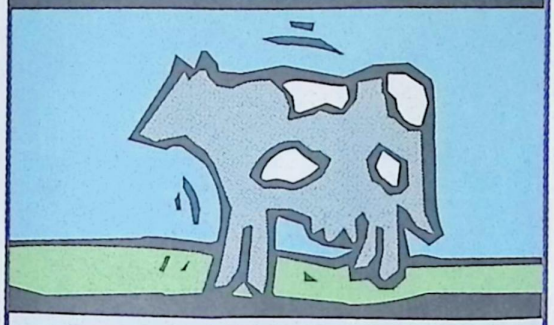
15 VERY WHITE FACTS



- Cow milk contains calcium, phosphorus, potassium, protein, vitamin B, zinc, vitamin A, Niacin, Iodine and other nutrients.
- Raw cow milk is about 88 percent water.
- Milk has two parts: fat and SNF—Solids-Not-Fat i.e. vitamins, minerals, protein, lactose etc. The price of milk is usually determined by its fat and / or SNF content.
- Queen Elizabeth II of England each day drinks milk from cows raised on her own Windsor estate. When her grandchildren William and Harry went to *Eton*, the famous public school, she instructed the estate manager to send milk from the Royal cows every day for the Prince's breakfasts.
- The habit of drinking milk first became popular 10,000 years ago, when the first animals were domesticated, initially in Afghanistan and Iran, and later in Turkey and Africa.
- During the most recent ice age, milk was essentially a toxin to adults because—unlike children—they could not produce the lactase enzyme required to break down lactose, the main sugar in milk.
- The importance of milk in popular culture is attested to by expressions like "the milk of human kindness" (coined by Shakespeare) which means kindness and sympathy shown to others.
- Drinking milk can lessen the chances of dying from illnesses like coronary heart diseases and stroke by up to 15 to 20 percent and it can contribute to weight loss.
- In Uganda an often used title for "king" is "Omukama", which means "superior milkman."
- The lead character of the 1964 classic stage musical *Fiddler on the Roof*, Tevye is a milkman.
- The title of the 1966 pop hit "No Milk Today" by UK band Herman's Hermits refers to a common notice instructing the milkman not to leave the usual order of milk on a particular day. It symbolizes the singer's recent breakup with his lover who has just moved out of his house.
- In many countries, the Ramadan fast is traditionally broken with a glass of milk and dates.
- In ancient Greek mythology, the goddess Hera spilled her breast milk after refusing to feed Hercules, "resulting in the Milky Way".
- In Indian cosmology, within the primordial Ocean of Milk lies the nectar of immortality.
- In India, newlywed couples compete to fish for the ring in a bowl of milk.

Source: Wikipedia, Scientific American, Nature, Men's Health

With training and better management, milk production in Bangladesh can reach a much higher level. "Cows should be provided the same quality water that we drink," says A Q M Shafiqur Rouf. "Feed must be composed of concentrate and grass. Three months after giving birth the cow gives the maximum amount of milk. During this period she should be fed well. Then gradually the amount of feed should be reduced or else she may develop ketosis, the bovine equivalent of diabetes. Two months after the birth the cow is in heat again. She must be inseminated then. Thus "a calf a year" can be ensured. The knowledge and skills of those who have studied Animal Husbandry should be better utilized. Breed development is crucial to dairy management. We are doing significant work in this area." Rouf is DGM, Artificial Insemination, and in charge of milk collection and productions services, BRAC Dairy.



The dairy industry needs to retool its marketing of milk.

Learning certain skills can lead to higher production. "For example, there is no need to apply oil to the teats before milking. Farmers also have a tendency to pull on them really hard," says Shafiqur Rouf. "That's harmful for the animal. If the cow is agitated or scared, she will not give milk. The calf must be allowed to drink before milking the mother. This serves two purposes. The calf gets to drink the essential SNF (Solids-not Fat) part. Afterwards, the farmer can milk the remaining part which is fat. The opposite is often done in our country. The calf is fed after milking the cow."

The price of feed is getting out of reach of farmers. "Subsidies must be given on cattle feed. Many farmers have sold their cattle because they could not make enough money to raise them by selling milk," says an official at the Department of Livestock Services who wants to remain anonymous. "Artificial insemination is done by the government at Tk 30. Others do it for Tk 200. There should be one fixed rate for all. In some upazillas one personnel is responsible for hundreds of thousands of livestock.