

LET'S
BE
FRIENDS

A CURIOUS, CALM COW



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DR SAHADEVA DASA



LETS BE FRIENDS!

A CURIOUS, CALM COW

By

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Dedicated to....

His Divine Grace A.C.Bhaktivedanta Swami Prabhupada



“Ample food grains can be produced through agricultural enterprises, and profuse supplies of milk, yogurt and ghee can be arranged through cow protection. Abundant honey can be obtained if the forests are protected. Unfortunately, in modern civilization, men are busy killing the cows that are the source of yogurt, milk and ghee, they are cutting down all the trees that supply honey, and they are opening factories to manufacture nuts, bolts, automobiles and wine instead of engaging in agriculture. How can the people be happy?”

-Srila Prabhupada (Srimad Bhagavatam 5.16.25)

By The Same Author

Oil-Final Countdown To A Global Crisis And Its Solutions

End of Modern Civilization And Alternative Future

To Kill Cow Means To End Human Civilization

Cow And Humanity - Made For Each Other

Cows Are Cool - Love 'Em!

Wondrous Glories of Vraja

We Feel - Just Like You Do

Modern Foods - Stealing Years From Your Life

Noble cow - Munching Grass, Looking Curious And

Just Hanging Around

(More information on availability at the back)

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The Author

Preface

Where does all the war, racism, terrorism, violence, and cruelty that's so endemic to human civilization come from? Why do humans exploit and massacre each other so regularly? Why is our species so violence-prone? To answer these questions we would do well to think about our exploitation and slaughter of animals and its effect on human civilization. Could it be that we oppress and kill each other so readily because our abuse and slaughter of animals has desensitized us to the suffering and death of others?

To distance themselves emotionally from the cruelty they inflicted, they adopted mechanisms of detachment, rationalization, denial, and euphemism, and in the process became a harder, more ruthless lot.

In 1917 Sigmund Freud put the issue in perspective when he wrote: "In the course of his development towards culture man acquired a dominating position over his fellow-creatures in the animal kingdom. Not content with this supremacy, however, he began to place a gulf between his nature and theirs. He denied the possession of reason to them, and to himself he attributed an immortal soul, and made claims to a divine descent which permitted him to annihilate the bond of community between him and the animal kingdom."

The domination, control, and manipulation that characterizes the way humans treat animals who come under their control has set the tone and served as a model for the way humans treat each other.

Dr. Helmut Kaplan rightly warns, "Our grandchildren will ask us one day: Where were you during the Holocaust of the animals? What did you do against these horrifying crimes? We won't be able to offer the same excuse for the second time, that we didn't know."

Sahadeva dasa

Dr Sahadeva dasa

1st February 2012
Secunderabad, India

Lets Be Friends!

A Curious, Calm Cow

1.

'Bhoori' Saves A Grandmother From Floods

A 70-year-old grandmother was saved from flash floods in Pakistan by her “swimming cow”, which carried her for hours through surging waters before leading her to safety.

Zainab Bibi was one of more than 10 million left homeless by the floods, but spared the fate of more than 1,600 believed to have died in the disaster which has devastated vast swathes of Khyber, Pakhtunkhwa, Punjab and Sindh provinces.

Mrs Bibi was swept away from her 14 children and 16 grandchildren as she slept in the farm yard of their home in Kot Addu, near Muzzafargarh in Southern Punjab.



But within minutes of being submerged in a raging torrent, her cow, Bhoori, swam alongside her and kept her afloat.

“I was sleeping in the courtyard near the cattle pen while my sons and their families were present on the roof-top when a gush of water threw me up.”

“Moments later, I saw Bhoori trying to swim towards me and I clung to her neck. We floated around for many hours and it was around morning that I finally felt ground under my feet,” Mrs Bibi told Pakistan’s Dawn newspaper.

“It was Bhoori that brought me to a dry spot from where our neighbours brought us here,” she said from a relief camp close to Muzaffargarh.

She believes her 30 missing children and grandchildren have also been saved and said she hoped she would be reunited with them soon.

(Reported in Dawn, 11 Aug 2010)

Millions of cows are killed in Pakistan every year in very cruel ways. Butchers in Pakistan’s cities slaughter thousands of newly born calves everyday. The meat is supplied to posh restaurants where it is sold as lamb meat.

Milkmen around the country sell newborn calves to save on their mother’s milk. A calf may drink milk worth 100 to 200 Pakistani rupees everyday. To them it makes economic sense to deprive calves of their mothers’ love and sell them to butchers for rupees 1,500 or 2,000 each. Then the cows are injected with oxytocin hormone to make her lactate.

Recently, Peshawar Police raided a slaughter house where they found



“Why you should eat animals? That is uncivilized life. When there is no food, when they are aborigines, they may eat animals, because they do not know how to grow food. But when the human society becomes civilized, he can grow so many nice foods, he can keep the cows, instead of eating the cows. He can get milk, sufficient milk. We can make so many preparation from milk and grains.”
—Srila Prabhupada (Lecture, Bhagavad-gita 4.21, Bombay, April 10, 1974)

dozens of calves being killed. Reportedly the legs of many were cut while they were still alive; the purpose was to sell the calf as a tender piece of lamb meat.

Politicians, businessmen, civil servants, journalists and intellectuals dine at restaurants that sell such meat. While eating such innocent babies, members of the intelligentsia discuss world problems and talk about rights and responsibilities.

On the occasion of Eid al-Adha, the nation slaughters millions of animals. People even borrow money to buy an animal to perform the rituals. Others spend hundreds of thousands of rupees to show off their wealth. Entire country puts up a public display of animal cruelty. The rich and the poor, the young and the old, educated and illiterate, everybody is excited and participates in this pastime of death and destruction. The country, spends more than 300 million dollars on animals that are killed in just three days.

2.

Life Lessons From A Cow

By Maulana Wahiduddin Khan

According to Islam, the present world is a testing ground. Every man and woman here is being tested. If we have freedom, it is because without freedom, there can be no test. This freedom is God-given, and as such, no one has the licence to abolish it. We have no option but to follow the cow pattern, that is, to turn negativity into positivity. Once a man came to the Prophet of Islam, and said: 'O Prophet, give me a piece of advice by which I may be able to manage all the affairs of my life.' The Prophet replied: 'Don't be angry.'



'Don't be angry' means learning the art of anger management, learning the art of converting anger into forgiveness, of converting anger into peaceability. This is a very high form of spirituality.

Leaving society and going into the jungle or the mountains is a lower form of spirituality. The higher form is that which the cow demonstrates. We live with people, experience all kinds of behaviour, but try not to react negatively. You have to imitate the cow. Just as the cow converts grass into milk, you have to convert negative thought into positive thought. This is a higher form of spirituality.

Most are battling stress daily. They ask about ways to de-stress. I would suggest that they learn a lesson from the cow. They should adopt the cow habit in their affairs and they will be able to de-stress quite successfully. The cow represents an elevated form of lifestyle. Adopt this lifestyle, and you will be able to enjoy a tension-free life.

3.

Human Propensities of Cow

Maneka Gandhi

Some years ago an English woman who had the gift of being able to understand animals came to my shelter in Delhi. Walking up to a cow, she turned to me and said “ She says that her head still hurts ” The woman did not know that the cow had been in an accident.



When you next have a steak or wear new leather shoes, remember that this cow could articulate her pain. We are just not smart enough to understand her voice. John Webster, professor of animal husbandry at Bristol, has just published a book on the topic, *Animal Welfare: Limping Towards Eden*. “People have assumed that because animals have smaller brains they suffer less than humans. That is a pathetic piece of logic,” he says.

Just because a cow moves slowly, that really doesn't make her stupid. In fact cows are intelligent and curious beings who enjoy solving problems . They have long memories and are capable of learning lessons from each other, just as humans do.

Donald Broom, professor of Animal Welfare at Cambridge University, describes how cows are excited by solving intellectual challenges. In one study, researchers set cows with a task where they had to find how to open a door to get some food. An electroencephalograph was used to measure their brainwaves. Their brainwaves showed their excitement; their heartbeat went up and some even jumped into the air

when they found the solution.

Research has shown that cows clearly understand cause-and-effect relationships—a sure-fire sign of advanced cognitive abilities. For example, cows can learn how to push a lever to operate a drinking fountain when they're thirsty or to press a button with their heads to release grain when they're hungry. Like humans, cows also quickly learn to stay away from things that cause them pain, like electric fences and unkind humans.

Cows also have the ability to learn from each other, another indication of their intelligence, which is comparable to that of a dog. According to the Humane Society of the United States, if an individual cow in a herd is shocked by an electric fence, the rest will become alarmed and learn to avoid it. Their senses are very acute, especially their sense of smell. Their first instinct is to come over and sniff you out, just like dogs. Their sense of timing is uncanny. They know to the minute when they are going to be milked or fed

Cows don't forget lessons that they've learned. They have impressive memories. They remember their homes and can find their way back to



their favorite spots (which is more than I can !). They remember where things are located, migration routes, watering holes, shelter and the location of their newborn calf. Researchers also report that cows can remember the best eating spots in a pasture many months later. Stories of cows who used their navigation capabilities to find their way back home after being sold at auction are common. Some cows never forget those who have hurt them either, and they've been known to hold grudges against other members of their herd. Rosamund Young details a quarrel between a grandmother cow and her daughter. Grandmother cows often help their daughters with mothering duties, but a cow named Olivia wanted no part of that. She ignored her mother's offers to help groom her. Offended, her mother finally marched off to another field to graze with her friends and never "spoke" to her daughter again.

A herd of cows is very much like a pack of wolves, with complex social dynamics. Each cow can recognize more than 100 members of the herd and herd leaders are chosen for their intelligence, inquisitiveness, confidence, experience, and good social skills, while bullying, selfishness, size, and strength are not recognized as suitable leadership qualities.

Webster has documented how cows within a herd form smaller friendship groups of between two and four animals with whom they spend most of their time, often grooming and licking each other. The relationships between mothers and daughters are especially strong, and calves play with other babies. They like to sleep near



their families and when the herd settles down for a nap, each cow's position and the order in which they lie down is directly related to their status in the herd.

Raising cows in crowded lots, is very stressful to them. University of Saskatchewan researcher Jon Watts notes that cows who are kept in groups of more than 200 get confused, scared and constantly fight for dominance. This is akin to how humans would feel if we were penned in a tiny space with thousands of unfamiliar people. Just like us, cows like to be near their families and friends.

Cows are emotional animals who have likes and dislikes, just like humans do. The chairman of the National Farmers Union in the United Kingdom, Tim Sell, explains, "They have emotional upheavals. When it is a miserable, cold day, they will all be miserable, but when it is nice and sunny, you can almost see them smiling." Cows use their body posture and vocal sounds to express a whole range of emotions, including contentment, interest, anger, and distress. They mourn the death of those they love, even shedding tears over their loss.

With kind treatment, cows can be very loyal companions. In her book *Peaceful Kingdom: Random Acts of Kindness by Animals*, Stephanie Laland writes that when the Rev. O. F. Robertson began to go blind, his cow Mary became his "seeing-eye cow." Mary would walk along with him, nudging him away from obstacles. She accompanied Robertson everywhere he went for the rest of his life.

When they are separated from their families, friends, or human companions, cows grieve over the loss. Researchers report that cows become visibly distressed after even a brief separation. The mother-calf bond is particularly strong, and there are countless reports of mother cows who continue to frantically call and search for their babies after the calves have been taken away and sold to butchers. They stand in acute grief outside the pen where they had last seen their babies and bellow for days, moving only when forced to do so. Weeks later they will still return to the same spot to see if their calves have come back.

Like all animals, cows value their lives and don't want to die. Stories abound of cows who have gone to extraordinary lengths to fight for their lives. A cow named Suzie was about to be loaded on a freighter when she turned around, ran back down the gangplank, and leaped into the river. Even though she was pregnant she managed to swim all

the way across the river, eluding capture for several days. She was rescued by PETA and sent to a sanctuary for farmed animals.

When workers at a slaughterhouse in Massachusetts went on break, Emily the cow made a break. She took a tremendous leap over a five-foot gate and escaped into the woods, surviving for several weeks in the snowiest winter. When she was eventually caught, public outcry demanded that the slaughterhouse surrender her to a sanctuary where she now lives happily.

Eating meat means eating animals who don't want to die. In the U.S. alone, more than 40 million cows are killed in the meat and dairy industries every year. When they are still very young, cows are burned with hot irons, their testicles are ripped out of their scrotums, and their horns are cut or burned off—all without painkillers. Once they have grown, they are sent to massive, muddy feedlots to be fattened for slaughter. Millions of cows living in dairies spend most of their lives either in large sheds or on feces-caked mud lots where disease is rampant. Cows raised for their milk are repeatedly impregnated, and their calves are taken from them and sent to veal farms or other dairy farms. When their exhausted bodies can no longer produce enough milk, they are sent to slaughter.


Every night, in India, we see trucks crushed full of cows going for illegal slaughter. Many cows die on the way. The rest are taken onto the



killing floor, where their throats are cut and they are skinned in front of each other. They die piece by piece.

Every time you choose to buy leather or drink commercial milk, you kill a gentle intelligent sensitive being. Cows are not just oblivious, cud chewing milk machines – these terms can be more aptly applied to so many humans instead.

(To join the animal welfare movement contact : gandhim@nic.in)



Cows are amongst the gentlest of breathing creatures; none show more passionate tenderness to their young when deprived of them; and, in short, I am not ashamed to profess a deep love for these quiet creatures.

—Thomas de Quincey



4.

Exemplary Tolerance

By Hare Kṛṣṇa Dāśī

Probably no other animal is as tolerant as a cow. If by your daily care and affection you convince the cow or ox that you are its well-wisher, it won't hold a grudge against you for reprimanding it. It won't attack you.

For example, once, by my foolish negligence, one of our milk cows got loose from her stall, and when I walked into the barn I found her eating from a grain cart. I knew she could die from overeating if she didn't stop. So I yelled at her, but she didn't stop. I hit her on the back with a stick, but she still kept eating. Finally, I had to hit her in the face, which I hated to do, especially since it was my fault she got loose.

But she stopped eating grain and returned to her stall. In five minutes



she was mooing softly for me to come and pet her. She wasn't at all afraid of me, and she wasn't angry at me. I knew a dog or cat or even a child would never have such tolerance.

Cows have very high threshold for pain tolerance. They do not reveal their ailments so easily. But a person they trust can find out about their health issues more easily than a stranger. When in pain or heading for slaughter, pigs squeal and thrash around but cows tolerate it very soberly. The cowherd can learn tolerance from the cows and oxen.



“I have a terrible image in my mind of a cow going to slaughter. There’s not a lot of fight in them. Pigs, they’d squeal and thrash around. They’d fight. It’s almost as if cows don’t know they have a choice. Not that they don’t panic, but they do so in a quiet way.”

—Cloris Leachman



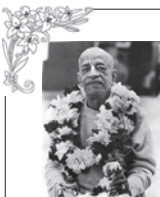
5.

What Kind of World Is This?

Once the author Jeffery Massom and his family were passing by cows confined in a feed lot staring out at them - not grazing or doing what cows normally do, approaching the fence and staring out at the author and his family. He speculated:

“What I imagined was that the cows were wondering why they were there singled out for death. What kind of a world was it that allowed my family and me, cosy and safe in our new car to simply drive by, where as they and their families where destined to be driven away in a large truck and murdered for their meat?”

“One day far into the future people will marvel that we took the lives of these gentle and beautiful animals to satisfy our greed and gluttony. And one day a family much like mine will drive by and cows much like these will be grazing on a hillside, and those cows will be admired rather than eaten by humans.”



This demonic world is the greatest enemy of cows. Just see how they are maintaining hundreds and thousands of slaughterhouse. Hundreds and thousands of slaughterhouse. Innocent animals, giving you milk, the most important foodstuff. Even after death, it is giving you its skin for your shoes, and you are so rascal that you are killing. And you want to be happy in this world. You see? How sinful they are! — Srila Prabhupada, (Lecture, Srimad Bhagavatam, Angeles, May 5, 1973)

6.

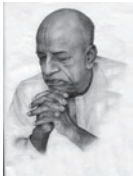
They Are Reproaching Us

The earliest account we have of cattle in English is by William Youatt, who begins his book about cows by saying that, “Cattle are like most other animals, the creatures of education and circumstances” and later says, “he has become the slave of man without the privilege of becoming his friend.” But cattle can be “warmed by a degree of affection.” His book begins with a pathetic passage, an account of a traveller in Columbia:

“I was suddenly aroused by a most terrific noise, a mixture of loud roaring and deep moans which had the most appalling effect at so late



an hour. I immediately went out attended by the Indians, when I found close to the ranch a large herd of bullocks collected from the surrounding country; they had encompassed the spot where a bullock had been killed (butchered) in the morning, and they appeared to be in the greatest state of grief, and rage: they roared, they moaned, they tore the ground with their feet, and bellowed the most hideous chorus that could be imagined, and it was with the greatest difficulty that they could be driven away by men and dogs. Since then, I have observed the scene by daylight, and seen large tears rolling down their cheeks. Is it instinct merely, or does something nearer to reason tell them by the blood, that one of their companions has been butchered? I certainly never again wish to view so painful a sight, they actually appeared to be reproaching us.”



Who cannot understand? Suppose if you are taken in the concentrated camp? Just like the Germans did. What is the meaning of concentration camp? That he'll be killed after some days. So how you can be happy? If you are already informed, condemned to death, and kept in a concentration camp, will you be happy? Similarly, when these people take these cows to the slaughterhouse, animal stock room, they understand.

—Srila Prabhupada (Lecture Srimad-Bhagavatam 1.10.4, Mayapura, June 19, 1973)

7.

Working Hard

For Our Sake

By Matthew Evans

Cows only have bottom teeth. They swipe their thick, coarse tongue over a swathe of grass, curl it around and chomp it off using the teeth and a hard pad on the upper jaw. With this quick, efficient action, a cow can graze quite happily for about 10 hours or so a day, walking forwards past the eaten graze to fresh grass further afield.

They need long grass for this action to work, and hence the pasture needed for cattle is longer than that for sheep. Sheep and wallabies can compete for very fine grass, particularly over winter, when many cows in cold climates are put on dry food, such as hay. When a cow isn't



eating, she's probably chewing her cud, masticating food that has been through two stomachs and is partially digested, before depositing it in the next stomach. All up, a cow has four stomachs and can make 40,000 chewing motions in a day.

These things probably aren't that interesting to your average person. But to me they've become mini obsessions. Watching the animals eat. Seeing how much time they spend lounging and chewing their cuds.



After good rains the grazing ground for the animals was full of green pasture, and both the bulls and the cows sat down on the grass fully satisfied. The cows, followed by their calves, appeared tired of grazing, because of full milk bags. Calmly and quietly the cows and calves rested and ruminated, chewing their cud.

Protection and grazing ground for the cows are among the essential needs for society and the welfare of people in general. The animal fat required for the human body can be well derived from cow's milk. Cow's milk is very important for human energy, and the economic development of society depends on sufficient food grains, sufficient milk, and sufficient transportation and distribution of these products. Lord Sri Krsna, by His personal example, taught us the importance of cow protection, which is meant not only for the Indian climate but for all human beings all over the universe.

— Srila Prabhupada (Light of Bhagavata 27)



8.

Sacred Place of Cow In Farming

By John Shirley

Each one to his own fancy,' said the man with his arm around a cow. "The cow provides me with milk every day. She delivers a calf once a year. She listens but never answers back".

Some people love cows. Cows are their hobby. Cows are their passion.

There's no harm in that. Others are passionate about football, or vintage cars or bird watching (feathered and non feathered). The list of potential passions is endless. At school two of my 13-year-old classmates were cracked about trains.

Recently held Emerald Expo dairy show in Kilkenny again emphasised the place of the cow in the Irish farming landscape plus the industry and business that emanates from that creature.

For the vast majority of people partaking at the Emerald Expo the cow is their livelihood as well their passion.

The cow's calf not only is beautiful to look at, but also gives satisfaction to the cow, and so she delivers as much milk as possible. But in the Kali-yuga, the calves are separated from the cows as early as possible for purposes which may not be mentioned in these pages of Srimad-Bhagavatam. The cow stands with tears in her eyes, the çüdra milkman draws milk from the cow artificially, and when there is no milk the cow is sent to be slaughtered. These greatly sinful acts are responsible for all the troubles in present society.

— Srila Prabhupada (*Srimad Bhagavatam* 1.17.3)

9.

Cows Have Rights

To Pension And Peaceful Retirement

By Liz Jones

Sad story: The cow provides humans with so much, yet we treat them far from well

I have been thinking a lot about cows over the past few months. My acute interest came about when I was sent by Daily Mail to see a dairy cow being slaughtered.

She was old in productive terms, but only five or six. She had given up six or seven of her children at a couple of days old, and every drop of her milk.

We greedy humans should have been grateful, but how did we repay her?

She was taken to the abattoir without being milked, so her huge, swollen udders were painful.

She was terrified, having queued for ages behind other doomed cows, before she was stunned with a bolt to the head.

The most sickening part was when her front legs were sawn off while she was still alive.

She kept trying to move her legs away. The slaughterman called her a ****.

I have never forgotten that image – or the fact that, because of our supermarkets' mania for stocking cheap loss-leaders to lure customers through the door, dairy farmers in this country are subsidised at an average of £38,000 each a year.

Milk has become as cheap and as tasteless as water. Male dairy calves

mostly don't even grow up to become meat, as fashion dictates we want our pound of flesh from a less fatty breed.

Of course, this is not the story you are peddled when you buy butter or milk. The cows in adverts are usually galloping along a beach, pretending to be horses, or humiliated by being dressed up in hairnets and gloves, joyfully operating machinery.

Far from the truth: The cow in the Muller Corner ad seems all graceful running along a beach - but the reality is very much different

I love the romanticism of the adverts for the organic brands: 'Our cows are allowed to graze freely in lush pasture.' Oh la la la. How about the column inches devoted last week to Yvonne, the runaway cow in Germany, the 'Scarlet Pimpernel of the bovine world'? No wonder she's 'still on the hoof', the poor cow. Oh, what a good joke.

The truth is, the dairy industry is not funny at all.

Remember how the Belgians stole from the Congo, and the British stole from the Indians and built an empire? It was possible because of the propaganda brought into play that Africans and Indians are stupid and lazy. The same propaganda is used now against farm animals, surely the most persecuted creatures in the history of this planet.

Maybe if David Attenborough were to make a documentary showing the life of the cow or the chicken, how they love and nurture their young, we would have more sympathy, more insight.

But in the meantime, I have decided, with my business partner Isobel Davies, who has a 500-strong flock of rescued rare-breed sheep and produces non-slaughter wool, to put my money where my mouth is.

It sounds unlikely, an anorexic dabbling in food, but it's for the animals' benefit, not my own.

My belief is that animals have rights, and one of those rights is to own their own produce. So the cows own their milk, and chickens own their eggs.



We have set up a food brand called Cow Nation, which allows these animals to benefit from their own produce. It will go on sale in Selfridges in October, with profit going to give the animals an income, and funding their retirement.

No calves will be killed. Our herd will produce only 3,000 litres of milk per ten-month lactating cycle, rather than the more common 8,000 or 11,000 litres, if the super-dairies have their way. This unnaturally high yield inevitably places a strain on the cow, and encourages disease.

If only: The cows in TV adverts seem like their enjoying life - all a bit surreal

Our produce tastes as it did in the Fifties, with a 'top of the milk', something that, as children, we thought was the height of luxury.

Cruelty-free cream, butter and yogurt will follow.

Our animals will be able to fund their retirement because they have a commodity we want. It's simple. We shouldn't be allowed to steal it.

This new cruelty-free food is expensive. But so it should be. You don't need much.

This mania for luxury every day has many casualties: not just the intensively farmed animals or the farmers in Africa pushed off their land by pineapple growers, but in the latest obesity figures indicating half the population in Western countries will be obese by 2030.

The wonderful farmer who looks after these cows has some as old as 16 and 18. He has a herd of juvenile males who will be 'carried' by the brand.

These males are rarer than giant pandas or tigers. Why do we only value the exotic? Why not 'Save the cow?'

According to Vedic conception, the animals, they are also members of your family. Because they are giving service. Not that one section of the members of my family I give protection, and the other section, I take everything from them and then cut throat. This is not civilization. You keep your sons, wife, daughters, cows, dogs, they are animals, asses, domestic animals, horses, elephants. If you are rich, you can keep elephants also. It does not mean... Either family-wise or state-wise, it does not mean that you give protection to some members and cut throat of the others. Oh, how horrible it is.

—Srila Prabhupada (Lecture, London, July 21, 1973)

10.

Are The Cows Haunting You?

By Lana - Mamamia

For the past week, I haven't been able to sleep at night. I am crying at the slightest provocation and the other day when my son picked up a cup of beef flavoured noodles I snatched them out of his hand and just managed to stop myself screaming at him and accusing him of being a selfish, callous child with no feelings at all. He's not – he just likes 2 minute noodles but I am overly sensitive to the word beef this week.



Ever since 4 Corners aired the horrifying and brutal expose of the export cattle trade my life has been tainted with the images of cows being abused. When I try to sleep at night I see the images of torture and terror that have embedded themselves in my brain. The fear in the cow's eyes becomes a surging anger that rises through my body and makes me want to save every animal in the world and when I realise



Just like we are taking milk from the cow. We are indebted. "No, we are killing them." They are committing simply sinful life and they want to be happy and peaceful. Just see. We are indebted. I am obliged to you for your service. So instead of feeling obligation, if I cut your throat, how gentleman I am, just see, imagine.

—Srla Prabhupada (Lecture, Bhagavad-gita 1.37-39, London, July 27, 1973)



how impossible that is, it subsides and it leaves me feeling intensely sad.

This sadness has permeated everything that I have done this week and it's crept its way into my reactions. I see a cat outside and I wonder whether it has a home, and whether the people in that home are kind to the cat, then I remember that all over the world there are people abusing animals and it's not just the cows in Indonesia and my mind runs away with me and I am upset for every animal and every human that is being abused. Melodramatic? Oh totally, but very real for me.

And it's not just when I see animals. I have been behaving strangely all week, on the verge of tears all the time, skittish and negative. A situation which has been exacerbated by the fact that I am not getting enough sleep at night because of these wretched images. It seems these feelings are not just internal, in fact they are so obvious that Mia couldn't help but ask if everything was okay. I was briefly hesitant to tell her that I felt like crying about all that was wrong with the world because of a news programme aired 5 nights previously. But she understood, because she said she'd also been feeling melancholy all week. It seems I'm not the only one.

Hundreds of people who watched the 4 Corners expose on Monday night are experiencing symptoms that are reminiscent of post traumatic stress syndrome. Yes, I know this sounds overly dramatic. It's not about us, it's about the cows, right? Of course. And we must try to harness whatever we're feeling to DO something whether it's signing a petition or contacting our state and federal members of parliament to let them know we want live export to be banned. Or whatever it is that makes you feel like you're making a difference, however small.

However, even when you've done all this, there can still be some very



This has totally been me all week!! I have tried to not eat red meat for years now but I am motivated like never before now. Whereas before I used to be tempted to nibble on a bit of steak/sausage off my boyfriend's plate, now I have no desire to have red meat. Zero. I had some chicken on Saturday night and have felt very uneasy ever since. I think we are not the only ones – apparently Australian meat consumption dropped by 15% in a week!

—Jennifer Hall (Brisbane)



real fallout for some of the people (not all) who saw those images and watched 4Corners.

There are many degrees of post traumatic stress syndrome. You don't have to have been in a war or a bad accident or the victim of a crime to experience symptoms of PTSD. Sometimes, it's enough to have witnessed something, even on TV.

Lynda Matthews, a specialist in the rehabilitation of people with posttraumatic mental health conditions from the University of Sydney says "it's pretty normal for people to feel uneasy, anxious, and distressed in the early days after exposure to a traumatic event, its part of a normal response to such an event. People's natural recovery systems, their coping strategies and the support of family and friends, generally help them



to recover but when this doesn't happen and they continue to feel distressed and everyday activities are interrupted, then it's possible that they could have Acute Stress Disorder or PTSD."

How they will be happy? It is not possible. Most sinful activities. You produce your food. The bull will help you. And the cows will supply you milk. They are considered to be father and mother. Just like father earns money for feeding the children, similarly, the bulls help producing, plowing, producing food grains, and the cow gives milk, mother. And what is this civilization, killing father and mother? This is not good civilization. It will not stay. There will be catastrophe, waiting. Many times it has happened, and it will happen because transgressing the law of nature, or laws of God, is most sinful.

— Srila Prabhupada (Lecture, Bhagavad-gita 13.35, Geneva, June 6, 1974)

She explains that “PTSD is a disorder that results from people’s exposure to events involving actual or threatened death or physical injury to themselves or other people and where they have responded with intense fear, helplessness or horror. To be diagnosed with the disorder a person needs to have symptoms of persistent intrusion (where they re-experience the event, e.g. nightmares, flashbacks), persistent avoidance (avoidance of thoughts, feelings, activities etc associated with the traumatic event), and increased arousal such as difficulty concentrating, difficulty sleeping, and hyper-vigilance. The symptoms need to be present for one month or longer and to significantly affect everyday functioning (social, work, family etc).”

So could I have developed post traumatic stress syndrome symptoms from watching this expose? Could you have?



I watched the film Earthlings about 9 months ago, 4 Corners was like Playschool compared. I don't eat animals any more, I do as much as I can to keep cows as cows and not food. That helps me sleep at night, you should try it!

—Amy



11.

Story of A Transformation

In 1974, when living on a ranch in Northeast Texas and not hauling hay, I helped a group of ranch workers with cattle.

I discovered when I arrived on duty, I was to help cows walk into a trailer headed for auction.

I witnessed cows not wanting to enter trailer, to the point of dropping all fours on their belly and had to be tied with rope, strung through trailer bars and pulled/dragged by truck up ramp into trailer, each one until full.

That was the day I changed to a plant-based diet and never looked back and enjoyed so many different plant foods that you are not aware of when all you think of is “meat”, “fish”, or “chicken”?

I would be very surprised if you read the book, “Omnivore’s Dilemma” by Michael Pollan and continue consuming animals.

(— *Paul Pilcher, August 21, 2011*)



This cow is grateful but human beings are not. They take her services and then murder her in most brutal ways. The generous cow gives milk, cream, yogurt, cheese, butter, ice cream, ghee and buttermilk. Can you imagine life without these valuable products? To the ungrateful meat eaters, she offers sirloin, ribs, rump, quarterround, porterhouse, beef stew and bones for soup broths. She gives us leather belt, leather seats, leather coats and shoes, hats and purses, you name it. The cow is the most prominent giving animal in the world today and has been so through centuries and millenniums.

Humanity owes a debt to this gentle creature for her selfless service through the ages. Whether living or dead, cow symbolizes selfless service.

Everything that a cow produces including urine and stool, and every inch of her body, is meant for the good of the world. Any sane man will be appalled by the slaughter of hundreds of thousands of cows every day. To any sane man, it just does not make sense. Such a useful creature is being killed for her flesh. It is like taking an expensive car and demolishing it for its scrap value. We value our machines, but can any machine produce milk from a little grass?

Therefore in Vedic civilization, cow was referred to as 'aghnya'--that which may not be killed under any circumstances. Cow, *Bos indicus*, is most valuable animal in all the Vedas and it is rightly called the 'mother of all'.



13,

Unforgettable Memories

By Aliza

I adore cows among other animals. Do the Israeli kibbutzniks know that cows love classical music; try Mozart and Beethoven and you will be surprised to see, how happy they become to give more milk. They also appreciate you singing to them. Cows have been my most grateful audience.

The better treated and groomed, the happier they, like any animal, are and more productive and smarter they will be. I feel sorry for the Israeli cows though, because they never experience the happy frolicking in green pastures through summer months in freedom as in Europe, where they can eat their bellies full with juicy green grass whenever they like and cool themselves off in rivers or lakes. Sometimes cows and bulls run away from pastures into forests and stay there in their own privacy all summer long, but no worries, they always return home, when summer turns into autumn. My greetings to Israeli cows, I spent a lot of time with them and I will never forget assisting a cow, who was in labor and our shared joy, when a beautiful baby-calf popped out.





*The cow is of the bovine ilk
One end is moo, the other, milk.
-Ogden Nash*

14.

Cow Psychology

Forbidden Fruit Is The Sweetest

By Daris Howard

It was springtime, and we were reaching the end of our winter's hay supply. The pastures were not yet dry enough for the cows to graze, so we hoped that what we had would hold out until they were. Hay prices had nearly doubled during the winter, and if we had to buy more hay, our costs would exceed our income from the milk.

At this critical time, we made a terrible discovery. The tarps that had been covering the last portion of the hay had frayed, and had leaked snow melt and spring rains through into it. My father assigned me to see if the cows would eat any of it.



I dug through the stack, but found almost all of it to be stale and musty. Still, I took a portion of it and put it in the cows' manger. The cows turned their noses up at it, and tossed it around a bit, but would not eat it. Their milk production suffered from the attempt.

My father decided we would have to bite the bullet and buy better hay. The problem was that the bad hay was in the way. My dad suggested that I haul it to our old feedlot until the fields dried so we could spread it out to be tilled under.

Arriving home late from school, I only had time to haul one pickup load. The fence around the old feedlot was dilapidated, so I quickly patched it. I wasn't too worried about the cows eating the hay, but I wasn't anxious to have them make a mess that would be harder to clean up later. When I finished, I sloppily slapped the gate up, and headed on my way to milk.

The next morning, I had a surprise waiting for me. The cows had knocked down the gate into the feedlot, but instead of making a mess, they had slicked up every last bit of the hay. When I told my father, he was as surprised as I was, and questioned whether I had accidentally moved the wrong hay. I reassured him that I hadn't.

After some thoughtful consideration, he said, "Let's try something. Let's take a load of the bad hay, and put half of it in their manger and half in the old feed lot. Then we'll leave the gate so they can knock it down and see what happens. "

Usually I did the feeding alone, but Dad was curious enough about the situation that he helped me. We did as he said, and in the evening we found the bad hay in the manger had barely been touched. However, the feedlot hay was another story. The cows, as expected, had knocked down the gate, and they had cleaned up every last bit of it that was in there. I couldn't understand why, and I asked my dad about it.

"It seems that when the hay is denied the cows, it makes it just that much more desirable to them, " he replied. "So even though they normally wouldn't touch it, the challenge of eating what they think is off limits makes it sweeter. "

"Why don't we just stack the hay in there and leave the gate open? " I asked.

He smiled. "It wouldn't work. If they thought we wanted them to eat it, they wouldn't want it. "

I rolled my eyes. “Cows are so stupid! “

Dad laughed. “Actually, we humans are quite similar. There is a phrase, ‘the forbidden fruit is the sweetest’, meaning we want what we aren’t suppose to have. “

We never did have to buy more hay that spring. Each night and morning I stacked a load of the bad hay in the old feedlot, then carefully set the gate so it looked solid, but could easily be knocked down. The cows slicked up the hay, and their milk production never suffered.

I guess forbidden fruit still makes good milk.

(Daris Howard is a syndicated columnist, writer, playwright and teacher)

15.

Búkolla

The Magic Cow

Once upon a time a peasant and his wife lived with their son in a little farmhouse. Their only livestock was a cow called Bukolla.

The cow calved, and the peasant's wife herself sat up with it. As soon as the cow had recovered, the wife went back to the farmhouse. She came out again shortly afterwards to see how the cow was, but it had disappeared. Both the peasant and his wife started to hunt for the cow; they searched far and wide for a long time, but without success. They were very upset and ordered their son to go off and not to let them set eyes on him again till he came back with the cow. They fitted him out with new shoes and a store of provisions, and he set off without much idea of where to go.

After walking for a long, long time, he sat down to eat, and said, "Bukolla, moo now if you are alive anywhere." Then he heard Bukolla mooing far, far away.

Again he walked for a long, long time, and again he sat down to eat and said, "Bukolla, moo now if you are alive anywhere." Then he heard Bukolla moo a little closer than before.

Once more he walked for a long, long time, till he came to the top of a very high cliff. Once more he sat down to eat and said, "Bukolla, moo now if you are alive anywhere." This time he heard the cow moo right underneath him. He climbed down the cliff till he came to a very big cave. He went inside the cave and there he found Bukolla tied to a beam. Untying her, he led her out behind him and set off for home.

When he had gone some distance, he saw an enormous giantess

coming after him, and a smaller one with her. The big giantess was taking such long strides that he could tell that she would catch up with him in no time. So he asked, "What are we to do now, Bukolla?"

Bukolla answered, "Take a hair out of my tail and lay it on the ground."

He did so; then Bukolla said to the hair, "Moo, I now declare: turn into a river so great that nothing can cross it but a bird on the wing." At once the hair turned into a vast river.

When the giantess came to the river she said, "That's not going to



help you, my lad. Dash home, lass, and fetch my father's big bull." The smaller giantess went off and came back with a huge bull, which promptly drank up the whole river.

Then the peasant's son again saw that the giantess would catch up with him directly, because she took such big strides. So again he asked, "What are we to do now, Bukolla?"

"Take a hair out of my tail and lay it on the ground," Bukolla replied. And when he had done so, Bukolla said to the hair, "Moo, I declare: turn into a blaze so fierce that none can get over it but a bird on the wing." And at once the hair turned into a blaze of fire.

When the giantess came to the fire she said, "That's not going to help you, my lad. Go and fetch my father's big bull, lass." The smaller giantess again went off and came back with the bull, which put out the fire with all the water he had drunk out of the river.

The peasant's son now saw once more that the giantess would soon catch him up, because she took such long strides. So once more he asked, "What are we to do now, Bukolla?" And once more Bukolla replied, "Take a hair out of my tail and lay it on the ground." Then Bukolla said to the hair, "Moo, I say: turn into a mountain so big that no one can cross it but a bird on the wing."

The hair turned into a mountain so high that the peasant's son could see nothing over it except clear sky.

When the giantess came to the mountain, she said, "That's not going to help you, my lad. Fetch my father's big gimlet, my lass!" The smaller giantess went away and came back with the gimlet. The big giantess then bored a hole in the mountain, but once she was able to see through it she became too impatient. She squeezed herself into the hole, but it was too narrow, so that she stuck fast and finally turned to stone, and there she remains to this day.

The peasant's son reached home safely with Bukolla, -and his parents were overjoyed.

(An Icelandic folk tale)

16.

Are Cows Addictive?

Desire To Acquire More Cows - A Basic Human Instinct?

By Trudy Frisk

I didn't believe it could happen to my friend. Not till he phoned to say he was back from his holiday in the Okanogan. Just a pleasure trip was the plan. See the scenery, do some boating, kick a little sand. "I bought cows", he muttered as we were about to hang up. "Well, sure," I replied. "You've wanted to get a few more head, haven't you?" There was a long silence punctuated by the sound of a boot scuffing.

Finally he spoke. "I didn't buy a few cows" he confessed. "I bought a lot of cows. I had to hire trucks to get them home!"

Well, you know how it is. A man goes along for years convinced he can take cows or leave them alone. Time passes and cows are not an issue. Then, one day, he finds himself thinking about cows. Angus, Hereford, Charolais. Maybe even Holsteins.

The urge overwhelms him. "Just one cow." he says to himself, finally. "What harm could there be in a single cow?" Of course, one cow sounds a little lonely. "May as well get two cows. Having a couple more cows can't hurt." But, it seems pretty silly to go to all that trouble for just a couple of cows. If he's taking the time, why not get ten? Ten's a good round number. Not a excessive amount of cows, still, a man knows he's



gotten something substantial for his effort. But, the question is, which ten?

And, so it goes. Before he realizes what he's done, our cow addict has bought an entire herd and is down at the livestock transport office arranging to have them shipped to his ranch.

Where he'll likely try to pass them off as a pre-planned surprise for his wife. "Look, dear! A truck of Simmentals.! Why?? Well, isn't your birthday coming up? Bet you thought I'd forget, didn't you?"

The cow addict's cheery "Honey, I'm home!" usually gets a wary wifely, "How many have you bought this time?" response.

Can anything be done for these folks? I doubt it. Setting up a buddy system where the addict buyer phones a friend to come talk him out of it would likely have both of them taking home animals they hadn't planned on purchasing.

The truth is, these people are the modern equivalent of the stealthy Pawnee sneaking into a neighbouring tribe's camp to seize their horses; of the daring reivers driving purloined cattle over the Scottish border.

Masai cattle lords in the Serengeti or Mongolian horsemen on their vast steppes would sympathize. The desire to acquire more stock crosses all cultural boundaries. It seems to be a basic human instinct. We'll just have to live with it!

(Trudy is a freelance writer living in Kamloops, B.C., Canada)

17.

Betsy The Cow

She doesn't kick or growl or claw, or hiss or bark or bite.
She's quiet and maternal; please hear her sorry plight.

With big brown eyes and bulky form, she's gentle and so stoic.
She plods along and cuts the lawn as her body does its magic.

Her body's such a miracle. From grass and grass alone,
comes milk, cheese, butter, yogurt, even ice cream for your cone.



Such a classy lady should be protected with her calf.
Many groups chant "Save the _____", but where's justice on her behalf?

All you known as ecologists, take heed of what I speak;
They're cutting down rain forests to supply the North with meat.

Each year they need more grazing grounds and lots more open space,
To exploit these kindred creature for our misguided human race.

They treat these innocent animals as if they have no souls,
Consumers eat dead carcasses as they reach their dollar goals.

Each sweet cow will be slaughtered, the picture is complete;
You think the earth has problems? You are what you eat!

Think of collective karma, why the world is such a mess.
Think deep before you eat and drink. Your heart will do the rest.

If we change just a little bit perhaps we can be pardoned.
There's such a vast difference between a slaughterhouse and a garden.

(By Manmohini Devi Dasi)

18.

Fussy Cows

By Sarah Rath

My grandfather kept a small herd of cows and a feisty bull which served the neighbor's cows, but we were never sure, as children, just what went on because we were sent to the house when a restless cow was brought into the barnyard.

We asked Grandpa to teach us to milk, but he refused, saying the cows would give down their milk only for him, as they knew his touch.



On the few Occasions when Grandpa was sick and a neighbor or our Uncle Martin did the milking, we found Grandpa was partly right. The cows did give some milk, but not as much as with Grandpa. They were definitely partial to his touch. Once a cow who didn't like a stranger on the stool kicked over the milk pail and this did not please Grandma who depended on the cream for her buttermaking. But Grandpa was never sick for long and soon the milk flow was back to normal.

We girls still wanted to try milking a cow. Uncle Martin said he had a cow he'd let us milk. So we went over to his farm, sat on the stool and tried to imitate Grandpa's hand movements. We must have done it correctly as we soon had a half a pail of milk. We were very proud of ourselves until Uncle Martin deflated us by saying, 'Any fool can milk that cow. She ain't particular like your grandfather's.'



Professor Durckheim: Yes, there are now millions and millions of children who never have seen a cow, never seen a horse.

Prabhupada: Yes.

Professor Durckheim: They go and stand at the zoo to see an animal. Yes, It's true. And I have just now in my center the visit of six Americans from Chicago who have their psychological center, and they wanted to know what we do, and they told me. They have a special little area where children are taken to see one cow, you see, or one horse just to know what it is because they never see it, never see an animal.

— Srila Prabhupada (Morning Walk, June 21, 1974, Germany)



19.

Letting The Cows Out

Every year in spring time, March/April, we let all our cows and bulls out, back to the pasturing fields. The cold weather during the winter necessitates keeping the cows indoor so that they keep in good health.

The letting out of the cows is a very picturesque sight for the eyes as the cows are overjoyed and beyond themselves when let out again in the fields. They childishly kick their legs up high in the air whilst roaming in the field adjacent to the barns. The joy comes partly because they will again graze freely the juicy and fresh grass as well as because they are no longer confined in their winter shelter. (*New Gokul Farm, London*)



20.

Cows Must Learn To Graze

A cow learning to graze? You thought it should be the cow's second nature as it's ours to eat bread. But thanks to modern farming, many cows are relearning this important art.

According to a University of Wisconsin-Madison study, if a cow has never been on pasture, it may take her a few days to learn how to graze.

Dairy scientist Dave Combs compared behavior and performance of barn-dwelling cows turned out on pasture for the first time in their lives to that of cows raised on pasture. In addition to measuring milk production, he used GPS devices to track their movement around the paddock.

"We found that there clearly is a learning curve," Combs says. "Cows that had never seen a blade of grass had differences in performance relative to those cows that had been exposed to grass as growing animals."

Milk production dropped as much as 10 lbs per day for lactating cows newly introduced to a pasture, mostly because they didn't eat as much when they first arrived. But they adapted quickly. By the end of the first week on pasture, milk production was essentially the same.

Cows that were new to pasture didn't seem to understand why they were there. When they first arrived, they tended to stand by the gate looking for a way back to the barn. Meanwhile, the pasture-savvy animals fanned out and walked as much as four miles a day. But within a few days, it all evened out.

"Over the course of a week, all the animals, whether they were experienced or not, walked about two miles a day," he says. "The

experienced ones kind of scoped the pasture out the first couple days and then became more efficient. The cows that had not seen grass at some point figured out that they had to begin to eat and began to actually graze.”



Combs did the study to learn more about designing research geared toward the needs of pasture-based dairy operators. The university has stepped up its grazing-based dairy research in recent years, using cows from its regular research herd, which are raised and housed in barns. But some grass-based farmers wonder if the findings apply to their operations, and have urged the university to create a separate, grazing-based herd.

“From a farmer’s perspective, this is probably the kind of common sense thing,” he says. “If you put an animal in a new environment, probably you should provide some feed that they’re familiar with so that they can make that transition. An abrupt switch causes stress and it takes a few days for these animals to adapt to that environment.”

21.

The Private Life of Cows

BBC Programme

The Private Life Of Cows (BBC2) is one of those subjects you'd never wondered about until someone draws your attention to it. There's something creepy about cows. They've got the blankest face of any animal. A dog pulls expressions. A cat bares its teeth. What does a cow do? It just looks at you. It doesn't even stare, because staring implies some kind of effort on the cow's behalf. A cow just stands there with its stoic face angled in your direction. Its huge eyes somehow combine approachability with a terrifying lack of any discernible sentient feeling. Cows are ultimately unknowable.



Some claim that with a cow, what you see is pretty much what you get. They wander around in herds, they hang out in fields chewing the cud, they lie down a bit and they sleep for four hours in every 24.

You'd know if the cow thought it was going to rain, because it'd lie down. But you'd never know if its heart skipped a beat when you whispered its name.

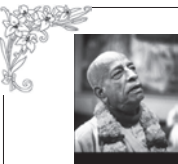
But it turns out there's more to cows than emotional blankness. Beneath their dozy exterior, cows are razor-sharp. The fact that cows are the most domesticated farmed animal in the world is a triumph for the species rather than one for intensive farming. Cows have had to learn a new way of life and that requires some intelligence.

One of the experiments to see how bright cows are is seeing if they can be taught to ring a bell to ask for food. It might not be a skill that'll get Daisy on Britain's Got Talent but it's a start.

It's a good show, full of informative nuggets. You'll learn how to build a bond of trust with a cow, learn to identify their individual personality traits, and how to teach a cow to ring a doorbell. Mainly, though, you'll learn that cows are faintly more interesting than you previously thought they were. You won't look at a cow in the same way again. You'll, may be, tip your cap out of respect.

And ultimately the cows are allowed to maintain an air of mystery. At one point, over footage of slumbering cows in a state of REM sleep, presenter Jimmy explains that they're dreaming. Then he tells us rather sadly that we'll never know what the cows are dreaming about.

But while probing the animal's personality in the beginning, he indeed asked (apologies to any cows reading), the insulting question: are cows intelligent? (*Charlie Brooker, The Guardian*)



How can you deny, "There is no soul"? The animals, the cows, when they are taken to the slaughterhouse, why they cry? Because he has intelligence that "Now I am going to be killed." And these rascals say there is no soul. And still, they are religious priests. Such fools and rascals are made religious fools, priests. No common sense. And they also get degree, Doctor of Divinity, DD.

— Srila Prabhupada (*Morning Walk, June 20, 1974, Germa*)

22.

Crèche For The Little Ones

When Mammals Go off Grazing

By Trudy Frisk

Cows long ago resolved that very contentious issue, care of the young. Any herd with several calves has a crèche or calf care centre. Calves gather in a selected spot under the watchful protection of two or three cows. The rest of the mammals go off happily grazing, confident that their little ones are safe. Childcare isn't a feminist plot; it's female wisdom in the bovine species.

How does the herd share calf watching? There must be a system. How do cows choose? Is the rotation always the same? Maybe there's a lesson here for humans.



23.

Moo Are You?

God Nose What Will Happen Next!

If you put a six-month-old boxer dog and a herd of European cows

together you might expect a recipe for disaster.

But one dog's close encounter in a field in Newcastle's Town Moor led to a heartwarming getting to know you session.

The funny meeting sees the dog, named Lucy, approach the herd, who come in for a closer look.

Hi, what's your name?

For a split second it appears that trouble may be on the way as a large



black cow flinches when first approached by Lucy.

And you are? Lucy greets two other cows during the heartwarming exchange.

God nose what will happen next: Another cow inspects their new companion.

The cows then surround the fearless dog as she hits the ground, waiting to see their reaction.

As she lies in wait, the cows all close in for a better look, or smell, while the equally-curious boxer also sniffs out her new found friends.

Come and say hello! The boxer puppy hits the deck and the cows make a beeline for her

At least half the herd get up close and personal with Lucy, nose to nose - but, there is no animosity between the creatures, just curiosity it seems.





The Cow

*Thank you, pretty cow, that made
Pleasant milk to soak my bread,
Every day and every night,
Warm, and fresh, and sweet, and white.*

*Where the purple violet grows,
Where the bubbling water flows,
Where the grass is fresh and fine,
Pretty cow, go there to dine.*

-Ann Taylor

24.

The Story of Cona

The Cow With A Boo

Cona was a cute little cow. She was also very naughty. She managed to get past the stern eye of Gopal, the cowherd, and follow her mom and dad to the fields every day. While her parents were busy at work ploughing the hard ground, Cona would wander around the grassy countryside. "Don't go into the spooky forest Cona," mom would warn.

Cona seldom heeded her mother's warnings. She always wandered into the deep, dark woods. In the process, she often lost her way. But she had figured out a great way to grab her mother's attention. "Moo," she would cry in her crystal clear voice. It would echo through the trees and mom would recognize her baby's pleas. She would then run to Gopal and beseech him with sad eyes to go rescue Cona. Gopal would



follow the sound of Cona's Moos and she would be safe in a jiffy.

One day, however, Cona got trapped in her own game. She entered the forest and couldn't find her way home. She tried to Moo out loud and call for help. She had forgotten that she had caught a very bad cold. Her nose was blocked and her throat was itchy. She tried with all her might, but all she could manage was a very weak "Boo." No one in the fields could recognize the Booing. Cona was at her wit's end when she caught sight of Paru, the parrot. Seeing Paru gave her an idea.

Cona looked up and pleaded to Paru "Blease helb be!" Paru floated down and landed on a leafy branch next to Cona. "I didn't understand a word you said" said Paru Parrot. "Blease helb be, i amb lost anb have a cold" recited Cona desperately. "Ah-ha. I now understand. You have a cold and are lost in the forest. Why did you do such a silly thing like that for?" "I-I-I I disobeyed my mother and came into the forest. Now she can't hear me call because of my blocked nose" Cona began to weep. "Follow me young calf. I shall show you to your safety" spoke Paru. "Bank you! Bank you!" squealed Cona. "No problem, as long as you promise to never to come into the forest without parental supervision. Is that a promise?" "Yes. I promise." "Good. Follow me..."

25.

The Mysterious Broken Waterer

by Daris Howard

We came out to the barn on that cold December morning to find the cows' waterer broken, the water flooding the barn and icing over. It was a huge mess.

My dad cussed. "Not again! This is the third time this week!" The waterer had a small trough on the top of it that filled automatically as the cows drank. A waterer was essential since no tank was big enough to hold the water needed for the 80 cows in our herd. Each cow could easily drink 30 gallons per day.

"What I can't understand," my dad continued, "is how it keeps getting broken. Usually there would be dents on the outside from the cows banging it, but the trough is always busted downward from the top."

We had put all sorts of posts and boards around the sides to avoid the damage that usually comes from cows bunting and pushing. But Dad was right; none of that kind of damage ever seemed to be the problem.

The next day was the first day of Christmas break, and we came out to find the waterer broken again. My dad was furious. "I want you to sit in the loft and watch until we can find out what the devil is happening!"

After chores, I got myself a book, and settled in to my assigned task. The cows hung around the waterer like gossiping employees around a water cooler. They bunted and tussled now and then, but nothing of any consequence happened. When Dad came home from work, I had nothing to report.

I reminded him that, after all, the damage always seemed to occur at night. I told him that after supper I would take up my watch again.

He agreed, but told me not to stay so long I didn't get at least a fair night's sleep. As almost everyone else headed off to bed, I went to the barn and took up my former position. Most of the cows had laid down for the night, but a few were just finishing eating. Some of them came and drank, but even they were soon bedded down.

When I had been there for about two hours, and nothing had even taken a drink for the last half hour, I decided to give up. I had just stood to leave when our bull approached the waterer. Much to my surprise, he didn't drink, but what he did made me gasp. I couldn't believe my eyes and watched for another ten minutes to make sure I was seeing what I thought I was seeing. When I was positive, I slid from the loft and rushed to the house.

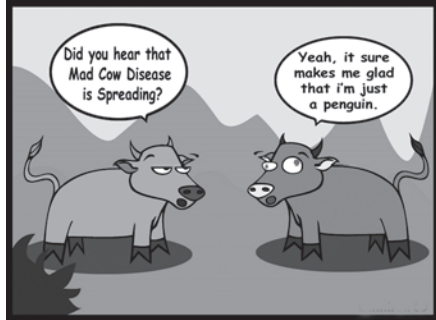
Almost everyone was in bed when I burst in. "I know what the



problem is!”

I took a minute to catch my breath, and then I started to explain. “Once the cows are bedded down for the night, they aren’t drinking anymore. Without cold water continually flowing in, the heater on the trough that keeps it from freezing heats the water to a lukewarm.”

I stopped, and my dad prodded me. “That’s true, but what has that got to do with the broken waterer?”



I suddenly realized how stupid what I was about to say was going to sound. “I think maybe you ought to come see this for yourself.”

My dad put on his coat, and a few of my brothers, who were still awake and were curious, came along. We traipsed out to the barn, and climbed to my previous position in the loft. I hoped the bull would still be there, and was grateful to find that he was.

My dad took it all in for a few minutes, and then finally spoke. “You’re right. If I hadn’t seen it, I wouldn’t have believed it.”

Our two-and-a-half ton bull stood with his eyes dreamily closed, his front hooves in the waterer, letting the warm water swirl around his feet.

The mystery was solved; our bull had been using the waterer as his own personal foot spa.

(The Pickens Sentinel)

26.

All I Need to Know About Life

I Learned From A Cow

1. Wake up in a happy moo-o-d.
2. Don't cry over spilled milk.
3. When chewing your cud, remember: There's no fat, no calories, no cholesterol, and no taste!
4. The grass is green on the other side of the fence.
5. Turn the udder cheek and moo-o-ve on.
6. Seize every opportunity and milk it for all its worth!
7. It's better to be seen and not herd.
8. Honor thy fodder and thy mother and all your udder relatives.
9. Never take any bull from anybody.
10. Always let them know who's bossy.
11. Stepping on cowpies brings good luck.
12. Black and white is always an appropriate fashion statement.
13. Don't forget to cow-nt your blessings every day.



“No longer diverted by other emotions, I work the way a cow grazes”

—Kathie Kollwitz



27.

Cows Are Cute

I see you running like on chariots of fire,
running gracefully to the pond.
And as you quench your thirst in the muddy water,
your graceful reflection scatters,
as though touched with a magic wand.

How my heart flutters when in orange moon-lit night,
I hear and see your babies,
what a delightful sight,
To see them running with pretended fright,
from a skunk full of foaming rabies.
How now moo cow, will you survive,
with wolves coming out from the woods,
like bees from a hive.
You group into threes and fives,
To protect your calves and precious goods.

Cows are cute,
Cows are fun,
Cow babies are a beaut'
and I laugh when they toot,
from out their little buns.
-Allen Roberts

28.

Cow Whispering Techniques

A Course For Firefighters

Firefighters are learning how to control cows with the palm of their hand to help them in animal rescue call outs.

Members of Merseyside Fire Service's Search and Rescue Team have been enrolled on a new animal handling course.

Run by Liverpool University at their Leahurst Veterinary campus, the firefighters learnt how to calm cows and deal with other animals.

One of the skills saw firefighters taught how to keep a cow calm in a sitting position by the correct placing of a hand on its head.



They were also taught about controlling a cow's movement without touching it simply by standing in a certain way.

It's hoped the skills might come in handy the next time they attend an emergency to rescue stricken animals.

Dr Rob Smith, clinical director of livestock and farms at the university, says: "Trying to move cows and sheep out of harm's way is very different to moving small animals.

"They have very strong herding instincts and will try and stay together, jumping over fences or running through lines of people to get back to the herd, if separated."

For firefighters animal rescue is learnt on the job so this training teaches them the different behaviours of animals and how they can rescue them easily and safely.

With animals it's all about confidence, they can sense if a person is afraid. If sheep are being led it's handy to remember that the leaders are at the front of the herd and the followers at the back.

To turn a flock backwards you would have to turn it around so the leaders still lead the followers.

Similarly if a cow is walking towards you, you should never take a step back, always take a step forward or move to the side out its way.

The firefighters also learnt about the health and welfare of animals in the hope they can work alongside farmers and vets in a successful rescue.

To farmers, animal behaviour is second nature but if firefighters are taught how different animals think they will be able to handle them more safely.

(The Telegraph, 04 February, 2012)

29.

Every Cow In This Barn Is A Lady

Please Treat Her As Such!

And now meet the pampered dairy cows featured in the Wall Street Journal. They are coddled by George Malkemus and Tony Yurgaitis, who built careers selling \$500 Italian leather shoes for women. In an abrupt side-step, they have entered the dairy market naturally, in good taste and high style.

They posted a sign that reads: “Every cow in this barn is a lady, please treat her as such.” Do they ever.

Their cows are vacuumed daily so there’s not a single fly on their bovine bodies. (What good is a tail without flies?)

The cows are even treated to shampoos. Dark-haired cows are



slathered with something like Artec and blonde-haired cows are massaged in the gentle suds of Pantene. It is just a matter of time before cows start doing shampoo commercials.

The diva cows each have a specially blended feed and sleep on special order shavings. Other dairy farmers claim the milk from the cows at the spa isn't any better than milk from other cows you know, the kind that don't shampoo, have body odor and sometimes slip in their own manure.

(By Lori Borgman, An author, columnist and speaker.)



We have practical experience in America that in our various ISKCON farms we are giving proper protection to the cows and receiving more than enough milk. In other farms the cows do not deliver as much milk as in our farms; because our cows know very well that we are not going to kill them, they are happy, and they give ample milk. Therefore this instruction given by Lord Krsna—go-raksya—is extremely meaningful. The whole world must learn from Krsna how to live happily without scarcity simply by producing food grains (annad bhavanti bhatani) and giving protection to the cows

—Srila Prabhupada (Srimad Bhagavatam 9.15.25)



30.

Cow Survives Flood

And Lands In A Meatworks

You would be hard-pressed to think of a worse place for a drowning Australian cow to wash up during the floods.

Annabelle the stubborn young cow must have thought she'd died and gone to bovine hell when, after being washed down the raging Bremer River in January 2011, she found solid ground immediately behind the Dinmore meatworks.

Far from welcoming, the sight that greeted her when she wandered up the river bank would have been like something out of her worst nightmares.



Annabelle stumbled straight past the killing floor before she was found by meatworks staff.

But rather than push her to the back of the long line leading down to that magical place where peaceful cows become prime cuts, the workers kindly took the lost animal under their wing.

Manager Murray Wilson said one of the stockmen at the meatworks slung a belt around the lost cow's neck and led her into an open field, where she would spend the next four months without threat of being turned into hamburger.

"She had no brand or tag, which made it hard to track down her owner," Mr Wilson said.

"We advertised in the newspaper for a while with no luck, then tried putting her in the quarterly company magazine.

"When that didn't work we started looking for a new home for her."

Patrick Estate couple Darren and Belinda Campbell ended up responding to the call.

Having lost all of their five Friesian and Dexter cows in the flood themselves, the pair had been seeking to restock their empty paddocks.

"To see our cows wash away before our very eyes was very difficult – it was just the way they looked back at us," Mrs Campbell said.

"But for someone to now offer us this beautiful cow is quite special – it eases the pain a little."

The couple's friend and neighbour, Veronica, turned up at the meatworks with a horse float this week to take Annabelle to her new home.

But Annabelle, as stubborn and as unaware of her fortune as she was, took some real convincing before she would agree to hop aboard the trailer.

"It's funny because when cows come here they usually only end up going one way," Mr Wilson said.

"This would have to be the first time, that I'm aware of, that a cow has come into the meatworks, and then left the meatworks in one piece."

(By Andrew Korner, Sunshine Coast Daily, Australia)

31.

Udder Madness!

Pampered Cows Produce Britain's Most Expensive Milk

Milked only by hand to the sound of sacred mantras, these garland-wearing cows could be the most pampered in the UK. But they are producing the most expensive milk in the land, costing £1.70 per pint - nearly four times more than usual.

The animals are being reared on a farm run by Hare Krishnas meaning, as per Hindu rules, that none must come to any harm.

As a result, none will ever be slaughtered when their yield dries up.

Mechanical milking pumps are banned from the manor. Instead, milking is carried out by hand so that the cows are not distressed

Even male calves will be spared the butcher's cleaver and not be fattened for their meat. They will live out their natural lives tilling the land and transporting food and waste around the farm.

Their comfortable existences begin at birth. Each new arrival at Bhaktivedanta Manor, near Watford in Hertfordshire - which was donated to the Hare Krishna movement by George Harrison - is celebrated before a naming ceremony is held several days later.

It seems like a business model doomed to failure but those producing Ahimsa Milk - Sanskrit for 'without harm' - believe the good karma, or perhaps cowma, that goes into their produce will win over British animal lovers.

'This premium milk will offer consumers the chance to avoid buying from an industry which is based around slaughter and suffering and instead buy from a fresh, new, and compassionate alternative,' says spokesman Radha Mohan Das.

‘People are prepared to pay extra for organic and more healthily produced milk and we think our products will appeal to anyone who cares about animals.’

‘This premium milk will offer consumers the chance to avoid buying from an industry which is based around slaughter and suffering and instead buy from a fresh, new, and compassionate alternative,’ adds Radha Mohan Das

‘Instead of taking calves away from their mothers early to yield more milk we allow them to suckle and take their fill as long as they like.

‘We also carry out all of our milking by hand because milking machines can be painful for dairy cows.

‘Sacred mantras are played whenever the cows are milked and we allow them to live out their natural lives even when their supply dries up. Normally, dairy cows are killed when they can no longer provide milk but in Hinduism cows are revered as a symbol of Mother Earth.

‘Although it won’t be the cheapest available it will be worth the cost because we will treat the cows with love and care throughout their lives.’

At present there are 44 Dairy Shorthorn cows. The females will not be given hormones to increase their yield and will produce just under



1,800 pints per week, generating a turnover of around £3,000.

A pint of milk at a supermarket normally costs around 45p.

They are being housed at a £2.5million centre, named New Gokul, which has taken five years to complete and was officially opened by 30 priests chanting 5,000-year-old Vedic mantras.

It has three barns, constructed from imported French oak, an ox mill for grinding grain, and a milking area, all with viewing areas for visitors.

The manor is home to 75 people, including 35 monks and nuns, as well as employees.

It was donated to the Hare Krishna movement in the early 1970s by Harrison, along with 78 acres of land including formal gardens and a lake.

It first hosted the Janmashtami festival, which celebrates the birth of Lord Krishna, in 1973 and was attended by 250 people including the ex-Beatle and Eric Clapton.

The festival is now the largest of its type in the UK and attracts tens of thousands of visitors each year.

(Daily Mail Reporter, 9th November 2010)

32.

The Ringworm Scandal

By Steve Lucas

I went out to the creep the other day
To give the calves a bale of hay
And boy was I in for a surprise!

The calves were all waiting on me
As unhappy as they could be
They had these big white circles around their eyes!

Well, I don't mean to brag or boast,
But I knew what it was from a Dairy Today-L post
RINGWORM!, I knew exactly what to do.

Toothpaste would get rid of it best
So I drove to town and bought a case of Crest
and got my wife's old toothbrush from the bathroom too.

I caught their heads and I scrubbed 'em good
Got every one like I knew I should
And thought "I hope this works, it doesn't seem to hard."

They started clearin' up like they said it would,
And I was feelin' pretty good,
When six armored vehicles pulled up in the yard.

Then helicopters swooped in low
And this big guy dressed like G I Joe
Said "We are here from the FDA."

"Crest won't cure ringworm, it's a fable!
You see it is not on the label
You've broken 'bout a zillion laws I'd say."

"You've committed a most awful crime,
We don't know about withdrawal time
Then there is acute toxicity and residue."

They arrested me, and I paid a fine
Now I'm in the pokey doin' time.
But when I get out I know what I'll do.

'Stead of sittin' here shootin' the breeze,
I've been reading 'bout alternative remedies
Like gas and booze and leeches and all that stuff.

And my cows were lookin' a little poor
They are wormy, that's for shore.
So I reckon I'll worm 'em with a can of snuff.

33.

In Cows They Trust

Lindsey Vonn is best known for her awesome alpine skiing and modelling for Sports Illustrated. But she is also famous for owning quite an original pet.

Vonn went to a skiing competition at Val D'Isère resort in France a few years back, and came home a winner, and with a new pet cow!

Instead of taking home the cash, she wanted the cow that was there as a publicity stunt. She said : "They weren't actually going to give me the cow. It was a big promotional deal with a cheese company, and after



the podium ceremony it was a case of ‘OK, give us the cow back and we’ll write you a check.’ I didn’t want a check; I’d been given the cow!”

I wanted to keep the cow! It was confusing, mostly because they didn’t speak much English and I don’t speak French. When my coach worked it all out they were pretty excited when they realized I wanted to keep the cow, though I don’t think they’ve offered another as a prize – I guess they don’t want people taking their cows.”

Olympe the cow is now a few years old, and is a proud mama. Vonn says: “She keeps having babies! Her first calf I named Sunny, the second was born a couple of months ago and I’ve called her Karin – after my sister. They live in Kirchberg, Austria, near where we have our winter training base. A friend who runs the local ski club offered to look after Olympe, and now looks after all three. I don’t think he signed up for a herd but that’s just the way it goes.”

Lindsey always pines for the days when she was paid for victories in livestock and makes it publicly known at all her award ceremonies.

She spared a thought for her cow Olympia and her husband Thomas after seizing the gold medal in the world championship super-G recently, “I like Val d’Isere and that’s where my cow’s from,” she said. “I hope I can make a little more history here.”



Amused media reported, “The plus side here: A very attractive female athlete which is actually good. The minus: She won't shut up about the cow.”

Then there is Juliette, Roger Federer's cow. The 764 pound milking cow was also gifted. The beauty was given to Federer at a first round match of the Swiss Open in 2003. Federer had just returned victorious from Wimbledon, and the Swiss were eager to show appreciation to one of their own. Asked to name the 6-year-old cow on the spot, that's when a clearly surprised Federer responded with "Juliette."

Federer is considered to be the greatest tennis player of all time. He has appeared in an unprecedented 23 career Grand Slam tournament finals.

34.

Welcome To The Five-Star Cow Farm

W elcome to the farm where cows can sleep on mattresses and even get a massage.

It's happening at the Vella Dairy Farm at Tal-Balal in Malta where €1 million have been invested on new facilities to make the cows feel more comfortable.

“The happier the cow, the higher the milk production,” Brian Vella, one of the owners, says.

The investment has included a new shelter for the cows and special mattresses for the cows to rest on. They also have a machine, not unlike a car wash, where they can get a massage.

They have also invested in new cooling equipment to ensure that the milk remains fresh and at a constant temperature.

The next stage of the investment will be robotic state-of-the-art milking equipment which will milk the cows ‘whenever they feel they need to’ without human intervention.

The farm currently has 200 cows and 180 calves. The farm produces 4,500 litres of milk every day.

The government helped Mr Vella through a grant of €500,000.

Schools children regularly visit these farms. Such school visits are being encouraged by the Maltese government after research in the UK found that many children did not know that milk came from cows. They thought it was produced much like soft drinks.

35.

Cow Dung Saves Farmer From Snow Death

A thick layer of cow dung saved a Scottish farmer from certain death in January 2010 after the roof of his barn, weighed down with several feet of snow, collapsed on top of him.

Willie Auchnie, who manages a farm in Huntly, Aberdeenshire, noticed his cow shed – home to 200 cattle and 200 calves – was about to buckle under the weight of snow one night.

But after he had rescued the cattle in the nick of time, the roof collapsed leaving him trapped under tonnes of rubble.

Miraculously he escaped serious injury thanks to the cushioning of a foot of cow dung which lined the concrete floor. Malcolm Hay, the farm's owner, was joined by a farm worker and a gamekeeper and together they dug for more than 30 minutes before they retrieved Mr Auchnie from the wreckage.

Mr Hay said: "He is the luckiest man alive. It is unbelievable he is still alive. We thought we had lost him. I think he was saved by the cow muck."

Of course, Mr Hay may know or many not - cow dung is intimately associated many traditional cultures. For example, in India, cow dung is put to multiple uses. It is used as a fertilizer, fuel, in tile making, housing, religious rituals, medicine and as a cleaning agent.

This may surprise many but in India, cow dung is accepted as purified and antiseptic. A person can keep stacks of cow dung in one place, and

it will not emanate any stench.

In Calcutta, Dr. Lal Mohan Gosal, a prominent scientist and doctor in early part of the 20th century, did a research on cow dung. His interest on the subject was piqued by many references in the



Vedic literatures. He found cow dung to contains all antiseptic properties.

Thus cow dung according to Vedic injunctions, practical experience and scientific research, is considered pure. No vedic purificatory ritual is complete without cow dung and cow urine. It is a common practice in rural India, even today, to smear cow dung all over the floor and house walls. Practically it makes the atmosphere of the house very refreshing and wards off flies and insects. From time immemorial, Indians have the practice of mopping clay floors with cow dung and sprinkling diluted cow dung at the house entrance with the belief that it repels microbes from entering the house. In religious ceremonies, utensils are rinsed with water and cow dung solution. Indians always believed that cow dung has anti-microbial effect and cow urine works as a purifier. Textiles especially the new ones were treated with the ashes of cow dung before they were worn for the first time. In Ayurveda, cow dung dried and burned into ashes is used as toothpowder and it is considered to be highly antiseptic.

Some people may find it puzzling because any excreta is foul and how come Vedas recommend cow dung as a purifier. Similarly there are many injunctions in the Vedas, which may apparently appear as contradiction, but they are not so. Vedic instructions have been accepted for thousands of years without research on the basis of Vedic authority which is considered infallible and perfect.

Accepting vedic authority is similar to a child accepting food from his father, believing the authority of father that he will never give him something which is poisonous. Therefore the child accepts it blindly,

without any reason, without any analysis of the food, whether it is pure or impure. When we visit a restaurant, because it is licensed, we accept the supplied food without laboratory tests, simply putting our faith there. Without faith, we can not move an inch in life. While boarding a plane, we have to have faith that airline has enough fuel to fly all the way and that all the equipments have been checked. We board an aircraft and place our lives in the hands of the airline without verifying anything personally. Of course, faith in Vedic injunctions is not blind but is verifiable by personal experience and observation.

Vedas declare that 'gomaye vasati laksmi', goddess of prosperity resides in cow dung. Indeed, India at one time, when cows outnumbered people, was the richest nation in the world.

Cow ghee (clarified butter), when poured on burning cow dung cakes, produces phenomenal amount of oxygen and clears contaminants from air. Studies have proven that pouring of ghee on cow dung can fight pollution effectively. To prove this point we can cite a news item published in India's national daily, The Hindu, on 4th May 1985 in connection with Bhopal gas tragedy. The news item was titled 'Vedic way to beat pollution'.

On the fateful night of December 3, 1984, poisonous MIC gas leaked from Union Carbide plant in Bhopal, India, killing thousands and sickening many more. There were, however two families, Sohan Lal Khushwaha and M.L. Rathore, who lived in the worst affected area but came out unscathed. Later enquiries revealed that both the families were regularly performing yajna or fire sacrifice with cow dung and butter. No casualties were reported from any of the families despite living in the area worst hit by the toxic gas.

Therefore cow dung is never considered to be feces but a great purifier. It produces best quality of grains, fruits, and vegetables by becoming the best type of manure.

Coming back to our story, it had a happy ending. Mr Auchnie recovered from his injuries at Dr Gray's Hospital in Elgin and returned to his farm work in no time.

36.

Farmer Fined

For Failing To Meet 'Psychological Needs' of Cow

A farmer has been fined £150 in UK for failing to 'meet the psychological needs' of a cow because his barn was too dark.

Ronald Norcliffe, 65, kept the cow and its calf in a barn but had not provided adequate lighting, breaching the Animal Welfare Act.

Huddersfield magistrates heard that Mr Norcliffe, who had been a farmer for 30 years, did not even have electricity in his own house.

Officers from Kirklees Environmental Health department and the Government's Department for Environment Food and Rural Affairs (DEFRA) visited Norcliffe's farm at Scammonden, West Yorks, in August 2008 to carry out tuberculosis tests.

While there, they asked where Mr Norcliffe intended to keep his cows in winter. When he said he would use a barn underneath his house, he was told it was unsuitable because it had little natural light, no electric lights and the doors were kept closed.

There were three follow-up visits but things did not improve.

Carol English, prosecuting, said: "He said the cattle were fine and he always kept them this way. He wouldn't keep the doors open as it was too cold. He said he would have lights fitted on a generator."

An improvement notice was served on the farmer by a DEFRA vet, ordering him to improve the lighting.

But on two further visits the lights were not switched on.

The farmer's lawyer ridiculed the Kirklees Council prosecution.

He said: "I don't know what the psychological or ethological needs

of these cows are and I'm sure my client doesn't either."

As well as the fine, Norcliffe was ordered to pay £50 costs and a £15 victim surcharge. However, he was not stopped from keeping cattle.

The council defended the prosecution. A spokesman said:

"Our animal health and welfare officers paid several visits to Mr Norcliffe and worked hard to find simple, low-cost solutions - some as simple as cleaning windows and trimming back bushes obscuring the windows which could have been easily introduced.

"We offered help and advice, but Mr Norcliffe failed to improve conditions for his livestock."

(Liverpool Daily Post, 14 Oct 2009)



For human happiness, one must care for the animals, especially the cows. Vasudeva therefore inquired whether there was a good arrangement for the animals where Nanda Maharaja lived. For the proper pursuit of human happiness, there must be arrangements for the protection of cows. This means that there must be forests and adequate pasturing grounds full of grass and water. If the animals are happy, there will be an ample supply of milk, from which human beings will benefit by deriving many milk products with which to live happily. As enjoined in Bhagavad-gita (18.44), krsi-go-raksya-vanijyam vaisya-karma-svabhavam. Without giving proper facilities to the animals, how can human society be happy? That people are raising cattle to send to the slaughterhouse is a great sin. By this demoniac enterprise, people are ruining their chance for a truly human life. Because they are not giving any importance to the instructions of Krsna, the advancement of their so-called civilization resembles the crazy efforts of men in a lunatic asylum.

— Srita Prabhupada (Srimad Bhagavatam 10.5.26)



37.

He Whom The Cows Love And Cry For

During a visit to Africa in November 2011, in a dusty ceremony in a Masai village, the Prince of Wales was bestowed a new honour by a tribe for whom nothing is more important than a cow.

The title was awarded in spite of the fact that British took the lead in promoting beef consumption in their colonies.

Now the heir to the British throne is also to be known as Oloishiru Ingishu, or “he whom the cows love so much they call for him when they are in times of distress”. The animals would cry, or call, for their helper because of the support he gives them.

The awarding of the title is considered a great honour as in Maasai culture, the cow is king.



With the title came a three-legged “olorika” stool fashioned from baobab wood and a bead-wrapped knobkerrie called a rungu, handed only to revered elders. He was also presented with a traditional Masai stick.

The ceremonies took place on the final day of the Prince’s tour of Tanzania, accompanied by his wife, the Duchess of Cornwall, as the couple visited the country’s far north, close to its border with Kenya.

Chiefs’ wives also honoured the Duchess with the name Koto Engera, or “Mother of the Children” and gave her three wide, flat necklaces intricately inlaid with thousands of white, yellow, green and red beads.

“These are things we give to very important visitors, and they are used at times of ceremonies including weddings and honoring of our warriors,” said Mr Rimba, who guessed his age at 60 and who has 45 children by three wives.

The Masai traditionally believe that their gods bequeathed to them ownership of every cow in the world. Part of every warrior’s initiation rites is to be told he has the sacred right to claim back any cow in the possession of anyone else.

Mr Rimba said, however, that now that the Prince was “our friend”, his 800-strong head of cattle, at Highgrove and at Home Farm in Gloucestershire, were safe.

“We cannot steal from him, he is our friend. We will take back cows from any other person though,” he said.

Other Masai men watching as the Royal couple sat through a 50 minute talk with tribe elders were surprised to hear that the future King of England had such a modest herd.

“That is only a very average amount,” said Thomas Lemboko, 48, who lives near Majengo, his eyebrows shooting up in surprise.

“There are men here who have two times that many here. Really we are richer than him. That shows us we have ways to help ourselves even without help from foreigners.”

38.

A Happy Cow Aging Gracefully

No good deed goes unpunished. When cheese-maker Karen Bianchi and her father Paul Bianchi posed for a picture with their favorite old cow for a story on multi-generation dairy farms that are turning to cheese-making to stay in business, the last thing they expected was a visit from the Humane Society. But sharp-eyed Los Angeles Times readers, spotting the animal's protruding hips and ribs, thought they had spied an abused animal. This didn't look like the happy cows in the television ads.

The Bianchi-Moredas, who make a famous cheese called Estero Gold,



passed the inspection with flying colors, as they have so many others. Lady, it turns out, may look a little thin, but considering her advanced age and workload, she's actually doing splendidly.

Reporter Kirstin Jackson writes:

"Lady is 10 years old in industry where an average dairy cow in America doesn't pass age 4 or 5. She just birthed her seventh calf this year, consistently wins awards in dairy cow competitions, and is one of the Bianchi's favorites of their 400-cow herd.

"Lady is a Jersey. Jerseys are a very small breed. Unlike many animals bred for slaughter that are fattened to develop meat flavor, Jerseys are a small dairy breed that are allowed to keep their naturally slim and angular build."

"Although these cows are already angular, you are right to notice that Lady looks especially so in the picture. Like people, cows get frail as they age, and their bones protrude more than younger animals. Older cows like Lady are not often shown in photos and in competitions, but her size or body structure is not abnormal for a Jersey of her age."

"The Bianchis are known among Sonoma dairies for the excellent care they give their cows. The Humane Farm Animal Care organization has certified them and their cheese as Certified Humane and the Sonoma County-Board of Supervisors awarded them Dairy of the Year. As a bonus, they have pledged to the Sonoma County Agricultural Preservation & Open Space that they will keep their land as a farm so future generations can enjoy its beauty. They consider agricultural education crucial to a healthy society and also give tours to local elementary school children so they can learn more about farm animals and dairies."

(By Russ Parsons, October 28, 2010)



There's something about getting up at 5 a.m., feeding the stock . . . and milking a couple of cows before breakfast that gives you a lifelong respect for the price of butter. . . . ~Bill Vaughan



39.

Udder Bliss

Cow Grooming Enters A New Era

Many farmers are aiming to promote animal welfare and boost productivity with this latest agricultural machine - a car wash for cows.

The industrial-sized device features a huge swinging cow brush similar to those used to clean vehicles.

It is fixed inside a milking parlour or a barn and herds of cows can pass through and receive a thorough clean one at a time.

Designers DeLaval claim the grooming device makes cow more healthy and stops the spread of disease.



40.

Milking Virtual Teats

I was pretty amazed last week to see that the number one app in the Apple app store (for your iPhone) was a simple app called “Milk the Cow.” The app claims that it is the top app in 20 different countries, and has enabled over 1 million people to milk cows in just one week. That’s a lot of milkers! The only problem is that people are milking virtual cows... if only we could change that though!

The app is actually pretty amusing. You milk the virtual teat as fast as you can. The timer clocks how long it takes you to fill the pail. So far my fastest time is 15 seconds so I challenge anyone to beat that. I’ve had some real practice though so beware.

Had to smile when I saw that app. The picture is realistic. Would think it would be more cartoonish. At the state fair, the barn where we stall our show cattle is right next to the “Milk a Cow” barn. People are lined up forever to get their hands on some teats.

(By judi@farmnwife.com)



41.

Moo Tube!

Secret Life of Cows Unveiled By 'Cow-Cam'

By Emma Penny

Ever wondered what your cows see and do, and what they fill their life doing? An on-farm experiment has produce a new moovie – filmed using cows wearing a camera attached to a cycling helmet – which provides the answers and some amoosement for anyone keen on cows.

Filmed in Yorkshire by Tim Gibson, the 'cow's eye view' of life shows they seem to a surprising amount of their lives looking at the sky, and a lot of time chewing their cud. With his company being involved in supplying robotic milking machinery, Mr Gibson was keen to find out more about how cows viewed the world.

Two of his cows, Beautiful and Clump, were fitted with the Noddy cycle helmet and hat cam after a series of experiments trying to find the best way to record what they were doing.

It took three attempts to successfully film a day in the life of a cow; attaching the bulletcam to a headcollar wasn't successful and didn't record what the cows were really seeing, and attaching the camera to a baseball cap taped onto the cow's head didn't work either. However, the cycle helmet hatcam proved successful and gave a good view of the cow's world.



Viewers have found the moovie strangely addictive, but there is apparently no truth in the rumour that Beautiful and Clump will be mooving to LA to milk their new-found fame



Oh and forgot to mention the love affair between our bull and a dainty wee cow. I swear this is the truth...they would wander down a lane and watch the sun setting together, side by side. It really makes you think about animals we take so much for granted.

—*Willian Lewis, Montana*



42.

Miracle Cow

Keeps Kids' Hopes Afloat

By Fran Metcalf

Danette, the amazing Australian grey cow who bobbed her way 95km downstream in the January floods, has been immortalised in a new children's e-book.

Brisbane writer and artist Karen Jackman has used the Lowood heifer's epic swim as the basis for her first e-book, *Patty the Wonder Cow: The Cow Who Swam Through a Monsoon*.

Jackman was inspired by Danette's survival after reading an article on "the cow who swam through the monsoon" in The Courier-Mail.

After a torrent hit her farm on January 11, Danette floated into Lockyer Creek and through the Brisbane CBD before being found at the mouth of the Brisbane River near Luggage Point.

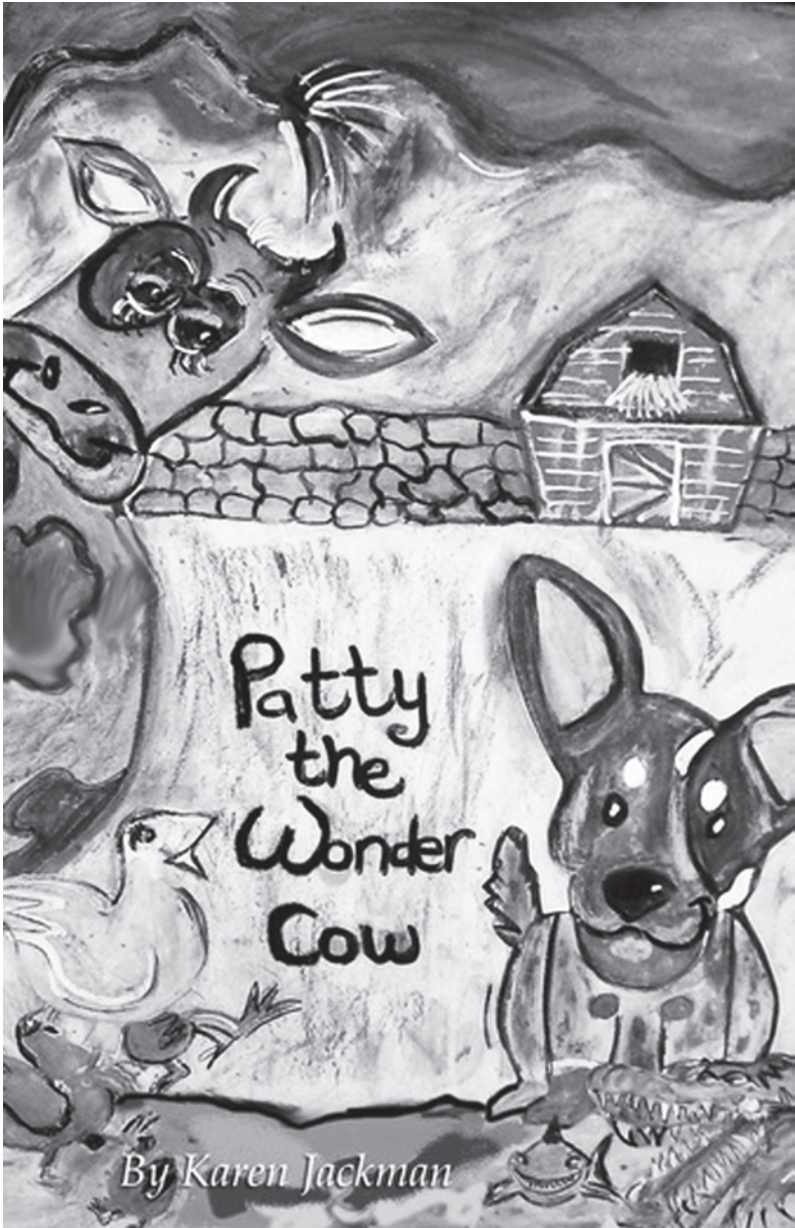
Jackman hoped the book would help children aged five to eight years who were traumatised by the floods. "While a lot of kids saw the floods as a big adventure, some are still really traumatised by it," Jackman said.



"The story shows how determination, a positive attitude and strong

friendships can overcome hardship.”

In her book, Patty has to battle a crocodile as well as a shark in her swim through the monsoon waters.



“Patty always wanted to go to the city because she always thought it would be more exciting than the farm, but once she gets there, she realises she really wants to be at home,” Jackman said.

Just like Danette, Patty is rescued by her farmer and returns home.

Jackman hopes to donate money from the sales of the e-book to the Premier’s Disaster Relief Appeal.

(From The Courier-Mail)

43.

Story of A Moo-seum

A World Full of Cows

Ruth Klossner, from Lafayette, Minnesota, owns what she believes is the world's largest collections of cow items, yet remembers a time when cows were, in a sense, off limits to her.

Klossner, now 63, recalls her failed attempt to enroll in a high school agriculture class in the 1960s. "I went to the principal and said 'I want to take an ag class.' 'Girls can't do that,'" she remembers the principal saying. "I was not even allowed to take an ag class in high school."

Klossner wasn't allowed to join FFA either. The national Future Farmers of America organization did not open up its ranks to girls until



1969.

More than four decades later, surrounded by the nearly 14,000 cow artifacts that fill nearly every square inch of wall space in her home, Klossner still can't make sense of prohibitions that kept her out of ag classes.

Among the earliest items in her collection, after all, is the 4-H cow trophy she was awarded in 1964 as Nicollet County Holstein Girl. Three years later, she was named National Holstein Girl - a prize indeed for someone who started caring for calves and cows on her parents' dairy farm before she started kindergarten.

Yet when Klossner attempted to study dairy husbandry at the University of Minnesota, her advisor pulled her aside and warned her that, as a woman, she would never find a job.

"It was very frustrating because I really, really wanted to go into agriculture and would have if I would have had a choice," she says.

Instead Klossner studied home economics, a subject she disliked, but one that would allow her to become a university extension agent. Later she took a job as a reporter, eventually becoming editor of the Lafayette-Nicollet Ledger newspaper.

Klossner could be bitter, but she's chosen not to be. Instead she's spent her life filling her home with clocks, banks, toys, coffee cups and just about every other item imaginable that can be shaped as, or decorated with, cows.

Told to steer clear of a man's world, Ruth Klossner built the biggest herd of them all.

"I've made my own world," she laughs. "It's full of cows. I've made my own world."

Klossner offers tours of her home, which she's dubbed the Moo-seum, by appointment.

(Email Ruth at cowlady@centurylink.net)

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44.

Dairy Cows Watching Large LCD TVs

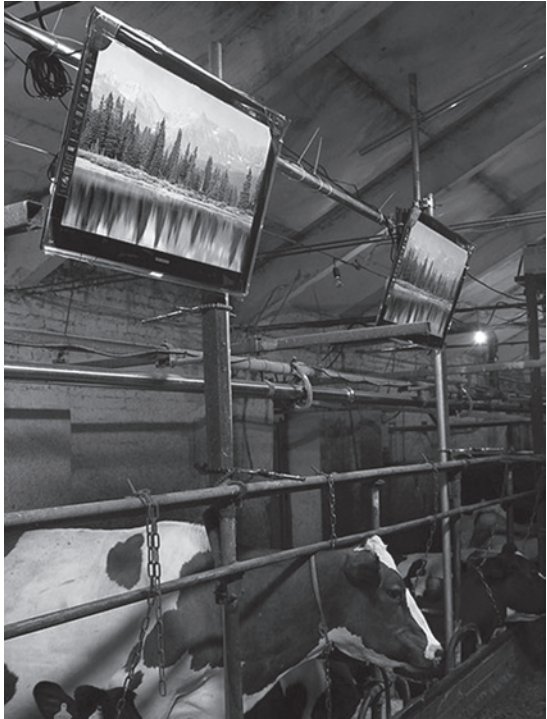
There is something very wrong with a world where cows are watching TVs larger than yours. The deal is that some dairy cows owned by a Russian dairy farmer are living the life that most of us dream of, eating, sleeping and watching TV all day.

The farmer installed 40-inch LCD TVs in the barn, which constantly show a video of a nice peaceful nature scene.

May be this is giving them some solace while they are confined indoors.

The dairy is trying to assess the impact of these screens on milk production. So far the feedback has been positive.

Do they ever dream of starring on those big screens?



45.

Training on How To 'Read' Cows

By Juliet Speedy

A Dutch vet known as the “cow whisperer” is in New Zealand to teach farmers how to read cows and keep them happy and healthy.

He says if farmers learn the art of a happy cow they can turn them into top notch milk producers.

Joep Driessen knows the secret to the world's best dairy farmers; he has taught the art of reading cows in over 40 countries.



To see better what cows are trying to tell us, we learn the body language of the cow,” he says.

That body language comes after first making sure the six corners of the paddock are in order.

“We like them to have enough feed, water, light, air, space and rest, and that is the basic concept.”

Then he says you need to constantly look at your cows and know all the vital signs – like a curved back.

“If they walk to the shed, they curve their back, there must be some sore feet there so you can select them out and do a better job so it's all about preventing disease and owneritis,” he says.

And owneritis means: “Tunnel vision, narrow mindedness, the disease

of the owner.”

Mr Driessen grew up on a dairy farm in the Netherlands and is now a vet at the forefront of his field internationally.

For farmers it's an awareness thing, they're used to looking at their cows every day and don't maybe focus on the some of the detail.

Even old school Kiwi farmers appear to have taken advice on board well.

They have said, all of them, very consistently that they have learnt new things that they will take away and use themselves.

Dr Driessen says New Zealand farmers are doing well but there are things can be improved on every dairy farm.

He says research shows women get 10 percent more milk out of cows and the secret for gruff Kiwi farmers maybe more dulcet tones.

“Women are more gentle and cows like the soft voice of the women more, if you say ‘come on girls’ for milking time, say ‘come on girls’ with high voice,” Mr Driessen says.

So who knew it's another thing a woman can do better with nothing more than a soft voice and a soft touch.



And here also, we see that the Dharmaraja is inquiring about the comforts of the cow. Amba, kaccid bhadre, what is, anamayam atmanas te. Amayam means disease. So “Whether you are quite comfortable by your health?” This is very essential to keep cows very comfortably. If they feel comfortable, then you get the most nourishing food, milk. We are practically seeing in our New Vrindaban center, because the cow are feeling secure in our custody, they're delivering milk up to the eighty pounds daily. You'll be surprised. So if you get milk products, milk, then you can prepare so many preparations full of vitamins, which will nourish your brain. Dull brain cannot understand what is spiritual knowledge. Therefore, that Mr. Bernard Shaw, he wrote a book. Perhaps you know it. You Are What You Eat. If you keep your brain dull, then how you can understand?

— Srila Prabhupada (Srimad-Bhagavatam 1.16.19, Hawaii, January 15, 1974)



46.

Snug Fit

Udder Warmers For 'Udderly' Freezing Weathers

Cows in some parts have been so udderly miserable with the congoing freezing temperatures that staff in one farm have got their knitting needles out to keep the animals warm.

The result ...? Hundreds of thick, woolen 'udder warmers' which are now proving to be all the rage at some farms.

The warmers are keeping the cows warm at night in all the right places – and boosting milk yields nicely for first thing in the morning.

A farmer says: "We all feel miserable when it's cold and dark for prolonged periods – why shouldn't the cows!

There was a notable difference in the amount of milk being produced during the colder weather so this also became a productivity issue.

The idea of creating udder warmers started as a bit of a joke, when one member of staff said a hot water bottle gets them out of bed in the morning.

Eventually, they decided that if it would make the cows more productive then it was definitely worth a try.

Having pilot tested the initiative across 20 cows, they instantly noticed both a change in attitude and the amount of milk being produced.

They're now up to 300 udder warmers and aim to have the whole herd accounted for by next winter.



Each udder warmer takes between two and seven days to complete and staff are being paid over-time to meet demand.

The udder warmers are fitted after the evening feed and are elasticated and fully adjustable to ensure a comfortable, snug fit for each cow that stretches to allow for milk build up.

(Somerset County Gazette)



The cow is more than just a machine which makes grass fit for us people to eat. -John McNulty



47.

Cows Hate Cold Hands

Farmers take notice. Actually, don't. Why? Because it's a rare farmer these days who actually milks a cow by hand. For you city folk, most cows are now milked by a machine that connects to the cow's teats (yes, that's what cow nipples are called) then automatically disconnects when the cow is finished giving milk. Anyway, that doesn't seem to be relevant to Zippo and its agency, Pittsburgh-based Brunner, which advocate the use of the Zippo hand warmer prior to hand milking a cow.

Now that may well be great advice for those farmers still milking cows by hand...and the rest of the world who thinks that's still how all cows are milked.



48.

The New Cow On The Block

The new cow came though the gate,
and her calf came after, a little late.
No longer willing to be led,
the calf went on ahead,

while she stood to look around
over the hills and lower ground
stood shyly, defiantly there,
smelling flower-fragrant air,

and gazed toward the old cows
grouped on the way before.
Knowing not how she might stay
among them, stranger still,

she hesitated yet, now they had turned
at the foot of the hill
and seemed to wait for her at the gate,
to wait for her who was strange and thin,

till she came on,
and they opened their ranks
to take her in.

-August Derleth

49.

Looking For A Great Cream?

Ask A Cow

Back in the day, when farmers milked by hand, they didn't care much about their own skin.

But they took good care of their cows' udders because they wanted to keep Bossy happy and her milk fresh and safe.

In the early 1900s, J.L. Clark, a dairy farmer, and his pal Dr. Gilbert Hess came up with a balm that prevented cows' udders from becoming dry, chafed or cracked. The cows were contented — and all of a sudden, weather-beaten farmers were boasting the softest hands around.

That's why Dr. Hess caught on with women who have never been closer to a cow shed than the dairy section of a supermarket. It's a heavy dense cream that has developed an udderly amazing reputation for moisturizing hands and feet.

After being sold a few times over the past century or so, Dr. Hess is back in the family, owned by Polly Tribe, great grand daughter of Farmer Clark, the original owner.

This year, Dr. Hess expanded to the herd, adding Udder Ointment for Diabetic Skin Care, Udder Ointment for Baby Butts, Bull Balm for Men, and a super soft lip balm, the Dr Hess



Udder Stick, available in four flavors.

You can corral the cream at udderointment.com.

(By Eileen Smith)



If happiness truly consisted in physical ease and freedom from care, then the happiest individual would not be either a man or a woman; it would be, I think, an American cow. —William Lyon Phelps



50.

You Can Relax If Cows Do

By Simone Smith

How happy are your cows? Just take a look in the paddock - have they been lying down for six to 12 hours?

If the answer is yes, there is a good chance your herd will be smiling.

University of Melbourne PhD student Anoma Dilrukshi has been measuring the amount of time dairy cows lay down in the paddock and whether this changes if a cow is fed on a partial mixed-ration diet using a feed-pad.



“Before doing the experiment I expected the PMR cows to lie longer because they had been on a feed-pad for three hours a day,” Ms Dilrukshi said.

“But fortunately they all achieve the fixed amount of lying time.”

The “ideal” time is between six and 12 hours, while Ms Dilrukshi said anything less than five hours a day is “not acceptable” from an animal welfare point of view.

“Lying time, the duration, is directly related with milk yield and foetal development, clinical health and especially stress caused by lameness,” she said.

“Blood supply to the mammary glands is really high in cows that are lying down, as there is more chance to transport nutrients for milk production.”

“Blood supply to the foetus is very high (when lying), it’s a way to supply all the nutrients and oxygen to the foetus.”

The animals’ movements and the amount of time they lay down and stood was recorded using “ice tags” attached to a leg of each cow.

The cows were also observed and their movements recorded every 10 minutes for 24 hours.

This was repeated four times.

Ms Dilrukshi presented a paper at the Dairy Science in Action Symposium at Ellinbank recently.

During the next two years, Ms Dilrukshi will investigate how lying time is distributed over a 24-hour period.

51.

Cow Comfort Checklist

By Ralph Bruno

For economic and animal care reasons, some dairy operations are incorporating housing and management practices that reduce environmental risks while improving cattle health and comfort. The new systems accommodate normal cow behavior, enhance animal wellbeing, and result in fewer sick cows that require treatment. Improved consumer confidence and dairy product image results.

Some animal scientists are explore different ways to improve the comfort of dairy cows. Cows must be doing one of three things: eating/drinking, milking or resting.

In order to promote cow comfort, follow these practices:

Housing

Provide cows free access to feed and clean water 24 hours a day – Modern dairy design allows cows to eat, drink and rest whenever and wherever they choose.

Equip barns/freestalls with fans and cooling systems to minimize heat stress.

Ensure skid-resistant floors to reduce injuries; increase mobility to feed, water and resting areas; and accommodate estrous activity.

Adjust the freestall size to the animal size and create a comfortable bed, preferably of sand.

To evaluate stall design for cow comfort, ask these questions:

1. Do cows appear comfortable and content when standing or lying in stalls?

2. Do cows lie backward in stalls or in alleys?
 3. Do cows stand half-in or half-out of stalls?
 4. Do cows stand in stalls in an angular fashion?
 5. Are all stalls used equally?
 6. When cows normally rest, are more than 20 to 30 percent standing in the stalls?
 7. Are cow udders dirty?
- Answering questions 2, 3, 4, 6, and 7 with a “yes” or questions 1 and 5 with a “no” identifies areas that need improvement.

Ventilation

Design ventilation systems to prevent high humidity in winter and heat build-up in summer. Provide air flow across all cows.

Poorly ventilated barns have an ammonia odor. Cows may be coughing, have nasal discharge, or moisture on their hair coat.

Feeding

Design diets to provide all the nutrients required for the cow’s stage of lactation and reproductive status. Provide feed at least 20 hours a day.



Push-up feed frequently during the day.
Clean feed bunks at least once a day and discard refusals.

Animal Handling

Move cows slowly at their speed and minimize stress.

Move cows in groups of no less than ten to minimize stress and animal interactions.

When required, transport or restrain animals carefully to reduce stress.

Animal Health

Provide cows regular veterinary care including: periodic checkups, preventative vaccinations and prompt treatment of illness.

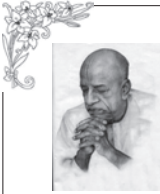
Treat sick cows appropriately. Separate cows from the milking herd until after prescribed withdrawal times.

Score cows on locomotion. Identify and treat lame cows promptly as prescribed by the herd veterinarian.

Record body condition score several times during lactation. Identify thin or fat cows and handle them accordingly.

Milking Parlor and Holding Pen

Plan milking to keep cows no more than an hour in the holding area. Check to see if cows are ruminating, a sign they are comfortable and content.



Nanda Maharaja belonged to the vaisya community, the agriculturalist community. How to protect the cows and how rich this community was are explained in these verses. We can hardly imagine that cows, bulls and calves could be cared for so nicely and decorated so well with cloths and valuable golden ornaments. How happy they were. As described elsewhere in the Bhagavatam, during Maharaja Yudhishthira's time the cows were so happy that they used to muddy the pasturing ground with milk. This is Indian civilization. Yet in the same place, India, Bharata-varsa, how much people are suffering by giving up the Vedic way of life and not understanding the teachings of Bhagavad-gita.

— Srila Prabhupada (Srimad Bhagavatam 10.5.7)

Develop the milking routine to minimize stress and fear. Loud noise startles cows, causing erratic behavior.

Apply pre- and post-dip solutions before and after milking.

Minimize time in the holding pen, one of the most stressful places on a dairy. Prevent overcrowding; and reduce time standing on concrete without feed and water, as much as possible.

Following the procedures outlined previously can improve cow comfort and well-being.

(Source: Texas Dairy Matters)

52.

They Should Never Be Killed

I
Cows,
mothers,
giving milk.
And from milk
comes butter, ghee, cheese,
sandesa, yogurt, ice cream . . .
And in a civilized land her dung
is used for fertilizer and fuel,
and her mate, the bull,
is pulling your plow.
They should never be killed.
The Supreme Lord is a cowherd boy,
a peacock feather in His hair,
a bamboo flute upon His lips,
and cows are His personal pets.
But it will be a long time
before you can understand it,
and it will be a long time
before there is any peace on earth.
Although the logic is plain
that we should not kill her,
the killers show no mercy—
vote-powerful beef-men,
uncontrolled consumers,

and the priests and rabbis are in it too.
 All America is shooting the slaughterer's gun,
 and the bloodstains spread everywhere.
 The uptown butcher shop,
 the neon-dancing cows—
 cruel double talk, as if the cow
 were happy to be killed and eaten.

It will be a long road before you can see you are killing your mothers
 and fathers, and you cannot undo the karmic link between the stockyard
 and the Bomb. It is already too late, as Macbeth said of his crime, "I am
 in blood/ Stepp'd in so far, that, should I wade no more, Returning
 were as tedious as go o'er."

II

But there is hope.
 You can avoid Lord Kalki's axe
 if you protect the cow.
 At Gita-nagari we are doing that,
 raising summer corn and hay
 and raising money too—
 for winter ahead,
 to protect Krishna's cows.
 In freezing rain the cows live in.
 Their stalls are padded with softest hay.
 The best of corn and oats is theirs,
 and they offer their milk twice a day.
 Large-eyed, gentle Brown Swiss mothers, jerky, nervous calves,
 bulls ferocious, muscle-humped,
 nose-chained,
 and tall, broad, long-horned oxen—
 all protected, never killed.
 Give them grains and land for pasture.
 Save their lives and spare your own.
 Love them as your children,
 as man is meant to do.
 Because Genesis states

that humans shall dominate the beasts,
does that mean you should kill them?
Kill the gentle, useful cow?
Better to use her, use him.
Let them live and serve you
as you serve God.

III

“But what do we eat?
Where is the protein and brawn
in peas, carrots, and corn?”
Don’t you know it’s just false propaganda
that human beings need meat?
The land-grown, Krishna-given grains
and the varieties of vegetables and fruits
can supply all you need
for a healthy, vigorous life.
But all our food should be offered
in devotion to God, and only then
do we transcend the vegetarian beasts
and the meat-eating men.

IV

It is easy to avoid the greatest crime.
All it takes is knowledge
of the transmigrating soul
and the laws of karma.
But if you cause a cow to die
you will also meet death . . .
a thousand times.
To see the large-uddered mother
and the playful, peaceful calf,
both free from devilish harm,
on a Krishna conscious farm,
is to see the plan in action:
Cows,

mothers,
giving milk.
And from milk
comes butter, ghee, cheese . . .
And the oxen
pull your plow.
They should never be killed.

(By Satsvarupa Dasa Goswami)

THE AUTHOR

Dr. Sahadeva dasa (Sanjay Shah) is a monk in vaisnava tradition. Coming from a prominent family of Rajasthan, he graduated in commerce from St.Xaviers College, Kolkata and then went on to complete his CA (Chartered Accountancy) and ICWA (Cost and works Accountancy) with national ranks. Later he received his doctorate.

For close to last two decades, he is leading a monk's life and he has made serving God and humanity as his life's mission.

He has been serving as the president of ISKCON Secunderabad center since last twenty years.

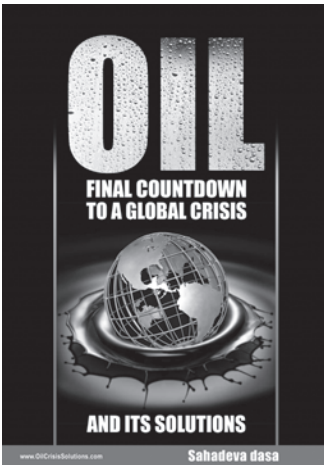
His areas of work include research in Vedic and contemporary thought, Corporate and educational training, social work and counselling, travelling in India and abroad, writing books and of course, practicing spiritual life and spreading awareness about the same.

He is also an accomplished musician, composer, singer, instruments player and sound engineer. He has more than a dozen albums to his credit so far. (SoulMelodies.com) His varied interests include alternative holistic living, Vedic studies, social criticism, environment, linguistics, history, art & crafts, nature studies, web technologies etc.

His earlier books, Oil - A Global Crisis and Its Solutions (oilCrisisSolutions.com), End of Modern Civilization and Alternative future (WorldCrisisSolutions.com) have been acclaimed internationally.

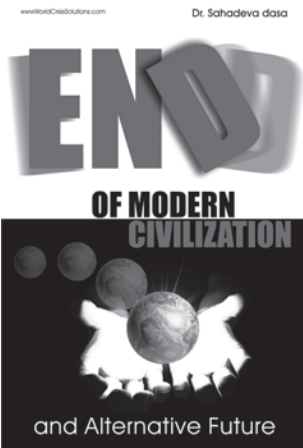


OTHER BOOKS BY THE AUTHOR



crisis thats coming our way.

Pages-330, www.OilCrisisSolutions.com

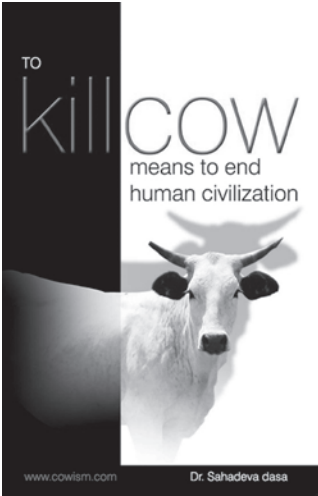


the alternative future for mankind.

Pages-440, www.WorldCrisisSolutions.com

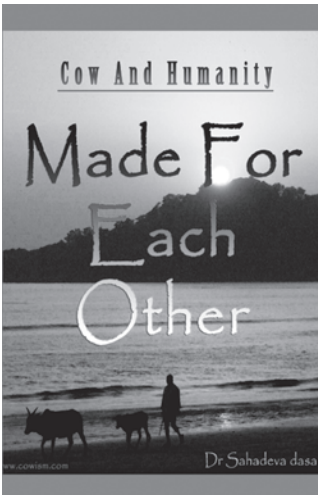
This unique book by the author examines the lifeline of modern living - petroleum. In our veins today, what flows is petroleum. Every aspect of our life, from food to transport to housing, its all petroleum based. Either its petroleum or its nothing. Our existence is draped in layers of petroleum. This book is a bible on the subject and covers every conceivable aspect of it, from its strategic importance to future prospects. Then the book goes on to delineate important strategic solutions to an unprecedented

This book by Dr Sahadeva dasa is an authoritative work in civilizational studies as it relates to our future. Dr. Dasa studied human civilizations of last 5000 years and the reasons these civilizations went into oblivion. Each of these civilizations collapsed due to presence of one or two factors like neglect of soil, moral degradation, leadership crisis etc. But in our present civilization, all the factors that brought down all the these civilizations are operational with many more additional ones. Then the book goes on to chalk out



This landmark book on cow protection delineates various aspects of cow sciences as presented by the timeless voice of an old civilization, Vedas. This book goes on to prove that the cow will be the making or breaking point for humanity, however strange it may sound. Science of cow protection needs to be researched further and more attention needs to be given to this area. Most of the challenges staring in the face of mankind can be traced to our neglect in this area.

Pages-136, www.cowism.com



This book discusses the vital role of cows in peace and progress of human society. Among other things, it also addresses the modern ecological concerns. It emphasizes the point that 'eCOWlogy' is the original God made ecology. For all the challenges facing mankind today, mother cow stands out as the single answer.

Living with cow is living on nature's income instead of squandering her capital. In the universal scheme of creation, fate of humans has been attached to that cows, to an absolute and

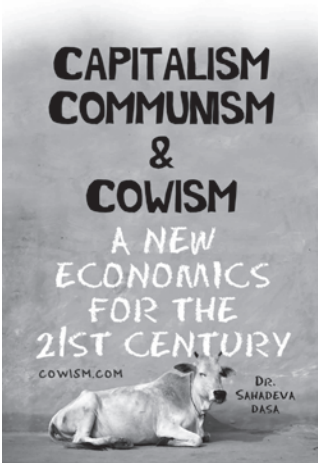
overwhelming degree.

Pages-144, www.cowism.com



This book deals with the internal lives of the cows and contains true stories from around the world. Cow is a very sober animal and does not wag its tail as often as a dog. This does not mean dog is good and cow is food. All animals including the dog should be shown love and care. But cow especially has a serious significance for human existence in this world. Talk about cows' feelings is often brushed off as fluffy and sentimental but this book proves it otherwise.

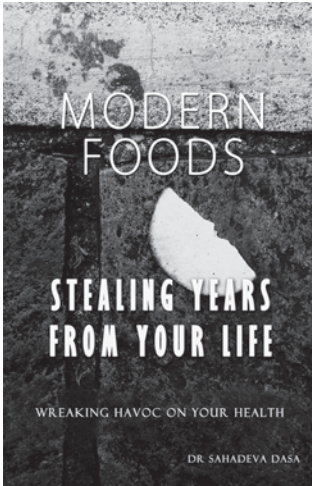
Pages 136, www.cowism.com



If humanity and the planet have to survive, we have to replace our present day economic model. It's a fossil fuel based, car-centred, energy inefficient model and promotes over exploitation of natural resources, encourages a throwaway society, creates social injustice and is not viable any longer.

This book presents an alternative economic system for the 21st Century. This is an economics which works for the people and the Planet.

Pages 136, www.cowism.com



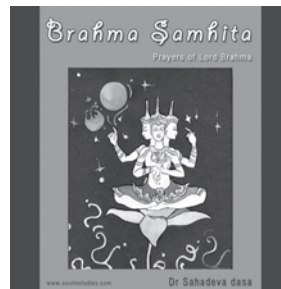
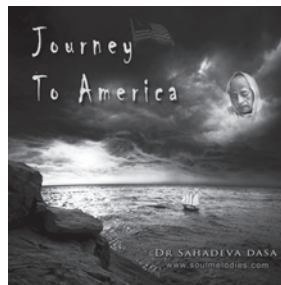
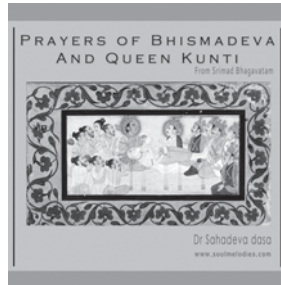
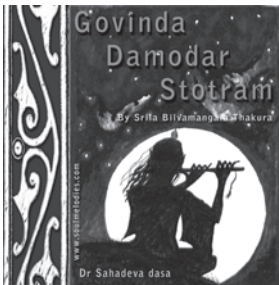
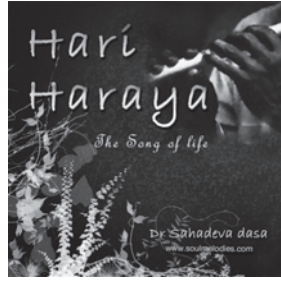
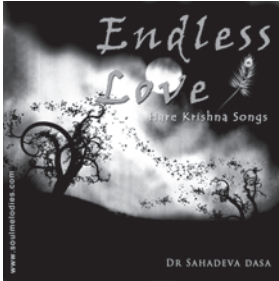
Food is our common ground, a universal experience. But there is trouble with our food. Traditional societies had good food but we just have good table manners. A disease tsunami is sweeping the world. Humanity is dying out. This is the result of our deep ignorance about our food. If you don't have good health, the other things like food, housing, transportation, education and recreation don't mean much. This books lists out major killer foods of our industrial civilization and how to escape them.

Pages 296, www.FoodcrisisSolutions.com

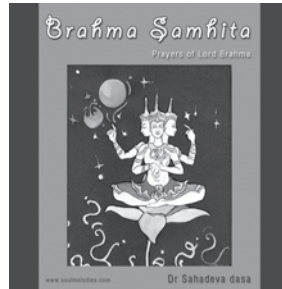
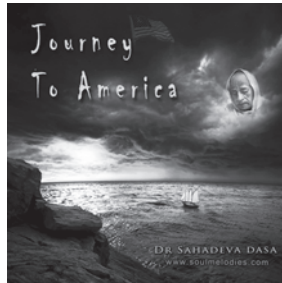
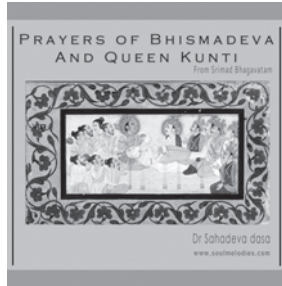
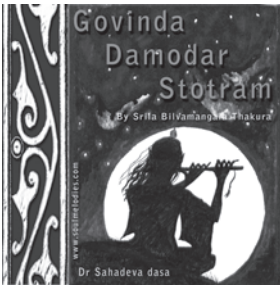
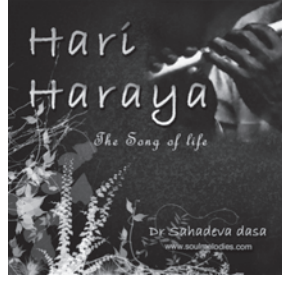
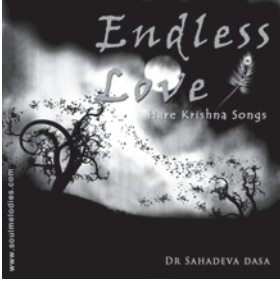
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Once the author Jeffery Massom and his family were passing by cows confined in a feed lot staring out at them - not grazing or doing what cows normally do, approaching the fence and staring out at the author and his family. He speculated:

“What I imagined was that the cows were wondering why they were there singled out for death. What kind of a world was it that allowed my family and me, cosy and safe in our new car to simply drive by, where as they and their families were destined to be driven away in a large truck and murdered for their meat?”

“One day far into the future people will marvel that we took the lives of these gentle and beautiful animals to satisfy our greed and gluttony. And one day a family much like mine will drive by and cows much like these will be grazing on a hillside, and those cows will be admired rather than eaten by humans.”



Dr. Sahadeva dasa

Soul Science University Press
www.cowism.com

