



## [www.bestdoggietips.com](http://www.bestdoggietips.com) June 2008 Newsletter



Dear friends,

Welcome to our June Newsletter from [www.bestdoggietips.com](http://www.bestdoggietips.com). In this newsletter we introduce you to a first for Australia – Dog Beer! We also have some interesting stories about what and how our pets think, and a great story on Dr Marty Goldstein – veterinarian extraordinaire! And in our Weird & Wonderful section this month we have the stories of two very lucky dogs.

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We hope you enjoy the newsletter.

*You can say any foolish thing to a dog, and the dog will give you a look that says, 'Wow, you're right! I never would've thought of that!' - Dave Barry*

## **Recipe - Grrrrisotto**

### *Ingredients*

1tbsp olive oil  
1 potato, peeled and chopped finely  
6 button mushrooms sliced  
50g (2oz) cooked wholegrain rice  
50g (2oz) canned sweet corn  
75g (3oz) cooked chicken, torn into bite sized chunks  
2 tbsp plain yoghurt

### *Directions to Make*

Over a medium heat, sauté the potatoes in the oil until translucent.

Add the mushrooms and cook slightly, then add the rice and sweet corn. Stir until well combined and warmed through, then add the chicken.

Reduce the heat and continue to stir for a further 2 minutes.

Now add the yoghurt and mix through. Reduce the heat to your lowest setting, and cook the mixture, stirring constantly, for a further minutes. Now cover the pan with a lid, and cook for a further 5 minutes, stirring occasionally.

Allow to cool before serving.

Note: this recipe is from the I-Love-Dogs [Dog Food Recipes](#) cookbook available free at BestDoggieTips.com. Just click the link above, and then scroll down to the bottom of the page to download your free cookbook.

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## New to Australia - Dog Beer!

NOW blokes really can have a beer with their best mates - and their canine buddies are lapping it up.

Having seen her two dogs jump at the chance to catch a drop of beer, Elise Schumacher decided to make a drink suitable for her four-legged friends.

So the Potts Point mother invented Dog Beer, which is just like real beer but without the alcohol.

"It's DB, just like VB, and the slogan is, 'Shout your best friend a beer,'" Mrs. Schumacher said. "Dogs really love human beer but it's bad for them." (*Note for non Australians – VB – or Victoria Bitter – is a very popular brand of real beer in Australia*)



The hops in beer can cause dogs to have seizures while the carbon can lead some to die.

In an effort to keep her family pets happy, Mrs. Schumacher, owner of [Paws Point](#) store in Sydney's eastern suburbs, decided to design a canine-friendly beer.

After researching how to brew her own beer, the mother of two then had to taste test the beef flavors.

"I have drunk it," she said. "It tastes like beef and smells like beer."

While unlikely to be served on tap at the pub, some dog-friendly cafes are stocking the brand.

"It is popular with male customers," she said, adding that summer barbecues prompted more sales. "People pick up a few bottles for the dogs."

And the best part about this beer is that customers don't have to be over 18 to drink it.

The inventors of Dog Beer are good friends of ours here at BestDoggieTips.com, and while you can't buy it online just yet, you can read about it on their website [www.dogbeer.com.au](http://www.dogbeer.com.au).

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## Joke of the Day

If you want someone who will eat whatever you put in front of him and never say it's not quite as good as his mothers.....then buy a dog.

If you want someone always willing to go out, at any hour, for as long and wherever you want.....then buy a dog.

If you want someone who will never touch the remote, doesn't care about football, and can sit next to you as you watch romantic movies.....then buy a dog.

If you want someone who is content to get on your bed just to warm your feet and whom you can push off if he snores.....then buy a dog !

If you want someone who never criticizes what you do, doesn't care if you are pretty or ugly, fat or thin, young or old, who acts as if every word you say is especially worthy of listening to, and loves you unconditionally, perpetually .....then buy a dog.

BUT , on the other hand, if you want someone who will never come when you call, ignores you totally when you come home, leaves hair all over the place, walks all over you, runs around all night and only comes home to eat and sleep, and acts as if your entire existence is solely to ensure his happiness ....then buy a cat!

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## **Can Your Dog Read Your Mind?**

*Research indicates dogs have some ability to read minds*

Source: [BrainMysteries.com](http://BrainMysteries.com)

Dog owners who think their beloved pooch can read their mind may be right.

Canterbury University psychology student Michelle Maginnity has just completed a masters research project looking at whether the domestic dog has a theory of mind - that is, whether they can think about the thoughts and feelings of self and others.

She said after carrying out a range of experiments which tested the cognitive skills of dogs, she believed they were not only sensitive to human cues, but also had the ability to think about what their human companions may be thinking.

"So, in a way, dogs may be able to read minds," she said.

Michelle's research involved testing the social-cognitive skills of 16 dogs, some pure bred and others of mixed breed, in a food-finding task. In four different experiments the dogs had to decide where the food was hidden by following cues from people who either did or didn't know where the food was.

Michelle said a range of scenarios were tested, for example, one person watched food being hidden while the other covered their eyes, and in each test the dogs showed a preference for the person who they believed knew where the food was.

"What this showed was that the dogs were able to take the perspective of the humans involved in the experiment, and attribute states of knowledge to those people," Michelle said.

"This means dogs may possess a functional theory of mind."

Michelle said research on the social cognition skills of animals had largely focused on chimpanzees and other primates, with relatively inconclusive results. However, she believed dogs were a more appropriate species to look at.

"Domestic dogs have evolved from wolves, which are social pack animals. It would therefore be advantageous to them to be able to think about what other pack members are thinking, especially when taking part in co-operative hunting. In that situation it also helps if they're able to think about what their prey may be thinking," she said.

"Another important factor is that dogs have evolved alongside humans and are likely to have become attuned to human behaviour and social cues to help in their interactions with people."

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## What Your Pet is Thinking

Author: Sharon Begley

From the day they brought her home, the D'Avellas' black-and-white mutt loathed ringing phones. At the first trill, Jay Dee would bolt from the room and howl until someone picked up. But within a few weeks, the D'Avellas began missing calls: When the phone rang, their friends later told them, someone would pick up and then the line would go dead.

One evening, Aida D'Avella solved the mystery. Sitting in the family room of her Newark, N.J., home, Ms. D'Avella got up as the phone rang, but the dog beat her to it. Jay Dee ran straight to the ringing phone, lifted the receiver off the hook in her jaws, replaced it and returned contentedly to her spot on the rug.

Just about every pet lover has a story about the astonishing intelligence of his cat, dog, bird, ferret or chinchilla. Ethologists, the scientists who study animal behaviour, have amassed thousands of studies showing that animals can count, understand cause and effect, form abstractions, solve problems, use tools and even deceive. But lately scientists have gone a step further: Researchers around the world are providing tantalizing evidence that animals not only learn and remember but that they may also have consciousness -- in other words, they may be capable of thinking about their thoughts and knowing that they know.

In the past few years, top journals have been publishing reports on self-awareness in dolphins and wild chimps whose different nut-cracking "technologies" constitute unique cultures. Others argue that rats have a sense of fun, mice show empathy for cage-mates and scrub jays are capable of "mental time travel" that enables them to remember where they stashed worms and seeds.

While researchers have yet to attain the field's holy grail -- proving that animals are self-aware -- the findings already have broad implications. For the 69 million U.S. households that own a pet, such knowledge might lead owners to question their animal companions' awareness of what they're fed, how they're housed and how often the kitty litter is changed. All of that would be a boon for the pet industry, which generates \$38 billion in annual revenue, according to the American Pet Products Manufacturers Association, selling everything from food and grooming services to pet exercise gear, hotels and psychics.

Drug companies are already addressing animals' feelings. Some 15 million dogs have taken Pfizer Inc.'s animal pain-reliever Remadyl. The company's Anipryl targets "cognitive dysfunction syndrome" in dogs. (In a dog, symptoms include failing to recognize people or respond to its name and getting lost in the house.) Experts expect a steady stream of drugs aimed at pets' minds instead of bodies.

The research is also colouring thinking about everything from science labs to farms and food-production facilities. Having demolished concrete cages in favour of naturalistic enclosures, many zoos are also offering animals "environmental enrichment" designed to exercise their minds, and housing them in social groups where they can express their emotions. The non-profit Great Ape Project, Seattle, is campaigning on behalf of the primates for "life, liberty and protection against torture." And this year a member of the Spanish parliament introduced a resolution to protect great

apes from "maltreatment, slavery, torture, death and extinction." Federal animal-welfare acts have long required researchers who use primates to take into account their "psychological well-being," but researchers say more institutions that use lab dogs, rabbits and other small animals are voluntarily adopting the rules.

"Without question, these discoveries [on animal awareness] are having an effect," says Wayne Pacelle, president and chief executive officer of the Humane Society of the U.S.

And if chimps and monkeys have hints of consciousness, do less-brainy animals have it, too? Does that mean people shouldn't hunt them, imprison them or eat them? Opponents of experimenting on animals say creatures as low on the evolutionary ladder as rats and mice are capable of suffering, even if they can't engage in self-reflection.

Some researchers say humans may be a bit too eager to attribute high-level mental functioning to animals, and end up inferring mental states that don't exist. Bonnie Beaver, professor of veterinary medicine at Texas A&M University and former president of the American Veterinary Medicine Association, says that when dogs act distressed in a boarding kennel, they're showing unfamiliarity with the surroundings, not resentment that their owner is vacationing in Bali. And if a dog looks guilty over leaving a mess on the rug, it is being submissive, she says, not showing a more complex emotion. "Most times," she says, "owners are reading things that are not there."

Not too long ago, scientists scoffed at the idea that animals could have consciousness. Philosophers haggle endlessly about the meaning of the word, of course. But they generally agree that it isn't enough to solve problems, learn or remember -- a semiconductor can do that -- but to be aware of the contents of one's own mind. When it comes to animals, the question "was thought of as impossible to answer with objective observations," says Clive Wynne, an associate professor of psychology at the University of Florida, Gainesville. Now he sees an increase in such studies aimed at discovering what's going on inside animals' heads.

At the Yerkes National Primate Research Center in Atlanta, Robert Hampton, who has made some of the field's most significant findings, studies whether rhesus monkeys know if they know something. In one series of experiments, he gave the monkeys memory tests over a period of weeks. After seeing four images on a monitor, the monkeys would be asked to choose which one they had seen before. But before taking the test, the monkeys had a choice of pressing one of two icons whose meaning they already knew. One meant, "Yup, I'm ready to take the test." The other meant, "No test for me, thanks." They had an incentive to take it only if they remembered the target image: Failing the test brought them no reward, passing it got them a handful of peanuts, and declining to take the test got them monkey-chow pellets, which they don't like as much as peanuts but are better than nothing.

When the monkeys chose to take the test, they passed more than 80% of the time, apparently declining to take the test when their memory was poor. When they weren't given a choice and Prof. Hampton gave them the test anyway, they chose the correct image much less often. That suggests they knew the contents of their memory and assessed it before deciding whether to take the test -- a sign of self-reflective consciousness. "The monkeys know whether they remember something," says Prof. Hampton, who reported his latest monkey findings in May in the journal Behavioural Processes.

A key ingredient of consciousness is having a sense of self, a feeling that there's a "you" inside your brain. One sign of that is being able to imagine yourself in a different time and place. Some scientists have said that's why chimps in a forest pick up a stone so that they can crack a nut that they left far away, and why New Caledonian crows make hook-shaped devices to fish for bugs.

But maybe, sceptics say, chimps and crows learned that a rock, or hook, equals lunch and just act reflexively. To try to rule this out, scientists at the Max Planck Institute for Evolutionary Anthropology in Leipzig, Germany, taught orangutans and bonobos, considered the great apes closest to humans, how to use tools to snare grapes that were otherwise out of reach. Then they gave the animals a chance to take the right tools into a "waiting room," where they were kept for times ranging from five minutes to overnight, before being led back to the room with the grapes. The clever move, of course, was to grab a tool before going to the waiting room.

All 10 animals managed this at least sometimes, the researchers reported in May in the journal *Science*. Because the animals had to plan so far ahead, the scientists argue, the experiment showed an ability to anticipate needs. "It's hard to argue that these animals do not have consciousness," says primatologist Frans de Waal at Yerkes.

Dissenters argue that any behaviour that meets a basic need such as hunger shouldn't be ascribed to anything as lofty as consciousness. More and more, however, scientists are observing what they call altruistic behaviour that has no evident purpose. Prof. de Waal once watched as a bonobo picked up a starling. The bonobo carried it outside its enclosure and set the bird on its feet. When it didn't fly away, the ape took it to higher ground, carefully unfolded its wings and tossed it into the air. Still having no luck, she stood guard over it and protected it from a young bonobo that was nearby.

Since such behaviour doesn't help the bonobo to survive, it's unlikely to be genetically programmed, says Marc Bekoff, emeritus professor of ecology and evolutionary biology at the University of Colorado, Boulder. If a person acted this way, "we would say this reflects planning, thought and caring," he adds. "When you see behaviours that are too flexible and variable to be pre-programmed, you have to consider whether they are the result of true consciousness."

In June, scientists reported new insights about compassion in African elephants. These animals often seem curious about the bodies of dead elephants, but no one knew whether they felt compassion for the dying or dead. A matriarch in the Samburu Reserve in northern Kenya, which researchers had named Eleanor, collapsed in October 2003. Grace, matriarch of a different family, walked over and used her tusks to lift Eleanor onto her feet, according to Iain Douglas-Hamilton of Save the Animals, Nairobi, and colleagues at the University of Oxford and the University of California, Berkeley, reporting in the journal *Applied Animal Behaviour Science*.

But Eleanor was too shaky to stand. Grace tried again, this time pushing Eleanor to walk, but Eleanor again fell. Grace appeared "very stressed," called loudly and often, and kept nudging and pushing Eleanor. Although she failed, Grace stayed with the dying elephant as night fell. Eleanor died the next day.

Grace's interest in an unrelated animal can't be explained by her genetic disposition to help a close relative, a behaviour that's been well established. The scientists instead argue that the elephant was showing compassion. Mr. Douglas-Hamilton has also seen

elephants guard and help unrelated elephants who have been hit by tranquilizer darts to let researchers tag the animals. Since standing by an animal that has been shot puts the other animals in harm's way, it's hard to argue self-interest.

Critics say that consciousness is in the eye of besotted observers, and animals are no more than stimulus-response machines. Florida's Prof. Wynne, for one, is sceptical that chimps know what they know. "To know one's own mental states does not necessarily imply conscious awareness," he says. "You can be unconsciously aware of what you know." Game-show contestants, for instance, sometimes press a buzzer to answer before they consciously know the answer -- knowing unconsciously that they know.

Anyone whose dog has ever run to the front door, leash in its mouth, assumes that animals form intentions. But that might also reflect dumb learning: the dog figured out that leash equals walk. A computer could be rigged to learn the same cause-and-effect relationship. Some scientists also see intentionality when beavers plug holes in their dam, bowerbirds build baroque nests, ants cultivate fungus farms and plovers feign injury to lure predators away from their hatchlings. But many researchers give genes, not conscious intentions, the credit for these clever behaviours.

As for emotions, the conventional view has long been that while animals might seem to be sad, happy, curious or angry, these weren't true emotions: The creature didn't know that it felt any of these things. Daniel Povinelli of the University of Louisiana, who has done pioneering studies of whether chimps understand that people and other chimps have mental states, wonders whether chimps are aware of their emotions: "I don't think there is persuasive evidence of that."

The trouble is that all sorts of animals -- from those in the African bush to those in your living room -- keep acting as if they truly do have emotions remarkably like humans'. Last month, Ya Ya, a panda in a Chinese zoo, accidentally crushed her newborn to death. She seemed inconsolable -- wailing and frantically searching for the tiny body. The keeper said that when he called her name, she just looked up at him with tear-filled eyes before lowering her head again. The conventional view is that these were instinctive, reflexive reactions, and that Ya Ya didn't know she was sad. As the evidence for animal consciousness piles up, that view becomes harder to support.

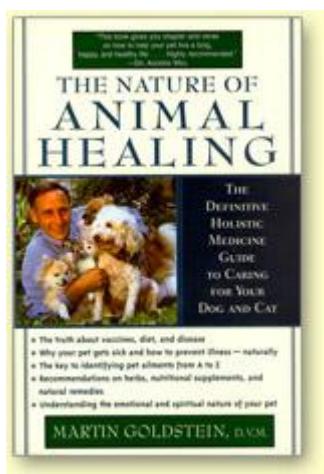
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## The Nature of Animal Healing - Dr Marty Goldstein

Dr. Martin Goldstein (Dr. Marty) is considered by many experts - and thousands of satisfied clients - to be America's foremost holistic veterinarian. The results he has achieved have been so astounding that today critically ill dogs and cats from all over the world are brought to Smith Ridge Veterinary Center where doctors trained by Dr. Marty give these animals a new chance at life and health. Many people who arrive have exhausted all of the available conventional treatment options and are faced with a very sick pet who is only getting worse; others are true-believers in a holistic-only approach to maintaining their animal's health or treating their animal's malady. Regardless of their reason for seeking care, they usually receive a mind-opening education about natural health that many ultimately apply to their own lives as well as to the lives of their animal companions.

Holistic medicine does not truly define how Dr. Marty thinks about or practices veterinary medicine. The simple idea he has brought to the profession is the powerful curative effect of combining the best of both conventional and holistic medicine. The term used is "integrative medicine" where both types of therapies are combined in a collaboration for health and against disease.



Through his book, [The Nature of Animal Healing](#), he provides advice on a wide range of practical topics central to a pet's health including why we shouldn't feed our animals commercial pet food or why vaccines can actually do more harm than good. When it is time to consider alternative therapies, the doctors he has trained at Smith Ridge Veterinary Center, where he is Medical Director, can successfully integrate treatments such as herbal medicine and homeopathic approaches along with the latest in high-technology medicine into an overall program for the sick animal. They handle every imaginable type of condition and they have earned a reputation for extraordinary success treating cancer and other serious degenerative diseases that are rapidly on the rise among animals as well as humans. Dr. Marty has

been and continues to be on the forefront of deciphering the riddle of those killer diseases in order to show us how best to treat them, as well as how to prevent them from occurring.

Dr. Marty did not invent integrative medicine. He arrived there through a melding of his veterinary training and early onset health problems of his own. A classically trained veterinarian who earned his DVM at the Cornell University College of Veterinary Medicine, a conventional school long recognized as one of the best, Dr. Marty's interest in holistic medicine was sparked several years after graduation when a variety of his own personal health problems were finally resolved using a natural, non-toxic approach. It was this life-changing experience that led him to commit himself to mastering the art and science of integrating holistic methods of treatment with conventional veterinary medicine.

But there is a side to Dr. Marty not captured by his diplomas or his track record. He is a unique combination of "ingredients". Clients who have had the pleasure of working with Dr. Marty often

find him communicating with their beloved pet with light-hearted squeaky noises and exuberant touch in a private language only the doctor and animal seem to share. But both the humans and animals seem to recognize a special hope and healing in these non-verbal exchanges.

Dr. Marty's years of intense study and experience, coupled with his uncanny sense of intuitively "knowing" what is wrong with the animal, have allowed him to master the art and the science of diagnosis and treatment. He has been able to categorize what has worked for the thousands of animals he has cared for into an encyclopaedia of natural knowledge. And fortunately, for dogs and cats and the people who love them, he has been able to pass along what he has learned to the doctors at Smith Ridge Veterinary Center. And to pet lovers everywhere through his book and seminars.

In [The Nature of Animal Healing](#) You Will Learn...

- ✓ What to do when your pet gets sick and the steps you can take to prevent illness
- ✓ The link between pet diet and disease, and how the right diet can not only prevent disease but reverse it
- ✓ The top 3 worst ingredients in pet food including the truth about by-products, fillers and preservatives
- ✓ Stunning facts about puppy and annual vaccines
- ✓ How to understand the emotional and spiritual nature of your pet
- ✓ The one question you should always ask when interviewing a new veterinarian
- ✓ How to help heal your pet the natural way
- ✓ How to identify and understand your pet's disease --- from A to Z

*"Since its release in 1999, my aim with this book has been more of an immediate one: to demonstrate the ways in which our pets are being ill served by us, by their environments, and, yes, by some aspects of conventional veterinary medicine. I hope to be, in effect, a voice for these pets, because they cannot talk. I want to show that with the right care, they can still lead healthy lives. And I intend to make clear that we are not the true healers of our pets; they are. The best we can do is to help them grow as strong as they can, both physically and emotionally, so that they can best tackle the hard work they must do to regain and maintain their own health. "* Dr Marty Goldstein.

This is a book about animal care, but the guidelines of holistic and integrative veterinary medicine are, of course, based on those originally devised to help human beings. If we're going to give animals purified water because we realize what a silent killer ordinary tap water can be, why not drink purified water ourselves? If good foods and dietary supplements boost our pets' health, why not start applying the same nutritional lessons to improve our own? If acupuncture and homeopathic medicines work on animals, why not incorporate them into our own lives? Perhaps you saved your pet from being put to sleep at the shelter, and took them into your life, caring for them, and showering them with love? Now you can help them further by applying this book's principles of holistic health and diet to their life. And you will also gain some valuable advice on improving your own health too.

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## Product of the Month - Six Fingered Glove



Spotless Paw™ Dog Paw Cleaning Glove solves the common problem of wet, dirty dog paws.

Before messy paws track dirt into your home or automobile, or soil your clothing, Spotless Paw thoroughly cleans and dries them.

This unique six-fingered glove is designed for use with either the right or left hand AND either side can be used, doubling the cleaning surface area.

The microfiber fabric absorbs over 600% of its weight in dirt, mud and water.

Hang Spotless Paw on your doorknob, attach it to your belt and stash one in your car.

Spotless Paw™ is machine washable and dryer safe.

Spotless Paw is the proud recipient of the Pet Age "Retailer Select®" Award for Product Excellence AND the APPMA (American Pet Products Manufacturers Association) Best New Dog Product Award. Spotless Paw is also used for horses, cats, birds and even potbellied pigs.

**Testimonial:** Can I tell you that we think it is just about the greatest thing invented?! We have 3 large dogs, and in the spring our backyard turns into a muddy mess. We went through many towels wiping dogs feet, but no longer. Spotless Paw is an amazing product and we have told our friends with dogs about it also. Thank the inventor for us! -- Sincerely, Jeff & Lolly P. - McHenry, IL

You can buy the Spotless Paw glove at Vet Products Direct by clicking the appropriate site below:

[Spotless Paw US](#)

[Spotless Paw UK & Europe](#)

[Spotless Paw Australia](#)

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## The Weird & The Wonderful

### Tornado surviving dog gets a second chance

PARKERSBURG, IA (KWWL) - Dan Bleeker lost nearly everything in the Parkersburg tornado; his house, his mother and his two dogs.

"When I seen it, seen what was happening, I ran to the basement. I didn't have time to get the dogs it was all over but the dogs were gone." Bleeker said.

After the storm Bleeker figured there was no chance that either of his dogs survived. Until nine days later when he received a call about a yellow lab in the vehicle salvage yard near Parkersburg. It seemed that one of Bleeker's dogs recognized the car. It was his owner's car. Then, like a good dog, he sat and waited.



After several attempts to get the dog out they went to the other side of the car and simply reached inside the glove compartment and found a contact number. The dog walked away twelve pounds lighter, but with only a few scratches. Perhaps it has something to do with his name.

"I can't remember why we named him Chance but I guess evidently it was a good name," he said, "he gets a second chance."

A second "Chance" to be man's best friend; to a man who lost so much.

### Full-scale sea rescue as dog gets out of depth

A DOG walker's trip to the seaside ended in a full-scale rescue when the pet swam out to sea after her favourite ball.

Molly the English bull terrier and her owner were visiting Redcar beach from Norton, Stockton when the pet ran into the sea.

As the wind and tide carried the ball farther and farther out to sea, Molly set off in determined pursuit and soon ended a long way from the beach near the boating lake at Coatham.

Her worried owner raised the alarm by calling the coastguard and the Redcar RNLI lifeboat was launched with volunteer helmsman Mark Reeves in charge.

Mr Reeves said: "We are usually called out to rescue humans, but this isn't the first time we've been asked to rescue a dog. I have a dog myself so I can understand how Molly's owner must have been feeling and we're glad to help out."

The lifeboat first recovered the dog's ball to stop it drifting farther out and then Molly was shepherded by the lifeboat back to the beach at Coatham where her relieved owner was waiting.

Dave Cocks, deputy launching authority at Redcar RNLI said, "The greatest danger in these circumstances is that the owner tries to rescue their dog and then get into difficulties. That's why the RNLI responses to these calls.

"In 999 times out of 1,000 the dog manages to get back to shore unharmed, but there are many examples of pet owners losing their lives while trying to carry out a rescue."

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