



**Global importance  
of cow protection**

**“Why should men kill cows for their selfish purposes? Why should man not be satisfied with grains, fruits and milk, which, combined together, can produce hundreds and thousands of palatable dishes?...**

**...Why are there slaughterhouses all over the world to kill innocent animals?”**

***(A.C. Bhaktivedanta Swami Prabhupada)***

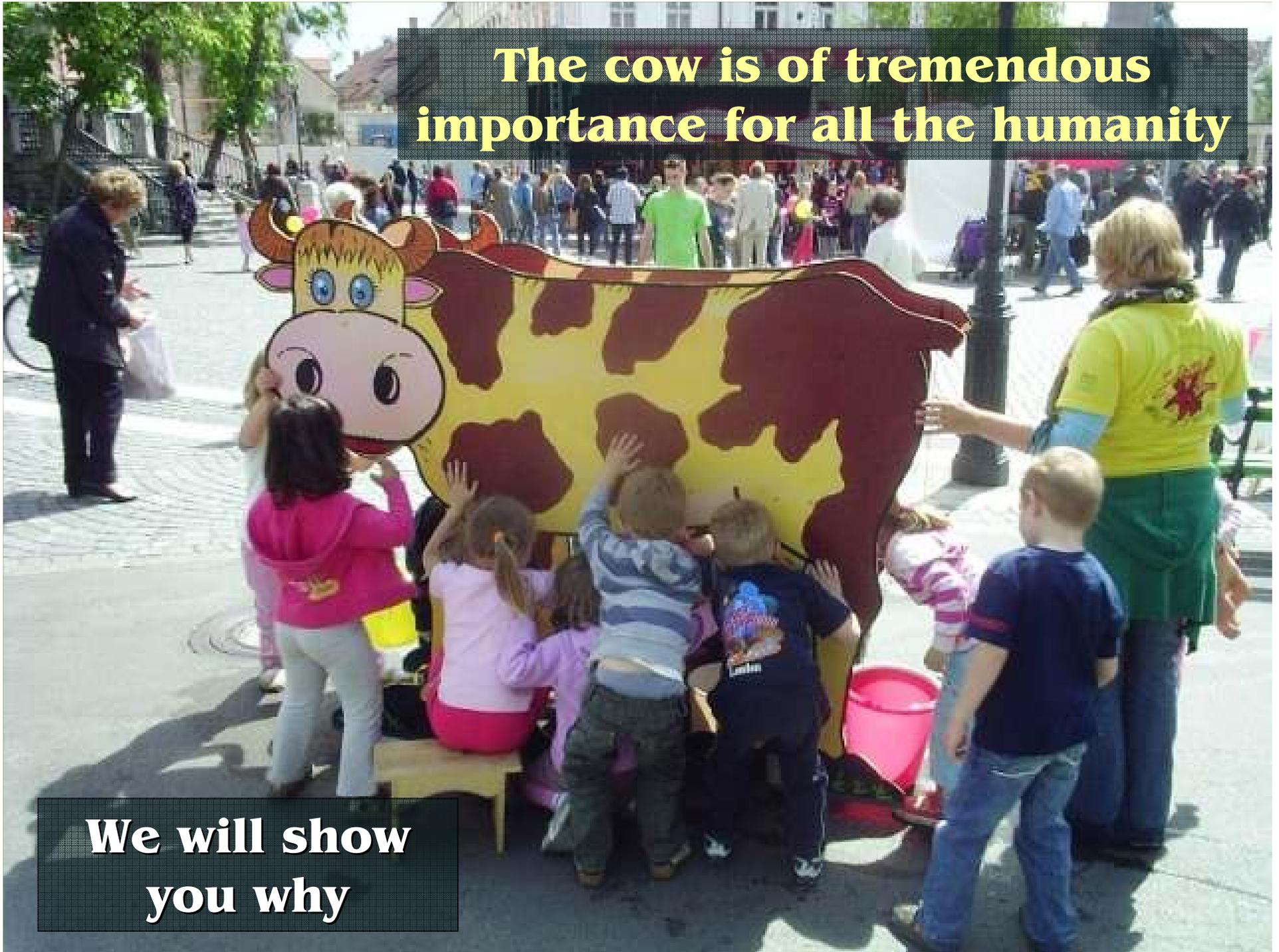




**In Sanskrit the word 'Goshala' literally means *cow protection*, or the place where cows are sheltered.**

**Other Sanskrit names for the cow are *Go-mata* (mother cow), *Kamadhenu* (wish fulfilling), and *Aghnya* (never to be killed).**

**The cow is of tremendous importance for all the humanity**



**We will show  
you why**

# Ox/bull employment

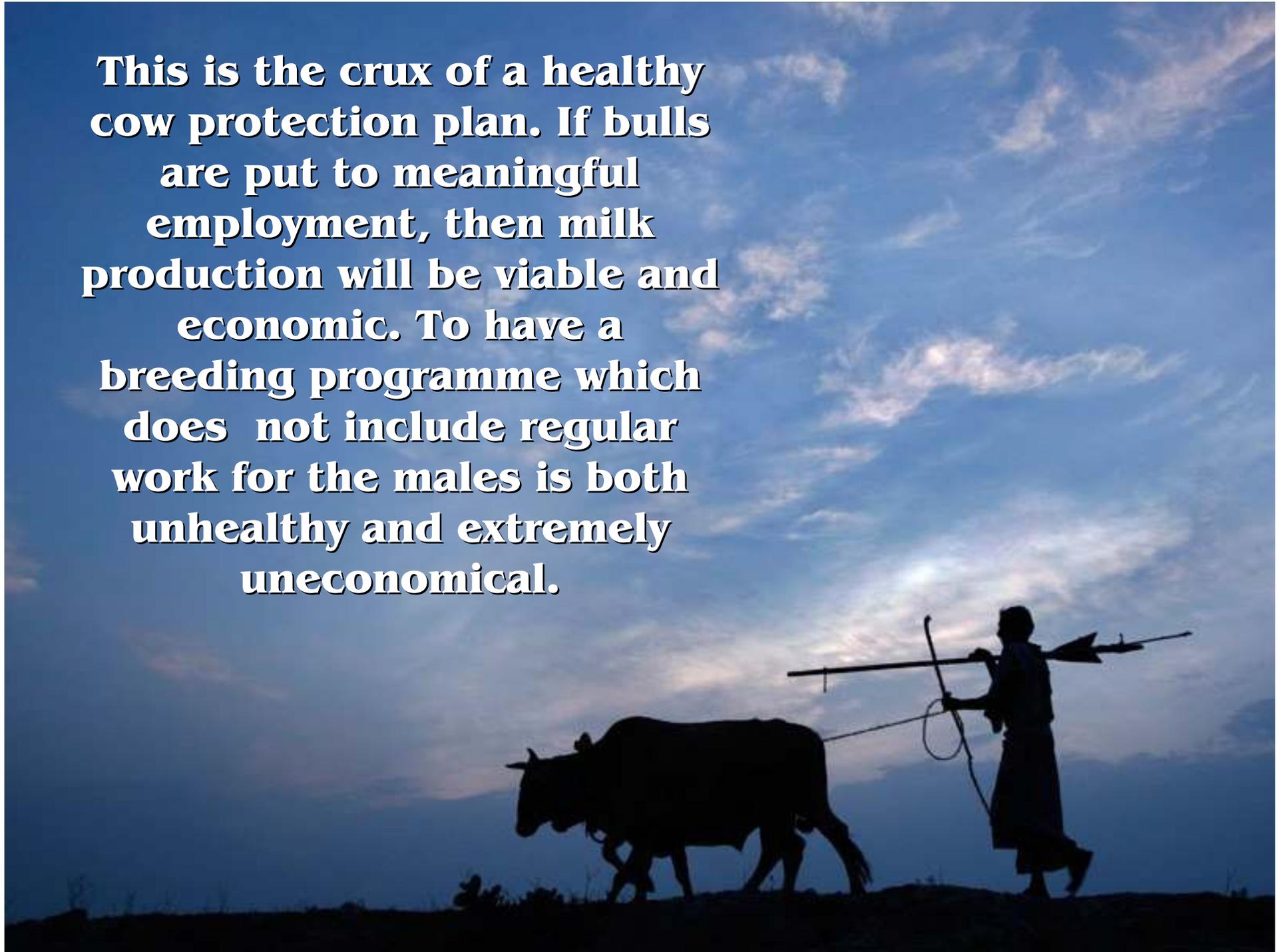




**Meaningful engagement should be provided for workable oxen. Such tasks might include:**

- 1) Ploughing and tilling the land**
- 2) Local transportation**
- 3) Tourism and oxcart rides**
- 4) Powering machinery via a draught unit**

**This is the crux of a healthy cow protection plan. If bulls are put to meaningful employment, then milk production will be viable and economic. To have a breeding programme which does not include regular work for the males is both unhealthy and extremely uneconomical.**



In a booklet *An Alarm Call*, published in 1994 by Akhil Bharat Krishi and Goseva Sangh, the authors identify four major problems which have crippled today's farmers in India, as well as those around the rest of the world: 1. use of chemical fertiliser, 2. use of pesticides, 3. use of hybrid seeds, and 4. use of mechanised farming.



**The expense of feeding the bulls will be a deficit to the farmer unless he realizes their potential for alternative energy by employing them in tilling the fields and hauling.**



**Otherwise, the farmer in most countries throughout the world acquires his economic profit by selling the bulls for meat.**

**“India's 84 million draught animals supply equivalent of 30Kw, providing the energy to cultivate 100 million hectares and for hauling about 30,000 million tonne Kms of freight in 15 million carts. These work animals save 6 million tonnes of petroleum a year.”**



*(‘Draught Animals News’ #11, published in 1989 by the Centre for Tropical Veterinary Medicine of University of Edinburgh, Scotland)*

**Success in today's economic climate calls for mass production, which relies on costly and polluting factors such as tractors, fossil fuels,**



**chemical fertilizers, and heavy mortgages. Unable to compete, the small farmer is driven out of business.**

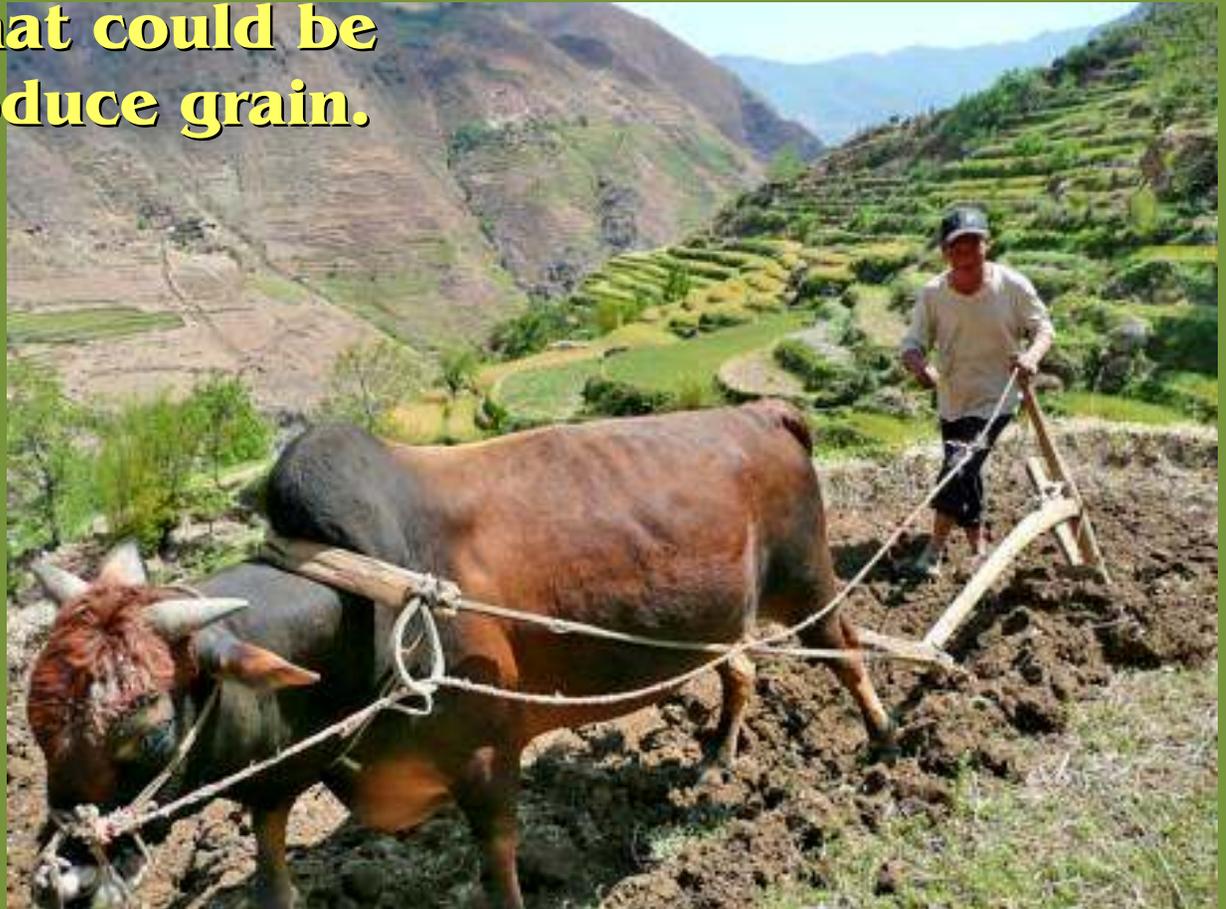


**Agriculture became agribusiness when greedy multinational companies took control of food production. This resulted in twilight of small farms.**

**Farmers are often compelled to strikes, but eventually they will be forced to work in factories or to become unemployed.**



**Industrialised countries need to reintroduce ox power in order to feed the people as petroleum becomes scarce. Right now there are millions of young bulls that could be trained to produce grain.**



**The danger is that as increasing petroleum prices force up the price of grains, cows and bulls will be the first targets of massive slaughter because they require the most feed.**





**Ox-drawn equipment does not compact soil and reduce aeration, as does modern heavy equipment. Ox equipment is simple and does not require heavy industry for manufacture, repair or replacement parts.**

**Tractors completely replace the need for working bulls. They also severely minimize the number of people needed for agricultural work.**





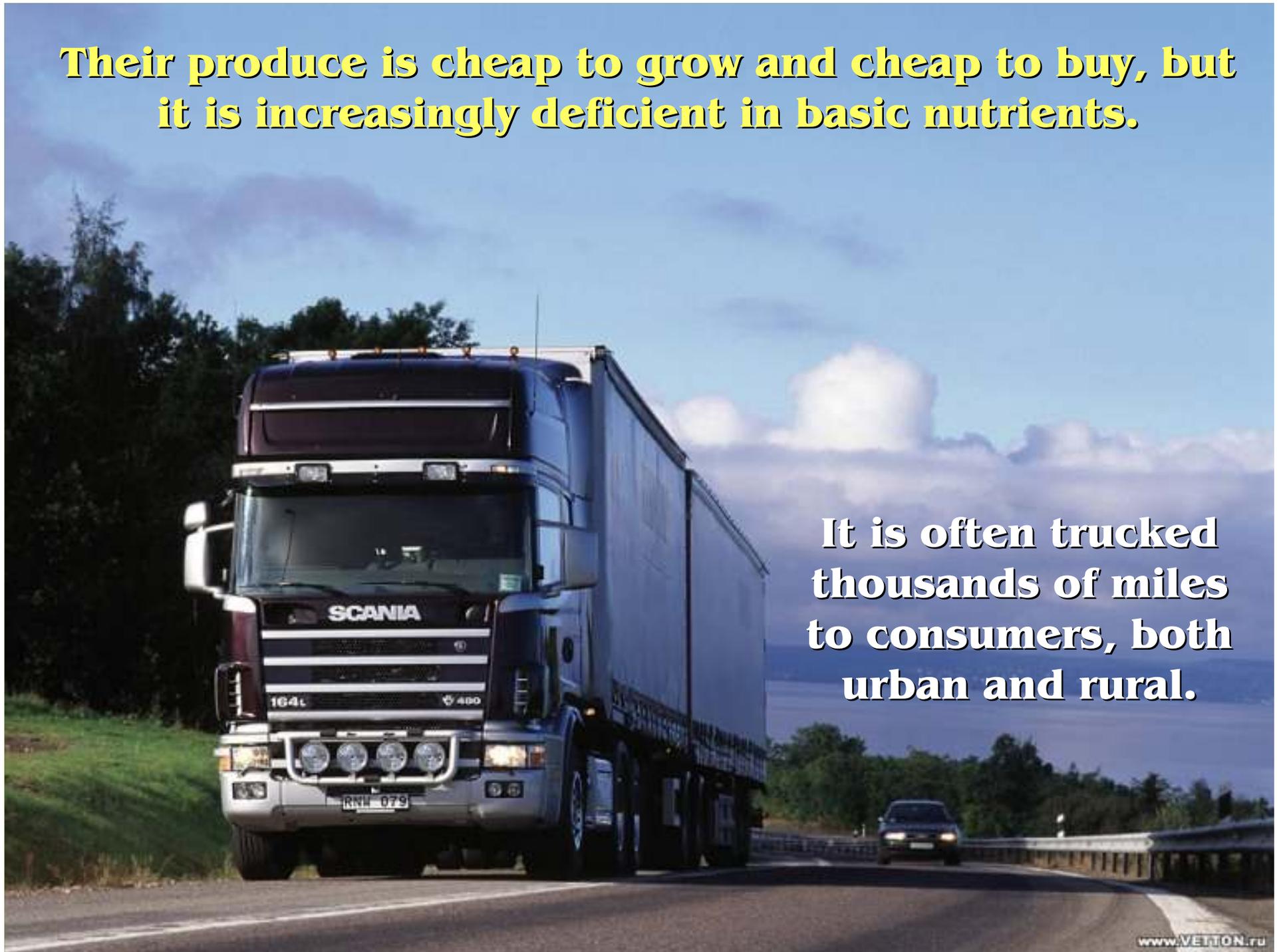
**Displaced peasants provided cheap labour for factories. Cheap labour fed with cheap food set the stage for the industrial revolution. And the tractor has pushed things much further.**

**A huge proportion of our food is now produced at huge, heavily mechanized industrial “farms” under the control of a handful of giant agribusiness firms.**



**Their produce is cheap to grow and cheap to buy, but it is increasingly deficient in basic nutrients.**

**It is often trucked thousands of miles to consumers, both urban and rural.**



A pair of hands is shown holding a small, vibrant green seedling with four leaves, growing out of a mound of dark, rich soil. The background is a blurred, dark surface, possibly more soil or a dark background. The overall image conveys a sense of care and nurturing for the earth.

**Save**

**Our**

**Soil**

**Meanwhile the increasing use of chemical fertilizers, herbicides and insecticides sacrifices the basic fertility of our soils and spreads poison through our lands and through the food chain.**

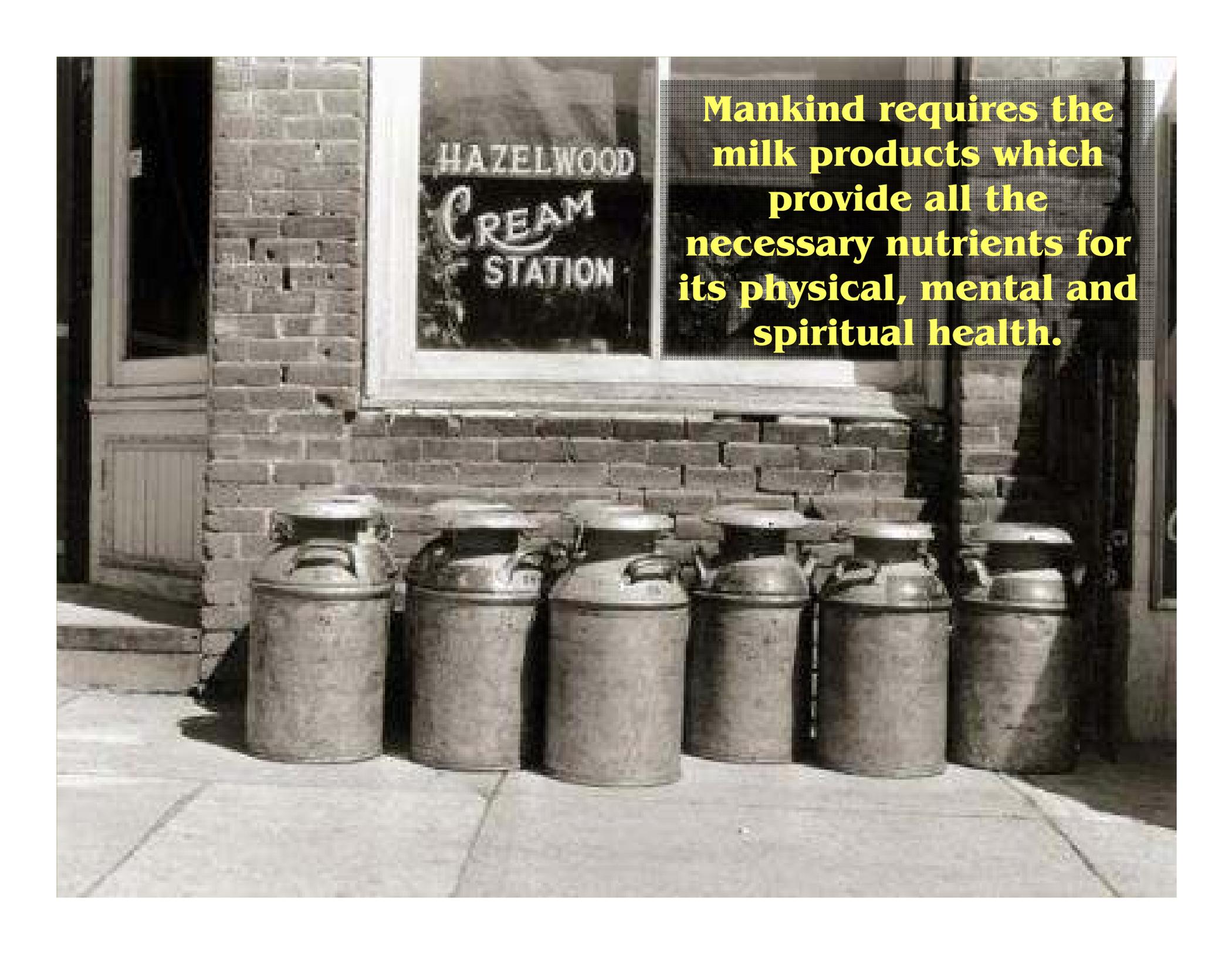
# Milk





**Is veganism  
right or wrong?  
Should we  
drink milk at  
all?**

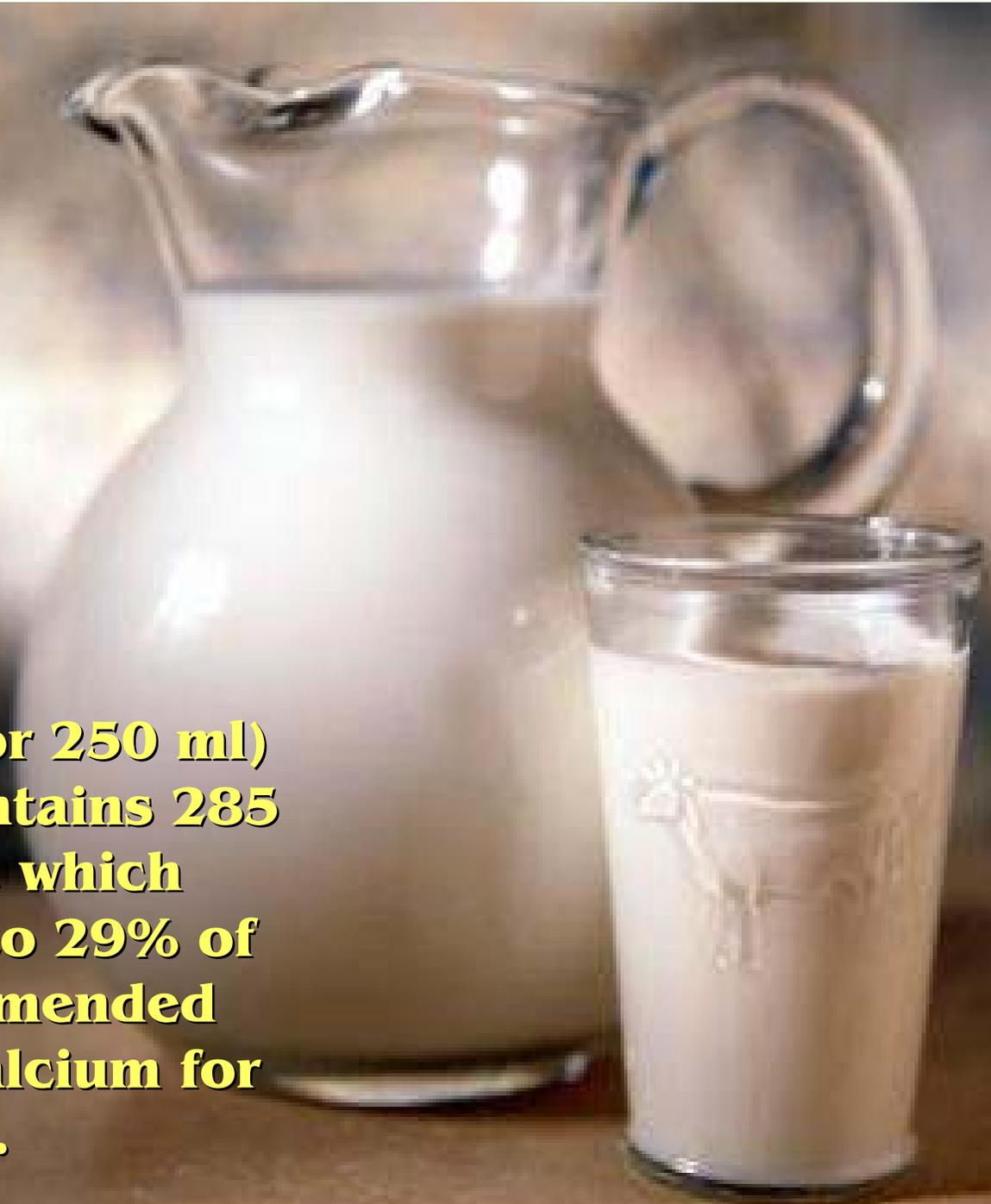
**Judge for  
yourself!**



**Mankind requires the milk products which provide all the necessary nutrients for its physical, mental and spiritual health.**

## **Nutritional benefits**

**A serving (1 cup or 250 ml)  
of 2%-fat milk contains 285  
mg of calcium, which  
represents 22% to 29% of  
the daily recommended  
intake (DRI) of calcium for  
an adult.**



**Calcium, found abundantly in milk, is required for the blood to clot and for the heart to function normally. And it protects the teeth by neutralizing the cavity-forming acids in foods.**

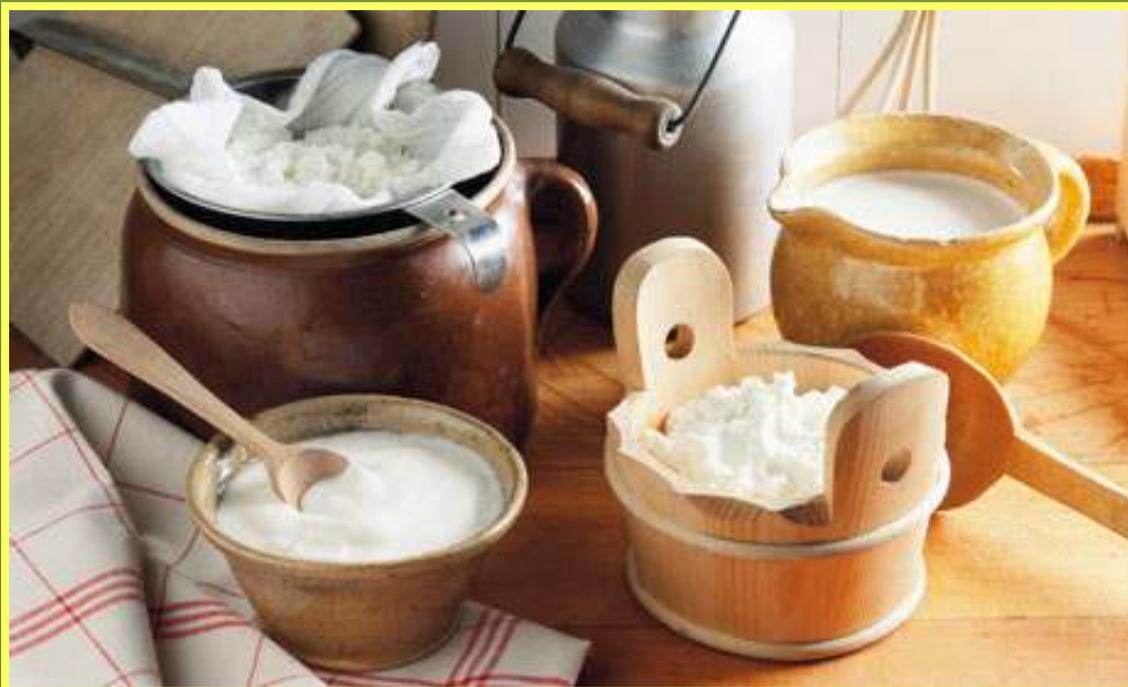
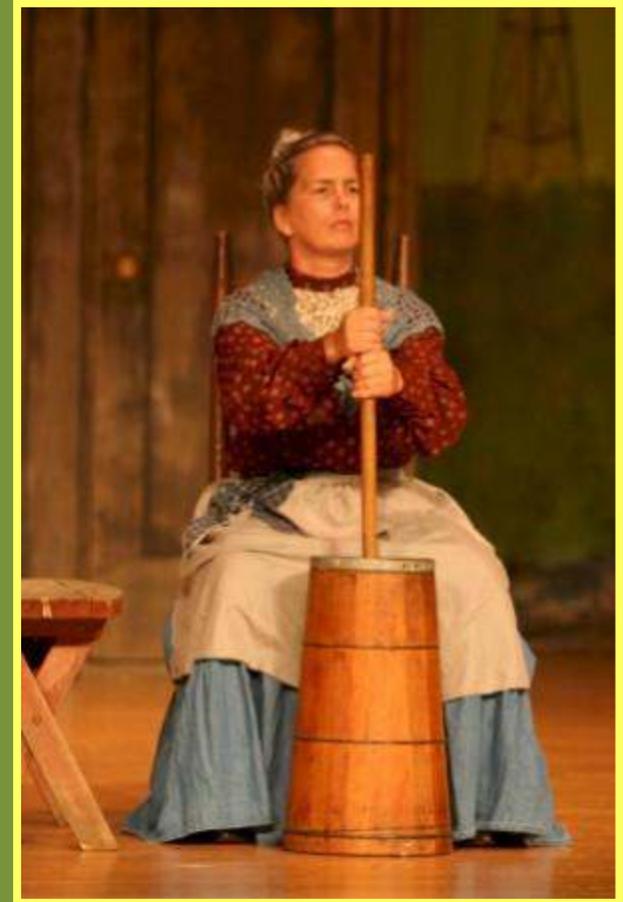


# Real (raw) milk

Many people are against the use of commercial milk, and instead they encourage people to drink what is called raw milk.



**Raw milk should be immediately boiled when it gets home as it cannot be stored at room temperatures. Alternatively, it should be made into yogurt, butter or ghee (clarified butter).**

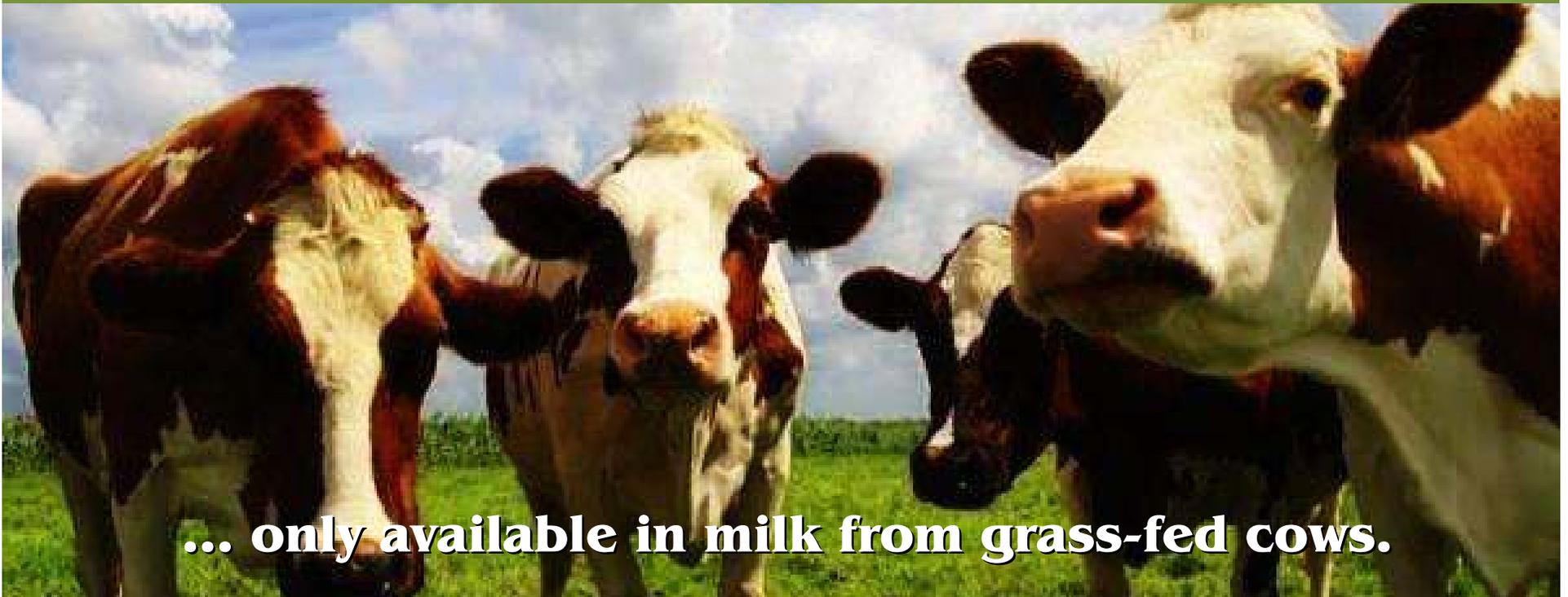




## **Raw milk also contains:**

- **Vitamins D and K , essential for bone health;**
- **Iodine , a mineral essential for thyroid function;**
- **Vitamin B12 and riboflavin , necessary for cardiovascular health and energy production;**
- **Biotin and pantothenic acid , B vitamins important for energy production;**
- **Vitamin A, critical for immune function;**
- **Potassium and magnesium , for cardiovascular health.**

- **Selenium, a cancer-preventive trace mineral;**
- **Thiamine, a B-vitamin important for cognitive function, especially memory;**
- **Conjugated linoleic acid, a beneficial fatty acid that inhibits several types of cancer in mice; it has been shown to kill human skin cancer, colorectal cancer and breast cancer cells in *in vitro* studies, and may help lower cholesterol and prevent atherosclerosis ...**



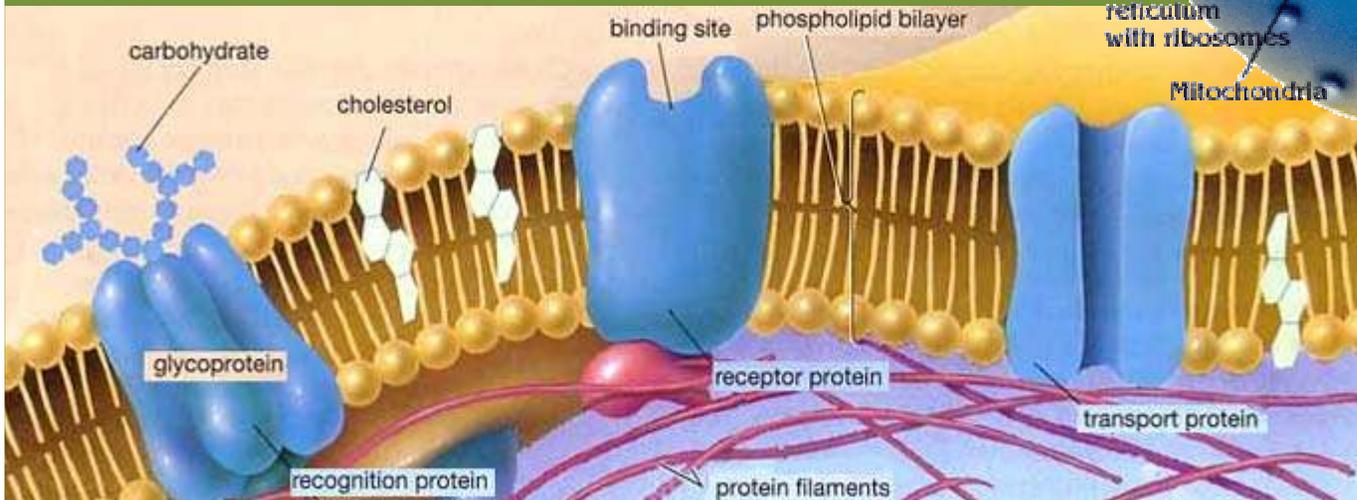
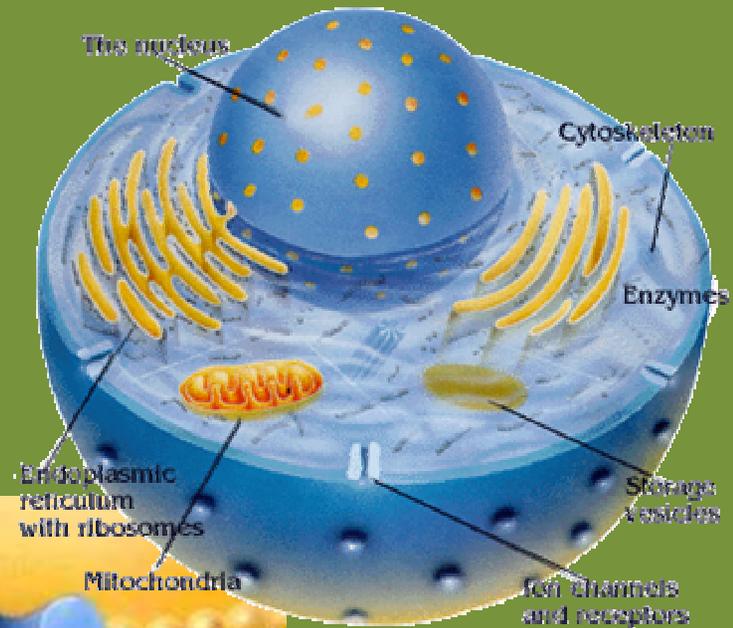
**... only available in milk from grass-fed cows.**

**The glories of raw milk are nearly endless.  
In addition to aforementioned  
components, it contains protein,  
carbohydrates, calcium, niacin, phosphorus  
and sodium, as well as other minerals.**

**Each of these nutrients  
makes an important  
contribution to human  
health.**



**Proteins, for example, are composed of amino acids, which build and maintain body tissues, fight off disease...**



**...transport oxygen in the blood, regulate blood sugar, aid in making the hormones that regulate our metabolism and supply energy.**



**Real food for cows is green grass in Spring, Summer and Autumn, and green food, silage, hay and root vegetables in Winter.**

**It is not soy meal, cottonseed meal or other commercial feeds, nor is it bakery waste, chicken manure or citrus peel cake laced with pesticides.**



## **Commercially processed 'food'**



**In some countries many atrocious substances are routinely fed to cows as Nutritional Concentrates. Calf feed and 'grower' (a high protein fattening food used primarily for beef production) have been found to contain chicken manure, cardboard, bovine flesh and bone, fish oils and even human excrement!**

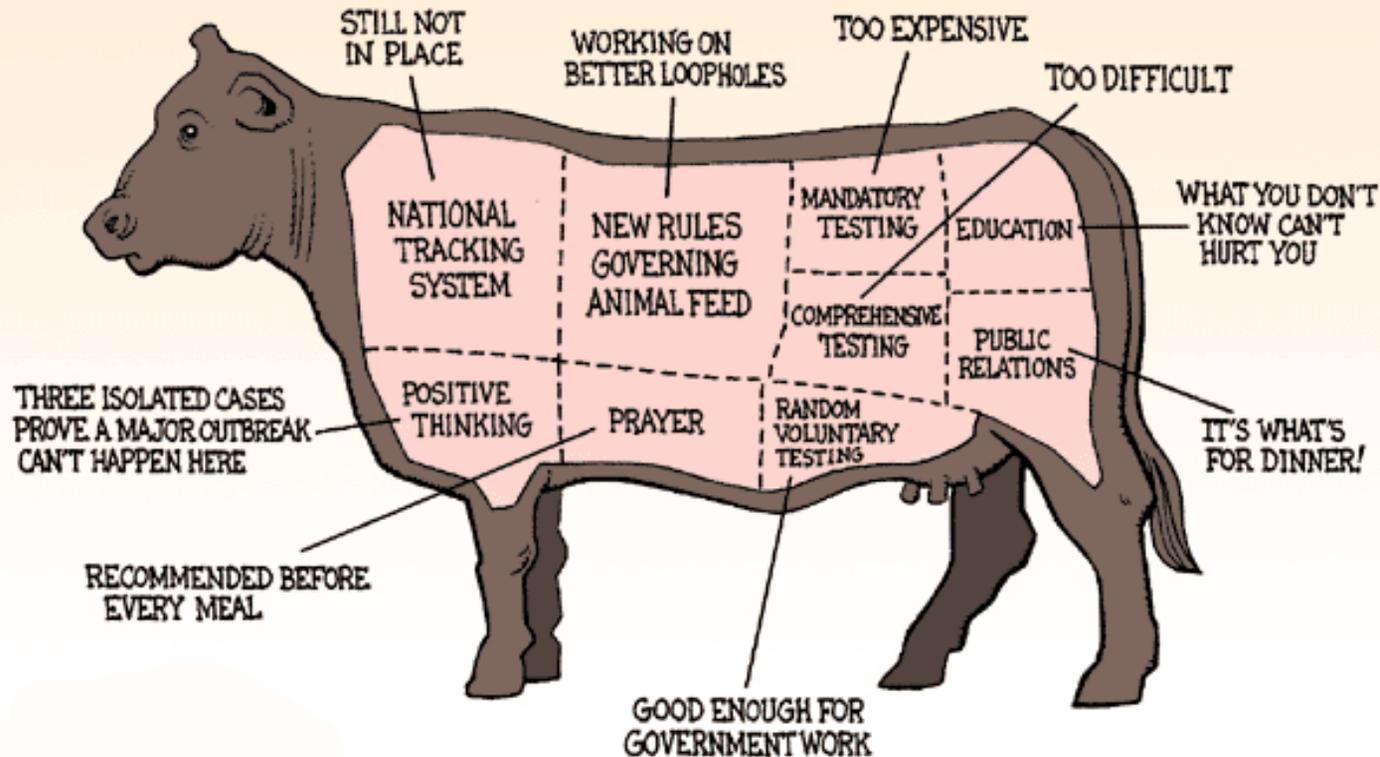
A photograph showing a yellow tanker truck parked on a dirt road. In the foreground, several black and white calves are lying motionless on the ground, suggesting they have died. The background shows a dry, open landscape under a clear sky. A semi-transparent text box is overlaid on the right side of the image.

**Far from being beneficial to the animals to whom this is fed, it is now an accepted fact that its consumption is in part if not wholly responsible for such devastating diseases as BSE in cattle.**

**Since the end of second World War, countries such as Britain have looked for cheap, readily available source of protein to boost the growth of animals bred for meat production.**



# MAD COW DISEASE



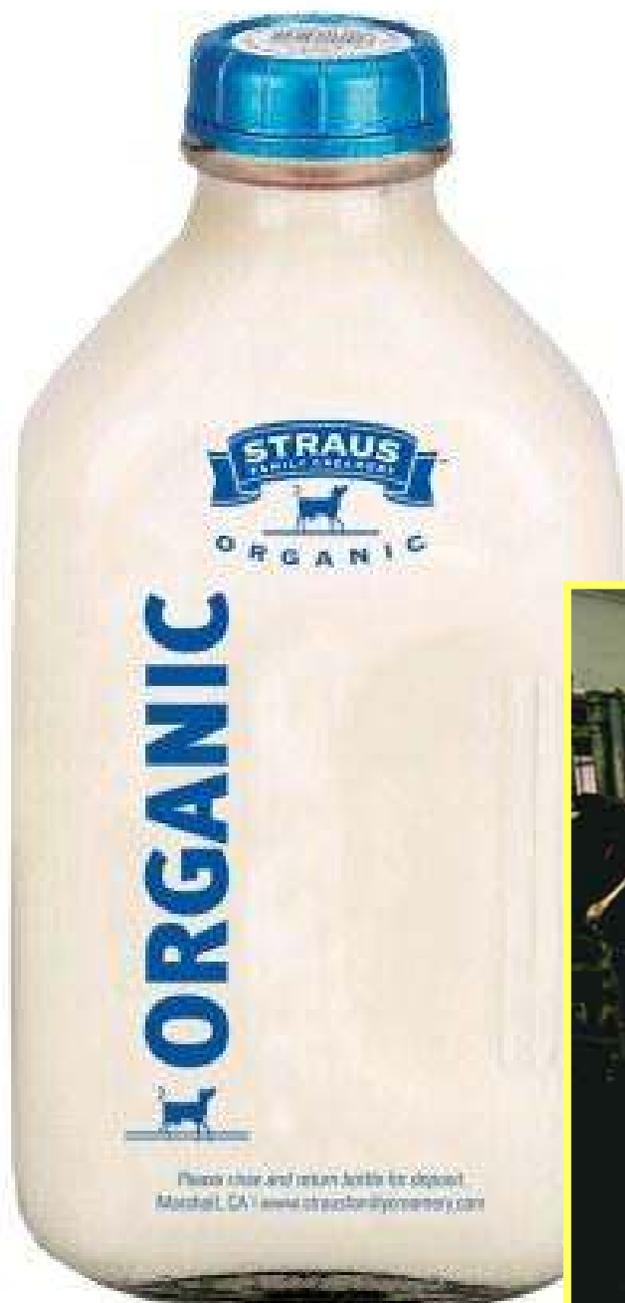
**With total disregard for any moral issues, such as feeding animal by-products to herbivores (which is totally unnatural), young beef calves in particular have been reared on a diet so high in protein that within eighteen months, they are ready for slaughter.**

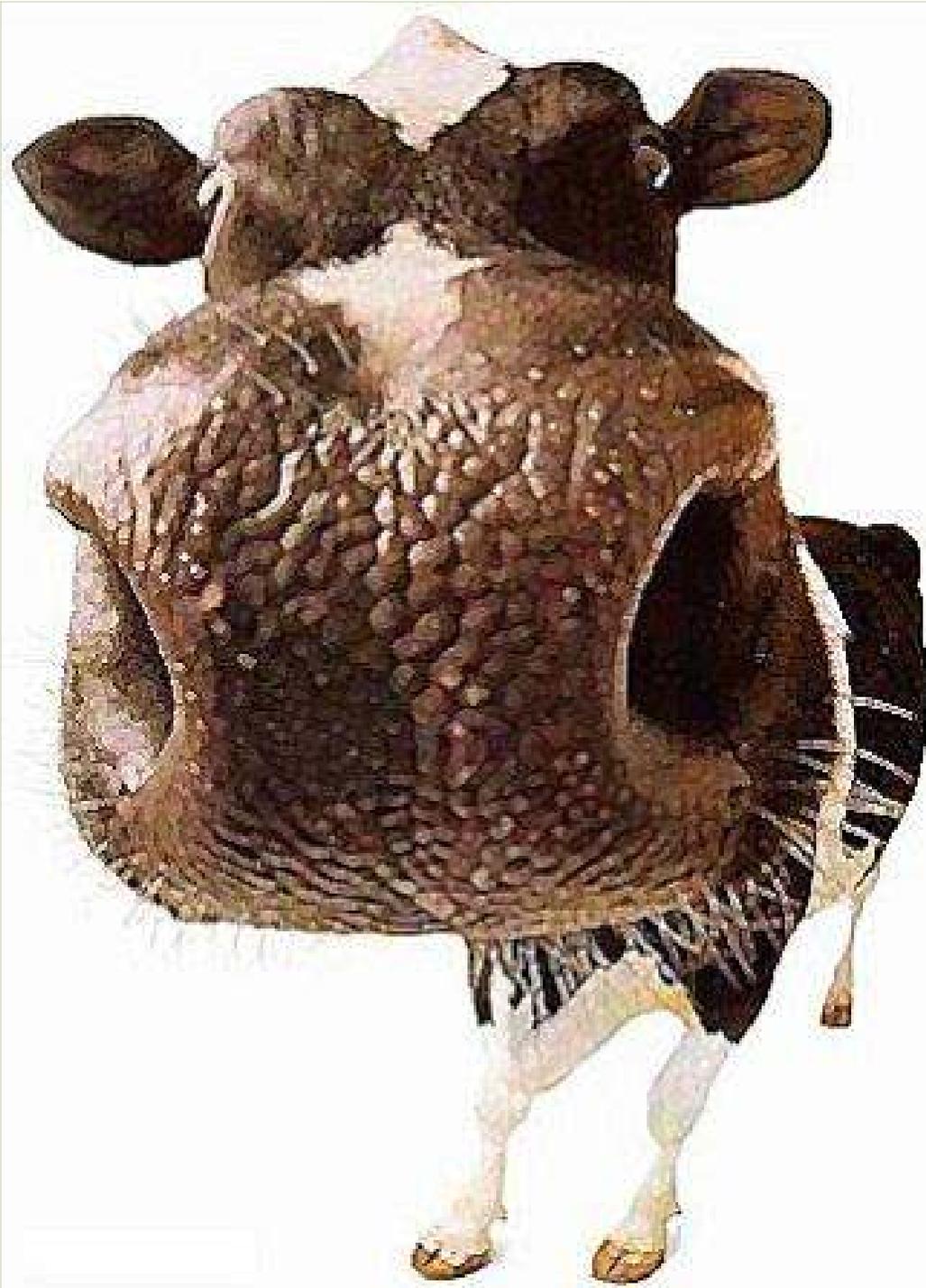
**Vital nutrients like vitamins A and D, and the “Price Factor” (a fat-soluble catalyst that promotes optimum mineral assimilation) are greatest in milk from cows eating green grass, especially rapidly growing green grass in the Spring and Autumn.**

**Vitamins A and D  
are greatly  
diminished, and the  
Price Factor  
disappears, when  
milk cows are fed  
commercial food.**



**Most milk (even most milk labelled "organic") comes from dairy cows that are kept in confinement their entire lives and never see green grass!**





**What is  
wrong about  
commercial  
dairy products?**



**Pasteurization entails heating milk for a very short period of time and cooling it very fast, in order to kill many harmful micro organisms.**

**Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies,**



**increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer.**



**Calves fed pasteurized milk do poorly, and many die before maturity. Raw milk sours naturally, but pasteurized milk turns putrid.**



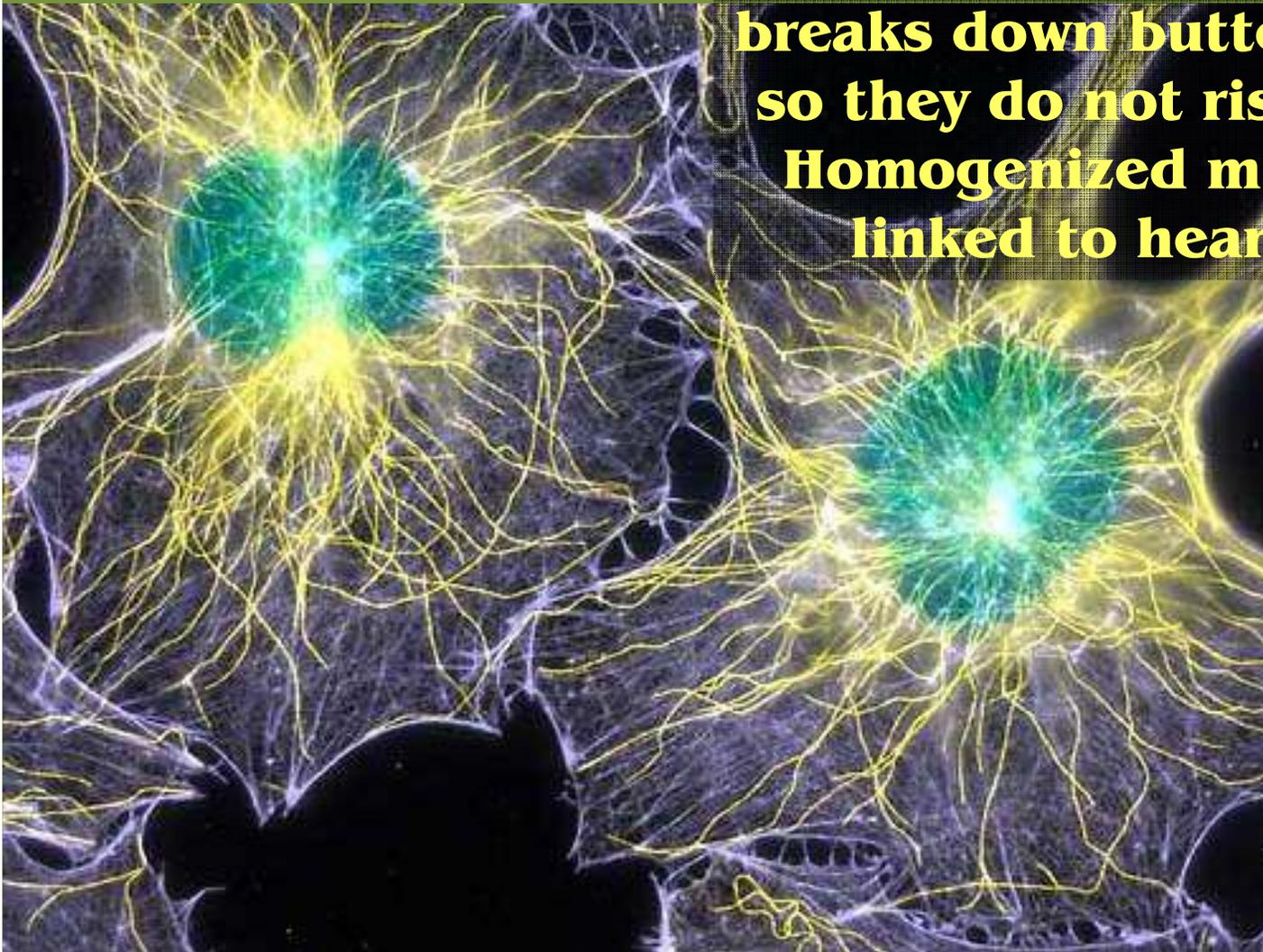
**Much commercial milk is now ultra-pasteurized to get rid of heat-resistant bacteria and give it a longer shelf life. Ultra-pasteurization is a violent process that takes milk from a chilled temperature to above the boiling point in less than two seconds.**

**Pasteurization laws favour large, industrialized dairy operations and squeeze out small farmers. When farmers have the right to sell unprocessed milk to consumers,**



**they can make a decent living, even with small herds.**

**Homogenization is a treatment which prevents the cream layer from separating out of the milk. It is a process that breaks down butterfat globules so they do not rise to the top. Homogenized milk has been linked to heart disease.**



**Consumers have been duped into believing that low-fat and skim milk products are good for them.**

**Only by marketing low-fat and skim milk as a health food can the modern dairy industry get rid of its excess poor-quality, low-fat milk from modern high-production herds.**



# What's wrong with milk fats? (Nothing)

**Butterfat contains vitamins A and D needed for assimilation of calcium and protein in the water fraction of the milk. Without them protein and calcium are more difficult to utilize and possibly toxic.**



**Butterfat is rich in short and medium chain fatty acids which protect against disease and stimulate the immune system. It contains glycosphingolipids which prevent intestinal distress and conjugated linoleic acid which has strong anticancer properties.**



# Additives

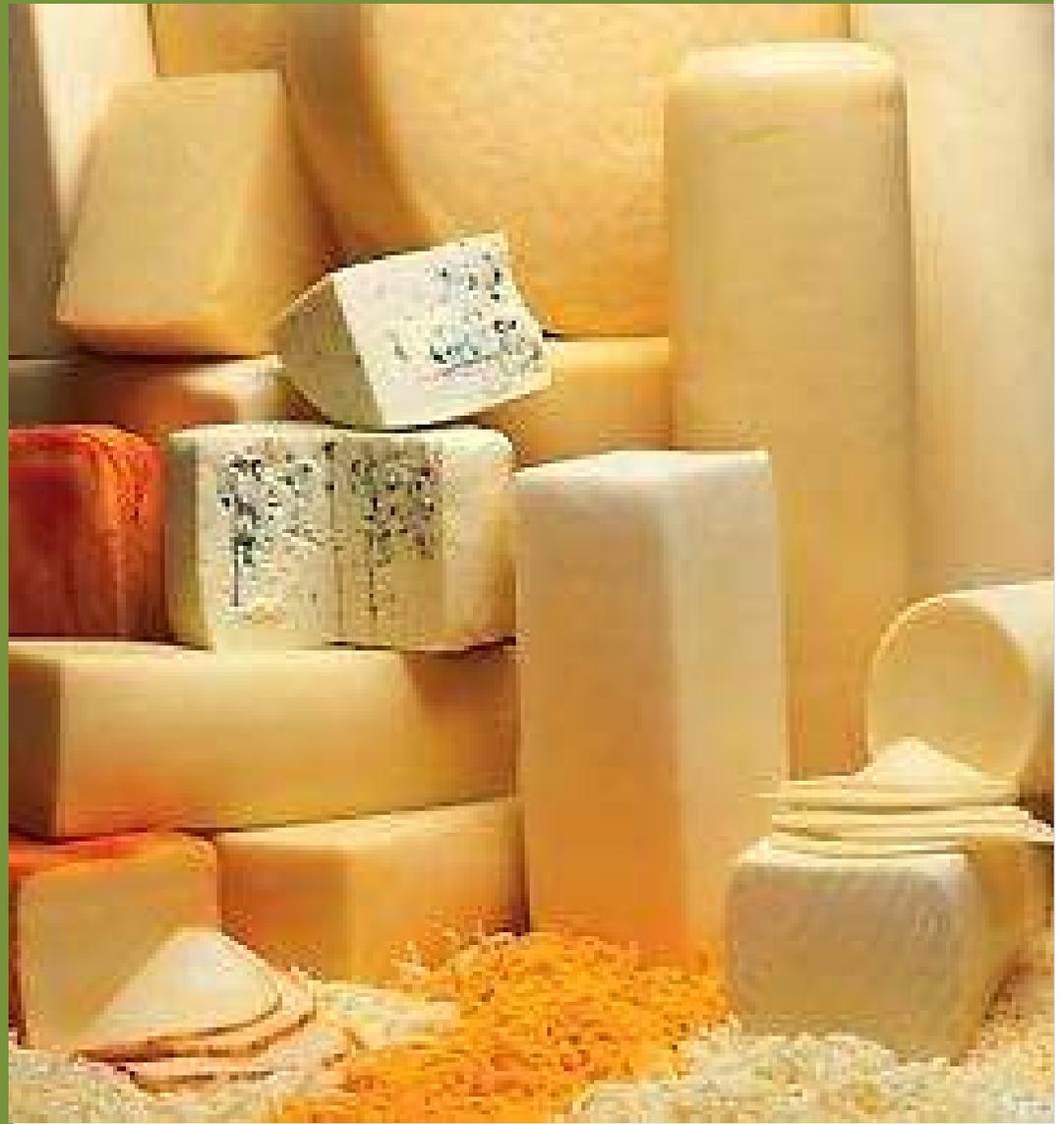
**Powdered skim milk, a source of dangerous oxidized cholesterol and neurotoxic amino acids, is added to 1% and 2% milk. Low-fat yogurts and sour creams contain mucopolysaccharide slime.**



**Pale butter from hay-fed cows contains colourings to make it look like vitamin-rich butter from grass-fed cows.**

**Bioengineered enzymes are used in large-scale cheese production.**

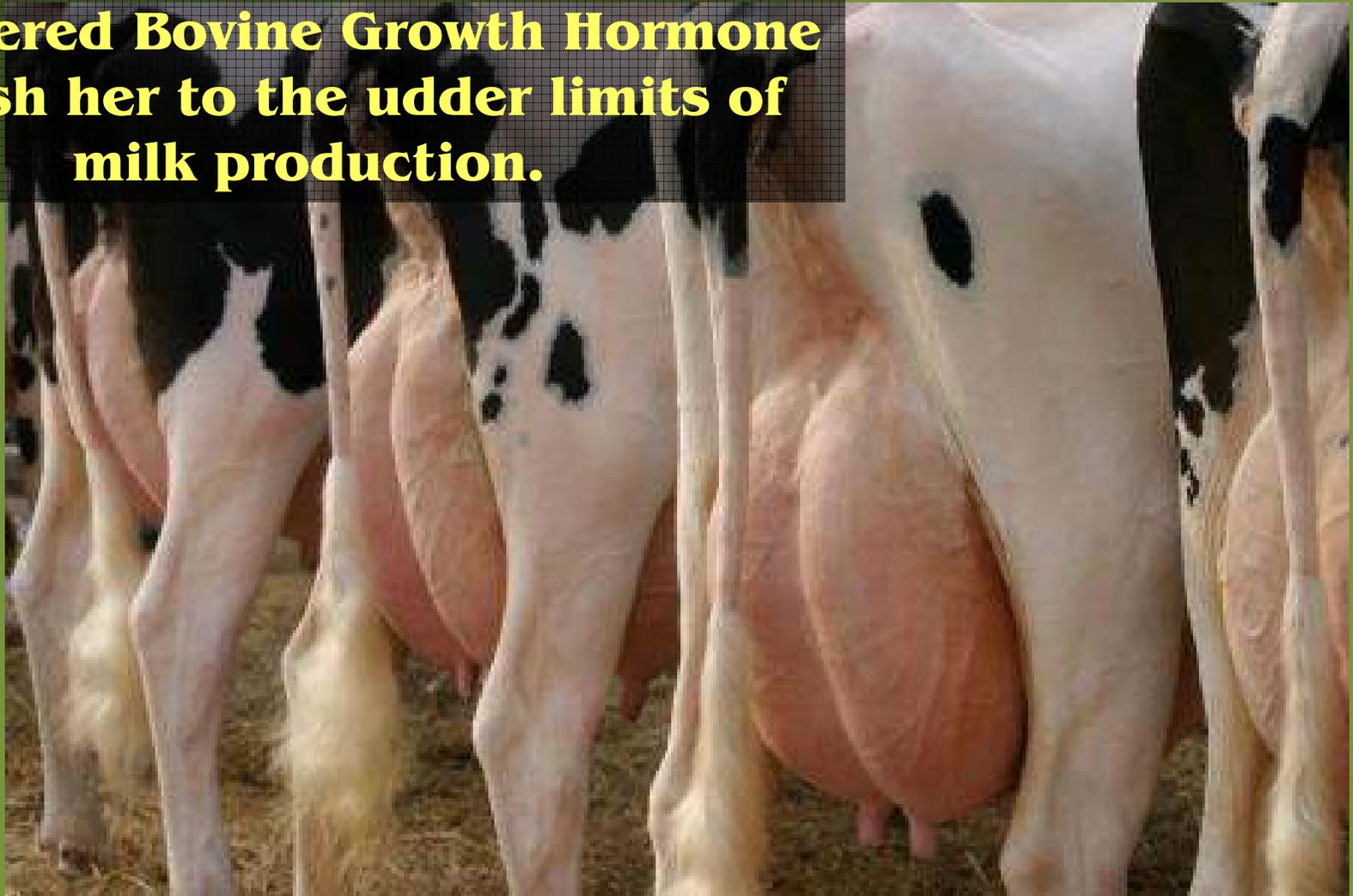
**Many mass produced cheeses contain additives and colourings and imitation cheese products contain vegetable oils.**



**The source of most commercial milk is the modern Holstein, bred to produce huge quantities of milk three times as much as the old-fashioned cow. She needs special feeding and antibiotics to keep her well.**



**Her milk contains high levels of growth hormone from her pituitary gland, even when she is spared the indignities of genetically engineered Bovine Growth Hormone to push her to the udder limits of milk production.**

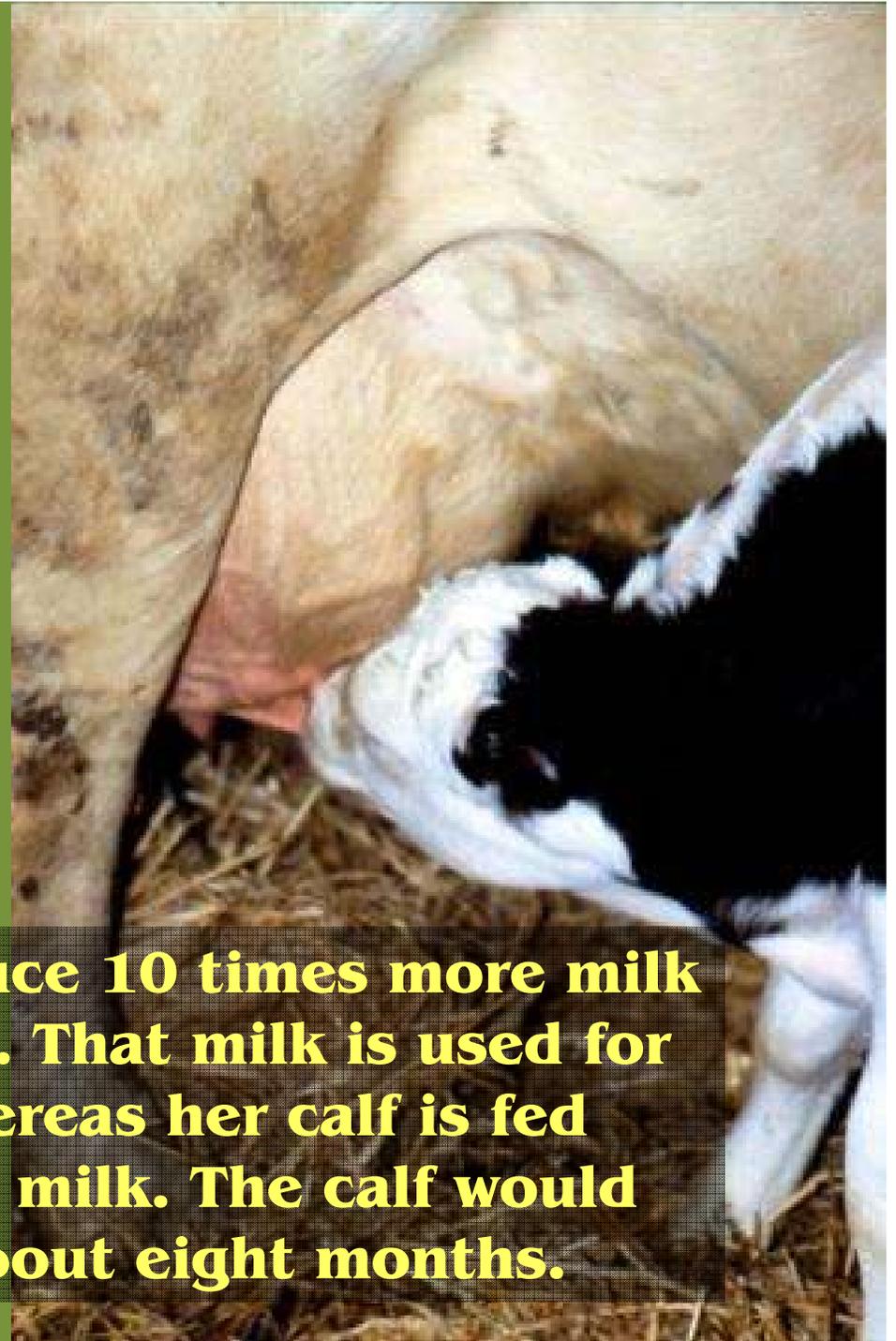


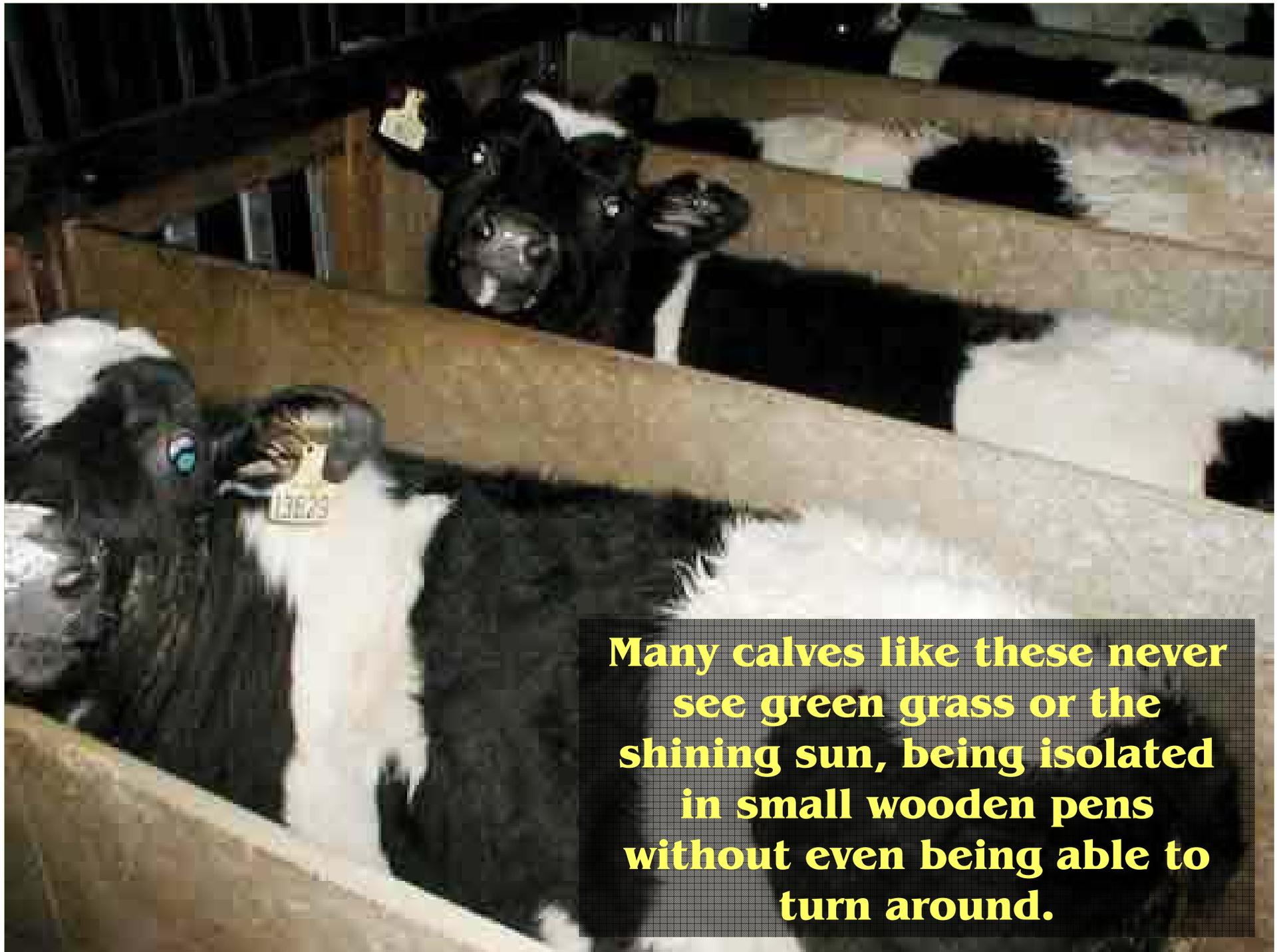
**In order to produce milk, the dairy industry has to:**

- **Impregnate cows yearly to ensure the maximum yield per cow;**
- **Kill the calves that are not kept for milk production as soon as the best economic situation allows;**
- **Kill a cow after it has served its time as a milk producer , thereby entering its body into the human food chain;**
- **In some countries, give the cows chemical stimulants in order to produce more milk;**
- **Kill cows that do not reach the optimum milk yield ;**
- **Kill cows that are disease-prone, as the costs of medical attention in terms of drugs and time will render the cow uneconomical.**

**At the birth of a calf ,  
the strong motherly  
bond between the  
cow and her calf is  
forcibly severed after  
only a few days.**

**The cow is forced to produce 10 times more milk  
than her calf would drink. That milk is used for  
commercial needs, whereas her calf is fed  
chemical substitutes for milk. The calf would  
naturally suckle for about eight months.**





**Many calves like these never see green grass or the shining sun, being isolated in small wooden pens without even being able to turn around.**

**They are fed with unhealthy 'food' without iron in order to make their meat 'pinkish', as consumers like it. After 3-5 months they are sent to the slaughterhouse.**





**Having been fed artificial and unhealthy 'food', they are so sick by that time that many will have died even before being slaughtered.**

**Only 20-25% of calves are meant for the dairy industry.**

**All others are, after two weeks, destined for the meat industry, the leather industry, or the cheese industry, for which they are killed to supply rennet.**





**Milking machines  
often transfer  
infections.**

**Around 25% of  
machine- milked  
cows suffer from  
mastitis.**

A large, modern dairy milking parlor with a high ceiling and red structural beams. Numerous black and white cows are lined up in stalls, each equipped with a milking machine. The stalls are arranged in a long, curved row. The floor is dark and appears to be made of concrete or a similar material. The overall atmosphere is industrial and functional.

**Machines also require the use of powerful and poisonous chemicals for their so-called cleaning.**

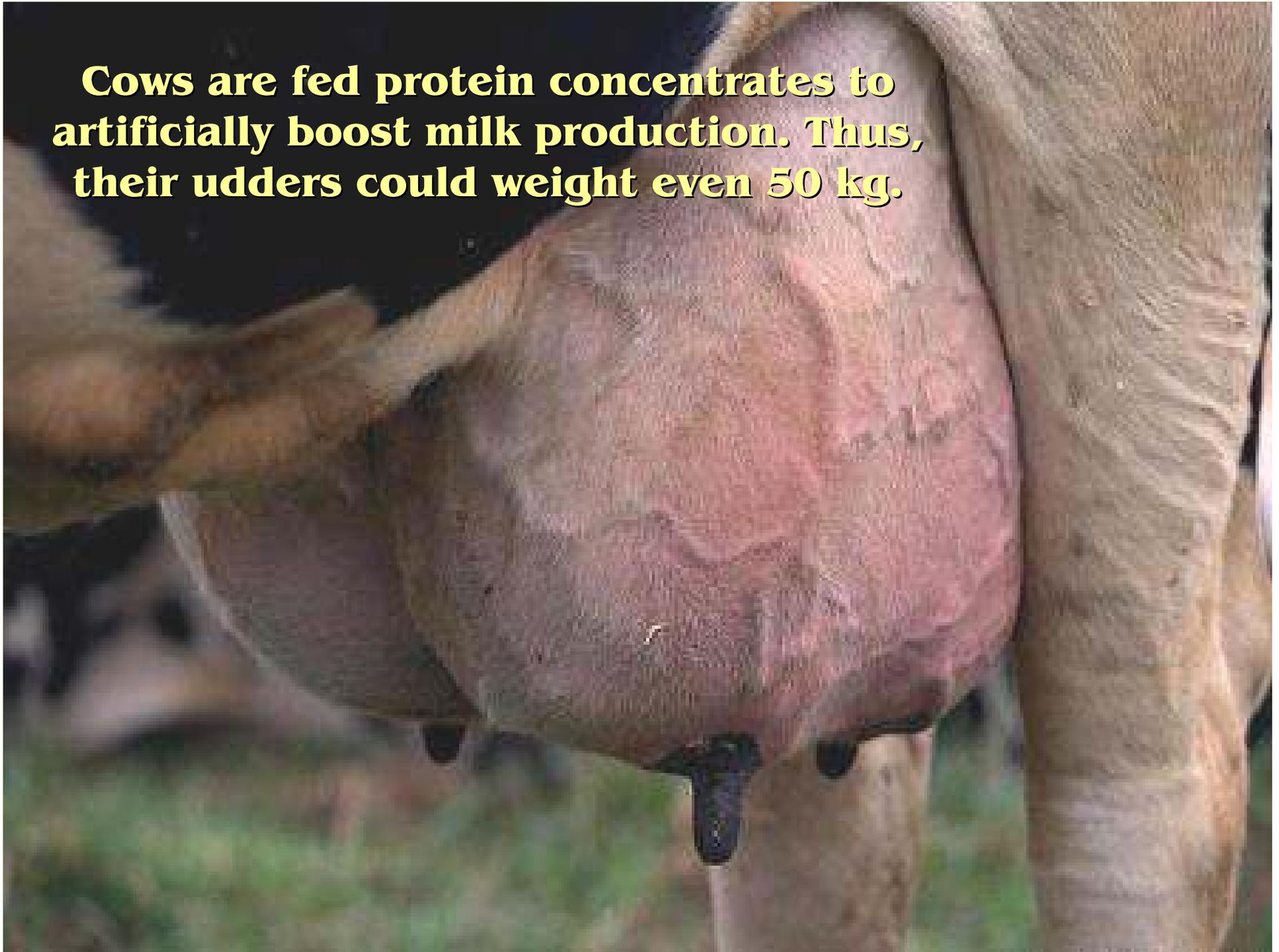
**Also, it is not possible to ensure that there is enough milk left in the udder for the calf.**

## Some facts

- **A cow's natural lifespan is about 20 years. But the meat and dairy industries kill them even at the age of five, due to inadequate hygiene and lack of proper care caused by rapid exploitation.**
- **Some cows are milked 2-3 times a day, 7-10 months a year, even at the time of pregnancy.**



**Cows are fed protein concentrates to artificially boost milk production. Thus, their udders could weight even 50 kg.**



**Look at a few images of cruelty  
in meat and dairy industries.**









# Cow husbandry by-products





**When animal waste is returned to the soil, its high nitrogen content makes it an excellent fertiliser.**

**If it is dumped (as a common practice) into waterways , its nitrogen turns into ammonia and nitrates. These pollute rural wells and even city water supplies.**

**Cow manure is the best of natural fertilisers and stabilisers of soil structure. The Hoosefield experiment in Rothamsed, England, showed that applications of cow manure over a period of twenty years resulted in more soil humus and higher barley yields even fifty years after the applications had been discontinued.**





**Instead of slaughtering all bovines who do not produce milk, why not utilize their dung and urine in fertilizers,**

**compost, pest repellent, medicines, cleaning products and biogas fuel, to name a few useful and saleable items?**





**One of the wonderful things about cow dung (*gobar*) is that it can be dried and used as fuel for cooking.**

**Cows eat a variety of leaves, grass, wheat stalks, grains, and so on, and chew everything thoroughly. Hence, their gobar is composed of many combustible fibres.**



**The cowherd men and women in some Asiatic countries knead the gobar into melon-size balls and stick them on walls to dry in the sun.**

**In good weather  
they dry in 3-4  
days and are then  
collected and  
stored near the  
kitchen to provide  
fuel for cooking.**



**Gobar products can be successfully made in the western countries, as proven by Govindadhama farm in England**

**Here is the list of some products:**

- **Gobar cakes**
- **Multi-purpose compost**
- **Vermi compost**
- **Biosol plant food**
- **Soil conditioner**
- **Vegetable fertiliser**
- **Incense cones**
- **Gobar soap**
- **Gauvasadhi oil**

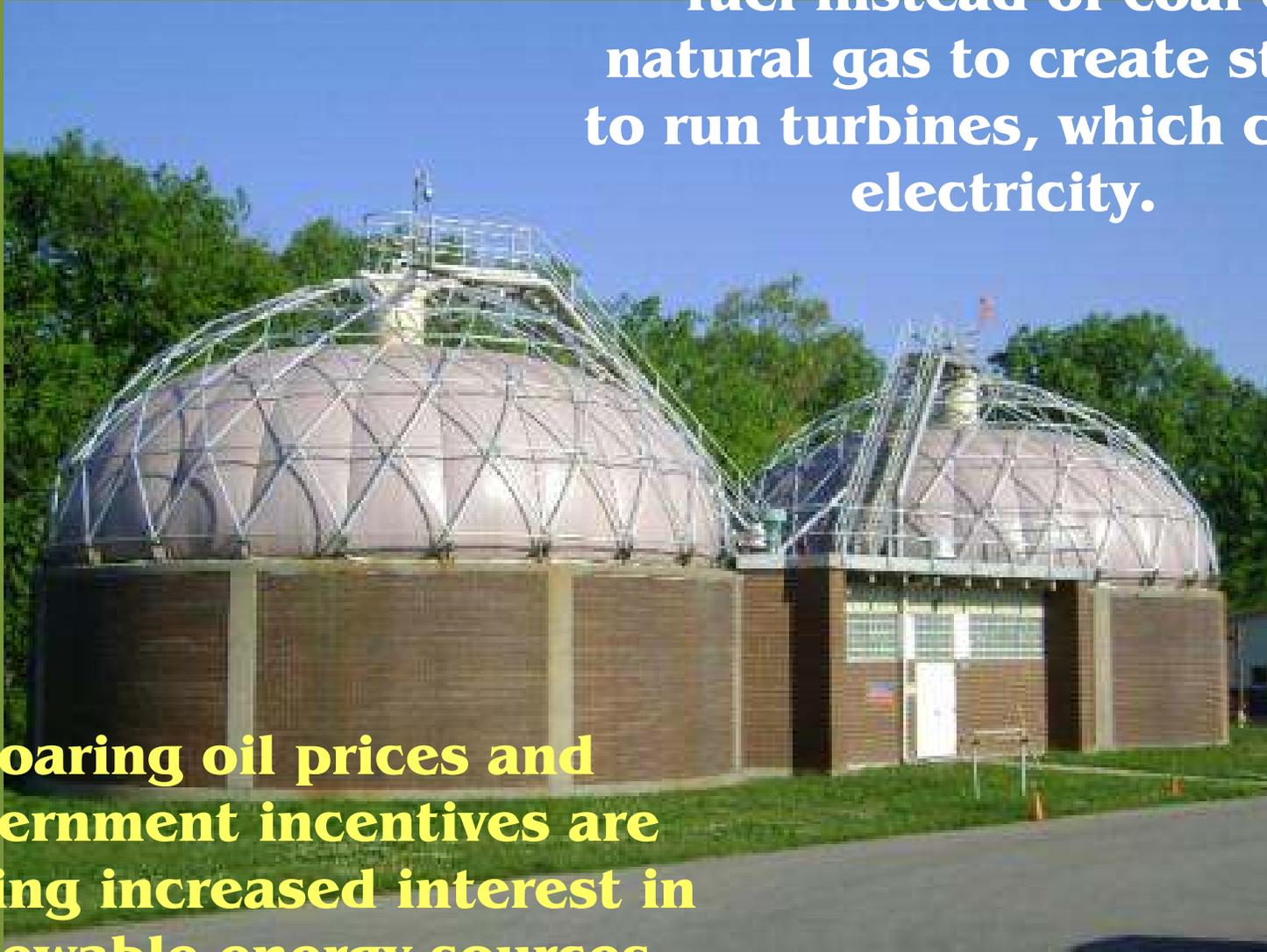


## Gobar 'cakes'



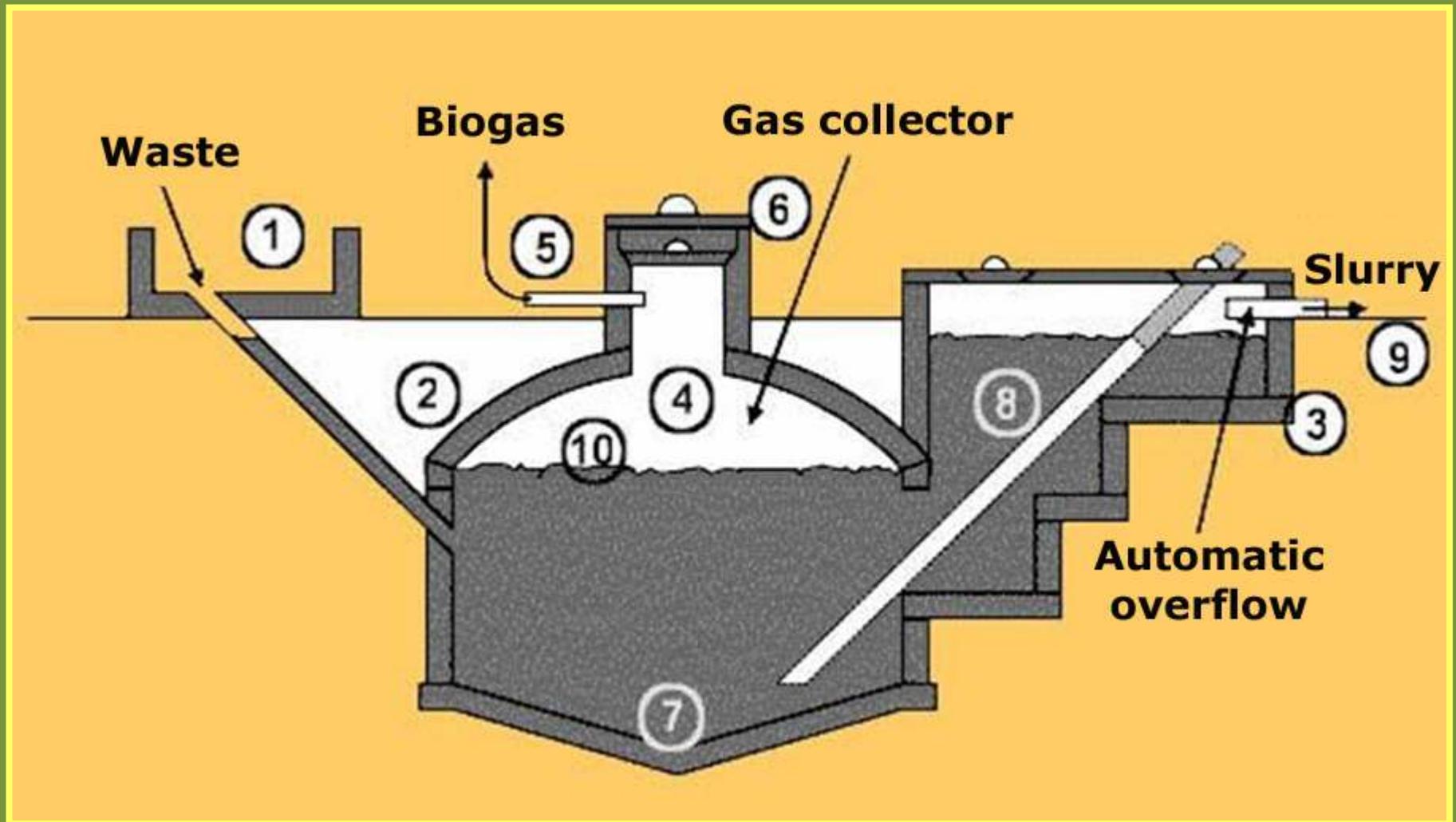
- Sold in 1Kg sacks
- Made daily – April to October 500 patties a day
- For cooking fires

**Cattle manure can be used as fuel instead of coal or natural gas to create steam to run turbines, which create electricity.**



**Soaring oil prices and government incentives are fuelling increased interest in renewable energy sources such as cow manure.**

**Cow manure can also be put into tanks to generate methane gas for cooking, heating, and even car driving, while the residue can be used as fertiliser.**



**Yet, today's industrial society goes to great lengths to import petroleum-based fuel while running its local supplies of fuel into rivers and water supplies as pollutant.**



**India is a leader in  
gobar gas technology,  
and there are perhaps  
hundreds of  
thousands of gobar  
gas plants in India.**



**Cow urine is salty, and according to ayur-vedic medicine the cow's urine is very effective in treating patients suffering from liver diseases.**



# Care for Cows





***Care for Cows*** is a group of volunteers who offer their talents and resources to tend to the neglected cows living in Krishna's holy land in Vrindavan (India). This includes maintenance of abandoned cows, bulls, retired oxen, and orphaned calves.

***Care for Cows* provides medical attention, nutritious food, clean water, and lifetime accommodation. At present they host a herd of over 120, but many more innocent cows urgently need shelter.**



**Since many of the local residents cannot afford commercial fodder for their non-productive cows, they sadly abandon them to wander in the streets foraging through garbage heaps.**





**There the cows consume a variety of inedible and filthy things, primarily plastic bags, and gradually become malnourished and diseased. As they have no shelter, they rest in the street and are hit or run over by cars and left in the streets to die.**

[www.careforcows.org](http://www.careforcows.org)



## **Essential principles of vegetarian cow husbandry**

- 1) Cows and bulls must not be killed under any circumstance.**
- 2) Calves must be allowed to suckle directly from their mother's udder until their natural weaning age of 7-10 months.**
- 3) Cows must be hand-milked.**
- 4) Bulls not engaged in breeding programme should be trained in a respectful manner and their abilities utilised in a meaningful way.**
- 5) Cows and bulls should be fed only natural vegetation – grasses, hay, straw, grains and suitable vegetables.**

**6) Cows should not be separated from their calves.**

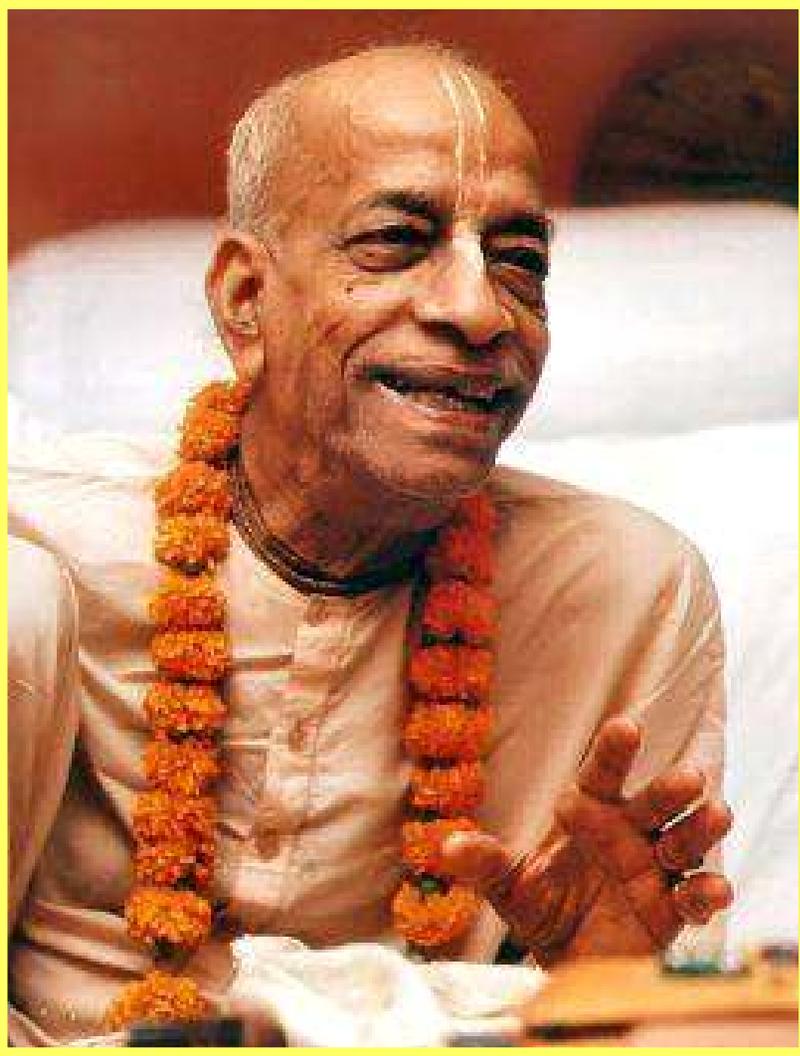
**7) Cows and bulls should never be mistreated by humans, including:**

**a. Injecting them with growth-promoting hormones such as steroids, estrogens, progestins, etc;**

**b. Artificially impregnating cows for business;**

**c. Subjecting them to poor living conditions;**

**d. Be fed unnatural diets including meat and fish by-products, etc.**



**“Our farm projects are an extremely important part of our movement. We must become self-sufficient by growing our own grains and producing our own milk, then there will be no question of poverty. So develop these farm communities as far as possible. They should be developed as an ideal society depending on natural products, not industry.”**

***(A.C. Bhaktivedanta Swami Prabhupada)***

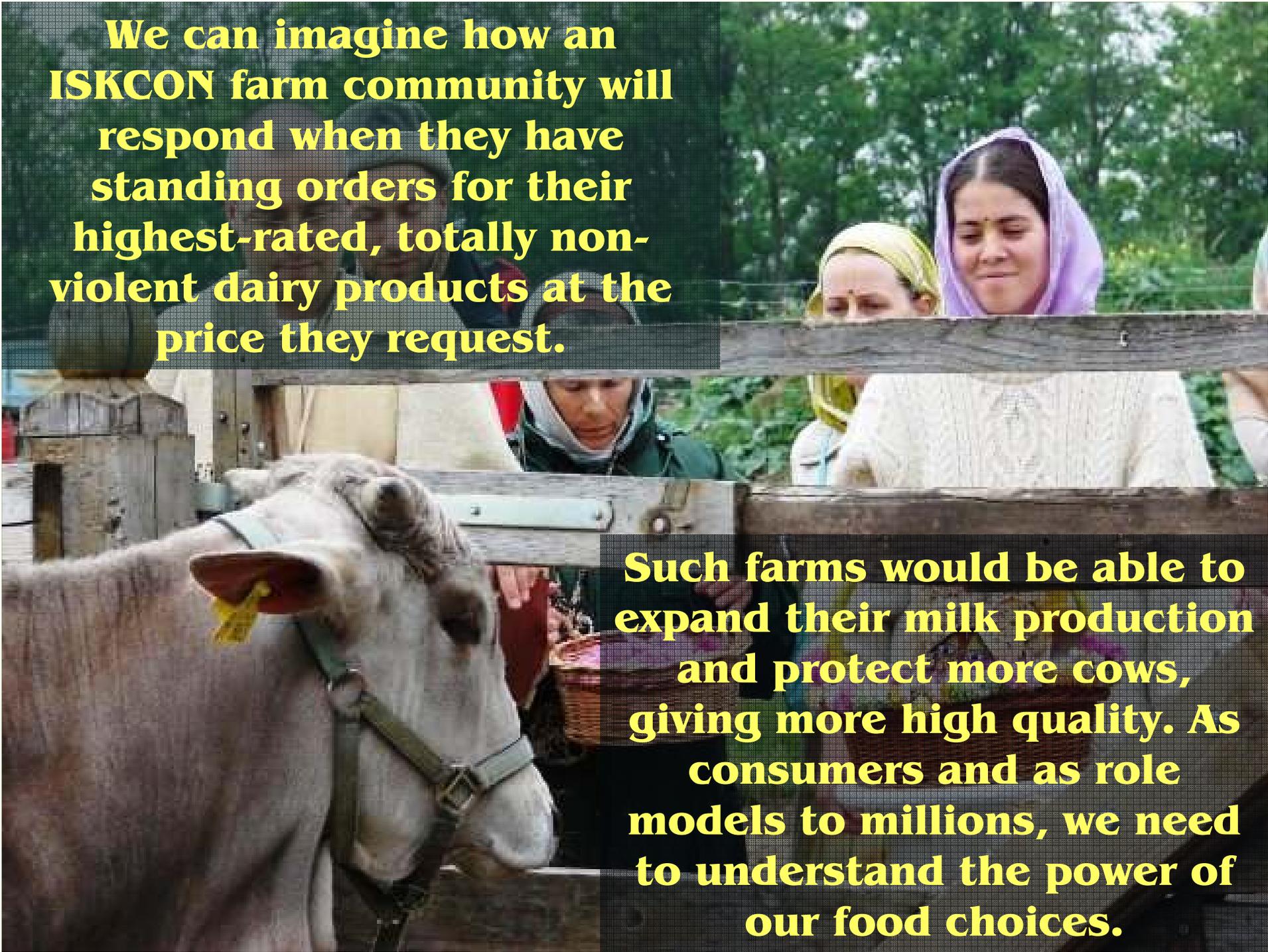
**“In our society I feel that we are not willing to pay the real price for our milk, and this I feel is one of the reasons why cow protection is not being supported and promoted as much as it appeared when Srila Prabhupada was with us. Generally our farms, temples and restaurants buy cheap and consequently they seem not to have enough money to buy the farm milk products at a price that enables it to be produced. If our own ISKCON projects agreed to pay the real sustainable price for devotionally-procured milk then I am sure it will create a wave of new farms.”**

*(Syamasundara dasa, the Head Herdsman of the New Gokul, England)*



**High-quality milk from loved and protected cows costs more to bring forth than factory-farm milk, for which government subsidies and every conceivable penny-pinching, cut-throat scheme is employed.**

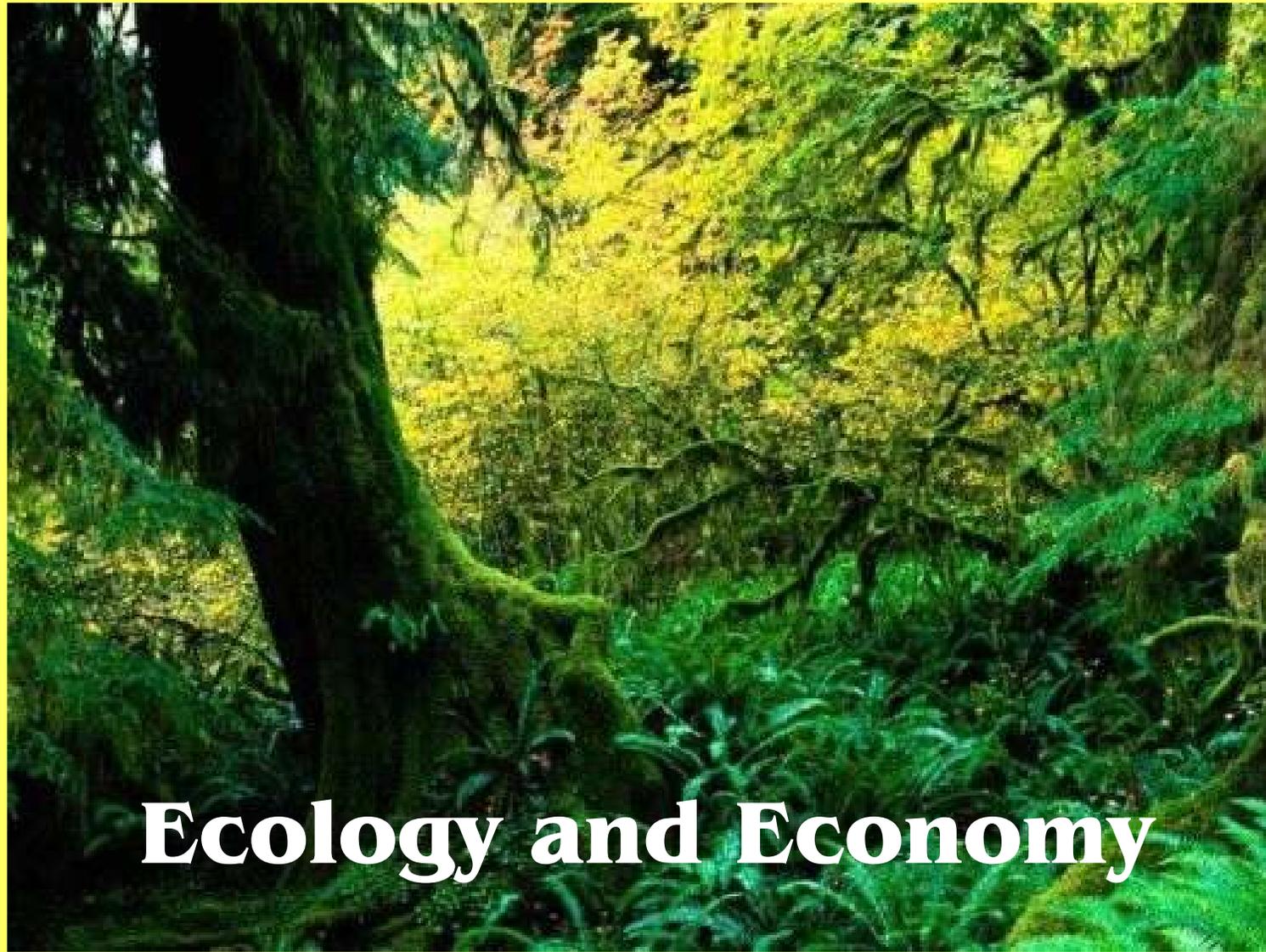
**Thus the price for cow protection's higher quality milk should be borne in each gallon purchased.**



**We can imagine how an ISKCON farm community will respond when they have standing orders for their highest-rated, totally non-violent dairy products at the price they request.**

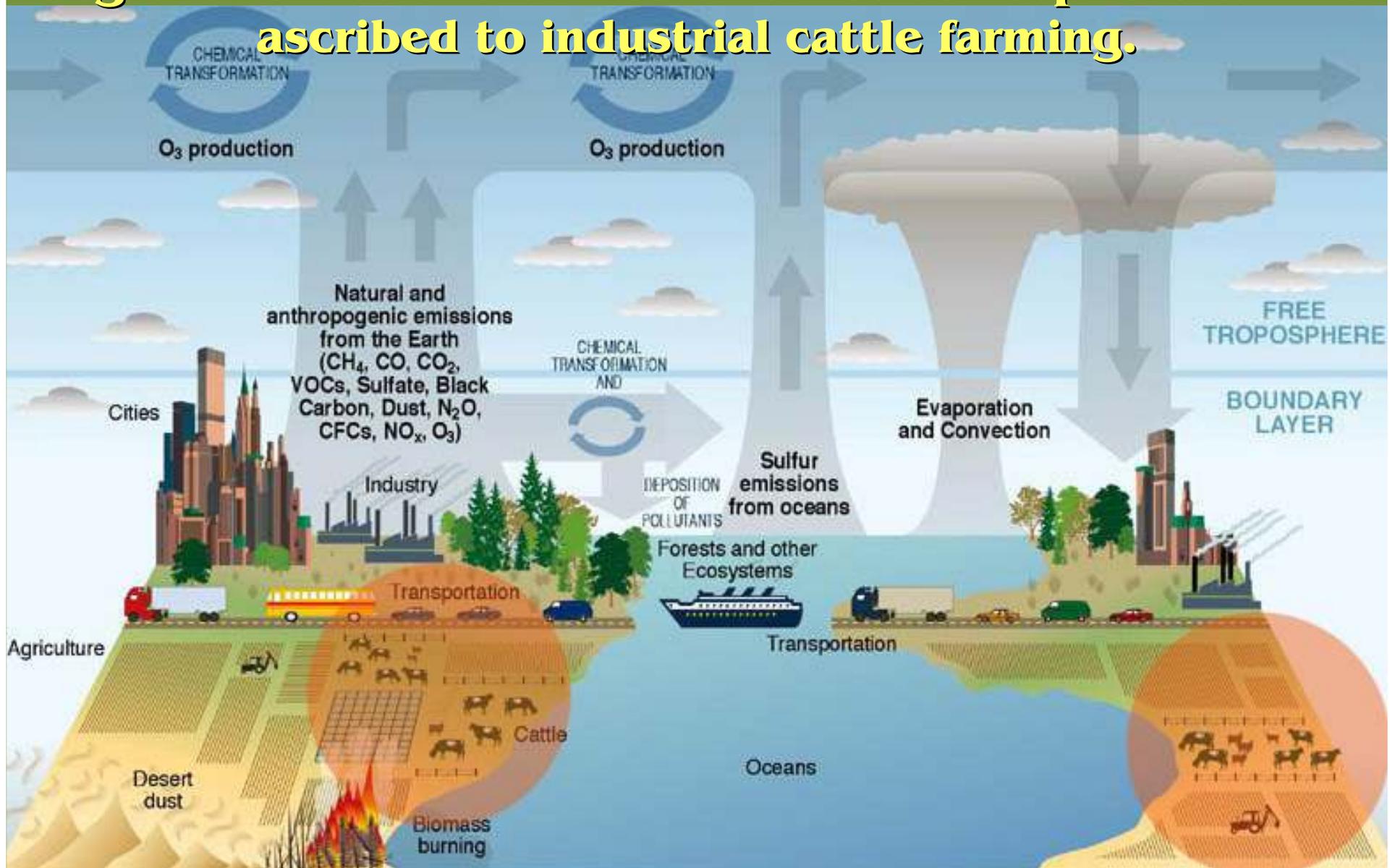
**Such farms would be able to expand their milk production and protect more cows, giving more high quality. As consumers and as role models to millions, we need to understand the power of our food choices.**

**The meat industry and commercial dairy industry's impact on the world's**

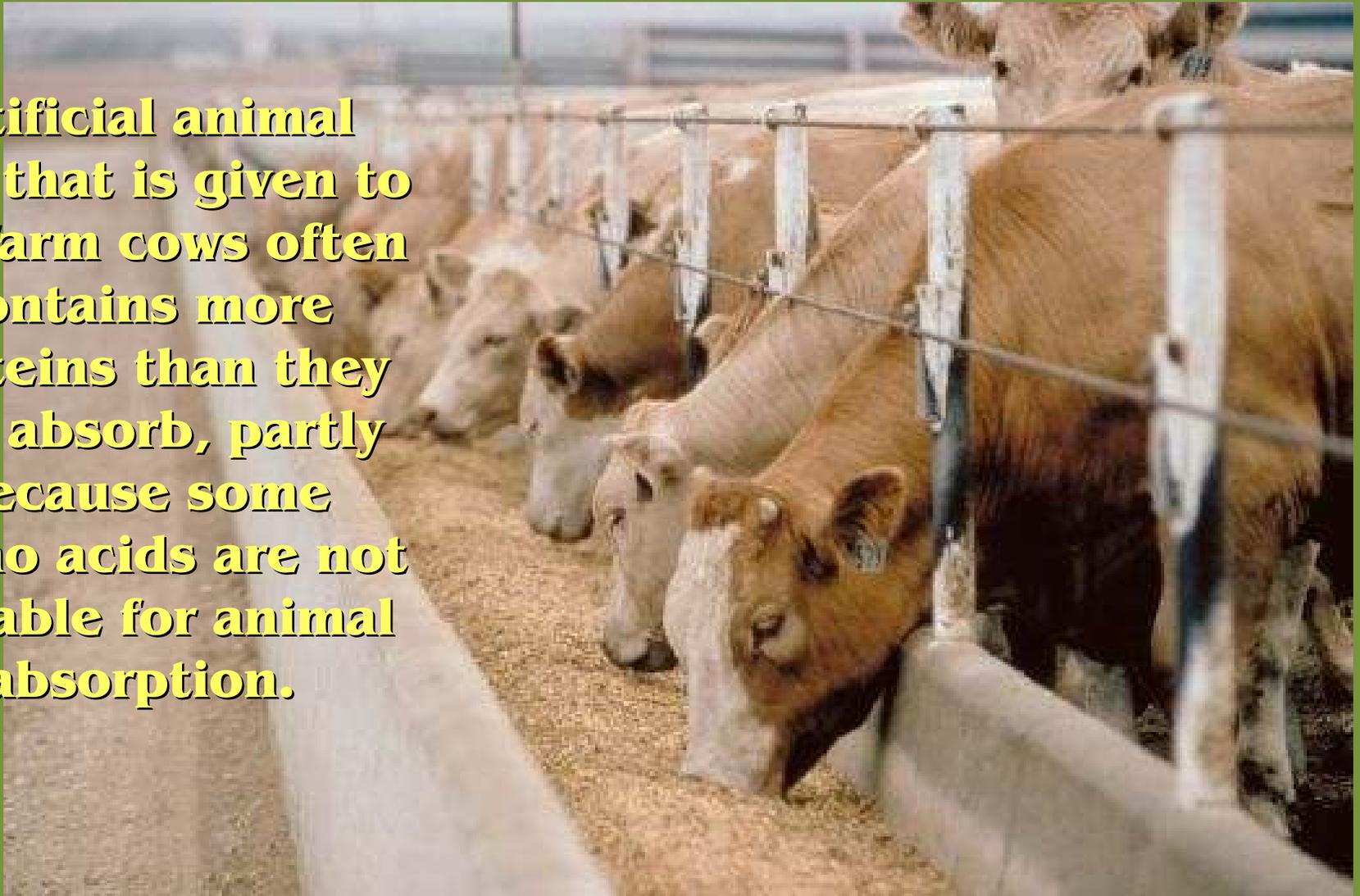


**Ecology and Economy**

**Methane (CH<sub>4</sub>) is a gas that contributes to global warming 23 times more than carbon dioxide (CO<sub>2</sub>). 37% of global emissions of methane into atmosphere can be ascribed to industrial cattle farming.**



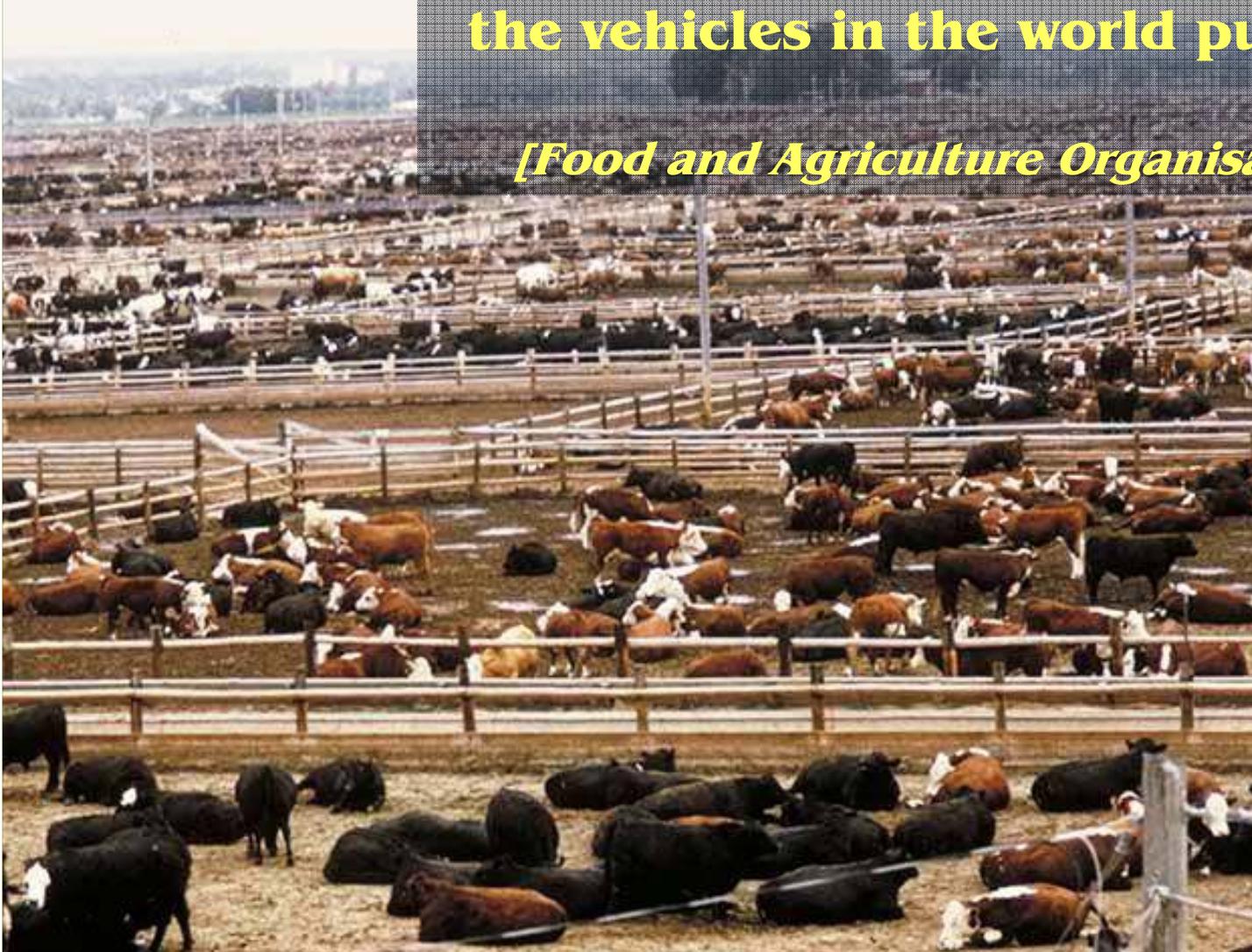
**Artificial animal feed that is given to the farm cows often contains more proteins than they can absorb, partly because some amino acids are not suitable for animal absorption.**



**As a result, the cows emit surplus nitrogen dioxide (NO<sub>2</sub>), which is 296 times more toxic than CO<sub>2</sub>.**

**Commercial cattle farming (meat and dairy industries) is responsible for 18% of total gas emissions that contribute to global warming. That is more than all the vehicles in the world put together.**

*[Food and Agriculture Organisation, 2006]*





**Cattle farming accounts for 68% of ammonia (NH<sub>3</sub>) emissions that are the main factor for acid rains.**

**When vehicles in traffic emit dangerous gases,  
everybody understands the problem ...**



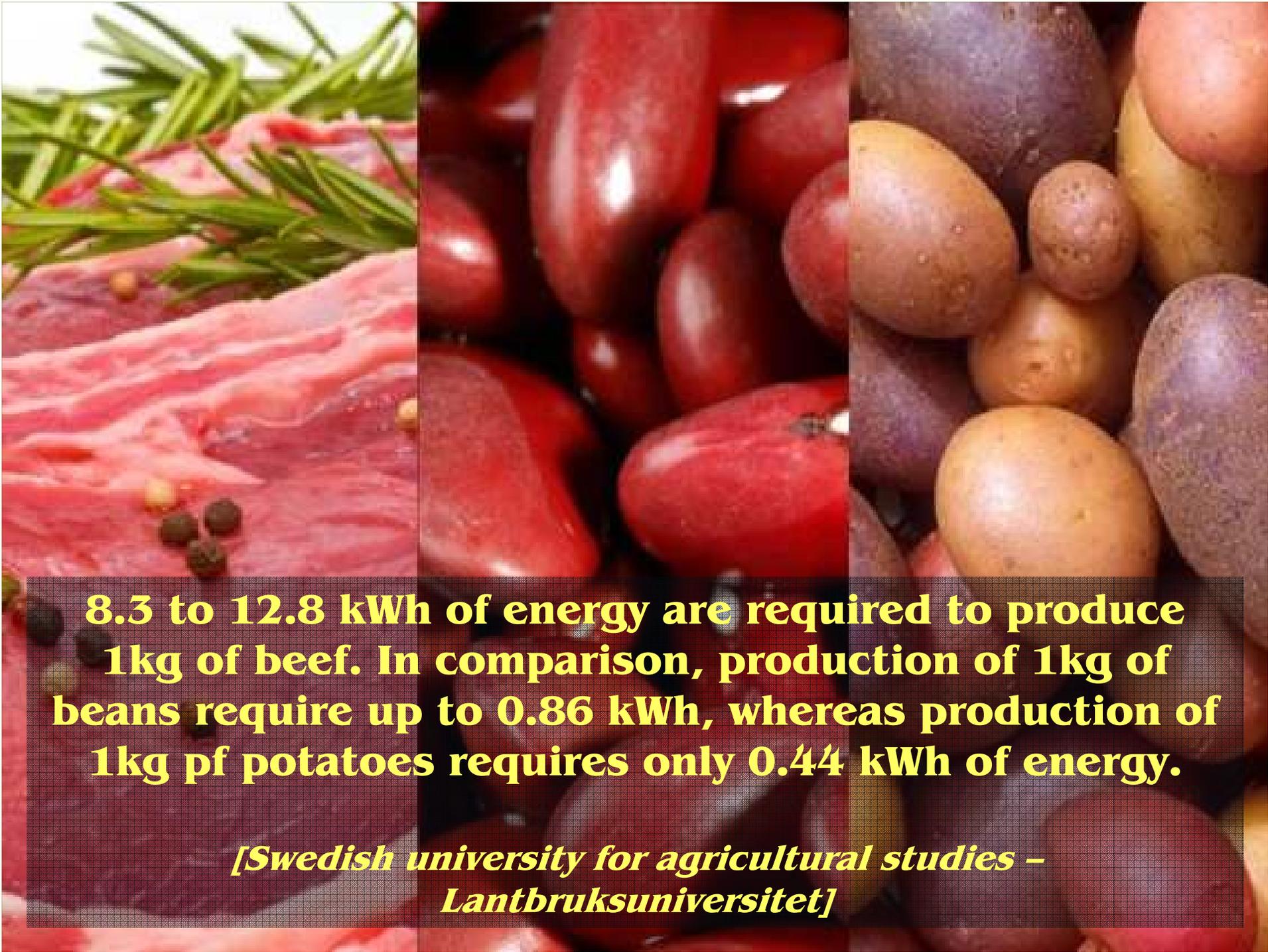
**... but when we  
eat, ecological  
consequences  
are not so  
obvious.**





**More than 1/3 of the world's grains is devoted to animal feed. Is that rational?**

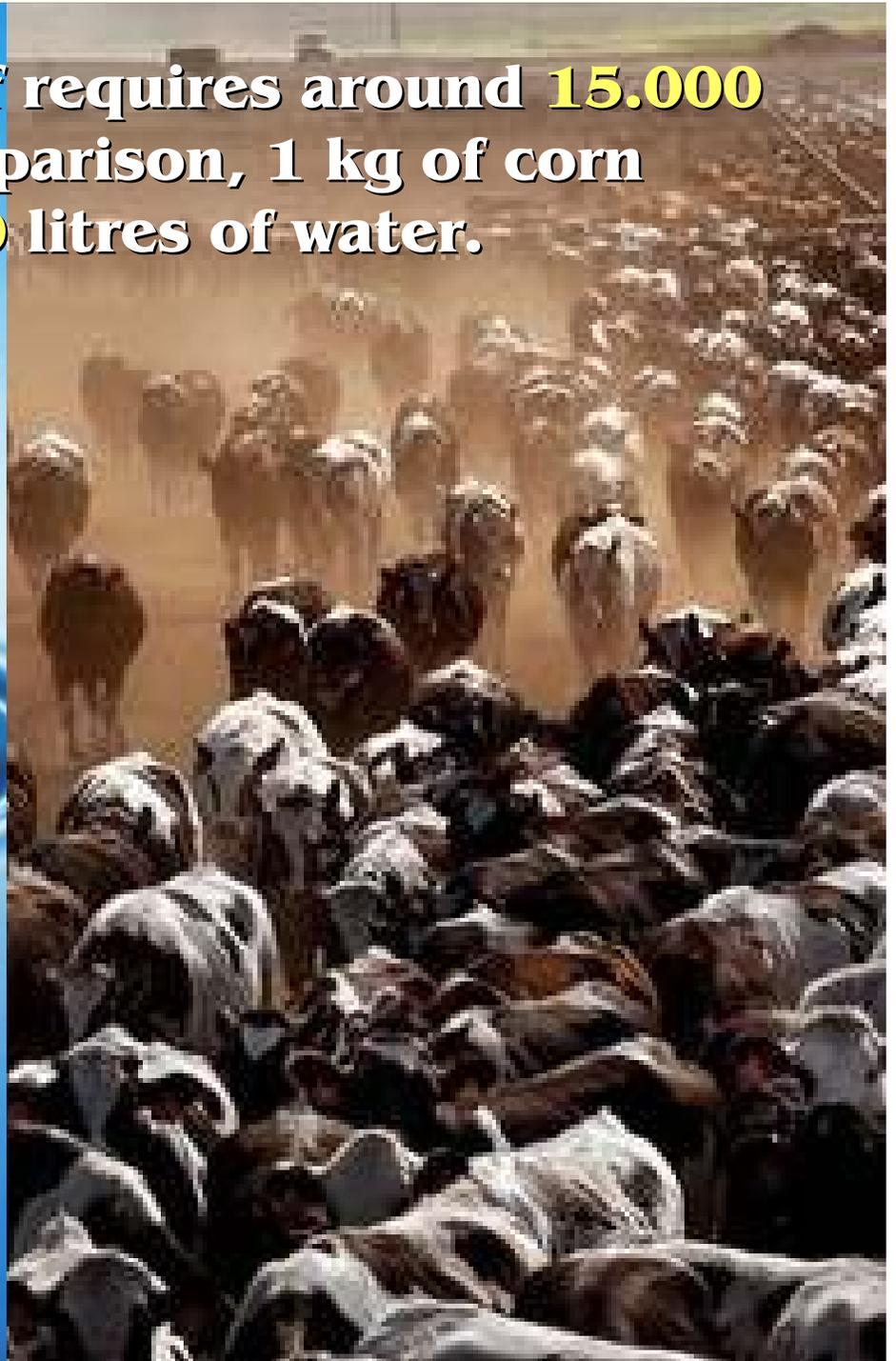
**If commercial cattle farming keeps exploiting fertile land at the same speed as the need for biological energy, it will inevitably lead to the risk of availability of fertile land. In this case the losers will be Nature and the poor people.**



**8.3 to 12.8 kWh of energy are required to produce 1kg of beef. In comparison, production of 1kg of beans require up to 0.86 kWh, whereas production of 1kg of potatoes requires only 0.44 kWh of energy.**

***[Swedish university for agricultural studies –  
Lantbruksuniversitet]***

Production of 1 kg of beef requires around **15.000 litres** of water. In comparison, 1 kg of corn requires **only 450** litres of water.





**Every year the EU subsidises products of the meat industry. The numbers exceed a few billion Euros. By subsidising export to the third world countries,**

**...the EU generates a perilous impact on the local communities of those countries.**



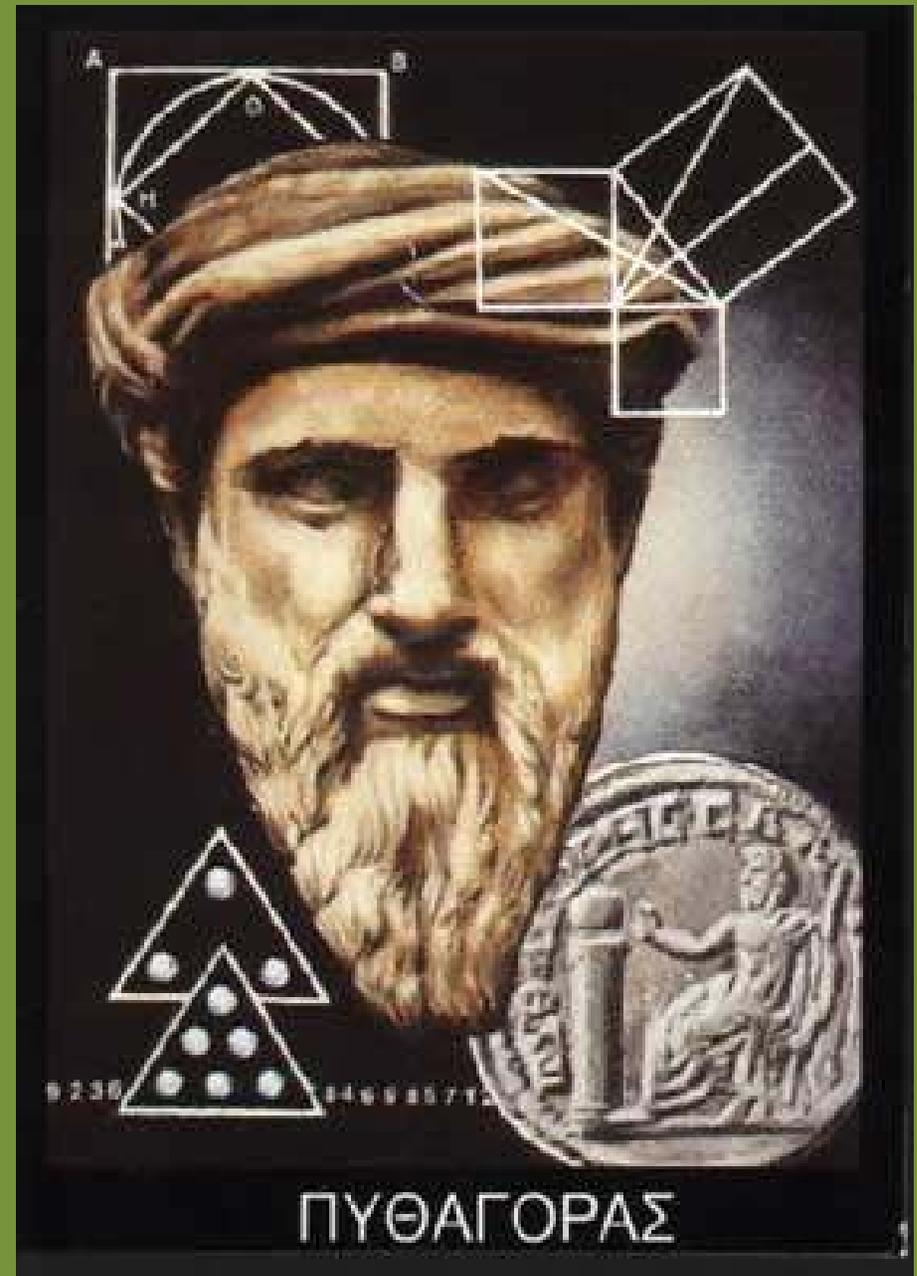
**Global meat consumption is projected to double from 229 million tonnes to 465 million tonnes by the year 2050. As for milk consumption, it will increase from 580 to 1043 million tonnes.**

*(Food and Agriculture Organization 2006)*



**“As long as men  
massacre animals, they  
will kill each other.  
Indeed, he who sows  
the seeds of murder  
and pain cannot reap  
joy and love.”**

***Pythagoras (6th century BC)***



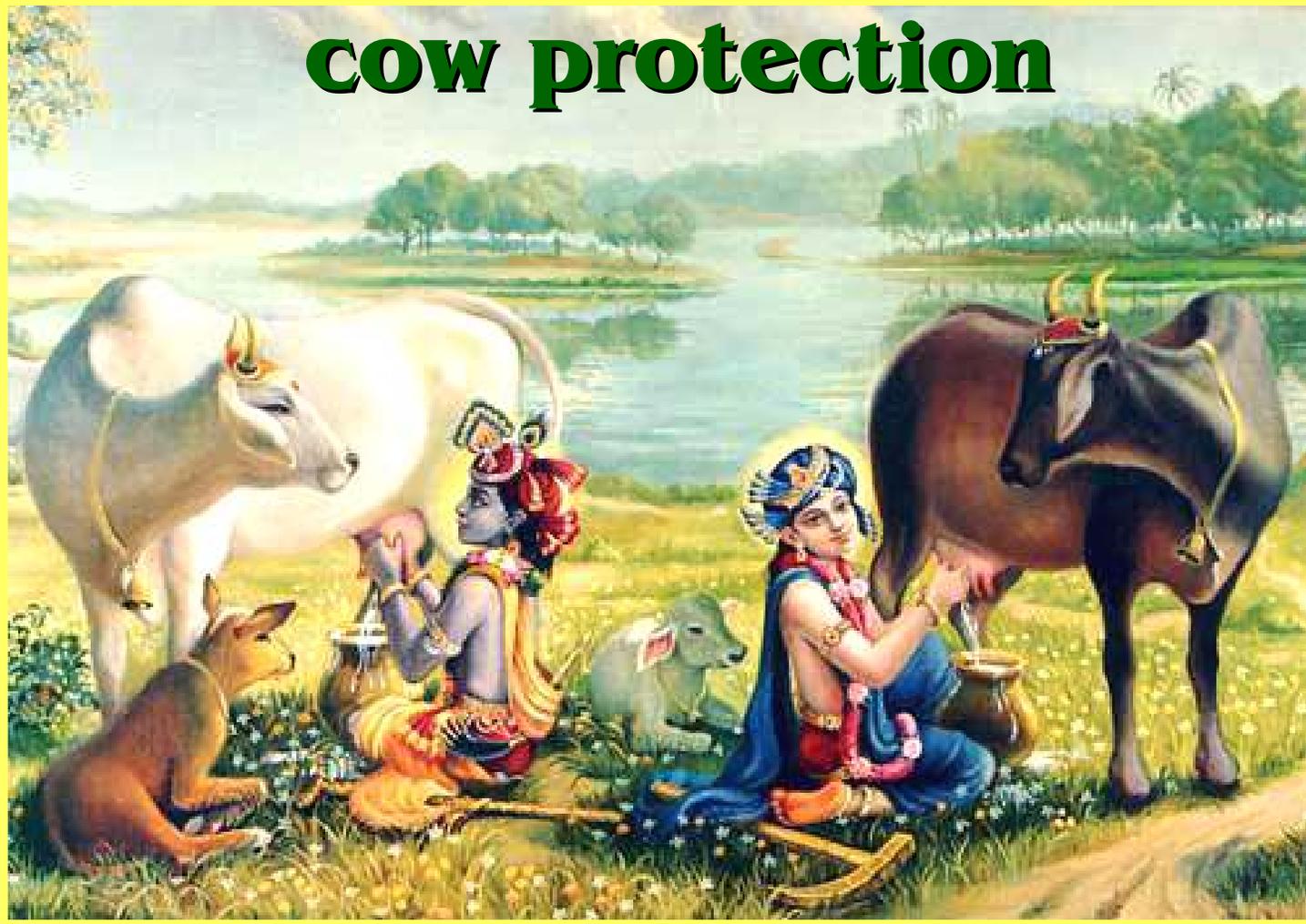
**“Men do not understand that because they unrestrictedly kill so many animals, they also must be slaughtered like animals in big wars. The reaction must be there. You are killing innocent cows and animals. Nature will take revenge. To kill cows means to end human civilization.”**

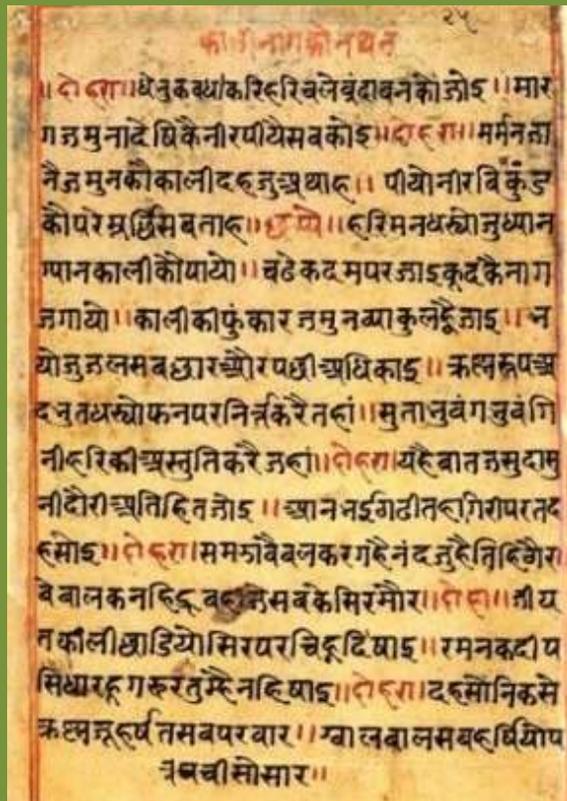
***(A.C. Bhaktivedanta Swami Prabhupada)***



# Historical evidence of

## cow protection

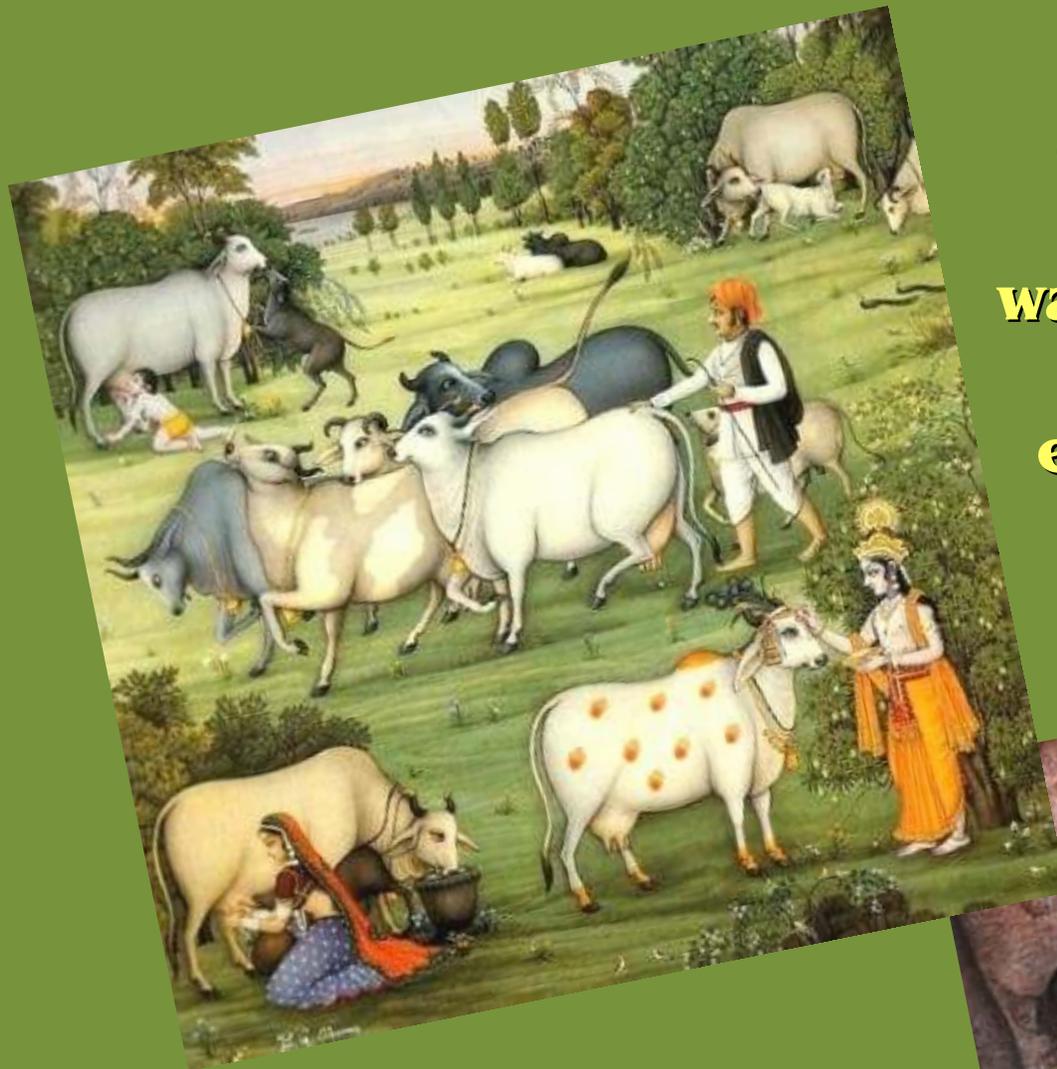




**The oldest literature in the world – the Vedas, written down more than 5000 years ago – tell about an ancient culture that had been thriving for many millennia.**



**The Vedic culture, formerly spread around the whole globe, was based on natural agriculture and cow protection.**



Therefore, in those days people lived in abundance. Nobody was hungry. There were no pollution, exploitation, scarcity and injustice.

That spiritual culture is thoroughly described in ancient texts such as *Srimad-Bhagavatam*.



**“The cows, the bulls and the calves were thoroughly smeared with a mixture of turmeric and oil, mixed with varieties of minerals. Their heads were bedecked with peacock feathers, and they were garlanded and covered with cloth and golden ornaments.”**

***Srimad-Bhagavatam 10.5.7.***



**If we want lasting harmony,  
peace and justice on this  
planet, we simply have to  
follow the same economic  
pattern set by example of  
the ancient Vedic culture.**



**That means -  
traditional  
(natural) farming  
and cow  
protection.**

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and bull training.**

**Text edited by Lyn Welker (Labangalatika d.d.)**

**ISKCON “International Society for Krishna Consciousness”**  
*(Founder A.C. Bhaktivedanta Swami Prabhupada)*

This slide presentation has been made according to the philosophy of the **Srimad-Bhagavatam** and **Bhagavad-gita** and the teachings of A.C. Bhaktivedanta Swami Prabhupada, a genuine spiritual master who made the spiritual tradition of the ancient Vedic literatures available to the whole of humanity.

