



# VOICE OF COWS NEWSLETTER

**BHAKTIVEDANTA SWAMI  
GOSHALA ISKCON VRINDAVAN**



The Founder-Acharya of International Society For Krishna Consciousness His Divine Grace A.C. Bhaktivedanta Swami Prabhupada

## Goshala Monthly festival

## Newsletter Spotlight May 2010 Volume 1 Issue 8





## Nutrition Without Meat

Many times the mention of vegetarianism elicits the predictable reaction, "What about protein?" To this the vegetarian might well reply, "What about the elephant? And the bull? And the rhinoceros?" The ideas that meat has a monopoly on protein and that large amounts of protein are required for energy and strength are both myths. While it is being digested, most protein breaks down into its constituent amino acids, which are reconverted and used by the body for growth and tissue replacement. Of these twenty-two amino acids, all but eight can be synthesized by the body itself, and these eight "essential amino acids" exist in abundance in nonflesh foods. Dairy products, grains, beans, and nuts are all concentrated sources of protein. Cheese, peanuts, and lentils, for instance, contain more protein per ounce than hamburger, pork, or porterhouse steak. A study by Dr. Fred Stare of Harvard and Dr. Mervyn Hardinge of Loma Linda University made extensive comparisons between the protein intake of vegetarians and flesh-eaters. They concluded that "each group exceeded twice its requirement for every essential amino acid and surpassed this amount by large margins for most of them."

For many Americans, protein makes up more than twenty percent of their diet, nearly twice the quantity recommended by the World Health Organization. Although inadequate amounts of protein will cause loss of strength, excess protein cannot be utilized by the body; rather, it is converted into nitrogenous wastes that burden the kidneys. The primary energy source for the body is carbohydrates. Only as a last resort is the body's protein utilized for energy production. Too much protein intake actually reduces the body's energy capacity. In a series of comparative endurance tests conducted by Dr. Irving Fisher of Yale, vegetarians performed twice as well as meat-eaters. By reducing the nonvegetarians' protein consumption by twenty percent, Dr. Fisher found their efficiency increased by thirty-three percent. Numerous other studies have shown that a proper vegetarian diet provides more nutritional energy than meat. Furthermore, a study by Dr. J. Iotekyo and V. Kipani at Brussels University showed that vegetarians were able to perform physical tests two to three times longer than meat-eaters before exhaustion and were fully recovered from fatigue in one fifth the time needed by the meat-eaters.

## New Babies



Heavy Storm and Rain in Vrindavan-Goshala Bull Shed damaged and one bull died



SB 1.17.9

O son of Surabhi, you need lament no longer now. There is no need to fear this low-class śūdra. And, O mother cow, as long as I am living as the ruler and subduer of all envious men, there is no cause for you to cry. Everything will be good for you.

PURPORT

Protection of bulls and cows and all other animals can be possible only when there is a state ruled by an executive head like Mahārāja Parīkṣit. Mahārāja Parīkṣit addresses the cow as mother, for he is a cultured, twice-born, ksatriya king. Surabhi is the name of the cows which exist in the spiritual planets and are especially reared by Lord Śrī Kṛṣṇa Himself. As men are made after the form and features of the Supreme Lord, so also the cows are made after the form and features of the surabhi cows in the spiritual kingdom. In the material world the human society gives all protection to the human being, but there is no law to protect the descendants of Surabhi, who can give all protection to men by supplying the miracle food, milk. But Mahārāja Parīkṣit and the Pāṇḍavas were fully conscious of the importance of the cow and bull, and they were prepared to punish the cow-killer with all chastisement, including death. There has sometimes been agitation for the protection of the cow, but for want of pious executive heads and suitable laws, the cow and the bull are not given protection. The human society should recognize the importance of the cow and the bull and thus give all protection to these important animals, following in the footsteps of Mahārāja Parīkṣit. For protecting the cows and brahminical culture, the Lord, who is very kind to the cow and the brāhmaṇas (go-brāhmaṇa-hitāya), will be pleased with us and will bestow upon us real peace.

**Let us serve the cows of Sri Sri Krishna- Balarama**