The Latham Letter

Vol VII, No. 3 ALAMEDA, CALIFORNIA SUMMER 1986

Pet-Facilitated Therapy Grows Up

Many Humane Organizations Are Reevaluating Their Role in PFT

Randall Lockwood, Ph.D.

Over the last twenty years, the common sense realization that contact with animals can enrich our lives has received enormous attention from the scientific, veterinary, and human health-care communities. The result has been the rapid growth of programs aimed at integrating pets and other animals into the care and treatment of many different groups, including the institutionalized and homebound elderly as well as the physically, mentally, or emotionally handicapped. These activities have been given a wide variety of labels including "animal assisted therapy," "people-pet partnership," and, most commonly, "pet-facilitated therapy" or simply "PFT."

Although scientific and media attention to the therapeutic value of pets has been relatively recent, the idea goes back a long way. England's York Retreat, founded in 1792, used the rewards of caring for animals as a way of shaping the behavior of the mentally ill. This came at a time when most asylums used brutal physical punishment to control behavior. In West Germany, the Bethel treatment facility was started in 1867. From the very beginning, this community integrated pets, farm animals, and wildlife into the treatment programs that now reach over 5,000 patients. American use of animals in therapeutic settings began at the Pawling Army Air Corps Convalescent Hospital in New York in 1942. Here, physically and emotion-

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Vivisection

A great variety of subject matter passes over our desk each week, much of it dealing with one aspect or another related to the inhumane treatment or privation of humans and/or animals. Most has such a valid basis for serious concern and need for corrective action, that, in light of the resources available, painfully difficult decisions respecting priorities are constantly faced. It is indeed difficult not to be attracted into aggressive participation against the many ugly realities daily evidenced by mass starvation, social injustice, human and pet overpopulation and abuse. Because, however, of the many established agencies working for corrective measures, Latham's management continues to believe that its best contribution towards the prevention of cruelty is through education.

Because the scope of Latham's concern encompasses the uniqueness of all *life with a particular emphasis on its interdependence and interrelationship, the physiological or psychological problems of humans as well as animals are viewed as analogous. Life, human and non-human, is considered precious. The appalling degree and amount of pain and suffering attendant to the unrestricted practice of vivisection is viewed with great consternation. Unfortunately, the word "vivisection", by itself, causes such immediate dichotomy of opinion and emotional reaction that little room is*

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FEATURED IN FALL:

Perspectives On

Children & "The Bond"

Photo by Steven Skloot

Brian Bradshaw

"At Least One Day A Week I'm Not Handicapped"

The value of therapeutic horse riding for the physically handicapped has been so well documented over the past number of years that many much needed and excellent programs have been established throughout the nation. An example of one outstanding successful activity operating under the name of The Halleck Creek Riding Club for the Handicapped presently provides weekly therapy and enjoyment for forty to sixty participants. The Club, which is in fact a 4-H Club, was founded and organized in 1977 by its principal trainer, Duane Irving, on a 1,087 acre ranch at Nicasio, California. It serves persons of all ages living in the Northern San Francisco Bay Area.

Like other therapeutic horse riding activities, The Halleck Creek Riding Club program, with the help of many volunteers, provides its participants thoughtful and carefully supervised safe exercises on a weekly basis. A unique and wonderful "plus," however, has been developed and added

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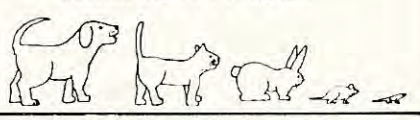

Vivisection

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normally left for rational thinking or discussion. In this latter respect we quote in part for our readers' consideration, from a thoughtfully introspective speech on the subject, given by Dallas Pratt, M.D. on the occasion of his acceptance of the prestigious 1981 Albert Schweitzer Medal.

— Hugh H. Tebault

Autumn in the Hudson Highlands, where I do my writing, is heralded by the honking of geese flying south. Just the other day I saw several of their great "V's" floating overhead. The fall has also brought the red leaves, the red hunters, and into my house, in defiance of screens, a horde of ravenous flies. I have to swat them. So the hunters, whose activities I detest, are hunting deer in the woods, but I am hunting flies in the house.

Roger Ulrich is a research psychologist who a few years ago repudiated and expressed regret for the painful experiments on monkeys for which he was well-known. When I wrote to him about it, he replied: "Do you take or prescribe drugs? If you do, be damn careful what you say about anyone else harming animals because the moment you engage in either of these two behaviors you become part of the problem of animal painful experimentation." I have to admit that at about the time Dr. Ulrich was abandoning his painful experiments I was undergoing surgery without questioning the possible use of animals in the testing of drugs, surgical techniques and radiation from which I benefited, and without which I might not be here today receiving the Schweitzer Award.

But *ought* I to be here, a beneficiary, in a surgical crisis, of animal experimentation; a confessed swatter of flies; a doctor who, in medical school, studied wound-healing in dogs? How about "reverence for life," or the "ethical man" who, acording to Schweitzer, "shatters no ice crystal that sparkles in the sun, tears no leaf from the tree, breaks off no flower, and is careful not to crush any insect as he walks?"

Well, I doubt if Schweitzer the philosopher expected fallible humans to be quite as perfect as this quotation suggests. Reverence for life is set before us as an ideal, but as a practical man and physician the good Doctor used drugs which he must have known had been produced at the expense of animals, and he didn't scruple to inject the victims of sleeping sickness with chemicals which would kill the invading trypanosomes. In a crisis situation, a choice had to be made, and the "will-to-live" of the parasites had to be sacrificed in favor of the "will-to-live" of the patient. But a very significant insight is expressed by Schweitzer when he adds that it was not without concern that he looked at the trypanosomes and through the microscope and thought about his decision to end their striving for existence.

Note this emphasis on *thinking* about what you are doing, especially when a will-to-live, even an apparently insignificant one, is at stake. "Thinking" is a theme which Schweitzer emphasizes (and perhaps the word "imagination" is closer to his real meaning) as much as he does the better known precept of "reverence for life." He deplores a tendency in his contemporaries to give up thinking for themselves and instead to rely on truths spoon-fed by authority and propaganda. He calls it "a declaration of spiritual bankruptcy." But the man who has truly "become a thinking being feels a compulsion to give to every will-to-live the same reverence for life that he gives to his own. He experiences that other life as his own."

The experience of identifying with the will-to-live of an other, and that other an animal, was expressed with great imagination and charm, four centuries ago, by the French essayist Montaigne. "When I play with my cat," he wrote, "who knows whether I do not make her more sport than she makes me? We mutually divert one another with our monkey tricks: if I have my hour to begin or to refuse, she also has hers." This wisest Frenchman of the Renaissance becomes so vehement about the moral superiority of many animals over humans that even in our time of animal rights and liberation he would rank as a radical.

At this stage in my life I don't know how imaginative I can pretend to be. With hindsight, and knowledge of the cruel confinement suffered by so many dogs in medical or veterinary schools, I certainly give much more thought than I did as a brainwashed medical student to the distress of dogs subject to repeated experimental or "practice" surgery. I have a desire to make others think about it too, and that's why in my first book I noted that my alma mater, Columbia, reported the use in one year (1973) of no less than 1660 dogs in the William Black Research Laboratory.

My accepting drugs in a surgical crisis without scrupling to think at the time of the probable cost to experimental animals has indeed, following Dr. Ulrich's blunt warning, made me humble, in fact "damn careful," in preaching animal rights, especially to others who many have experienced similar life-threatening situations. But reflection has helped me to see that successfully weathering such a crisis may tempt one, as Andrew Linzey wrote, to imagine a "continuous crisis situation in which we have constantly to choose in favor of our own species." Reinforced by propaganda from the research establishment, the continuous crisis theory has spawned much old-fashioned animal experimentation and retarded the development and substitution of non-sentient technology.

Let's leave that for the moment and go back to the flies — which are still buzzing inside my head. I cannot exactly reverence them, but I stand in awe of their will-to-live, much as Robert Frost did in a confrontation with an almost microscopic insect, a mite which crawled so purposefully to and fro on his manuscript that he was moved to address it in verse:

". . . With inclination it could call its own
It paused as with suspicion of my pen,
And then came racing wildly on again . . .
Plainly with an intelligence I dealt . . ."

This is just an excerpt, but in his octogenarian years I heard the poet read the whole poem, titled "A Considerable Speck," with great sensitivity and humor.

In spite of the ability of philosophers and poets to imagine the feelings of insects, it might be better to concentrate on animals with whom we can identify more easily. I freely admit that one of the take-off places in my own developing concern for animals was when the circumstances of my life first made it possible for me to acquire a dog, a Scotty named Maud who was born in my house in 1966 and still lives there today, teaching me now about old age as she did about infancy, adolesence, maternity and much else (including driving a car smoothly, without abrupt stops which can tumble a dozing Scotty onto the floor!) And if, like Montaigne and his cat, I could glimpse the world through her innocent eyes, I imagine it would seem a lovely place filled with very kind people.

Another milestone in my progress through a "humane education" was in 1973 when a colleague and I found an untended, dying little brown dog — a female — with a gaping undressed throat wound in a laboratory at New York University Medical Center. I have described in my book how we telephoned the surgeon who had operated on the dog. He said that his experiment on the heart vessels had not been successful, and the dog should just be "allowed to die." When nobody would help us at the hospital — it was Friday night, the beginning of the weekend, and the attendants had vanished — we smuggled the dog out of the building and took her to the Animal Medical Center. There she was gently eased out of a world which, in contrast to Maud's, must have seemed both ugly and unkind. We had stolen hospital "property" and disrupted a scientific experiment; nevertheless I learned a lot that night about callous institutional attitudes and something about myself. I think what we did was wrong in principle, but right for that dog, at that time, in that place.

We still have between 60 and 100 million animals under experiment in the United States. I think of those 60 million animals. A sad, almost hopeless feeling comes over me. Then I think of 80 million. I feel just the same. 100 million. The same. Try it, and you will see that when enormous numbers are involved, 20 million animals more or less become meaningless — just cold statistics. But it's different when the imagination focuses on that one individual animal alone with its pain in the laboratory. I am still haunted by the image of that badly wounded little brown dog which we found on a Friday evening at NYU Medical Center and which was to be "allowed to die."

The famous question which Jeremy Bentham asked about animals, which was not, can they reason? or can they talk? but can they *suffer?* must be answered "Yes — just as we do."

Which leads to the second question: how much should they be asked to suffer? This might be answered, as it was many years ago by C.W. Hume, in this way: If animals are to be experimented on by man, then they should not be forced to accept suffering greater than man himself would accept.

A corollary follows: If some experiment cannot be performed at all without unrelieved pain and distress, then the humanitarian position is that these should be abandoned. If this last suggestion were acted on, it would eliminate a lot of scientific trash — like "learned helplessness" and "pits of despair" experiments — and be a challenge to human ingenuity to find the necessary alternatives.

THE LATHAM LETTER

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A final question. Can we ever extricate ourselves from the moral dilemma of not wanting to cause distress to animals, and yet often being forced by the necessities of our lives into benefiting from their sacrifice? I think we are powerless to reject the knowledge which the past relentlessly thrusts upon us, including those discoveries which have come by a long, dark and ghastly route. But perhaps it is possible to atone, at least in part, for that murky past, if with will and imagination we mould the future, and put to work the technology which can replace the myriad of suffering rats, mice, guinea pigs, monkeys, cats — and little brown dogs.

Just imagine . . .

For Your Calendar

Humane Society of the United States Animal Control Academy: August 4-15: Billings, MT. Academy Session. **August 25-29:** Tampa, FL. Special Academy Session. **September 15-26:** Novato, CA. Academy Session.
Contact Hurt "Bill" Smith, 2608 8th St., Suite 202, Tuscaloosa, AL 35401. (205) 752-0058.

American Humane Association Training Workshops: Leadership Management I: July 23-25: Spokane, WA. Co-sponsor SpokAnimal C.A.R.E. Contact Gail Mackie, SpokAnimal C.A.R.E., 107 N. Park Road, Spokane, WA 99212. (509) 928-0144. **September 10-12:** Little Rock, AR. Co-sponsor Little Rock Animal Control. Contact Anne Thompson, Little Rock Animal Control, 3800 S. Chester Street, Little Rock, AR 72206. (501) 376-3067. **September 17-19:** Santa Cruz, CA. Co-Sponsor Santa Cruz SPCA. Contact Doug Fakkema, Santa Cruz SPCA, 2200 7th Avenue, Santa Cruz, CA 95062. (408) 475-6454.

August 20-23: International Conference, Boston, Massachusetts, "Living Together: People, Animals and The Environment." American Animal Hospital Association, American Veterinary Medical Association,The Delta Society, The Humane Society of the United States, Massachusetts SPCA, New England Aquarium, Tufts University — School of Veterinary Medicine, and other international organizations. Boston Park Plaza Hotel. Principal topics: Animals & Children/Elderly, Pet-Facilitated Therapy, Animal Abuse, Animal Selection & Training, Animals in Research, Human/Animal Ecology, Animal Loss/Bereavement, Therapeutic Horseback Riding. Details available from Delta at 212 Wells Ave. S., Suite C, Renton, WA 98055. (206) 226-7357.

October 8-10: American Humane Association (AHA) Annual Conference. Airport Stouffer Hotel (New), Denver, CO. Information: telephone 1 (800) 8-GAINES.

October 9: Society of Animal Welfare Administrators (SAWA). Airport Stouffer Hotel, Denver, CO.

October 16-17: Conference on the Welfare of Laboratory Animals — Current Issues. Suggested attendees: research investigators, laboratory animal personnel, members of Animal Care and Use Committees, institutional officials, and others concerned with laboratory animal welfare policies and practices.

Topics: 1986 provisions of both Public Health Service policy and federal law, public concerns about animal experiments, perception and amelioration of animal pain, ethical issues, scientists' responsibilities toward animals. Workshops will discuss institutional Animal Care and Use Committees; euthanasia; alternatives for refinement, replacement, and reduction of animal use; anesthetics/analgesics/ and postoperative care; animal facility inspections; conduction of training courses for investigators; animals in education; use of pound animals; and computer programs for monitoring animal care and use.

Speakers: Charles McCarthy, Amy Freeman Lee, Andrew Rowan, Gilbert Greenwald, Richard Simmonds, Jean Dodds, Dennis Cohn.

October 22-25: Humane Society of the United States (HSUS) Annual Conference. Doral Hotel, Miami Beach, FL. Information: (202) 452-1100.

November 10-12: Texas A&M University 13th Annual Animal Control Personnel Development Program. College Station, TX. Contact Dr. William F. McCullough, College of Veterinary Medicine, Texas A&M University, College Station, TX 77843. (409) 845-3203.

June 3-5, 1987: Third Canadian Congress of Rehabilitation. Municipal Convention Center & Quebec Hilton, Quebec City. Theme: Improving the Quality of Life Within the Community — A Canadian Summit on Rehabilitation. For preliminary program or the call for Abstracts, contact: Congress Planning Committee, Centre Francois-Charon, 525, boul. Hamel, Quebec, Quebec G1M 2S8. (418) 529-9141 (ext. 388). The deadline for submission of abstracts is September 30, 1986.

American Humane Association Names Executive Director

Boston, April 1 — Arthur G. Slade, President of The American Human Association has announced the appointment of Larry Brown as the Executive Director of the Association. The appointment followed a nationwide recruitment and selection process conducted by a search committee of the national Board.

Photo courtesy American Humane Association

Lawrence C. Brown

Brown, with American Humane since 1975, was Associate Director and Director of the Children's Division for eight years. More recently he served as Deputy Executive Director and Acting Executive Director.

A graduate of San Diego State University and Florida State University, Brown holds a Master of Social Work degree and is a member of the National Association of Social Workers. He was State Director of Child Welfare Services in New Mexico before joining American Humane.

In announcing the appointment Slade emphasized the importance of the new executive director's leadership and experience in nonprofit association management as well as his recognized commitment to the values of American Humane.

Brown has extensive administrative experience and has served on the Board of Directors of two national nonprofit associations.

The American Humane Association is a federation of humane societies and is the nation's oldest national child welfare organization. Founded in 1877 for the prevention of cruelty especially to children and animals, American Humane now offers nationwide programs in education, advocacy, research and service. Organized into two specialized program divisions, and guided by a single national Board of Directors, American Humane is unique in its historic charter to protect both animals and children.

According to Don Anthony of St. Louis who chaired the search committee, Brown will be responsible to the Board of Directors for implementing the Association's general policies and long range plan. He will supervise the Association's 27 paid staff and manage the operating budget of almost 2 million dollars.

Kudos For Latham

The Winter issue of *Alma Matters,* official newsletter of the Alternative Living Managers' Association of Chicago, had good things to say about two Latham Foundation products. Here is what the newsletter said about the Foundation's recent film and symposium book.

Latham Foundation Film Available

The newest film of the Latham Foundation, *It's A Very Special Privilege,* is available on loan from the Foundation for a nominal fee. Produced in cooperation with the California Veterinary Medical Association, the motion picture explores the role of the veterinarian in the complex human/companion animal bond relationship in a sensitive, but realistic manner.

The film is described as a "must see" for anyone whose activity or concern relates to animals and their interaction with humans. It dramatically reports the therapy which pets provide children, the elderly, and persons with disabilities. Many problems fade in the presence of non-judgmental companion animals.

The film is available on loan for $10 prepaid or $15 billed. Purchase price is $225. Please allow three weeks advance when booking. To reserve, purchase, or for further information, contact The Latham Foundation, Latham Plaza Building, Clement & Schiller Streets, Alameda, CA 94501, (415) 521-0920.

DYNAMIC RELATIONSHIPS IN PRACTICE: Animals in the Helping Professions

P. Arkow, Ed.
Latham Foundation
Latham Plaza Building
Clement & Schiller Sts.
Alameda, CA 94501
1984, 420 pp., paperback, $15.95

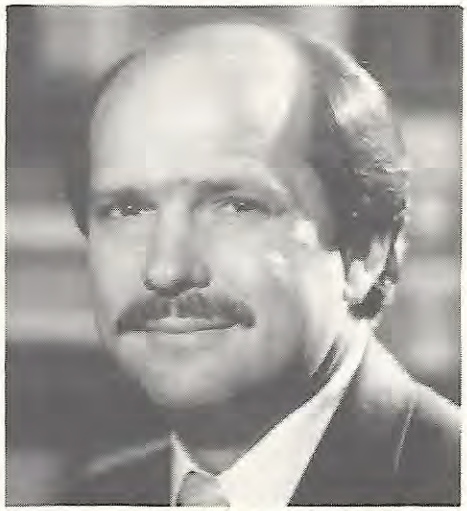
This is an excellent, comprehensive treatment of all phases of animal therapy. If you have any type of program involving animal assisted therapy or are interested in beginning one, be sure to read this manual.

Latham Board Member Honored

Marion Holt, a member of the Latham Foundation Board of Directors since 1982, was recently named "Citizen of the Year" in Alameda, California. Many of Mrs. Holt's current activities have come as a result of her association with The Latham Foundation.

When first joining the board she viewed a number of the Foundation-produced films and was impressed with the possiblities of the human/companion animal bond. She and her dog "Pal" are now daily visitors to nursing homes residents, and have logged over 5000 hours together at Hillhaven Convalescent Hospital. Pal was also honored with a plaque for his Outstanding Volunteer Services. A new organization has begun called "LITA," Love Is The Answer, which matches volunteers and residents for short, weekly visits.

Mrs. Holt's activities in the community with Children's Hospital Medical Center, Alameda Hospital Board, and in other associations exemplify Latham's tenet — "respect for all life."



Attorney Clifford R. Lancaster Joins Latham's Board

President Tebault is pleased to announce the appointment of Clifford R. Lancaster to The Latham Foundation's Board of Directors and Executive Committee. Lancaster, a native Californian, is a graduate of Oregon's Reed College. His Doctor of Jurisprudence degree was awarded by Boalt Hall, School of Law, Berkeley, California.

Mr. Lancaster, the Senior Partner in the law firm of Calkins & Lancaster, has served as Judge Pro Tem in a number of courts and is an active member of the California Bar Association as well as many other state and local professional organizations. He is a former member of the Clara Barton Foundation's Board of Directors and very active in the community affairs of Alameda, where he resides with his wife, Sally, and their four small children.

Reader Input Invited

The broad and enthusiastic response of **Latham Letter** readers to the newsletter's recent questionnaire encourages us to suggest that you continue to communicate. We welcome your comments and suggestions. We also solicit your requests for source material of all kinds related to the human/companion animal bond and to pet facilitated therapy.

We're pleased that generally we can provide the material requested. (See Volume 6, No. 4, Fall 1985 **Latham Letter**, pages 14 and 15 for identification of more than 100 documents available in reprint form at a charge of 20¢ per page for duplication, handling and mailing. Send orders to the Latham Foundation, Latham Plaza Building, Clement and Schiller Streets, Alameda, CA 94501.)

We invite you to help make our library more complete by providing copies of relevant material for possible duplication and dissemination. Bibliographic items, transcripts of presentations, articles, news releases, scientific research, and progress reports describing the implementation of and results achieved by pet prescription programs or people-pet-partnership councils are examples of the type of information which would be appropriate.

An example of a publication just received and therefore not included in the 1985 listing is an excellent and provocative paper recently given by Phil Arkow of the Humane Society of Pikes Peak Region titled "The Humane Society and the Human-Companion Animal Bond; Reflections on the Broken Bond."

Selected material will be identified in upcoming issues of the **Latham Letter**.

Canine Companions For Independence

This Unique Organization Trains Dogs To Give Their Owners A Most Precious Gift

Lois M. Cox

Even in the first few minutes at Canine Companions for Independence, one cannot help but be impressed by the "sure I can" attitude of the staff. Soon after, however, comes amazement at what has been and continues to be accomplished with minimal funding.

Eventually, the focus shifts to the dogs, especially the cheerful, bumbling puppies. From birth to 7 weeks, it's not likely that anyone would guess them destined for greatness. They simply look like any well-fed, irresistible puppies of various breeds. To all but practiced eyes, their consistently sound conformation is disguised by the clumsiness of puppyhood. Their potential for trainability, intelligence and sensitivity to human needs is no more than expectations among the CCI staff.

The first hint of what planned parenthood can do for puppies comes when they are about 7 weeks old. CCI trainers then run each puppy through a series of tests designed to predict its performance as a service, signal or social dog. The rare pups that score poorly on more than three of the seven tests become immediate pet prospects for deserving homes. The rest (suprisingly often an entire litter) find their paws starting down the road to becoming exceptional dogs for exceptional people.

Photo by Ron Dickey

Behind every service, signal, social, or specialty dog trained by CCI is a dedicated youngster who must, one day, say good-bye. This is Ralph McCluskey and Ginny, whom Ralph cared for and loved from puppyhood to maturity.

Waiting impatiently at the end of that road are men and women confined to wheelchairs or rest homes or isolated in the world of profound deafness or autism, and retarded or emotionally scarred children. CCI dogs give such individuals and groups longed for independence, a companionable reason for living through another day or a nonjudgemental link with reality. Whatever role each puppy fulfills, its achievements are no accident — far from it.

The CCI Saga

Every CCI dog is a four-footed testimonial to one woman's tenacious commitment to an idea many "experts" ridiculed — that handicapped people would rather do for themselves than be dependent upon others. Bonnie Bergin came to that radical conclusion after she and her husband spent a year touring Southeast Asia. There they saw dozens of people crawling, limping and dragging their crippled bodies through each day's happenings. Except for an occasional donkey or mule, none seemed to have any assistants.

The incident that converted amazement into action occurred in Turkey. While lunching at a rooftop restaurant, Bonnie and Jim saw a man dressed in a business suit propelling himself along the sidewalk using only his elbows and hips. Bonnie still shakes her head in disbelief when she thinks back on it.

"That man crossed a six-lane intersection and kept going down the opposite sidewalk. What amazed us even more was that no one except us seemed to notice what he was doing, much less consider it marvelous. They took him for granted.

"I couldn't do that," says Bonnie, corralling her long, blonde hair behind her ears. "I began to wonder what such determination might accomplish if it had some help. But I didn't see that help taking the shape of dogs until we had been back in the states awhile."

Bonnie and Jim returned to California in 1974, and she began working on a master's degree in education at Sonoma State College. Many who shared her courses in special education were determined to find the best possible ways to care for handicapped people. Bonnie, however, persisted in arguing that these people should be helped to care for themselves. The question she couldn't answer was "how?"

Eventually, knowing what dogs were already doing for the blind, she mentally put dogs into her equation: disabled + help = satisfying independence. After all, most dogs enjoy having a job to do. That, Bonnie reasoned, should make them more reliable and easier to control than monkeys. Besides, as Jim pointed out, dogs could pull wheelchairs and carry substantial backpacks.

Thus began the birthing pains of CCI and, eventually, the careers of dogs like Max, Skippy, Mike, Allegory, Gus, Sarge and Windy. Abdul was the first, and on his shoulders rested the future development — or the untimely demise — of the whole idea.

Creating a Team

Neither Bonnie nor Jim could claim any expertise in evaluating and formally training dogs. So, in 1974, while continuing to work as a teacher, Bonnie drove hundreds of miles around California to study under reputable dog trainers and breeders. She was, she says, "Giving myself a crash course in training theory and techniques, and canine genetics."

Photo courtesy Canine Companions for Independence

Abdul pushes elevator button for Kerry.

By 1975, Bonnie was eager to put what she'd learned to work. She had a 9-week-old Labrador/Golden Retriever puppy as a candidate for the companion role. What she lacked was a disabled person willing to serve as a guinea pig in what might be either a precedent-setting sucess or a depressing failure.

Then she met Kerry Knaus. Kerry, a 19-year-old quadriplegic, had been crippled since birth by Oppenheimer's disease, a condition similar to muscular dystrophy. Kerry, however, was not only reluctant to be part of Bonnie's experiment, she agreed with the experts who had declared the idea ludicrous. With no usable upper arm or shoulder muscles, controlling a rambunctious puppy seemed pure fantasy.

Gradually, however, Bonnie's Norwegian stubborness prevailed. Kerry accepted the puppy into her life. By chance, she named him Abdul, not discovering until years later that the word means "servant." The three trailblazers were in business — and what a business it turned out to be!

For the better part of two years, no one but Bonnie (and perhaps Jim) would have bet on a favorable finish. In retrospect, though, both Kerry and Bonnie admit to frustration, exasperation and wanting to quit. Kerry says that only such rare moments of triumph as when she and Abdul went high-in-trial during a fun obedience match made her persevere.

As for Abdul, he used the two years to mature and to outgrow the urge to chew up the house and Kerry's possessions. More important, he became devoted to Kerry, learned his work, and ultimately freed Kerry from the expense and aggravation of requiring 24-hour-a-day attendant care.

CCI had produced its first service dog. Bonnie's idea had been proved feasible. Kerry had her personalized, four-footed key to independent living.

Beyond the First

Unfortunately, there was no time to savor this first, hard-won triumph, much less to rest on proverbial laurels. With California alone home to more than 1.5 million disabled people, more than 20,000 hearing impaired people and many more thousands receiving rest home or other institutional care, the need for trained canine companions was obvious. Far less obvious, however, were the answers to CCI logistics.

Bonnie and Jim knew they had to solve many riddles if the project had any chance of continued success. How could they best determine which dogs

Photo courtesy Canine Companions for Independence

The look on the faces of both Tyler and his service dog, Hancock, show that matches made in heaven can be found on earth. Tyler, 6, is the youngest recipient of a Canine Companions service dog.

are the best suited and most easily trained for particular jobs? Which breeds were most likely to respond efficiently to having lifelong responsibilities? What criteria should be used in giving a certain dog to a certain person? At what age should training beyond basic obedience be started? Should the disabled be part of the entire training process (as Kerry had been with Abdul), or should each one be united with a previously matched dog after the training was completed?

For starters, she decided that productivity would be optimized if she carefully chose breeding stock for trainability, intelligence, willingness and sensitivity to human desires. For service dogs, she turned to smooth Collies, Golden Retrievers, Labrador Retrievers, German Shepherds and Dobermans. For signal dogs, the most probable candidates seemed to be Schipperkes, Corgis and Border Collies. Standard Poodles just about have a monopoly on social dog positions because their nonshedding and nonallergenic coats are wrapped around such willing, people-sensitive personalities.

By 1980, what had been a volunteer-staffed, relatively fragmented, Bergin-backyard/home project began to blossom into a centralized, higher production effort — one whose presence was becoming known. The California legislature had been persuaded to legislate public access for service dogs. The list of formal applications for CCI dogs was getting longer by the day. The dogs already placed — such as Abdul with Kerry, Skippy with Larry, and Sarge with Richard — had more than proved their worth.

In January 1981, thanks to a second grant from the L.J. and Mary C. Skaggs Foundation, CCI was able to move from the Bergin home to a self-contained training facility. That same year, as did many others, Allegory and Gary became a team and Taylor went to work as a social dog in Fort Bragg, California. Of the signal dogs graduated that year, Windy and Kate formed an especially memorable partnership.

Stretching the Horizons

For these people and their dogs, what matters is their continuing joy in one another, in jobs well done, in barriers overcome. But for CCI, these people and their dogs were part of an unending evolution. Dog selection and training methods were being refined. Hiring a staff to insure consistency, plus having access to volunteer puppy-walking and kennel help, meant that CCI could keep about 30 dogs moving through a regular training routine. While each batch of 30 young adults were in training, candidate puppies were being raised by families with youngsters in 4-H, Future Farmers of America, scouting or other youth organizations.

By the end of 1982, 62 dogs had been placed as canine companions. Costs, however, were averaging about $3,000 per dog. With each applicant being asked to pay only a $25 application fee, funding remained a perpetual problem. Since the answer couldn't be to contract the operation, the Bergins and CCI's Board of Directors came up with dog/people ideas that might generate income.

Besides an annual membership drive ($10 per individual per year; $25 per business per year; $3,000 for a sponsoring member) and other get-acquainted happenings, CCI started conducting obedience classes for the general public. These have ranged from the usual basic beginners' classes to advanced work for disabled (and able-bodied) individuals who want to train their own dogs to higher levels of usefulness.

Boarding kennel facilities (those not being used at a given time by dogs in CCI training) have been made available to the public, as well. Then there is the day care center for young children, a multi-purpose venture. The CCI staff know that dogs raised with children have an advantage when they enter training to become guide dogs for the

Continued on next page

CCI

Continued from page 7

blind. Not every crop of CCI puppies, however, can be immediately matched with a suitable family. Therefore, at the day care center, both puppies and children benefit from supervised encounters.

Members of the Lion's Clubs around Northern California have committed themselves to sponsoring fund-raising events for CCI. The United Way of California's North Bay was more specific. They donated $3,000 for the training of a dog to work with a class of autistic and retarded children.

Because of that grant, Max, a black Labrador Retriever, goes to work every day at the Grace Reese Treatment Center in Santa Rosa. His job starts when he personally greets each child as he or she arrives at the Center, but his main assignment is to help the children exercise during recess. Max is superbly talented at initiating games of "keep away" that channel the youngsters' excess energies and help them develop running, timing and eye/hand coordination.

During the rest of each day, Max may keep some children occupied while the teacher concentrates on others, or he may help a bouncily restless child relax during a nap period. Whatever his chore of the moment, Max does it with enthusiasm, letting each child experience the comfort of unconditional love.

Charles Kingsley once said, "Do noble things, not dream them, all day long." At CCI, you have the feeling that the people and the dogs have taken those words to heart. Their major frustration is in not being able to expand so they can do more at a faster pace. With over 200 formal applications from handicapped people on file, there seems no end to the noble things that are waiting to be done.

If you want to know more about what the doers are doing, contact Canine Companions for Independence, P.O. Box 446, Santa Rosa, CA 95402.

The foregoing article was originally published in Dog Fancy Magazine. *The* ***Latham Letter*** *has the permission of that publication and of author Lois Cox to reproduce it here.*

Since its original publication, the cost of sponsoring a dog has increased to $5,000. Membership prices have risen as well. Additionally, there is a $100 registration fee for each participant in the "boot camp" to cover the cost of the backpack, collar, etc.

The Canine Alumni of CCI — Where Are They?

The formation of Canine Companions for Independence and the superlatively trained dogs they produce is causing a quiet revolution among the people lucky enough to receive a service or signal dog. Most are able to cast off many of the aggravations of dependence and, sometimes for the first time in their lives, experience the dignity of independence so many of us take for granted.

Richard and Sarge

Richard was paralyzed from the waist down in a truck accident when he was 16 years old. He didn't meet CCI's Sarge, a tri-colored Smooth Collie, until years later, after he and his wife had moved to Napa, California. Because Richard spends much of his spare time working on cars, Sarge has had to learn to retrieve mechanic's tools by name. At the office where Richard is employed as a draftsman, Sarge fetches blueprints and runs errands to parts of the office not accessible to a wheelchair.

Larry and Skippy

Larry operates a dental laboratory out of his Southern California home. He is a husband, a father and he is legally deaf. The equipment he uses in his business is so noisy that his hearing aid is overwhelmed. Skippy, a male Schipperke, becomes Larry's ears during working hours, listening for the telephone, doorbell, a request from wife or children, or any other sounds Larry should know about.

Gary and Allegory

While in his late teens, Gary Smith was shot by a hitchhiker to whom he'd given a ride. Partially paralyzed, the once vigorous Gary has been confined to a wheelchair ever since. Some years later, while attending college in Northern California, Gary heard about CCI. Within a few months, he and Allegory, a female Doberman, were learning to work together. Beyond physical assistance, Gary says that Allegory gave him "something to focus on beyond my loneliness and insecurity." As of this writing, Gary is married and close to completing his college work in the computer field. Ever at his side and also continuing to learn is his faithful service dog, Allegory.

Photo courtesy Canine Companions for Independence

Joker pulls Bruce across the street and up an otherwise unnavigable curb.

Guidelines – Animals in Nursing Homes

The California Veterinary Medical Association has announced that it is currently in the process of having its "Guidelines — Animals in Nursing Homes" updated. As originally published the detailed 42 page document not only provided an excellent overview of the benefits of to be derived from the introduction of animals into nursing homes, but wisely details many of the areas which require the exercise of caution. Among the many important considerations which are discussed concerning the organization and implementation of nursing home programs, are such things as impressing the individual administrators and staff of the program's benefits in such a way as to obtain not only their permission but also their whole hearted cooperation.

For further information, write to California Veterinary Medical Association, 655 University Avenue, Suite 115, Sacramento, CA 95825. — HHT

Scientists Active in Animal Welfare

The Scientists Center for Animal Welfare is at the forefront of an increasingly visible public issue — the responsible use of animals in research. The Center, a non-profit organization based in Washington, D.C., organizes and conducts educational programs intended to help scientists conduct research and use animals in ways that are consistent with society's ethical values. The Center's outlook is to uphold justifiable animal research, while at the same time seeking ways to ensure the humaneness of every experiment and complete public accountability.

A primary focus of the Center's recent educational programs has been on improving the effectiveness of institutional oversight of animal experiments. In the past, committees appointed to conduct this oversight have been deficient. Newly enacted federal laws and national policies have charged these committees with important responsibilities, which include review of the protocols of animal experiments and the conditions in which animals are housed. Educational programs of the Scientists Center for Animal Welfare have helped and continue to help research facilities establish and run more effective committees. As part of this ongoing program the Center conducted workshops in 1984-85 throughout the U.S. and in Canada. A book-length publication based on these workshop proceedings is scheduled for publication later in 1986. It will appear as a special issue of *Laboratory Animal Science*. It contains practical advice for institutional policies and practices and consensus recommendations for effective committees.

During 1986, the Scientist Center will launch important new projects aimed at increasing the sensitivity of biomedical investigators to the welfare of laboratory animals. National and local conferences to help inform scientists about timely current issues regarding laboratory animals are scheduled. Among the topics addressed will be the new National Institute of Health (NIH) policy; the new Federal law governing animal experiments; Animal Care and Use Committees; and the philosophical/bioethical issues involved in animal experimentation.

Also, another new educational program will be launched specifically addressing animal pain and distress — its recognition, alleviation, and avoidance. One goal of this latter program is to help biomedical investigators design animal experiments which minimize or eliminate animal pain wherever possible. If animal experimentation is to be made more humane, then recognition, alleviation, and elimination of animal pain by investigators is a primary requirement.

The Center's programs are directed at the scientists who themselves are conducting animal experiments, and who are responsible for deciding what experimental procedures should or should not be done, and exactly how experiments should be performed. Programs are directed therefore at the most crucial focal point, the individual investigator.

The Center issues a quarterly newsletter which is distributed to scientists, medical and veterinary libraries

throughout the country, policy makers, and others. Readers are kept up to date about such topics as legislation, alternatives in the use of animals, standards for agricultural animals, wildlife issues, reports on conferences, and current literature.

In addition to the newsletter, other educational resources are available from the Center. These include publications, articles, copies of laws and policies, and other materials.

A Board of Trustees — scholars representing a broad field of interests in biomedical research, agricultural science, wildlife research and bioethics — meet regularly to oversee the Center's activities.

The activities of the Center are funded primarily from foundation support and donations. As an IRS-registered organization, all donations to the Center are tax-deductible.

Two types of membership are available, individual and institutional. Individual members receive the newsletter and serve in advisory capacities from time to time on special issues. Institutional members receive benefits such as free or discounted attendance at the Center's conferences.

Scientists and others interested in the welfare of animals used in scientific investigations (biomedical, agricultural, and wildlife studies) are encouraged to contact Dr. F. Barbara Orlans, Director, Scientists Center for Animal Welfare, 4805 St. Elmo Avenue, Bethesda, MD 20814, (301) 654-6390.

Shown at a recent SCAW Board of Trustees meeting held at George Washington University are (standing - l. to r.): Sherman Bloom, M.D., Wm. Ray Stricklin, Ph.D., David J. Ramsay, D.M., D.Phil., Henry J. Baker, D.V.M.; (seated - l. to r.): Richard C. Simmonds, D.V.M., M.S., Harry C. Rowsell, D.V.M., Ph.D., W. Jean Dodds, D.V.M., and ex officio board member F. Barbara Orlans, Ph.D. On the board but not in the photo are George A. Kanoti, S.T.D., Devra G. Kleiman, Ph.D. and Richard J. Traystman, Ph.D.

Quality Hill

~~No~~ Pets Allowed

Everything's Up-To-Date in Kansas City

Like most American communities, Kansas City, Missouri's new developments, have, throughout the years, been consistently constructed outward from its city center. During much of the time while its modern expansion progressed, the southwest edge of downtown Kansas City known as Quality Hill, an area which once rivaled New York, Boston and San Francisco in elegance, was allowed to deteriorate. Now, however, that historic section has undergone a fabulous restoration and once again boasts the city's most prestigious addresses. Whole blocks of victorian buildings have been meticulously restored to their original design and interspersed with architecturally compatible, newly contructed apartments and townhouses.

In restoring Quality Hill, its planners exerted great and thoughtful effort in providing every amenity and accommodation for gracious living, one feature of which will be of particular interest to **Latham Letter** readers. Specific provision has been made to allow residents who wish to keep a pet, to do so. The maintenance of resident pets, however, is allowed only under specific and practical circumstances so as to prevent their presence from detracting from the comforts and rights of residents without pets.

Pet resident accommodation is accomplished by means of a thoughtfully conceived, yet business-like, procedure. Each person who wishes to maintain a companion animal at Quality Hill is required personally to meet with the project's progressive manager, Sonja Cox, in company with the particular pet involved. At this time the animal is evaluated as to its appropriateness, its size, temperament, etc. If the pet is found to be suitable, it is then physically measured and otherwise described in a legal document which sets forth the following listed terms with which the pet owner must abide:

1. The agreement covers only the described pet.

2. Leash laws must be obeyed. No pet may leave the apartment without the presence of Lessee and on leash.

3. Lessor reserves the right to limit pets to dogs, cats, fish and birds.

4. Pets must be walked in areas away from the building(s). Lessor shall have the right, from time-to-time, to designate the areas in which this may or may not be done.

5. All droppings caused by Lessee's pet shall be removed by Lessee immediately.

6. Lessee will not allow pet to roam hallways, garage or courtyards.

7. Under no circumstances shall pet be allowed to remain on a balcony, patio or other area outside of the apartment.

8. Any damage done to an apartment or to the grounds caused by the pet will be repaired at the pet owner's expense immediately upon assessment of damage.

9. The Lessor reserves the right to enter the apartment with proper notice and at reasonable times, to inspect the apartment and determine that the pet is properly house-trained.

10. Lessee may be given two weeks' notice at any time to remove a pet from the apartment if the pet, in the sole opinion of the Lessor, disturbs or annoys other residents by noise, odor or damage.

11. If the agreement is breached by Lessee, Lessee agrees to remove the pet from the apartment after receipt of a thirty day notice from Lessor.

12. Lessee deposits a predetermined sum of money with Lessor, to be used to cover any damages to the premises, which deposit will be returned at the time Lessee vacates and in the event no damage has been caused. Lessee also agrees to pay an additional sum as monthly pet rent.

We at Latham find Quality Hill's thoughtful rules to be practical and fair to all concerned — to building management, pet owners and other residents. For further information write Sonja Cox, property manager.

Quality Hill's address: The Progress Club, 1051 Washington Street, Kansas City, MO 64105.

—Hugh H. Tebault

In Defense of Pet Tenancy

Clark M. Brickle, Ph.D.

The Los Angeles Board of Animal Regulation commissioners recently heard arguments, both pro and con, on whether landlords should lawfully be able to continue discriminating against tenants because they have pets.

At the hearing an argument was introduced by several landlords indicating that rental stock would be damaged by pets belonging to irresponsible pet owners. This had the unfortunate affect of galvanizing speakers into a spirited debate over irresponsible pet owners. It was unfortunate because representatives from animal organizations, who found themselves pitted against landlords at the podium, are dedicated to rectifying situations (e.g., animal neglect, overpopulation) caused by such owners.

This argument also had the unfortunate affect of overshadowing a subtle yet vital argument for pet tenancy relating to the quality of life for the Los Angeles community — the human costs involved in depriving people of association with animals.

As both a clinical psychologist and long-term researcher on what is called the human-animal bond, the emotional tie between people and animals, I must assert that there are psychological and physiological benefits obtained through pet ownership, and that such benefits have been documented for all age groups — the young, middle-aged, and the elderly. Such persons comprise 100% of our city's tenant population.

There are two tenant groups hurt by landlord discrimination against pets: 1) Persons who do not currently have pets but desire them, and 2) Persons who do have pets but must give them up due to rental prohibitions.

Pets meet many needs that we, as human beings have, and so persons in the first group of tenants are denied fulfillment of such needs, which include companionship, affection, to nurture and be responsible for sentient life, to engage in a caring and relaxed relationship with a responsive organism, and the need to be distracted from stressors in an undeniably urban environment. Association with animals is a natural and desireable state of affairs. Prohibiting pets from those who want them and are capable of caring for them leads to frustration, disappointment, and degradation of their quality of life.

For persons in the second group of tenants a ban on pets can be trau-

matic. Emotional bonds between people and their animals parallel emotional ties found in human relationships, and the loss of a loved pet is qualitatively the same as losing a family member. A forced separation, which results when tenants are given the choice to move or give up their pet, tears the fabric of established emotional ties. In essence, the individual loses a part of his extended emotional family.

The owner's pain and grief is genuine, and is compounded by the fact that if the animal is placed in a shelter it will probably end up being euthanized. Such circumstances threaten the health of vulnerable individuals (elderly, sick) already fragile due to other life circumstances.

What can be done to prevent such situations? Clearly both landlord groups and pet advocates need to get together and formulate rules allowing pets while providing landlords adequate protection. Irresponsible pet owners *are* irresponsible tenants, but it does not follow that they are irresponsible because they own pets.

It is more reasonable to conclude that such persons would be irresponsible whether or not they had pets, stereos, combat-prone spouses, or even (perish the thought) children. Both federal and state-assisted housing in California forbid discrimination against people (tenants) on the basis of pet ownership. In an enlightened community such as Los Angeles, it is time that our city followed suit.

Dr. Clark Brickle is a clinical psychologist and nationally acknowledged specialist and pioneer in the area of the Human/Animal Bond. His numerous scientific papers have helped bring awareness of the therapeutic ability of animals to the medical community.

Pets In Public Housing Present Little Trouble Is UC Davis Finding

DAVIS — The first study of the effects of pets in governmentally-assisted housing for the elderly in California shows that they have not created problems in noise, personal injury or property damage.

Conducted at the School of Veterinary Medicine, University of California, Davis, the study documented that the introduction of pets under a 1981 California housing act has proceeded smoothly, according to Lynette A. Hart, acting director of the Animal-Human Bond Program.

"Of the 50 local housing authorities affected by the state pet law, 25 reported positive effects from the legislation. Seventeen reported no noticeable change. Only 8 out of the 50 surveyed attributed negative effects to the legislation and even these authorities seemed to have no problem with the pets of tenants but were complaining about strays or non-seniors with pets," said Hart. The survey showed that the managers favoring the legislation encouraged their tenants to have pets and that they enforced a pet policy instituted by the local public housing authority.

The federal legislation passed in 1983 prohibits owners and operators of federally-assisted rental housing for the elderly or handicapped from restricting the ownership of pets. The U.S. Department of Housing and Urban Development is in the process of finalizing guidelines for this type of pet ownership.

Hart thinks the UCD findings are important because California was the first state to introduce pets into public housing for the elderly. This provides an opportunity to assess the outcomes of pets in housing for the elderly, according to Hart.

The study included two phases, a comprehensive telephone survey of the executive directors or supervising managers of the 50 California housing authorities affected by the pet legislation and on-site interviews with both managers and tenants with and without pets at 10 housing authorities. The researchers found that housing authorities which adopted clear pet policies and enforced them, and brought together the available community resources which support pet ownership, have few complaints about residents having pets.

"Our suggestion to managers would be 1) To adopt clear rules for keeping pets, 2) To implement rules consistently and reasonably, 3) To make available basic information about pets — for example, which breeds are most suitable, 4) To utilize resources provided by community groups such as the local humane society, and local veterinary animal welfare and pet owner associations.

"Managers," said Hart, "reported that senior residents were very responsible pet owners who benefited from the companionship of the pet, showed positive changes in mental attitudes, exercised more regularly, and felt more secure.

Latham Letter *readers desiring more detailed information on this study can contact Dr. Lynette Hart at the Animal Human Bond Program, Davis, CA 95616.*

SCAS Sustains Momentum

Voluminous reports of activity of the Society for Companion Animal Studies reaching us from the United Kingdom reflect continued interest in and sponsorship of H/CAB and PFT-connected seminars, studies, programs and reports.

To highlight just a few of the projects:

SCAS membership has grown. 250 individuals in 20 countries now participate.

There was a seminar on the subject, "The Right to Own a Companion Animal" at the Royal Veterinary College. The nature and character of the restrictions and the strength of the "anti-pet lobby" appear formidable in Great Britain with France and Sweden notably liberal in contrast.

SCAS held a one-day seminar in the Netherlands as part of the three-day congress of the Royal Netherlands Veterinary Association in Amsterdam. Included in SCAS's packet received by U.S. members were several impressive articles. "Companion Animals in the World of the Young Child," an eight-page manuscript, was authored by Marjan Margadant-van Arcken, Rijksuniversiteit Utrecht, Instituut Voor Pedagogische, en Andragogische Wetenschappen, Postbus 80.140, 3508 TC Utrech, Netherlands. A fresh perspective on "The Human-Companion Animal Bond as Represented in Fine Art" by A.T.B. Edney refreshes awareness that much of the world's great art has preoccupation with the human/animal relationship.

A Saturday workshop in Scotland documented growing understanding of the significance of the human-animal relationships in that country. At the same meeting a paper was presented titled, "The Elderly Pet Owner, a Veterinarian's Perspective." At an earlier gathering the Scottish Health Education Group stressed activity as the keynote to health and the role of the companion animal in encouraging that activity.

Readers of the **Latham Letter** who may wish to become members of the Society for Companion Animal Studies may address Membership Secretary Dr. Mary F. Stewart, University of Glasgow Veterinary School, Bearsden, Glasgow G61 1HQ, (041) 942-2301.

No, No — It's Us! Not We And They

Hugh Tebault

It is indeed gratifying to note the increased attention and efforts being exerted in behalf of animal welfare by such concerned organizations as societies for the prevention of cruelty to animals, animal rights groups, Scientists for Animal Welfare as well as the various anti-vivisectionist organizations. Their concern is justifiably real and much corrective action is needed, though this is equally true with respect to the sincerely motivated objectives and efforts of the many other organizations dedicated to the correction and improvement of human welfare and ecological problems. We sincerely commend the unselfish motivation demonstrated by such organizational efforts and encourage their proliferation, but at the same time view them as myopic, in that each specializes in or on an isolated area of life and in so doing, restricts the productive breadth of their efforts. Such lack of united effort is particularly reprehensible in view of the great needs of all and when so many of the solutions are in common.

The "we-they syndrome" blocks out so much rational thought. It is interesting, in that respect, to reflect on the fact that though anthropologists have long recognized humans as members of the animal kingdom, the word "animal" is generally considered demeaning when used in reference to humans and therefore is reserved for the so-called "lower forms of life." It is our view that life is life, it is at once interdependent, interrelated and certainly equally precious to each possessor. Further, that all forms of life have common basic needs which must be shared and that the welfare of one species inevitably equates to the welfare of all. It is for these reasons that The Latham Foundation has always exerted its educational efforts in behalf of *all* life and, unless it can be agreed that people are a part of the natural system and related to animals, resists being categorized as an organization specializing only in (lower) "animal welfare."

Early in its existence, the Foundation's direction and purposes were clearly mandated and delineated by it's founder Edith Latham, who commissioned the creation of a simple, thought provocative graphic titled, "The Latham Foundation Steps in Humane Education" which depicts two children standing at the bottom of a flight of stairs leading to world friendship.

Each step is titled progressively in order, "Kindness to Animals," "Each Other," "Other People," "Our Country," "Other Nations," "The World." The initial important character-building step is "Kindness to Animals," the first life over which young humans have dominion.

In carrying out its educational purposes, the Foundation earnestly promotes public awareness of the human/animal bond phenomenon, in order that its great potential, mutual benefits might be fully recognized and enjoyed. Equally and vitally important, however, are Latham's efforts to encourage the thoughtful use and preservation of the delicate environment which supports all life.

— Hugh H. Tebault

Somebody once said that a dog looked up to a man as its superior, that a horse regarded a man as its equal, and that a cat looked down on him as its inferior.

— Compton MacKenzie

Not Everyone Needs A Pet

Deena B. Case

As an animal behavior consultant, I work with a variety of public and private shelters which deal in pet adoptions. Most of the time, I'm pleased to report, the adoption results in a success story — a delightful animal down on its luck, rescued by a loving individual or family. As the new family leaves the shelter, we all wish them a long and joyous life together.

I wish this glow could last forever. Unfortunately, in my wanderings through the community, I see the other side, too. This column is based on some of my ravings to shelter friends. Do you feel the same way sometimes?

I am going to make a heretical statement: there are some people who shouldn't have pets. Pets are great for those who appreciate them but it can be hell being a pet of a non-pet person. Not everyone needs a pet.

How can you tell the non-pet people? Fortunately, many know they are not interested, and they avoid getting involved with pets. They know they are not good pet caretaking material. Unfortunately, sometimes these people get cornered into pet ownership, usually through the pressuring of others. Perhaps someone misguidedly gives them a pet as a present. Or the kids badger their parents for a pet, saying they will take total care of it. Sure they will . . .

Once in a while, the non-pet person will respond to having a pet the way the stories say we react to ducking by a cold wave, by coming up liking it. More likely, the non-pet owner responds the way most of us do to that cold wave, by feeling overwhelmed and wanting to have nothing more to do with it. Unhappy owner, unhappy pet.

Pets are as personal as shoes; a bad fit can cause a lot of pain. I see so

Deena Case and obedience class.

many seniors, especially, who have a large, unruly beast that was forced upon them by an allegedly loving relative. The senior wants the dog as much as a case of the stomach flu, but bravely tries to cope "for the sake of the family."

Most of us are busy, very few of us sit around with huge chunks of time on our hands, saying "I think I'll get a pet to fill my idle hours." Most of us squeeze pet care into a busy schedule, partly from pleasure, partly from duty to the pet. But we make it work because we want it to. However, some people really are too busy to give a pet the care it needs. People who are either working or asleep from exhaustion are not good candidates for pet ownership. My studies, and those of others, show that prospective pet owners consistently underestimate the amount of time a pet needs for both basic care and meeting its emotional needs. It is kinder to the person and pet both to say, "Wait, there may be a better time in your life for a pet." A very few of these frantic people have made pet ownership work for them and their pets, but they're in the minority. How are they going to catch that ear problem, say, in its early stage, so that it doesn't become a chronic mess? They don't have the time.

People who are unwilling to regard their neighbors' rights as being as precious as their own are also not good pet owners. Many people don't understand that their neighbors' eardrums are just as sensitive as their own, and that they deserve a good night's sleep free from a pet's nightly concerts. Or that neighbors value their lawns and gardens as much as they do, and that they deserve not to have them damaged by pets, no matter how cute they are.

The grey areas are harder to decide upon, so I'll tosss them out as questions. Should people who really can't afford good pet care be allowed to have them? Pet food, housing that will allow pets, and veterinary care all cost money. If there is no organization or individual standing behind with an open checkbook, is it fair to the pet and the person to get them started together? How will someone without a car transport a large dog to the veterinarian when that dog is ill or hurt? Can friends or relatives always be relied upon to provide the necessary support? For how long can the relationship totter along? Which crisis will do it in?

Another sticky topic is the minimal caretaker. The pet is fed, but crawls with fleas, is heavily matted, has skin trouble and limps. An example of these caretakers are the single-purpose owners. The cat is a mouser, the dog merely a guard dog. I have not found a good way to motivate these people, because they do not see anything wrong with the way they care for their pets. As long as the animal is alive and functioning somewhat, the caretaker feels all is well. Educational efforts seem to go right over his head. He often feels that taking good care of a pet's physical and emotional needs is going overboard for a mere animal.

***Latham Letter** readers with comments or questions for Deena Case may reach her at 3987 E. Main St., Ventura, CA 93003, (805) 642-2191.*

Bill McCulloch Receives Animal Veterinarian Award

William French McCulloch, DVM, MPH, has been named the first winner of a prestigious new award called the Bustad Companion Animal Veterinarian Award co-sponsored by The American Veterinary Medical Association and The Delta Society. The award is funded by Hill's Pet Products, Inc. of Topeka, Kansas.

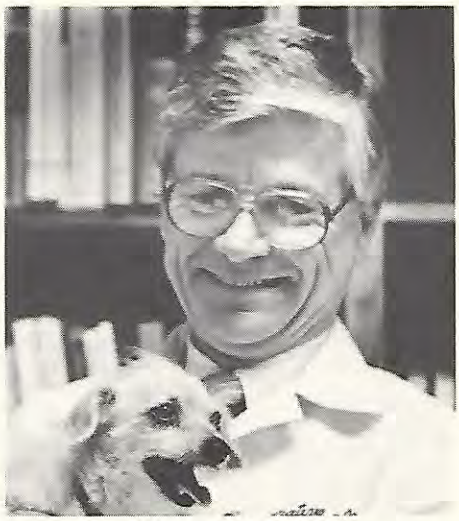
Dr. McCulloch's selection salutes his inspired work in promoting the concept that the bond between people and animals is socially significant, and worthy of incorporation into the curricula of veterinarians, public health workers, psychologists, therapists and others. Specifically, he has brought new thinking to the areas of animal-facilitated therapy, pets in public housing, animal control, public health and the need for teamwork and interdisciplinary efforts in understanding the human/animal bond.

Dr. McCulloch has mobilized veterinarians, health care professionals and pet owners around the country in many ways including:

- advocating the use of pets in therapy;
- drafting guidelines for the safe inclusion of pets in nursing homes;
- encouraging architects to design housing for the elderly that accommodates both senior citizens and pets;
- helping strike down federal laws which prohibit the elderly or the handicapped from having pets in federally-funded housing;
- designing a number of revolutionary "pet visitation programs," including one that brings together nursing home residents with children and their pets;
- redefining the role of the veterinarian not just as a dctor, but as a counselor in the human/animal bond;
- co-founding the Delta Society, a non-profit organization dedicated to furthering the bond between people and pets;
- teaching professionals around the world about the human/animal bond through reading papers and delivering keynote addresses to over 250 groups around the world and authoring over 89 professional articles.

The award, symbolized by a handsome desk plaque, consists of $2,500 to the winner and a matching $2,500 to the veterinary college of his choice. Dr.McCulloch earmarked the college award for the Department of Veterinary Public Health at the College of Veterinary Medicine, Texas A & M University, where he teaches.

The award luncheon was addressed by AVMA's President-Elect Alton F. Hopkins, Jr., DVM. The AVMA's purposes are to advance the science and art of veterinary medicine and to develop and maintain high standards of professional competence and conduct. It has over 41,000 members.



William F. McCulloch

Photo by Lee & Betty Scott

Dr. Alton F. Hopkins, Jr.

New Notes On Hearing Guide Dogs

A Hearing Guide Dog In Court

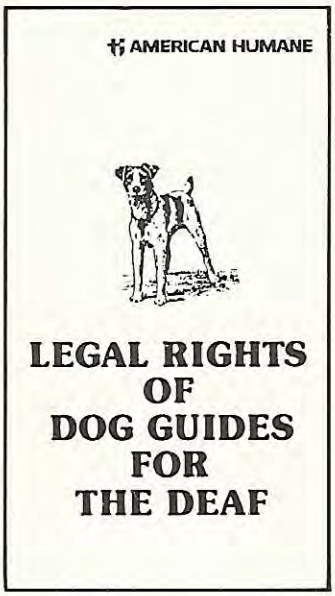
The jury in a Thurston County (Washington) Superior Court case unanimously found McDonald's Corporation in violation of state law for disallowing a hearing guide dog and her owner, Jenny Abel, from their restaurant in Lacey, Washington. The guide dog's presence in the courtroom throughout the proceedings, though inconspicuous, was a testimony of its own kind. Tootsie curled unobtrusively at the feet of her owner for the duration of the trial which ran three days beginning Monday, October 7, 1985.

Tootsie, a small mixed dachshund, is no ordinary household pet. She is trained and registered as a "hearing dog" by the American Humane Association, acting in a similar capacity to the more well-known "seeing-eye dog" to Jenny who is deaf. As a precaution for those who are unaware of the current law, Jenny carries with her a copy of the Washington State statute, RCW 49.60.215, as well as Tootsie's certification card. The law states that it is unlawful to refuse service to a handicapped person accompanied by a trained guide dog.

The incident occurred two summers ago when Jenny and Tootsie, along with two girls who were in Jenny's care, placed their order at a McDonald's Restaurant in Lacey, Washington. It was after they sat down to eat their meal that the manager approached them, questioned the presence of the dog and asserted that only seeing-eye dogs were permitted. Jenny's repeated attempts to assert her rights were met with futility and hostility. The manager of the restaurant refused to acknowledge either the state statute or Tootsie's certification. Instead the McDonald's employee spoke in a loud voice, pointed at the door and insisted that both Jenny and the dog leave. Threats to call the police ensued. After an employee of McDonald's maintained that the health department had been contacted and hearing dogs were not allowed, Jenny left with Tootsie and the two girls.

Jenny sought legal recourse based on the denial of her civil rights because of her physical handicap and her use of a guide dog. The lawsuit asked that McDonald's be enjoined from continuing this practice and that Jenny be compensated for the mental distress, embarrassment and humiliation she suffered. McDonald's Corporation agreed that it would officially change its policy, inform its employees and alter the signage on the doors of its restaurants to reflect this change. Presently the signs show a picture of a dog with a line through it and say: "By order of the Department of Health, no pets."

The jury awarded Jenny $5,000 plus attorney's fees. The case is the first of its kind involving a hearing guide dog, and brought to light that health department regulations need to be updated to include hearing as well as seeing-eye dogs. Attorney Judith Lonnquist of the Seattle firm Durning, Webster and Lonnquist, represented Jenny. "I hope that Jenny's battle results in increased public awareness of the rights of deaf people with hearing guide dogs," Lonnquist said.



Legal Rights of Dog Guides for the Deaf

American Humane has published a booklet titled, "Legal Rights of Dog Guides for the Deaf." It lists the rights guaranteed by statute to hearing impaired individuals and their dog guides. A short synopsis of the law in each state is provided along with definitions of terms and penalties. (Available at $2.00 each from American Humane, 9725 East Hamden Ave., Denver, CO 80231 — send self-addressed, stamped envelope.)

For A Deaf Veterinary Student —

What A Difference A Dog Makes

Elisabeth Sherwin, in an article in the Davis (California) Enterprise, *detailed the experience of an heroic young southern California woman, now a veterinary student at the University of California at Davis.*

Ann Middleton had a normal, happy childhood — until she was 10. That's when she got spinal meningitis, resulting in, she said, "immediate and profound deafness."

She and her brothers and sister grew up in Rancho Santa Fe in Southern California. Her parents encouraged them to raise animals for 4-H and the family's 3½-acre lot was covered with corrals and cages.

Ann raised pigs, lambs and steers. She went to local schools, took lipreading therapy, and made good grades. She worked for a veterinarian during high school, typing records and helping prepare animals for surgery. She learned sign language.

She earned a bachelor's degree from UC San Diego in animal physiology and last year was accepted to the School of Veterinary Medicine at UC Davis.

Ann speaks well and clearly and makes her accomplishments look easy. "I don't think of myself as a deaf person," she says.

But her accomplishments haven't been easy. Isolation is a way of life for the deaf. High school was difficult. She didn't go to dances or parties.

And school work was difficult then and is now even though, she says, "I can handle it."

She can't listen to lectures. She can't take notes because her eyes are on her interpreter, who accompanies her to each class. She can't listen to a stethoscope, or review videotapes of lectures on weekends or evenings without an interpreter.

For the past 13 years, she has lived in a silent world. Closed-captioned TV programs, sign language and phones equipped with teletype keyboards, called TTYs, have made a difference.

But recently, two enormously important developments occurred that changed her life.

In August, she became one of a

handful of people to undergo experimental surgery whereby she received a hearing implant. She now has very limited hearing; for instance, she can identify drums in a marching band or hear a loud whistle.

And in September, a special companion came into her life: Oly, a boxer-Labrador "hearing ear" dog. Oly is trained to resond to three sounds: a knock at the door, a ringing telephone and the blare of an alarm clock.

Oly is very alert and responds to much more, but these are three areas that Ann wanted help with.

Robert Hansen, associate dean at the vet school, says the surgery has not repaired Ann's damaged hearing, it has merely worked around it. Electrodes were immplanted directly into her auditory nerve, bypassing the outer ear. A scrambler device she wears on her belt sends her electronic signals that she has to learn to interpret as sounds.

"She has to relearn sound," says Hansen. Further, her auditory nerve has not been stimulated in 13 years. The nerve has to learn to respond normally.

Ann says she expects improvement during the first year of the implant's life, then a plateau, then more improvement later.

"Almost all the sounds I hear are metallic," she said. And she can't distinguish more than one sound at a time. But as she and Oly were walking to class one day she heard a new sound behind her that turned out to be gravel crunching. Someone was riding by on a bicycle.

She says drums sound normal, but higher-pitched sounds are difficult.

"I don't know if I'll ever be able to hear and enjoy music again — the sounds are too complex," she says. "But maybe a single-instrument record."

In the meantime, she will definitely require an interpreter for the next two years of vet school. But Hansen is hoping that the experimental implant will improve her hearing so that Ann will be able to examine animals and listen to their heartbeats with an amplified stethoscope.

Hansen said Ann could be a good vet without ever using a stethoscope. Lab assistants can do that. "But we have a young woman who wants to hear those sounds. Her classmates are learning something that she can't."

Ann's determination to become a vet is paying off in other ways, too. The vet school crowd is supportive and things are better for Ann socially, unlike high school. She describes the upcoming vet school party schedule. She dates. She's coming out of her shell, but doesn't hesitate to turn down an engagement if it interferes with her studies.

She drives a car and takes aerobics classes. (She doesn't have to hear the music, she follows the person in front of her.) After vet school she'd like to take some time off and go to Australia. She'd also like to work in a leadership role for the 4-H, the organization that fostered her interest in animals. She'd like to live on a small farm and own a horse.

Ann Middleton

True grit has characterized much of Ann's life. Last summer, before the implant, before Oly and without the aid of technological assistance, Ann spent seven weeks working on a feed lot in Central California.

That meant she was up at 5 a.m., on horseback, herding cattle into corrals to be vaccinated and treated, 50 to 100 at a time.

"I learned a lot but I'm still undecided about (whether to work with) large or small animals," Ann said.

One thing she doesn't want to do: research on live animals. She points to Oly. Nothing more needs to be said.

Editor's Note: A late intelligence from Ann Middleton's mother and from the San Francisco SPCA is to the effect that the ear implants are working sufficiently well to allow Ann to release Oly to another hearing impaired person. Ann is completing two years of the DVM program and the omens for completion are auspicious.

Dogs remember faces, cats places.

— English Saying

Guidelines Being Developed for Hearing Dog Programs

The first national Hearing Dog Symposium, sponsored by American Humane, the San Francisco SPCA Hearing Dog Program and Kal Kan pet food, was held May 17 and 18 in San Francisco. The conference attracted over 50 participants representing 24 programs from all parts of the country. The purpose was to provide a forum for these organizations to coordinate their work on behalf of the hearing impaired community.

A primary concern of operational hearing dog programs is how to maintain the high standards of hearing dogs while allowing for the development of new programs which are needed. The general consensus of the conference was to develop national guidelines in the areas of recipient eligibility, selection and training of dogs, certification of the hearing team, trainer/instructor qualifications, and program accreditation.

American Humane will serve in an advisory role in the development of a national organization. Currently, American Humane is coordinating an ad hoc committee addressing issues such as the development of a national registry, design and use of standard hearing dog identification and national logo, and data collection and research. A source at AHA indicated that an October meeting of the group in Boston is a possibility.

Professorship in Humane Ethics Endowed

Animal welfare activist Marie Moore has given a significant gift to animals. She has endowed the nation's first professorship in humane ethics and animal welfare at the University of Pennsylvania School of Veterinary Medicine. According to *DVM* magazine, the goals of the professorship include investigating alternatives to animal experiments for medical research, studying the nature of the human/companion animal bond, and introducing new approaches to humane education.

A few of our nation's 27 veterinary schools offer courses in ethics. We hope the number of such course offerings and the depth of studies in humane ethics may be notably expanded in the years ahead.

Love Is Not Enough

*In the Spring edition of the **Latham Letter**, a professional column dealing with the subject of human-animal relationships to be authored by animal behaviorist Ian Dunbar, Ph.D., B.Sc., B.Vet. Med., M.R.C.V.S., was foreshadowed. The first of Dr. Dunbar's articles follows.*

Ian Dunbar

In the book *Sirius* by Olaf Stapledon, the main character — a Welsh sheepdog named Sirius, detested "animal lovers" whom he described as "folk who sentimentalised dogs, and really had no accurate awareness of them, exaggerating their intelligence and lovableness, mollycoddling them and overfeeding them . . . For this sort, dogs were merely animate and pathetically human dolls."

Sirius' criticism of animal lovers is quite harsh, but it is not entirely without reason or substance. Certainly, most people's love and affection for animals is laudable. However, it would be ludicrous to believe that love is the only requisite for animal welfare. Even so, many people hold the view that animals are "content to love and be loved." Animals are not universally accepting, universally loving little humanoids in furry suits. Unfortunately, the extreme sentimental attitude and sheer devotion of some people often blinds them to more realistic concerns, such as animal nutrition, health care and the prevention and treatment of predictable behavior and temperament problems. As a consequence, the good intentions of many animal lovers are often wasted and sometimes (albeit unintentionally) foster abuse.

When an animal is physically sick, by all means tendering loving care is extremely important but it is not sufficient. On the other hand, medical treatment is essential. Similarly when an animal develops behavior or temperament problems, care and compassion are important, but understanding, communication and education are required. A love of animals is no substitute for an understanding of animal husbandry and behavior.

Because many animal lovers are relatively unknowledgeable of animal behavior and have no accurate awareness of the nature and ways of animals, they resort to being overly anthropormorphic in their interpretation of animal behavior, blithely ascribing human qualities to animals. This in itself is no crime. In fact, a whimsical Disneyesque interpretation of animal behavior is one of the biggest joys of watching or living with an animal. (For years I have fancifully imagined my own dog to be a great canine philosopher.) However, being anthropomorphic to the exclusion of understanding an animal as an animal can lead to problems.

A malamute puppy, Totemtok's Omaha Beagle, with his human companion — veterinarian, animal behaviorist and author — Dr. Ian Dunbar.

Many animal lovers make the mistake of assuming that animals understand more than they do. They assume their pet automatically knows the rules of the house and laws and mores of domestic living, for example, not to chew the furniture, not to bite the children and not to soil the house. Provided with no instruction, the pet is forced to break rules that it did not even know existed. Even when household rules are explained, they are often explained in a fashion that the animal does not understand. When an animal develops behavior problems it is invariably the animal that suffers because most animal-lovers are similarly anthropormorphic in their insistence that animals harbor many of our human foibles and negative qualities. Many owners feel that the animal misbehaves on purpose, out of spite, or perhaps that it perniciously plotted and premeditated the crime in their absence. Consequently the animal is often reprimanded and punished in ways that it does not understand. The dog that runs off is punished when it comes back and the cat that scratches the couch while the owner is at work is punished when the owner returns. Thus the dog learns that coming back is foolhardy and the cat learns that greeting its owner can be a trifle hazardous.

To love and understand pets as animals is to realize that without training, they will grow up to act like natural animals. In other words, a dog will snap, snarl, growl, howl, bark, bite, chew, dig, roam, chase and soil the house and go stir crazy in the middle of the night. All of these behaviors are normal and natural animal behaviors. However, when expressed inappropriately, all of these normal behaviors become problematic in the domestic setting. At the same time, if these behaviors are understood and accepted as appropriate expressions of an animal's nature, then they can also be shaped to fit within the human companion's needs and expectations. However, the owner must instruct the animal, in a way that it can comprehend, how he/she would like it to behave. People must provide their pet with appropriate and alternative outlets for the expression of its normal animal behaviors. Otherwise the animal will be forced to improvise and express its basic animal nature in ways that it knows best.

To caution against being unecessarily anthropormorphic is not to say that animals are sub-human or lesser organisms. On the contrary, in a number of ways their physical, sensory and some mental attributes are far superior to those of humans and could even be considered suprahuman. Animals are not necessarily inferior to humans, they are just different. To say that they do not necessarily think or feel as humans do does not mean to say that they do not think or feel at all. But to assume that animals feel, think and act as humans do is to do to animals a great injustice. To love animals, to treat them humanely, is not the same as to treat animals humanly.

In their inimitable fashion, dogs and cats do their utmost to try to understand the basic nature of humans, just as they strive to comprehend the various whims and idiosyncracies of their individual owners. Pets are extremely sensitive to the various nuances and changeable moods of their human companions and they continually try to adapt accordingly. However, the initiative for developing worthwhile and longlasting relationships should

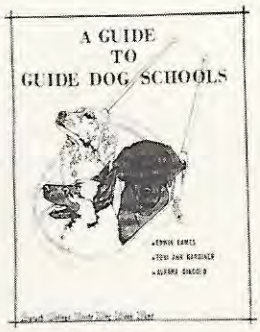
not be left to the animals alone. The onus lies with owners to afford pets similar respect and understanding; to acknowledge their pet's basic animal nature and to partially accomodate their pet's unique individuality.

Domestic animals are extremely adaptable and it is easy to modify the animal's behavior and temperament so that its personality is optimally suited to the owner's particular lifestyle. To fail to do so is not only silly and short sighted but also, it forfeits many of the integrally enjoyable and fascinating aspects of truly sharing life with an animal.

Future articles in this series will focus on further understanding animals and pets as individuals — to ensure that pets and their human companions develop and maintain mutually enjoyable and uniquely individual relationships. Pets derive substantial comfort and confidence from the familiarity of their special relationships with individual owners. It requires only a minimal investment on behalf of the owner to fully realize the exhilaration of sharing life with an animal.

The essence of this article has been bowdlerised from the book chapter "The Animal's Side of the Bond" from Dynamic Realtionships in Practice: Animals in the Helping Professions, *published by the Latham Foundation.*

Relevant Reading



A Guide To Guide Dog Schools

For the sight impaired individual, his family and others interested in learning the who, where, when and how of guide dog schools, a newly prepared publication entitled "A Guide to Guide Dog Schools" will be found to contain a wealth of valuable information. The 103 page pamphlet edited by Edwin Eames, Toni Ann Gardiner and Avrama Ginggold under a grant from the American Animal Hospital Association Research Foundation, was sponsored, printed and published by The Bernard M. Baruch College of the City University of New York.

A Guide To Guide Dog Schools provides detailed information concerning various schools' application and selection procedures as well as their operation, location, facilities, methods and period of required training, contractual stipulations, and what, if any, costs are involved. A uniquely thoughtful section endeavors to anticipate the questions of one who contemplates entering training and acquiring a guide dog. Ten schools of different size, located in various parts of the United States, are interestingly but nonjudgementally described.

— Hugh H. Tebault

How to Speak Dog

Lucine Hansz Flynn
Denlinger Publishers, Ltd.
Fairfax, Virginia
173 pages, $5.95

For those whose family includes a dog or who are just thinking about bringing one into their lives, *How to Speak Dog* offers a splendid opportunity for a mutually enhanced relationship. The book, written in unique and refreshing story form, is filled with much valuable information concerning canines. While it addresses such important subjects as care, behaviorism, health and the human companion animal bond, etc., in detail, its main theme deals with dog training and communication.

In thirteen cleverly titled chapters, such as "It's Not Easy Being a Dog" and "Dictionary in Dog," author Flynn has included something for everyone: veterinarians, professional dog trainers, and most of all, the novice or experienced dog owner who has never known the pleasure of a well behaved and trained dog.

— Hugh H. Tebault

New Teacher's Magazine Available

Children & Animals is a new publication designed for classroom teachers who know that nothing captures a child's attention as animals do. Published by the National Association for the Advancement of Humane Education (NAAHE), the magazine offers animal-related, curriculum-based activities for every classroom subject area.

Each issue includes worksheets, ready-to-use activities, mini teaching posters, across-the-curriculum teaching units and more. Issues are published in October, December, February and April. In alternate months during the school year, NAAHE publishes *Kind News,* a children's newspaper packed with stories, articles and games that complement the teaching activities from the previous month's edition of *Children & Animals.* The two publications are offered separately, and may be used individually or in tandem.

A one-year subscription to *Children & Animals* also includes membership in NAAHE. For more information, write to NAAHE, Box 362, East Haddam, CT 06423. To receive a sample issue of *Children & Animals,* enclose a check for $2 payable to NAAHE.

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PFT Grows Up

Continued from page 1

ally scarred patients cared for farm animals and were encouraged to study reptiles, amphibians, and other local wildlife.

Current interest in the role of pets in improving health care can be directly traced to the pioneering work of the late Dr. Boris Levinson and psychologists Sam and Elizabeth O'Learly Corson. Levinson began to use his shaggy dog, Jingles, as a "co-therapist" in 1953. In two classic books, he provided dozens of anecdotes of how the dog aided him in diagnosing and treating a variety of emotional problems, especially in children and elderly patients.

The Corsons entered the field in the early 1970s while researching dog behavior at Ohio State University. Adolescent patients who heard the dogs barking asked permission to play with them. The Corsons agreed and then found that many of these young patients showed impressive improvement. Encouraged by this result, the researchers introduced dogs into an Ohio nursing home and documented important improvements in motivation and self-reliance among many of the residents.

Although animal-facilitated programs have been aimed at a variety of audiences, projects involving the elderly have been particularly popular with community groups and local humane organizations. The elderly are often especially responsive to contact with animals. Sometimes, such experiences produce smiles, laughter, and even conversation in patients who have long been withdrawn and unresponsive. Occasionally, this has opened the door for long-term improvements.

Three different kinds of programs have evolved. The most popular involves bringing suitable pet or shelter animals to nursing homes or other facilities for a few hours on a regular basis. A second type of project provides appropriate permanent animals to hospitals and nursing homes. The third approach attempts to provide extra care and assistance to healthy elderly people wishing to adopt pets into their own homes.

Photo courtesy Harcum Jr. College AHT Program

"In 1972, only about fifteen humane societies were involved in pet-therapy programs. By 1982, there were more than seventy-five."

Many animal-oriented groups have been attracted to pet-therapy programs for the elderly because of the new opportunities they provide. Animal-assisted activities allow these organizations to do something that demonstrates concern for people *and* animals. It allows them to extend their range of contacts in the community closely with health-care professionals and many volunteer and human service agencies. It provides groups involved in euthanasia of unwanted animals with a chance to be seen in a positive light in the community and can offer new avenues for publicity and perhaps some additional funding. Finally, doing something that clearly makes people happy can provide a boost in morale for staff in a business that has more than its share of setbacks and disappointments.

In 1972, only about fifteen humane societies were involved in pet-therapy programs. By 1982, there were more than seventy-five. Despite this rapid expansion, we are now seeing some new trends as the field matures. The growth has slowed, and some of the largest and most influential humane organizations are revising or even abandoning their pet-therapy programs, including the Massachusetts SPCA, the Pennsylvania SPCA, Philadelphia's Women's SPCA, and New York's Bide-A-Wee Home Association. Elsewhere, "spur-of-the-moment" therapy programs are giving way to carefully planned and supervised activities that rely less on humane societies and more on a wide range of volunteer groups.

What has prompted this turnaround? Phil Arkow, education and publicity director for the Humane Society of the Pike's Peak Region in Colorado, a leading advocate of responsible PFT programs, has identified three sources of criticism of such activities — the animal-rights movement, humane societies, and the scientific community.

First, a number of animal-rights and animal-welfare activists have questioned the utilitarian emphasis of pet therapy, using animals as *tools* for producing brief changes in people's health or happiness. Philosopher Bernard Rollin, for example, has commented that "nothing in the PFT movement promotes the intrinsic value of animals," adding that "Humane societies that deplore the depersonalization of animals should not be treating them as disposable psychological fixes, even for people in need."

In the early days of PFT, the smiles on the faces of elderly and handicapped people holding puppies and kittens seemed to outweigh consideration of the fear or stress that the animals might be experiencing. Today, many people involved in PFT express concern over the welfare of these furry "therapists." Dr. John New of the University of Tennessee College of Veterinary Medicine, associated with Knoxville's highly praised Pet Placement Program for the elderly, has noted that "The main reason many pet-therapy programs fail [is] a lack of appreciation of the animal's needs. These are not bottles of medicine that can be placed on a shelf only to be taken down three or four times a day for a dose."

Elaine Newton of the Pennsylvania SPCA reports that her group stopped its nursing home programs after repeatedly facing the sight of animals returning to the shelter exhausted and having missed an opportunity to be adopted. She adds "The benefits never balanced the time and effort."

A second group expressing reservations about the explosive growth of pet-therapy is humane societies and animal shelters, including many involved in PFT programs, which question whether therapy activities really fit in with their primary mission to promote animal welfare. In many cases, shelters had added nursing home programs and other therapy projects to the responsibilities of

Photo courtesy Harcum Jr. College AHT Program

already strained humane education departments. Bide-A-Wee's Director of Educational Services Sherry Trainer says: "PFT should never have been considered part of education to begin with. It took resources from other needed programs." Patty Finch, director of the National Association for the Advancement of Humane Education, agrees: "A good humane education effort aimed at present and future pet owners can go a lot further in preventing animal suffering than equivalent time spent on therapy programs." In addition, many excellent humane educators lack the special skills and background necessary to institute and coordinate a responsible PFT program.

The Massachussetts SPCA is fairly typical of several groups that have changed their orientation in recent years. The organization launched one of the first structured programs for bringing pets to the elderly in 1976. Working with Junior League volunteers, it sought out nursing homes interested in having resident animals and initiated a program involving careful selection of appropriate animals, coupled with the extensive education of nursing home patients and staff. Over the next few years, forty-five animals were placed in these facilities. According to MSPCA Director of Education Judy Golden, problems started to turn up about 1980. There was a high demand for animals and nursing home visits, and careful screening of both animals and nursing homes began to suffer. In several cases, there were staff changes in the homes and animals found themselves in places where they were no longer appreciated. The program was discontinued in 1983. Golden notes, "Our mandate is to help the animals. If we can also help people, that's nice, but our therapy programs were sapping us." The Massachussetts SPCA's PFT activities have been replaced by a less demanding program of supervision of volunteers who visit homes with their own carefully screened adult dogs.

A third group that has raised questions about the therapy boom consists of scientists involved in the study of PFT and other aspects of the human-animal bond. Although there is little question that the vast majority of people exposed to PFT programs have a valuable and richly enjoyable experience, a number of researchers and health-care professionals feel that such an experience is better seen as "recreation" rather than "therapy." In a 1984 article in the *Journal of the American Veterinary Association,* Drs. Alan Beck and Aaron Katcher reviewed a large number of studies of PFT and concluded that the case for long-term therapeutic effects remains to be proven. Even PFT pioneer Sam Corson has spoken of the continuing need for well-documented and controlled research into the benefits of animal-assisted therapy.

When PFT programs are carried out with enthusiasm, realistic expectations, and consideration of the welfare of all the participants, everybody can win, including the animals.

The experiences and concerns raised by more than ten years of animal-assisted programs are having profound effects on the PFT movement. What was largely a fad a few years ago is now showing promising signs of maturing into a true profession. The important changes that have come about include:

Widespread Adoption of Careful Guidelines — The key to any successful project is good planning. Any PFT project should be preceded by a thorough assessment of the needs of the intended recipients and the resources available to the agency that will provide the services. In addition, careful consideration of the needs and welfare of the animals involved *must* be a primary consideration.

Recognizing the need for careful preparation, many organizations have developed excellent guidelines for planning, implementing, and evaluating animal-related programs. These groups include the Delta Society, the Latham Foundation, the American Veterinary Medical Association, the California Veterinary Medical Association, the Council on Pet Assisted Therapy, and Pennsylvania State University's PACT (People and Animals Coming Together) program. Planning and assessment of responsible pet programs are also covered in detail in two recent publications: *Dynamic Relationships in Practice: Animals in the Helping Professions,* edited by Phil Arkow (Alameda, CA: The Latham Foundation, 1984) and *Pets and the Elderly: The Therapeutic Bond* by Odean Cusack and Elaine Smith (New York: Haworth Press, 1984).

Improved Training of Pet Therapists — Many of the people who were caught up in the initial wave of interest in PFT lacked proper knowledge of animal and human behavior. Most were unfamiliar with the growing body of research dealing with the human-animal bond. To correct this situation, many of the organizations mentioned above now provide regular seminars and workshops on the topic. In addition, programs are now getting under way that can provide the proper professional training. One of the first of these is offered by New York's Mercy College, which has recently instituted a certificate program in Pet-Assisted Therapy Facilitation. This is a state-approved, one-year program that provides theoretical background and practical experience in pet socialization and pet therapy.

Greater Involvement of Human-Service Agencies — The principal beneficiaries of PFT are *people,* so it is appropriate that human-service agencies bear the major burden of providing these services, with animal-welfare organizations playing a secondary role by contributing their expertise in the care, selection, and training

Continued on next page

Photo courtesy Miriam Barteaux

Rick, a three-year-old retired guide dog, now serves as a companion dog at the York Manor Boarding Home in Biddeford, Maine.

PFT Grows Up

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of appropriate animals. Many of the more successful programs operate this way. Baltimore's outstanding Pets on Wheels program is sponsored by the city's Commission on Aging and Retirement Education. This project, started in 1982, uses about 100 carefully trained volunteers who undertake a minimum six-month commitment to visit area nursing homes weekly, accompanied by their qualified pets. Similarly, the PACT program involves close cooperation between Penn State's Gerontology Center and area human services and other municipal officials. This program has placed eighty pets with area elderly and has provided a full package of support services including grooming, exercise, obedience training, transportation to vets, and pet ownership education.

Several areas are even turning to professional pet-therapy groups to provide nursing home programs rather than burdening local humane societies and animal shelters. Since March of 1984, the Pennsylvania SPCA, Women's SPCA, and several other Pennsylvania animal-welfare groups have turned their PFT programs over to Pals for Life, a nonprofit organization that specializes in bringing animals and pet-related education programs to more than fifty nursing homes and senior centers. Pals for Life charges a minimal fee, and groups that cannot afford to pay can still receive programs supported by local "foster parent" businesses or through contributions to the United Way. The program uses animals owned by the staff as well as carefully selected shelter animals. Occasionally, resident animals are provided to some nursing homes, but Pals retains responsbility for and legal ownership of these dogs and cats to prevent any problems caused by changes in staff interest. Pals president Paula Kielich sees her group as a *human*-service organization that can take up much of the burden that previously fell on animal shelters.

Decreased Reliance on Shelter Animals — Although shelter animals used in pet therapy may get a change of scene, added "socialization," and, perhaps, a chance at adoption by nursing home staff, an increasing number of groups, such as Pets on Wheels and the Massachusetts SPCA, prefer to use pets owned by PFT volunteers. Bide-A-Wee's Sherry Trainer points out that shelter puppies and kittens are often of uncertain health and temperament, already stressed by shelter life and are often *less* likely to find homes when used in PFT. She says: "You can't have a bonding situation when animals are passed from person to person, and our emphasis is on promoting strong bonds among people and pets." In addition, having visits from the same owned animal every week for a year or more can help bring a feeling of constancy and continuity to elderly patients easily disturbed by change and can promote a real mutual bond among owner, pet and patient.

These changes are encouraging. They suggest that PFT will continue in a form that helps everyone involved. PFT is not a panacea. When carried out with enthusiasm, realistic expectations, and consideration of the welfare of *all* the participants, everybody can win, including the animals.

This article is reprinted with the permission of the author and of Humane Society News, *published by the Humane Society of the United States. Dr. Randall Lockwood is the HSUS's director of higher education programs.*

Editor's Note: Dr. Lockwood refers in the foregoing article to Pennsylvania State University's PACT (People & Animals Coming Together) program. Latham Foundation has produced a 26-minute film documentary called "PACT" which depicts the program in action and presents the benefits achieved in the three-way relationship of elderly, the animals and volunteers.

Not Handicapped

Continued from page 1

to the activity by innovative Program Coordinator Joyce H. Goldfield. It is an effort to instill a little extra joy into the children's lives. Once a month special outings are conducted, which include 7 yearly overnight campouts on the ranch, a 4-day river-rafting trip to the Rogue River in Oregon each July, an August beach party where each child is helped to experience the thrill of being out in the surf, a Halloween party where the horses wear costumes and bob for apples, and an Easter egg hunt where gaily painted eggs are hung in trees by ribbons and each child can "pick" his basket full from the comfort of the saddle. Further, there is a 4-wheel drive trip to the top of the ranch hills where the children ride their horses looking down 9 counties, instead of up from a wheel chair. Additionally, there are two yearly horse shows where children win ribbons and trophies as well as special holiday parties and picnics.

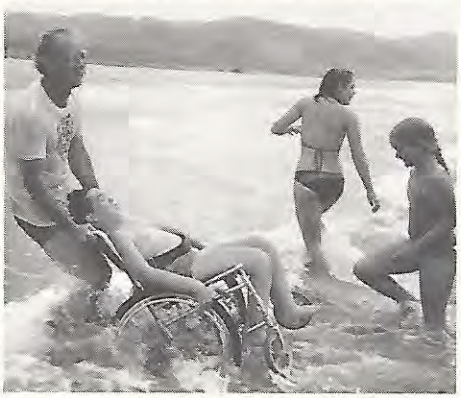

Photo by Steven Skloot

Duane Irving pushes Michael Levy's chair while volunteers Carrie Chase and Terressa Groscoff frolic nearby.

The Halleck Creek Riding Club makes no charge to its 360 riders; the necessary funds must come from grants, donations, and fund raisers and the horses are donated by owners who retire them to a good life of six days rest and one day a week service. Serious fund-raising efforts are presently underway to provide for the purchase of a small portion of the ranch and the construction of a covered, indoor ring which will allow regular activities during inclement weather.

Those who are unfamiliar with the basics of therapeutic horse riding will find Latham's film "Ability not Disability," which documents the activity, both interesting and edifying. **Latham Letter** readers who wish further information about The Halleck Creek Club's splendid program may write to Joyce H. Goldfield, Coordinator, P.O. Box 581, Inverness, CA 94937, or telephone her at (415) 663-1787, (TTY) 663-1787. —Hugh H. Tebault

Photo by Steven Skloot

Volunteer Mindy Abbot with handicapped rider, Rodney Groves.

Minding the Earth
A Thinly Disguised Journal of Environmental Ethics
QUARTERLY
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Summer Time

However accurate watches and clocks may be, they fail to tell the truth about time. My conventional watch (called these days an "analog" model) is a symbolic arrangement of numbers representing twelve adjacent hours, with continuously moving hands to indicate time passing. When I look at it I see a twelve hour span, and I learn which part of it I am moving through. My watch leaves it to me to figure out which half of the day it is telling me about, and usually I can manage to do that. The watch measures time by rearranging its objects in space, which is analogous to what the solar system does. The speed of the hour hand is based upon the speed of the earth's daily rotation, so when I glance at my wrist I am reminded that the earth is in motion.

Digital clocks and watches convey no such sense of context. Impaired creatures that they are, they are unable to comprehend more than one instant at a time. They display only points in time, with nothing to hint that there is a process going on that includes what went before and what comes after. A digital timepiece resembles a highly trained specialist who has learned to do only one thing, to do it very well, and to ignore all surroundings and relationships. Digital watches and narrow visions fit together very well, and both are signs of our time.

The history of timekeeping looks like a gradual but continuous loss of contact with the sources of time. The builders of megaliths like Stonehenge were participants in cosmic time, and they had to work very hard to keep track of where they were in relation to cosmic goings-on. Sun dials were invented to make things easier, but they limited their users to awareness of solar time on cloudless days. Mechanical clocks left the sun out of the picture, and tried merely to represent the rotation of the earth. Electronic digital watches have forgotten even the earth, for they convey the impression that time is an instantaneous numerical event captured on a midget television screen. The information provided by Stonehenge was a complex mixture of practical and spiritual news about the universe, but a digital watch can only tell you whether you are late for lunch.

Whatever tales our time machines may tell about it, time is a process of continuous change. Many of the world's peoples still learn about time by looking at the sky. They see the daily procession of the sun, and they are also aware of the moon's monthly phases, of the ever-changing positions of the planets, and of the continuing adjustments as constellations of stars parade the night sky. Plants and animals also proclaim the many stages of the seasons, and an experienced observer of them knows for sure when it is safe to begin a garden or to expect certain migratory birds and fish to appear. Sadly, strapping watches to our wrists seems to obscure all of these connections, leaving us with nothing but a few numbers to represent the flowing stream of time.

In the interest of accuracy, minds need to be reset from time to time by consulting the sky and the surrounding natural world. A summer vacation can be a good opportunity for stepping out of mechanical or electronic time measurement and into the earth's real time. Clocks and watches will scarcely fret if they lose their audiences for a while, and most of them will keep on ticking from their tiny batteries if they are left at home in a drawer. Their owners, however, may make discoveries when they begin to learn how high the sun stands at breakfast, and how vivid are the stars at bedtime.

The time of summer is special, and it deserves to be delivered from binding schedules and small visions. Its themes of freedom, sunlight, and growth need to be celebrated. A holiday from the machines of time is a good way to enjoy the rediscovery that time is not a succession of bits and pieces, but a seamless pattern of natural change.

—J.M.

Nuclear Time

Spiritual traditions worldwide agree upon a couple of principles: the origins of things are sacred, and what is sacred is always dangerous. Creation stories and accounts of frightening encounters with deities affirm these principles from widely divergent cultures and periods of time, suggesting that they represent fundamental human attitudes toward the cosmos we live in. The powers and dangers of origins are present in modern feelings about nuclear energy.

How far back in time do we need to go to find energy sources? The wood I burn to heat my home has mostly grown during my lifetime, as the trees around me have stored some of the same solar energy that also shines on me. When I burn coal, oil products, or natural gas, I am drawing upon their cambrian origins some 600 million years ago. If I choose to add nuclear energy to my repertoire, I am dipping deeply into the time before the origin of the solar system when energy was stored in atomic nuclei. The farther back in time I go for my energy, the scarier it gets.

Much effort has gone into making the development of nuclear energy seem a thoroughly profane affair, useful to make weapons and to power machines, but without spiritual content. Sanitary-looking facilities are built to confine bizarre forces at work within them, and it all looks like a tidy technology under human control. Now and then, however, the meaning of nuclear energy peeks out from a Three Mile Island or a Chernobyl to confront us with the origins of the universe and the terrors of ultimate forces. Our spirits are moved, not just our minds, when we are reminded that containment buildings are not enough to restrain the original powers of creation and death.

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Nuclear Time

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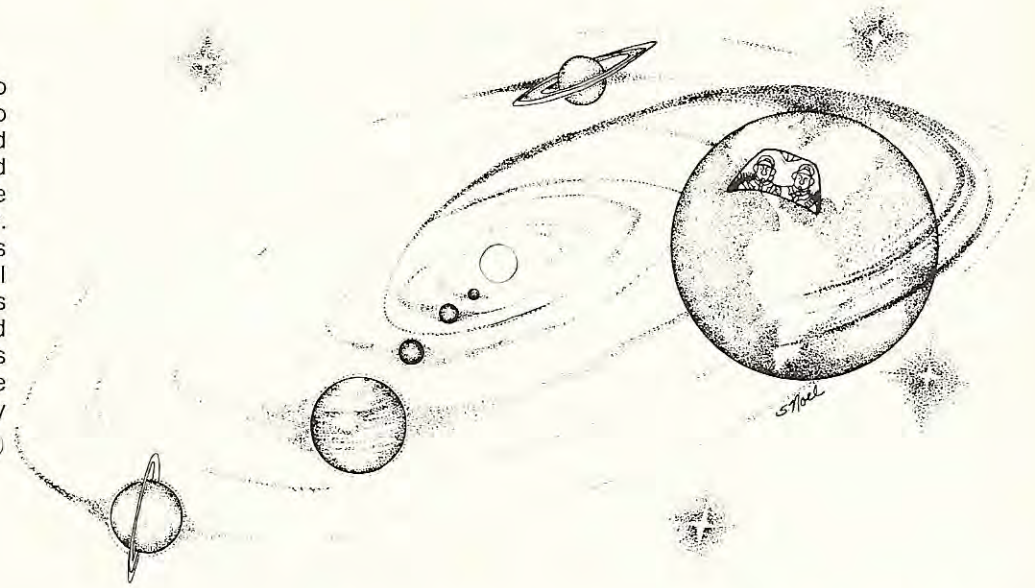
The tree dies, too, before I burn it to release its energy, and that process also has spiritual content. But the tree and I are contemporaries who understand one another, and each of us can be nourished by the death of the other. When energy comes from sources billions of years distant in time, then I enter a cosmic context where life and its needs are insignificant, and the trees and I don't count. That godlike perspective is beyond me, and I fear its dangers. Let me burn the friendly wood, and live within my own time.



The Adolescent Whole Earth Image

Minding the earth comes after the fact of feeling the earth at some mindless level. Sensations of the places where we live accumulate among individuals and groups and are woven into images and stories that seem to make sense: that is, to give some mental form to our sensations. When much time has passed and images have amassed in great numbers, there often follows a grand image which unites them all and conveys a sense of the whole earth. It has happened many times, and each time feels like the discovery of a new truth. Of course, we think, the earth is just like a mother, or a turtle's back, or a machine made by a great artisan, or a blue ball adrift in space. How could we have failed to see it before? And then we begin to play with our new image, and we get into trouble.

A fine young scholar named Yaakov Garb has documented the troubles caused by playing with the whole earth image recently presented to us by NASA. I first saw Yaakov's study in 1984 when it was presented as a research paper in an environmental ethics class I was teaching. It was then published in the March, 1985, issue of *Whole Earth Review* in abbreviated form. The study consists of hundreds of examples of uses and interpretations of the NASA photos of the earth seen from outer space, and Yaakov's sensitive analysis of what those examples tell us about the state of the modern psyche. It is the documentation of the making of a modern myth.

The idea of landscape is a component of the new myth, and that idea has only been around for a few hundred years. Landscapes are "scenes" noticed by an observer who is not participating in their processes. The observer of a landscape is an outsider to it, an alien. "If the landscape perspective leads to alienation," says Yaakov Garb, "then the supreme landscape—the whole earth image—leads to extreme alienation from the Earth." The earth seen from outer space does not look like a familiar environment, and we cannot find a homelike place as we stare at it. Seen from space, the earth loses its sensual character and becomes a landscape, an external object.

Some environmentalists have been telling stories about this object to make it seem more homey. We hear of "spaceship earth" with emphasis upon the finitude of goods required for survival, and upon the essential cooperation of all passengers. We can relate to that, for it sounds something like a carpool commute, and it is flattering to think of the earth as a machine designed to take humanity somewhere. Yaakov Garb worries about the subliminal effects of this imagery: "It fosters false illusions of detachment and independence from an Earth on which we are inextricably and crucially dependent; it lessens anxiety about our destruction of *this* Earth with false promises of somewhere else to go; it seeks for the Ultimate out in space rather than in the Immediate here on Earth." We all know what to do when our spaceship surprises us by exploding: we conduct an investigation and raise funds to build a new one. Spaceship earth is closer to being an image of fiery death than it is to being a symbol of life.

Most of us stare at an enhanced satellite image of the earth every evening during a TV weather report. What we see is a map, not a planet. Mapmaking, says Garb, is intended "to replace the unknown, the subjective, and the ambiguous with explicit and objective knowledge—to flatten." The flat circle of the earth hangs on walls, shines from the covers of magazines and brochures, gets worked into every possible form of logo, and is even minted into coins, but it remains a flat map. Mapmaking, Garb reminds us, is also a necessary military technology. Generals require good maps of territories they intend to conquer. A flat earth seen from outer space is now a drawing board where military ambitions are planned.

The whole earth image permits us to be objective about the earth, and consequently the earth becomes just one more artifact among many. Advertisers depict it as a ball to be played with, a globe wired for communication, a light bulb, a platform for sales pitches, a fruit to be squeezed for its juice, or a new car showroom. This thing called earth joins

the crowd of things that have price tags and can be bought on an easy payment plan. Yaakov Garb interprets the slightly hidden message conveyed by such images: "humans and their technologies contain the earth, rather than being contained by it." This fantasy of omnipotence drives much modern technology, and it is also good business.

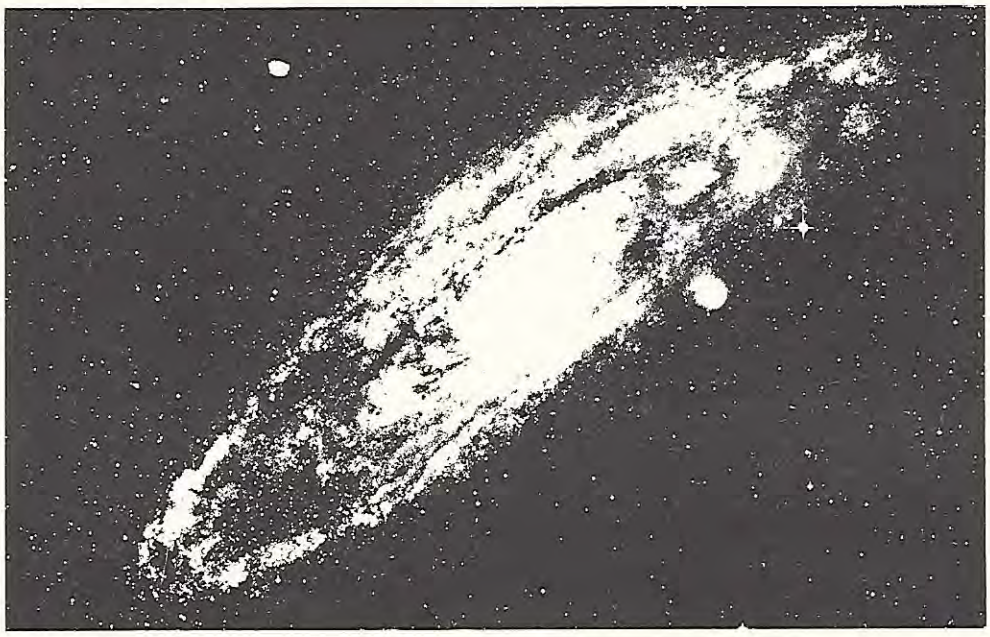
Garb summarizes the negative effects upon the human mind of our new images of the earth: "The whole Earth image is a small, comprehensible, two-dimensional image of the Earth, a

manageable token used to represent a reality that is unfathomably immense and complex. . . .This small image allows, and perhaps encourages, a trivialization of the Earth." A new vision of the earth has appeared, but instead of being transformed by it as might have happened, we have transformed it into a commonplace symbol to reinforce worn-out attitudes. An opportunity to see the earth whole should lead to a fresh world view, shouldn't it? Yaakov Garb thinks so, but the evidence he finds is contrary.

It may be necessary to squint at a new vision for a long time before its meaning becomes clear. How many decades of stupid responses were there before Copernicus' discoveries about the solar system began to be intelligently interpreted? Although more than a century has passed since Darwin, how many people today understand what evolution is all about? How many Christians were trivialized in Roman games before their new vision showed its real powers? New myths take some time to get used to, and many failed attempts and silly excursions can be expected before genuine insights of meaning appear. Playing with new possibilities is a normal (and wasteful) way for any curious creature to learn environmental truths.

Abused though it has been, the image of the earth from outer space is not going to go away. It is an adolescent image, scarcely fifteen years old, so it is no surprise to hear that it is awkward and pimply. With luck, Garb's album of misused whole earth images will seem naive or idiotic before long when the image has matured and revealed more of its mythic dimensions. Meanwhile, it is important to be patient, to search for genuine significance, and to remember that the whole earth is a myth that matters.

The whole earth image is laden with power, so it is natural that institutions and marketers want their images to soar along with it. But the time is coming when some modern Dante will do for our imagination what *The Divine Comedy* did for the medieval world view: reveal its deep and complex richness. When that begins to happen, then it will be the exploiters who look trivial, and the whole earth will take its place with the sun and the other stars in a new constellation of meaning.



Minding the Earth On the Air

Readers who have been on the *Minding the Earth* mailing list for a long time may recall that this little publication began in conjunction with a series of radio programs bearing the same name. "Minding the Earth" was a weekly broadcast carried via National Public Radio satellite to some 140 radio stations between 1980 and 1984. They were half-hour programs featuring interviews with especially provocative thinkers who had something new to say about natural environments. Many people became more mindful of the earth by listening.

Efforts are underway to revive the radio voice of *Minding the Earth* in a new format. A pilot series of three-minute commentaries excerpted from these pages will be tested on the air over the next few months. If all goes well, a new series of *Minding the Earth* broadcasts will be ready for wider distribution before 1986 ends. The purpose of the new programs will be to provoke fresh thinking about natural processes, and to offer perspectives that help minds to feel more at home on earth.

Readers who think that public radio stations in their area might be interested in the new three-minute *Minding the Earth* programs can make sure that those stations get the news. Just send a note or card with the call letters and address of your local station to the editorial address for *Minding the Earth* (see p. 4). The stations you mention will receive sample tapes and full information about how they can provide *Minding the Earth* to listeners in your area. Good environmental radio is a rarity in most places, leaving a niche that needs to be filled.

An Unique Cooperative Venture

The Hillhaven Corporation's Fifth Avenue Convalescent Hospital in San Rafael, California and the Marin Humane Society have collaborated in the establishment of a unique and progressive shared responsibility, human/companion animal bond program. The hospital has adopted ONYX, a handsome three year old Malamute/German Shepherd mix whose single important staff assignment is to offer non-judgemental love to the hospital's patients. The Humane Society, which has retained actual ownership of ONYX, works with the facility to feed and otherwise provide for her well being.

Onyx and Friends

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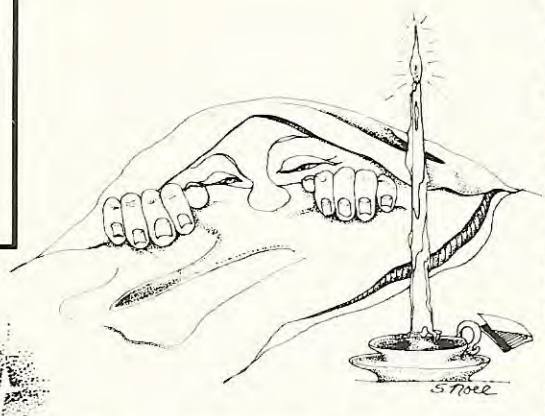

Ed LaChapelle is a geologist who is best known for his studies of glacial ice, and for the knowledge he has provided to help people conduct themselves safely in environments of snow and ice. He spends part of each year snuggled near a friendly Alaskan glacier, and he has learned from glaciers and from the changing sunlight of Alaska how to take things one gradual step at a time. Like morning, for instance . . .

Dawn's Early Light

by Ed LaChapelle

Kipling tells us that in Mandalay the dawn comes up like thunder out of China, but this locale must be an oddity, for most of us know that dawn, like Sandburg's fog, arrives on cat's feet, slowly and silently. The first, faint light lurks just beyond perception, leaving the observer uncertain just when the change came. It spreads slowly from the eastern sky, until night shadows begin to fade, ghostly shapes take form and the coming day filters gently into the world. Dawn takes *time,* an hour or so to really get going and turn on the sky. Biological evolution over some five hundred million years has seen creatures awakening to each of those countless dawns the same way, gently. Perhaps the First Dawn was different (God said "let there be light" and there was light.), but ever since then things have moved a little slower. Mankind shares this heritage from the eons of the world, a physiology and nervous system adapted to the slow coming of the light. For all but the very last moment of history, men and women have awakened each morning to the same tempo of sunrise that has greeted their whole biological heritage stretching into the past.

Until the last moment of history, that is. Consider how modern man greets the new day when his alarm clock sounds in the dark. A step or two out of bed, the last tendrils of sleep still trailing behind, a fumbling for the light switch, and POW!—instant day. No gradual waxing of the dawn for this creature of the modern age; instead a billion photons suddenly zinging around inside eyeballs, optic nerves slammed against the wall protesting and complaining, their misery echoing through the brain and down the signal channels of a body still adapted to sleep and dark. The Lamp Division of Westinghouse and a friendly local electric utility have joined to give a half-billion years of evolution a swift kick in the pants. This is no gentle dawning of the light, it isn't even thunder out of China, it is a regular atomic blast striking the biorhythms of an awakening being. Is it any wonder that people have trouble getting in gear in the morning?

There is a simple cure for this whole instant-dawn business, of course. Just get up in the dark and *don't* turn on the light. If you need something to see by, light a small candle, spend some time getting used to it before going on to something brighter, like a kerosene lamp or a very small light bulb. Even simpler, put the electric technology to work for you, install a few dimmers around the house and start out with them at the lowest setting when you get up. Work them up gradually over 15 or 20 minutes, let your eyes and your body adjust to your self-created dawn just like it was designed to do, slowly. Try it nature's way for a while and see if this doesn't improve your alertness and sense of well-being during the first hours of the day. Let there be light, yes—but slowly if you please.

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