

Latham Letter

VOLUME XIV, NUMBER 3

SUMMER 1993

PROMOTING RESPECT FOR ALL LIFE THROUGH EDUCATION

Can Living With Animals Improve Our Quality Of Life?

Dr. Sam Ahmedzai

Although the precise definition of "quality" is largely a personal matter, quality of life can generally be defined as the gap between the "ideal self" and the "actual self." It is related to a person's health (physical, psychological, social and spiritual), to economic and political factors, and to spiritual issues, such as proximity to nature.

"Health," as defined by The World Health Organization, is not merely the absence of disease, but a positive state of well-being. Nevertheless,

LIVING, continued on page 3

INSIDE

- Psychology professor examines young people's cruelty to animals (Page 8).
- Research on the health benefits of pet ownership (Page 15).
- Excerpts from a gorilla doctor's diary (Page 16).
- Readers Survey (Page 12).



Hearts are won over when these marine mammals perform, but many critics believe that it is cruel to keep them in captivity

Our Love Of Dolphins Has Turned Into A Questionable Affair

David Riley

Robin stands on the backs of two dolphins, one supporting each of her feet. As they zip around the pool at Orlando's Sea World, she holds on to a tether with one hand and waves to the cheering crowd in the grandstands with the other. She dismounts and leads the dolphins through a dazzling array of flips and twirls, fluke waves, and synchronized jumps that form perfect arcs 15 feet above the water. The scene seems flawless – the smiles on the young, tanned trainers, the precise movements of the sleek gray dolphins (the brightly painted building facades standing like Hollywood sets beside a pool filled with azure water).

"As ambassadors of the sea," the emcee intones over a loudspeaker, "these dolphins help us appreciate our aquatic world." And so they do. It's hard not to be impressed by the physical agility and mental prowess

of these half-ton wonders of the deep.

Performing dolphins are a big part of a booming business these days. In 1991 ten million people streamed through the turnstiles at Sea World's four marine parks – in Florida, California, Texas and Ohio. About 112 million people visit North American aquariums and zoos every year, more than attend all major league sports events.

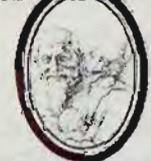
Among the marine mammals displayed at oceanariums and marine parks, dolphins seem to hold a special fascination for us. This has been true since antiquity, when Greeks put the dolphin image on coins, wrote about the creatures in legends and decreed that to kill a dolphin was as serious a crime as to kill a person. Part of the special connection is that dolphins are mammals and, like us, are warm-blooded, air-breathing animals that nurse their young.

Dolphins are playful and "full of fine spirits," wrote Herman Melville in *Moby Dick*, adding that if you "can withstand three cheers" at the sight of dolphins gamboling off a ship's bow, then "heaven help ye; the spirit of godly gamesomeness is not in ye."

DOLPHINS, continued on page 4

WIN A FREE COPY OF UNIVERSAL KINSHIP

UNIVERSAL KINSHIP



THE BOND BETWEEN ALL LIVING THINGS

SEE PAGES 12-13

IN THIS ISSUE

Our Love Of Dolphins Has Turned Into a Questionable Affair <i>David Riley</i>	1
Can Living With Animals Improve Our Quality Of Life <i>Dr. Sam Ahmedzaï</i>	1
EDITORIAL: An Editorial Is a Report - Is an Advocacy - Is a Review - Is a ... <i>Hugh H. Tebault</i>	2
OPINIONS	2
Why are Children Cruel to Animals? <i>Dr. Frank Ascione</i>	8
READER SURVEY - Win a FREE copy of <i>Universal Kinship</i>	12
Cat Personality Test	14
Research Shows the Beneficial Effects of Pet Ownership on Human Health and Behavior <i>Dr. James Serpell</i>	15
MEDICAL AND SCIENTIFIC NEWS: Morris Animal Foundation's Veterinarian Provides Health Care to Mountain Gorillas <i>Janice Rooney</i>	16
"Monkey" Business	18
When a Family Pet Dies <i>Robert W. Rae</i>	20
BOOK REVIEWS	21
Canine Good Citizen Video	23

REMEMBER TO RECYCLE

The Latham Foundation for the Promotion of Humane Education

Members of the Board of Directors

Mr. Don deLemos
Mr. Noel DeDora
Mrs. Marion Holt
Mr. Clifford Lancaster
Mr. Deszoe Steve Nagy
Mr. Hugh H. Tebault
Mr. Hugh H. Tebault, III
Mrs. Laura Thompson

EDITORIAL



An Editorial Is a Report – Is an Advocacy – Is a Review – Is a ... ?


Hugh H. Tebault

There must be others like myself, who after reading an editorial or appealing study, not only dwell on its substance but also the motivating intent of the author. There are two specific types of commentary which I find of particular interest. The first is disturbingly thought-provocative, and presented with what seems to be, an almost malicious disregard for my opinions. While the other expresses thoughts and ideas with which I am entirely in agreement. The latter editorial invariably leaves me with a involuntary sense of deep appreciation for the intelligence of its author. I must admit however, that I am more frequently informed and challenged by the occasional disagreeable message than the pleasant one.

Much thought is given to the information carried in each issue of the *Latham Letter* and we are acutely aware that in many cases its professions are contrary to a reader's conviction. The information is, however, intentionally not directed to those of you who are sympathetic to and understanding of the responsibilities implied by our interrelationship with and interdependence on all other life. Rather than addressing you, it is

presented for the edification and thoughtful consideration of those individuals of neutral or contrary opinion.

Those familiar with the Latham Foundation's recent film/videotape documentary productions are aware of its long term and successful program in promoting recognition and implementation of the mutually beneficial values intrinsic to human/companion animal bond activity. Another promotional endeavor similarly concerned with the vital well-being of human and nonhuman life has recently been added.

Latham's newest effort, that of promoting an understanding of the direct interrelationship of human and nonhuman abuse, is predicated on a fallacious contention, which holds that humane treatment is the birthright of humans alone. The new program, though limited, addresses the esoteric and important, relationship involved in the cruelty of children and animals. Its thesis being: there is only one kind of cruelty and it is not limited to any particular sentient being, but is an undisciplined cowardly behavior with progressive, nonselective and multiplied application profoundly effecting the value of all life. 

OPINIONS

Recipient of the Albert Schweitzer Medal Responds to Editorial

Your thoughts, Mr. Tebault, in your Winter issue about the bees and the earth worms struck a responsive chord with me.

You will see why if you read "Since *Silent Spring*: Our Debt to Albert Schweitzer and Rachel Carson."*

We couldn't get along without them – for their own sake and for our own. That's the story we must continue to emphasize. We build the bridge from the human-centered environment to the animal-centered environment and show that the bridge is a two-way one.

I do enjoy the *Latham Letter* – learn so much from it. Good editing! I found the article about Edith and Milton was quite inspiring. I know they would be glad to know that their mission is being carried out so well.

Ann Cottrell Free
Bethesda, Maryland

Editor's Note: "Since *Silent Spring*: Our Debt to Albert Schweitzer & Rachel Carson" is an address presented at an International Albert Schweitzer Symposium in New York, NY, August 1992. Copies may be obtained from: The Flying Fox Press, 4204 Forty-fifth Street, NW, Washington, DC 20016, 301-229-8160. ISBN 09617225-2-5.

Ann Cottrell Free is recipient of the Albert Schweitzer Medal from the Animal Welfare Institute and the Rachel Carson Legacy Award of the Rachel Carson National Wildlife Refuge. She is author-editor of *Animals, Nature and Albert Schweitzer* and author of other animal-nature

OPINIONS, continued on next page



The Latham Letter

© Latham Foundation 1993

Published Quarterly By

The Latham Foundation
Latham Plaza Building
Clement and Schiller Streets
Alameda, California 94501
510-521-0920 Fax 510-521 9861

Annual Subscription Rate
\$12.00

Publisher and Editor
Hugh H. Tebault

Founding Editor
Wallace Ness Jamie
1909 - 1989

Managing Editor
Judy Johns

Contributing Editor
Aline H. Kidd, Ph.D

Editorial Advisory Committee
Ex Officio, Hugh H. Tebault

Photographs
Unless otherwise noted, photographs were taken by Kathleen Henderson.

 **The Latham Letter** is printed on recycled paper.

Concerning Reproduction of Material Published in **The Latham Letter**

Permission from The Latham Foundation to reproduce articles or other materials that appear in **The Latham Letter** is not required except when such materials is attributed to another publication and/or authors other than the editors of this publication. In that case, permission from them is necessary.

When republishing, please use this form of credit "Reprinted with permission from **The Latham Letter**, (date), quarterly publication of the Latham Foundation for the Promotion of Humane Education, Clement & Schiller Streets, Alameda, California 94501, (510) 521-0920."

Latham would appreciate receiving two copies of publication in which material is reproduced.

The Latham Foundation is a non-profit operating foundation that makes grants in kind rather than monetary grants but welcomes partnership with other institutions and individuals who share its commitment to furthering humane education

The Latham Letter welcomes manuscripts relevant to the Foundation's interests and concerns but reserves the right to publish such manuscripts at its discretion.

LIVING, continued from page 1

disease has an adverse effect on health, since it tends to cause social restriction, loss of individuality, loss of privacy, loss of purpose, failure to feel loved or needed (especially the case in chronic disease), and reduced physical comfort.

In comparison, companion animals have effects on the quality of life which are physical, functional, psychological, social and spiritual.

Some of the effects on physical health are described in James Serpell's paper on page 15. Other effects that have been documented include cardiovascular effects including a fall in blood pressure on interacting with an animal and a markedly improved survival rate, following myocardial infarction in pet owners compared with non-pet owners. I have personally observed, in a patient requiring painful daily dressing changes, that a dog sitting on the lap can have more efficacy as an analgesic than nitrous oxide and air.

A further beneficial effect of animals is maintenance of self-esteem. This is particularly important in a hospice, where operations, wasting, and weight loss tend to give patients a poor body image.

The functional benefits of companion animals are well known in the case of Guide Dogs for the Blind. Assistance Dogs and PAT Dogs for the bedridden. These give patients independence and, in some cases, enable them to find employment that would

not otherwise be possible. The many psychological benefits include improvement of mood and distraction.

Animals have now been present in the Leicestershire Hospice for more than four years and during that time there has only been one adverse effect. A woman who woke up during the night saw a "cat" on her bed, jumped away from it and fell out of bed - the "cat" turned out to be the wig that she had recently been given to counteract the cosmetic effects of hair loss due to chemotherapy!

The social effects of companion animals include the well known "lubricant" effect, people talk more readily to a person with an animal than to one without, and families tend to mix more together and do more together when they have

a pet. The presence of animals also helps to teach children how to socialize with animals, also with other people. Animals help to counteract loneliness, especially in the elderly, for whom their pets may represent the only contact that they have with another living thing.

The spiritual effects of companion animals include an appreciation of nature, encouragement of nurturing and appreciation of the cycle of life and death, particularly valuable for children.


Dr. Ahmedzai is Medical Director of the Leicestershire Hospice, Groby Road, Leicester LE3 9QE, England.

Reprinted courtesy of The Journal of the Society for Companion Animal Studies, U.K.

OPINIONS, continued

books. She is a former Washington and foreign correspondent for the New York Herald Tribune and other publications and served as a special correspondent for the United Nations in China and the Marshall Plan in Europe. She is writing a book on the influence of Albert Schweitzer and Rachel Carson on the environmental and animal protection movements.

Latham Videos Contribute to Success of Telethon

 Thank you so much for the use of the video tapes. They were fantastic! Our telethon was a huge success, thanks in large part to the videos from Latham.

The Tri-State Disabilities Commission was so impressed after watching "Canine Companions for Independence" that they sent us a pledge and a thank you note "for thinking of us."

The quality of your tapes made us look like the professional organization that we are. Your assistance was greatly appreciated and we hope to continue our relationship with the Latham Foundation in the future.

*Jan Berlin Matthews
Director of Humane Education
Humane Society of
Port Jervis/Deerpark, Inc.
Port Jervis, New York*



CHARGE-IT



For your convenience you may now charge subscriptions, renewals and video orders using your MasterCard or VISA.



Our fascination with dolphins was made clear on a recent visit to Connecticut's Mystic MarineLife Aquarium. It was late in the afternoon, and as I watched the dolphins through a large window, the few visitors who lingered appeared mesmerized as the animals turned and glided effortlessly through the dappled light. Sometimes one of them, eyes wide open, headed straight for the glass of the huge aquarium tank, then suddenly veered off at the last second before impact. A young man in a tank top, dark glasses hanging from his neck, started singing to an eight-year-old girl in pigtails, "They called him Flipper, Flipper..." He kept repeating the lilting refrain as they walked out.

Aquariums are magical places, but the very thing that makes them so popular — the large marine mammals like dolphins and whales — also makes them controversial. For the past 20 years, with increasing urgency, animal-rights

Aquariums are magical places, but the very thing that makes them so popular — the large marine mammals like dolphins and whales — also makes them controversial.

advocates have held demonstrations and initiated lawsuits to ban the practice of keeping the big marine mammals in captivity. Last June, South Carolina adopted the nation's first state law banning any public display of captive dolphins and whales; in southeastern Australia the State of Victoria has prohibited their

capture and display since 1988.

The controversy is as heated as the stakes are high, especially in Florida, where marine parks attract millions of visitors to a state dependent on tourist dollars. There, in 1989, animal rights activists tried to disrupt efforts by staff members of the National Aquarium in Baltimore to capture wild dolphins in coastal waters.

The issue heated up again last year when Ocean World in Fort Lauderdale was fined \$20,000 and forced to close for two weeks for alleged violations of animal-care standards. Federal government accusations included physical abuse of dolphins and inadequate space, sanitation and veterinary care for them.

When advocates sued the New England Aquarium in Boston over its treatment of dolphins, the facility filed a countersuit for defamation. The aquarium claimed the activists deliberately made false allegations in fundraising letters and public statements. "I consider myself one of the original animal-rights advocates," says director John Prescott, who in 1960 was among the first to find that dolphins use sonar. "But I fall into a different category. For some activists the issue of dolphin rights has almost become a religion."

Richard O'Barry is one of those people. At 52, with light brown eyes, a windblown look and a sharp tongue, he is a kind of Ralph Nader with flippers. He acknowledges his obsession to free captive dolphins and details his experiences in *Behind The Dolphin Smile*, a book recently optioned for a film. O'Barry

claims he is not a radical and believes his expectations are realistic. "It was never my goal to close places like Sea World," he says, "but we have to go after the substandard parks and stop using dolphins as performing circus animals."

For many years O'Barry made his living capturing



For the past 20 years, with increasing urgency, animal-rights advocates have held demonstrations and initiated lawsuits to ban the practice of keeping the big marine mammals in captivity.

wild dolphins and training them to perform at Miami Seaquarium. Five of these were also used in Flipper, the TV series popular during the '60s. But in 1970 a searing experience changed O'Barry's life: Kathy, his favorite of the Flipper dolphins and a performer for seven years, died in his arms. When the TV series had ended, Kathy was retired to a small steel tank that limited her contact with people and other dolphins. O'Barry believes a lonely Kathy "committed suicide. I don't know what else to call it; it was deliberate. Every breath is a conscious effort for a dolphin, and she just stopped breathing. She died of a broken heart."

O'Barry, with tears streaming down his face, immediately went to Seaquarium's manager and blurted out, "Why are we doing this?" He was determined to find a way to make his protest count against the very industry

he had helped to create. O'Barry came up with a plan that focused on Charlie Brown, another dolphin he had captured for Seaquarium. Charlie Brown was one of four traded to Lerner Marine Lab in Bimini in exchange for a "a box of electronic equipment." Within a week after Kathy's death, O'Barry flew to Bimini — on the eve of the first Earth Day — slipped into the water outside the lab and cut open the sea-pen fence, Charlie Brown was free to leave, but he didn't. He had apparently grown accustomed to people and to his regular feeding. Just as Charlie Brown rejected freedom, so did O'Barry; he turned himself in. Since then he has been arrested many times in his crusade.

Today, from a small office in Miami, O'Barry runs the Dolphin Project, a watchdog program that monitors the treatment of marine mammals. "Flipper is both the best and the worst thing that ever happened to dolphins," he says. "The show exposed them to people, and the audience fell in love with them. But at the same time it led to their exploitation. The dolphin's smile is nature's greatest deception — its jawline curves naturally upward. It's an optical illusion, but it brings in the money." O'Barry is now devoting much of his time in rehabilitating dolphins for freedom. He is currently in Brazil retraining that nation's last captive dolphin, ironically named Flipper, for release. "The dolphin must be taken from its artificial environment into a sea pen so it can experience again the natural rhythms of the ocean," says

O'Barry, who describes his plan to "wean the dolphin from people and dead fish." It will be released off the coast of Laguna, Brazil, where it was caught eight years ago.

The bottlenose dolphin, among the most adaptable and therefore most commonly used for performing in marine parks, is not an endangered species. However, for the past three years there has been a voluntary moratorium on its capture in U.S. waters. As the National Marine Fisheries Service (NMFS), the government agency responsible for protecting both wild and captive dolphins, prepares to revise its guidelines for the capture and importation of marine mammals, it is useful to reevaluate the issues. Today there are ten companies holding permits that allow them to capture dolphins, and they adhere to a set quota; any animal accidentally killed is counted against that figure.

Animal-rights advocates contend that during capture dolphins are easily traumatized and go into shock when removed from the water. But others disagree. Brad Andrews, vice-president of zoological operations at Sea World, says "I've never seen it happen." During capture, several boats may surround a small herd with nets that are closed gradually. Panicked dolphins struggle to get away, injuring themselves in the process. Only the healthiest specimens are kept and, according to O'Barry, "most are young females, the cream of the gene pool." A more humane technique involves catching one dolphin at a time with a hoop net that is easily released if a dolphin shows signs of going into shock. A new requirement should help: federal observers must be present on every boat during a capture. But funds and personnel are limited.

Dolphins that survive capture frequently have problems adjusting to a diet of dead fish and may even have to be force-fed. They must also adapt to confinement in a concrete pool or fenced lagoon. The Center for Coastal Studies, a non-profit marine research group based in Massachusetts, tracked 89 dolphins captured between 1975 and 1977 and found that more than 30 percent died within the first two years. Those who make it past that mark appear to adjust to their new surroundings and live into their 30s and even 40s.

The issues surrounding captivity stir strong emotions, and many mainstream conservation groups are reluctant to take a stand. "Dolphin captivity is not a conservation issue," declares a biologist from a leading marine environmental organization who insists on anonymity. She points out that there are fewer than 500 dolphins in

that the relatively small number of dolphins in captivity makes their treatment a nonissue. "I'm concerned about the millions of Americans who go to our 'amusement parks' and come away thinking it's OK to dominate animals and manipulate them into performing tricks to please a crowd. How we treat dolphins is a microcosm of our overall relationship to nature."

O'Barry and others object to dolphin captivity because of unique characteristics that make confining them so cruel. Wild bottlenose dolphins range freely, travel as much as 100 miles a day and can easily dive hundreds of feet below the surface. Wild dolphins associate in herds of 50 or 100 individuals, within which they form small groups of male or female peers. Their gestation period lasts 12 months, and the young nurse up to 20 months, so the interval between calving is usually two or three

embedded in it. Or, when offered two fish identical in size and shape, they can distinguish the one they like to eat by determining the texture or internal structure of the fish. "To say that dolphins echolocate is like saying Michelangelo painted church ceilings," writes Patrick Moore, a researcher for the U.S. Navy's Marine Mammal Program.

As for dolphin "intelligence," there is much we don't know. The world of the dolphin is very different from ours, and our testing is by human standards; it may be that our ideas of what constitutes intelligence are inappropriate. The dolphin brain is large and complex, similar to the human brain. Researchers have found that dolphins communicate with one another using a variety of squeaks, clicks and whistles. Individuals have distinct signature whistles that others use to call them.

University of Hawaii professor Louis Herman, who has worked with dolphins for more than 20 years, developed two artificial languages, one using gestures and the other, sounds. The dolphins he works with can perform some of the most complex behaviors ever achieved. Examples: dolphins will correctly answer the question, Is there a Frisbee in the pool? And they can understand the difference between a request to carry a person to a surfboard in the pool and a request to take the surfboard to a person. Herman is convinced dolphins are highly cognitive creatures, much like chimpanzees.

Marine parks and oceanariums, recognizing that their dolphins are social and communicative animals, try to group them in compatible combinations, but a group

As much as the welfare of individual captive dolphins may pull at our emotions, the larger issue of their educational value is the crux of the controversy. There is no doubt the public's awareness of dolphins has grown dramatically from watching them perform.

captivity, while more than 25,000 were killed in 1991 by tuna fishermen. To fishermen, the presence of dolphins usually indicates schools of tuna swimming below. Unfortunately dolphins are caught in the tuna nets and drown when they can't get to the surface for air. Roughly half a million dolphins die annually from man-made causes, including water pollution in coastal areas and the drift nets that are still in use in many countries.

O'Barry rejects the idea

years. Within the group other females sometimes act as midwives or "aunts," helping mothers care for their young.

Dolphins are blessed with built-in sonar that enables them to echolocate—to bounce noises off objects several hundred feet away to determine size, shape, movement and location. Research on captive dolphins indicates how effective their sonar capabilities can be; when given three outwardly identical balls, dolphins can pick out the one with a BB

DOLPHINS, continued on next page

of three or four dolphins confined to a cramped concrete tank obviously doesn't replicate the wild. "I know of no marine mammals kept in captivity in natural conditions," writes San Francisco State University Biologist Hal Markowitz. "As a matter of fact, there is an inherent contradiction in using the term 'natural' to refer to captive circumstances."

Federal regulations indicate how cramped those circumstances can be: a minimum tank size of 24 feet in diameter, or twice the body length (whichever is greater), and 6 feet deep per dolphin. Bottlenose dolphins can reach a length of 13 feet; such an animal would stretch half-way across a minimum-sized pool and immerse only half its body if it dove straight down.

Under the best of conditions dolphins die in captivity just as they do in the wild. Two dolphins died prematurely at Ocean World in 1991, out of a total population of 15. The Living Seas pavilion at Disney World's Epcot Center, considered a state-of-the-art facility, has lost four of its six dolphins since 1985. The Orlando Sentinel, after conducting a computer analysis of the records on captive dolphins, found that of the 414 bottlenose dolphins captured or born in captivity during the '80s, one-third were dead by January 1, 1990.

"Unquestionably, many animals die," Stephen Leatherwood of the World Conservation Union concludes, but given advances in our knowledge about the health needs of dolphins, "we could end up with better survivorship in captivity than occurs in the wild."

Michael Stoskopf, who spent eight years as the veterinarian at the National

Aquarium in Baltimore, stresses the benefits of captivity, "such as high-quality medical care, constant supply of food and freedom from predators." Those who support his point of view believe that such benefits outweigh loss of freedom. Dolphin-rights advocates think the trade-off is immoral. Stoskopf sees both sides: "When people ask, 'What good is a long life without the joys of kelp?' I can't say that they're wrong." Brad Andrews, Sea World's vice-president of zoological operations is in favor of whale and dolphin shows. "Life in the wild isn't as romantic as everybody thinks," he says: "keeping a few breeding members of the species in

About 112 million people visit North American aquariums and zoos every year, more than attend all major league sports events.

captivity isn't a bad idea, given that thousands are dying each year in the wild."

Both sides anthropomorphize the issue. Many activists consider any captive conditions for dolphins inhumane, so standards are beside the point. "The underlying issue is whether you believe captivity is appropriate, which is an ethical issue, not a scientific one," says Stephen Leatherwood. "Both sides invoke the pretense of science and engage in public relations ploys to argue their case."

Central to arguments about captivity is the question of stress; while many bottlenose dolphins seem to adapt well to almost any situation, a truly miserable dolphin will refuse to eat, get sick, and become noncommunica-

tive or highly aggressive. The Baltimore aquarium's dolphin tank was initially fitted with underwater mirrors to make it appear larger to visitors, but the mirrors "in some way perplexed the dolphins," says Stoskopf. He speculates that "perhaps their visual images didn't coincide with their sonar images. They decided to test the system, so they put their beaks in contact with the mirrors, as if using their sonar, and then surged forward, breaking the mirrors."

The mirrors were removed immediately, but three dolphins developed stomach ulcers and were sent to the Dolphin Research Center in the Florida keys, where aquariums send sick or injured animals for rehabilitation. After they recovered, the dolphins were returned to Baltimore, but their ulcer symptoms recurred. They were sent again to Florida, then back to Baltimore, but their symptoms appeared one more; this time the aquarium sent the dolphins to Florida permanently.

Sea World, with 85 dolphins in four parks, has had more success in curing this stress-related problem. Vice-president Brad Andrews says that "maybe one dolphin in the last year" has been treated for ulcers.

In the mid-1980s, the resort industry built enclosed lagoons where the public could spend as much as \$65 a half-hour to swim with dolphins. Thousands of people responded, and some were deeply moved by the unique experience of being so close to such powerful, responsive and gentle animals. The facilities were touted as providing the best care that money could buy, yet dolphins died suddenly without showing any previous symptoms. Four facilities in the United States - three in Florida and one in Hawaii -

operate on permits that will run through early 1994. NMFS is now investigating the impact of the programs on the dolphins.

The arguments in favor of swim-with-dolphins programs is that they are educational. At Dolphins Plus in the Florida Keys, supervised autistic children and other differently-abled individuals mingle with dolphins, and experts claim the experience has a profoundly positive effect on the people. The dolphins perform no tricks and aren't rewarded with food, but are accustomed to the presence of people.

Most aquariums make substantial efforts to treat their dolphins well. The reasons are easy to understand: the dolphins attract visitors and are very expensive to maintain. But mistreatment does occur, according to federal investigators, who charged that dolphins at Ocean World in Fort Lauderdale were handled so as to cause trauma, stress and "physical harm" to them. Statements by former employees accused former head trainer Ken Engels of wrestling a dolphin named Shadow and trying to force her into a pen against her will in July 1987. Shadow died a few days later. Engels denies any abuse, characterizing his accusers as self-aggrandizing agitators or disgruntled former employees. Gregory Bossart, Ocean World's veterinarian at the time, also denies dolphins were abused and says Shadow died of pneumonia.

As much as the welfare of individual captive dolphins may pull at our emotions, the larger issue of their educational value is the crux of the controversy. There is no doubt the public's awareness of dolphins has grown dramatically from watching them perform.

Brad Andrews, who grew up on the beaches of Southern

California, has seen major changes in the public's attitude toward protecting the oceans and their wildlife. "I can remember going to

promote conservation, Andrew says: "We prefer to work within the existing framework." More visible efforts, he says, "could be

available on short notice to rescue stranded animals that wash up along our coasts, some dead, others nearly so but capable of rehabilitation if rescued in time.

The attractions industry has also conducted seminal research on dolphins, dating back to the late 1930s, which has led to our enormous knowledge about dolphin physiology, health needs and social patterns, including the ability to learn and communicate.

As animal-rights activists gain more attention, many marine parks and aquariums seem to be making some changes. There is a trend toward captive breeding and displaying local marine ecosystems instead of staging splashy shows. The success rate of keeping and breeding dolphins is also improving — about half of Sea World's 85 were born in captivity, and the grim spectacle of capture teams physically subduing wild dolphins may become a rare if not obsolete event.

Many newer aquariums are giving up dolphin and whale shows entirely. The Monterey Bay Aquarium highlights the local ecosystem outside its large windows, displaying more than 500 species of fish, mammals, birds, and plants — and it has no captive dolphins or whales. Still the aquarium attracts nearly two million visitors a year. Recently opened aquariums in three other U.S. cities highlight their local ecosystems and do not display dolphins or whales. The Cousteau Society, opposed to dolphin captivity, has taken this trend a step further: its Ocean Park in Paris is a marine museum with no live animals and not a drop of water. It features interactive video displays, a wide-screen film of the underwater world and a walk through the inside of a life

size model of a 90-foot blue whale.

Do people get as excited coming to a facility without captive marine mammals as to one with them, Charles Vinick, vice-president of the Cousteau Society, is asked. "Not yet," he says, "but emerging technologies may change all that." "Virtual imaging," for example is being developed by a Japanese company. In a "waterless aquarium," visitors will see what looks like a fish swimming in black space, similar to what they now see in aquariums.

Whatever the future holds, the special relationship that has existed between dolphins and humans since the time of Homer will continue. Even scientists like Stephen Leatherwood, trained to observe life with strict objectivity, recognize the human urge to find "a kindred spirit" in dolphins. Activist, Richard O'Barry, practiced at hurling hard-headed accusations at his opponents, softens at the sight of dolphins in the water. Asked what he's learned from them, O'Barry says, smiling, "Happiness in life is the journey itself, not some place you arrive at. Dolphins live that way every day."

Reprinted courtesy of the Smithsonian, January 1993 and David Riley.

David Riley is a freelance writer, editor and playwright based in Washington, D.C. who specializes in oceanic and environmental issues.

**Latham's Video
DOLPHIN SWIM**
explores the interactions that develop between humans and bottlenose dolphins in the Florida Keys — first in a program for autistic children, then in a workshop for adults.

Call or write Latham for further information.



Even scientists, trained to observe life with strict objectivity, recognize the human urge to find "a kindred spirit" in dolphins.

Catalina and watching people shoot dolphins off the bow of the boat," he says. In some parts of the world, people still hunt dolphins, but increasing public concern clearly threatens the future of such activities.

Richard O'Barry thinks people are miseducated by the dolphin performances: they are taught that it is all right for humans to dominate dolphins and put them through unnatural routines for commercial purposes, Jacques Cousteau similarly objects: "I am sincerely against using them as circus animals," he wrote, "and therefore I am against the creation of commercial exhibits of live marine mammals." Cousteau has come to oppose keeping dolphins in captivity since a 1958 incident when he watched two captives kill themselves by swimming full speed into the walls of their tank.

O'Barry gives little credit to marine parks and aquariums for improving the lot of wild dolphins: "The attraction industry, which reaches millions of people, has failed miserably. It could have resolved the indiscriminate killing of dolphins by the tuna industry 20 years ago." Asked what political action Sea World has taken to

misunderstood."

One of Sea World's efforts is opposition to a bill introduced by Representative Porter Goss of Florida that would allow states to provide more stringent regulations, beyond those of the federal government, in the capture of marine mammals. Sea World opposes the legislation, according to Andrews, because the organization wants to retain the consistency of federal standards, and it believes dolphins are sufficiently protected under them. The bill was soundly defeated. "We basically got lobbied into the ground by the attractions industry," says Goss' legislative director.

But aquariums do make substantial contributions. Federal law requires organizations displaying marine mammals to have education or conservation programs, and some are extensive. The Monterey Bay Aquarium in California devotes 50 staff members, 600 volunteers and \$2 million of its annual budget to its education program, reaching 100,000 students every year.

Some aquariums also get their hands dirty with nitty-gritty conservation work. The Marine Mammal Stranding Network serves as a kind of minuteman brigade. aquarium personnel are

Why are Children Cruel to Animals?

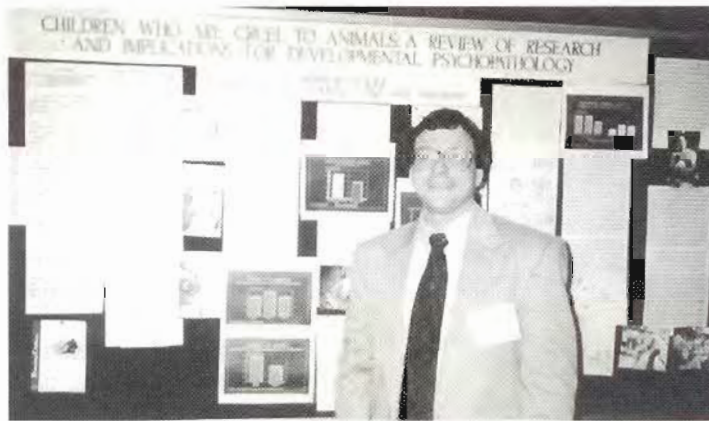
Professor Develops a Standardized Measure

Dr. Frank R. Ascione

Summary

Violence in families and communities has become an unfortunately common component of the lives of many children and adolescents in our culture. Youth are the victims of such violence and they engage in violent behavior. Nonhuman animals are also targets of young people's cruelty and destructiveness. The distal goal of this project is to assist in the reduction of violence to children and animals. The proximate goal is development of a standardized measure of child and adolescent cruelty to animals. The measure would be used in research on the nature, correlates, and causes of cruelty to animals, and would facilitate the design and evaluation of prevention and intervention efforts.

The relation between violence toward animals and violence to and by young people has been demonstrated in a variety of research programs. Case studies suggest that children who are cruel to animals often experience violent home environments. Adults whose current disposition includes violent interpersonal relations often report histories of cruelty to animals in their early development. The association of cruelty to animals with the physical and sexual abuse of children, and with wife battering has emerged in a number of clinical studies. Acceptance of the predictive value of childhood cruelty to animals will require research approaches that more clearly define dimensions of cruelty and directly examine, in child-



Dr. Frank R. Ascione, Professor of Psychology, Utah State University stands before his presentation at the biennial meeting of the Society for Research in Child Development, New Orleans, 1993.

ren, the developmental aspects of such cruelty.

The project will include development and field-testing of an assessment instrument for measuring child and adolescent cruelty to animals. This instrument will be designed to serve both research and record-keeping functions and, therefore, should be of value to social scientists and clinicians, and to animal protection organizations.

The instrument-development process is sensitive to the research work group recommendations that emerged from the American Humane Association Summit on Violence to Children and Animals (November, 1991). The process will include parents and their children and adolescents. Participants will be drawn from the community and from a number of organizations serving youth at risk (e.g., crisis centers for abused children, shelters for battered women, youth correctional programs). The principal investigator has established collaborative relations with these organizations and with local and state animal welfare programs.

Successful completion of this project will yield a reliable and standardized instrument for assessing cruelty to animals. This instrument can help inform efforts to prevent cruelty and to intervene effectively in cases where violence toward animals has already emerged.

*While various scenes of sportive woe the infant race employ
And tortured victims bleeding show the tyrant in the boy
Behold a youth of gentler heart to spare the creature's pain
O, Take, he cries - Take all my tart
But tears and tart are vain
Learn from this fair example you whom savage sports delight
How cruelty disgusts the view while pity charms the sight.*

(Rev. James Townley, 1750 - text accompanying William Hogarth's "The First Stage of Cruelty")

The goal of this project is to assist in the reduction of violence to children and animals. Achieving this goal will require, in part, information about the forms of cruelty to animals displayed by children and adolescents,

and experiential factors associated with cruelty to animals. This information could then be used in the design, implementation, and evaluation of a) prevention programs for youth at risk for engaging in cruelty to animals and b) intervention programs for young people already displaying cruelty to animals.

The proposed project incorporates a research and development plan to develop a standardized assessment instrument whereby cruelty to animals, especially in childhood and adolescence, can be measured. This instrument would help characterize the nature, causes, and correlates of cruelty to animals and eventually facilitate evaluation of prevention and intervention efforts.

This proposal will include a brief review of examples of renewed focus on childhood cruelty to animals and its link to violence in adolescence and adulthood. Next, the relevance of childhood cruelty to animals for diagnosing psychiatric disturbance will be highlighted. The focus will then be directed to ecological factors in families and communities that may shed light on the development of cruelty to animals. Included among these factors are family violence, including the physical and sexual abuse of children and wife battering, and community violence.

Background

The relation between violence toward animals and violence toward humans has been the subject of philosophical and theoretical attention for centuries. The scientific

The project will include development and field-testing of an assessment instrument for measuring child and adolescent cruelty to animals.

This instrument will be designed to serve both research and record-keeping functions and, therefore, should be of value to social scientists and clinicians, and to animal protection organizations.

study of this relation, however, is a relatively recent phenomenon. The pioneering work in this area, focusing on children and adolescents, was conducted by Fernando Tapia in the 1970s. Using a case study approach (a typical strategy in the exploratory phase of a new research program), he described the history and family circumstances of children referred to a psychiatric clinic for cruelty to animals (and other forms of aggression). Tapia's six-year prospective research with this sample of children yielded a critical finding: cruelty to animals in childhood is significantly stable and does not necessarily diminish with increasing age and maturity.

The most extensive program of research on the links between interpersonal violence and cruelty to animals was the series of studies by Stephen Kellert and Alan Felthous. This important retrospective research revealed that cruelty to animals was disturbingly common in the histories of male psychiatric patients, incarcerated men, and assaultive women offenders. These studies (distinguished by their large samples of subjects, carefully crafted designs and attention to motivational factors in cruelty to animals), supported the relation between contemporary patterns of chronic interpersonal violence and childhood histories of animal abuse. In 1987, Felthous and Kellert emphasized the need for more careful definition of cruelty to animals, more extensive interview protocols for identifying forms of cruelty to animals, and greater

attention to replication and prospective research.

The prospective work by Tapia and the retrospective studies by Kellert and Felthous provide the context for the only published study (of which I am aware) examining, contemporaneously, violence in families and cruelty to animals. Elizabeth DeViney, Jeffrey Dickert, and Randall Lockwood studied 53 families who met New Jersey legal criteria for child abuse or neglect and who also had pets in their homes. Observations during home interviews revealed that pets were abused or neglected by some family member in 60% of these families; abusing or being cruel to pets was found for 26% of children in these families. The author of this study recommended additional attention to development factors related to childhood cruelty to animals and family dynamics that may lead to abuse of pets in some cases and affectionate, humane care of pets in others.

Current Developments

Renewed attention to child and adolescent cruelty to animals has been prompted by the confluence of a number of recent developments. In 1987, the psychiatric profession recognized that cruelty to animals was a significant symptom of disorders of conduct in children and adolescents. These disorders have significance for the development of antisocial personality disorder in adulthood, a disorder characterized, in part, by interpersonal violence and lack of empathy. In the past six years, there

have been numerous anecdotal reports of child and adolescent cruelty to animals in the literatures on family and community violence. Violent "play" with animals has been mentioned as a potential sign that a child has been sexually or physically abused (one report of such behavior involved a three and one-half year old child). Reports that children were forced to watch or engage in cruelty to animals have emerged in day-care molestation cases. Men who batter their wives or women companions have been reported to torture or kill pets as a form of control, coercion, and intimidation; in many cases, children will have observed this destructiveness. Although reports of cruelty to animals are common, the reports are generally included as "asides" in most studies rather than being given specific attention.

The most significant recent development was the summit meeting convened in November, 1991 by the American Humane Association with the support of the Geraldine R. Dodge Foundation. This investigator was asked to prepare a research overview and position paper on research needs for presentation at the summit meeting. The research working group, of which this investigator was a member, recommended: a) defining cruelty to animals more objectively, b) contacting researchers in appropriate disciplines to seek data on cruelty to animals from their current projects, and c) designing a research questionnaire that

"would enhance the knowledge available concerning factors related to child and associated animal abuse." (*Report on the Summit on Violence Towards Children and Animals*, American Humane Association, 1992).

During the year prior to this summit, I met with Dr. Randy Lockwood of the Humane Society of the United States (HSUS) to discuss the need for additional research on the childhood antecedents of cruelty to animals. Randy was familiar with my previous research on the evaluation of humane education with school-aged children and my development of measures of attitudes toward the humane treatment of animals. Kindness and cruelty to animals in childhood are areas of study that emerged from my interest in the development of interpersonal prosocial and antisocial behavior. Randy and I agreed that significant strides in stemming cruelty to animals would be facilitated by a standardized measure of such behavior, especially a measure tailored to child and adolescent samples. Randy noted that accurate statistics about the prevalence of this problem were not available even at a local level, much less at a national level. He encouraged me to continue my efforts and suggested that HSUS might be able to support a project to develop a standardized assessment for cruelty to animals.

I was also encouraged by Dr. Diane Hollums, then Education Director at the

CHILDREN, continued on next page

American Humane Association (AHA), Animal Protection Division, and her successor, Mr. Michael Kaufmann, to pursue research issues related to associations between child abuse and animal abuse. Both of these individuals stressed AHA's natural interest in these associations since the organization incorporates both child protection and animal protection programs. My dialogue with Diane and Michael resulted in my participation in an AHA Training Conference and in the summit held in November, 1991.

In the late spring of 1992, Mr. John Hoyt, Chief Executive of the HSUS, agreed to discuss HSUS's interest in a cruelty to animals assessment project. With John's encouragement, I prepared a research proposal that was reviewed positively by HSUS, the Massachusetts S.P.C.A., the American S.P.C.A., and AHA. Partial funding was provided by these organizations and the project began during the summer of 1992. (Two quarterly reports of project activities have been provided to the sponsoring organizations.) John Hoyt graciously offered to contact the Geraldine R. Dodge Foundation about potential cost sharing for this project.

Cruelty To Animals Assessment Instrument (CAA) Development

During the 1991 AHA Summit, the research working group identified a number of characteristics of a reliable, standardized instrument to assess cruelty to animals in childhood and adolescence. The instrument should yield qualitative description of the form(s) of cruelty displayed. This description would include information on the severity of injury inflicted, whether

the injury involved sexual as well as physical intrusion, whether the cruelty was performed covertly or in public view. Quantitative information gathered would include estimates of current and past frequency of cruel acts, the estimated duration of individual acts and periods of cruel activity, age of onset of cruelty, degree of access to animals, number of individual animals abused, and the number of different types of animals abused. Demographic information

instrument development process on ethical issues of informed consent and methods of questioning children about sensitive topics without "suggesting" deviant behavior for these very children.

I am close to finalizing a preliminary version of the Cruelty to Animals Assessment Instrument (CAA) that will be used in interviews with samples of parents and their children and adolescents. The format of the assessment is a structured interview that allows the

termining the severity of a young person's problems and designing an appropriate intervention.)

Informed consent, confidentiality, parental permission for children and adolescents to participate, and risk/benefit analysis are issues that have been addressed at a local and state level. A description of the research protocol has now been approved by Utah State University Institutional Review Board for human subjects research. The State of Utah's Department of Human Services of Liability Management has also approved the protocol. These approvals will now allow for contacting potential participants for interviews. The preliminary CAAI will be tested with samples drawn from two shelters for battered women, two secure correctional facilities for youth offenders, a crises center for child physical and/or sexual abuse victims, a residential psychiatric facility for children and adolescents, and the local community (non-clinic sample). Sampling will occur in three broad age categories (5-8 years, 9-12 years, 13-16 years).

The result of the preliminary CAAI trials will be shared with members of the AHA Summit research work group and with officials of the cooperating agencies (e.g., animal control, domestic violence task force, juvenile corrections). Their evaluations and my own assessment of the preliminary CAAI strengths and weakness (e.g., ability

Information about young people's capacity for empathy, as might be displayed in caring for a family pet, may be critical for determining the severity of a young person's problems and designing an appropriate intervention.

(including pet ownership history) would also be collected to specify characteristics of the sample(s) studied and to analyze these characteristics in relation to dimensions of cruelty.

My approach to developing an assessment instrument with the features described above has included continued review of research on methods of assessing deviant, especially antisocial, behavior in childhood and adolescence, research on assessing violent behavior in adulthood and children's exposure to such violence, and include Garbarino and Associates' *Children in Danger* (1912) and the National Academy of Science's *Understanding and Preventing Violence* (1993). The purposes of this continuing review are a) to produce a review of literature on cruelty to animals that will focus on the developmental periods of childhood and adolescence and b) to inform the

respondent to make an open-ended response. Both parents and youth will be asked about the youth's positive and negative experiences with animals (pets, strays, wild, and farm) including both experiences witnessed by the youth and experiences in which the youth participated. The CAAI will be embedded in a protocol that includes more general assessments of the youth's quality of relation with a pet, if applicable. (Information about young people's capacity for empathy, as might be displayed in caring for a family pet, may be critical for de-

HAVE YOU MOVED?

Please use the envelope inserted in this issue to notify the Foundation of your change of address.

Avoid missing an issue of the Latham Letter and save us from paying postage on your returned newsletter.

THANK YOU

to allow self-disclosure by a child, clarity of wording of items, contingencies for responding to participants' questions during the interview) will be used to revise the CAAI into a working form. This form would be field-tested with a second, separate cohort of participants drawn from the same agencies.

Procedures for scoring the CAAI will also be developed. One approach to scoring, that will serve as a model, has been used to judge culpability in cases of juvenile sex offending. This method considers a youth's cognitive and social skill level, as well as the youth's own history of being abused, to assess level of responsibility. The general approach would be helpful in separating cruelty derived from developmental immaturity from cruelty that may be malicious. Assigning a quantitative scoring system will also allow for psychometric assessment of the reliability of the CAAI. The working version of the CAAI along with a manual of definitions and standardization procedures will be printed as part of the final report.

Anticipated Benefits

The creation of a developmentally sensitive measure

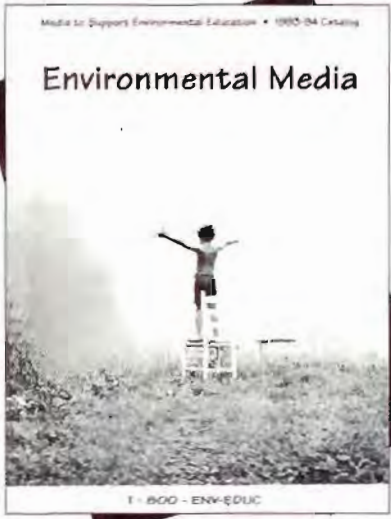
of child and adolescent cruelty to animals will provide quantitative and qualitative information that could be used to inform the diagnostic process and to design prevention and intervention efforts. This will build on the adult-focused assessments of Kellert and Felthous and add a child-oriented motivational analysis. On numerous occasions, I have been approached by educators, mental health workers, and individuals in law enforcement and asked, "How can we tell when cruelty to animals in a child should be of concern to us?" These individuals also want to know when educational interventions are appropriate (e.g., humane education, empathy training) and when more intensive individual or family therapy is warranted. A measure that goes beyond the current cruel/not cruel dichotomy common to most measures could assist in providing more informed responses to questions posed by those who work with youth. The value of such a measure in *early identification* of problems in youth may also be significant.

More objective assessment and tracking of cruelty to animals would facilitate estimating the prevalence of this behavior and, potentially,

1993-94 ENVIRONMENTAL MEDIA CATALOG AVAILABLE

Media to Support Environmental Education • 1993-94 Catalog

Environmental Media



T • 800 • ENV • EDUC

Environmental Media Corporation

Designers, producers and distributors of media to support environmental education

P.O. Box 1016 • Chapel Hill, NC 27514 • (919) 933-3003


whether its incidence is increasing or decreasing. More reliable data on cruelty to animals in children and adolescents could be used to persuade those who come in contact with youth professionally to attend to this behavior rather than minimize its significance. The importance of this was brought to my attention recently when a youth who trapped and shot arrows at a cat, and finally

crushed the cat's head was apprehended (because he and a friend had videotaped(!) their activity), tried in a juvenile hearing, and fined \$100. When I asked the commissioner of the hearing whether a recommendation would be made that the youth be evaluated psychologically or referred for counseling, the commissioner indicated that social services were burdened with "more serious" cases and would not concern themselves with an incident involving an animal. The potential prognostic value of cruelty to animals is not yet widely appreciated. The developmental focus of this project will highlight this value.

Frank R. Ascione, Ph.D. is Professor of Psychology, Utah State University, USU UMC 2810, Logan, Utah 84322-2810. Telephone 719-473-1741, Fax 719-444-0179, E-Mail FRANKA@FS1.ED.USU.EDU. Frank is a member of Latham's Child and Animal Abuse Prevention Project's Advisory Council.




YEAR OF THE CAT



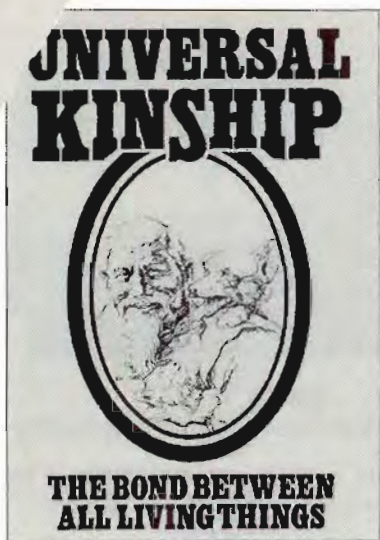
DID YOU KNOW?

- Only 55% of companion cats are sterilized.
- 82% of companion cats are allowed outside.
- 90% of all cats killed on roads are unsterilized.

Turn to page 14 for a humorous CAT PERSONALITY TEST



READER SURVEY



The Latham Foundation wants to find out more about you and your interests.

Please take a minute to complete this survey. Your responses will give us a better picture of who you are, what you do, and how the *Latham Letter* can better serve your needs.

By helping us, you could win a free book. Five respondents chosen at random will receive copies of the Foundation's *Universal Kinship: The Bond Between All Living Things* (a \$22.95 value).

Our survey deadline is August 31, 1993.

Thank you for your valuable input.

1. How long have you been a *Latham Letter* reader?

- 0-6 mos 6-12 mos 1-2 yrs 2-5 yrs More than 5 yrs

2. How many people other than yourself read your copy of the *Latham Letter*?

- 1 2 3 4 5 or more

3. Overall, I find the *Latham Letter*:

- Consistently interesting Somewhat interesting Not very interesting

4. Listed below are some of the editorial categories of a typical *Latham Letter*.

Which of these would you like to see us include:

	MORE OF	LESS OF	ABOUT THE SAME
<i>Editorial</i>	_____	_____	_____
<i>Opinions</i>	_____	_____	_____
<i>Child and Animal Abuse Prevention</i>	_____	_____	_____
<i>Humane Education</i>	_____	_____	_____
<i>Human-Companion Animal Bond Benefits</i>	_____	_____	_____
<i>Medical and Scientific News</i>	_____	_____	_____
<i>Book Reviews</i>	_____	_____	_____
<i>Theology</i>	_____	_____	_____

5. What would you like to see in the *Latham Letter* that isn't there now?

6. To which of the following magazines and journals do you subscribe or read regularly? Please check all that apply.

- Animal People* *Cat Fancy* *Wards*
 Anthrozoos *Dog World* *AVMA Journal*
 La Joie *Best Friends* *Psychology Today*



Others: _____

7. What is your age?

- Under 18 19-25 26-34 36-64 Over 65

8. What is your occupation? _____

9. To what professional associations or organizations, if any, do you belong?

10. Finally, please list the names and addresses of any colleagues or friends you think would be interested in learning more about the Latham Letter.

NAME _____

NAME _____

ADDRESS _____

ADDRESS _____

NAME _____

NAME _____

ADDRESS _____

ADDRESS _____

*Please use the enclosed envelope to return your survey.
Or better yet, fax your completed questionnaires to Latham at 510-521-9861.*

(Of course, your names and addresses will be held in the strictest confidence.)

— PERSONAL INFORMATION —

NAME _____

NAME OF BUSINESS _____

TYPE OF BUSINESS _____

STREET ADDRESS _____

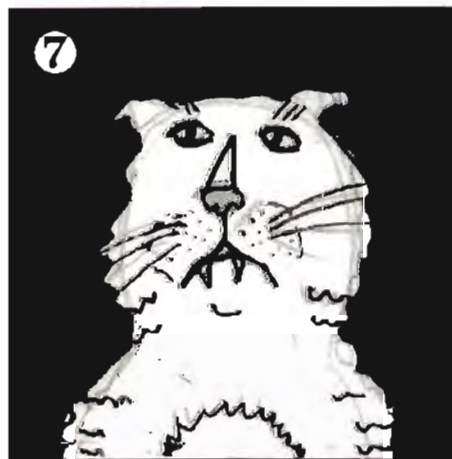
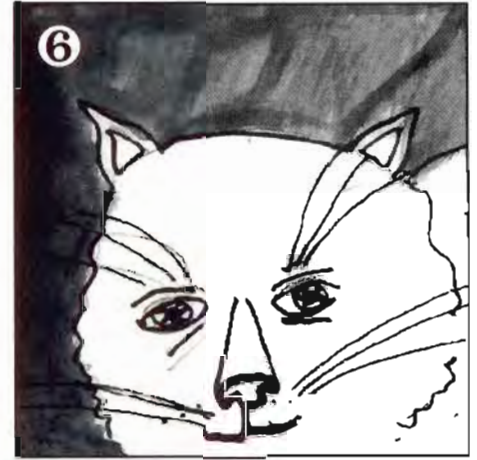
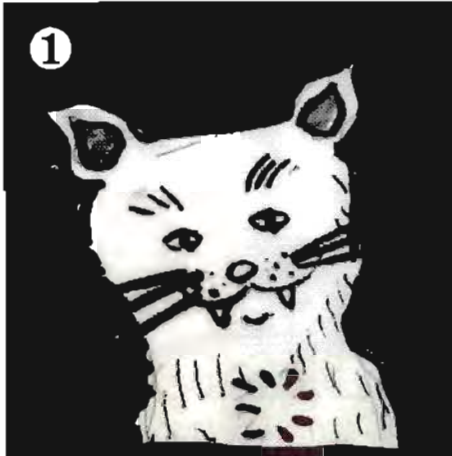
CITY _____ STATE _____ ZIP _____

PHONE () _____ (So we can notify you if you win a book.)

Cat Personality Test

By Rue Harrison & Jack Chublander

Editor's Note: In this, the Year of The Cat, Latham reprints a light-hearted approach to the debatable topic of cats' personalities. Reprinted courtesy of TSA, a magazine based in the visual arts but a little hard to classify. Subscriptions are \$15.00 for three issues. P.O. Box 527, Alameda, California 94501.



MATCH CAT WITH ATTRIBUTE:

Answers on page 19

- A. _____ *Sleeps On Your Face*
- B. _____ *Six Months, No Birds*
- C. _____ *Too Much Catnip*

- D. _____ *"Make My Day"*
- E. _____ *Gone Feral*
- F. _____ *Loves DeBussy*

- G. _____ *"Tuna Eddie"*
- H. _____ *Mousaholic*
- I. _____ *Heavy Alpha State*

Research Shows the Beneficial Effects of Pet Ownership on Human Health and Behavior

Dr. James Serpell

Summary

This study describes the results of a ten-month investigation into the health and behavior of 71 adults who acquired a dog or a cat, compared to 26 non-pet-owners. The pet owners reported a reduction in minor health problems and improvements in their scores on a General Health Questionnaire. Dog owners also took considerably more physical exercise, while walking their dogs, than the other two groups. In contrast, the non-pet owners showed no statistically significant changes in health or behavior, apart from a small increase in recreational walking.

Subjects and Methods

Thirty-eight dog owners, 21 cat owners, and 26 non-pet owners completed this study. Most of the pet owners were recruited while acquiring their pets from an animal

shelter. The only selection criterion used was to exclude people who had owned a pet during the previous year. Only one person from each household was included in the study and, in pet owning households, this was the person who had most day to day involvement in the care of the animal. Subjects completed questionnaires at the start of the study (before or immediately after taking their pet home), and subsequently at one month, six months and ten months. These questionnaires included three self-report measures of physical and psychological health: (1) a checklist of minor health complaints experienced during the previous month (Table 1); (2) a measure of the number and duration of recreational walks taken during the previous two weeks, as described in Table 1; and (3) the 30-item General Health

Questionnaire (GHQ-30), a measure of psychological components of ill-health (ref. 1).

Results

Baseline comparisons showed that, compared with pet owners, non-pet owners had fewer children, belonged to higher socioeconomic groups and were less likely to have access to gardens. Dog owners also took more/longer recreational walks than cat owners.

There was no significant difference between the three groups in age, marital status sex ratio, type of housing, number of minor health problems or scores on the General Health Questionnaire (GHQ-30).

Results from the measures of minor health symptoms, number and duration of walks taken and from the GHQ-30, are shown in Table 3. The only statistically significant change in the non-pet-owning groups during the period of the study was a small increase in recreational walking from one month to ten months. This was thought to be a seasonal effect, the bulk of the questionnaires having been completed by the non-pet-owners during July to September, rather later than was the case for the pet-owners.

In contrast to non-pet-owners, dog owners reported a highly significant re-

duction in minor health problems, and a highly significant reduction (i.e. improvement) in GHQ-30 scores, as well as an increase in the amount of their recreational walking. These changes were evident at one month and

In existing medical literature the main effects ascribed to pet ownership are injuries, allergies and zoonotic disease.

The results of this study suggest that pet ownership also has positive health benefits, and these deserve further study.

continued through to ten months.

The dog-owning group was examined for a possible relationship between the increase in recreational walking and self-reported improvements in health. No statistically significant connection was found with minor health problems. There was a positive association with improvements in GHQ-30 scores between baseline and six months, but this association had disappeared by ten months. Cat owners reported a significant reduction in minor health problems one month after acquiring their pets, but after six months this change, though still present, was no longer statistically significant. Cat owners also

Table 1. Checklist of minor health problems

Please check/underline any of the following health problems you have suffered during the last month:	
1. headaches	13. difficulty concentrating
2. hay fever	14. palpitations or breathlessness
3. difficulty sleeping	15. trouble with ears
4. constipation	16. worrying over every little thing
5. trouble with eyes	17. indigestion or stomach trouble
6. a bad back	18. sinus trouble or catarrh
7. nerves	19. persistent cough
8. cold and flu	20. faints or dizziness
9. general tiredness	
10. kidney or bladder trouble	
11. painful joints	
12. trouble with feet	

Table 2. Measure of walk number/duration

Alongside each of the categories given below, indicate the number of walks you have taken during the last fortnight (other than to work, the shops, etc.)	
Category	Number of walks
1. Short walks (less than 20 min)
2. Medium walks (20-60 min)
3. Long walks (more than one hour)
Scoring method: Score 1 for each short walk, 2 for medium walks and 3 for long walks. Sum to obtain total number of walk units/fortnight.	

RESEARCH, continued on page 19

Morris Animal Foundation's

Janice Rooney

Probably gathering food, a young female gorilla happened upon a snare that was illegally set to trap game in the rain forest. She ended up with the wire snugly wrapped around her wrist. Mountain gorillas are pretty smart, but they haven't figured out how to remove a snare yet, so the wire gets tighter and tighter causing gangrene to set in. The infection spreads and doesn't stop; that is, unless intervention and care is given by a veterinarian.

Thanks to the medical attention given by Dr. Melvyn Richardson, director of the Volcano Veterinary Center (VVC), this gorilla has successfully recovered from her snare wound. The VVC is one of the only facilities in the world to give health care to an endangered species in its natural habitat. In this case, Dr. Richardson and his staff immobilized the young gorilla and removed the wire snare from her wrist. The procedure involved amputating several fingers. And this all happened with the gorilla lying in a bed of vegetation on the forest floor.

What does a gorilla doctor do?

Dr. Richardson tracks through the tropical mountain terrain of Parc des Volcans, which reaches elevations as high as 13,000 feet. He monitors mountain gorillas for signs of diseases, infections, and physical injuries. Some of the groups are more accustomed to human visitors than others.

Each group is supervised by a dominant-silverback gorilla who protects his family from outside intruders and other silverbacks. To avoid confrontation and to give medical attention to mountain gorillas, Dr. Richardson must be aware of the behavior and the dominating instincts of these powerful animals.

In addition to regularly visiting gorilla groups, his responsibilities include data collection, managing the facilities, staff and records of the VVC, and participating in a long-term parasitology research project.

Just how qualified is a gorilla doctor?

Appointed director in October 11, 1992, Melvyn Richardson, DVM, is taking a one-year leave of absence from The San Antonio Zoological Gardens & Aquarium to work in Rwanda. Dr. Richardson brings over 20 years of experience to the VVC in the animal care and health professions. In 1991, he was selected as senior veterinarian to rebuild the veterinary program at San Antonio, including the sole responsibility for medical care for a large exotic animal collection numbering nearly 4,000 birds, mammals, reptiles and amphibians as well as numerous fish. Dr. Richardson has traveled to the Ivory Coast, West Africa, in order to establish a joint program for chimpanzee rehabilitation to return captive chimps to the wild in Azagny National Park. He's



From Latham's international poster contest collection



CARIBBEAN DOLPHIN RESEARCH PROJECT

STUDY AND SWIM WITH WILD DOLPHINS

The Caribbean Dolphin Research Project (CDRP) investigates the ecology and sociology of wild bottlenose dolphins in the nearshore areas of the South Atlantic and Caribbean Seas. By observing the dolphins underwater in their environment, the Caribbean Dolphin Research Project team has documented dolphin behaviors impossible to detect from the surface. CDRP scientists invite you to join them for a week of adventure studying and swimming with wild dolphins. Expeditions run May through September. *Please call for more information.*

CARIBBEAN DOLPHIN RESEARCH PROJECT
c/o Florida Marine Conservation Corp.
160 Elaine Road
West Palm Beach, Florida 33413

(407) 683-9647 or (805) 965-4478

Veterinarian Provides Health Care to Mountain Gorillas



H. Melvyn Richardson, DVM, served as the veterinarian of the Volcano Veterinary Center in Rwanda. He was evacuated from the country in February because of military activity resulting from civil unrest.

one of 14 veterinarians selected to formulate a health program for the captive and wild whooping crane. In 1989, Dr. Richardson served as associate veterinarian of The Woodland Park Zoological Gardens, Seattle, Washington. He is a graduate of the University of Georgia.

Being a gorilla doctor may sound like a sequel to the movie "Indiana Jones," but in reality, it's a tough job that takes dedication, fortitude and scientific wisdom. Thanks to our gorilla doctor, one of the most highly endangered species in the world will continue to survive.

Janice Rooney is Public Relations Director of the Morris Animal Foundation. This article is reprinted courtesy of the Spring 1993 issue of Companion Animal

News, the newsletter of the Morris Animal Foundation.

Morris Animal Foundation works to improve the health and well-being of dogs, cats, horses, zoo animals and wildlife by funding health studies and providing education for veterinarians, breeders, and pet owners. For further information contact them at 45 Inverness Drive East, Englewood, CO, 80112-5480. Telephone 800-243-2345.



Excerpts from a Gorilla Doctor's Diary:

Nov. 29, 1992 •

"Visit Group #13

After ten minutes into the forest we crossed group Sabinyo. Four members watched as we slowly walked by. We continued hiking for three hours following Group #13's trail under thick bamboo and dense undergrowth. Each time we got close Muname, the dominant silverback, "WRAAAHED" and denied us access to the group. We finally gave up. He obviously was super-stressed by the recent interaction with Sabinyo and was moving his family out of harm's way. We reversed our path and visited group Sabinyo instead. These animals were agitated, as well, evidenced by the chest-beating and displays. Good gorilla day."

Jan. 26, 1993

"Group Sabinyo.

We chose this group to see if stability seemed to be in the cards for them. Iycho and Safari (female gorillas) were both cycling, not on ten-speeds

either, and this seemed to make Gulhondo, the silverback, antsy. At one point in the bamboo thicket the two girls brought their quarrel in our direction. As we made haste to keep the five meter rule we see Gulhondo in front of us posturing for a display on all fours, side facing us and lips pressed firmly closed with head poised, chin up and scrutinizing us with a sidelong stare. Then he starts the vocalization that precludes the chestbeat, a rapid sucking inhalation presumably filling his air sacs for better resonance. Without appearing to RUN we continue to back up. He is only 8 to 10 feet in front of us. He stands, lunges across our field of view, beating his chest. Then he immediately stands again and screams, "WRAAAAH!!!!" and thrusts his left arm in my direction. I turned sideways to do my best to resemble a piece of bamboo. Then I saw and felt his massive hand on my rear-end. He squeezed with enough pressure to let me know I was his if he wanted me, then he released. He postured long enough to make his point, turned slowly and sauntered off through the vegetation. We followed and finished our visit with the gorillas loudly singing as they enjoyed some especially delicious roots. Memorable Day!"

"MONKEY" BUSINESS

The Wisconsin Regional Primate Research Center (WRPC) staff worked diligently to compile a complete directory of primatologists from around the world. It was no easy task to ensure that all appropriate individuals and organizations were identified. A computer search of data bases, using the key word "primate," uploaded a number of listings – including the Primate's World Relief and Development Fund. Each individual or organization was sent a questionnaire to gather information for the directory's citations. The following exchange of correspondence (reprinted with permission) is a good reminder that there is more than one kind of primate!

December 11, 1991

Thank you for your letter of December 4 addressed to Dr. George Cram of the Primate's World Relief and Development Fund in which you seek information for your International Directory of Primatology.

I should perhaps inform you that the term "primate" in our context refers to the senior archbishop and chief pastor of the Anglican Church of Canada. The Relief and Development Fund over which he presides is an agency for the alleviation of global poverty and hunger on behalf of Anglican Christians in this country.

I think the primates in your study are perhaps of a different species. While it is true that our primate occasionally enjoys bananas, I have never seen him walk with his knuckles on the ground or scratch himself publicly under the armpits. He does have three children, but this is a far cry from "breeding colonies" of primates' as your research project mentions. Like you we do not import

our primates from the wild, however, they are elected from among the bishops of our church. This is occasionally a cause of similar, though arcane, comment.

The subject of primate biology might be of great importance in your field but, alas, not so in ours. There are a mere 289 Anglican primates in the whole world. They are all males, of course, but so far we have had no problems of reproduction. They include such distinguished persons as the Most Reverend and Right Honourable George Carey, Archbishop of Canterbury and Archbishop Desmond Tutu of Capetown, South Africa. Have you sent letters to them? More importantly,



A computer search of data bases, using the key word "primate", uploaded a number of listings – including the Primate's World Relief and Development Fund.

have they responded? They can, I believe, all read and write by themselves so perhaps this might distort your data.

Thank you for writing. I wonder if your extremely efficient database might need just a little refining?

Kindest Regards,

The Reverend Michael Ingham, Principle Secretary to the Primate.

December 19, 1991

Dear Reverend Ingham:

Thank you for your letter of 11 December in which you clarify the taxonomic position of the Primate of the Anglican Church of Canada.

We will adjust our data base so that you receive no further enquiries concerning the reproductive status, sex ratio, age structure or



It was no easy task to ensure that all appropriate individuals and organizations were identified in the Wisconsin Regional Primate Research Center's world-wide directory of primatologists

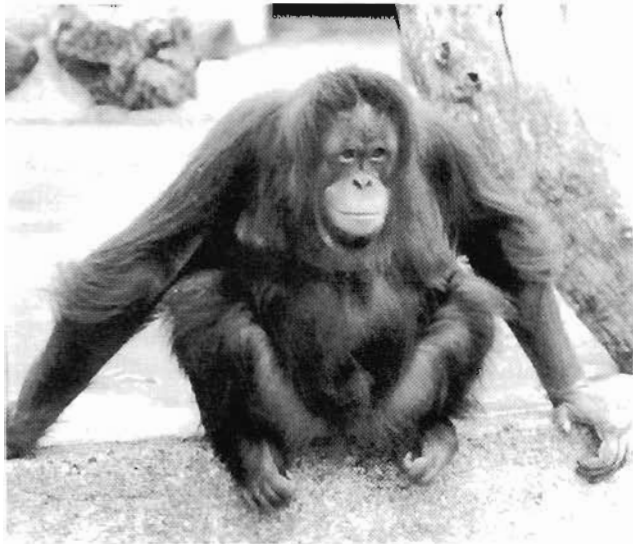
composition of your group. In our zeal to develop a comprehensive directory, we have strayed on this occasion from the arboreal to the spiritual.

In the meantime, we are concerned that the Anglican Primate group has only 289 members worldwide. This places the species in the red data book of IUCN as highly endangered. No doubt divine guidance will deliver both survival and expansion in the future. I will write again only if we expand our own study of male hierarchies in captive primates. Our correspondence is not the first such ambiguity. In 1988, when I was serving as President of the International Primatological Society, I received an epistle meant for the Primate of All England. I forwarded the letter to Dr. Runcie at Lambeth Palace with the query "Yours or mine." I await his reply.

We do have mutual interests. Global poverty and hunger in the human species, set to increase in population from 1 billion in 1850, 2 billion in 1950, 5 billion now to 10 to 14 billion by 2050, has direct

consequences in habitat destruction for the thousands of endangered species, primates included, that we seek to conserve. Much of our knowledge in human health comes from studies in non-human primates. We have yet to demonstrate enough wisdom, in balancing the equation, to allow the existence of sufficient genetic diversity even to ensure our own future survival. Divine assistance is required.

In this regard at least perhaps we can bless each others efforts; and I concede immediately your precedence and technical superiority in the art of blessing. Thank you again for your



This exchange of correspondence (reprinted with permission) is a good reminder that there is more than one kind of primate!

letter which has given us and will give many primatologists a great deal of amusement. I hope we will meet someday.

With best wishes for Christmas and the New Year.
Sincerely yours,
John P. Hearn,

*Professor and Director,
Wisconsin Regional
Primate Research Center.*

*Reprinted courtesy of the
Scientists Center for Animal
Welfare Newsletter, Volume
15, No. 1, Spring 1937.*



ANSWERS TO CAT PERSONALITY TEST:



- A. 5
- B. 7
- C. 4
- D. 9
- E. 3
- F. 2
- G. 1
- H. 8
- I. 6

SCORING (Number Correct):

7-9 CAT PRO

5-6 TALENTED AMATEUR

3-4 CONSIDER A SEMINAR

1-2 TRY DOGS

NOTE: *This is a very challenging test calling for acute levels of discernment, so don't feel too badly if your score didn't match your idealized self-image. If your cat finds you acceptable that's all that matters*

RESEARCH, continued from page 15

showed an improvement in their GHQ-30 scores at six months. The changes in recreational walking shown in cat owners were not statistically significant.

Discussion

The results of this study appear to demonstrate beneficial changes in health and behavior in most of the people

acquiring pets. The changes in health reported by the pet-acquiring groups were general rather than specific, and could not be attributed to chance improvements in seasonal ailments, such as colds, coughs or hay fever.

No explanation for the mechanisms responsible for the observed changes in pet owners emerges from these findings. The marked differences in dog owners and

cat owners would tend to argue against the possibility of the effect being due to owners prior expectations.

Although the marked increase in recreational walking in the dog-owning group did not appear to cause the improvements in health found in this study, it is likely that such an increase in physical activity would have long-term health benefits, such as reduced incidence of

hip fractures in the elderly, and improvements in high-density lipoprotein cholesterol concentrations.

In existing medical literature the main effects ascribed to pet ownership are injuries, allergies and zoonotic disease. The results of this study suggest that pet ownership also has positive health benefits, and these deserve further study.

James Serpell, Companion Animal Research Group, University of Cambridge. Serpell is an Associate Professor of the Marie A. Moore Chair of Humane Ethics and Animal Welfare at the School of Veterinary Medicine, University of PA., USA. Reprinted courtesy of the Journal of the Society for Companion Animals, U.K.



Table 3.

	Baseline	1 month	6 months	10 months
	Median (inter-quartile range)	Median (inter-quartile range)	Median (inter-quartile range)	Median (inter-quartile range)
Health				
No pets	4.0 (2.0-6.5)	4.0 (3.0-5.0)	4.0 (2.0-5.0)	4.0 (3.0-5.0)
Cats	4.0 (2.0-6.0)	2.0 (1.0-3.0)	3.0 (1.5-4.0)	3.0 (2.0-5.0)
Dogs	4.0 (2.0-5.0)	2.0 (1.0-3.0)	2.0 (1.0-3.0)	3.0 (1.0-4.0)
GHQ-30				
No pets	22.0 (18.0-29.0)		21.0 (14.5-26.75)	20.5 (17.75-33.0)
Cats	20.0 (17.0-28.0)		17.0 (13.75-22.5)	16.0 (13.0-30.0)
Dogs	22.0 (15.75-29.25)		17.0 (14.0-22.0)	17.0 (15.9-22.0)
Walk Units				
No pets	4.0 (3.0-6.0)	3.0 (1.0-8.5)	3.0 (1.0-11.5)	3.5 (1.75-10.5)
Cats	1.0 (0-5.75)	1.0 (0-4.0)	3.0 (1.0-6.5)	2.0 (0.5-6.5)
Dogs	4.0 (1.0-8.0)	18.0 (4.0-46.5)	28.0 (6.5-44.0)	22.0 (8.0-44.0)

When a Family Pet Dies

Robert W. Rae

A pet is usually considered a beloved family member. Therefore, when a pet dies, grief can be very real. Sometimes pet-loss produces deeper mourning than for a distant relative seldom heard from or seen. Thanks to medical progress, an ill or injured pet can now receive quality professional care from specially trained doctors who are animal lovers as well as competent caregivers. They would never treat pet loss casually, telling a grieving client "It's only a dog. You can buy another." They know that a period of mourning must transpire before another pet is brought into the home, or else the newcomer may be resented.

When an injured or diseased pet is brought to a veterinarian, the practitioner usually recognizes that the emotional needs of the clients as well as the medical needs of the patient must be cared for. The grieving family – especially those whose negligence may have caused the pet's suffering – will want the doctor to save their pet's life. They may traverse this emotional pilgrimage.

Denial of the pet's condition can help a grieving person cope with sorrow and guilt-feelings. Denial is a defense mechanism which seems to make the unbearable bearable. A sorrowing person may find help from a sympathetic pet-loss counselor by calling the PET LOSS SUPPORT HOTLINE at (916) 752-4200 any week-day evening.

Bargaining for the pet's survival often follows the doctor's diagnosis and prognosis. Bargaining seeks to save the stricken pet by

promising improved care or other amenities. Some distraught owners may seek to bargain with God to save their pet.

Anger toward the doctor may ensue if the practitioner fails to heal the pet. It is a common face-saving-defense to shift blame from family negligence to the doctor. An empathetic practitioner would do well to remind his angry clients that a dumb animal often leads a very precarious life and is extremely vulnerable to injury in this fast-moving culture.

Euthanasia can be an act of mercy which, by lethal injection, relieves a suffering animal from its misery. A kind practitioner will explain the humane process called "euthanizing" and will grant time and privacy for the grieving family to say their final farewells before the compassionate act is performed.

Respectful interment of the pet's remains is a final expression of love for the deceased family friend. Several options are available to families. These include: burial on one's property (if no ordinance prohibits), burial in a pet cemetery, cremation and scattering of cremains.

A graveside family service may be conducted by the father of the family with his loved ones gathered about the gravesite. Here is a committal service suitable for such an occasion.

My dear ones:

We have gathered here today to express our love for our faithful friend and companion (Name), as we lay his/her body to rest in this grave.

We thank the Creator of

all life for the years we enjoyed our (furry) friend, and for the happy memories he/she left us. Let's take a few moments to recall some of the loveable traits that endeared (Name) to us all.

(Moments for Remembrance)

We are grateful for these happy memories which will gladden our hearts for many years. (Name) has fulfilled the purpose for which God gave him/her to our family. He/she has shared our laughter and our tears, our moods and our meals, our walks and our talks. Now, we give him/her back to the One who gave him/her to us to love and cherish. *Let us pray.*

(Prayer of Interment)

Heavenly Father: we thank You for giving us (Name) to love and care for. Now that his/her life among us is over, we give him/her back to you. We are grateful for all his/her traits that brought happiness into our home. We thank You for the pleasant memories we have of this dear friend who shar-

ed our family life with us. Goodby, faithful friend, rest in peace. *Amen.*

Bibliography of Helpful Reading

(Suggested by the Human-animal Program, School of Veterinary Medicine, University of California, Davis, CA 95616)

Pet Loss: A thought Guide for Adults and Children, Herbert A. Nieburg and Arlene Fischer, Harper & Row, 1982.

When Your Pet Dies: How to Cope With Your Feelings, Jamie Quackenbush and D. Grave-line, Simon & Schuster 1985.

Helping Children to Cope With Separation and Loss, Claudia Jewett, Harvard Common, 1982.

Lifetimes, Bryan Mellonie and Robert Ingpen, Bantam Books 1983.

The Tenth Good Thing About Barney, Judith Viorst, Atheneum 1975.

Robert W. Rae is a retired minister who divides his time between Mesa, Arizona and Evergreen, Colorado.



The National Association of Pet Sitters
has moved.

Their new address is:

1200 G STREET NW • SUITE 760
WASHINGTON, DC 20005

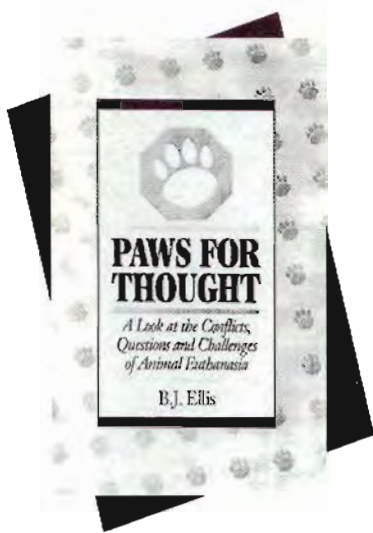
Telephone: 202-393-3317



For further information, see page 14
of the Spring '93 Latham Letter.

Book Reviews

Paws For Thought B. J. Ellis



PAWS FOR THOUGHT belongs in the library of every animal control and/or welfare agency. It should be available as recommended reading, for every animal care worker. Authoress Ellis has done a remarkable job in addressing an enigma: animal care workers who love animals, are required to kill them. Satisfying that paradoxical job requirement which for so many, has proven stressful to the point of burn out, is intelligently discussed from many perspectives: That of the irresponsible pet owner: ("You'll find a good home for my dog or cat, we're moving and can't take it with us, but if it must be put to sleep, don't tell me about it!"); The agonized frustration of a caring animal worker obliged to work within the disciplined restrictions of a "throw-away" society, and not the least, that of the animal's welfare.

Paw Print Press
7509-1 Garners Ferry Rd.
Columbia, SC 29209
Paperback, 137 Pages
\$9.95 (Special Animal Care Worker Price)

A Place For Grace Jean Davies Okimoto Illustrated by Doug Keith

Authoress Okimoto and Illustrator Keith have merged their considerable talents in the production of A PLACE FOR GRACE. The problems of hearing impaired individuals, together with an appealing partial solution. A PLACE FOR GRACE has been published with the basic intent of introducing children to the challenges of the hearing impaired and



giving them an opportunity to see how people communicate through American Sign Language. The book explains the hearing dog program as it follows the events leading up to the association and training of hearing impaired Charlie and Grace his devoted hearing dog. Recommended for all ages and anyone interested in knowing more about a resolution of hearing impaired problems.

Sasquatch Books
1931 Second Avenue
Seattle, WA 98101
36 Pages, Illustrated
Hardcover, \$14.95

Editor's Note: The Latham Foundation reviews humane and related environmental books. To order, please contact the publishers directly.

Nature Detective: How To Solve Outdoor Mysteries

Eileen M. Docekal
Illustrated by David Eames

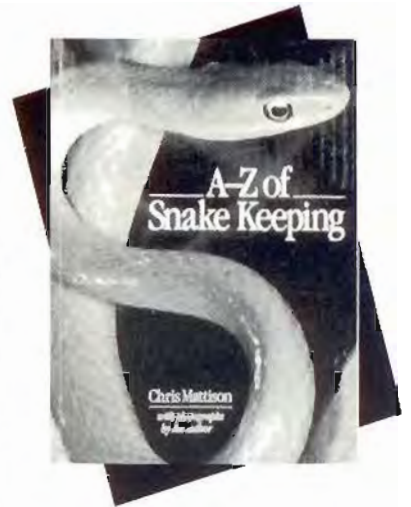


Eileen Docekal's NATURE DETECTIVE is a guide to the fantastic wonders of the world around each of us. It offers opportunities to identify the wild animals, birds, snakes, trees, plants, and insects that live in our backyards and in the woods and ponds nearby. From its original and imaginative illustrations, the reader will discover creatures that were never known to exist. Footprints, claw marks, and variety of signs left behind by wild animals will become intriguing evidence for the newly indoctrinated reader. A wonderfully conceived book full of interesting information.

Sterling Publishing Co., Inc.
387 Park Avenue South
New York, NY 10016
128 Pages
206 Color Illustrations
\$14.95

A-Z Of Snake Keeping Chris Mattison

Renowned photographer and herpetologist Chris Mattison, offers his 20 years



of experience in snake handling in one full-color/black and white photographic guide that covers all aspects of tips to help the beginner learn how to choose species, obtain healthy specimens, maintain and optimize environment, treat illnesses, be aware when things aren't right, and more.

Sterling Publishing Co., Inc.
387 Park Avenue South
New York, NY 10016
144 Pages
151 Color & Black & White
Illustrations
\$17.95, Paperback

1993 Personal Care With Principle: A Guide To Choosing Cruelty-Free Cosmetics and Household Products

National Anti-Vivisection Society

The sixth edition of PERSONAL CARE WITH PRINCIPLE contains the most-up-to-date information available on the animal testing policies of companies that manufacture and distribute cosmetics, personal care, and household

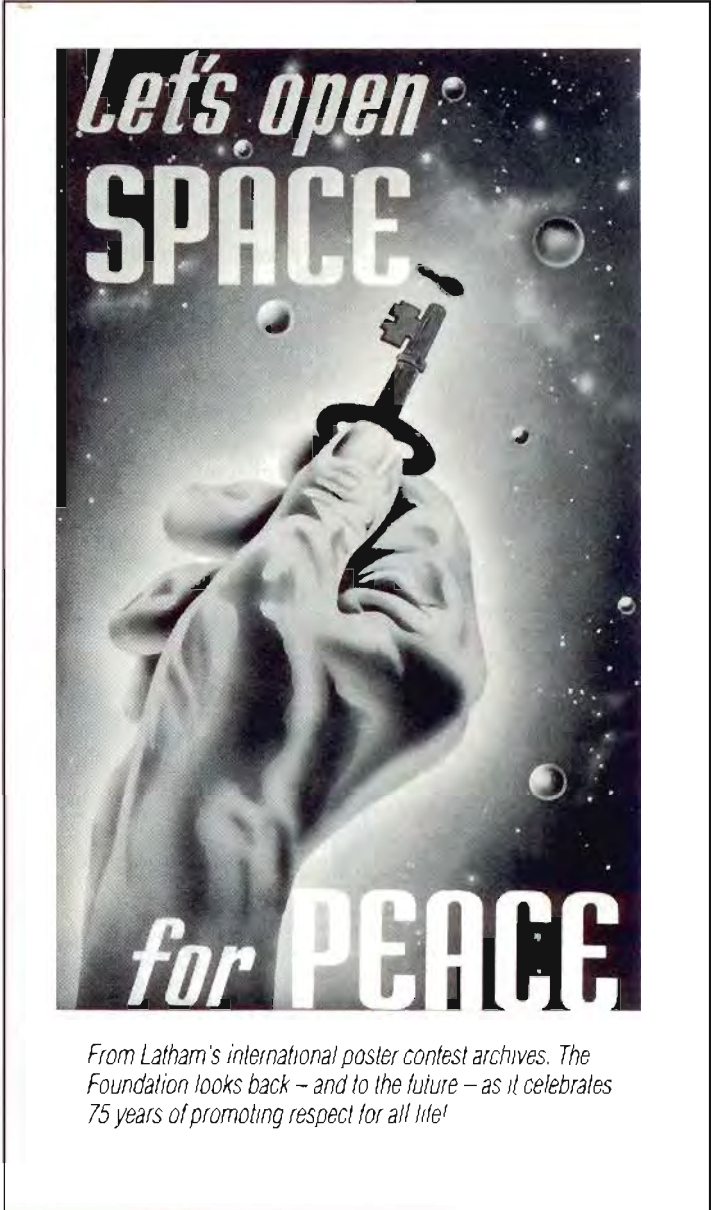
REVIEWS, continued on next page

products. It contains a comprehensive listing of responding companies that do and do not test on animals, as

This delightful children's booklet tells the tale of a family deciding whether or not to neuter their much-loved Golden Retriever, Kira. It delivers a brief but very important message to children and adults in a thoughtful, warm, and humorous style. Interestingly, it lets the reader deduce the family's "to spay or not to spay" decision.

10,000 copies of Kira were printed and are available for distribution to Oregon's children and those involved in humane education thanks to a grant from the Oregon Animal Health Foundation. The Oregon Animal Health Foundation is a private organization dedicated to improving the quality of life and health of all animals through public education, agricultural education, and research support. Tax-deductible gifts and pet memorials may be sent to: Oregon Animal Health Foundation, 1880 Lancaster Drive NE, Suite 118, Salem, Oregon 97305. Telephone 503-399-0311.

Letters and/or requests for copies of Kira may be sent to:
Norma Grusy Fisher
34151 Powell Hills Loop
Shedd, OR 97377
503-466-5225



From Latham's international poster contest archives. The Foundation looks back – and to the future – as it celebrates 75 years of promoting respect for all life!

PERSONAL CARE WITH PRINCIPLE

A guide to choosing cruelty free cosmetics and household products.



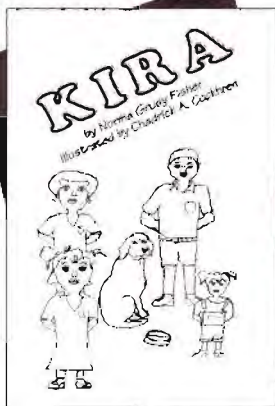
The National Anti-Vivisection Society

well as a list of those companies that did not respond to the NAVS questionnaire. For consumers concerned about buying and using products that contain animal ingredients, there is a separate "Animal-Derived Ingredients" list.

Personal Care with Principle
National Anti-Vivisection Society
180 North Executive Drive
Brookfield, WI 53005
1-800-888-NAVS
\$4.95, 158 pages

KIRA

Norma Grusy Fisher
Illustrated by Chndrick A. Cockhren (age 13)



BEST FRIENDS

"For some people the instinct to come to the aid of an animal is automatic, and takes over from all our social conditioning. It is as basic as breathing."

Dr. Francis Battista
Director of Best Friends Outreach

For a free leaflet with simple tips on dealing with common emergency situations involving animals such as burns, poisoning, and injury, contact :

Best Friends Animal Sanctuary
P.O. Box G
Kanab, Utah 84741
Telephone: (801) 664-2001



NOW AVAILABLE...

A New Video from Latham about the Canine Good Citizen Program



According to American Kennel Club guidelines,
a Canine Good Citizen:

- 1) *Is the kind of dog you would like to own,*
- 2) *Is safe with children,*
- 3) *Is welcome as a neighbor,*
- 4) *Is the kind of dog that makes its owner happy
and does not make someone else unhappy.*

The training and evaluation program is designed for good dogs and good dog owners who want to be better, and it stresses responsibility on both ends of the leash.

The Canine Good citizen video shows dog owners exactly what the training and evaluation for Canine Good citizen certification consist of.



According to actress and animal lover Betty White,

"The Canine Good Citizen Video makes the point beautifully that if more people would see to it that they had a Canine Good Citizen, life would be better for them and for everyone around them, not to mention all the friends it would make for the dogs we love."

To order your copy today, use the order form below or call the Latham Foundation at 510-521-0920.
You may also fax your Visa or MasterCard order to 510-521-9861.

YES! Send me the Canine Good Citizen Video.

THANK YOU FOR PRINTING CLEARLY.

Name: _____

PURCHASE PRICE: \$35.00

Address: _____

City/State/Zip: _____

PREVIEW: Applied to purchase price

Daytime Phone: () _____

Prepaid: \$10.00 Billed: \$15.00

Charge to my (circle one):



Check or Money Order Enclosed

Please include credit card number and expiration date with charge orders!

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiration Date: ____ / ____

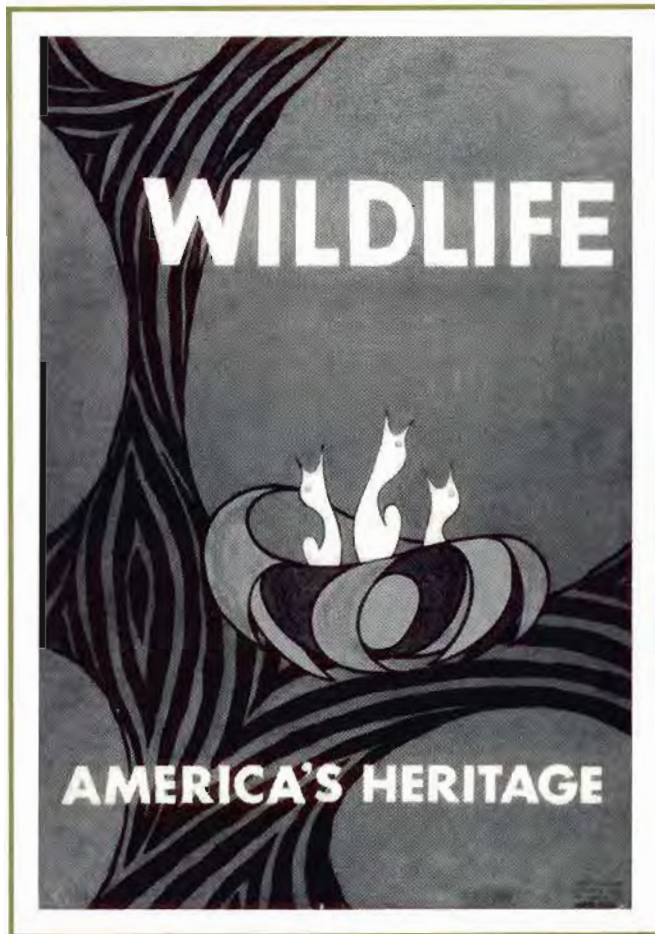
Signature: _____

(as shown on credit card)

THANK YOU!

The Latham Foundation

Latham Plaza Building • Clement & Schiller Streets • Alameda, California 94501 • (510) 521-0920 • FAX: (510) 521-9861



*One of the entries in
Latham's International
Poster Competition
which began in 1928
and continued through
the 1960's.*



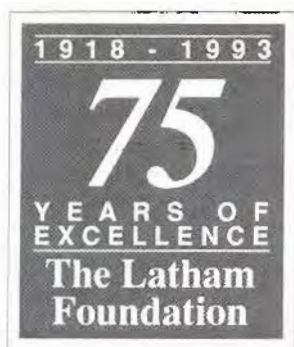
The Latham Foundation

Promoting Respect For All Life Through Education

Latham Plaza Building
Clement and Schiller Streets
Alameda, California 94501 U.S.A.

Nonprofit Organization
U.S. Postage
PAID
Alameda, CA
Permit No. 127

ADDRESS CORRECTION REQUESTED



Printed on Recycled Paper