MSc Building Conservation
MSc Environmental Conservation
MSc Environmental Protection and Management
MSc Timber Building Conservation
- Brunel University**01895 203 215
MSc Environmental Change:
MSc Environmental Hazards & Risk
MSc Environment & Culture
- University of Central Lancashire**01772 201 201
BSc Animal Conservation Science
BSc/BA Environmental Management & Archaeology
BSc Environmental Management & Outdoor Recreation
BSc Environmental Management & Ecotourism
MA International Conservation Heritage
- Centre for Sustainable and Environmental Management**01923 249 648
MA/MSc Programme in Integrated Sustainable Management
- Centre of Human Ecology, Edinburgh**0131 624 1974
MSc Human Ecology
- De Monfort University**0116 257 7963
MSc Climate Change & Sustainable Development
MSc Energy & Sustainable Building Design
- Emerson College**01342 822 238
Biodynamic Organic Agriculture

- University of Exeter**01392 262 531
BSc Conservation, Biology & Ecology
BSc Geography, Environment & Society
BSc Renewable Energy
- University of Glamorgan**01443 480 480
BSc Earth & Environmental Management
BSc Health, Safety & Environmental Management
BSc Transport & Environmental Sustainability
MSc Sustainable Environmental Development
MSc Environmental Conservation Management
- University of Hertfordshire**01707 284 561
BSc Conservation Management Europe
BSc Conservation Management North America
BSc Environmental Management Europe
BSc Environmental Management North America
BSc Environmental Studies Europe
BSc Environment Studies North America
- Imperial College London**020 7589 5111
MSc Civil & Environmental Engineering
MSc Environmental Diagnosis
MSc Environmental Technology
MSc Biodiversity & Conservation & Management
MSc Sustainable Agriculture & Rural Development
- International Centre for Responsible Tourism**020 8331 8000
MSc Responsible Tourism Management
- Kings College London**0207 836 5454
MA Environment & Development
MA Tourism, Environment & Development
PhD Theory & Methodology of Third World Political Ecology
PhD Eco -Tourism in Developing Countries
- Manchester Metropolitan University**0161 247 2000
BSc Wildlife Ecology & Behaviour
BSc Ecology & Conservation in North America
MA Bioclimatic Design
MSc International Wildlife Conservation
MSc Countryside Management
- The Manipal Ayurvedic University of Europe**020 7224 6070
MBA Humanistic Management
- Nottingham Trent University**0115 848 2924
BSc Wildlife Conservation
BSc Environmental Conservation & Countryside Management
Ba Environment, Development & Sustainability
BSc Environmental Science for Business
BSc Horticulture Landscape & Heritage
BSc Building Conservation Management
MSc Environmental Engineering, Design & Management
- University of Plymouth**01752 232 232
MSc Sustainable Crop Production
MSc Holistic Science
MSc Botanical Conservation
MA Humane Architecture
- University of Portsmouth**023 928 8484
Civil Engineering with Environmental Engineering
MSc Sustainable Design & Environmental Management
- University of Roehampton**020 8392 3000
MSc Biodiversity & Conservation
- Royal Agricultural College, Cirencester**01285 652 531
BSc Agriculture (organic farming)
MSc Sustainable Agricultural Systems
MSc Organic Agricultural Systems
MSc Sustainable Rural Development
- University of Staffordshire**01782 294 922
BA Sustainable Business Management
- University Of Sussex**01273 686 758
MSc Science & Technology for Sustainability



HOME & GARDEN

w.greenfibres.com



organic clothes, bedding, pillows, & mattresses for adults and children

would you like a free mail order brochure? 01803 868.001



GREENLANDS
ENVIRONMENTAL CARE LTD

specialists in

ECO/BIO, GREEN RECYCLED
AND ENVIRONMENTAL
PRODUCTS

FOR HOME CARE, PET CARE,
TRAVELCARE, GARDEN CARE
& MUCH MORE
PUBLIC & COMMERCIAL

www.greenlands-env.co.uk



vertue

**Natural
carpet cleaning
service**

using the vertue
range of 100%
natural cleaning
solutions. Non toxic,
will not cause
eczema, asthma or
allergies and removes
toxic residues from
chemical cleaners.

For a free quote call on
020 8806 7294/0781

Ecoshop	00353 1287 2914
Ecotopia	01453 752 345
Green Fibres	0845 330 3440
see advertisement	page 91
Green House, The	01722 325 515
Green Shop, The	01452 770 629
Healthy House, The	01453 752 216
Natural Collection	0870 331 3333
Timber	01425 483 505

BEDDING AND LINENS

Green Fibres	0845 330 3440
see advertisement	page 91
Schmidt Natural Clothing	0845 345 0498
for details see advertisement	page 96
Texture	020 7241 0990
Treehouse, The	01970 925 116
Willey Winkle	01432 268 018

CLEANING

21st Century Health	0800 0260 220
Aqua Ball	0800 026 0220
Bio-D Company Ltd	01482 229 950
Down to Earth	01793 732 000
Ecover	01635 574 553
Green Fibres	0845 330 3440
see advertisement	page 96
Greenlands Environmental Care	01892 871 285
for details see advertisement	page 91
Natural Eco Trading Ltd	01892 616 871
Vertue	020 8806 7294
Wonderwash Laundry Ball	0161 832 7788

DIY MATERIALS

Construction Resources	020 7450 2211
Earth and Reed	01449 722 255
see advertisement	page 92
Ecomerchant	01795 530 130
see advertisement	page 92
Erisko-Bauder Ltd	01473 257 671
Green Building Store	01484 854 898
for details see advertisement	page 56
Mike Wye and Associates	01409 281 644
Natural Building Technologies	01844 338 338
Womersleys Ltd	01924 400 651

FLOORING

Ashcroft Reclaimed Timber Flooring	01243 554 769
Forbo-Nairn Ltd	01592 643 777
Treework Flooring	01275 464 466
Yorkshire Reclaimed Flooring	01937 843 532

INSULATION

Ecomerchant	01795 530 130
for details see advertisement	page 92
Environmental Construction Products Ltd	01484 854 898
Green Building Store	01484 854 898
for details see advertisement	page 56
Green Shop, The	01452 770 629
Heraklith UK Ltd	01628 784 330
Klober Ltd	01934 853 224
Polarwall Ltd	01392 841 777
Thermaflece	01768 486 285

PAINTS AND REMOVERS

Auro Organic Paints	01452 772 020
Earth Born Paints	01928 734 171
Ecomerchant	01795 530 130
for details see advertisement	page 92
Eco Solutions Ltd	01934 844 484
Enivornmental Construction Products Ltd	01484 854 898
Green Paints	01507 327 362
Low Impact Living Initiative	01296 714 184

Livos UK	01795 530 130
Lizzy Induni Traditional Paints	01929 423 776
Nutshell Natural Paints	0136 473 801
Osmo UK Ltd	01296 481 220

RECYCLED AND RECLAIMED MATERIALS

Drummond's Architectural Antiques	01428 609 444
Reclaimed Pine Online	01202 789 868
Source4U	01926 498 444
Toby's Reclamation	01392 833 499
Treesave Reclamation Ltd	01787 227 272
Viking Reclamations	01302 835 449

SELF-BUILD HOMES

Insideout Buildings	01524 737 999
---------------------	---------------

SOLAR

see Energy	page 87
------------	---------

TILES

Natural Tile	01179 413 707
Siesta Cork Tile Co	020 8683 4055

TIMBER

Altham Hardwood Centre	01282 771 618
Reclaimed Pine Online	01202 789 868
Reclaimed Timber Specialists	020 8558 2811
Victorian Wood Works	020 8534 1000

WINDOWS AND DOORS

Ecomerchant	01795 530 130
for details see advertisement	page 92
Environmental Construction Products Ltd	01484 854 898
Merewood Joinery	01614 800 363
Preston Door & Pine Stripping	01772 725 943

FURNITURE

African Trackwoods	01628 481 086
Arbor Vetum	01386 840 438
Architectural Salvage Centre	020 8459 2947
Art-eco	07792 702 735
D & A Binders	020 7609 6300
Ecopine	01892 785 072
Full Moon Futons	0118 926 5648
Grand Illusions	01747 854 092
Living Concepts	020 8378 1009
Lombok	020 7736 0001
Rawnsley Woodland Products	01208 813 490
for details see advertisement	page 92
Reel Furniture	01603 629 396
Senior & Carmichael	01737 844 316
Thing Builder, The	07779 623 964
Treske Ltd	01845 522 770
Tumble Home Furniture	01803 863 024

GARDENS

British Eco	0191 209 4161
Greenlands Environmental Care	01892 871 285
for details see advertisement	page 91
Green Shop, The	01452 770 629
Natural Collection	0870 331 3333
Organic Gardening Catalogue, The	0845 130 1304
Tamar Organics	01822 834 887

COMPOSTING SUPPLIES

Bin Company, The	0845 6023 630
Blackwall	01132 018 000
Composting Association, The	0870 160 3270
Dorset Hills Organics	02392 691 913
Fertile Fibre	01584 781 575
Humus Wyse	01803 834 687
KPS Composting Services	01444 831 010
Recycle Works, The	01254 820 088
Wiggly Wigglers	01981 500 391
Wonder Worms	01422 831 112
Worm Hotel, The	01606 592 145

GARDEN FURNITURE

Duchy Originals Garden.....	020 8831 6800
English Hurdle.....	01823 698 418
Pendlewood.....	01617 894 441
Re-Form Furniture.....	01209 711 581
Wayfarer Products.....	01924 492 300

GARDEN SUPPLIES

Agralan Ltd.....	01285 860 015
Association Kokopelli Organic Seeds.....	01227 731 815
Biodynamic Supplies.....	01569 731 746
Butterworths' Organic Fruit Nursery.....	01290 551 088
Citadel Products.....	01789 297 456
Earth Core.....	01285 740 529
Enviomulch.....	01215 254 326
Evalast Fencing Systems Ltd.....	01772 687 779
Glenside Organics Ltd.....	01786 816 655
Globe Organic Services Ltd.....	0800 018 4120
Green Ways Environmental Care.....	01483 281 392
Greenvale Farms Ltd.....	01677 422 953
Growganic Ltd.....	01380 871 050
Original Organics Ltd.....	01884 841 515
Panda Stix.....	01623 648 200
Raindrain Ltd.....	01924 468 564
Scarletts Plant Care.....	01206 240 466
Stakepots.....	01246 261 798
Walcot Organic Nursery.....	01386 553 697

PEST CONTROL

Agralan.....	01285 860 015
Defenders Ltd.....	01233 813 121

KITCHEN APPLIANCES

Earthcare.....	020 7960 7916
Eco Shop.....	08707 300 111

UK Juicers.....	01904 704 705
-----------------	---------------

WATER FILTERS

see Water.....	page 93
----------------	---------

PHONE AND INTERNET

see Business and Home Office Resources.....	page 94
---	---------

PROFESSIONAL SERVICES

ARCHITECTS

Chris Morton, Herefordshire.....	01684 541 480
Finch Macintosh, Winchester.....	01962 855 240
Goddard Wybor, W. Yorkshire.....	01132 666 044
Jon Allen, London.....	020 8961 3279
Neill Lewis, Worcestershire.....	01684 563 356
Quattro Design, Bristol.....	01179 299 672
Quentin Alder, Bristol.....	01179 683 111

BUILDERS

Cob in Cornwall.....	01326 231 773
----------------------	---------------

BUILDING CONSULTANT

Mike Wye and Associates.....	01409 281 644
------------------------------	---------------

CARPENTERS

J.G.Horning, Devon.....	01803 732 135
Richard Arnold, Devon.....	01884 350 51
Tom Straker, Herefordshire.....	01432 853 113

ELECTRICIANS

D John Electrical Services, Glasgow.....	01413 343 289
--	---------------

ENERGY CONSULTANT

Encraft.....	08456 022 874
--------------	---------------

INTERIOR DESIGN

G B Decorating.....	07974 683 111
Jonathan Wright, Devon.....	01752 295 227

Earth and Reed Ltd

Sustainable Building and Decorating Materials

Non-toxic, high quality finishes, breathable surfaces

- Paints - emulsions, casein, undercoat, eggshell, gloss
- Claypaints
- Linseed oil paints, waxes and soaps
- Paint, Artex and graffiti remover
- Colourwashes and varnishes
- Fence and shed paint
- Exterior wall paints
- Mineral pigments - over thirty different colours

- Sheepwool insulation
- Warmcell cellulose insulation
- Flax insulation
- Thermal boards

- Clayboards and reed panels
- Reed rolls
- Natural clays
- Self-coloured clay plasters
- Building blocks

- Lime putty for lime wash, renders and mortar
- Hand made tiles
- Horse hair
- Specialist brushes

Visit Earth and Reed Ltd
Needham Market, Suffolk

t. 01449 722555
www.earth-and-reed.co.uk

BANNER BE FOLD AREA BELOW RED LINE
DISAPPEARS INTO BOX

The UK's leading environmental builders merchant

LIVOS - The healthy approach to quality paints and finishes

01795 530130
www.ecomerchant.co.uk

Vrogum - for energy efficient, high quality, made to measure windows & doors

eco MERCHANT

RAWNSLEY WOODLAND PRODUCTS

SPECIALISE IN THE MAKING OF FINE QUALITY FURNITURE FROM MATERIALS SUSTAINABLY HARVESTED IN CORNISH WOODLANDS

VISIT OUR WEBSITE
WWW.CORNISHWOODLAND.CO.UK
OR TEL FOR ADVICE 01208 813490

ROOFING SPECIALIST

Rawnsley Woodland Products.....	01208 813 490
for details see advertisement.....	page 93

RECYCLING SERVICES

Actionsmart.....	01656 648 899
Alcan Aluminium Can Recycling.....	0800 262 465
Aluminium Packaging Recycling Organisation.....	0345 227 722
British Glass.....	01142 686 201
Chemical Recycling Association.....	01279 814 035
Envocare.....	020 8398 2333
Greenlands Environmental Care.....	01892 871 285
for details see advertisement.....	page 91
Hackney Community Recycling.....	020 7275 2420
Halon Users National Consortium and Refrigerant Users Group.....	01730 264 040
Industry Council for Electronic Equipment Recycling.....	020 7729 4766
Mercury Recycling Ltd.....	01618 770 977
Oil Recycling Association.....	01279 814 035
Ozone Friends.....	020 8591 6333
Paper Round.....	020 7620 3131
Recyclite.....	01953 451 111
Tyre Industry Council.....	020 7734 6363
Waste Watch.....	020 7089 2100

COMPUTER RECYCLING

see Business and Home Office Resources.....	page 94
---	---------

WATER

RAWNSLEY WOODLAND PRODUCTS

OUR CLADDING AND SHINGLES ARE DURABLE, SUSTAINABLE AND COST EFFECTIVE. WE USE HOME GROWN WESTERN RED CEDAR AND ARE FULLY FSC ACCREDITED.



PLEASE VISIT OUR WEBSITE ON WWW.CORNISHWOODLAND.CO.UK OR TELEPHONE FOR EXPERT ADVICE 01208 813490

WATER

WATER CONSERVATION

Celtic Water Management.....	01239 811 465
Conservation Engineering Ltd.....	01359 269 360
Construction Resources.....	020 7450 2211
Eco Logic.....	01217 663 016
Envireau Rainwater Management.....	01296 633 000
Flow Control Water Conservation.....	08707 558 811
Flowco Mariflo Ltd.....	020 8330 2487
Free Rain.....	01636 894905
Green Building Store.....	01484 854 898
for details see advertisement.....	page 56
Hippo the Water Saver.....	01989 766 667

Hygiene Supplies Direct.....	01977 552 000
Rainharvesting Systems.....	01452 772 000

WATER FILTERS

Aqua Vitae.....	01404 841 841
Aquasaver Ltd.....	01288 354 425
Capital Water Treatment.....	020 8649 9503
Earthly Goods.....	01480 812 004
Eden.....	0800 917 0977
Green-way Services.....	01202 874 413
Healthy House, The.....	01453 752216
Simply Water.....	00353 149 20414
see advertisement.....	page 93
Tap Magic.....	01473 252 043

For advice on marketing your products and booking advertisements, call Zayda on 020 7351 3578

SIMPLY WATER

The Pure Water Site

HOW YOU REALLY CAN

- drink pure water
- anywhere
- for the rest of your life

AND SAVE £1000+

(Natural Materials Only Used)

Fluoride Filter Available

Simply Water Ltd, PO Box 164,
FREEPOST, Liverpool, L15 4PU

www.simplywater.com

e-mail: info@simplywater.com

tel: 0151 475 5589 • fax: 0151 735 0441

HEALTH & BEAUTY

COSMETICS

Avea.....	0870 1999 219
Aveda.....	0800 074 7712
for details see advertisement.....	page 2
Comfort and Joy.....	01367 850 278
Lavera.....	01557 870 203
Suvarna Pure and Natural Cosmetics.....	01695 728 286

TOILETRIES

Akamuti.....	0845 4589242
Anne Elise Natural Skincare.....	01304 368 298
Aveda.....	020 7297 6350
Barefoot Botanicals.....	0870 220 2273
Body Organics.....	0870 870 8586
Cioccolatina.....	01189 473 178
Comfort and Joy.....	01367 850 278
Creightons Naturally.....	01903 745 611
Dolma.....	0115 963 4237
Dr. Hauschka Natural Skin Care.....	01386 792 622
Earthbound Organics.....	01597 851 157
Faith Products.....	0161 7642 555
Forever Natural.....	01628 898 410
Green People.....	0870 240 1444
Greenfibres.....	01803 868 001
Hemp Garden.....	01288 355 572
Honesty Cosmetics.....	01629 814 888
Jurlique.....	08707 700 980
Lavera.....	01557 870 203
Mariposa Alternative Bodycare.....	01273 242 925
Mother Earth.....	01229 885 266
Naturisimo.....	020 7584 7815
Neal's Yard.....	0207 627 1949
Nirvana Natural.....	01494 880 885
Organic Blue.....	020 8424 8844
Organic Health Shop, The.....	01892 538 155
Organic Pharmacy, The.....	020 7351 2232
Organica J.....	01330 850 257
Potions and Possibilities.....	01394 386 161

Pure Products.....	01273 689 946
Simply Soaps.....	01603 720 869
Soap Kitchen, The.....	01805 622 944
Spiezia Organics.....	0870 850 8851
There Must be a Better Way.....	0118 947 9352
Think Natural.....	0845 601 1948
Treehouse, The.....	01970 625 116
Twinkle Twinkle.....	0118 934 2120
Woodspirits.....	020 8293 4949

DEODORANT

Body Organics.....	0870 870 8586
Deodorant Stone.....	01559 384 856
Dr. Hauschka Natural Skin Care.....	01386 792 622
Pit Rok.....	020 8563 1120
Weleda.....	0115 944 8200

MENSTRUAL PRODUCTS

Natracare.....	01275 371 764
Menses.....	0117 985 1646
Mooncup, The.....	01273 673 845

SUN PROTECTION

Green People.....	0870 240 1444
Neal's Yard.....	020 7498 1686
Yaoh.....	0117 923 9053

THERAPIES

ACUPUNCTURE

Acupuncture Association of Chartered Physiotherapists (AACP).....	01747 861 151
Acupuncture Society, The.....	0773 4668 402
British Acupuncture Council.....	020 8735 0400
British Medical Acupuncture Society, The.....	01606 786 782

HOMEOPATHY-MEDICAL, DENTAL, VETERINARY

British Association of Homoeopathic Veterinary Surgeons.....	01367 710 324
British Homeopathic Association.....	0870 444 3950
Homeopathic Medical Association, The.....	01474 560 336
Society of Homeopaths.....	0845 450 6611

OSTEOPATHY

General Osteopathic Council.....	020 7357 6655
----------------------------------	---------------

PSYCHOTHERAPY

British Association for Counselling and Psychotherapy.....	0870 443 5252
British Association of Psychotherapists.....	020 8452 9823
British Psychological Society.....	0116 254 9568
UK Council for Psychotherapy.....	020 7436 3002

REFLEXOLOGY

Association of Reflexologists.....	0870 567 3320
------------------------------------	---------------



BUSINESS AND HOME OFFICE RESOURCES

INK CARTRIDGES

Action Aid Recycling.....0845 310 0200
 Green Stationary Company, The.....01225 480 556
 for details see advertisement..... page 94

JANITORIAL SERVICES AND SUPPLIES

Environment Saving Supplies.....024 7638 6544
 Greenlands Environmental Care.....01892 871 285
 for details see advertisement..... page 91
 Vertue.....020 8806 7294
 for details see advertisement..... page 91

GRAPHIC DESIGN

ecographic.....01273 201 361
 for details see advertisement.....page 94
 Sussed Design.....01273 382 667

PHONE AND INTERNET

Green ISP.....01422 847 691
 Green Net.....0845 055 4011
 Phone Co-op, The.....01688 400 249

RECYCLED OFFICE SUPPLIES

Dartex Office Supplies.....01322 521 545
 Ecotopia.....01453 752 345
 Green Stationary Company, The.....01225 480 556
 for details see advertisement.....page 94
 Office Green.....020 8592 9998
 Paperback.....020 8980 2233
 for details see advertisement.....page 95
 Recycle It.....0870 774 3762
 Remarkable!.....020 8741 1234

RECYCLING SERVICES

Action Aid Recycling.....0845 310 0200
 Cartridges4charity.....0845 121 0674
 Envocare.....020 8398 2333
 Empty Cartridge.....01252 675 727
 Free Computers for Education.....01932 874 066
 Inkcycle.....0800 652 7085
 k2supplies.....01372 723 723
 Paper Round.....020 7620 3131
 UK Cartridge Recycling Association.....01706 525 050
 Waste Watch.....020 7089 2100

OTHER RECYCLING SERVICES

see Home and Garden.....page 91

PROMOTIONAL MATERIALS

Remarkable!.....020 8741 1234
 Save a Cup.....01494 510 167
 Yo-Yo Promotions.....01252 620 593

**Save 40% off
 newsstand prices
 when you subscribe to
 the ecologist
 just £2.40 per issue –
 www.theecologist.org**



FINANCE

BANKING

Co-operative Bank.....08457 212 212
 Triodos Bank.....0117 973 9339
 Ecology Building Society.....0845 674 5566

FINANCIAL SERVICES

Ethical Investment Co-Operative.....0845 458 3127
 Gaeaia.....0161 434 4681
 Naturesave.....01803 864 390
 Social Venture Network.....07958 772 864

INSURANCE

Absolute Mortgages.....01865 865 342
 C I S Insurance.....0161 829 4084
 Ecology Building Society.....01535 650 777

MORTGAGES

Absolute Mortgages.....01865 865 342
 CD Project.....0795 877 2864
 Ecology Building Society.....0845 674 5566



GRAPHIC DESIGN AND PRODUCTION
 with minimal ecological impact. Through detailed research into materials and new technology, we specialise in meeting the design needs of environmentally-concerned organisations.
Visual communication says everything.
01273 201361 • clare@ecographic.co.uk • www.ecographic.co.uk



Waste not, want not...
 Introducing the UK's largest range of recycled office papers and green stationery supplies.
 The Green Stationery Company provides a national mail order service for both office and home users.

You are not recycling unless you are buying recycled:

Get the point.

Call us for a copy of our latest catalogue or visit www.greenstat.co.uk
01225 480 556

The Green Stationery Company
 Studio One, 114 Walcot Street, Bath, BA1 5BG Fax: 01225 481 211 Email: jay@greenstat.co.uk




BOOKS & PUBLICATIONS

E-MAIL NEWSLETTERS

GREAT
TURNING
TIMES

Free quarterly newsletter
about The Great Turning,
Deep Ecology,
Ecopsychology, Gaia and
related areas in the UK. To
subscribe email Chris
Johnstone at
dreambeat@tantraweb.co.uk

INDEPENDENT BOOKSHOPS

Architecture Centre, Bristol	0117 922 1540
Bay Tree, Bristol	0117 962 1115
Bolingbroke Bookshop, London	020 7223 93447
Bookmarks, London	020 7637 1848
Centerprise Bookshop, London	020 7254 9632
Centre For Alternative Technology, Powys	01654 705 993
Cowley Club The, Brighton	01273 696 104
Daunts Bookshop, London	020 7224 2295
David's Bookshop, Letchworth	01462 684 631
Green Leaf Bookshop, Bristol	0117 921 1369

Growing Needs, Glastonbury	01458 833 466
Housman's Bookshop, London	020 7837 4473
ICA Bookshop, London	020 7766 1452
Index Bookcentre, London	020 7274 8342
In Other Words, Plymouth	01752 663 889
Inner Bookshop, Oxford	01865 245 301
ITDG Publishing, London	020 7436 9761
Kilburn Bookshop, London	020 7328 7071
Muswell Hill Bookshop, London	020 8444 7588
News From Nowhere, Liverpool	0151 708 7270
October Books, Southampton	02380 581030
One Earth Bookshop, Birmingham	0121 632 6909
Owl Bookshop, London	020 7485 7793
Oxford Quaker Centre, Oxford	01865 310 323
Prospero's Books, London	020 8348 8900
Psychedellic Dream Temple, London	020 7267 8528
Silver Moon, Ambleside	01539 432 973
Speaking Tree, Glastonbury	01458 835 974
Stoke Newington Bookshop, London	020 7436 9836
Timber, Ringwood	01425 483 505
Unsworth Booksellers, London	020 7436 9836
Watkins Books, London	020 7836 2182
Word Power, Edinburgh	0131 662 9112

MAIL ORDER

Clairview Books	01342 824 000
Cygnus Books	01550 777 701
Earthscan Books	020 7387 8558
Eco-logic Books	01225 484 472
Green Books	01803 863 260
Green Spirit Books & Schumacher Book Service	01985 215 679
NHBS	01803 865 913
Politicos	0870 850 1110



ADVERTISERS' FEEDBACK

We would like to thank you and your team for helping to increase our profile through our adverts. It has not only brought an increase in trade and an awareness of environmental/green products, but we consider it has also contributed to making us a successful Green Apple Award winner.

Being a young company, and being inundated with companies that wish us to advertise with them, we found *The Ecologist* not only helpful and friendly, but very financially rewarding, and we intend to advertise with you more in the future.

It is great having a magazine that is specialised in environmental issues.

Keep the good work going.

Gary Longley

and Lynn Marmont-Longley

Greenlands Environmental Care Ltd

Over the years we have been very pleased with the response to our adverts placed in your magazine. Each month we gain several new customers from the advertisements. The customers tend to be of good quality and order from us on a regular basis over a long period of time.

We would recommend *The Ecologist* to any businesses that are seeking customers in the ethical and environment market.

Jay Risbridger

Director

Green Stationery



paperback, the UK's leading recycled paper supplier

For more information visit our website www.paperback.coop or call 020 8980 2233

www.paperback.coop

FUNERALS

COFFINS

Eco Coffins	01303 850 856
Greenfield Coffins	01440 788 886

FUNERAL SERVICES

Arka	01273 746 011
Celtic Casket	01283 521 104
Funeral Company Ltd, The	01908 225 222
Green Endings	020 7424 0345
Natural Death Centre, The	0871 288 2098
Somerset Willow Co	01278 424 003
S. Stibbards & Sons	01702 558 717
Sawd Partnership	01795 472 262
Willow Weave	01953 887 107

PERSONALS

EARTH WISE SINGLES

A new meeting place for green-living, eco-passionate adults. Safe, private, convenient, and available 24/7.

FREE for limited time!

Join the community that cares at

www.ewsingles.com



ecoclothing.co.uk



The online shop for
Organic Fair Traded
Cotton clothing &
Ethnic music



www.ecoclothing.co.uk

From the good folk at Daily Bread Northampton 01604 621531

For advice on marketing your
products and booking
advertisements,
call Zayda on 020 7351 3578

CLOTHES

BABY CLOTHES

see Baby.....page 97

FAIR TRADE CLOTHES

And Albert	01482 863 068
Bishopston Trading Company	01453 766 355
Chandni Chowk	01179 300 059
Epona	01914 151 201
Ethical Wares.....	01570 471 155
Ganesha London	020 7928 3444
One World Shop	01312 294 541
Shared Earth.....	01904 632 896
Siesta.....	01227 464 614
Spurriergate Centre.....	01904 629 393
Traidcraft.....	01914 911 001
World of Difference	01788 579 191

FOOTWEAR

Birkenstock.....	020 7240 2783
Ethical Wares.....	01570 471 155
Green Shoes.....	01803 864 997
Vegetarian Shoes.....	01273 691 913

ORGANIC

Cloths Works	01225 309 218
Ecoclothing	01604 621 531
for details see advertisement	page 96
Ford Barton	01398 351 139
Garthenor	01570 493 347
Gossypium	01273 488 721
for details see advertisement	page 97
Green Fibres.....	0845 330 3440
for details see advertisement.....	page XX
Green House, The	01722 325 515
Grounded	020 7503 0279
Hug.....	0845 130 1525
INBI Hemp.....	0870 333 1858
for details see advertisement	page 96
Isle of Mull Weavers	01681 700 265
Marlo Clothing.....	01736 753 254
Myriad Organics.....	01584 872 665
Natural Dye Company.....	01258 840 549
Natural Collection	0870 331 3333
Organic Attire Co	020 7924 3345
Organic Shop, The.....	01765 640 676
Organic Wool Company, The.....	01239 821 171
Patagonia	0033 450 88 44 44
People Tree.....	020 7739 0660
Schmidt Natural Clothing	0845 345 0498
for details see advertisement.....	page 96
Spirit of Nature.....	0870 725 9885
Texture.....	020 7241 0990

T-SHIRTS

Footprint Clothing.....	0771 481 1072
FunkyGandhi.com	07979 993 533
for details see advertisement	page 96
Howies	01239 614 122
THC	020 8630 9001
Tonic T-shirts	07838 250 749

www. **FunkyGandhi.com**

"Time For Change"

FAIRLY TRADED
100% ORGANIC COTTON
T-SHIRTS

+ WHOLESALE PROMO/BRANDED T-SHIRTS
TO ETHICALLY MINDED ORGANISATIONS

CONTACT INFO@FUNKYGANDHI.COM
OR CALL 0845 345 4497

60% off normal price

inbi-hemp

Clothing for the Inner YOU

100% Organic
Natural Hemp Fibres

Great Sale Now On

0870 333 1858
hemp@inbi-hemp.co.uk
www.inbi-hemp.co.uk

Offer valid for a few days only and subject to terms and conditions.

Once you feel the difference with Organic fabrics next to your skin, you will not want to go back.

No toxins.
No shortcuts.

Just beautiful fair-traded fibres as nature intended.

free mailorder catalogue from
Schmidt Natural Clothing
(0845) 345 0498
local rate
www.naturalclothing.co.uk



BABY

Fairly Traded Organic Cotton

GOSSYPIMUM.CO.UK
small & beautiful
www.gossypium.co.uk

Soft on the skin

Soft on the planet

For our free catalogue call 0870 777 0282

A RANGE OF BABY PRODUCTS

Beaming Baby.....	0800 0345 672
Eco Babes.....	01366 387 851
Ecobaby Basics.....	01223 811 633
Ecoshop.....	00353 1287 2914
Ecotopia.....	01453 752 345
Green Baby.....	0870 240 6894
Little Earthlings.....	02829 541 214
Little Green Earthlets.....	08701 624 462
Lollipop.....	01736 799 512
Muladula.....	01453 768 549
Natural Collection.....	0870 331 3333
Natural Nursery, The.....	0845 890 1665
for details see advertisement.....	page 97
Spirit of Nature.....	0870 725 9885
Timber.....	01425 483 505

CLOTHING & TEXTILES

Clothworks.....	01225 309 218
Cut4Cloth.....	01326 340 956
Gossypium.....	01273 488 721
for details see advertisement.....	page 97
Green Fibres.....	0845 330 3440
for details see advertisement.....	page XX
Greensleeves Clothing.....	020 8458 1559
Healthy House, The.....	01453 752 216
Huggababy.....	0870 046 4844
Nature's Fibres.....	01622 853 517
People Tree.....	020 7739 0660
Schmidt Natural Clothing.....	0845 345 0498
Su Su Ma Ma World Wear.....	01273 300 606
Texture.....	020 7241 0990
Tiny Sprout.....	01892 863 646

FOOD

Baby Organix.....	0800 39 3511
Babynat Organico.....	01189 510 518
Hipp.....	0871 871 6611
Holle Baby Foods.....	01386 792 622
Mums 4.....	01926 771 285
Pots for Tots.....	0845 450 0875
Truuuly Scrumptious.....	01761 239 300

NAPPIES

ECO DISPOSABLE

Bottom Line, The.....	01543 250 810
Natural Baby Company, The.....	01983 810 925
Natural Nursery, The.....	0845 890 1665
for details see advertisement.....	page 97
Naturebotts.....	0845 226 2186

LAUNDRY SERVICES

Dinky Diapers.....	0117 986 6167
Nappy Box, The.....	01423 358 571
Nappy Ever After.....	020 7383 5115
Nappy Tales.....	01235 812 747
Natural Nappies.....	01376 563 787
Nifty Nappies.....	01420 549 659
Number1 for Nappies.....	01992 713 665
Scottish Nappy Company, The.....	0800 015 5570
Tops for Bottoms.....	0151 343 1356

RE-USABLE

Nappy Lady, The.....	0845 456 2441
Natural Nursery, The.....	0845 890 1665
for details see advertisement.....	page 97
Nature Botts.....	0845 226 2186
for details see advertisement.....	page 97
Sam I Am.....	01522 778 926
Smile Child.....	0800 1956 982
Snazzypants.....	01522 778 440
Twinkle Twinkle.....	0118 934 2120

TOILETRIES

Earth Friendly Baby.....	020 8424 8844
Green People.....	08702 401 444

TOYS

British Toymakers Guild.....	01225 442 440
Escor Toys.....	01202 591 081
Gaia Distribution.....	01225 484 472
Green Board Game Company.....	01494 538 999
Holz Toys.....	0845 130 8697
in2play.....	0845 890 1392
Myriad.....	01725 517 085
Toys for Children.....	01594 824 007
Tulip Toys.....	01709 546 778



www.naturebotts.co.uk

Eco-friendly baby & mother products delivered direct to your door - including Moltex Öko compostable, unbleached, disposable nappies.

For more details about Moltex Öko Nappies and the other eco-friendly products we can offer you please call us, or go to our website where you can find a full list of our products.

For your **FREE NAPPY** sample, or to order please call **0845 226 2186**

The Natural Nursery

Organic and fairly traded products for your family

Real nappies, clothes cut for cloth bottoms, toiletries, toys, accessories and special treats for mummies



Call 0845 8901665
www.naturalnursery.co.uk



pots for tots
fresh organic toddler food

Let us do some cooking for your infants

We provide fresh tasty 100% organic food for babies and toddlers from 7 months up to 3 years.

Check out our website to buy online or or call us to find your nearest stockist.

TEL: 0845 450 0875
www.potsfortots.co.uk

Passionate?

If you're passionate about the Ecologist and would like to join the Ecologist team in shaking up apathy in your local area email us at supporters@theecologist.org to find out how you can get involved.



We interrupt our regular programming for a moral advisory...

I'm the Reverend Billy



At the time of the 2004 Republican National Convention in New York City, I went through a time of death. Friends, and friends of friends, were passing away. People

in their 20's and 30's or their 90's. Lots of other friends were in prison, jailed by Republican-led police who couldn't read, or couldn't read the Constitution. We were embarking on a time of slow motion lawsuits and hushed memorials.

Every day that week of the RNC – I tried to take a long bike ride through the park near my home, before going into Manhattan for the puppetry and chanting and die-ins and re-enactments of the signing of the Declaration of Independence and performances of long unemployment lines – Peace work. On one of those days, I was peddling through the park and saw that the gate to the Quaker cemetery was left open. Someone was working on the grounds. I had never seen the gate to the war resisters' remains open like this.

I walked in. I found the caretaker down in one of the centuries-old groups of bodies, below the gate in a dark swale. The trees here are primeval. It is said that this is the original forest, never logged, one of the few in New York City. The white oaks with their great operatic branches go up and up. I got the generous hand-wave yes – I could walk around, and I wheeled my bike up toward higher forests and meadows filled with sunlight.

At the fork in the road, where it divided to go in a circle around the forest and around the graves, I stopped again. Tiered back into the hill, were many dead, whose presence was now becoming the fact of my visit, that unmistakable ruling stillness. Then I noticed a sign, about as tall as me, really a thick totem-pole kind of thing, painted white. Vertical black letters made words down the sides of the pole, and I saw that on the faceted surface of this pole, as I walked around it, were messages in English, French, German, Chinese, Spanish, Hebrew, Indian and Russian.

'Let Peace prevail on this earth.'

I looked up the hill at the graves, the separate small cemeteries from different 'friends' meetings' in the city, and from different times in history. And I understood. All of these people here under the grass of this beautiful hill had worked for Peace.

They are Friends, Quakers. This pole with the eight hopeful prayers came from the authority of all that work. I could feel the hope for Peace down in the minutes of their lives, in each heartbeat, now steadied in the larger heartbeat of this lovely park. The eight Peace prayers kept repeating as I walked by the names and the years and days.



'Hopelessness was not even the worst of it. There was something darker. We were being beaten by life, surrounded by a re-awakened death, a death that didn't fit at the end of life.'

Then a new feeling swept through me from all this, an unmistakable feeling that would – I sensed this right away – would always be there for me to remember. All the deaths around my community and family in recent weeks had somehow conspired to give the feeling of something terribly wrong in the world. From the Sudan and Chechnya to my neighbours and friends – it all felt that way. And the hopelessness was not even the worst of it. There was something darker. There was the feeling that life actively did not make sense - not so much the absence of hope but the presence of good peoples' deaths in a pattern of directed confusion. We were being beaten by life, surrounded by a re-awakened death, a death that didn't fit at the end of life. These last weeks I'd felt the presence of the demons I never believed in.

But the feeling I had that day – there at the strange language pole on the road through the graves – came from this phrase that these people had agreed to repeat as one by one they passed into the hill. Let there be Peace on this earth. The dead Friends were saying this to me in unison as the leafy shadows and pops of sunlight moved back and forth across the gravestones. I could hear them talking, looking up from all their work.

Let there be Peace on this earth.

Bill Talen's book *What Should I do if Reverend Billy is in my Store?* (New Press) is available in independent bookshops (if you see it in a transnational chain store, steal it). Visit www.revilly.com





Clean electricity for your home, wherever you live

Ecotricity is an electricity company with a difference ...we're dedicated to changing the way electricity is made.

Three great reasons to switch:

1. It won't cost you a penny more

You pay the same price as offered by your regional supplier - guaranteed

2. Quick and easy

We can supply your home no matter where you live*, a rented flat in the city or a cottage in the country. Switching your home to Ecotricity is quick and easy. Simply call us free on 08000 326 100 or register online at www.ecotricity.com

3. Better for the environment

Conventional electricity production methods pollute the atmosphere with gases that cause global warming. We're changing that by investing the money our customers spend with us to build wind turbines that produce clean electricity. Join Ecotricity today - you'll make a big difference.

"You'll be making an effortless contribution to the reduction of the gases that cause global warming, and it's not often you can do something for the good of everyone without it costing you a penny". The Guardian 28/02/04



We're also creating new wildlife habitats alongside our wind parks. Join us and we'll plant a tree for you.

Call free on **08000 326 100**
or visit **www.ecotricity.com**

ecotricity

*England and Wales only

Leave it as you find it

The plant & mineral based ingredients used by Ecover quickly break down after use - so there is no trace that they were ever there at all.

- ✓ **Safe and effective cleaning**
- ✓ **No unnecessary chemicals**
- ✓ **Complete & rapid biodegradation**

Find Ecover in most Supermarkets and Health Food stores.



For an information pack call 01635 574553 or visit our website at www.ecover.com.

TRY ECOVER FOR YOURSELF

For a free 100ml sample of Ecover's Camomile & Marigold Washing-Up liquid call 01635 574553 and quote 'Ecologist'.

