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The Young Vegetarian's A-Z

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off

Media type:

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More and more people are now realising that there is no earthly reason why they have to eat meat, but old tastes and habits die as hard as cholesterol-clogged arteries, so what most of us need is a simple text which reinforces the sense of the vegetarian message, answers worrying questions and gives plenty of 'how to' information. Debra Shipley has done a very good job of helping to fulfil this need; an alphabetical arrangement of a mixture of foodstuffs, theories, recipes and contentions shows the reader the main landscape and a few odd corners too. Best of all, by avoiding preaching, the text develops a happy confidence, taking the reader along in a state of easy accord with its burden and dispelling notions of crankiness. This book is the logical next step on from Jane Inglis' excellent **Some people don't eat meat** (Oakroyd Press, 0 9512210 0 0, \$2.50) of whose illustrations the ones here, though by a different hand, are pleasantly reminiscent.

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