Perspectives on the Human/Animal Bond: Present and Future
William F. McCulloch, DVM, MPH

Although we consider ourselves to be at the head of the biological parade, it has been questioned whether we do in fact exhibit as much intelligence as our animal friends. In our obsession for things, things and more things, we have forgotten that we are not merely observers of nature, but an integral part of it. The environment has been a great but unappreciated “friend” — nature’s air, water, plants, animals, and soil have provided

The Human/Animal Bond in Action
Jennifer Bassing

For many of us, the human-animal bond is a routine relationship. Of course, we all know of the more specialized aspects of this bond: animals used in therapy, companion animals for the elderly, dog guides for the visually or hearing impaired and the handicapped.

Does Business Success Correlate With Pet Ownership?

According to the Chicago-based, Pets Are Wonderful Council, results of a recent survey indicate that there may be a link between childhood ownership of a pet and future career success. The survey, conducted among chief executive officers at Fortune 500 companies, revealed that a full 94 percent of the respondents had a dog, a cat or both during their formative childhood years. Among these CEO’s responding who had pets during childhood, 87 percent owned a dog and 24 percent reported having a cat.

Survey participants credited pet ownership with helping to develop many positive character traits that contributed to career success in later life. Respondents said that owning a pet as a child taught them “responsibility, empathy, understanding and respect for other living beings,

Latham Publishes New Book

Twenty seven nationally recognized authorities with as many different perspectives on the phenomenon of the human/companion animal bond have, on invitation of The Latham Foundation, authored chapters in the areas of their special knowledge. The collection of their timely articles on the bond is titled DYNAMIC RELATIONSHIPS IN PRACTICE — Animals in the Helping Professions.

The 600-page book with 82 photographs will be available in October for $15.95 plus $2.00 for postage and handling.

The forward to the soon to be available book was authored by the late Dr. Boris Levinson. It was one of the last articles written by that respected H/CAB pioneer. Serving as editor of the publication is Phil Arkow, long time participant and writer in PFT activities.

The unique book will include the most exhaustive bibliography and directories on the H/CAB thus far developed. It is designed to be of practical use both to field personnel seeking to supplement and initiate PFT programs and to researchers investigating the diverse dimensions of this dynamic field.
**Of Special Note**
**IN THIS ISSUE ...**

The Human/Animal Bond in Action ............................................. 1
Perspectives on the Human/Animal Bond: Present and Future ............. 1
Does Business Success Correlate With Pet Ownership? .................. 1
Latham Publishes New Book ................................................ 1
Dr. William Winchester Receives AVMA's VCE Award .................... 5
Pet Facilitated Therapy - New Phrase, Old Practice ....................... 8
A Dog Obedience Primer - Fresh Perspectives on Established Training Practice for Dogs and People ............................................. 10
The Pets and Friends Program of the Vancouver Regional Branch of the British Columbia SPCA ......................................... 12

Relevant Reading
Dogs Need Our Love - Tuttle ........................................... 14
Childhood Cruelty Toward Animals Among Criminals and Non-Criminals - Kellert ......................................................... 14
Snowflake In My Hand - Mooney ......................................... 14
Animals in Ancient Art - Kazloff ....................................... 15
The Klamath Knot - Wallace ............................................. 15
Love is a Happy Cat - Fox .................................................. 16
The Woman's Day Book of Hints for Cat Owners - Burden ............... 16

Dr. & Mr. Kidd Respond to JAVMA Article on PFT .................... 16

The Latham Mailbag
Free PFT Services for Ohio Institutions - (CAS) .......................... 21
Remotivating Nursing Home Residents in Massachusetts ............... 23
Psychology Today Tabulates It's Reader Survey of Pets and People ......................................................... 22
The Bond in Warwick, N.Y .................................................. 23
WITHIT in Alabama ......................................................... 23
PFC in NYC ........................................................................ 23

A Suggestion for MDs & DVMs .............................................. 24

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**PERSPECTIVES** From page 1

natural benefits for man's survival. Indeed nature's strength has always been in its diversity and resilience. However, trends such as concentration of animal and human populations, and high technology have "shaken" nature's, and therefore man's balance. It is not the change, per se, but the rapidity of the change that bothers us. This has been spoken to by Alvin Toffler in his book entitled *Future Shock*.

With the violence, alienation, and cruelty seen in our society, it is a wonder how we managed to pass the Endangered Species Act, one that should have included man as well. However, with our renewed interest in the living environment, we are now making value judgements through rediscovery or our role in the natural world. As the statement goes, "you can take the boy or girl off the farm, but you can't take the farm out of the boy or girl." Most of us will not return to the farm or ranch, but we can change our urban environment to more humanely meet both human and animal needs. What has become a "green" revolution, that of placing plants in our offices and places of work, must concurrently become an "animal-relatedness" and "animal-awareness" revolution.

We are beginning to discover and recognize the meaning and significance of the human/animal bond. A bond that has been taken for granted for too long a period. This bond has improved the quality of life for a significant portion of the human population. Interestingly, our great awareness of the human/animal bond came from the documentation of the therapeutic use of pets with physically and mentally impaired populations.

**PRESENT CONCEPTS AND FUTURE NEEDS**

1. Human/Animal Bond

The bond involves strong feelings for and psychological attachment to an animal. Observations of animal behavior support the thesis that the love and attentiveness given by people is reciprocal. Both animals and people benefit. How they benefit has been the subject of numerous conferences during the past 10 years. Studies suggest that the greatest health benefits accrue to those with the strongest attachment to and need for animal companionship (Katcher, 1982). Apparently both sexes benefit from attachment to pets. A recent study revealed no significant differences between men and women in the extent to which they were attached to their dogs or treated them like people (Katcher et al., 1983). More studies are needed on how the normal human population

"I'm not lonely anymore"  
Photo courtesy Norden Laboratories
benefits from animal interactions. We must further define the reasons why the bond is broken (Bustad, 1981; Arkow, 1983). For only when we find out the reasons why, can we attempt to repair the "fracture" — and hopefully apply preventive measures in the future.

2. Animal-Facilitated Therapy (AFT)

This involves the introduction of an animal into the immediate surroundings of an individual, or a group, as a medium of interaction with a therapeutic purpose. Levinson first notes its value as a pet facilitated therapy. He emphasized that the pet is a catalyst or co-therapist and not a cure-all for human mental health problems. The value of animals for hospital and nursing home residents was established by Corson and Corson in the early 1970's. An animal-facilitated therapy model was proposed by psychiatrist McCulloch in 1981. He proposed numerous recommendations with a comprehensive "outcome" plan that involved the resident, the care giver, the institution and animals. Emphasis was placed on maintaining realistic expectations — AFT is adjunctive to existing programs. We must also emphasize the importance of humane care of animals used in AFT programs. We must have a plan and "hasten slowly." An excellent review of AFT programs has been published (Arkow, 1982). Guidelines for the Use of Animals in Nursing Homes have been developed (Bustad, Hines and Colleagues, 1983). We need to further document indications and contraindications for the use of animals in therapeutic programs for the mentally and physically impaired. Additional support is needed for programs on horseback riding for the handicapped and for programs in prisons. Our goal should be to explore human health benefits of animal use to improve the quality of life and to reduce increasing health care costs. If pets are cared for and loved, they will probably live longer. We are really talking about a more holistic approach to human and animal health care.

3. Human/Animal Bond Field is No Private Preserve

The bond involves both people and animals. It is an interdisciplinary field by its very definition, and demands cooperation by professional and lay groups for its optimum success. No one group or profession can lay claim to H/AB. This does not mean that cooperation is easy. It is not. It means that if we are really serious about studying the benefits of our association with pets, we will develop patience and tolerance for differing views and attitudes. If we don't work together, we will not earn credibility with the public we serve. We must professionalize the field to convince the non-animal-owning public that studying about the human health benefits of the H/AB is not a crazy or frivolous activity. Except for veterinarians who have witnessed the H/AB in private practice for scores of years, health professionals are recent newcomers to the research field. There is an increasing opportunity for university faculty to study the role of the pet in human health by participating in applied research programs with physicians, psychologists, social workers, veterinarians, humane and animal control groups and pet owners (McCulloch, W.F., et al., 1970).

4. Animal Control — A People Problem

The solution is three-fold:

a) Public education, b) Public
education, and c) Public education. That some 15 million animals are put to death in animal shelters in the U.S. annually speaks of a societal failure. Only through education programs can we make the public aware of the cost in both human resources and animal life; and the grief that we humans have over the loss of our pet. Many times it is a needless loss, one that could have been avoided in part if we had done one thing — used a leash. More research is needed on methods for sterilizing animals. And equally as important, we must educate people that it's most appropriate to have their pet spayed or neutered. For several years I have taught "Animal Control" to senior veterinary medical students. The pet population problem became a reality for me in 1983. I volunteered, as one of many local veterinarians, to take my turn in euthanizing unwanted dogs and cats at the Brazos Animal Shelter in Bryan, Texas. As I leave the Shelter at 7 or 8 o'clock at night I reflect on the sadness of putting 40 animals to death. There's got to be a better way. Maybe the penalty for each person cited by Animal Control for not restraining their pet should be assisting or watching one or more sessions of putting 40 or 50 animals to death. Whatever the answer, society can no longer afford to ignore the problems of animal control. Education must come with regulation and enforcement to be effective.

5. Animal Behavior and the Human/Animal Bond

We know too little about animal behavior. Whether matching pets to people in nursing homes (Bustad, 1980) or selecting an appropriate pet animal for a person or family (Hart and Hart, 1983), we need to know about family or medical needs and the living environment for the animal. One of the primary reasons pets are taken to animal shelters is because of a pet behavior problem (Arkow, 1983). Much of the legislation passed about restrictions on pets resulted from a lack of pet owner responsibility (Beck, 1973). We need to increase the amount of time for teaching animal behavior in the veterinary medical curriculum (Anderson, 1983 and McCulloch, et al., 1982). Several states have passed legislation providing for pet ownership by elderly tenants of rental housing owned, operated, or managed by public agencies (Lyon, 1983). The states of California, Arizona and New York have passed such legislation and more are considering it. The American Veterinary Medical Association has gone on record supporting H.R. 1372 and S. 606 bills currently in Congress that would prohibit owners and operators of federally assisted rental housing from restricting ownership of pets.* We need to support this type legislation through agencies and organizations as Citizens Against Housing Discrimination for Pet Owners, Inc. (Hoyne, 1981). Responsible pet ownership is a key element for success and having obedience trained pets where appropriate (Foster, NADOI, 1982).

*The prohibition of pets in federally assisted rental housing for the elderly or handicapped ended with the November 1983 signing by the President of the U.S. supplementary appropriations bill. The bill states that no owner or manager of such housing may prohibit pet ownership or discriminate against prospective tenants on the grounds of pet ownership. The bill allows one year for guidelines to be developed.—Ed.

6. Educating the Professions About H/AB

Although we have made progress about informing health professionals about the positive aspects of people/animal interactions, more education is necessary. Curriculum time is always scarce when you try to introduce new material. But it can be done. Faculty of the Department of Veterinary Public Health at Texas A&M University lecture to students in such curriculums as sociology, parks and recreation, architecture and urban planning, and veterinary medicine. Numerous post graduate, continuing education and extension programs have been developed at national and state meetings such as the American Public Health Association and Texas Public Health Association. One potential Task Force model of involvement by a health profession is presented. The following are recommendations of the American Veterinary Medical Association's Task Force on the Human/Animal Bond (Mc-Culloch, et al., 1982).

A.V.M.A. TASK FORCE RECOMMENDATIONS ON HUMAN/ANIMAL BOND

1. Recognize existence/importance to society.
2. Use terms Human/Animal Bond (H/AB) and Animal Facilitated Therapy (AFT).

Continued on page 5
3. Promote improvement of H/AB and animal behavior topics in veterinary medical education.
4. Study societal trends affecting H/AB.
5. Develop client brochure on euthanasia and pet loss.
6. Study professional liability trends.
7. Develop guidelines for veterinarians involved in AFT programs.
8. AVMA Monitor Federal legislation concerning H/AB issues.
9. Collect H/AB resource material.
10. Provide leadership for H/AB knowledge application.
11. Appoint advisor group on H/AB.

7. Promoting H/AB Benefits and Needs

There is a need to increase the availability of research and education funds from state and federal sources. The private sector has been most helpful as seen by the support of these conferences on the H/AB. There are numerous research projects in the health and behavioral sciences that could use H/AB colleagues as collaborators if involved in the early planning stages. Pet-related epidemiologic questions could be added with little extra expense. We call this "piggly back research." Centers for the Study of Human/Animal relationships have generated interest and data at the Universities of Minnesota, Pennsylvania, and Purdue. Interest groups have developed at Michigan State and Texas A&M University. And of course we are all aware of the People-Pet Partnership Program at Washington State University (Bustad and Hines, 1979). Humane Societies and S.P.C.A.'s have been heavily involved. The Delta Society is very active in promoting research, service and education on the Human/Animal Bond. The Latham Foundation has also contributed through conferences and production of films about the H/AB. The general public needs to participate in these programs to a greater extent.

8. A Perspective on Health Hazards Relating to Pets

As a public health veterinarian, I feel we must assess the risk of animal phobias, fears, injuries and selected zoonotic disease. However, we must use epidemiologic data to determine risk assessment whether for the pet owning population or for those in health care facilities. Health care facilities need to develop written policies and plans to assure reasonable safeguards for the health and safety of people and animals without limiting the benefits for the use of animals (Anderson, Stryker-Gordon, and Quigley, 1983). Studies reveal that the benefits outweigh the risks with proper common sense planning and appropriate veterinary medical care.

Continued on page 6
SUMMARY

There are risks in any relationship and the Human/Animal Connection is no exception. Paradoxically, the connection has been both loving and loveless. That some 12 million animals are put to death in animal shelters each year in the U.S. speaks of a societal failure. A quiet, yet exciting revolution is now taking place to help balance the equation. Health professionals in an emerging public health field are beginning to recognize by scientific evidence the meaning and significance of the Human/Animal Bond — a bond that the stewards of the animal kingdom have known about for centuries. The health meaning and significance of the Human/Animal Bond is profoundly visible when it is broken through loss or separation; loss by death or separation because of man-made no-pet restrictions in housing, health care facilities and prisons. Companion animals are not a cure-all for our ills. Only with increased public and private support for this emerging field of scientific endeavor can we further define the specific contributions and contraindications for the use of animals in maintaining and improving the health of both normal and impaired human populations. As we make progress toward documentation of the value of the Human/Animal Bond, let us not forget about the human care of our animal friends. They love freely, give much pleasure and ask so little in return as they contribute to the quality of our lives.

This article was Dr. McCulloch's plenary session presentation at the Conferences on the Human/Animal Bond at University of Minnesota and University of California, Irvine, in June 1983. It appears in The Pet Connection - Its Influences on Our Health and Life, which is available from CENSHERE, Box 197, Mayo Building, 420 Delaware Street SE, Minneapolis, Minnesota 55455. The cost is $15 plus $2 for shipping in the U.S.

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REFERENCES


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He is one of the earliest advocates of the human/animal bond as an important aspect of veterinary medicine. Dr. McCulloch has written about or influenced through educational symposia the need for interdisciplinary studies about the benefit of people/animal relationships since 1970.

The author has served as chairman of AVMA's Council on Education and since 1981 has been chairman of that association's Committee on the Human/Animal Bond. In 1982, he was co-chairman of the 8th symposium on Veterinary Medical Education, "Exploring Value Issues and Dimensions in Veterinary Medicine". He helped establish guidelines for safe use of animals in Texas long-term care facilities. He directs graduate studies on the Human/Animal Bond and Animal Control in Texas A&M's Department of Veterinary Public Health.

The Human/Animal Bond

From page 1

But even the most routine of human-pet relationships has its special moments, and in this column, I'd like to share one that has happened to me. One day, some weeks ago, I was in top physical condition: tennis player, swimmer, dancer, full-time worker. Within seconds the impact of a speeding car as I walked across a street left me with both legs in casts and a bruised and battered body.

The morning of that ill-fated Sunday started out pleasant enough. My husband and I planned to go shopping; so as I said good-bye to my Tabby cat, "Noel," I had no idea that I would...
not see her for 12 days, the length of my hospitalization.

My cat and I have an agreement, you see. It’s all right for me to take vacations or go away for extended weekends as long as I tell her about it and as long as she can participate in the preparatory activities. When preparing for a trip, she will help with packing, making sure the clothes are properly compressed and checking deep in the bottom of an overnight bag to make sure my toothbrush is in there.

We have long talks, my cat and I, about where I am going, and who will care for her in my absence. As, of course, we spend private time together just before departure during which I tell her how very much I will miss her and she gives me one of her special raspky licks on my nose.

But that Sunday I walked out the door and for the next 12 days I was mysteriously out of my cat’s life. Not a word of good-bye, no ritual of packing, no hint of what had happened or where I’d gone.

My husband returned home very late that night. His new jacket was soiled with my blood. He was exhausted, frightened, and could do little more than go through the mechanics of dishing out cat food, changing water, cleaning litter. At the accident scene, I had said (really without need for he loves her, too): “Please take care of Noel!” Noel looked at him, sniffed the air and knew something was terribly wrong. For the next two nights and days she stationed herself by the front door of our house and waited.

Then, as the broken bits of me were being examined and sorted by the doctors, I begged to call home—to speak to my cat. There were smiles on the faces of the nurses when I said that—probably, the bonk on her head, they must have thought. But when I called home and my husband put the receiver to Noel’s ear, there it was! The loud questioning “Meowrp?” Which as any cat “mom” knows translates into: “Is that you, Mom?” And then the purring—almost fierce. It was so strong that I felt like holding the phone up high for all in the hospital to hear.

And, so, Noel and I got through those dismal days of separation, thanks to the cooperation of an understanding husband who helped us communicate by phone. Meantime, there were preparations to make for my return home. I’d need a wheelchair, walker, crutches, special commode, hundreds of pillows. To Noel, the parade of medical equipment into her house was very strange and, I’m convinced, a bit frightening.

Perhaps nothing was as strange as my actual return. Noel had seen a vigorous bi-ped march out of the house almost two weeks earlier. On my return she found a weak, crumpled person with two plaster-encased legs, carried into the house in a wheel chair. She immediately found the one plaster-free spot on my ankle and licked it.

From that moment on, she did not leave my side except to eat and eliminate. Nestled in a pillow-ridden bed like an oversize pasha, I could do little for myself. I could not sit or turn without help and I certainly could not get out of bed. We hired a nurse to help me, never thinking that this could be the source of any cat-related problems.

My cat had immediately figured out that the only safe place for her to stay with me was right next to the upper half of my body. She instinctively knew that walking or laying on the plaster legs was strictly out. When the nurse arrived, there I was in the middle of my pillow pile with my 10-pound cat nestled in the curve of my arm next to the upper left side of my body.

Noel looked at the nurse, gave a wide blink and looked away, as to say, “I’m not particularly interested in introductions right now.” As my legs needed constant elevation, one of the nurse’s jobs was to adjust the pillows—an often painful proposition. The first time the nurse attempted a pillow adjustment, Noel literally flew into action! The nurse was an extremely competent, experienced person—but, when she moved a pillow, my natural reaction was to exclaim, “Ouch!”

That’s all it took. Ten pounds of cat (whose previous theory of the killer instinct was to kill a moth by sitting on it) propelled itself from my side straight toward the nurse’s face. The nurse had the good sense to dodge the flying fur which had added curled lips and bared fangs to its missle-like hissing approach.

I was flabbergasted. Oh, sure, my cat had her likes and dislikes among human visitors. But those she disliked generally avoided. She had never even flung herself at anyone. Her intentions had never been so patently obvious. My sweet pet wanted to kill! And all because she was convinced the person who had come to help me was hurting me.

For several days my “protection” cat stayed at her guard post. I talked to her. I talked to the nurse. I begged them both to reach an understanding. The cat stopped lunging but continued hissing, growling, and bristling every time the nurse approached me. The nurse did not try to force herself on the cat but kept a dialogue going with the cat whenever working on me.

Eventually, Noel accepted that the nurse would be there every day and that she would be handling me. But throughout the recovery, Noel continued her constant vigil at my side, leaving only when absolutely necessary. Part of Noel’s constancy of companionship was, I’m sure, due to her own insecurities that I would leave her again. Part of it was, though, her desire to be of whatever help and comfort she could be to me.

And help and comfort she was. During periods of pain that even pain killers could not quell, my tears soaked her fur and my tear-encrusted face was licked clean by her tongue. When shafts of cold pierced through blankets and sweaters, she’d spread her body across my chest instead of tucking-up in a ball to keep herself warm. And all those fears

Continued on page 8
“Pet Facilitated Therapy”
New Phrase, Old Practice

The practice of sponsoring pet visitations at nursing homes has been long established at many humane organizations. The Humane Society of Rochester and Monroe County, Fairport, New York, was one of the pioneers. An editorial in the June, 1984 issue of that group’s “Lollypop News” is reproduced here with permission.

The theme of our Be Kind to Animal Observance this year “A Friend in Need, is a Friend Indeed” is a subject which I believe needs a little more discussion, so that everyone will understand just why we adopted this old adage as our Theme for 1984.

For many years the rewards and advantages in taking pets into hospitals and nursing homes were noted by my predecessor and his staff, years before the words “pet facilitated therapy” were coined.

So bringing pets together with the sick, the elderly and the young, redrawn patients is not a new idea that this Society has just climbed on the bandwagon to promote. It’s an old-time program which we have nurtured for some years and from which we have experienced some rich rewards and results.

Some years ago while visiting the State Hospital for Mental Health, now the Rochester Psychiatric Center, I knelt beside an elderly lady who was quite evident in somewhat of a catatonic state. I had watched her as I had passed some of the small pets around among other more alert patients, and she did not appear to communicate that we were ever in attendance. I placed a small, 7-week-old fluffy puppy on her lap; she still ignored the entire matter. Then I took one of her hands and began to stroke the puppy’s soft fur, saying “What a nice puppy” and she simply appeared to come alive and

Continued on page 9

Does Business Success Correlate With Pet Ownership?
From page 1

and how to share and communicate better.” One participant wrote, “The responsibility of caring for my dog taught me discipline and compassion as a child. Now my dog provides comfort and companionship.” Another stated, “My dog taught me about love, devotion and sacrifice. He was a good listener and terrific company. I can’t imagine growing up without him.”

This respondent spoke for the majority of those who participated in the survey. More than 75 percent of the busy executives from whom the Council heard, reported that a dog, a cat or both are current members of their households. This greatly exceeds pet ownership among the total U.S. population; in 1983, 53 percent of U.S. households included a dog or cat or both.

It appears that a dog is a CEO’s best friend. Approximately 90 percent of the pet-owning respondents have a canine companion. “There is nothing to compare with the companionship and love of a pet. Our dogs are members of the family,” said one respondent. “My Molly is my second sweetheart,” one man quipped.

CEOs are fond of felines, too. Thirty percent of the respondents who currently own pets reported having at least one cat at home. “Cats are great,” one participant wrote. “Ours are truly an important part of the family.”

The Pets Are Wonderful Council is a national, not-for-profit, public service organization which serves as a clearinghouse for pet-related information.

H/CAB in Action
From page 7

and anxieties I could not share with anyone else, I could whisper to her. She never got sick of listening. Never gave up trying to make me smile. And rewarded every touch, every look with symphonies of purring.

Noel was once an unwanted cat. I adopted her from a private pet adoption organization where she had been left by a little girl whose parents wouldn’t allow the child to keep the stray cat. For a few dollars I bought the cat who has become over these many years my dearest friend. It wasn’t the money that bought love for, indeed, Noel and I were distant strangers at first.

But now when I read or hear about the human-animal bond, I can’t help but feel how very simple it is. Two beings who grow to care for each other—sometimes to the point where to outsiders it seems silly. And out of the caring does develop a dependence, a healthy one. For I know I could not have gotten through my pain without that little cat by my side—stuck there as if by Velcro. And I know she knows it too.

Jennifer Bassing’s identification with companion animals is total as this and other articles which she has authored attest. She is the notably effective and deeply appreciated executive responsible for public relations for Guide Dogs for the Blind at San Rafael, California.

This article was first published in the May 1984 issue of the California Veterinarian. It is reprinted here with the permission of that Journal and of the author.
stroked the puppy on her own. There seemed to be a spark of life grow in her eyes as she repeated, "Nice puppy" over and over. The nurses had told me that it had been some twenty years since this lady had spoken. Once the flood gates were opened I was informed some time later that she chatted like a magpie. Just one case such as this makes the whole program seem so rewarding.

I have experienced first hand many wonderful changes brought about by the bringing together, of sick, lonely and depressed people with animals. The first change is to see their faces light-up when the contact is first made. The human/animal bond does work. If it's hard to believe, just watch closely the reaction generated when a lonely person who is a resident of a nursing home first comes into contact with a pet. I sometimes believe that these elderly, sometimes severely infirm residents of nursing homes are the best recipients of our pet therapy programs. Many of these people have always had the capability to own and care for a pet in their homes right up to the time that they are admitted to the nursing home situation where up to this past year pets have not been allowed. Naturally the lack of a pet to fill some of the empty hours, brings about an even greater sense of loneliness than would have been felt if their home pets could have been transferred with them into their new environment. Seeing and holding a kitten or puppy even for short periods of time, we find can help relieve some of that extreme loneliness.

Legislation that was passed through our State Legislature last year and signed into law by Governor Mario Cuomo will help so much. This particular legislation allows for a resident pet in nursing home facilities. This is on a full-time basis. The legislation was introduced into the State Senate by Senator Paul Kehoe and into the Assembly by Assemblywoman Audre "Pinny" Cooke. Our Society honored both of these legislators at our recent Be Kind to Animals Annual Awards Banquet.

Some nursing homes and hospital facilities still prefer having the Humane Society or other groups bring their animals into the facility for an hour or two rather than taking the responsibility for a live-in pet. We, of course, are happy to furnish that service but also realize the more therapeutic values of the live-in pet over the visiting pet.

At present we make many weekly visits to nursing homes, hospitals and other facilities where the pet facilitated therapy program is considered by this Society to be one of our best services to the community.

One such weekly visit that we make is to the Orleans Building of the Rochester Psychiatric Center. This visit is always on a Friday afternoon. During these visits which last from an hour to one hour and a half, we are able to visit from one to three wards. By return visits one is allowed to become more fully acquainted with the patients, and see the actual changes in their personalities and behavior as they visit with these pets each week. To the Center we take anywhere from one to three adult dogs, some puppies, kittens, an adult cat, a rabbit, a guinea pig, a variety of birds and of course our pet hen "Juliet". Some of the patients were noted not to have any interest in these animal visitors on the first visit, but as time has passed these same patients wait expectantly for our next visit. This makes us feel that the program is working.

Our goals for the rest of this year and for the years to come is to build our Education and Public Relations Departments to include a corps of volunteers that will be able to handle more programs in more facilities, to have several such programs each day of the week. Our need, to meet this goal is to have more transportation units to carry the pets and volunteers to the facilities that request the programs. I hope to at least be able to add one such unit this coming year. It will be in the form of a station wagon which is large enough for such purpose. Perhaps others can be brought in through tax write offs of second-hand station wagons through gifts or donations to the Society.

To expand the pet facilitated program throughout the Greater Rochester Area, I feel is a must goal for our 1984-1985 year. The need is there and we must fill that need.

Frank M. Rogers
Executive Director

HUMANE SOCIETY OF ROCHESTER & MONROE COUNTY
99 Victor Road, Fairport, N.Y. 14450
A Dog Obedience Primer:
Some Fresh Perspectives on Established Training Practice for Dogs and People

DEENA B. CASE, M.A.

As an animal behavior consultant, I work with a wide variety of people, from individuals who rescue a dog to humane societies and governmental animal control agencies. I am frequently impressed and inspired by the degree of dedication to animals shown by these caring people. I am also, however, frequently dismayed by their lack of knowledge about dog obedience training. This shows itself in several ways: first, there are people who are overly impressed when they see a dog performing tasks that all dogs should know, and that are easily taught to most dogs. Second, people think of obedience training as unnecessary except for show dogs. Third, I hear comments about obedience training "breaking the spirit" of a dog. And, on the other hand, I also hear obedience pushed as the solution for every dog problem.

What is obedience training? It's a system of communication between handler and dog so that the dog learns to perform specific tasks when commanded to do so by the handler. For these tasks, the dog is rewarded by praise from the handler. If the task is not properly done, the dog is corrected by the handler, either by words (No! for example), or actions (the quick jerk and release of the training collar is one correction).

Obedience classes are offered in so many locations that most pet owners are not far from a convenient one. Although I have done private training for individuals, classes are much better because the dogs learn to perform their tasks in the midst of the excitement of having other dogs and people around. Many dogs who are paragons of virtue in their own homes are hellions when out around other dogs. Having obedience control means having a dog who responds in the worst of situations as well as the best.

Obedience classes are offered on three levels, novice, open and utility. The most common, and the most relevant to the average pet owner, is the "novice" class. In this class, owners are instructed in training their dogs to do basic exercises. These include heeling on leash, that is, having the dog walk at the handler's left side, adjusting its pace to the handler, neither forging ahead or lagging behind. When the handler stops, the dog automatically sits, waiting for further direction. In addition to heeling, dogs in novice obedience classes learn to sit, stand and lie down on command, and to stay in all three positions. They also learn to come on command. These are all useful, necessary behaviors for the family pet, and can be taught to almost any dog. Dogs, like people, vary in learning speed and attention span, but all can make progress if given patient training.

Some novice classes also teach off-leash work, although there is some question about this practice. For the obedience show ring, the dog must work off leash. On the other hand, if an obedience class is taught at an animal control agency that enforces the leash law, it would be foolish to train people in a technique that would violate the law. Most classes compromise by emphasizing the necessity of extreme care and attention by the handler when the dog is worked off the leash.

The next level of classes is referred to as "open" classes. In open class, retrieving and jumping hurdles are emphasized, as well as continuing to refine the previous work. Dogs jump a broad jump and a high jump, whose sizes are adjusted to that of the dog. The dog is expected to retrieve a dumbbell whether it is tossed along the ground, or over a jump. Another exercise in open work is the drop on recall, where the dog is called to come, then told to lie down while he is still some distance from the handler. On command, the dog then returns to the handler. The sit and down stays are done with the handler out of sight of the dog.

The highest level of obedience training is called "utility". In this level, dogs work by hand signals as well as voice commands. There are frequently choices to be made by the dog, based upon the handler's commands and signals. He has one of two jumps to jump, one of three gloves to pick up, or one of six scented articles to select. In this last example, the dog is to pick up only that object that the handler touched, recognizing the article by using his sense of smell.

This description of the three obedience levels hits the highlights, but is not intended to describe completely every exercise on every level.

Some classes are oriented toward preparing the dog and owner for showing in obedience. Any dog who is a member of an AKC-accepted breed can be shown in obedience. The dog need not be AKC-registered, but can get an ILP number and still compete. Spayed and neutered dogs are welcome, as are those who have disqualifying faults that restrict them from being shown in the breed ring. Handicapped owners are encouraged to show.

Deena Case

Continued on page 11
In a good obedience class, handlers learn more than specific exercises. They learn the basic principles of changing behavior by reward and correction. They learn how to give short, clear commands, and how to break a task down into small, easily learned parts. Handlers discover that consistence and proper timing of corrections and praise are essential. All of these principles can be applied to help solve minor behavior problems that may arise.

If the owner and dog continue their obedience work on a regular basis, they get some exercise and an enjoyable experience together, which can strengthen the owner/dog bond. Regular obedience workouts may help to prevent common behavioral problems that are due to boredom and lack of activity. In addition, such workouts help to reinforce the owner's dominance and help to prevent the dog from challenging the owner's leadership role. Since all dogs are different individuals, a good obedience trainer can help the handler to learn about his or her own dog's special needs, and how to deal with them.

Owners learn what they can and cannot expect from their dogs. This, in itself, is valuable because some owners have unrealistic expectations of their pets, and the pets can't live up to these impossible standards. These dogs frequently end up at animal shelters.

Those of us who work with animal placement, then, have a special reason for encouraging owners to take their dogs through obedience. Not only are obedience-trained dogs less apt to end up in shelters, but these dogs are much easier to place than those which are less mannerly and manageable.

Because of the wealth of learning and experience that comes from taking a dog through a good obedience class, I feel that this should be a requirement for everyone who deals with animals and the public. Frequently such people, whether professional staff or volunteers, are expected to be experts in dealing with dogs. After taking a dog through obedience, the animal person has a new, heightened understanding of training processes, individual differences in dogs, and what can and cannot be realistically expected of them. In my opinion, completion of an obedience training class should be mandatory for all of us who deal with any aspect of the dog/owner bond.

Obedience classes aren't perfect. The class can only be as good as the trainer who leads it, and quality varies greatly. Methods of training differ greatly. On one end of the scale are the extremely punitive, overly severe instructors who appear to be teaching students how to physically abuse their dogs. These few "baddies" should be weeded out by lodging complaints with humane authorities.

On the other hand, there are some trainers who use only food and play as incentives, not believing even in the use of the...
The Pets and Friends Program of the Vancouver Regional Branch of the British Columbia SPCA

Ken Hemmerick
Director of Education and Community Affairs

Animals are inextricably interwoven into the fabric of human civilization. Humans have used animals for food, clothing, protection, hunting, herding, farming, transportation, entertainment, sport, research, companionship and worship. In a sense, these various usages reveal the range and scope of human and non-human consciousness and awareness.

In the words of Heraclitus; “Everything is in flux.” Time/space, and all that which is contained within its operative are evolving. As humans evolve, so do their non-human companions; each with his own unique or highly localized rate of growth. This evolution has provided the means for increasing fulfillment in the experience between humans and non-humans.

The emergence and rapid propagation and promulgation of human/non-human bonding therapies, may be considered in terms of the evolution of humans and non-humans. When one circumspectly reflects on the past uses of non-human animals by humans, one progressively perceives, in varying degrees, these uses as being primarily unidirectional (or of animal giving to man) and restricted within the confines of the “physical” realm. At one end of the “physical” spectrum, there are non-humans killed for food; and at the other end, animals worshipped as statue deities or killed as demons.

However, with the successful employment of human/non-human bonding practices, humans and their non-human companions have entered into a new reality in their interaction, reality which is metaphysical and effortlessly omnidirectional. Simply stated, the human/non-human bonding experience evokes love. Perhaps, this is one of the reasons pet-facilitated therapy programs are so exciting and are experiencing exponential growth.

The Vancouver Regional Branch of the British Columbia S.P.C.A. initiated the development of a pet-facilitated therapy program with discussions with the rehabilitative staff of one of Vancouver's largest hospitals, Shaughnessy. During the first meeting, the general parameters of the program and anticipated time frames with respect to initiation, operation, training of volunteers and program evaluation were discussed. We realized at the outset that it would be imperative for me to visit two patients for a period of approximately three months in order to clearly define guidelines for the training of volunteers, program evaluation and general management of the program.

Beginning in January 1983, I took my dog, Opal, an eight year old spaniel cross to visit two residents selected by the hospital's staff. Shortly after my weekly visits began, one of the residents passed away. The other resident was extremely withdrawn, depressed and uncommunicative and did not respond either to me or to my dog. After five unsuccessful visits, I met with the hospital therapist. We decided that to encourage a more positive response, the resident should be given treats to feed my dog, to facilitate interaction.

Over a period of time, the resident’s interest in our visits increased to the extent that he offered to buy the treats from his own limited resources. This was a turning-point in our interaction since his hospital personality file indicated that he was very “tight” with his money. On the fourteenth visit, when the treats had been depleted, the resident saved some of his hamburger bun for my dog. With time, and with encouragement, he began grooming and teaching my dog some tricks during our visits.

In this intermediate care facility, the resident’s bed is his private sanctuary. On one visit, the resident invited Opal to lay on his bed. The dog remained for 15 minutes of loving stroking. A positive bonding between him and my dog had finally been sealed.

"With the successful employment of human/non-human bonding practices, humans and their non-human companions have entered into a new reality in their interaction, a reality which is metaphysical and effortlessly omnidirectional. The human/non-human bonding experience evokes love.

Initially, I was to visit the resident for a trial period of three months. More than one and one-half years have now passed and I am still committed to visiting this resident on a weekly basis. We have shared histories, recipes, tears, loves, anger, desires, and, most important, friendship and companionship. Opal is respon-

Continued on next page
sible for bringing about this happy, mutually rewarding relationship.

Thursdays are normally the day on which I visit the resident. Every Thursday morning, my dog eagerly waits at the front door when I am leaving for work because somehow she seems to know that this is the day she is going to visit our friend. On the way to the hospital, she leads me. After the visit Opal exhibits confidence and a sense of well-being.

My experiences are not unique. The British Columbia S.P.C.A. now has a "Pets and Friends Program" in thirteen facilities throughout the Vancouver area. Twenty trained volunteers, visit over a hundred residents.

Every three months or so, the volunteers share their experiences. Each, when she or he reports her experience, talks about the changes which have been brought about, not only in the residents and in their pets, but in the volunteers themselves. There emerges a pattern which proves that this form of activity is, as described earlier, omnidirectional.

With the assistance of Mr. Len Diner, a Social Work Consultant with the Vancouver East Health Unit, a study was prepared evaluating the effects pets have on hospital residents. The report's abstract follows: "A pilot study involving seven hospital residents resulted in increased interaction with volunteers when a dog was introduced into a visiting situation. The residents were rated for a three month period utilizing a behavioural rating checklist which measured smiling, verbalization, leaning towards, and eye contact behaviours, all known interactive components."

**Hypothesis**

The project hypothesized that the dogs would act as a "social lubricant" and thus, be a stimulus to increased social interaction by the subjects when communicating with the volunteers. The social interaction was measured by "The Behaviour Rating Checklist".

The project would be comparing the subject's social interaction with no variable introduced, volunteer, and volunteer with pet. Thus, it was felt that should volunteer with pet show increased social interaction over baseline and volunteer, it could be concluded that the dog provided the change.

**Procedure**

The group of subjects were randomly selected in the two groups. The volunteers were randomly assigned two subjects to visit. The rater observed and rated the interaction at four intervals: baseline, volunteer, volunteer with pet first visit, volunteer with pet last visit. Each observation took fifteen minutes. The project was completed in 3½ months.

**Results**

There was marked improvement for all measures, following intervention with volunteer and pet.

The sample consisted of 7 subjects, 4 were in group 1 and 3 in group 2. Five subjects were removed from the sample due to transfers and missing data.

It should be noted that group 2 was assessed for all measures with the pet and then followed by an intervention without the pet. It can be seen that mean score and individual score dropped for this unit, this is in direct contrast to group 1 for whom scores either increased or remained stable at the 4th when the pet and volunteer were present.

We, therefore, conclude that the presence of a pet is an important factor in increasing social interaction. However, due to the small population studied and the limited data base, no attempt at statistical analysis was made.

**Discussion**

Though the study did show that the subjects showed increased social interaction when the pet was introduced, the results should be interpreted studiously. First, as mentioned previously, the one group design had limitations in the fact that the experimental group was its own control. It would certainly have strengthened the results if there

Continued on page 18
Relevant Reading

Dogs Need Our Love


Researchers have done much to enhance our understanding of dog behavior. Their pioneering work has led to a new scientific discipline. Animal behaviorists are fast gaining credibility and growing in number. And as an outgrowth of this phenomenon, a myriad of dog behavior and training books have exploded on the marketplace.

Through the efforts of the behavior pioneers, we have learned the true nature of dogs. But, while they have done much to help us understand dogs as isolated entities, they have often minimized or ignored perhaps the greatest single cause of dog behavior problems—people.

Training techniques as described in numerous books are accurate and work well for those people who are perceived as natural leaders by their dogs. But many of us are confused as to what our leadership role requires, and disappointed when our attempts to apply dog training techniques fail. Born leaders need no behavior or training books; it is for the rest of us that Dogs Need Our Love is written.

The love dogs give us helps us in many ways. Recent research into the human/animal bond demonstrates clearly that love between pets and people can improve our physical and emotional health. This love can also improve an animal’s health and behavior. Unfortunately, the reverse is true when love is lacking.

While most of us have good intentions, the desire to fulfill our own needs often supersedes our ability and willingness to consider the dog’s needs. Providing a dog with food and shelter is not enough; it needs love. We cannot provide love for a dog if we care only for ourselves or fail to understand what a dog is and what it cannot be. To give love to a dog, we must understand it well enough to let it be itself. And, equally important, we need to learn how it perceives us.

In other words, we must understand ourselves. This may not seem easy for some of us, but by exploring both dog and human behavior, it is hoped that this book can open a few doors toward understanding the truth of our relationship with our dogs.

In contrast to other behavior books, the author believes that behavior is simple. He also believes that love is not only the best thing we can offer dogs, it is the easiest. It is hoped that Dogs Need Our Love can enhance our relationship with dogs by eliminating the confusion.

The author wishes to help all dogs and their owners. This may seem to be an overly idealistic goal, but a little love can go a long way.

Jack L. Tuttle received a B.S. in Biology in 1969, a D.V.M. in 1973 and a Master’s degree in Adult Education in 1978, all from the University of Illinois. Upon graduation from veterinary school, he worked as a small animal veterinarian in private practice in suburban Chicago for two years.

In 1975, Dr. Tuttle was named Small Animal Information Specialist for the University of Illinois College of Veterinary Medicine, the Co-operative Extension Service and the Office of Continuing Education/Public Service at the University of Illinois.

Childhood Cruelty Toward Animals Among Criminals and Non-Criminals

Stephen R. Kelker, Ph.D, Associate Professor, Yale University, School of Forestry and Environmental Studies, 205 Prospect Street, New Haven, CT 06511 and Alan R. Felthous, M.D., Section Chief, C.F. Menninger Memorial Hospital, Box 829, Topeka, KS 66601.

A 37 page paper which examines the relationship between childhood cruelty toward animals and aggressive behavior among criminals and non-criminals in adulthood. It concludes that aggression among adult criminals may be strongly correlated with a history of family abuse and childhood cruelty toward animals.

The identification of nine motivations for animal cruelty indicates the complex multidimensional character of this behavior. The data adduced by the researchers should alert investigators in this area and clinicians and societal leaders to the importance of childhood animal cruelty as a potential indicator of disturbed family relationships and future antisocial and aggressive behavior.

The study concludes, “The evolution of a more gentle and benign relationship in human society might thus be enhanced by our promotion of a more positive and nurturing ethic between children and animals.”

Copies of this study are available at 20¢ per page for xerography, handing and mailing ($7.40), from The Latham Foundation Library, Clement and Schiller Streets, Alameda, CA 94501.

Snowflake in My Hand


The author is a research associate at New York’s Animal Medical Center. She gently and compassionately reports miracles—triumphant cures and long term remissions—for cats with cancer.

Author Budd Schulberg said about this book, “In telling the story of the cats she has served far beyond the call of duty, Samantha Mooney is really telling us how to face the ordeal of terminal illness with humor, patience and courage (owners and cats alike!). A passion for life transforms a book about dying into a book about living each day to the brim.”

Relevant Reading Continued on page 15
Walden and A Sand County Almanac.

Wallace's opus had cordial, critical reviews, four of which, quoted below, communicate enough of the sense of his work to whet the appetite of anyone with even a latent appreciation of our environment and its significance.

"From the rock bottom to the alpine meadows, Wallace describes the Klamath Mountains of the American Northwest with a mind open to all the possibilities. The Klamath Knot will join Sand County Almanac, The Overcoat House, and The Immense Journey as a book to be read and reread."

CLEVELAND PLAIN DEALER

"Not since Lewis Thomas wrote The Lives of a Cell has there been a union of science, beauty, imagination and fine writing like the one David Wallace has provided in The Klamath Knot. He has combined science and myth without doing violence to either, offering a rich synthesis which unites evolutionary theory and mythic insight."

SAN FRANCISCO CHRONICLE

"David Rains Wallace is the best sort of nature writer—one who tries to link natural history and the imagination. Like his contemporaries, Peter Matthiessen, John McPhee and Stephen Jay Gould, he asks large questions but knows the answers we find will always be too small ... Clear and grateful."

CHICAGO SUN-TIMES

"The Klamath Knot is a marvelous book, one of the finest nature essays I have read, beautifully written, full of stimulating ideas and insights."

GEORGE B. SCHALLER

One's appetite to read The Klamath Knot should be further whetted by reading four paragraphs from the last chapter of the book which are reproduced below.

"Humanity has always been hard to define, and evolution hasn't made it easier. Older myths generally placed humans on a scale midway between animals and gods. This position had a comfortable stability. But whoever has the good fortune to penetrate that wilderness, for his labors will gain a beatific reward. The wilderness abounds in whatsoever the ear desires to hear, whatsoever pleases the eye.

The author had a National Endowment for the Arts fellowship which helped him research and write the book which was characterized by G. Ledyard Stebbins of the Smithsonian Institution as, "A classic of natural history which will take its place alongside a godlike future for the human race may be possible, indeed desirable, assuming our future godlike omnipotence and immortality are accompanied by better behavior than that of, say, the Olympian gods. Evolution's four billion years of this planet do not foreshadow such a future, however. The symmetry of transformation from animal to god is not reflected in evolutionary evidence. Humans have not evolved from animals; we are animals, no less dependent on plant photosynthesis and bacterial decomposition for our survival than the lowest flatworm. The ancient thinkers who developed the animal-human-god hierarchy were not aware of what we have evolved from. Like all animals, we have evolved from an intricate, fortuitous symbiosis of single-celled organisms. If there is symmetry to evolution, the future will not see us dominating all other life as gods. It will see us become part of a greater organism which we cannot imagine."

"The difference between humans and other organisms is that humans, having discerned something of how evolution works, are now able to confront their choices consciously. This is not the same as saying that we now can control evolution. I don't know how much of a difference it is in effect: we may be able to perceive our choices and still be unable to choose and act. By overpopulating the planet as we are now doing, for example, we are making an evolutionary choice just as unplanned as that of our hominid ancestors when they began cracking antelope and other hominids over the head with sticks. Nevertheless, we do differ from the first hominids in our having some notion of the implications of our behavior. In Biblical terms we have heeded the serpent, eaten the tree of knowledge, and lost our innocence. We now must face the possibility of choosing between good and evil, or, in evolutionary terms, between survival and extinction.

In other words humans have some degree of free will. As two millennia of theologians have been telling us, this is a perilous position. Pride is the great danger to the soul consciously seeking..."

Continued on page 16
salvation. I think it is the great danger to the species consciously seeking survival too. In both cases pride can transform the best of virtues into the worst of vices. It can transform an individual's high intelligence into arrogance, and it can transform a species' considerable understanding of nature into stupid plundering.

Love is a Happy Cat
Dr. Michael W. Fox, Newmarket Press; price, $7.95.

Love is a Happy Cat is a cat care and behavior guide to help owners better understand their pets' needs. The book reveals important facts about cat psychology and behavior to facilitate rapport between the cat and its sponsor. (Cats never have owners). "By not responding correctly to our cats' behavior we are creating more problems," Fox says. "Without a knowledge of cats' behavior, idiosyncrasies and emotional needs, our appreciation of their 'catness' will be lacking and...we also may well fall short of being good cat caretakers."

The book has whimsy to decorate its information, abetted by 86 witty drawings by Harry Gans. Each is accompanied by a definition of love written from the cat's viewpoint. "Love is looking out for your cat's tail when you shut the refrigerator door..." "Love is a cardboard box to hide in" and "Love is adopting a homeless cat or kitten from a humane society."

The Woman's Day Book of Hints for Cat Owners

This book is crammed with medical, psychological and historical information, liberally laced with personal anecdotes that underscore the facts and flavor them with wit and whimsy. About half of the material comes from articles in Woman's Day where the author was Pet Editor for ten years. The balance comes from her voluminous file and library on cats, and from her own experience as longtime caretaker of cats. There isn't a sentimental note in the book, but there is a lot of charm. Jean Burden, unlike most feline aficionadas, really manages to look the cat straight in the eye.

Some unusual chapters: Catnip Craziness, Cats and Water, Is Your Cat the Show Biz Type?, The Cat's Purr, What Children Can Really Learn from Pets, Ailurophobia, Cats and ESP. 241 pages of pithy paragrapheach one separated by a divider in the shape of a pawprint, making the information easy to find. It also has a good index, an essential in this sort of book. Line drawings are by Carol Selkin.

Betty White comments on The Woman's Day Book of Hints for Cat Owners, "Only Jean Burden can impart such a wealth of pertinent information, and still manage to lace it with her unique appreciation of the essence of this beautiful animal."

Dr. & Mr. Kidd Respond to JAVMA Article on PFT

Dr. Arthur Freeman
Editor in Chief
Journal of the American Veterinary Medical Association
930 Meacham Road
Schaumburg, Illinois 60196

Dear Dr. Freeman,

We feel some comment is very necessary in reply to the article "A New Look at Pet Facilitated Therapy" by Alan Beck and Aaron Katcher, which was published in the February 15th issue of JAVMA, Volume 184, pp.414-421.

Although many of the opinions expressed by Beck and Katcher are valid, there are some serious flaws in their line of reasoning in the article. First, nowhere in the article do they define the term "pet-facilitated therapy." They lack such a definition, yet they approve "recreational" aspects of pet visitation to institutions, and state: "There is adequate documentation that pets can evoke positive feelings and enthusiasms from some withdrawn, apathetic, and depressed patients", but then they question the value of "pet-facilitated therapy." (p. 419) The customary definitions of therapy are (1) treatment and its techniques, (2) subjecting a person to an action or influence, (3) an effort to ameliorate an undesirable condition, and (4) an attempt to help a person attain better health or psychological adjustment. With these traditional definitions of therapy, therefore, pet visitations are clearly therapeutic as noted by their own statement of "adequate documentation."

The authors do seem overconcerned with the number of single case studies. Certainly such studies may obscure alternative explanations and true interpretation and must not be generalized to populations. However, in addition to the hypothesis generation suggested by the authors, single case studies have been a source of therapeutic techniques (as defined in 3 and 4 above), have permitted scientists to study rare phenomena which are hidden by mass statistics, and have

Continued on page 17
provided counterinstances to cast doubt on accepted theoretical positions (the experimentum crucis). In medicine, psychology, and social work, single case studies are the rule rather than the exception whenever a new area or field is to be explored. Based on such single studies, a number of major research programs are established. These later studies will then provide the scientific validity requested by Beck and Katcher. Because the field of the human/companion animal bond is new, it is just now reaching the stage of large scale, statistically valid studies.

In their criticism of Brikel's study, the authors state "the difference in depression scores was significant only if a one-tailed test was used." (p.416) According to Meyers and Grossen in Behavioral Research: Theory, Procedure and Design (2nd edition), San Francisco, Freeman, 1978, "If the direction of the mean difference is predicted before conducting the research, a one-tailed test should be used. If no direction is predicted, then a two-tailed test should be used." (p. 267) Of course a two-tailed test is more conservative in that fewer significant differences will be obtained, but as Meyers and Grossen note, "With a two-tailed test, there is always the possibility that the 'true' effect is masked for one reason or another." (p. 103)

The authors cite two articles by Cameron, et al., to show that "animal owners do not like people as much as non-owners," but fail to cite the research by the present writers which found that cat owners like people less than do other pet owners, but that dog, horse and small bird owners are both social and sociable.

Beck and Katcher further suggest that the morale-raising effects of pet visitation programs may result from the "Hawthorne Effect," the giving of special attention to those visited by the investigation crews. This is certainly a possibility and is supposed by Hendy's work which the two authors cite. Psychologists, however, would also ask why some of those visited did not show negative effects (the "secondary gain" or the indirect benefit from symptoms). If attention from others is the sole explanation for morale improvement, one would ordinarily expect some of the institutionalized to show no improvement or even to regress in order to obtain even more attention.

While Beck and Katcher also note that Ory and Goldberg found that many pet-owning low income rural families have lower morale than non-pet owning low income rural families, and that pet-owning high income rural families have high morale, they fail to note studies which indicate that pet ownership is also associated with decreased feelings of well-being in employed, productive adult men who are involved in organizations providing human services, and that there are no psychological or health differences among college students who have owned, presently own, or have never owned pets. The results of such studies do not support the idea that pet ownership is valueless. They do, rather, emphasize the great need for well-designed scientific studies to determine when and in what groups pet ownership is beneficial and when and where it is detrimental to people.

On a positive note, Beck and Katcher's article clearly points out the need for well-designed research in this area. It emphasizes the effect of the run-away enthusiasm of the mass media (enthusiasm stimulated at least in part by their own 1983 book Between Pets and People) and it points out directions for future research. The present writers do wish, however, that Beck and Katcher had also pointed out the absence of a needed theoretical framework in this field on which some future statistically valid research could be based.

Aline H. Kidd, Ph.D.
Professor in Psychology
Mills College
Robert M. Kidd, M.A.
V.A. Medical Center
Martinez, California

"This time it vanished quite slowly, beginning with the end of the tail, and ending with the grin, which remained some time after the rest of it had gone." (The Cheshire Cat). Lewis Carroll - Alice in Wonderland.

"He says he's Spot, a long-lost friend."

Reproduced with permission.
were a two-group before-after design. Secondly, the sample reduced to seven makes it difficult to test significance. It would have been helpful if the sample had been larger, so that dropout rate effect would have been reduced. However, this was a pilot project to explore and find ways to approach a larger and more rigorous research program.

Despite the flaws in its design, the project did present some encouraging results. It did support findings reported in recent literature as adduced by such investigators as Mugford and M'Comisky, 1975; Corson; et al., 1977; and Robb et al., 1980. All these studies showed that pets had an effect on social behavior. The B.C.S.P.C.A.'s pilot project supported earlier research. However, it should be noted that the Canadian "Pets and Friends Program" was unique in one major area. Our project was a visitation type where the previous studies were all residential. Thus, the project was documenting whether a visitation program could provide some benefits. It appears that the answer is that it does. Similar findings were reported by Francis, Turner and Johnson (unpublished report - from The Pet and the Elderly; The Therapeutic Bond) where they found that pet visitation effected six out of eight social measures. In that study they visited once a week for eight weeks and spent eight hours with the experimental group. Our project involved a one hour pet visit for three months.

In a recent letter to the Vancouver Branch, B.C.S.P.C.A., the Shaughnessy Hospital Chief Rehabilitation Therapist reported "The therapists on the wards are very pleased with the overall results of the program. It has been very difficult in some areas, as a result of staff cutbacks, to follow through on the results of the visits to individuals. Some of the residents however, have shown to be noticeably more sociable. In some wards, the volunteers enlarged their visits to include many residents. This has resulted in the volunteer and pet becoming a ward visitor as well as an individual one. The activity has therefore changed to a ward activity which is anticipated with pleasure by many residents. It generates discussion and interest before and following the visits. From our perspective, the Pets and Friends program is proving to be valuable to the residents and volunteers, dogs and also to the staff working in the ward at the time of the visit. I hope we can expand to the wards which do not have a pet visitor at this time."

At present, the Pets and Friends program has expanded to include twenty trained volunteers, visiting over one hundred residents in thirteen facilities. The volunteers and pets go through an extensive screening process before being accepted into the training program. Another twenty volunteers are currently being screened for acceptance into the training program.

We have recognized that the careful selection of volunteers is extremely important to the ongoing success of the program. The volunteers must a) be mobile, i.e. have transportation, b) have good interpersonal skills, c) be willing to deal with the elderly, handicapped or impaired, d) be able to commit themselves in terms of time, e) have a cat or dog which is well trained, obedient, which interacts well with people and is in good physical condition.

Additionally, the volunteer must demonstrate appropriate communication and listening skills during two interviews held by the Social Work Consultant and Administrator of the care facility. Whilst the training program is carried out for volunteers with an emphasis on the skills, it is important to ensure that the volunteers are reasonably versed in communicating and listening. The success of the program is dependant upon these two skills.

"All animals except man know that the ultimate of life is to enjoy it."

— Samuel Butler
The pet testing is carried out by the staff of the Vancouver Regional Branch of B.C.S.P.C.A. It helps to establish the suitability of the pet to this type of program. The screening of pets includes training, behaviour, observation, approach, and handling of the animal. In addition, the animal is tested for its interaction with other animals, stability, and its reaction to non-pleasant stimuli. Once the pet testing is completed, a medical examination of the pet by one of the Branch's veterinarians is completed to ensure that the pet is of optimum health.

When the volunteer and pet have completed the above evaluations, a training program is held for those volunteers who have successfully passed the evaluation. The curriculum outline for this program is as follows:

First Session — Three Hours
1) introduction to Pets and Friends Program, 2) reasons why the S.P.C.A. is becoming involved with pet-facilitated psychotherapy, 3) personal account of visitation experience, 4) historical review of pet-facilitated psychotherapy, 5) a “60 Minutes” clip of pet-facilitated psychotherapy programs, 6) introduction to communication/listening skills.

Second Session - Three hours
1) communication/listening skills continued, a) feedback from first session, b) brief review, c) exercise on closed and open questions, d) dealing with silence, e) roadblocks to better communication, f) material, discussion on empathy – expression on feeling, g) discussion on volunteer's report, h) feedback and conclusions, 2) behavioural abnormalities in residents, 3) the volunteer evaluation forms.

In defining the selection of residents, the following is a guideline for facilities to determine those residents who would most benefit from participating in the program. 1) not afraid of animals, 2) not allergic to animals, 3) likes animals, 4) will benefit from individual social interaction, 5) have expressed an interest in participating in the program, 6) the following will not restrict participation: a) confusion, b) inability to communicate, c) physical disability, d) a short attention span.

The only restriction regarding participation is consistently violent or overt behaviour.

In the initial planning of the Pets and Friends program, it was recognized that the program would best succeed if it was designed to embrace as much of the community as possible. To this end, we have relied upon the services of the Vancouver East Health Unit, volunteer bureaus, and local media to promote not only the program but this form of therapy. In addition, in order to increase academic awareness and interest in the program, we have students at the Secondary, College and University levels prepare papers relating to various aspects of pet-facilitated therapy. In the past year, three papers have been completed.

The purpose of this strategy is to ensure that students, who will be entering the fields of caring for the elderly, become progressively more and more aware of the benefits of this type of therapy, and to excite and to encourage them in developing programs such as ours when they join the workforce.

On a regular basis, meetings are held for the volunteers to discuss experiences. We recognize the importance of providing the opportunity for an ongoing interest in this type of work. Thus, we have started a volunteer-produced newsletter for the volunteers of this program.

Continued on page 20
When I first brought my dog into the Shaughnessy Hospital, as a part of the development of the program, there was considerable animosity on the part of the maintenance and hospital staff with respect to my dog's health and the spread of disease. In addition, many people were concerned about the effectiveness of this type of program. Since that time, my dog and I and the other volunteers with their pets are welcomed into the hospital. The staff have witnessed for themselves the benefits of this type of program. Some of the old myths regarding the presence of animals in a hospital have disappeared.

The Pets and Friends Program in Vancouver is helping to increase the understanding, appreciation and respect of people for other animals. With respect to the animals, participating in the program, they receive, for the most part, the best of human love, care and affection. This in turn helps positively to transform their behaviour.

One volunteer in speaking of the way her dog is before, during and after her hospital visit, reported, "He can hardly wait to get out of the car and go to the building. Once, as soon as I had opened the car door on my side, he rushed past me and darted for the door of the facility. I am finding that KOKO appears to be very proud of himself for the whole day of the program. He holds his head high, his tail wags, he seems to be more positive, calmer, cheerful and happy. It is as if he knows that when he goes to visit these people, he is doing something good, as if to say that his involvement in the program has special meaning for him."

As a result of my participating in the program as a volunteer, I have become more aware of the wealth of information and understanding which the elderly possess. I have become aware of the sense of isolation which they feel. This has called upon my compassion and will to be part of the healing process within these, at times, sterile environments. The act of visiting with my dog brings me great pleasure. This, notwithstanding my frustration and disappointment in not receiving positive feedback from the resident selected for me to visit during my early contacts. I know I am not alone in my experience and reactions. The most general comment of those involved with pet-facilitated therapy and the Vancouver Branch's program has been "It is good."

Continued on page 24

A Dog Obedience Primer

From page 11

slip collar. Most classes fall between these two extremes. Trainers vary in their approach, but most agree that the slip or "choke" collar (I hate that name!) is a useful training aid. It must be properly used, however. This means always keeping it slack, unless a correction is being made. Corrections should be firm but fair, and appropriate to the sensitivity of the individual dog.

Another point — an obedience class won't change the basic nature of a dog, it just gives the owner more control over the

Animal Behavior Consultant Deena B. Case, M.A. has been interested in people and pets since childhood when her father's allergies prevented her from having animals other than turtles and fish. Deena is a PhD candidate in psychology at Claremont Graduate School in Southern California. She teaches classes for the Santa Barbara-Ventura Veterinary Medical Association on raising a puppy and dog obedience. She is also an instructor of psychology at Oxnard College and behavior columnist for Community Animal Control magazine.
The Latham Mailbag

It is gratifying to communicate a message one believes in, but it’s even more rewarding to know that you’re being heard. Foundation mail increases from week to week. Letters pour in expressing appreciation for our films, our public service announcements, for source material on the bond and for the Latham Letter. Latham’s correspondents are scientists, researchers, scholars, humane administrators, animal control officers, nursing home operators and just about everybody concerned with the phenomenon of the human/companion animal bond in ALL its ramifications.

As satisfying as the breadth of background of those who invite Latham’s input and assistance with studies and projects is the fact that inquiries come from very wide-spread geographic areas. We’ve heard from most of the states of the United States and from many countries in both hemispheres.

It isn’t feasible to reprint many letters in our columns, and hard to know which ones to select. Here are a few current communications.

Free PFT Services for Ohio Institutions

Dear Mr. Jamie:

At this time I would like to introduce Companion Animal Services (CAS) to you and your colleagues. Companion Animal Services is a non-profit organization established and headquartered in Columbus, Ohio. Our purpose is to provide professional pet-therapy services free of charge to interested institutions and individuals, and to increase public awareness and understanding of the value and benefits of pet-therapy.

Under the guidance of our director, Dr. Robert M. Andryso, CAS is prepared to assist healthcare facilities in their attempts to establish pet-visitaton or pet-therapy programs. Areas of available assistance include:

1) Location, screening, training, housing, and health-care of animals.
2) Location and organization of volunteers to aid in transportation of animals, building of kennels, veterinary care of animals, visitation of residents, etc.
3) Education of staff in the area of therapeutic utilization of animals.
4) Legal advice
5) Purchasing of liability insurance.
6) Evaluation of program and residents and staff involved in program.
7) Periodic consultation to help maintain either a visitation or therapeutic program.

Our staff has been chosen so that a professional service may be supplied which continually undergoes rigorous evaluation. Research conducted by our staff will be in two directions. First, striving towards a better understanding of the human-animal relationship and secondly, to help administrators and staff of healthcare facilities better understand such aspects as the cost/benefit ratio, legal risks and responsibilities, fund-raising, and reduced staff work load.

The enclosed brochure outlines CAS in greater detail. All of us involved in CAS look forward to future involvement with yourself and others like you striving towards a better understanding of the human-animal relationship.

Sincerely yours,
Raymond D. Anderson
Secretary
1064 Country Club Road, Suite B
Columbus, Ohio 43227
614/884-5529

A portion of the information presented in the brochure is reproduced here:

Who We Are

Companion Animal Services is a non-profit organization established in 1982 and headquartered in Columbus, Ohio.

While our long term goal is to bring pet-therapy services to many diverse groups who can benefit from them, our immediate objective is to provide the services to elderly Ohioans, especially the 200,000 residents of Ohio’s more than 5,000 nursing homes and retirement communities.

A Word About Pet-therapy

The benefits of pet-therapy have been demonstrated with such diverse groups as the elderly, handicapped children, patients recovering from heart attacks, the mentally retarded and inmates of correctional institutions.

In a variety of pet-therapy projects and programs, the unique relationship between humans and animals has been used successfully in various types of treatment and care facilities to open up avenues of communication and improve the rapport among residents of the facilities and between the residents and facility staffs, increasing the potential for success of other forms of therapy.

A carefully documented research project conducted in Columbus, Ohio by the current director of Companion Animal Services has shown that companion animals—such pets as dogs and cats—can be used successfully to relieve the loneliness, depression and boredom of nursing home residents, as well as improve the ability and willingness of the residents to interact with other residents and staff members.

In view of the steadily rising number of nursing home residents and the increasing resident-to-staff ratio, pet-therapy is being looked upon as a way to improve cooperation and communication within the nursing home setting, creating an improved atmosphere

Continued on page 23
Psychology Today Tabulates It's Reader Survey of Pets and People

When Walt Whitman wrote, "I think I could turn and live with animals," he probably wasn't thinking of pets. But many of us think of pets about as often as we do of our family or friends. Americans own 150 million pets of every shape and size, and the $6 billion or so we spend annually on their care and feeding exceeds the national budgets of many countries.

Because pets are such an integral part of our world, Psychology Today decided to learn more about the role they play in our lives.

The survey analysis was conducted by NFO Research, a Toledo, Ohio-based research firm. Funding for the survey was made possible by the Pets Are Wonderful Council (PAW).

The August issue of Psychology Today magazine featured an in-depth report on the survey, which explored the role of the dog and cat in the family as well as differences between pet owners and non-owners. More than 13,000 Psychology Today readers responded to the survey, the questionnaire for which appeared in the magazine's April issue.

Pet Owners are Happier, Feel Better about Themselves

Pet owners consistently scored higher than non-owners in feelings of life satisfaction, self-esteem and overall well-being.

Seven out of ten respondents believe raising a pet prepares people for the responsibilities of parenthood. A third (34%) added that nurturing a pet can actually help couples decide to become parents.

Almost all (97%) of both owners and non-owners said children should grow up with a pet. Eight out of ten said pets teach children responsibility, gentleness and respect for life.

Eight out of ten owners said family fun and laughter significantly increased after a pet joined the household. Almost half reported more communication between family members after getting a pet.

Eighty-six percent of pet-owning respondents said they treat their pets as human or almost human family members.

Pet owners are decidedly more satisfied with their lives than are non-owners. Owners rated their lives as more "interesting," "enjoyable," "worthwhile," "full" and "rewarding" than did those who don't own pets. Also, owners were less likely to report feeling lonely, bored or depressed in recent weeks than were non-owners.

Two-thirds (69%) of pet owners reported that they seek comfort from their pet when depressed. Less popular methods of seeking solace included eating more or less (60%), seeking the company of friends (48%), or getting more involved in work (48%).

Owners ranked their pets third in importance in their lives, following immediate family members and other relatives. Pets were deemed more important than friends, neighbors, jobs, sports and social functions.

The pleasure and companionship a pet offers were cited by 97 percent of respondents as their reason for owning a dog or cat.

Nearly all (99%) pet owners who participated in the survey talk to their pets.

Here are two comments received from respondents to the study:

"My dog loves me when I can't love myself, and she does so with unfailing loyalty. I learn many things from her, like never losing touch with the joy of new things, never shutting out the smell of the air, or sounds of the rain. Her unfailing curiosity reminds me of my own when I was young and the world was fresh to me. My dog is a constant reminder to not get 'bogged down' with city life and my problems, but to enjoy the beauties of life and the living. I feel blessed to share in her little life, to watch her grow and learn and experience. I think it's exciting to be able to share our lives with other creatures."

"For eleven years my family owned a big dog who was considered part of the family. 'Casey' was the closest to my father, though he gave us all pleasure, companionship, love and a sense of security. He

Continued on page 24
A Word About Pet Therapy

and quality of care for residents of the homes without requiring additional staff or adding to the work load of current staff members.

The CAS Program

The Companion Animal Services program for bringing professional pet-therapy services to residents of Ohio nursing homes goes beyond the pet-visitation programs that have been tried in the past.

The CAS program has been designed to operate in five carefully planned phases stretching over a four-month period. During this period, the CAS staff will work with nursing home administrators and staff to establish the program, which will then be maintained by nursing home personnel with the CAS staff available for consultation and assistance as required.

The various phases of the CAS program are intended to involve nursing home staff members in operation of the pet-therapy program, ensure that the pets and residents selected for the program will offer the best possible potential for success, adapt the program to the particular needs of the specific nursing home being served, and provide in-depth evaluation of the program to determine its impact and effectiveness.

It is this carefully planned, professional approach to providing pet-therapy services that has won Companion Animal Services the support and endorsement of leading community organizations and nursing homes.

Remotivating Nursing Home Residents in Massachusetts

Gentlemen:

Nursing home residents are partially to completely separated from their former environment and lifestyle. This separation can produce loss of self worth. Twin Services is attempting to bridge the gap and help nursing home residents create for themselves a new and meaningful phase of life.

We are involved in serving the needs of the nursing home elderly and in promoting community awareness of these needs. In addition to providing therapeutic programs and services to help remotivate nursing home residents we hope to reinterest them in once again taking part in their own lives by regaining some independence and control in the decision making process.

One of our programs is Animal Therapy. We are the first and only ones to provide this service in our area and are thrilled with the benefits it is providing for nursing home residents. Any information or help you could give us would be greatly appreciated so that we might utilize this therapy to its fullest. Some of our results with these vulnerable and isolated elderly have been dramatic.

We shall look forward to hearing from you.

Sincerely,

Helen M. Shanley
President, Twin Services
Teamwork for InterNursing Home Services
P.O. Box 673
Dartmouth, MA 02748

The Bond in Warwick, New York

Dear Mr. Teabault:

Many thanks for your letter of August 4, and the Summer issue of The Latham Letter, which is proving invaluable in the work we are doing and looking to improve.

We started in 1982 with our Animal Awareness Programs in which we bring our abandoned dogs, cats, puppies and kittens to the area schools and talk to the children about their responsibilities in protecting and caring for their own pets and all animal life. We have also branched out to visits to nursing homes, Senior Citizen Centers, handicapped and retarded children and children with cerebral palsy.

All of the work we do does our hearts good—and the bond between the animals and the old and the sick and the handicapped bring tears to one's eyes. Each is lonely for the other.

It is a great pleasure knowing of your organization. Hope we can keep in touch.

Warwick Valley Humane Society Inc.
P.O. Box 61
Warwick, N.Y. 10990
(914) 988-2473

WITHIT in Alabama

Dear Mr. Teabault,

Thank you for your letter of May 25, 1983, in which you so graciously grant permission for us to share the delightful television series, WITH IT, with participating members of Video Instruction Association. Every school and school system, both public and private, within the state of Alabama, is automatically a VIA member.

Again, thank you for your generosity. If we can be of assistance in any way, please don't hesitate to call on us.

Sincerely yours,

Katherine S. Carroll (Mrs.)
ITV Programmer

PFT in NYC

Dear Hugh:

I've just had the pleasure of reviewing The Latham Letter (Spring 1984).

I am pleased that you gave the letter from Diane Carnegie, Director, Humane Society of New York, some attention. The writer of our story may have been over-exuberant, myopic or both. Certainly any work that the Humane Society of New York does in this area, as well as Animal Medical Center, is needed, and the more humane

Continued on page 24
Pets and Friends Program of the Vancouver Regional Branch of the BCSPCA
From page 20

Kenneth Israel Hemmerick was born in Montreal, Quebec where he received his formal education in music at le Conservatoire de Musique du Quebec and at McGill University. Currently, he is the Director of Education and Community Affairs for the Vancouver Regional Branch of the British Columbia SPCA. Questions concerning the program described in this article may be directed to him at 1205 East 7th Avenue, Vancouver, B.C. V5T 1R1 (604) 879-4328.

PFT in NYC
From page 23

societies providing pet-facilitated therapy the better. The ASPCA continues to move strongly ahead in this area, and has just recently received a special grant from the New York Community Trust to further expand our work and study its consequences. Should you wish some further information on what we are doing, please feel free to contact Ann Squire, a Ph.D. in Bio-Psychology, who directs our Humane Education program and pet therapy efforts.

Dr. John F. Kullberg
American SPCA
441 E. 92nd Street
New York, N.Y. 10028

Reader Survey of Pets and People
From page 22
greeted us when we came home, understood us when we spoke, communicated with us, was sensitive to our emotions, sought our companionship, stayed close when we were upset, relished our affection, calmed us, humored us and loved us. He was the third sibling. He enriched our lives. When I was sixteen, he became critically ill and had to be put to sleep ... It was the only time in my life that I ever saw my father cry ... Today I am twenty-seven years old and I still carry a picture of 'Casey' in my wallet.

OUR MISTAKE
The Summer Latham Letter published a communication from Roy G. Kabat, Director, "Dogs for the Deaf" of Jacksonville, Oregon regarding standardization of Hearing Dog Programs. Through our error, another name was signed to Roy's letter. We apologize.

“Behind each beautiful wild fur there is an ugly story. It is a brutal, bloody and barbaric story. The animal is not killed—it is tortured. I don't think a fur coat is worth it.”
—Mary Tyler Moore

FOR MDs AND DVMs: A SUGGESTION

When you have finished with your copy of The Latham Letter, what happens to it? Is it tossed into the "round file"? Does it get passed to a colleague or friend, or get taken home to the family? We at Latham are pleased to learn that some practitioners, recognize that the publication's upbeat articles on pet facilitated therapy, on the documentable value of pet companions for just about everyone, are ideal fare for waiting patients. They are placing their copies of The Latham Letter in their waiting rooms.

We think that's a great idea and we hope you'll do the same.

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