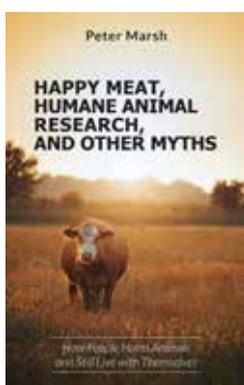


REVIEWS



Happy Meat, Humane Animal Research, and Other Myths by Peter Marsh Reviewed by Calen Otto

Happy Meat, Humane Animal Research, and Other Myths by Peter Marsh explores the complicated answer to the question most vegans can't understand: how can people harm animals and justify it? Marsh breaks down the psychological

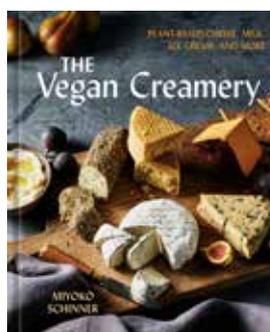
gymnastics required – something referred to as 'moral disengagement' – in layman's terms.

Inspecting our abuse of animals through food systems and animal testing, the writer dives into topics such as the 'exonerative use of language', denigrating victims' and 'disparaging critics,' to name a few. With each new chapter comes a new form of moral disengagement, accompanied by examples of how these tactics have been employed throughout history.

The Holocaust is frequently used to illustrate how moral disengagement is employed by the masses. For example, in World War II the Nazis systemically killed more than 70,000 people with disabilities who lived in state facilities. The group that organised these murders was called the Charitable Foundation for Institutional Care. The naming of a sinister group with a positive spin was no accident; they employed the 'exonerative use of language' – the act of misrepresenting harm through positive or neutral words – to

justify horrific acts. In comparison, those who test on animals use the phrase "died of nutritional insufficiency" – when an animal is intentionally starved to death.

In the book, speciesism is often compared to sexism and racism. This comes as no surprise since Marsh has a background in defending human animals and non-human animals as a lawyer in addition to his grassroots activism. This unique background puts Marsh in the perfect position to write this book; he has witnessed the human tendency towards moral disengagement time and time again and has used his bachelor's degree in psychology to dissect it. This book is highly recommended for anyone interested in exploring the complicated human mind, but one must be willing to confront and stomach the harm perpetuated by human beings worldwide.



The Vegan Creamery by Miyoko Schinner Reviewed by Vandana K

In her latest book *The Vegan Creamery*, pioneering vegan cheesemaker, Miyoko Schinner, distils decades of culinary knowledge of non-dairy delicacies, inviting readers to cook from scratch with popular and lesser-known ingredients and techniques.

In over 75 recipes, Schinner shares how to make plant-based milks, butters, yogurts, cheeses, ice creams and no-waste snacks. The ingredients are presented in both

volumetric and metric units. The full-page photos have a rustic yet modern charm, with especially stunning ice cream shots.

Schinner's cooking philosophy revolves around using whole foods and accessible ingredients as much as possible. What's most impressive is how systematic the book is, with ingredients clearly classified and recipes developed using both common (cashews, coconut milk) and uncommon (watermelon seeds, mung beans) ingredients, providing choices for those with allergies.

Schinner also outlines the techniques used in the book, fermentation being the big one, and lists all the equipment you'll need, from basic to specialised tools. Schinner's conversational tone feels as though she's talking to you from her kitchen counter, recalling amusing anecdotes and explaining what cannot be skipped or substituted.

Over a third of the book is dedicated to cheeses – fresh and aged. This is the part of the book that requires the most out of a cook in terms of patience, attention and equipment. The variety is astounding – mozzarella, feta, cheddar and more. Cheese lovers who miss familiar flavours and vegan cafes and small businesses will benefit the most from these recipes. However, the recipes are written as paragraphs instead of lists, which may feel overwhelming for beginners.

For those with less time, the ice cream section shines. You need a handful of ingredients, a blender and freezer to create mouth-watering flavours like a mango mint gelato. For an easy start, make the sweet whipping cream to add a bit of decadence to your warm drinks as a small treat. A wonderful surprise at the end of the book is the No Waste recipe section, which uses leftover plant milk pulp to make carrot muffins, hazelnut brownies and even Italian sausages. *The Vegan Creamery* is the kind of book novice cooks and chefs use until it begins to stain yet still refuse to lend.

More Like Paul directed by Damian Sciberras Reviewed by Ursula Watson

Paul Youd is 88-years-old and has an ambition to complete 100 ultramarathons by his 100th birthday. This life-affirming and uplifting documentary follows Paul over the last two years as he adds to his growing number of medals. To reach his goal he needs to complete six ultramarathons a year – and he is well on his way.

What makes this a compelling watch is Paul himself. Directed by Damien Sciberras and produced by Ed Winters, this short film allows Paul's character to take centre stage. Paul is striving for a cruelty-free world and this inspires all his actions. Not only does he use his runs to raise money for vegan charities, he is also an animal activist for outreach organisation We The Free and vegan charity Viva!

In his 40s he suffered from osteoarthritis and was in too much pain to run. Learning the truth about animal agriculture, he adopted a vegan diet and he credits this for relieving the pain. Slowly but surely, he started running. His journey from running around his garden to completing park runs and then taking on ultramarathons is inspirational for everyone. Paul says all we need to do is put one foot in front of another and keep going.

It is clear how much he enjoys these events. Despite completing his first ultramarathon in terrible weather, what he remembers is feeling alive and that he couldn't think of anywhere else he would rather be. Even while being treated for a head injury during an event, he tells a medic his plans to complete 100 ultramarathons. He is absolutely undefeatable. At a rest stop he fits in some press ups – his aim is to complete a million of those by his 100th birthday and he's on track for that too!

More Like Paul is available to watch on Vimeo.

