



Vegetarianism and Veganism in Australia  
an annotated bibliography

Compiled by  
Edgar Crook

7<sup>th</sup> Edition, 2009

This bibliography is only concerned with works produced within Australia, or by an Australian, which prominently features vegetarianism or veganism. Most, but not all of the works, are currently available to researchers from Australian libraries (according to institutional catalogues and the Australian National Bibliographic Database).

The bibliography is as comprehensive as possible on works published prior to 1980 but it is not a complete record of all works published. The bibliography contains only that which is known to the compiler or available in a library or other institution. It is to be expected that some historical works have not been collected by any organization and so are presumed lost to a current readership.

Some commercially produced vegetarian cookery books published after 1980 have not been included in the bibliography as they are numerous and the information within them is of minimal value to researchers.

Works primarily on animal rights or welfare have generally not been included.

The monograph entries are ordered by author surname. Where there is more than one work by the same author they are listed in date order. Authorless works are entered using the title within author order. The periodical list is in title order.

Due to the large amount of material produced by the Seventh-day Adventist Church they are listed separately at the end of the bibliography.

As this is an ongoing project, I would welcome information on any relevant published works that have been omitted. Please contact the compiler at: [edgarcrook@hotmail.com](mailto:edgarcrook@hotmail.com)

**Monographs** : General works: comprises a listing of books which include, discuss or promote vegetarianism or veganism.

Author: Australian Bureau of Statistics

Title: National nutrition survey : selected highlights, Australia, 1995

Publication details: Canberra : Australian Bureau of Statistics, 1997

Physical description: v, 60 p. : ill. ; 30 cm.

ISBN: 0642257930

Notes: ABS Catalogue no. 4802.0.

Notes: Contains statistics from the 1995 National Nutrition Survey. The entire survey statistics have not been published, but there have been some studies of the survey which may be relevant. There have been a number of diet/health/nutrition surveys carried out by the ABS which mention vegetarian/vegan diets, but none specifically on vegetarianism or veganism.

Author: Chidley, William James

Title: The answer

Publication details: Melbourne, Australasian authors' agency, 1911

Physical description: 79 p. col. fold. front. 20 cm.

Notes: Chidley was an eccentric who promoted 'natural coition', naturism and vegetarianism in Sydney and Melbourne, 1911-1915. He published explanations of his theories in his book 'the answer' which appeared in a number of different versions.

Author: Chidley, William James

Title: The answer : a philosophical essay

Edition: 2nd ed.

Publication details: Melbourne : W. Chidley, 1911

Physical description: 72 p. : ill. (some col.) ; 18 cm.

Author: Chidley, William James

Title: The answer : a philosophical essay

Edition: 3rd ed., rev.

Publication details: Sydney? : W. Chidley, 1912

Physical description: 64 p., 1 folded leaf of plates : ill. (some col.) ; 21 cm.

Author: Chidley, William James  
Title: The answer : an essay in philosophy  
Publication details: Sydney : W. Chidley, 1913  
Physical description: 48 p. : ill.

Author: Chidley, William James  
Title: The answer : an essay in philosophy  
Publication details: Sydney : W. Chidley, 1914  
Physical description: 48 p., 1 folded leaf of plate : ill. ; 21 cm.

Author: Chidley, William James  
Title: The answer : an essay in philosophy  
Publication details: Sydney : W. Chidley, 1914  
Physical description: 46 p., 1 folded leaf of plates : ill. ; 22 cm.

Author: Chidley, William James  
Title: The answer, or, The world as joy : an essay in philosophy  
Also titled: World as joy  
Publication details: Sydney : D. Smith, 1915  
Physical description: 205 p., 3 leaves of plates (1 folded) : ill. ; 22 cm.

Author: Clark, Emily & Dempster, Lisa  
Title: Veg\*n Shopper : an essential pocket reference  
Edition: 1st ed.  
Publication details: Doncaster East, Vic. : Aduki Independent Press, 2007.  
Physical description: 1 v., 52p.  
Edition: 1st ed.  
ISBN: 9780980335101

Author: Coetzee, J. M. , Marjorie Garber ... [et al.]  
Title: The lives of animals  
Publication details: Princeton, N.J. ; Chichester : Princeton University Press, 1999.  
Physical description: 127 p. ; 24 cm.  
ISBN: 0691004439

Author: Coetzee, J. M.  
Title: Elizabeth Costello : eight lessons  
Publication details: Milsons Point, N.S.W. : Vintage, 2004  
Physical description: 233 p. ; 20 cm.  
ISBN: 1740512758  
Notes: Fiction. Includes sections of his earlier work *The Lives of Animals*.

Author: Crook, Edgar (compiler)  
Title: Vegetarianism and veganism in Australia : an annotated bibliography  
Publication details: Canberra, 2005 -  
Note: Edition 1 & 2 in print from edition 3 online at: <http://nla.gov.au/nla.arc-50914>

Author: Crook, Edgar  
Title: Vegetarianism in Australia - 1788 to 1948 : a cultural and social history  
Publication details: Lulu / Huntingdon Press, 2006  
Physical description: 170 p. ; 23 cm.  
ISBN: 9781847288059  
<http://www.lulu.com/product/paperback/vegetarianism-in-australia---1788-to-1948-a-cultural-and-social-history/434905>

Author: Crook, Edgar  
Title: Vegetarianism in Australia - 1788 to 1948 : a cultural and social history  
Publication details: Sydney : Australian Vegetarian Society, 2007  
Edition: 2<sup>nd</sup> edition revised and enlarged  
Physical description: 187 p  
Note: E-book available from: <http://www.veg-soc.org/shop/>

Author: Crook, Edgar  
Title: Vegetarianism in Australia – a history  
Publication details: International Vegetarian Union, 2008  
Edition: 2<sup>nd</sup> edition revised and enlarged  
Note: Final revised complete edition. Available online at:  
<http://www.ivu.org/history/australia/index.html>

Author: Dugdale, H. A. (Henrietta Augusta)

Title: A few hours in a far-off age

Publication details Melbourne : M'Carron, Bird, 1883

Physical description: 105 p. ; 18 cm.

Notes: Fiction

Notes: novel in which Melbourne feminist, vegetarian and rationalist Dugdale depicts a future society as vegan, with no animals being used for food, clothing or transport.

Author: Elton, Fred

Title: Colonials as cannibals

Publication details: Brisbane : W.H. Wendt, 1913.

Physical description: 32 p. ; 18 cm.

Notes: Poems, stories and articles by Toowoomba based writer includes information promoting vegetarianism and Theosophy.

Title: Exploding the myth of the innocent citizen

Publication details: Sydney : Bhaktivedanta Books, 1985?

Physical description: 15 p. :ill. ;21 cm.

Notes: Hare Krishna publication.

Notes: Many Hare Krishna publications with reference to vegetarianism are available in Australia, but are not included as they are invariably published overseas.

Author: Healey, Justin

Title: Food for thought

Publication details: Rozelle, N.S.W. : Spinney Press, 2002

Physical description: 44 p. : ill. ; 30 cm.

Series: Issues in society (Balmain, N.S.W.) ; v. 167.

Notes: For school students

Author: Horton, David

Title: The death of the abattoir

Publication details: Sydney : 1992

Physical description: 140 p. ; 21 cm.

ISBN: 0646127764

Author: Horton, David  
Title: Altruism without morality  
Publication details: Sydney : 1997  
Physical description: 60 p. ; 21 cm.  
ISBN: 0 646 319787

Author: Horton, David  
Title: Vegan Oz  
Publication details: Sydney : VeganWise, 1998  
Physical description: 60 p. ; 21 cm.

Author: Horton, David  
Title: Katia goes vegan  
Publication details: Sydney : VeganWise, 1999  
Physical description: 129 p. ; 21 cm.  
ISBN: 0958576912  
Notes: Fiction

Author: Horton, David  
Title: Beyond vegan  
Publication details: Sydney : 1999  
Physical description: 60 p. ; 21 cm.

Author: Horton, David  
Title: Friends and connections  
Publication details: Sydney : 2002  
Physical description: 140 p. ; 21 cm.  
ISBN: 0958576920

Author: Horton, David  
Title: Vegan animal rights  
Publication details: Sydney : 2004  
Physical description: 88 p. ; 21 cm.  
ISBN: 0958576947

Author: Horton, David  
Title: Vegan animal rights : seventy articles  
Publication details: Sydney : 2005  
Physical description: 157p.

Author: Jones, Robert  
Title: Vegetarianism, with special reference to its connection with temperance in drinking  
Publication details: Melbourne : George Robertson, 1888  
Physical description: 24 p  
Notes: The only known copy is held by the British Library

Author: Jones, Robert  
Title: Vegetarianism, with special reference to its connection with temperance in drinking : lecture (enlarged) delivered before the Melbourne Total Abstinence Society at the Temperance Hall, Russell-St., on the 10th April, 1888  
Edition: 2nd ed., edited by Joseph Knight.  
Publication details: Melbourne : George Robertson ; Manchester : The Vegetarian Society, 1889.  
Physical description: 32 p. ; 18 cm.  
Notes: Jones was a vegan and the President of the Australian Vegetarian Society. He was one of the few early vegetarians to have been born in Australia, he was a frequent lecturer on temperance and vegetarianism.

Author: Liddell, Rodney  
Title: Children of destiny  
Publication details: Redbank, Qld. : R. Liddell, c2000  
Physical description: vi, 282 p. : ill., ports. ; 23 cm.  
ISBN: 0646397729  
Notes: Subject matter is L. O. Bailey's Hopewood House, a vegetarian children's home.

Author: Meermann, Ernest Harold  
Title: Reasons why not to kill creatures and why to be Vegetarian  
Edition: 7th ed.  
Publication details: Prahran, Vic. : Author, 1959  
Physical description: 10p. ; 34cm.

Author: Meermann, Ernest Harold  
Title: Reasons why not to kill creatures and why to be Vegetarian  
Edition: 8th ed.  
Publication details: Melbourne : the Author, 1961?  
Physical description: 8 p. ; 34 cm.

Author: Meermann, Ernest Harold  
Title: Reasons why not to kill creatures and why to be Vegetarian  
Edition: 9b.  
Publication details: Melbourne : the Author, 1962  
Physical description: 9p. ; 34cm.

Author: Meermann, Ernest Harold  
Title: Reasons why not to kill creatures and why to be Vegetarian  
Publication details: St. Kilda, Vic. : The Author, 1967?  
Physical description: 7 p. ; 34 cm.

Author: Meermann, Ernest Harold  
Title: Reasons why not to kill creatures and why to be Vegetarian  
Edition: 10b.  
Publication details: St. Kilda, Vic. : The Author, 1969  
Physical description: 8 l. ; 34 cm.

Author: Meermann, Ernest Harold  
Title: Reasons why not to kill creatures and why to be Vegetarian  
Edition: 11th ed.  
Publication details: St. Kilda, Vic. : The Author, 1969?  
Physical description: 9 l. ; 34 cm.

Author: Moseley, H. C.  
Title: Stop eating meat  
Publication details: Adelaide, 1915  
Physical description: 4 p. ; 12 cm.  
Notes: Booklet produced by Moseley, owner of the Vegetarian café, Waymouth Street, Adelaide c1910s-1920s.

Author: Raymond, Candy  
Title: The Hopewood story : a gift of health  
Publication details: Sydney : Pythagorean Press, 1987  
Physical description: vi, 62 p. : ill., ports. ; 21 cm.  
ISBN: 0958769613  
Notes: Subject matter is L. O. Bailey's Hopewood House, a vegetarian children's home.

Author: Reclus, Elisee  
Title: On vegetarianism ; the great kinship of humans and fauna  
Publication details: Petersham, N.S.W. : Jura Books, 1996  
Physical description: 16 p. : ill. ; 21 cm.  
Notes: Australian printing of this classic early French work.

Author: Record, Robert  
Title: Whitespot : the dingo puppy who would not eat meat  
Publication details: [Sydney] : Currawong, [1944]  
Physical description: 30 p., [1] leaf of plates : ill. ; 12 X 14 cm.  
Notes: delightful children's story about a dingo who leaves his meat eating family, meets some new animal friends and finally is befriended by an old vegetarian miner.

Author: Russell, Geoffrey John  
Title: CSIRO Perfidy  
Publication details: [Adelaide], Vivid Publishing, 2009  
Physical description: 336 p  
ISBN-10: 0980638135  
ISBN-13: 978-0980638134

Author: Shore, Alice, the International Network for Religion and Animals  
Title: Vegetarianism and religion : what do the scriptures say?  
Publication details: Birdwood, S.A. : I.N.R.A., 1990  
Physical description: 18 p. : ill. ; 30 cm  
Notes: Shore and the Network have published a large number of works relating to animal welfare.

Author: Singer, Peter

Title: Animal liberation : a new ethics for our treatment of animals

Publication details: New York : New York Review : Distributed by Random House, c1975

Physical description: xvii, 301 p., 4 leaves of plates : ill. ; 22 cm.

ISBN: 0394400968

Notes: There are numerous works by the Australian philosopher and ethicist Peter Singer on animal rights/welfare, which have not been listed as they outside the remit of this bibliography.

Author: Singer, Peter

Title: Animal liberation : a new ethics for our treatment of animals.

Publication details: London : Jonathan Cape, 1976

Physical description: xvii, 301 p., 8 p. of plates : ill. ; 23 cm.

ISBN: 0224012509

Author: Singer, Peter

Title: Animal liberation

Edition: 2nd ed.

Publication details: London : Cape, 1990

Physical description: xviii, 320 p. : ill. ; 24 cm.

ISBN: 0224030183

Author: Singer, Peter and Mason, Jim

Title: The ethics of what we eat

Publication details: Melbourne, Vic. : Text Publishing, 2006

Physical description: 303 p. ; 24 cm.

ISBN: 1921145374

Author: Perry, Thomas

Title: Veg out! : the what, why, who & how of vegetarianism

Publication details: Oakleigh South, Vic. : Vegecentric, 2000

Physical description: 25p. : ill. 21 cm.

Author: Snook, Dorothea  
Title: Was man intended by nature to be a herbivorous animal, or a carnivorous animal?  
Publication details: Perth : Christie Bros., 1964  
Physical description: 42p.  
Notes: Dr Snook also wrote a number of books for parents of young children.

Author: Tran, Anh Kiet.  
Title: An chay va s'uc khoe  
Publication details: Hinchinbrook, N.S.W. Anh Kiet Tran, 1999  
Physical description: 114 p. ; 20 cm.  
ISBN: 0646386360  
Notes: Buddhist Vegetarianism.

Author: Trop, Jack Dunn  
Title: A gift of love : the Hopewood story  
Publication details: Sydney : West Publishing Corporation, 1972  
Physical description: x, 321p. : ill., 25cm.  
ISBN: 0855820152  
Notes: Subject matter is L. O. Bailey's Hopewood House, a vegetarian children's home.

Author: Vegetarian/Vegan Society of Queensland and Animal Liberation Queensland  
Title: Boycott cruelty go vegan!  
Publication details: Queensland : Vegetarian/Vegan Society of Queensland and Animal Liberation Queensland, 2005  
Physical description: 15 p. ; 21 cm.

Author: Vegetarian Society of Victoria  
Title: Rational food  
Publication details: Collingwood, Vic. : Vegetarian Society of Victoria, 1901?  
Physical description: 30 p. ; 19 cm.  
Notes: Pamphlet book gives reasons for adoption of diet with quotes and selections from prominent doctors, philosophers and religious leaders.

Author: Vilkelis, Marijonas  
Title: Passover me'n'u  
Publication details: Lismore, N.S.W. : M. Vilkelis, 1993.  
Physical description: xiii, 250 p. ; 21 cm.  
Notes: Work discusses vegetarianism, religious observance, sanctity of life and pro-life issues.

Author: Waddell, John  
Title: But you kill ants : answers to 100 objections to vegetarianism and veganism  
Edition: 1st ed.  
Publication details: Brookvale, NSW. : BA Printing and Publishing Services, 2004  
Physical description: 128 p. ; 21 cm.  
ISBN: 0646430831

Author: Waddell, John  
Title: But you kill ants : answers to 100 concerns about vegetarianism and veganism  
Edition: 2nd ed.  
Publication details: Brookvale, NSW. : BA Printing and Publishing Services, 2005  
Physical description: 128 p. ; 20 cm.

Author: Waddell, John  
Title: But you kill ants : answers to 100 concerns about vegetarianism and veganism  
Publication details: Brookvale, NSW. : BA Printing and Publishing Services, 2005  
Edition: 3rd ed.  
Physical description: 128 p.  
ISBN: 0646430831

Author: Waddell, John  
Title: But you kill ants : answers to 100 concerns about vegetarianism and veganism  
Publication details: Brookvale, NSW. : BA Printing and Publishing Services, 2007  
Physical description: 127 p. ; 20 cm.  
Edition: 4th ed.  
ISBN: 0646430831

Author: Waddell, John.

Title: But you kill ants : answers to 100 concerns about vegetarianism and veganism.

Edition: 5th ed.

Publication details: Brookvale, NSW. : BA Printing and Publishing Services, 2008.

Physical description: 126 p. ; 21 cm.

ISBN: 0646430831

Author: Woodbury, Cathie

Title: The cowless pyramid

Publication details: Coffs Harbour, N.S.W. :Southern Cross University, 2003

Physical description: 1 v. :ill. ;30 cm.

**Monographs** : Health and Recipes : books that discuss vegetarian/vegan health, nutrition and cookery

Author: Abramowski, O. L. M. (Otto Louis Moritz)

Title: Eating for health : the evolution of a commonsense conception of disease and a natural system of its prevention and cure

Publication details : Mildura, Vic. : Cultivator Print, 1907

Physical description: 127 p. ; 21 cm.

Notes: "Reprint of letters appearing in the Mildura Cultivator during 1906 and 1907."

Notes: Abramowski (1852-1910) was a German born doctor who settled in Australia in 1884. He published a number of books on diet the most popular now being reprints of his work on raw foods and Fruitarianism with titles such as: *Fruit can heal you* and *A doctor's raw food cure*.

Author: Abramowski, O. L. M. (Otto Louis Moritz)

Title: Vitalism : the art of eating for health

Publication details: Melbourne : E.W. Cole, 1908

Printer: (Melbourne : B.R. Gowan & Co.)

Physical description: 141 p., 2 leaves of plates : ports. ; 18 cm.

Author: Abramowski, O. L. M. (Otto Louis Moritz)

Author: Vitalism : the art of eating for health

Edition 2nd ed., rev. and enlarged.

Publication details: Melbourne : E.W. Cole, 1910

Physical description: 145 p., 2 leaves of plates: ports. ; 19 cm.

Author: Abramowski, O. L. M. (Otto Louis Moritz)

Title: Eating for health

Notes: Revised by J. T. Huston.

Edition: 3rd ed.

Publication details : Melb. : Lothian, 1913

Author: Abramowski, O. L. M. (Otto Louis Moritz)

Title: Fruitarian diet and physical rejuvenation

Publication details: Westville, South Africa : Essence of Health Pub. Co., 19??.

Physical description: 24 p. ; 20 cm.

Author: Aitken, Helen.

Title: The really useful ultimate student vegetarian cookbook

Also Titled: Ultimate student vegetarian cookbook

Publication details: Millers Point, N.S.W : London : Murdoch Books  
Australia, 2008.

Physical description: 272 p. ; 19 cm.

ISBN: 9781741962475

ISBN: 1741962471 (pbk.)

Author: Albert, Jacques

Title: Rational cookery : containing 116 practical recipes for meatless and uric acid-free dishes mostly original but all useful, healthful and tasteful including Roulis, Rovioli, rice cooking - how it is prepared, coated and geysered, steamed and served

Publication details: Sydney : Health and Diet Press, [190?]

Physical description: 88 p. ; 19 cm.

Dewey Classification Number: 641.5

Series: Health and diet series ; no. 2.

Note: Albert Jaques (1850-1914), a Swiss émigré to Australia (1884) was a watchmaker and music salesman who also wrote a large number of works on a variety of subjects. For the promotion of Vegetarianism he wrote a series of books/pamphlets including: *Rational Diets*, *Rational Preserves*, *Rational Beverages*, *Rational Nutritives*. Only the following are available in Libraries.

Author: Albert, Jacques

Title: Rational bakery : containing 106 practical recipes for meatless, fireless, and uric acid-free salads, dainties, including over 30 recipes for Pain Rechauffe, "Ideal" bread, unleavened breads, French bread, whole wheat fine-milled bread, galettes, biscuits, circoli, fromagettes, strudeln, etc.

Publication details: Sydney : Health and Diet Press, [190?]

Physical description: 88 p. ; 19 cm.

Series: Health and diet series ; no. 3.

Author: Albert, Jacques

Title: Rational health : the art of living longest : a system of simple living, whereby sickness becomes positively impossible ...

Also Titled: Rational health : how to attain longevity, by rational, drugless and inexpensive means, enjoying all the while perfect health

Also Titled: Art of living longest

Publication details: Sydney : Batson & Co., [19-?].

Physical description: 153 p. ; 18 cm.

Author: Anandam School of Yoga, Morwell (compilers)

Title: Vegetarian & health recipes

Publication details: Morwell Vic. : Anandam School of Yoga, 197-?

Physical description: 31 p. ; 22 cm.

Author: Anderson, Stella Marie.

Title: From Stella's kitchen : the cookbook for herbivores and carnivores

Publication details: Oldbury, W. Aust. : Linellen Press, 2005.

Physical description: 60 p. ; 30 cm.

ISBN: 1876922184

Author: Animal Liberation

Title: Alternative menus in protest against intensive farming

Publication details: Brisbane : Animal Liberation, 198-?

Physical description: 128 p. : ill. ; 22 cm.

Author: Animal Liberation South Australia

Title: Vegetarian shortcuts : give health a chance

Publication details: Adelaide : Animal Liberation Inc. (S.A.), 1986?

Physical description: 14 p. : ill. ; 21 cm

Author: Armstrong, Lawrence

Title: Our heritage of health : the cause and treatment of common diseases

Publication details: Sydney : Aladdin Industries, 1935.

Physical description: 48 p. : port. ; 22 cm.

Notes: Armstrong was the Honorary Director of Dietetics for the Radiant Health Clubs and ran his own Armstrong Health Institute in St Georges Terrace, Adelaide.

Author: Armstrong, Lawrence  
Title: The life force : food science as the key to perfect health  
Publication details: Sydney?, 1936(Sydney :Grason Press)  
Physical description: 65 p. :1 port. ;22 cm.

Author: Armstrong, Lawrence  
Title: The life force : food science as the key to perfect health.  
Edition: revised ed.  
Publication details: Perth : L. Armstrong, printed by Grason Press (Sydney),1937  
Physical description: pp.64.

Author: Armstrong, Lawrence  
Title: Life force recipes : a collection of well-balanced menus and recipes compiled in accordance with the principles of food science  
Publication details: Perth ,1937  
Physical description: 60 p. :21 cm.

Author: Armstrong, Lawrence  
Title: Life force recipes : companion book to "The life force" a collection of well-balanced menus and recipes compiled in accordance with the principles of food science  
Publication details: Perth,1937  
Physical description: 60 p.

Author: Armstrong, Lawrence  
Title: Our heritage of health : the cause and treatment of common diseases.  
Series: Second series  
Publication details: Perth : L. Armstrong,1937  
Physical description: 47 p. ;21 cm.

Author: Armstrong, Lawrence  
Title: Our mysterious glands  
Publication details: Perth,1937 (Sydney :Grason Press)  
Physical description: 40 p. ;19 cm.

Author: Armstrong, Lawrence  
Title: In harmony with nature  
Publication details: Perth, 1938  
Physical description: 1 v.

Author: Armstrong, Lawrence  
Title: Cancer is curable  
Publication details: Perth, W.A. : L. Armstrong, 1939  
Physical description: 64 p. :port. ;22 cm.

Author: Armstrong, Lawrence  
Title: Life force recipes : a collection of well-balanced menus and recipes compiled in accordance with the principles of food science  
Publication details: Melbourne, 1941  
Physical description: 1 v.

Author: Armstrong, Lawrence  
Title: The life force : food science as the key to perfect health  
Edition: New and revised ed. With which is incorporated "Our heritage of health",  
Series: First Series.  
Publication details: Melbourne : L. Armstrong, 1941.  
Physical description: 72 pp.

Author: Armstrong, Lawrence  
Title: In harmony with nature  
Publication details: Perth, W.A. :1944?  
Physical description: 64 p. :ill., 1 port. ;18 cm.

Author: Armstrong, Lawrence  
Title: Life force recipes : companion book to "The Life Force", a collection of well-balanced menus and recipes compiled in accordance with the principles of food science  
Edition Rev. Ed.  
Publication details: Tooronga, Vic. : L. Armstrong, 1945  
Physical description: 48 p. :port. ;22 cm.

Author: Armstrong, Lawrence  
Title: Life force recipes.  
Edition: 5th ed.  
Publication details: Malvern, Vic. L. Armstrong ; Burwood, Vic : Consultant  
Dietitians Association of Australia, 1967  
Physical description: 48 p. ;22 cm.

Author: Arntzen, Jenelle Maree  
Title: Don't say cheese! : so what can a vegetarian eat  
Publication details: Perth, W.A. : J.M. Arntzen, 1983  
Physical description: 59 p. : ill. ; 21 cm.  
ISBN: 0959195505

Author: Arntzen, Jenelle Maree  
Title: The vegetarian microwave  
Publication details: Perth, W.A : Jenmar Publications, 1985  
Physical description: 81 p. : ill ; 25 cm.  
ISBN: 0959195513

Author: Ashworth, Sue.  
Title: Step-by-step vegetarian dinner parties  
Publication details: Sydney, N.S.W. : Book Company, 1995.  
Physical description: 80 p. : col. ill. ; 21 cm.  
Series: Parragon step-by-step cookery series  
ISBN: 1858138795

Author: Australian Student Christian Movement  
Title: Vegetarian recipes and reflections  
Publication details: Melbourne, 200?-  
Physical description: 17 p  
Notes: ongoing online recipe book, available at:  
<http://www.ascm.org.au/files/cookbook.pdf>

Author: Australian Dairy Corporation. Dairy Foods Advisory Bureau.

Title: Vegetarian meals : an apple to zucchini guide to balanced nutrition  
Publication details: Melbourne : Dairy Foods Advisory Bureau, Australian Dairy Corporation, 198-?  
Physical description: 10 p. : ill. ; 21 cm.

Author: Australian Dairy Corporation. Dairy Foods Advisory Bureau  
Title: Vegetarian meals : a balanced approach to healthy eating  
Publication details: Melbourne ;, 198?  
Physical description: 10 p. : col. ill. ; 21 cm.

Author: Australian Dairy Corporation  
Title: Recipes for vegetarians : health and vitality with a vegetarian diet  
Publication details: Melbourne : 1998  
Physical description: 16 p. : col. ill. ; 21 cm.

Author: Australian Nutrition Foundation  
Title: Food for young Aussies.  
Publication details: Glebe, N.S.W. : Australian Nutrition Foundation, 1994  
Physical description: 13 p. :col. Ill. ; 30 cm.

Author: Australian Nutrition Foundation.  
Title: Eating the vegetarian way  
Publication details: Glebe, N.S.W. : Australian Nutrition Foundation, 1995  
Physical description: 12 p. : col. ill. ; 21 cm.

Author: Ashcroft, Elizabeth.  
Title: Vegetarian menus : a voice for the animals  
Edition: 2nd ed.  
Publication details: Brisbane, Qld. : Animal Liberation (Qld.) Ltd., 1982  
Physical description: 138 p. : ill.  
ISBN: 0959492720

Author: Baker, Julie A.

Title: Recipes for better health  
Publication details: Kingaroy, Qld. : J.A. Baker, 1995  
Physical description: 39 p. ; 31 cm.  
ISBN: 0646242881

Author: Banfield, M.  
Title: How I cured angina with a vegetarian diet [sound recording].  
Publication details: Modbury, S. Aust. : M.A.Banfield, c2008.  
Physical description: 1 sound disc (38 min., 37 sec.) : digital, stereo ; 4 3/4 in.  
ISBN: 0958539057  
Notes: Personal account of surviving cancer and angina through diet  
See also: <http://users.sa.chariot.net.au/~posture/AnginaDietCure.html>

Author: Barca, Margaret.  
Title: Vegetarian bible.  
Publication details: Camberwell, Vic. : Penguin Books, 2008.  
Physical description: 257 p. : col. ill. ; 18 cm.  
ISBN: 9780143008552 (pbk.)

Author: Barnes, Kenneth W. (Kenneth Winston)  
Title: Our natural heritage : the foundation of health and self  
Edition: 1st ed.  
Publication details: South Townsville Qld. : K.W. Barnes, 1976  
Physical description: 35 p. : ill. (some col.) ; 20 cm.  
ISBN: 0959659101

Author: Belfitt, Sue and Horton, David (editors)  
Title: Cake, Vegan cake of course  
Publication details: Sydney : VeganWise, 2002  
Physical description: 87 p. ; 21 cm.  
ISBN: 0958576939

Author: Bloom, Henry J.

Title: Health cookery book and correct food combinations  
Publication details: Sydney : Bloom's Health Foods Pty. Ltd., 1939?  
Physical description: 31 p. ; 18 cm.  
Notes: Bloom started a health food shop in Royal Arcade, Sydney in 1938, the business under different ownership still exists.

Author: Braitling Primary School  
Title: Vegetarian cookbook  
Publication details: Alice Springs, N.T. : Braitling Primary School, 1991  
Physical description: 68 p. : ill. ; 22 cm.

Author: Brown, Gail  
Title: Healthy eats in Australia : a guide to vegetarian & whole food restaurants, cafes and takeaways  
Publication details: Carlton, Vic : McCulloch Publishing Pty. Ltd., 1987  
Physical description: 112 p. : ill. ; 20 cm  
ISBN: 0949646253  
Author: Brown, Judith E.  
Title: Nutrition now  
Edition: 5th ed.  
Publication details: Australia : Thomson/Wadsworth, c2008 [i.e.2007].  
Physical description: 1 v. (various pagings) : col. ill. ; 28 cm. +  
1 interactive learning guide for students.  
ISBN: 0495117692 (pbk.)  
ISBN: 0495383074 (pbk. : interactive learning guide)  
ISBN: 9780495117698 (pbk.)  
ISBN: 9780495383079 (pbk. : interactive learning guide)  
Notes: Includes the chapter 'Vegetarian Diets'

Author: Butler, Christine, illustrations by Kate Kelly and Doreen van Bree  
Title: The vegetarian celebration cookbook  
Publication details: North Fitzroy, Vic. : Violet Fire Publication, 1994.  
Physical description: vi, 58 p. : ill. ; 21 cm.

Author: Carbonetti, Ivo.

Title: International vegetarian cookery  
Publication details: Sydney : I. Carbonetti, 1994.  
Physical description: 139 p. ; 17 x 21 cm.  
ISBN: 0646188437

Author: Carroll, Alan  
Title: Health and longevity : the theories of the late Dr. Alan Carroll / Published by Mrs. D. Izett.  
Edition: 5th ed..  
Publication details: Sydney : The Worker Trade Union Print, 1927  
Physical description: 445 p.

Author: Chappell, Greg  
Title: Greg Chappell's health and fitness repair manual  
Publication details: Rydalmere, N.S.W. : Hodder Headline, 1998  
Physical description: xii, 227 p. ; 24 cm.  
ISBN: 0733609619 :  
Notes: Chappell is a well known Australian former cricketer.

Author: Chappell, Greg  
Title: Greg Chappell's family health and fitness manual.  
Publication details: Sydney : Hodder Headline, 1999  
Physical description: 216 p. ; 24 cm.  
ISBN: 0733611478

Author: Clare, Sally and David  
Title: The creative vegetarian  
Publication details: Willoughby, N.S.W. : Nature & Health Books, 1987  
Physical description: 137 p. ; 22 cm.  
ISBN: 0949099058  
Notes: The Clares opened the vegetarian restaurant the Fernery in Sydney in 1985.

Author: Clark, Anne

Title: Clarky's healthy recipes : recipes for tofu, herbs, dieters, athletes and allergy sufferers

Publication details: Cairns, Qld : A. Clark, 1987, 1986

Physical description: 72 p. : ill ; 21 cm.

ISBN: 0958801002

Notes: Anne Clark has written a number of diet and health books not all of which are listed here.

Author: Clark, Anne

Title: The best collection of healthy recipes

Publication details: Cairns, Qld : A. Clark, 1987

Physical description: 64 p. : ill ; 21 cm.

ISBN: 0958801010

Author: Clark, Anne

Title: Healthy eating in the tropics : including low fat, candida, sugar free, wheat free, gluten free, vegetarian, dairy free recipes

Publication details: Clifton Beach, Qld. : Anne Clark, 1988

Physical description: 47 p. : ill. ; 21 cm.

Author: Clark, Anne.

Title: In the raw

Publication details: Cairns, Qld. : Anne Clark, 1999.

Physical description: 109 p. : ill. ; 28 cm.

ISBN: 095880107X

Author: Clark, Emily.

Title: Tempting tempeh

Publication details: Doncaster East, Vic. : Aduki Independent Press, 2007.

Physical description: 48 p.

ISBN: 9780980335118

Author: Clark, Pamela.

Title: The Australian women's weekly vegetarian main meals

Publication details: Sydney : ACP Publishing, 2005.

Physical description: 62 p. : col. ill. ; 19 cm

ISBN: 1863964177

Notes: Clark and the *Australian Women's Weekly* have published a large number of cookery books a few of which are vegetarian.

Author: Cooper, Kaye Alison

Title: Vegetarian cook book

Publication details: Cranbourne South, Vic. : Jolbo Studio, 1982

Physical description: 96 p. : ill. ; 21 cm.

ISBN: 0959486720

Author: Corlett, Jim, illustrated by Dave Colin

Title: Super natural cookery : recipes for vegetarian gourmets

Publication details: Sydney : A.H. & A.W. Reed, 1975.

Physical description: 96 p. : ill. ; 22 cm.

ISBN: 0589010794

Author: Coveney, John

Title: Good vegetarian food for children

Publication details: North Ryde, N.S.W. : Angus & Robertson, 1987

Physical description: xv, 80 p. : ill. ; 19 cm.

ISBN: 020715256x

Author: Crawshay-Williams, Peter

Title: Sunflower world wide vegetarian restaurant guide : the guide to Australia and New Zealand

Publication details: Sydney, N.S.W. : Peter Crawshay-Williams, 1997

Physical description: 39 p. ; 21 cm.

ISBN: 0646317377

Author: Curren, Norman Arthur

Title: Vegetarian cookbook.

Publication details: Adelaide : Rigby, 1972

Physical description: 64p. : ill. ; 13cm.

ISBN: 0851793665

Author: Dambiec, Nitya and Jyoti  
Title: Favourite vegetarian recipes  
Publication details: Canberra, 2004

Author: Dempster, Lisa (editor)  
Title: The Melbourne veg food guide 2008/2009  
Also Titled: Melbourne vegetarian food guide 2008/2009  
Also Titled: Melbourne vegan food guide 2008/2009  
Publication details: Footscray West, Vic. : Aduki Independent Press, 2008.  
Physical description: 110 p. ; 15 cm.  
ISBN: 9780980335163 (pbk.)

Author: Devi, Kamala  
Title: The conscious cook : vegetarian food preparation for health, happiness and peace of mind  
Publication details: Coffs Harbour, N.S.W. : Hill of Fire Sanctuary, 1997  
Physical description: 256 p. : ill. ; 25 cm.  
ISBN: 0646342266

Author: Dodd, Marjorie Long  
Title: Pots of gold : easy to follow recipes for meatless cookery  
Publication details: Semaphore, S. Aust. : M. Dodd, 1984.  
Physical description: 76 p. : ill. ; 21 cm.  
ISBN: 0959111107

Author: Downing, G.E.C.  
Title: Radiant health recipes : the open road to health  
Edition: 4th ed. revised.  
Publication details: Adelaide : The Australian Radiant Health Centre, 1958  
Physical description: 40 p. ; 22 cm.  
Notes: 'Originally compiled by Mary L. Nicholls.'

Author: Elliott, S. U.  
Title: Healthful eating : with special chapter on the feeding of children, constipation, its cause, effect and cure  
Publication details: Melbourne : Natural Health Society of Australasia, 1932  
Physical description: 95 p. : port. ; 19 cm.

Author: Freeman, Kim  
Title: Vegetarian cookbook  
Publication details: Sydney : Ure Smith, 1979  
Physical description: 80p. : ill. ; 28cm.  
ISBN: 0725405295

Author: Germov, John & Williams, Lauren (editors)  
Title: A sociology of food and nutrition : the social appetite  
Also Titled: A sociology of food and nutrition  
Edition: 3rd ed.  
Publication details: South Melbourne, Vic. : Oxford University Press, 2008.  
Physical description: xvi, 425 p. : ill. ; 25 cm.  
Notes: Includes the chapter 'Humans, Food, and Other Animals: The Vegetarian Option by Deidre Wicks'

Author: Gorman, Kerry  
Title: Nutrition for vegetarians  
Publication details: Melbourne : Pitman, 1986  
Physical description: v., 52 p. : ill. ; 19 cm.  
Series: Pitman health information series  
ISBN: 0858963159

Author: Graham, Janice  
Title: What to eat if you don't have meat  
Publication details: Gladysdale, Vic. : Stringybark Farm, 1980  
Physical description: 63p. : ill. ; 18cm.  
ISBN: 0959445900

Author: Gouarin, Danielle  
Title: Healthy homes cook book  
Publication details: Beaufort, Vic. : Danielle Gouarin, 2003  
Physical description: 74 p. : ill. ; 30 cm.  
ISBN: 0646421182

Author: Godwin, Louise and Raymond, Marion.

Title: Vegetarian cuisine  
Publication details: Sydney : Bay Books, 1980.  
Physical description: 94 p. : col. ill. ; 28 cm.  
ISBN: 085835389X

Author: Gowans, Shanti  
Title: First steps to ayurvedic vegetarian cooking  
Publication details: Southport, Qld. : Inner Peace Publications , [2002]  
Physical description: 162 p. ; 21 cm.  
ISBN: 1920713026

Author: Hales, Fiona  
Title: Onny's oven : dance of the vegetable patch, vegetarian recipes  
Edition: 2nd ed.  
Publication details: Wahroonga, N.S.W. : F. Hales, 1994.  
Physical description: 233 p. : ill. ; 22 cm.  
ISBN: 0646220985

Author: Healey, Justin (ed.)  
Title: Animal welfare and protection  
Publication details: Thirroul, N.S.W. : Spinney Press, c2009.  
Physical description: 44 p. , ill. ; 30 cm.  
Series: Issues in society  
ISBN:9781921507090  
Notes: educational book for primarily school/college use.

Author: Heron, Di Skelly and Heron, Graeme  
Title: Real food power for kids : 99 ways to create healthy eating habits for kids  
Publication details: Skelly Heron, Di , 2005.  
Physical description: 109 p.  
ISBN: 0975234218

Author: Heron, Di Skelly and Heron, Graeme  
Title: Turn over a new leaf : and feel good all the time  
Publication details: Gold Coast, Qld. : Di Skelly Heron, c2004.  
Physical description: 200 p. ; 30 cm.  
ISBN: 097523420X  
Authors: Himmelmann, Caryl and Albion, Sara

Title: Squirrels vegan cooking  
Publication details: Kelvin Grove, Qld. : Squirrels Australia Pty Ltd, 1995  
Physical description: 32 p. : ill. ; 28 cm.  
ISBN: 0646254472

Author: Hobday, Cara.  
Title: Vegetarian Thai cooking  
Publication details: Sydney, NSW : Book Company, 1995.  
Physical description: 80 p. : ill. ; 21 cm.  
Series: Parragon step-by-step cookery series  
ISBN: 1858139252

Author: Hon, Hazel  
Title: Three week vegetarian menu  
Publication details: Sydney, Hazel Hon, 1968  
Physical description: 88 p. 24 cm.

Author: Hon, Hazel  
Title: Three week vegetarian menu  
Edition: 2<sup>nd</sup> ed.  
Publication details: Sydney, Hazel Hon, 1972  
Physical description: 86p.

Author: Hon, Hazel  
Title: Three week vegetarian menu  
Edition: 3<sup>rd</sup> ed.  
Publication details: Sydney : Hazel Hon, 1975  
Physical description: 88 p. : ill. ; 24 cm

Author: Hon, Hazel  
Title: Hazel's new food recipes  
Edition: 3<sup>rd</sup> ed.  
Publication details: Sydney : Hazel Hon, 1974.  
Physical description: 23 p. ; 21 cm.

Author: Hooker, Alan

Title: Vegetarian gourmet cookery.

Publication details: Ringwood, Vic. : Penguin Books Australia, 1975, c1970

Physical description: 192p. : ill. ; 21cm.

ISBN: 0140700560

Author: Hoptman, Carla

Title: Carla's vegetarian cookery : a redhead in the kitchen

Publication details: Buchan, Vic. : Carla Hoptman, c1993

Physical description: 136 p. : ill. ; 22 cm.

Author: Horne, Ross

Title: The health revolution

Publication details: Avalon Beach, N.S.W. : R. Horne, 1980.

Physical description: 282 p. : ill. ; 25 cm.

ISBN: 0959442308

Notes: Horne initially started out as a proponent of the Pritikin diet. He later advocated a raw food, vegan and fruitarian diet.

Author: Horne, Ross.

Title: Health facts prove the Pritikin program .

Publication details: Avalon Beach, N.S.W. : R. Horne, 1980.

Physical description: 117 p. : ports. ; 23 cm.

ISBN: 0959442316

Author: Horne, Ross

Title: The new health revolution

Edition: Rev. and enl. ed.

Publication details: Avalon Beach, N.S.W. : R. Horne, 1983

Physical description: 337 p. ; 22 cm.

ISBN: 0959442324

Author: Horne, Ross and Bobbin, Toni

Title: The Health revolution cookbook

Publication details: Avalon Beach, N.S.W. : Happy Landings, 1983.

Physical description: 202 p. : ill., facsim. ; 22 cm.

ISBN: 0959442332

Author: Horne, Ross and Bobbin, Toni  
Title: The health revolution anti-cancer anti-heart attack cookbook , Toni Bobbin.  
Publication details: Avalon Beach, N.S.W. : Happy Landings, 1984.  
Physical description: vi, 194 p. : ill. (some col.) ; 28 cm.  
ISBN: 0959442375

Author: Horne, Ross.  
Title: Improving on Pritikin : you can do better .  
Publication details: Avalon Beach, N.S.W. : Happy Landings, 1988.  
Physical description: xvi, 222 p. ; 22 cm.  
ISBN: 0959442391

Author: Horne, Ross.  
Title: Health & survival in the 21st century .  
Publication details: McMahons Point, N.S.W. : Margaret Gee Publishing, 1992.  
Physical description: 316 p. : ill., facsims., 1 port. ; 21 cm.  
ISBN: 1875574077

Author: Horne, Ross.  
Title: Cancerproof your body  
Publication details: Pymble, N.S.W. : Angus & Robertson, 1996.  
Physical description: 208 p. : tabs. ; 23 cm.  
ISBN: 0207189005

Author: Horton, David  
Title: The vegan kitchen mate : 100 easy recipes  
Publication details: Broadway, N.S.W. : The Vegan Society (N.S.W.), 1991  
Physical description: iv, 76 p. ; 21 cm.  
ISBN: 1864150009  
Notes: Reprinted 1993,1995

Author: Hoyle, J. (illustrator)  
Title: Nutrition for vegetarians  
Publication details: Perth, W.A. : Technical Publications Trust, 1987  
Physical description: 1 v. : ill., 1 form ; 30 cm.  
Series: Open learning (Perth, W.A.)  
ISBN: 0730917797

Author: Hunt, Mrs

Title: The Non-flesh diet

Publication details: Melbourne, [<1902]

Notes: First known Australian recipe book published sometime before 1902, it contained 60 recipes. No known copy of this work exists. The only record of its existence is from correspondence dating from August 1902.

Author: Jackson, Vicki

Title: Squirrels vegetarian cook book.

Edition: 2nd ed.

Publication details: Eagle Farm, Qld. : William Brooks, 1984

Physical description: 137 p. : ill. ; 30 cm.

ISBN: 0855686219

Notes: Squirrels was the name of a vegetarian restaurant that opened in Brisbane in 1981, other branches followed in the Gold Coast, Sydney and Woollongong. A number of books have been produced with recipes from the restaurants chefs.

Author: Jaffrey, Kenneth S.

Title: Vegetarianism for beginners : first steps towards a humane life-style

Publication details: Paddington, N.S.W. : Australian Vegetarian Society, 1985

Physical description: 10 p. ; 21 cm.

ISBN: 095895531x

Notes: Jaffrey wrote a number of works on health and naturopathy which include guidance on a vegetarian diet.

Author: Jevons, Alice

Title: Dishes without meat : original recipes

Publication details: Sydney : Angus & Robertson

Physical description: 45 p. ; 19 cm.

Notes: The earliest non-Adventist Australian recipe book of which copies exist. The exact publication date is unknown but is known to be sometime after 1902 (the date of Jevons arrival in Australia) and before 1914.

Author: Jones, Valerie

Title: Sesame vegetarian cookbook : a vegetarian cookbook for non-vegetarians,

Publication details: Canberra, 198?

Physical description: 56 p. ; 21 cm

Notes: Sesame was Canberra's first vegetarian restaurant

Author: Jordan, Mark (compiler)

Title: Where Sydney's vegetarians eat : a guide to Sydney's vegetarian restaurants, cafes, caterers and take-aways  
Publication details: Paddington, N.S.W. : Australian Vegetarian Society, 1985  
Physical description: 20 p. ; 21 cm.  
ISBN: 0958955301

Author: Jordan, Mark  
Title: The Australian vegetarian handbook  
Publication details: Kenthurst, N.S.W. : Kangaroo Press, c1988  
Physical description: 168 p. : ill., maps ; 21 cm.  
ISBN: 0864172249

Author: Keighley, Doreen  
Title: The vegetarian cook book [Braille]  
North Rocks, N.S.W. : Royal N.S.W. Institute for Deaf & Blind Children, 1987  
Physical description: 6 v. of interpoint braille.  
Notes: Transcribed from The vegetarian cook book : 400 delicious recipes from starters to sweets / Doreen Keighley. -- Wellingborough : Thorsons in cooperation with the Vegetarian Society of United Kingdom, 1985

Author: Kendle, June  
Title: Overcoming arthritis by vegetarian food combining  
Publication details: Canning Vale, W.A. : Assert Publishing, 1996  
Physical description: 92 p. ; 21 cm.  
ISBN: 0958756481

Author: Kennedy, Beverley  
Title: Kulinary kapers : natural vegetarian cookbook  
Publication details: Alderley, Qld. : Beverley Kennedy, 1984.  
Physical description: 137 p. : ill. ; 22 cm.  
ISBN: 0959023402

Author: Knight, Celeste.  
Title: Artistic vegetarian cuisine  
Publication details: Byron Bay, N.S.W. : Knight, Celeste, 2005.  
Physical description: 100 p. : col. ill. ; 24 cm.  
ISBN: 0646446118  
Author: Knoote-Parke, Ashley.

Title: How to have a vegetarian for dinner : a carnivore's guide  
Publication details: Redwood Park, S. Aust. : tish'n enigma books, c2005.  
Physical description: 54 p. : col. ill. ; 26 cm.  
ISBN: 1419609033

Author: Koonin , Paul M. (Paul Maurice)  
Title: Health cocktails : how to make them (according to the new science of vegetable juice therapy)  
Publication details: Sydney : Harry Coy, 1939  
Physical description: 48 p. ; 22 cm.  
Notes: Dr Koonin, a Russian émigré, ran a clinic in Sydney called Hygeia where his patients could stay and receive a healthy vegetarian raw food diet.

Author: Koonin , Paul M. (Paul Maurice)  
Title: Health cocktails : from fruit and vegetable juices : eat for beauty, life and charm : including a guide to ailments and their remedies for doctors, dentists, dietitians, schools and the laity.  
Edition: 2nd ed.  
Publication details: Sydney, 1941.  
Physical description: 1 v.

Author: Koonin , Paul M. (Paul Maurice)  
Title: Health cocktails from fruit and vegetable juices, or, Health without drugs  
Also Titled: Health without drugs  
Edition: 3rd ed., completely rev. and enl.  
Publication details: Sydney : Coy's Printing Service, 1944  
Physical description: 121 p. : ill. ; 22 cm.

Author: Koonin , Paul M. (Paul Maurice)  
Title: Curing diabetes with food : including complete diet chart, the true value of food in diabetes  
Publication details: Sydney : Harry Coy, 1941  
Physical description: 23 p. ; 15 cm.

Author: Koonin , Paul M. (Paul Maurice)

Title: Food or drugs?  
Publication details: Sydney : Harry Coy, 194-?  
Physical description: 161 p. : ill. ; 22 cm.

Author: Koonin , Paul M. (Paul Maurice) and Dorothy Koonin  
Title: Soybeans the wonder food  
Publication details: Sydney : Harry Coy, 1941  
Physical description: 73 p. ; 15 cm.

Author: Koonin, Paul M. (Paul Maurice) and Dorothy Koonin  
Title: Stomach trouble or constipation : contains sample menus and home treatment.  
Publication details: Sydney, 1941  
Physical description:ii, 47p.

Author: Kurma dasa  
Title: Great vegetarian dishes : over 240 recipes from around the world  
Publication details: Los Angeles ; Sydney : Bhaktivedanta Book Trust, 1990  
Physical description: xvi, 192 p. : col. ill.; 26 cm.  
ISBN: 094725918X; 0959365915  
Notes: Dasa of the Hare Krishna movement was chef at the Melbourne vegetarian restaurant Gopal's and later a popular television cookery presenter.

Author: Kurma dasa  
Title: Cooking with Kurma : more great vegetarian dishes  
Publication details: Botany, N.S.W. : Chakra Press, 1998  
Physical description: v, 244 p. : ill. ; 28 cm.  
ISBN: 0947259171

Author: Kurma dasa  
Title: Quick vegetarian dishes  
Published: Botany, N.S.W. : Chakra Press, 2000  
Publication details: 219 p. : col. ill. ; 26 cm.  
ISBN: 0957834500

Author: Kurma dasa

Title: Vegetarian world food  
Publication details: Botany, N.S.W. : Chakra Press, 2002  
Physical description: x, 213 p. : ill. ; 26 cm.  
ISBN: 0957834519

Author: Laden, Alice, edited by R.J. Minney ; drawings by Tony Matthews  
Title: The George Bernard Shaw vegetarian cook book : menus and recipes  
Publication details: North Ryde, N.S.W. : Angus & Robertson, 1986  
Physical description: 119 p. : ill. ; 20 cm.  
ISBN: 0207153035:  
Notes: Australian edition of work first published in England in 1972

Author: Lee, Anna  
Title: Vegetarian cookbook  
Publication details: Dee Why West, N.S.W. : Summit Books, 1978  
Physical description: 76p. : ill.(part col.) : 28cm.  
ISBN: 0727103679  
Notes: Originally published as Health food cookery, Sydney: Hamlyn, 1972

Author: Lee, Nim Chee  
Title: Chinese vegetarian dishes  
Publication details: Sydney: Golden Press, 1986  
Physical description: 121 p. : ill.  
ISBN: 0863075517

Author: Lee, Wendy.  
Title: Vegetarian Chinese cooking  
Publication details: Sydney, NSW : Book Company, 1995.  
Physical description: 80 p. : ill. ; 21 cm.  
Series: Parragon step-by-step cookery series  
ISBN: 1858139309

Author: Lehmann, Chris

Title: How to have unlimited health! In 7 easy steps: plus essential tips for success

Edition: 1st ed.

Publication details: Baranduda, Vic. : C. Lehmann, 1993

Physical description: 12 p. : ill. ; 21 cm.

ISBN: 0646153293

Author: Lehmann, Chris

Title: Passionate : the passion of pure vegetarian cuisine

Publication details: Baranduda, Vic : C.F. Lehmann, 1994

Physical description: 73 p. : ill ; 21 cm.

Edition: 3rd ed.

ISBN: 0646151851

Author: Lehmann, Chris

Title: Veg-express : fast food for full tilt vegetarians

Publication details: Wodonga, Vic. : Dragon International, 1995

Physical description: ii, 58 p. : ill.

Edition: 1st ed.

ISBN 064625121X

Author: Lehmann, Chris and Benham, Amanda (editors)

Title: Go Vegetarian : the green book on vegetarian nutrition

Edition: 1st ed.

Publication details: Paddington, N.S.W. : Australian Vegetarian Society, 1995

Physical description: 16 p. ; 30 cm.

ISBN: 0958955328

Author: Lehmann, Chris and Berriman, Mark (editors)

Title: Go Vegetarian : the green book on vegetarian nutrition

Edition: 5<sup>th</sup> ed.

Publication details: Surry Hills, N.S.W. : Australian Vegetarian Society, 2004

Physical description: 16 p. ; 30 cm.

ISBN: 0958955328

Author: Drew, Leigh.

Title: Vegan indulgence : divine desserts and sublime treats for the vegan sweet tooth.

Publication details: Footscray West, Vic. : Aduki Independent Press, 2008.

Physical description: 48 p. : col. ill. ; 21 cm.

ISBN: 9780980335156 (pbk.)

Author: Le-Vine, M. E. Mrs.

Title: Vegetarian and raw food diet book.

Published: Sydney : Worker Trade Union Print, 1918.

Description: 46 p. ; 19 cm.

Notes: Notice pasted onto title-page: The raw food recipes in this book are extracts from Tropho-therapy (food cure), by Dr. George Drews.

George Julius Drews of Chicago, USA published many editions of his work: *Unfired food and tropho-therapy (food cure)* during the 1910s and 1920s.

Author: Lilburne, Diipali & Quinn, Amanda A.

Title: Vegan Cooking : recipes for health and happiness

Publication details: Lilburne, Diipali & Quinn, Amanda A , 2005.

Physical description: 154 p.

ISBN: 0646454862

Author: McCann, Jennifer

Title: Vegan lunch box amazing animal-free lunches that kids and grown-ups will love

Publication details: Kennewick, WA : Little "S" Press, 2006.

Physical description: 294 p. : col. ill.

ISBN: 0977821803

Author: McIver, Jean

Title: 100% vegetarian cookery book

Publication details: Australia : J. McIver, 1963?

Physical description: 24 p. ; 21 cm.

Author: McLean, Natalee

Title: Vegetarian meals for babies and young children : including a comprehensive guide to introducing solids

Publication details: East Roseville, N.S.W. : Simon & Schuster, 1999.

Physical description: (ix), 134 p. ; 22 cm.

Notes: "Endorsed by Sydney Adventist Hospital"

ISBN: 0731808320

Author: Mallett, Reddie (Joseph Reddie Mallett)

Title: Nature's way : a means of health without medicine

Edition: Australian ed.

Publication details: Melbourne : E.W. Cole, 192-?

Physical description: 61 p. ; 19 cm.

Notes: Reddie, a British author published many works relating to vegetarian diet and health in Britain, the United States and Australia. E.W. Cole published

Australian editions of a number of his works including the series entitled: *Nature's way*.

Author: Mallett, Reddie (Joseph Reddie Mallett)

Title: Constipation and cancer : a word of hope in considering causes, control and cure  
Publication details: Melbourne : E.W. Cole, 1926?

Physical description: 63 p. ; 18 cm.

Author: Malone, Annie

Title: More temptations : food for body & soul

Also Titled: More temptations : food for body and soul

Edition: 1st ed.

Publication details: Bunbury, W.A. : A. Malone, 2007.

Physical description: 1 v.

ISBN: 9780646482835

Author: Meares, Edward

Title: Vegetable diet in health and disease

Publication details: Melbourne, 1893

Physical description: 1 v.

Notes: short pamphlet.

Author: Meyer, Karen

Title: The green gourmet : an Australian vegetarian's cookbook  
Publication details: Melbourne: Sun Books, 1977  
Physical description: 92p : ill ; 22cm.  
ISBN: 0725102632

Author: Meyer, Karen  
Title: The vegetarian adventure  
Publication details: Fitzroy, Vic. : Marnoka Books, 1981  
Physical description: 144 p. : ill. ; 25 cm.  
ISBN: 0959398600

Author: Meyer, Karen  
Title: The vegetarian adventure  
Publication details: Richmond, Vic. : Greenhouse, 1987  
ISBN: 0864360991

Author: Meyer, Karen  
Title: Moreish vegetarian recipes  
Publication details: Fitzroy, Vic. : Marnoka Books, 1984  
Physical description: 112 p. : ill. ; 25 cm.  
ISBN: 0959398619

Author: Meyer, Karen  
Title: The artful vegetarian  
Publication details: Richmond, Vic. : Greenhouse, 1988  
Physical description: 150 p. ; 25 cm.  
ISBN: 0864361114

Author: Meyer, Karen  
Title: Green cuisine : vegetarian recipes full of colour and spice  
Publication details: Ringwood, Vic : Viking, 1994  
Physical description: x, 134 p. : ill ; 25 cm.  
ISBN: 0670906220

Author: Mira Louise

Title: The book of health : compiled from health broadcasts over stations 61X, 6ML, 6WB, 6AM, 6PM, 6GE, 6KG, 6KY

Publication details: Bayswater, W.A. : printed at the Speciality Press, 1940?

Physical description: 39 p. : ill., port. ; 21 cm.

Notes: Madame Mira Louise (James), who was a President of the Australian Vegetarian Society, was a practicing naturopath and published over 20 books and pamphlets on diet, health and naturopathy.

Author: Mira Louise

Title: The child's highway to health

Publication details: Adelaide : The Hassell Press, 1939

Physical description: 87 p. : ill. ; 22 cm.

Author: Mira Louise

Title: The better-way cookery book and diet reform

Publication details: Adelaide : Kerton Bros., 1951

Physical description: 64 p. ; 20 cm.

Author: Mira Louise.

Title: The dawn of consciousness

Publication details: Adelaide : Mira Louise, 1955?

Physical description: 168 p.

Author: Mira Louise

Title: The better-way cookery book and diet reform

Publication details: Adelaide : Shipping Newspapers, 1956

Physical description: 59 p. ; 21 cm

Author: Mira Louise

Title: The protein problem : a simplified up-to-the-minute version of a world-wide problem

Publication details: Adelaide : Mira Louise Health Centre, 196-?

Physical description: 39 p. ; 22 cm.

Authors: Mitchell, Diana; Jackson, Vicki and Waters, Antoinette

Title: Squirrels best of one and two vegetarian cookbooks  
Publication details: West End, Qld. : Diana Mitchell, 1993?  
Physical description: 199 p. : ill. ; 28 cm.  
ISBN: 0646019139

Author: Mitchell, Diana  
Title: New squirrels cookbook  
Publication details: Brisbane, Qld. : Squirrels Australia Pty Ltd, 1995  
Physical description: 200 p. : ill. ; 28 cm.  
ISBN: 0646260847

Author: Mitchell, Diana, Himmelmann, Caryl and Dutler, Maureen  
Title: Squirrels cookbook for children & babies  
Publication details: Kelvin Grove, Qld. : Squirrels Australia, 1997  
Physical description: 200 p. : ill. ; 28 cm.  
ISBN: 0959118217

Author: Moraes, Leanne and Di Tempora, Pauline and Di Tempora, Nic. (editors)  
Title: Whole food for thought : a guide to wholesome eating  
Publication details: Melbourne : Ditto Publishing Company, 1990  
Physical description: 69 p. :ill.;30 cm.

Author: National Health and Medical Research Council  
Title: Recommended dietary intakes for use in Australia  
Publication details: Canberra : Australian Government Publishing Service, 1991  
Physical description: v, 38 p. ; 25 cm.  
ISBN: 0644131802.  
Notes: Government diet information containing mention of vegetarian diet.

Author: National Health and Medical Research Council  
Title: Dietary guidelines for Australians  
Publication details: Canberra : Australian Govt. Publishing Service, 1991  
Physical description: xiv, 110 p. ; 25 cm.  
ISBNs: 0644249374 ; 0644220600  
Notes: Government diet information containing mention of vegetarian diet.

Author: Nicholls, Mary L.

Title: Radiant health recipes : the open road to health

Publication details: Adelaide : Mary L. Nicholls, 1920?

Physical description: 54 p. ; 22 cm.

Notes: The Radiant Health Clubs were founded in Australia by the English migrant Herbert Sutcliffe, and promoted a healthy body and mind through a vegetarian diet and spiritual training. The clubs spread through the United States and New Zealand. Nicholls ran the Australian section of the Radiant Health Clubs from her base in Adelaide.

Author: Nicholls, Mary L.

Title: Radiant health recipes : the open road to health

Edition: 4th ed.

Publication details: Adelaide : Australian Radiant Health Clubs, 1939

Physical description: 48 p. ; 22 cm.

Author: Nicholls, Mary L.

Title: Radiant health recipes : the open road to health

Edition: 5th ed.

Publication details: Adelaide : The Australian Radiant Health Centre, 1941

Physical description: 48 p. ; 22 cm.

Author: Order of the Star in the East, South Australian Branch

Title: Lacto-vegetarianism, or, The meatless diet : the principles and practice of lacto-vegetarianism, based on the latest scientific discoveries, with original recipes.

Also Titled: Meatless diet

Publication details: Adelaide : Order of the Star in the East, South Australian Branch, [192-?]

Physical description: 19 p. ; 19 cm.

Note: The Order was an arm of the Theosophical Society and was in existence from 1911 to 1927.

Author: Organic Market

Title: Vegetarian cookery

Publication details: Stirling, S. Aust. : Organic Market, c1984

Physical description: 55 p. : ill. ; 21 cm

Author: Parkhurst, Jacqueline

Title: The Australian natural food cook book  
Publication details: Melbourne : Sun Books, 1973  
Physical description: 212 p. : col. illus.; 18 cm  
ISBN: 072510158X

Author: Pearson, Mark  
Title: The Harvest cookbook : recipes and reflections from Harvest Vegetarian Restaurant  
Publication details: Sydney : Harvest Publishing, 1983  
Physical description: 109 p. : ill. ; 30 cm.  
ISBN: 0949335002 ; 0949335010

Authors: Percival, Rosie and Friedlander, Ruth and Symonds, Jessica (Photographer)  
Title: Martha Goes Green : a Vegetarian Cookbook.  
Publication details: Brunswick, Vic. : Martha Goes Green, 2009.  
Physical description: 95 p. : ill.  
ISBN: 9780646507941  
ISBN: 10064650794X

Author: Phillips, Ann Vroom  
Title: From the new world of Australia ... The soil to psyche recipe book : delightful new recipes for new age living ... Plus a total plan for zestful vegetarian nutrition from the bright new world down under!  
Publication details: Santa Barbara, Calif. : Woodbridge Press Pub. Co., c1977  
Physical description: 143 p. ; 16 x 23 cm.  
ISBN: 0912800445

Author: Phillips, David A.  
Title: New dimensions recipe book : a vegetarian guide to health foods  
Publication details: Sydney : Angus & Robertson, 1984  
Physical description: x, 131 p., 12 p. of col. plates : ill. ; 25 cm.  
ISBN: 0207149607

Author: Phillips, David A.

Title: The real health recipe book : a vegetarian guide to health foods

Publication details: Sydney : Doubleday, 1986

Physical description: x, 131 p., 12 p. of plates : col. ill. ; 25 cm.

ISBN: 0868242772

Author: Phillips, David A.

Title: New dimensions recipe book : healthy vegetarian recipes & menus

Publication details: Sydney : Pythagorean Press, 1992

Physical description: x, 131 p. : ill. (mostly col.) ; 25 cm.

ISBN: 1875281088

Author: Pritchard, Edgar W. (Edgar Willie)

Title: Health culture for everyone; good health for all based on nature as interpreted by science; pure food, fresh air, exercise; preventing illness instead of smothering the symptoms; a healthy, happy, useful life.

Publication details: Marryatville, South Australia, F. & E.W. Pritchard, 1955

Physical description: 30 p.

Notes: Florence and Edgar Pritchard published a large number of pamphlets on various social issues, primarily vegetarianism.

Author: Pritchard, Florence

Title: A scientific meatless diet : being the principles and practice of lacto-vegetarianism based on the latest discoveries, with original recipes

Edition: 3rd ed.

Publication details: North Kensington Park S. Aust. : F. & E.W. Pritchard, 1941

Printer: (Adelaide : Hassell Press)

Physical description: 14 p.

Author: Pritchard, Florence

Title: A scientific meatless diet : being the principles and practice of lacto-vegetarianism based on the latest scientific discoveries with original recipes

Edition: 4th ed.

Publication details: Marryatville, S.A. : F. & E.W. Pritchard, 194-?

Physical description: 20p. ; 22cm.

Author: Raymond, Marion

Title: Meals without meat

Publication details : London ; Sydney : Bay Books, 1979

Physical description: 96p. : col.ill. ; 28cm.  
ISBN: 0858353792

Author: Roberts, F. G.

Title: Health via nature : healing with food

Edition: 1st ed.

Publication details: Melbourne : Roberts' Health Service, 193-?

Physical description: 32 p. : ill., form, port. ; 21 cm.

Notes: Raised a Seventh-day Adventist Frederick George Roberts founded and ran a chain of natural therapy clinics, health food stores, a health food manufacturing company and a publishing business between the 1920s and the mid 1950s.

Author: Roberts, F. G.

Title: Will cancer strike you : the cause and prevention of cancer & health & beauty the chlorophyl way

Publication details: Melbourne : F.G. Roberts, 1939

Physical description: 64 p. : port. ; 18 cm.

Author: Roberts, F. G.

Title: Long life and how to attain it : the great law of nature explained ; put yourself in nature's hands

Edition: 2nd ed.

Publication details: Melbourne : Nature Cure Research Laboratories, 193-?

Physical description: 32 p. ; 22 cm.

Author: Roberts, F. G.

Title: Long life and how to attain it : the great law of nature explained ; your health re-born through your own curative power

Edition: 5th ed.

Publication details: Melbourne : Nature Cure Research Laboratories, 194-?

Physical description: 80 p. ; 22 cm.

Author: Roberts, F. G. and Muriel Ibbott

Title: The natural health cook book : simplified meals : eat your way to health.

Also titled: Eat your way to health

Publication details: Melbourne : F.G. Roberts, 193-?

Physical description: 79 p.

Author: Roberts, F. G.

Title: The natural health cook book and compilation of special diets : containing approximately 300 meatless recipes

Edition: New rev. ed.

Publication details: Melbourne : F.G. Roberts' Health Academy, 194-?

Physical description: 84 p. : ill., port. ; 22 cm

Author: Roberts Health Academy.

Title: "Health is wealth": natural herbs for natural cures

Also titled: Roberts health cook book

Publication details: Brisbane, Qld. : Roberts Health Academy, 195-?

Physical description: 47 p. ; 22 cm.

Author: Roberts, W. E. (William Edgar)

Title: The key to health : via exercise, diet, breathing, sun, air & water bathing, physiology

Publication details: Sydney, 194-?

Physical description: 52 p. : ill. ; 23 cm.

Notes: W. E. Roberts was a Sydney Naturopath who was instrumental in the re-founding of the Australian Vegetarian Society in 1948.

Author: Rose, Ian F.

Title: Faith, love and seaweed

Publication details: Englewood Cliffs, N.J., Prentice-Hall 1963

Physical description: 221 p. Illus. 24 cm.

Notes: Ian Rose was the father of the Australian multi Olympic swimming gold medalist Murray Rose. This is a biography and dietary guide outlining Murray's childhood and vegetarian diet. Rose also edited for a short period the journal *The Australian Vegetarian*

Author: Sampson-Searle, Barry & Lynda.

Title: Squirrels cookbook

Publication details: West End, Qld. : Bruce J. Mitchell, 1988

Physical description: 192, 4 p. : ill. ; 28 cm.

ISBN: 0731649125

Author: Sannyasin disciples of Paramahansa Satyananda Saraswati (compilers)

Title: Satyananda Ashram vegetarian recipe book

Publication details: Mangrove Mountain (N.S.W.) : Satyananda Ashram, c1982

Physical description: 71 p. ; 22 cm

Author: Sarasvati, Swami

Title: Eat your way to love and beauty : gourmet health cook book

Publication details: Kenthurst, N.S.W. : Sarasvati International, 1975

Physical description: 95p. : ill. ; 19cm.

ISBN: 0909568006

Author: Scott-Aitken, Lynelle.

Title: Raw : food, recipes : no meat no heat

Also Titled: Raw food recipes

Publication details: Sydney : Landsdowne, 2005.

Physical description: 112 p. : col. ill. ; 24 cm.

ISBN: 1863028331

Author: Shirley, Jo Ann

Title: Wonderful ways to prepare vegetarian dishes

Publication details: Sydney, N.S.W. : Ayers and James, 1978

Physical description: 96 p. ; 28 cm.

ISBN: 0869080709

Author: Sivananda Yoga Vedanta Centre

Title: The yoga cookbook : vegetarian food for body and mind ; recipes from the Sivananda Yoga Vedanta Centres.

Publication details: East Roseville, N.S.W : Simon & Schuster, 1999

Physical description: 159 p. : col. ill. ; 25 cm.

ISBN: 0731807146

Author: Snook, Dorothea  
Title: Mothers and babies  
Publication details: Menora, W.A. : printed by Eastern Press, 1973?  
Physical description: 32 p. : ill. ; 22 cm.

Author: Sobolewski, Maria.  
Title: Not the CSIRO Diet : Or Have You Seen a Fat Vegetarian Lately?  
Publication details: Health Basics Publishing, 2006.  
Physical description: 200p.  
ISBN: 0975790854

Author: Solomon, Charmaine  
Title: Charmaine Solomon's complete vegetarian cookbook.  
Publication details: North Ryde, N.S.W. : Angus & Robertson, 1990  
Physical description: 470 p. : ill. ; 29 cm.  
ISBN: 0207157723

Author: Solomon, Charmaine  
Title: Vegetarian food  
Publication details: Port Melbourne : Hamlyn, 1993  
Physical description: iii, 88 p. : col. ill. ; 22 cm.  
ISBN: 0947334602

Author: Solomon, Charmaine  
Title: Charmaine Solomon's complete vegetarian cookbook.  
Publication details: Pymble, N.S.W. : Angus & Robertson, 1996  
Physical description: 470 p. : col. ill. ; 28 cm.  
ISBN: 0207184364

Author: Solomon, Charmaine  
Title: The vegetarian book  
Publication details: Port Melbourne : Mandarin, 1996, c1993  
Physical description: iii, 92 p. : col. ill. ; 33 cm.  
ISBN: 1863304444

Author: Stafford, Angela.

Title: Wild morsels  
Publication details: NSW : Angela Stafford, 2005.  
Physical description: 199 p. : ill., ports. ; 25 cm.  
ISBN: 0646445618

Author: Stanton, Rosemary  
Title: Healthy Vegetarian Eating.  
Publication details: St. Leonards, N.S.W. : Allen & Unwin, 1997  
Physical description: vii, 152 p. ; 14 cm.  
ISBN: 1864483202

Author: Stephens, Helen  
Title: The Australian family vegetarian cookbook : quick-and-easy, kid-tempting, sugarless and eggless ... non-wheaten recipes  
Publication details: South Yarra, Vic. : Hyland House, 1986  
Physical description: xiii, 130 p. : ill. ; 23 cm.  
ISBN: 0908090919

Author: Stephens, Helen  
Title: The Australian family vegetarian cookbook : quick-and-easy, kid-tempting, sugarless and eggless wholefood vegetarian meals with plenty of non-dairy, non-wheaten recipes  
Publication details: South Yarra, Vic. : Hyland House, 1994  
Physical description: xiv, 130 p. : ill. ; 23 cm.  
ISBN: 1875657088

Author: Stoner, Lynda.  
Title: Now vegan! : fresh and healthy  
Publication details: Chatswood, N.S.W. : New Holland, 2008.  
Physical description: 191 p. : col. ill. ; 24 x 23 cm.  
ISBN: 9781741106497 (hbk.)

Author: Sutherland, John E.  
Title: Living food, healthy life : vegetarian recipes with a difference  
Also Titled: Vegetarian recipes with a difference  
Publication details: Bassendean, W.A : 2007.  
Physical Description: 204 p. : ill. ; 30 cm.  
ISBN: 9780646470566

Author: Sydney Technical College.

Title: Vegetarian recipes [braille] : Tafe cookery course : day-time course

Publication details: Burwood, N.S.W. : Royal Blind Society of New South Wales.

Physical description: 2 v. of interpoint braille.

Author: Vandersant, Lia, Davies, Liam & Bonnici, Rhonda.

Title: Soup for all seasons

Publication details: Footscray West, Vic. : Aduki Independent Press, 2008.

Physical description: 48 p. : col. ill. ; 21 cm.

ISBN: 9780980335149 (pbk.)

Author: Vassallo, Jody.

Title: Vegetarian

Publication details: Nunawading, Vic. : Fortiori Publishing , 2005.

Physical description: 96 p. : col. ill. ; 22 cm.

ISBN: 0975720554, 9780975720554

Author: Vassallo, Jody

Title: Vegetarian dishes : comprehensive, step by step cooking

Publication details: Dingley, Vic. : Hinkler Books, 2005.

Physical description: 63 p. : col. ill. ; 21 cm.

ISBN: 1741219450

Author: Vegan Society of Victoria

Title: Veganism: an alternative

Publication details: Altona North, Vic. : Vegan Society of Victoria, 1979

Physical description: 10p. ; 26cm.

ISBN: 0959490205

Title: Vegetarian barbeque and summer cooking

Publication details: Sydney. : Golden Press, 1987

Physical description: 124p. ; 29cm.

ISBN: 0863077684

Title: Vegetarian cooking : a commonsense guide.

Publication details: Sydney : Murdoch Books, 2008.

Physical description: 383 p. : col. ill. ; 24 cm.

ISBN: 9781741961232

Author: Vilkelis, Marijonas

Title: Wolf & lamb : animal free cooking

Edition: 1st ed.

Publication details: Lismore, N.S.W. : M. Vilkelis, 1992

Physical description: 4, viii, 111 p. : ill. ; 21 cm.

Notes: The Wolf and Lamb was the name of one of the vegetarian restaurants established by Vilkelis in Lismore. The other restaurants established during the 1980s and 1990s include: Vegan Eyrie and Good Friday (Mildura), Galamilyee and 20000 Cows Vegetarian Cafe (Lismore & Byron Bay). The publication also gives advice for those considering running a vegetarian restaurant and sample menus.

Author: Vilkelis, Marijonas

Title: Wolf & lamb : animal free cooking

Edition: Rev. 3rd ed.

Publication details: Lismore, N.S.W. : M. Vilkelis, 1995.

Physical description: 149 p. : ill. ; 21 cm.

Author: Vilkelis, Marijonas

Title: Wolf & lamb : animal free cooking

Edition: Rev. 4th ed.

Publication details: Lismore, N.S.W. : M. Vilkelis, 1996.

Physical description: vii, xvi, 149 p. : ill. ; 21 cm.

Author: Vilkelis, Marijonas

Title: Wolf & lamb : animal free cooking

Edition: 7th ed.

Publication details: Lismore, N.S.W. : M. Vilkelis, 2002.

Available online at: <http://home.lis.net.au/mari/WOLF.html>

Author: Vistara Primary School, Adams, Katka and Gouda, Rania.

Title: The broccoli forest : sentient vegetarian cookbook  
Publication details: Richmond Hill, N.S.W. : Vistara Primary School, 2007.  
Physical description: xi, 188 p. : ill. ; 30 cm.  
ISBN: 9780980434200

Author: Waddy, E. M. (Eva May)  
Title: Australia and radiant health.  
Also titled: Forward the health crusade  
Publication details: Canberra : s.n., c1938 (Adelaide : Hunkin, Ellis & King)  
Physical description: 63 p. ; 28 cm.

Title: What to eat instead of meat : a gourmet guide to vegetarian meals.  
Publication details: Lismore, N.S.W. : Eric's Book Co., 1985  
Physical description: 16 p. : ill. ; 21 cm.

Author: Windram, Lee ; photography by Neil McPhee  
Title: Cuisine naturelle  
Publication details: Sydney : Collins, 1986.  
Physical description: 137 p., [16] p. of col. plates ; 24 cm.  
ISBN: 0002173123

Author: Windram, Lee ; photography by Neil McPhee  
Title: The natural kitchen : no fuss vegetarian cooking  
Also Titled: Cuisine naturelle  
Publication details: Sydney : Collins, 1988.  
Physical description: 137 p., [16] p. of plates : col. ill. ; 24 cm.  
ISBN: 0732224098

Author: World Vision W.A.  
Title: Mouthwatering meatless meals : a collection of favourite recipes for all occasions, meatless, economical, easy, healthy and delicious.  
Publication details: Busselton, W.A. : World Vision, 1990  
Physical description: 147 p. : ill. ; 20 cm.

## Periodicals

Title: Abolitionist-online : a voice for animal rights.  
Publication details: Enmore, N.S.W. : Abolitionist-online, 2005-  
ISSN: 1833-5144  
Life dates: No.1, Aug. 2005 -  
Notes: Available online at: <http://www.abolitionist-online.com>  
Archived at: <http://nla.gov.au/nla.arc-57145>  
Note: Animal rights publication with extensive coverage of veganism.

Title: ACT Vegetarian Society newsletter  
Publication details: Canberra : ACT Vegetarian Society  
Physical description: v. :ill. 30 cm.  
Life dates: 2000-2002  
Continued by: Vegetarian bites newsletter

Title: Aduki : animal free food and living  
Publication details: Doncaster East, Vic. : Aduki  
Physical description: v. : ill. ; 21 cm.  
Life dates: Winter 2006-  
Notes: Distributed free in Melbourne. Available online at:  
<http://www.aduki.net.au/>

Title: Advance! Australia : a monthly magazine of Australian citizenship and ideals  
in religion, education, literature, science, art, music, social life, politics, etc.  
Publication details: Sydney, N.S.W. : Advance! Australia, 1926-  
Physical description: v. ; 25 cm.  
Life dates: Vol.1, no. 1 (July 1926)-vol. 6, no. 4 (Apr.1929)  
Notes: Edited by George Arundale, the journal included vegetarian and animal  
welfare information as did all Theosophist journals.

Title: The Australian theosophist  
Publication details: Sydney : Theosophical Society, Australian Section, 1926-1933  
Physical description: v. ; 19-25 cm.  
Life dates: Vol. 1, no. 1-v. 11, no. 3 (July 1926-Aug. 1933)  
Continued by: Theosophy in Australia.

Title: Australian vegetarian : healthy humane living  
Publication details: Adelaide : Vegetarian Society of South Australia, 1972-1991  
Physical description: 18 v. ;21 cm.  
Life dates: Vol. 1, no. 1 Sept./Oct. 1972-Vol. 18, no. 6 Nov./Dec. 1991  
Notes: Whilst small in size this journal was conspicuous for its excellent illustrations primarily produced by Fred Micklethwait.

Title: Australian vegetarian  
Publication details: Alexandria, N.S.W. : Federal Publishing.  
Physical description: v. : ill. ; 28 cm.  
Life dates: 1994-1997?  
Notes: Commercially produced vegetarian journal mainly consisting of cookery articles unrelated to the journal of the same name published by the Vegetarian Society

Title: The Australian vegetarian : the official organ of the Australian Vegetarian Society  
Publication details: Sydney : Australian Vegetarian Society, 1948-1990  
Physical description: 18 v. ; 24 cm.  
Life dates: Vol. 1, no. 1 (July/Sept. 1948)-V. 10, no. 5 (Dec. 1959) ; Vol. 36 (Mar.-Apr. 1983)-v. 44, no. 4 (Sept. 1990)  
Continued By: V. (Broadway, N.S.W.)  
Continued By: New Vegetarian (Sydney, N.S.W.)  
Notes: Suspended 1960-1982.  
Notes: Vol. 10 published in Adelaide.

Title: Australian Vegetarian Society (Vic.) : newsletter  
Publication details: Collingwood, Vic. : Australian Vegetarian Society (Victoria).  
Physical description: v. ; 30 cm.  
Life dates: 1996.

Author: Philpots, George Edward  
Title: Better health and racial efficiency : through diet, hygiene, psychology, physical culture  
Publication details: Melbourne : Fruit World  
Physical description: v. : ill. ; 22 cm.  
Series dates: Ceased in 1925  
Notes: George Philpots was a Melbourne dentist and health advocate. He gave frequent lectures and wrote on health, eugenics and vegetarian foods.

Title: The bulletin

Publication details: Sydney, N.S.W.: John Haynes and J.F. Archibald, 1880-1984

Physical description: 105 v. : ill. ; 30-40 cm.

ISSN: 0007-4039

Life dates: 1880-1984

Continued by: Bulletin with newsweek

Notes: The bulletin was the leading Australian literary and current affairs journal for many years. From 1880-1960 it was also the leading source for anti-vegetarian propaganda. Published within it during those years were well over 150 articles, cartoons and poems ridiculing vegetarians, and an equally large number strongly promoting a meat diet.

Title: Club veg

Publication details: Scoresby, Vic. : Tom Perry, Vegecentric,

Life dates: 2002-2005

Notes: Electronic journal distributed in pdf format.

Title: Gourmet vegetarian

Publication details: North Ryde, N.S.W. : Universal Magazines,

Physical description: v. : ill. ; 30 cm.

ISSN: 1329-7651

Life dates: No. 1 (Jan. 1998)- V. 3, no. 4 (Dec. 2000)

Title: The Harbinger of light

Publication details: Melbourne : W.H. Terry

Physical description: 85 v. ; 21-35 cm.

Life dates: No. 1 (Sept. 1870)-Oct. 1954.

Notes: The Harbinger was a spiritualist journal edited and published by William Terry. Given Terry's vegetarianism the journal also promoted vegetarianism, animal welfare and the activities of the early Vegetarian Society.

Title: Health and vision

Publication details: Melbourne : Life and Vision Publications.

Physical description: v. ; 28 cm.

Life dates: 1948-1980

Notes: Edited from 1948 to 1972 by Mary E. Foley (a President of the Australian Vegetarian Society) and by Charles K Milne (1948-1979) and in its last 2 years by Bruce W. Standish. This long running journal concentrated on promoting vegetarianism, animal rights, religion, psychology and health (especially alternative therapies).

Title: The humanical eye

Publication details: Paddington, N.S.W. : April Gadd & Tessa Rubenstein

Series dates: No. 1, 2005-

URL: <http://www.thehumanicaleye.com>

Notes: Online journal includes coverage of vegan/vegetarian issues.

Title: National magazine of health

Publication details: Melbourne : George Edward Philpots

Physical description: v. : ill. ; 22 cm.

Series dates: 1922- 1929

Notes: Official organ of the Victorian Massage Association, Apr. 1924-Mar. 1925 and the Victorian Massage Association and Food Education Society from June 1925.

Title: Natural health

Publication details: Sydney : Natural Health Society of Australia.

Physical description: v. : ill. ; 21-30 cm.

ISSN: 0816-2751

Life dates: No. 167 (May 1975)- no. 198 (Nov./Dec. 1978); new series Mar. 1979-Sept. 1988; 3rd ser. Vol. 1, no. 1 (Oct./Nov. 1988)-v. 9, no. 3 (Apr./May 1996)

Has Supplement: Natural health Society of Australia. Australian Branch news

Former title: Natural health news

Later title: New Vegetarian (Sydney, N.S.W.)

Continued by: New vegetarian and natural health

Title: Natural health and vegetarian life  
Publication details: Penrith, N.S.W. : Natural Health Society of Australia,  
Australian Vegetarian Society  
Physical description: v. :ill. ;30 cm.  
Life dates: Summer 2006-  
Continues: New vegetarian and natural health  
Notes: Current official journal of the Australian Vegetarian Society

Title: Nature's path to health  
Also Titled: Dietitian and Here's nature's path to health  
Publication details: Melbourne : Printed and published by Bernard T. Jones & Co.  
... for the F.G. Roberts' Health Academy  
Physical description: v. : ill. ; 28 cm.  
Life dates: 1928?-1950?

Title: New vegetarian : quarterly magazine of the Australian Vegetarian Society  
and the Vegan Society (NSW)  
Publication details: Sydney :The Societies,1991-1996  
Physical description: 6 v. :ill. ;30 cm.  
Life dates: Vol. 1, no. 1 (Jan. 1991)-V. 6, no. 1 (1996)  
ISSN: 1325-0310  
Continues: Australian Vegetarian (Sydney, N.S.W.)  
Continues: V. (Broadway, N.S.W.)  
Continued by: New Vegetarian and Natural Health

Title: New vegetarian and natural health  
Publication details: Penrith, N.S.W. : Natural Health Society of Australia,  
Australian Vegetarian Society  
Physical description: v. :ill. ;30 cm.  
Life dates: Winter 1996-  
ISSN: 1328-2131  
Continues: New vegetarian : quarterly magazine of the Australian Vegetarian  
Society and the Vegan Society (NSW)  
Continued by: Natural health and vegetarian life

Title: Newsletter (Jewish Vegetarian Society)  
Publication details: Bondi, N.S.W. : Jewish Vegetarian Society. N.S.W. Branch  
Life dates: 1989

Title: Newsletter (Vegan Society)  
Publication details: Broadway, N.S.W. : Vegan Society  
Physical description: v. ;30 cm.  
Life dates, 1992-1993  
Continued by: Vegan News (Vegan Society (N.S.W.))

Title: Progress : political equality, social freedom, self-restraint for the promotion of all reforms  
Publication details: Melbourne : Echo Publishing Co.,  
Physical description: v. ; 36 cm.  
Life dates: (Oct. 1, 1889-Aug. 1890)  
Also titled: Progress: for the promotion of all reforms  
Notes: Produced and largely written by two leading vegan members of the Australian Vegetarian Society, Robert Jones and John Dun. The journal included a large amount of vegan/vegetarian and Vegetarian Society promotion.

Title: Radiant health messenger  
Publication details: Adelaide : Radiant Health Clubs of Australia and New Zealand  
Physical description: v. : ill., ports. ; 19-21 cm.  
From v. 2, no. 5 (July 1931), "official organ of the International Radiant Health Clubs."  
From v. 21, no. 10 (Nov. 1950), published by Australian Radiant Health Clubs.  
Life dates: Vol. 1, no. 1 (Mar. 1930)-

Title: Rainbow vegans  
Publication details: Lismore, N.S.W. : Rainbow Vegans, 1997  
Physical description: v. : ill. ; 30 cm.  
This title is a companion to: Vegan forum.  
Life dates: Vol. 1, no. 1 (Jan. 1997)

Title: Theosophy in Australasia : the organ of the Australasian Section of the Theosophical Society

Publication details : Sydney : The Section, 1895-1921

Physical description: 27 v. ; 24-27 cm.

Notes: Cover title.

Notes: Also available on microfilm

Life dates: Vol. 1, no. 1 (Apr. 5, 1895)-v. 26, no. 12 (Apr. 1 1921)

Notes: Contained a good number of vegetarian articles.

Title: V. : The Vegan Society journal

Publication details: Broadway, N.S.W. : The Society.

Physical description: v. : ill.

Life dates: 1985-1990

Continued By: Australian Vegetarian (Sydney, N.S.W.)

Other Title: Vegan Society Journal.

Other Title: Vegan Society Newsletter -1985.

Title: Vegan Australia

Publication details: Seaford, Vic. : Vegan Society Of Australia, 1984-?

Physical description: v. ; 21 cm.

Life dates: No. 1 (Winter 1984)-?

ISSN: 0815-5976

Title: Vegan forum

Publication details: Tewantin, Qld. : Vegan Australasian Network, 1994-2000.

Physical description: v. ; 30 cm.

Life dates: Jan. 1994-Dec. 1999/Feb. 2000

Notes: From 1997 published in Lismore, N.S.W.

Notes: From 1997 issued by: Vegans International (Australia).

Title: Vegan news

Publication details: Altona North, Vic. : Vegan Society Of Victoria, 1977-1983

Physical description: 7 v. ; 26 cm.

ISSN: 0815-5968

Life dates: 1977-1983

Title: Vegan news  
Publication details: Seaford Vic : Vegan Society of Australia, 1980-1983  
Physical description: v. ; 21 cm.  
Life dates: Spring 1980-spring 1983  
Later title: Vegan Australia

Title: Vegan news  
Publication details: Broadway, N.S.W. : Vegan Society of NSW  
Physical description: v. ;30 cm.  
Life dates: 1994?-2001?.  
Continues: Newsletter (Vegan Society (N.S.W.))

Title: Vegan voice  
Publication details: Nimbin, N.S.W. :Vegan Voice  
Physical description: v. ill. ;30 cm.  
Life dates: No. 1 (Mar./June 2000)-

Title: Vegetandus.  
Publication details: Adelaide : Vegetarian Society  
Physical description: v. ; 34 cm.  
Life dates: Mar. 1964-Jul./Aug. 1972

Title: The Vegetarian  
Publication details: London : Vegetarian Federal Union  
Life dates: 1888 – 1920  
Notes: British journal published by Arnold F. Hills and The London vegetarian Society that included occasional Australian news and correspondence.

Title: The Vegetarian : the organ and property of the New South Wales Vegetarian Society  
Publication details: Sydney : New South Wales Vegetarian Society  
Physical description: 4p. ; 20 cm.  
Notes: Only the first issue (vol. 1, no. 1, 10 March 1896) is in existence, it is not known whether any more were published.  
Available from: Mitchell Library, State Library of NSW, call no. ML 613.206/1

Title: Vegetarian bites newsletter  
Publication details: Canberra : ACT Vegetarian Society  
Physical description: v. :ill. 30 cm.  
Life dates: 2002-

The Vegetarian messenger  
Publication details: Manchester, Vegetarian Society (UK)  
Physical description: 27 v. illus., ports.  
Life dates: v. 1-10, Sept. 1849-1860; 4th ser., v. 1-11, Jan. 1887-Dec. 1897; 5th ser., v. 1 (no. 1-12), Jan.-Dec. 1898; 6th ser., v. 1-5, Jan. 1899-Dec. 1903.  
Notes: Only Microfilm copies are available in Australia  
Notes: British journal included occasional coverage of Australian vegetarian activity, 1880s-1910

Title: The western vegetarian  
Publication details: North Perth, W.A : Vegetarian Society of Western Australia.  
Life dates: 1988-1997

## Manuscripts

Author: Grant, John, b. 1776.

Title: Papers 1769-1810

Physical description: 20 cm. (2 boxes).

Location: National Library of Australia, Manuscript Section

Access conditions: Available for reference

Notes: Grant is assumed to be Australia's first vegetarian. He was transported to Australia in 1804. He became a vegetarian (1805-1809) as a symbolic protest against his and others treatment by the colonial government.

Author: Chidley, William James

Title: Papers, 1896-1927

Physical description: 6 v., 1 folder, 2 boxes.

Access conditions: Restricted issue.

Location: State Library of NSW

Author: Jewish Vegetarian Society

Title: Papers

Size: 1 Envelope

Access conditions: Available for reference

Location: Australian Jewish Historical Society, Archives

see: <http://www.archivists.org.au/directory/data/35.htm>

Author: Singer, Peter

Title: Papers

Physical description: 63 boxes

Access conditions: Restricted until access determined.

Location: National Library of Australia, Manuscript Section

## Theses

Author: Ashmere, Emma Dorothy.

Title: Blood and bone : Australian historical fictions and other white readings

Physical description: 293 leaves ; 30 cm.

Date: 2006

Notes: Thesis (Ph.D.) -- La Trobe University

Notes: Discusses in part early Australian vegetarians

Author: Ashton, Emma Louise

Title: Effects of dietary constituents on coronary heart disease risk factors

Date: 2000.

Physical description: xx, 294 leaves : ill. ; 30 cm.

Notes: Thesis (Ph.D.)--Deakin University, Victoria

Author: Duncan, Jennifer

Title: Distinguishing vegetarian-feminism from eco-feminism

Date: 1993

Physical description: 101 leaves ; 30 cm.

Notes: Thesis (B.A.(Hons.))--University of Adelaide

Author Heenan, Claire N

Title Application of probiotic microorganisms in a frozen vegetarian soy dessert

Date: 2001

Physical description: 218 leaves : ill. ; 30 cm

Notes: Thesis (Ph.D.) -- University of Newcastle

Author: Helman, Anthony David

Title: Nutrition and health in vegetarian patients

Date: 1986

Physical description: viii, 180 leaves : col. ill.

Notes: Thesis (M.M.)--University of Sydney

Author: Hokin, Bevan D.  
Title: Vitamin B12 deficiency issues in vegetarians and in other selected at-risk groups  
Date: 2003  
Physical description: xxix, 322 leaves : ill. ; 31 cm.  
Notes: Thesis (Ph. D.) -- University of Newcastle

Author: Johansen, Einar  
Title: Plant-based dietary mood intervention (PDMI) : idiographic assessment of short-term mood changes  
Date: 2000  
Physical description: xvi, 165 p. : ill. ; 30 cm.  
Notes: Thesis (MEd)--Southern Cross University

Author: Lea, Emma J.  
Title: Moving from meat : vegetarianism, beliefs and information sources  
Date: 2001  
Physical description: xii, 346 leaves :ill. ;30 cm.  
Notes: Thesis (Ph.D.)-- University of Adelaide  
Electronic version available at: <http://thesis.library.adelaide.edu.au/public/adt-SUA20031202.121633/>  
Notes: Lea has written a number of papers on the vegetarian diet some in conjunction with Worsley A, and Skrzypiec G.

Author: Macphail, Heather Margaret  
Title: Meat or three veg : meat-eating and environmental thought  
Date: 1997.  
Physical description: viii, 59 leaves ; 30 cm.  
Notes: Thesis (M.Env.St.)--University of Adelaide

Author: Margetts, Barrie Maxwell  
Title: Studies of the effects of a vegetarian diet and its components on blood pressure in humans  
Date: 1985.  
Physical description: 390, 71 leaves.  
Notes: Thesis (Ph.D.)--University of Western Australia

Author: O'Reilly, Ronald James.

Title: An evaluation of the prophylactic and therapeutic value of an organic raw food vegan diet

Date: 1993.

Physical description: xi, 101 leaves ; 30 cm.

Notes: Thesis (M. Env. St.)--University of Adelaide

Author: Pearce, Robyn Ellen

Title: Volunteers in community nutrition education : an Australian perspective

Date: 1997

Physical description: 2 v. : ill. ; 30 cm

Notes: Thesis (Ph.D.)-- University of Newcastle

Author: Rule, Jennifer E. J.

Title: Vegetarianism in Seventh-day Adventist home economics classes : an exploration of the issue

Date: 1995

Physical description: viii, 128 leaves ; 30 cm.

Notes: Thesis (M.A.)--Deakin University, Victoria

Author: Swinbank, Vicki A.

Title: The sexual politics of food : a radical feminist analysis of food production, preparation and consumption

Date: 2008.

Physical description: vii, 293 leaves, bound ; 30 cm.

Notes: Thesis (Ph.D.)--University of Melbourne

Author: Symons, Michael

Title: Eating into thinking : explorations in the sociology of cuisine

Date: 1991

Physical description: ix, 364 leaves, bound ; 30 cm.

Notes: Thesis (Ph.D.)--Flinders University of S. Aust.,

Notes: Symons has written a number of food history works, his position is generally anti-vegetarian.

Author: Watt, Kenneth

Title: The effects of vegetarianism and exercise on muscle creatine loading and gene expression

Date: 2003

Physical description: xvi, 180 p. ; 30 cm

Notes: Thesis (Ph.D.)--Deakin University, Victoria, 2003

Author: Zed, Christine Ann

Title: A study of food habits and nutritional status of vegetarian and non-vegetarian preschool children in Sydney

Physical description: 171 leaves ; 30 cm.

Date: 1978

Notes: Thesis (M. Sc.)--University of Sydney.

## Music

There are a number of Australian musical works which pertain to vegetarianism, included here are only publicly available music scores.

Author: Burt, Warren

Title: Vegetarian men : for SATB a capella chorus

Publication details: Sydney : Sounds Australian, 1990

Physical description: 2 p. of music ; 30 cm.

Notes: Mixed voices, 4 parts, unaccompanied.

Author: Kats-Chernin, Elena, (composer. ) Janis Balodis (text)

Title: Mr Barbeque

Publication details: 2002

Physical description: 127 p. ; 30 cm.

Notes: contents include no. 3 Vegetarian lover

## Other materials

Title: Collection of material relating to Vegetarian Society of Western Australia

Access conditions: Available for reference

Location: J.S. Battye Library. State Library of Western Australia

Title: The Vegetarians : an audio-visual kit produced by Environment Audio Visuals.

Publication details: Castlemaine, Vic. : Environment Audio Visuals, 1983?

Physical description: 51 slides : col. + 1 sound cassette (16 min. : 1 7/8 ips) + 1 guide (8 p. ; 22 cm.)

Notes: For secondary school students.

Author: Vegetarian Information Center.

Title: How & why to be a Vegetarian : a collection of 8 pamphlets

Publication details: Richmond, Vic. : Vegetarian Information Center, 1984?

Physical description: 15 p. ; 22 cm.

Title: The Vegetarians [videorecording].  
Publication details: Bendigo : Video Education Australasia, c1989.  
Physical description: 1 videocassette (VHS) (16 min.) : sd., col. ; 1/2 in.  
Series: Guess who's coming to dinner? ; no. 5.

Title: Ephemera on alternative health : pamphlets, leaflets, etc. related to issues such as health foods (Macrobiotic & organic foods and vegetarianism), Herbalism, Naturopathy, Homeopathy, Osteopathy, Holistic medicine, alternative women's health, Acupuncture, Massage & Shiatsu, Yoga, Chinese medicine, Hypnotherapy, Aromatherapy, Flotation Tanks, Health Spas, Etc.  
Publication details: 1990-  
Physical description: 1 Box.  
Available from: Mitchell Library. State Library of NSW

Title: The Vegetarian Society of Australasia [videorecording].  
Also Titled: Vegetarian Society of Australia  
Publication details: Williamstown, Vic. : Appleseed Productions, [1996?].  
Physical description: 1 videocassette (VHS) (ca. 15 min.) : sd., col. ; 1/2 in.  
Other Author: Glen, Zalln.

Title: Exploring vegetarianism [videorecording] : a healthy alternative.  
Publication details: Loganholme, Qld., : Marcom Projects  
[distributor] 2003, c1999.  
Physical description: 1 videocassette (VHS) (19 min.) : sd., col. ; 1/2 in.  
Credits: Produced by Lawper Productions  
Other Author: Meridian Education Corporation.

Title: Exploring vegetarianism [videorecording] : a healthy alternative.  
Publication details: Loganholme, Qld. : Marcom Projects  
[distributor], 2004.  
Physical description: 1 videodisc (DVD) (22 (19) min.) : sd., col. ; 4 3/4 in.  
Credits: Executive producer, Twila Sears ; produced by Lawper Productions  
Note: Copyright by Meridian Education Corporation, 1999.  
Note: Region 0 DVD. Colour recording system: PAL.

Author: MacDougall, Jenny

Title: Jenny MacDougall interviewed by Alex and Annette Hood in the Alex Hood Folklore collection [sound recording].

Publication details: 2006.

Physical description: 1 digital audio tape.

Series: Alex Hood folklore collection

Notes: Oral history recording containing information on MacDougall's vegetarianism and work in the Animal Liberation movement.

Digital master ; National Library of Australia, Oral History and Folklore collection ; nla.oh-5533-0016-0001.

Note: Access open for research, personal copies and public use.

## Archived websites

There have been a number of vegetarian/vegan web sites, only two however have been preserved in Australia for long term access.

Title: The Vegetarian and Vegan Society of Queensland

Publication details: The Gap, Qld. :Vegetarian and Vegan Society of Queensland, 2003-

Series: Pandora Electronic Collection

Archived at: <http://nla.gov.au/nla.arc-32611>

Live URL: <http://www.vegsoc.org.au>

Title: Vegetarian Network Victoria

Publication details: Melbourne : Vegetarian Network Victoria, 2001-

Series: Pandora Electronic Collection

Archived at: <http://nla.gov.au/nla.arc-22449>

Live URL: <http://www.vnv.org.au>

Title: Voiceless : the fund for animals

Publication details: Paddington, NSW : Voiceless, 2004-

Series: Pandora Electronic Collection

Archived at: <http://nla.gov.au/nla.arc-51467>

Live URL: <http://www.voiceless.org.au>

## **Other websites** – URLs accessed January 2008

These web sites have not been archived in Australia but some have been preserved in the United States within the Internet Archive at: <http://www.archive.org>

The Australian Vegetarian Society (NSW)

URL: <http://www.veg-soc.org>

The Cruelty free shop (online shop)

URL: <http://www.crueltyfreeshop.com.au>

History of the Australian Vegetarian Societies

URL: <http://www.ivu.org/history/societies/australia.html>

National Vegetarian Week

URL: <http://www.vegetarianweek.com>

Perth veg\*n resources

URL: <http://www.perthveg.com>

Rabbits vegetarian Page

URL: <http://members.iinet.net.au/~rabbit/vegmain.htm>

Veganpet

URL: <http://veganpet.com.au>

Vegan perfection (online shop)

URL: <http://www.veganperfection.com.au>

Vegan Society of Australia

URL: <http://www.veganaustralia.org>

Vegan wares (online shop)

URL: <http://www.veganwares.com>

Vegans Unite!

URL: <http://www.vegansunite.org.au>

Vegetarian Action

URL: <http://www.vegetarianaction.org.au>

The Vegetarian Society of ACT  
URL: <http://www.vegetariansociety.org.au>

Vegetarian Society of South Australia  
URL: <http://www.vegsa.org.au>

World Vegan Day - Australia website  
URL: <http://www.worldveganday.org.au>  
URL: <http://www.wvd.org.au>

## Seventh-day Adventist Church publications

The Seventh-day Adventist Church was founded in the United States by Ellen G. White (1827-1915). In 1891, White with her son, William, and five other supporters arrived in Melbourne with the intention of spreading her gospel to Australia. In 1898, given the lack of available vegetarian foods in Australia, the Adventists formed the Sanitarium Food Company to produce food for their growing numbers of followers and to promote the vegetarian diet. To distribute their products, the Adventists opened their first shop in Melbourne in 1899. This was soon followed by others in Maitland, NSW and Hobart in 1900. In 1902 they opened their first restaurant in Pitt Street, Sydney. By 1914, there were Sanitarium restaurants and shops in every Australian capital city. The Sanitarium Health Food Company continues to be the leading producer of vegetarian foods in Australia.

### Adventist Monographs

Title: 16 new recipes to break the monotony of meat, meat, meat, meat, meat, meat.  
Publication details: Sydney : Sanitarium Health Food Company, [19--]  
Physical description: [10] p. : ill. ; 18 cm.

Author: A competent committee of home-makers and physicians  
Title: Home and health : a household manual containing two thousand recipes and helpful suggestions ...  
Publication details: Warburton, Vic. : Signs of the Times Publishing Assn., 1908  
Physical description: 574 p. : ill. ; 23 cm.  
Notes: Australian edition of work first published in the United States.

Author: A competent committee of home-makers and physicians  
Title: Home and health : a household manual containing two thousand recipes and helpful suggestions ...  
Edition: 2nd ed.  
Publication details: Melbourne : Signs Publishing Company, 1909  
Physical description: 630 p. : ill. ; 23 cm.

Author: Bartlett, Jenny  
Title: Healthful cookery  
Publication details: Warburton, Vic. : Signs Publishing , 1932  
Physical description: 95 p., 1 leaf of plates : ill. ; 21 cm.

Author: Bartlett, Jenny  
Title: Healthful cookery  
Publication details: Warburton, Vic. : Signs Publishing , 1938  
Physical description: 96 p. : ill. ; 21 cm.

Author: Bunch, Ada May  
Title: Easy-to-make meatless soups and savouries  
Publication details: Warburton, Vic. : Signs Publishing Co., 194-?  
Physical description: 63 p. ; 21 cm.

Author: Colcord, Anna L.  
Title : A friend in the kitchen : or, What to cook and how to cook it : containing about 400 choice recipes carefully tested : together with plain directions on healthful cookery; how to can fruit; a week's menu; proper food combinations; rules for dyspeptics; food for infants; simple dishes for the sick; wholesome drinks; useful tables on nutritive value of foods; time required to digest foods; weights and measures for the kitchen, etc.  
Publication details: Melbourne : Echo Publishing, 1898  
Physical description: 128 p. : ill. ; 19 cm.  
Notes: This work is presumed to be the first vegetarian cookery book produced in Australia. It was a revised and greatly enlarged version of a work originally published in the United States in 1889. This very popular work, with very attractive illustrations, went through numerous editions only a few of which are available. The author Anna Letitia Colcord, an American, was in Australia between 1893 and 1902 as she was married to Willard Colcord, the Secretary of the Adventist General Conference.

Author: Colcord, Anna L.  
Title: A friend in the kitchen, or, What to cook and How to cook it.  
Also titled: What to cook and how to cook it  
Edition: 14th ed., rev. and enlarged  
Publication details: Melbourne : Signs Publishing Co., 1912  
Physical description: 144 p. : ill. ; 18 cm.

Author: Colcord, Anna L.  
Title: A friend in the kitchen : or what to cook and how to cook it  
Edition: 18th ed.  
Publication details: Melbourne : Signs Publishing Company, 1918  
Physical description: 144 p. : illus.

Author: Fletcher, Elaine J.  
Title: Selected recipes for a meatless diet  
Publication details: [S.l. : the author, 197-?]  
Physical description: 24 p. ; 22 cm.

Author: Hammond, Sally  
Title: Kitchen talk : a vegetarian cook-book  
Publication details: Warburton, Vic. : Signs Publishing , 1978  
Physical description: 95p. : ill. ; 21cm.  
ISBN: 0959996435 :

Author: Hook, Milton Raymond  
Title: Seventh-day Adventist heritage series  
Publication details: Wahroonga, NSW : South Pacific Division Department of Education, 199?  
Physical description: 32 v. ; 21 cm.  
Notes: A collection of pamphlets concerning the history of the Seventh-day Adventist Church in the South Pacific. Includes no. 12. An experiment at Cooranbong, and no. 17. Cultivating vegetarians

Title: Jackie 'O Vegie Delights bbq recipes  
Publication details: Berkeley vale, N.S.W., Sanitarium Health Food Company, 2007  
Physical description: 35 p : illustated  
Notes: recipe book produced for the Sanitarium range of products. Released in pdf online for National Vegetarian Week, 2007 at:  
<http://www.vegetarianweek.com/RecipeBook/>

Author: Kress, D. H.

Title: Dietetic errors : how they may be avoided, their relation to disease

Publication details: Warburton, Victoria : Signs of the Times Publishing, 1906

Physical description: 59 p. ; 19 cm.

Notes: Daniel and Laretta Kress were an American married couple. Both doctors they trained at Kellogg's Sanitarium in Battle Creek, and came to Australia to set up the first Adventist hospitals.

Author: Kress, D. H.

Title: Hints on health: dietetic errors - how they may be avoided, their relation to disease

Publication details: Warburton, Vic. : Signs Publishing , 192-?

Physical description: 61 p. : ill. ; 21 cm.

Series: Life and health series

Author: Kress, Laretta, 1863-

Title: Good health cookery book : containing a most valuable selection of choice recipes; proper food combination; tables on nutritive value of foods, etc., etc., coupled with a treatise on general dietetic principles by D.H. Kress, Medical Superintendent of the Sydney Sanitarium Wahroong, N.S.W.

Publication details: Warburton, Vic. : Signs Publishing, 1907.

Physical description: 128 p. : ill. ; 18 cm.

Author: Kress, Laretta

Title: Good health cookery book

Publication details: Melbourne : Signs Publishing Co., 1918

Physical description: 128 p. : ill. ; 18 cm.

Author: Kress, Laretta

Title: Good health cookery book : containing a most valuable selection of choice recipes, proper food combination, tables on nutritive value of foods, etc. : coupled with a treatise on general dietetic principles by D.H. Kress

Publication details: Warburton, Vic. : Signs Publishing Company, 1920

Physical description: 128 p. : ill. ; 20 cm.

Author: Macsmith, J.  
Title: Creative meatless cooking  
Publication details: Warburton, Victoria : Signs publ., 1971  
Physical description: 94, 2p. : illus. ; 21cm.  
Notes: Cover title: creative meatless cooking; delicious and healthful recipes for every occasion.

Author: Marshman, Hilda  
Title: New ways with food : carefully tested recipes  
Publication details: Warburton, Vic. : Signs Publishing Company, 195-?  
Physical description: 96 p. : ill. ; 21 cm.  
Series: Better methods cookery book ; no. 2

Author: Marshman, Hilda  
Title: Picture cook book  
Publication details: S.l. : Sanitarium, 195-?  
Physical description: 96 p. : ill. ; 21 cm.  
Series: "Better methods" series ; bk. no. 3

Author: Nelson, Kay  
Title: Nature's way : vegetarian cookery in a nutshell  
Edition: 2nd ed.  
Publication details: Warburton, Vic : Signs Publishing, 1978  
Physical description: 175p., 7 leaves of plates : ill. ; 15x24cm.

Author: Parr, Robert and Litster, Glyn  
Title: "What God hath wrought!" : the Sanitarium Health Food Company story  
Publication details: Berkeley Vale, N.S.W. : Sanitarium Health Food Company, 1995  
Physical description: 463 p. : ill. (some col.), ports. (some col.) ; 29 cm.  
ISBN: 0646259792

Author: Radd, Sue.  
Title: The breakfast book : start the day right and enjoy better health and vitality  
Publication details: Sydney : Hodder, 2003.  
Description: ix, 268 p. : ports., ; 21 cm.  
ISBN: 0733615910

Author: Reilly, Carol  
Title: Australian & New Zealand vegetarian cooking for better health  
Publication details: South Yarra, Vic. : Decalon, 1983?  
Physical description: 125 p. : col. ill. ; 28 cm.  
ISBN: 0908074387

Author: Rice, Nelia and Johanson, Bobbie Mae  
Title: Meatless microwaving  
Publication details: Warburton, Vic : Signs Publishing, 1988  
Physical description: 112 p. : ill. ; 21 cm.  
ISBN: 0947145311 :

Author: Ruble, W.A. ... *et al*  
Title: Health and happiness : how to keep well  
Publication details: Warburton, Victoria : Signs Publishing, 1928  
Physical description: 96 p. : ill. ; 19 cm.

Author: Sanitarium Health Food Company  
Title: Sanitarium health foods : price list.  
Publication details: [Sydney : Sanitarium Health Food Company, 1904?]  
Physical description: 1 folded sheet ([6] p.) ; 18 cm. x 7 cm.  
Notes: "Imported by The Hydropathic Institute, Victoria Square, Adelaide."  
Includes advertisement for Good health cookery book by Lauretta Kress.

Author: Sanitarium Health Food Company  
Title: Healthful living  
Publication details: [Sydney : Sanitarium Health Food Company, 1911]  
Physical description: 31 p. : ill. ; 19 cm.

Author: Sanitarium Health Food Company  
Title: Sanitarium Health Foods cook book.  
Publication details: Cooranbong, N.S.W. : Avondale Press, [192-]  
Physical description: 14 p. ; 18 cm.

Author: Sanitarium Health Food Company  
Title: Sanitarium recipe book  
Publication details: Wahroonga, N.S.W. : Sanitarium Health Food Company, 194-?  
Physical description: 64 p. : col. ill. ; 21 cm.

Author: Sanitarium Health Food Company  
Title: Try these exciting recipes  
Publication details: Sanitarium?, 19--?  
Physical description: 14 p. ; 17 cm.  
Notes: Recipes first published in Australian Women's Weekly 'Famous Brand' recipe booklet.

Author: Sanitarium Health Food Company  
Title: Recipes for good health  
Also titled: Sanitarium health recipes  
Publication details: Brisbane : Sanitarium Health Food Company, 195-?  
Physical description: 35 p. : ill. ; 22 cm.

Author: Sanitarium Health Food Company  
Title: Vegie delights : meat free meals you'll love.  
Publication details: Sydney : Sanitarium, 2006?  
Physical description: 61 p. : col. ill. ; 21 cm.

Author: Sanitarium Nutrition Education Service  
Title: Sanitarium health recipes  
Publication details: s.l. : Sanitarium?, 194-?  
Physical description: 32 p. : ill. ; 21 cm.

Author: Sanitarium Nutrition Education Service  
Title: Recipes and hints on how to use these and more Sanitarium quality products  
Publication details: Sydney : Sanitarium, 1983?  
Physical description: 1 sheet folded ; 23 cm.

Author: Sanitarium Nutrition Education Service  
Title: Vegetarian eating for people with diabetes  
Publication details: Wahroonga, N.S.W. : Sanitarium Nutrition Education Service, 1994  
Physical description: 7 p. : col. ill. ; 30 cm.

Author: Sanitarium Nutrition Education Service  
Title: The Food Lover's Guide to Vegetarianism  
Publication details: Wahroonga, NSW : Sanitarium Nutrition Education Service, 1995?  
Physical description: 9 p. : col. ill. ; 30 cm.

Author: Sanitarium Nutrition Education Service  
Title: Good Health : The Vegetarian Alternative  
Publication details: Berkeley Vale, N.S.W. : Sanitarium Nutrition Education Service, 1995?  
Physical description: 15 p. : col. ill. ; 20 cm.

Author: Sanitarium Nutrition Education Service  
Title: The bean book  
Publication details: Sydney : Sanitarium : Murdoch Books, 2000  
Physical description: 64 p. : col. ill. ; 20 cm.  
ISBN: 1740450191

Author: Shollenburg, Bertha  
Title: Best food and good  
Publication Details: Warburton, Vic. : Signs Publishing , 1983?  
Physical description: 152 p. : ill. (some col.) ; 21 cm.  
ISBN: 0949809497 :

Author: Student Wives Fellowship, Avondale College (compilers)  
Title: 120 eggless recipes  
Publication details: Cooranbong, N.S.W. : Student Wives Fellowship, 1971  
Physical description: 39 p. ; 21 cm.

Author: Student Wives Fellowship, Avondale College (compilers)  
Title: 120 eggless recipes  
Edition: Rev. ed.  
Publication details: Cooranbong, N.S.W. : Student Wives Fellowship, 1971  
Physical description: 39 p. ; 21 cm.

Author: the ladies of the Bendigo and Castlemaine Seventh-day Adventist churches.  
Title: Fun with foods! : meatless protein dishes  
Also Titled: Collection of popular, health vegetarian recipes contributed by the ladies of the Bendigo and Castlemaine Seventh-day Adventist churches  
Publication details: Bendigo, Vic., Ladies of the Bendigo and Castlemaine Seventh-day Adventist churches, 196-?  
Physical description: 35]p. ; 24 cm.

Author: Turner, Sharon (compiler)  
Title: Avondale College Church recipe book  
Also Titled: Simple vegetarian recipes  
Publication details: Cooranbong, NSW : Avondale College Church, 2008.  
Physical description: 122 p. ; 21 cm.

Author: Ulrich, Laura L.  
Title: Good food : how to prepare it  
Publication Details: Warburton, Vic. : Signs Publishing Company, 1913?  
Physical description: 128 p.  
Notes: Ulrich (nee Lee) opened the first Adventist health food shop in Maitland, NSW in 1900. With an American called Mrs Tuxford, Ulrich later also opened the first Adventist vegetarian café in Sydney.

Author: Wood, Rupert E.  
Title: Hints on diet and healthful living  
Edition: 3rd revision.  
Publication details: Melbourne : Sanitarium Health Food, 194-?  
Physical description: 16 p. ; 21 cm.  
Notes: Wood was a nurse and from the 1920s was a frequent public lecturer on health for Sanitarium.

## Adventist Periodicals

Title: [Australasian] Health and home?

Life dates: 1892?

Notes: Publication mentioned in British vegetarian journal. No known copies exist.

Title: Herald of health

Publication details: Warburton, Vic. : Signs Publishing Co.

Life dates: 1899-?

Notes: Believed to have been founded and edited by Dr Edgar Caro (then President of the NSW Vegetarian Society), a Battle Creek Sanitarium trained physician originally from New Zealand and sometime President of the Australian Vegetarian Society. No known copies exist.

Title: Life and health

Publication details: Warburton, Vic. : Signs Publishing Co.

Physical description: v. : ill. ; 21 cm.

Life dates: Ceased in 1936.

Later title: Health (Warburton, Vic.)

Title: Health

Publication details: Warburton, Vic. : Signs Publishing Co.

Physical description: v. Ill. 28 cm.

Life dates: Vol. 1, no. 1 (July/Aug. 1936)-v. 30, no. 6 (Sept./Oct. 1968)

Later title: Good health (Warburton, Vic.)

Former title: Life and health (Warburton, Vic.)

Title: Good health : the South Pacific's premier family health magazine

Publication details : Warburton, Vic. : Signs Publishing Co., 1969-1993

Physical description: 23 v. : ill. ; 28 cm

ISSN: 0819-5668

Life dates: Vol. 1, no.1 (Jan./Feb. 1969)-v. 23, no. 4 (July/Aug. 1993)

Author: Sanitarium Nutrition Education Service  
Title: Good food news  
Publication details: Wahroonga, N.S.W. : Sanitarium Health Food Company  
Physical description: v. ; 30 cm.  
Life dates: 1989?-

## Other materials

Author: Sanitarium Nutrition Education Service  
Title: Nutrition education service kit.  
Publication details: Wahroonga, N.S.W. : Nutrition Education Service, Sanitarium Health Food Company, 1990  
Physical description: 16 pamphlets, 23 x 30 cm.

Title: Collection of posters from Sanitarium Nutrition Education Service promoting the benefits of a vegetarian diet posters  
Publication details: Wahroonga, N.S.W. - Sanitarium Nutrition Education Service, 1995  
Physical description: 5 posters, col., 99 x 69 cm.  
Available from: State Library of NSW. Location no.: POSTERS 550/1-550/5

Title: Go vegetarian [videorecording]  
Publication details: Wahroonga, N.S.W. : Adventist Media Centre with Str beamline Digital for Nutrition Education Service, Sanatarium Health Food Company and Trans-Tasman Union of the Seventh-day Adventist Church ; Bendigo, Vic. : Video Education Australasia Pty. Ltd. [distributor], 1995.  
Physical description: 1 videocassette (VHS) (18 mins.) : sd., col. ; 1/2 in. + Teacher notes.  
Performer: Presenters: Trish Goddard, Vikki Leng, Gabrielle Adkins, Lee Perry.  
Director: Gibbs, Russell.  
Producer: Hamilton, Mal.

Title: Dan's super slam-dunk dinner [videorecording].  
Publication details: Wahroonga, NSW : Adventist Media, c1999.  
Physical description: 1 videocassette (VHS) (13 min.) : sd., col. ; 1/2 in. + 1 leaflet.  
Credits: Produced and directed by Behren Schulz  
Note: Produced for the Children's Ministries, Health and Stewardship Departments of the Seventh-day Adventist Church, South Pacific Division.

Author: Sanitarium Nutrition Education Service

Title: A vegetarian diet chart : how to keep the balance right

Publication details: Wahroonga, N.S.W.: Sanitarium Nutrition Education Service, 200?

Physical description: 1 poster : col. ; 69 x 98 cm.

Author: Sanitarium Nutrition Education Service

Title: Advantages of the vegetarian diet chart.

Publication details: Wahroonga, N.S.W.: Sanitarium Nutrition Education Service, 200?

Physical description: 1 poster : col. ; 69 x 98 cm.

Sanitarium Health Food Company (website)

<http://www.sanitarium.com.au/>

