

# The Alternative Dog

Incorporating the Alternative Cat and the Honey's Newsletter

Spring/Summer 2023

## A few words from Jonathan, Honey's founder

As any dog lover will tell you, we feel a terrible sense of loss when a four-legged family member dies. In fact, I have grieved more for some of my dogs than for certain relatives or friends. A dog's life, on average between ten and thirteen years, is just too short. But what if it could be extended? If dogs were able to live much longer, healthier lives? An impossible dream? Scientists in America claim that in the future they will be able to create an antiaging pill for dogs, but they can't say when, or what the risks will be. You won't be surprised to hear that I believe that there already exists an easier, safer, and more natural way: a species appropriate diet.



Interestingly, there is plenty of research to show the connection between diet and longevity in humans. For example, the academics involved in the China Study followed 6500 subjects (100 from 65 different countries) over 20 years and established that what people eat has a massive effect on when they die. Their findings were echoed again in another piece of more recent research, published last year, which found that if you change to a healthier diet at age 20 it can extend your life by more than a decade, and at age 60 by an extra eight years. For someone in the UK, this could be the difference between living to 90 instead of the current average age, which is just 80.

We don't know yet exactly what a change of diet would mean for the majority of dogs, but there is already some evidence that it could extend their lives by anything from a two to six years. What is needed is more independent research, which is why my colleagues and I have started to discuss different ways to establish and fund such a study. We have involved a leading veterinary epidemiologist and a number of other experts. Sadly, much of the research carried out in the field of canine health and nutrition is not particularly meaningful. Many studies are biased, some are too small to be reliable and in the case of others the results are often presented in an inaccurate and misleading way. I regret to say that I often suspect those who fund research insist on conclusions that suit their own beliefs. Also, observation, one of the corners of all scientific discovery, often seems to be ignored. Anyway, it is early days yet, but I thought you might be interested in what we have all been getting up to in our spare time.

On another note, I am pleased to announce that as we go to press we are in the process of packing our new flavour of Beautiful Joe's into its smart red bags. We do hope that you will give it a try and we would be very interested to hear your feedback. We are also about to trial Honey's Bespoke and if you feel that you or someone you know would be interested in the extra service and flexibility, please do let me or one of my colleagues know.

Speaking of developments, our human butcher – The Darling Butcher – is now fully up and running. As you will read in this issue of *The Alternative Dog* we are sourcing almost everything from Horton House Farm, which is within walking distance of Honey's HQ. The Riders, who run the farm, are very modest about their achievements, but I believe they have pretty much the highest animal welfare and environmental standards in the country and thus the world. It is a mixed farm, run on organic lines. Great care is taken of the livestock and poultry and also of the soil and land. If only all farming was as innovative, sensitive and thoughtful. We are very proud of our partnership.

What else? I have said nothing about the state of the economy or our business. Like almost everyone else, Honey's is feeling the pinch desperately. Our costs have risen by over a third in the last year, but we have only increased prices by an effective 10%. We feel another price increase is unavoidable, but we are going to put it off for as long as we can. Be assured we will give plenty of notice. This is probably a good moment to mention that we have a fact sheet and other support available for anyone who is worried about the cost of raw feeding in the current climate. Please don't hesitate to let me or one of my colleagues know if you would like more information.

One more but vital thing: thank you for your wonderful support and custom. We never, ever take it for granted. Also, please don't hesitate to contact me directly if I can ever be of assistance with anything.

Very best regards,

Jonathan

Jonathan (Self)  
Honey's Founder  
jonathan@honeysrealdogfood.com

## In this issue



**Doghouses:  
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By Julia King



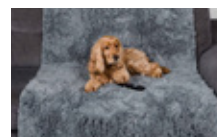
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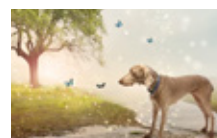
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**A new range of  
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**Table Scraps: story  
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**In Memoriam**  
Honey's fed dogs  
remembered with love



**Honey's Bespoke**  
Our new tailor made  
service



**Sold in aid of dogs  
in need**  
Our new Tasty Lamb Treat

**AND MUCH,  
MUCH MORE BESIDES...**

**Honey's**  
REAL DOG FOOD

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www.honeysrealdogfood.com

# HONEY'S NEWS



"Yes, we still love print, don't we?"

## Now also digital!

*The Alternative Dog*, which began life as a single page newsletter in 2017 and has since become a substantial (more or less) quarterly magazine, will (any day now) be launching a blog. Every week we plan to add one or two feature articles. Some from the print magazine, some new. We don't really have anything as formal as an editorial policy. Rather, we will be including canine-related articles and stories that interest us.

A clue as to what interests us is to be found in the title of our publication. The word 'alternative' means 'different from the usual or conventional'. You won't be surprised to hear, since we are artisanal raw dog food producers, that we'll be including lots of articles about canine nutrition. Any reference to diet, naturally leads to a discussion about health. We believe that prevention is better than cure and that the only logical approach to animal (or for that matter human) medicine is a holistic one. Modern medicine has a vital role to play, but it isn't the only answer. Our new blog will, therefore, be covering different aspects of complementary and alternative medicine. As Hamlet remarked: 'There are more things in heaven and Earth / Than are dreamt of in your philosophy.'

The connection between health and farming is an obvious one. After all, if food is to be thy medicine (and who are we to argue with Hippocrates?) then where it comes from is of paramount importance. We shall be writing about ingredient quality, agriculture, and farm animal welfare. Our editor is the founder of Honey's Real Dog Food, Jonathan Self, a former journalist turned organic farmer. Anyway, you can expect to read about the state of British farming, dog food miles, the effect which the routine use of antibiotics in factory farming has on canine health, soil depletion, the move towards regenerative agriculture and other related topics.

So far, so serious. We are, of course, dog lovers. We plan to include lots of content that will appeal to other dog lovers. Canine behaviour is one such topic. We are into all the various canine sports. Dog themed films, books, art and photography will also be covered extensively. Ditto dogs in religion and dogs and the law. Plus, dog holidays, dog transport, dog beds, dog jewellery, dog clothing and pretty much anything else dog-related that happens to catch our fancy.

To avoid missing any of our posts we would like to recommend becoming a subscriber. Once a week we'll send you an email with either the full text of whatever we have published in the previous seven days or – if it seems overly long – a summary. By the way, *The Alternative Dog* will not be carrying any advertising and nor will we send you any marketing material. We certainly won't pass your details to any third parties. And if you don't like what you are reading and wish to unsubscribe we make it easy.

What about our print version? This will still be sent out to all Honey's customers free of charge and will also be available (again free of charge) to anyone who requests it.



## Honey's Podcast

As we go to press, we are waiting to hear that the podcast we sponsored on raw feeding is available. Independently produced by Penny Boreham Saban and Seb Masters (both of whom you may have heard on the BBC) it was created for the veterinary profession for the purposes of continuous professional development. We'll be posting on the Honey's website as soon as it is available – hopefully the second week of April, if not before.



## Honey's Wood – an update

The Honey's Wood Saga continues. As longstanding customers will be aware we purchased a little over three acres of pastureland in Dorset 18 months ago so that we can plant our own memorial wood. When we eventually start planting a tree will be dedicated to every Honey's-fed dog who has died. The first delay came when it took the Land Registry over a year to register our title. Then, as we were planning our initial planting, we discovered that our land covers 'an area where water meadows of post-medieval date are recorded'. As we go to press, we are waiting for our archaeologist to report on whether we will have to limit our planting to specific areas. We have clearly missed the weather window for spring planting... hopefully, this autumn we will finally get started!

## HUNGRY LABRADORS ONLINE



"Accept cookies? Absolutely!"





## Now available! Our new Tasty Lamb Treats

We are pleased to announce a new, second flavour of Beautiful Joe's: Tasty Lamb. Like our Yummy Liver treats they are 100% natural and packed with flavour. Dogs go crazy for them and there is the added benefit that by choosing Beautiful Joe's you are supporting dogs in need, because every time we sell some treats, we donate some more to a rescue centre.

Indeed, since we started Beautiful Joe's in 2013, we have given away the equivalent of around 120,000 bags of treats worth almost £500,000. Our Tasty Lamb differs from our original flavour in two ways. First, it is a softer, lighter treat making it ideal for training purposes. Second, it is less expensive (£5 a packet for the launch period) and although we still donate treats for every packet sold, it is 10% of the volume rather than 100%.

Remember, rescue centres can rarely afford to buy treats for the dogs they are looking after. Beautiful Joe's are used both as treats and as training aids (thus helping dogs to find new, forever homes).



*"You know what would be even **more** impressive, Higgins? Humility."*



### If you have a moment...

If you have a moment to review us on Trustpilot, we would be very grateful. Tangibly grateful, actually, since if you identify yourself we will happily send you a little thank you gift. This also seems a good moment to say a huge thank you to all our past reviewers.



## Honey's Healthcare Team at your service

Do remember that Honey's Healthcare Team is at your service and also at the service of your family and friends. Our vets, vet nurses and nutritionists are happy to offer unlimited advice and information free of charge and there is no need to be a customer. Please call or email. All part of the Honey's service.

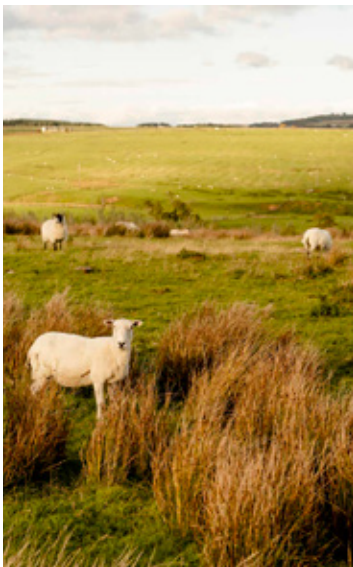


## Thank you, Elinor

Thank you Elinor for the lovely drawing of 'The Woofers' in concert!







## On the farm

Our producers are still having a tough time of it. Those breeding free range and organic poultry are still suffering the effects of the latest avian flu. Those who have always relied on overseas workers (especially to harvest their crops) are struggling to find farmhands. All have been hit by rising costs and lower margins. Some have been hit by reduced demand. The result? Our farm visits keep getting cancelled! However, our producers have been sending us photos of their land and livestock. We continue to support smaller, mixed farms (where the emphasis is on biodiversity and high standards of animal welfare). We can also confirm that we have, of course, regularly visited our producers in the past and that we have been buying from the majority of them for well over a decade.



Good dog, Bad dog

## New 'Good Dog/Bad Dog' Photo Competition

The new Honey's Competition is simplicity itself: submit a picture of your dog on the theme of 'Good Dog/Bad Dog!' (could be either or both). See page 33 for further details.



*Congratulations to Honey's customers Leigh, Emilie and Nico (Godfrey) on their wedding day. Three is not a crowd!*



## Brave Jasper!

Spare a thought for Jasper Brown. He's had an operation to solve the problem of a ruptured disc and as a result he has had to take to a chariot with wheels. Last time we received news he had taken a few unaided steps and his physio is hopeful that he will walk normally at some stage.





## Clare Mackie's new range of dog bowls

By Jonathan Self

I must begin by declaring an interest here. For over a decade, Clare Mackie illustrated my *My Week* column (no guessing what that was about) in *Country Life*. Time and again she gave my week's doings an added dimension, bringing my not always brilliant words alive with her evocative, colourful drawings. I loved her work but discovered that it was dangerous to tell her so because when I did so she would invariably send me the relevant picture as a present. An original Clare Mackie is a very, very generous gift to receive. Clare has been kind to me in other ways. Most notably, she has been feeding Honey's to her adorable Staffie, Pia, for many, many years. Anyway, as I say, I must declare an interest.



Clare had an idyllic childhood surrounded by animals (and, of course, dogs) on a farm in Kincardineshire. 'I remember standing at the end of the garden and thinking it was Godly – looking up at the Howe of Mearns with the Cairn o' Mount behind, the wonderous smells, catching minnows in the river, the old school bell, loads of children to play with, the freedom.' She followed in her mother's steps and went to art school – Edinburgh – before being taken on by John Locke Studios, which represented such greats as Ronald Searle and Edward Gorey. What followed was a highly successful career producing illustrations for luxury businesses, newspapers and magazines as well as many gallery exhibitions. She moved to London (where the work was) and then Brighton (still close to the work) but a few years ago she decided that she had had enough of city life and headed back north of the border to Kinross.

Clare's drawings of animals have always been particularly popular and perhaps it isn't surprising that she would have been commissioned by the ceramics firm, DRH Collection, to produce a range of delightful dog and cat bowls. There are three in the range and very shortly they will be joined by a treat jar. Very kindly, DRH have sent us a couple of bowls for a free draw BUT if you would like to buy one then you'll find them on [www.notjustjugs.com](http://www.notjustjugs.com) together with some of Clare's other brilliant pieces.



### FREE DRAW FOR A CLARE MACKIE BOWL

To enter all you have to do is email [freedraw@honeysrealdogfood.com](mailto:freedraw@honeysrealdogfood.com)



Clare sells limited edition prints of her work from £35 and is also available to commission. [www.claremackie.co.uk](http://www.claremackie.co.uk)

Clare's dog bowls can be purchased here: [www.notjustjugs.com](http://www.notjustjugs.com)

# Sustainability: Why compostable packaging may be worse for the environment

*Compostable packaging is all the rage amongst 'green' companies, but the truth is that it may be more damaging to the environment than the plastic it generally replaces. We look at the pros and cons and offer tips on how to evaluate the packaging used for your dog's food.*

We spend a lot of time at Honey's worrying about packaging. It is on the agenda of at our weekly management meeting and we have a special committee whose brief it is to consider every new option that becomes available. Invariably, we end up discussing whether we should make the switch from the 100% recyclable packaging we currently use to something that is compostable. You might think that this would be a no-brainer for an artisan food producer obsessed with sustainability. But the decision is considerably more complicated than you may imagine. This short article explains why.

## The problem with plastic



The problem with plastic is that it is indestructible. Every single plastic item that has ever been made still exists. Larger pieces may slowly break down into smaller and smaller pieces, but it never completely disappears. This is nothing short of disastrous for the world's ecosystems. Plastic is polluting our seas, our beaches and our countryside. More to the point, it is killing off our wildlife.

In his television series, *Blue Planet II*, David Attenborough explained how millions of birds, fish and Cetacea die every year, either because they have swallowed plastic (often mistaking it for food) or because they have been strangled or suffocated by it. When dumped or put into landfill sites, plastic leaches harmful chemicals, causing death and destruction. Especially worrying is the fact that plastic microfibres, which account for a third of all the plastic in the ocean, and attract and bind with harmful toxins, end up as part of the human food chain. As King Charles, President of the Marine Conservation Society, succinctly and chillingly put it: 'Plastic is now on the menu.'

We hate plastic – especially single-use plastic – but it still may be better than the other options and the news is not all bad.

## The three options

There are three options for producers wanting to reduce the amount of environmental damage caused by their packaging, being:

- Recyclable plastic packaging. This can be recycled almost endlessly. Problems associated with this option are caused by inefficient collection and lack of recycling facilities.
- Biodegradable packaging. This is made from organic materials and doesn't need a special environment for it to break down. Harsh

chemicals are necessary to produce it and there is no rule as to how long it can take to biodegrade (a year... a thousand years). It may leach harmful chemicals into the environment.

- Compostable packaging. This is made from organic matter rather than fossil fuels. It breaks down quickly and creates a useful by-product.



## The compostable option

It is easy to see why compostable packaging has become so popular. Basically, the materials from which it is made are quickly and naturally broken down by microorganisms into carbon dioxide, water, inorganic compounds, and biomass that can be used as natural fertiliser for agriculture. Compostable packaging can be made from both renewable resources and waste products. A compostable bag degrades in as little as 180 days. It is a great story to tell consumers, who often don't stop to consider the deeper implications associated with this form of packaging.

## So, what's not to like?

We should begin by explaining that the word 'compostable' has no legal definition in many countries (although this is changing) and that many manufacturers exaggerate the environmental benefits of their products. It should also be pointed out that many consumers believe that compostable is the same as naturally biodegradable, which isn't the case.

There is a huge difference between industrial and home compostable material.

Industrial composting occurs in large facilities that can maintain the necessary environment for breaking down the material. This usually involves temperatures of 50°C and 60°C for at least 6 weeks. If it isn't sent to such a facility it causes similar levels of pollution to traditional fossil-fuel-derived plastics. In the UK, many local councils don't like compostable materials going into their compost bins because they are concerned about contamination. There are very few facilities for processing it.

Something that is home compostable (in other words can be put into the compost bin in your garden) is preferable although some of the products on the market contain chemicals called perfluoroalkoxy alkanes (PFAs), which are highly toxic and do not degrade. These chemicals can then transfer into the compost and contaminate soil and groundwater.

However, we have other reasons for not embracing compostable packaging.



"Look at that crazy cowboy, Butch, he's talking to his horse!"





### A murky supply chain

A big issue for us is where does the material used to make the packaging come from? Unfortunately, the supply chain is very opaque. Often it isn't possible to discover what the packaging is made from, where it was grown, how it was grown, how it was processed or where it was processed.

There appear to be two primary sources.

The first is from specially grown crops. In order to grow the materials for compostable packaging, huge tracts of land in poorer countries are being turned over to monoculture, which in turn destroys biodiversity. The rainforest in Central and South America is, in part, being destroyed to grow crops, which in turn are being used to create compostable packaging. This is madness!

A high percentage of compostable packaging is made from waste material. For example, what is left after sugar cane has been processed. This sounds good until one starts to ask questions about the process and location of the producers. One supplier we spoke to said that all their compostable packaging uses waste material sourced in Africa that is then transported to China for processing. This doesn't seem very environmental to us especially as it is difficult to find anything out about the Chinese factory carrying out the work. China does not, on the whole, have a good record for environmental care.



### Questions, questions

When we are discussing this in our meetings, a number of other questions regularly come up:

What chemicals does the packaging contain and what effect will it have on the environment after it composts? There is some evidence that some compostable packaging actually leaches harmful chemicals into the soil. You'll find quite a bit online about this. No one is really certain because it is still relatively new.

Is it leak proof? Compostable tubs have to be sealed with non-recyclable plastic to make them leak proof. Compostable pouches have to be lined with something similar to achieve the same results. As an aside the plastic film on a 500g tub weighs about half the amount of the recyclable plastic Honey's use on our current 500g packaging.

What is the total size and weight of the material used? Most compostable packaging for food has four elements being a tub, film (see above), lid and cardboard sleeve. This is quite a lot of material when compared to the system that Honey's currently uses.

How much freezer space does it take up? Compostable packaging takes up a lot of freezer space. Again, to offer a comparison, our existing system uses 20% less space. This means faster freezing and less storage space which means a saving in resources including electricity.

Does the packaging compost as promised? We have tested home compostable packaging in our own compost heaps, and we have found that it does not break down as promised. Some compostable packaging, as discussed above, needs to be put into industrial composting systems.

### In conclusion

Honey's packaging is 100% recyclable and much of it is also made from recycled materials. It uses a fraction of the material required for any of the other options and takes up less space. We have a fully traceable supply chain. We can see how, in the future, compostable packaging may become much more attractive but for the time being we are sticking to what we believe is the least bad option.

*If you have any questions about Honey's packaging please email our founder [jonathan@honeysrealdogfood.com](mailto:jonathan@honeysrealdogfood.com)*







## Introducing the Darling Butcher

- Pasture Fed, organically raised meat
- Sourced from a local, regenerative farm
- Full of flavour and very tender

### Our tender, tasty, ethically sourced meat is now available for human companions.

Our meat for humans is sourced locally from a farm with some of (if not) the highest environmental and animal welfare standards in the country. Jonny and Rachael Rider are the third generation to run Horton House Farm. Their animals – including sheep, pigs, goats, and cattle – are native breeds, raised outdoors and pasture fed (and what pastures – an extraordinary mix of grasses, legumes, and wildflowers). In other words, in harmony with nature. The first time we walked over to see them, we were met on the drive by a herd of friendly piglets, who are allowed to roam wherever they want. The Riders have a policy of leaving all the young on the farm with their mothers. The farm itself, by the way, is a thing of great beauty, crisscrossed by pretty chalk streams, with modest sized fields, plenty of hedgerows, plenty of trees and a stunning stretch of downland. In short, regenerative farming at its best. The result is happy, healthy animals and meat that is full of flavour and extremely tender.

We must, by the way, be the first dog food producer in the world to offer meat for humans. It is easy for us, of course, because we only buy in pasture fed, free range, wild and organic (in other words high welfare) meat, anyway. It is a bit of a strategic move, too. In several countries around the world – most notably the USA – the big dog food manufacturers have persuaded regulators to make life a misery for some raw dog food producers. If this happens in the UK, and there are signs that it could, by operating as butchers we anticipate being able to avoid similar problems. If you would like to know more about our ingredient policy please do call or email us.



#### Seven key facts:

1. The Darling Butcher supplies meat certified by the Organic Farmers and Growers Association and Pasture for Life.
2. Our pasture fed, organically raised beef, lamb and pork comes from Horton House Farm, which is within walking distance of Honey's HQ.
3. Our certified organic chicken is raised for us by Capestone Organic Farm.
4. Our meat is prepared for us by a 'visiting' sustainable butcher, Nick Green.
5. We freeze all our meat immediately after preparation and ship frozen.
6. We can fulfil most special orders with suitable advance notice.
7. We are carbon neutral. We use 100% recyclable packaging.

**Only £1 delivery charge if you request delivery at the same time as your Honey's order.**

### Pasture Fed, Organic Beef from Horton House Farm

Our beef comes from cattle that have been reared organically and fed on grass and forage. They have lived natural lives, outdoors (except when the weather was bad) with plenty of delicious food, fresh water, and shelter as well, of course, as the company of other happy cattle. Our beef is full of flavour and very tender.



**Pasture Fed, Organic, Mince (approx. 10% fat)**

500g £7.50



**Pasture Fed, Organic, Steak Stir Fry Strips**

300g £7.50



**Pasture Fed, Organic, Sirloin Steak**

250g £11.75



**Pasture Fed, Organic, Ribeye Steak**

250g £12.50



**Pasture Fed, Organic, Topside Roast**

1kg £24.00  
2kg £48.00  
3kg £72.00



**Pasture Fed, Organic, Diced Beef**

500g £9.40



**2 Pasture Fed, Organic, Beef Burgers**

340g £5.60



**Pasture Fed, Organic, Boerwoers Sausages**

500g £8.25

*Just in! Melt in the mouth Rump Steaks! 250g each. £8.75*



## Pasture Fed, Organic Lamb from Horton House Farm

Horton House Farm, situated in the lush Pewsey Vale, consists of low-lying pastureland and open chalk downland. The latter is home to a flock of Wiltshire Horn sheep – a native breed that has grazed there since the middle-ages and possibly even Roman times. Our lamb is mouth-wateringly delicious.



**Pasture Fed, Organic, Leg of Lamb**

1.5kg	£35.25
2kg	£47.00
3kg	£70.50



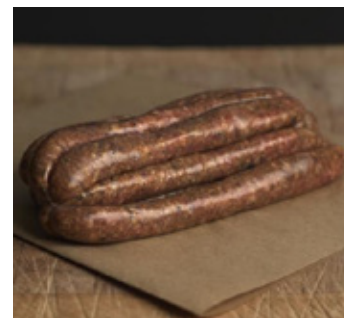
**Pasture Fed, Organic, Diced Lamb**

400g	£11.20
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**Pasture Fed, Organic, Lamb Shank**

400g	£7.80
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**Pasture Fed, Organic, Merguez Sausages**

400g	£9.60
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## Pasture Fed, Organic Pork from Horton House Farm

The Tamworths living at Horton House Farm can roam wherever they want, and they take full advantage of their freedom: playing, grazing foraging and sleeping wherever they fancy. They share the rich, verdant fields with the farm's dairy herd. The result? In our opinion the tastiest, most succulent pork in the country.



**Pasture Fed, Organic, Sausages**

400g	£6.60
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**Pasture Fed, Organic, Chipolata**

400g	£6.60
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**Pasture Fed, Organic, Shoulder of Pork**

1kg	£20.00
1.5kg	£30.00
2kg	£40.00



**Organic, Back Bacon**

200g	£5.40
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**Organic, Smoked Bacon**

200g	£5.40
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**2 Pasture Fed, Organic, Pork Loin Steaks**

350g	£8.40
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## Organic Chicken from Capestone

Our chickens are raised for us by the Scale family, who have been farming the same land since 1846! Their farm, Capestone, is in the heart of the Pembrokeshire Coast National Park and their poultry enjoy a glorious outdoor life in harmony with nature.



**Whole Organic Chicken**

1.6kg	£18.40
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**2 Organic Chicken Breasts**

350g	£11.00
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**2 Organic Chicken Legs**

750g	£9.75
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# Introducing the Pet Gundog Club

By Lez Graham

Launched at the 2022 CLA Gamefair, The Pet Gundog Club was set up specifically to help people train their pet gundogs, get a deeper understanding of their companions by delving into canine behaviour, give guidance when the going gets a bit

tough and be there to cheer folk on when it goes rather well. Monthly membership includes live zoom calls every two weeks, one of which is a masterclass and the other a Q&A session where the members can ask any dog related question. There are also video tutorials, challenges and solutions, online courses on foundational training, good manners at home and training for the field, plus a private online forum. All of the sessions are cameras off so that you're not tied to the computer screen and are recorded and stored in the membership area so that you can listen to them as many times as you wish.



Gundog breeds are intelligent problem solvers: tenacious, driven, physically and mentally strong. If they are not stimulated, they can become destructive and difficult to manage. Training our dog to retrieve, hunt on command, be steady around moving things, and teaching them to follow our lead on a walk, all contribute to having a pet gundog that is a joy to own and one you are proud to take anywhere.

I believe in a positive not permissive approach to training dogs... a system that I set up many years ago based on, I suppose, being a parent. It's all about being positive and

motivational in your training and working towards positive outcomes but setting boundaries both at home and on walks, creating workable routines, and establishing respect for both the owner and the dog.

There are a few challenges with gundog training... the breeding has changed a lot over the years, and the more popular breeds especially, are higher in energy and more suited to experienced owners or owners that are going to challenge them with training. Because they're so intelligent with lots of energy and stamina, there's a tendency to rush through the training rather than taking it steady and then, because the training isn't proofed in different places and situations, it unravels when the dog is put outside its comfort zone, then the owners can get disheartened and give up. To train a steady gundog takes around two years, and that's a conservative estimate, so it really is a massive commitment taking on a working breed.



I have written several books that you may find useful including *The Pet Gundog Puppy*, *The Pet Gundog* and *The Advanced Pet Gundog*. For more information please visit: [www.thepetgundog.co.uk](http://www.thepetgundog.co.uk)

## How to earn our eternal gratitude and a little thank you gift...

Thank you very much for your referrals. Do remember, we are happy to provide raw feeding and nutritional advice to anyone who contacts us, even if they never, ever plan to become a customer. If someone to whom you have recommended us does become a customer, however, we would like to say thank you with one of the selection of gifts shown below. For this reason, please don't forget to tell us the names of any new customers you introduce to Honey's (just to be on the safe side you could ask them to let us know, too).



### A tree planted in the Honey's Wood



### Two personalised dog tags



### Our original Superdog Cape/Towel Thingie



### 10 packets of Beautiful Joe's treats + Tin



### A personalised dog bowl



### Two free shipping vouchers



# Introducing Honey's Bespoke Dog Food

By Jonathan Self



The launch of Honey's Bespoke is, essentially, a return to our roots. In 2007, I began to supply a handful of friends and neighbours with the same raw food I was making for my own dogs. Everything was prepared to order. So, if Gus didn't like greens, Riley wanted rabbit or Coco needed her food slightly cooked, it was easy to arrange. Some of the ingredients came from my own organic smallholding, others from local organic farms and gamekeepers. I visited potential customers in their homes in order to explain the principles of raw feeding and to meet and weigh their dogs. Where necessary, and with the assistance of a vet, special diets were created. The food itself was divided into daily portions, so that all customers had to do was defrost the night before and then serve. I was always at the end of a phone with advice. Honey's Bespoke will have all these features and more. For dogs with health issues, we have prevailed upon Dr Charlotte Gray (in our opinion the most knowledgeable canine nutritionist in the country) to provide specific advice and diet plans. Our Chief Veterinary Surgeon, Dr Amy Watson, is also available for consultations. Another advantage of the Bespoke service is that we will be able to offer formulas using hard-to-find ingredients – such as rabbit and pigeon. We can cook the food, too, if needed. With sufficient notice, we can make house calls and we are also available out-of-hours. In a nutshell, using Honey's Bespoke is like having your own private canine chef...

## What makes Honey's Bespoke bespoke...

- All food made to order
- Only the finest, freshest ingredients used
- Individual recipes formulated by our own vet and nutritionist
- Food can be prepared raw and/or cooked
- Personal diet and care plans created by our in-house professionals
- Food delivered portioned and ready to serve
- Dedicated team – available out of hours

## The Honey's Bespoke service

The Honey's Bespoke service has three separate elements: planning, preparation, and ongoing support.

### 1. Planning: our tailor-made approach

Honey's Bespoke will begin with a detailed assessment of your dog's requirements. This can be done remotely (by telephone or zoom) or, with sufficient notice, in person (during a house call). We'll gather information about everything from your dog's health to their personality, and from their lifestyle to their likes and dislikes. If necessary, we will then involve our consultant nutritionist, Dr Charlotte Gray MA hons VetMB MRCVS and/or her colleague, our chief veterinary surgeon, Dr Amy Watson MA VetMB MRCVS CCRT CVA(IVAS) ACVCHM(IVAS), who have had a close working relationship since they studied together at Cambridge University. We may also take advice from one of our consultant behaviourists, located throughout the country. The result will be a personalised report on your dog's health, nutrition and care. It will include a detailed dietary

plan together with a range of proposed recipes and an estimate of the monthly cost. The report will also cover any other concerns you may have raised during the assessment. Providing you are happy with our plan and estimate we will proceed to make up your initial order.

### 2. Preparation: everything is made to order

The joy of Honey's Bespoke is that everything is prepared to order. This means complete flexibility. You can choose from the widest possible range of ingredients, and opt for raw (generally recommended) or cooked food. Your dedicated canine chef will make everything by hand and divide the food into whatever portion size you wish (depending on how many times a day you feed your dog). The food will come in trays with lids (both easily recyclable), fully labelled with your dog's name and other information. We freeze all the food down before sending it, and deliver to your door in highly insulated Woolcool boxes. Your second order will come with all sorts of goodies including a welcome pack for your dog containing personalised bowls and other items.

### 3. Ongoing support: not just bespoke food, bespoke service

As a Honey's Bespoke client you will be looked after by a member of our Bespoke Client Care Team, which includes veterinary nurses and nutritionists with many years of experience. The team is available by telephone or email from 8am to 8pm, Monday to Friday. We monitor our calls and emails out-of-hours, too, in case you need us. Our primary role is, of course, to provide you with food and nutritional advice but we will do our best to answer any other canine-related inquiry.

## Why some dogs need special recipes

No matter how many recipe options we offer at Honey's (at the moment, over twenty) there are dogs who require something unique. This could be for health reasons or because they have very specific likes and dislikes. We are aware of eleven health issues, too, where dogs should be fed cooked or partially cooked food.

## Our pricing policy

Honey's Bespoke is priced according to the ingredients used, the time it takes to make and any other charges such as delivery. The price may vary slightly from month to month according to the market price of the ingredients. We estimate that a typical order of 15kg of food will take around five hours to prepare and portion. Your invoice will be fully itemised and typically might look like this:

To one month of hand-prepared organic dog food for Snoopy Brown:

Organic Chicken	2kg @ £8.10/kg	£ 16.20
Organic Pork	2kg @ £10.70/kg	£ 21.40
Wild Duck	2kg @ £10/kg	£ 20.00
Pasture Fed Lamb	2kg @ £14.90/kg	£ 29.80
Organic Beef	2kg @ £11.35/kg	£ 22.70
Organic Vegetables	5kg @ £4.12/kg	£ 20.60
Preparation	5 hours @ £18/hr	£ 90.00
Packaging	28 tubs with lids	£ 14.00
Delivery by DHL		£ 15.00

<b>Subtotal</b>	<b>£249.70</b>
<b>VAT @ 20%</b>	<b>£49.94</b>
<b>TOTAL</b>	<b>£299.64</b>

There is no joining fee, but the initial consultation costs £75, which is refundable against your first month of food.

## How can we help?

If you would like more information, please email or telephone Honey's HQ.

**Honey's**  
**BESPOKE**  
Dog Food

# Be Kind, I'm Blind

## Living with a dog who cannot see

By Fiona Anderson

When Duke popped up on the RSPCA website that was it – I couldn't get him out of my mind. Actually, I didn't even try! He was 8 or 9 years old, looked like a German Shepherd mix and had a gorgeous face. He was totally blind and had been since birth, with a genetic condition called *microphthalmia* that meant his eyes hadn't developed. Duke has the severest form – no sight in either eye. His eyes have no eyeball and they look a bit shrivelled with a series of membranes. Despite that, he manages to convey the same degree of expression – his eyebrows raise and he can look happy, tragic, excited, comical, inquisitive, confused. He also closes his eyes when sleeping. We met him and with no thought as to potential ramifications of living with a blind dog we decided he was the one. He came to live with us a week later.



Duke is a happy, kind, gorgeous dog. There's nothing he can't do and he loves life. We are constantly amazed, even after two years, by his confidence, bravery and skill. He is gentle and funny and giving. He makes friends wherever he goes (as long as there's no other dog involved – more later) and we have met some lovely people on our walks and outings.

We are lucky enough to live in a bungalow in a rural location, surrounded by a big garden, fields and country lanes. We opened the back of the car on day one, lifted Duke out, put him on his lead and let him explore around the garden. He seemed instantly at home and nothing fazed him.

Over those first days we watched with total amazement as he figured out his new surroundings. And it really took no time at all before he was mastering things perfectly, using different smells, textures and sensations to guide him. For example, if he moves from the grass lawn to brick (a low retaining wall) he stops and feels for the step down with his leading foot. If he can't feel it, even sometimes laying on his tummy to give him extra reach, he goes another way. But if he feels patio stone straight from the lawn he knows he can keep going. He uses the slope in the lawn to help him navigate around the garden and back to the back door, and he knows when he needs to anticipate steps between the patio and driveway and lifts his front legs like a dressage horse.

In familiar surroundings Duke rarely trips, bumps or stumbles. His memory map is phenomenal and extends over a very wide area – including where he goes for his walks. His quizzical looks when there's a stream running down the side of the road after heavy rain, or somebody sitting on a normally vacant bench are very funny. The only times he make a mistake is when he's excited or in a hurry.

In hindsight we did a few things wrong. We expected too much of him, didn't understand his needs and didn't allow him time to get used to his changed life. It's not that this did any harm – it just would have helped if we'd known that everything would naturally fall into place once we understood each other.

For example, we took him to a pub very early on but he wouldn't settle, pulled on his lead, leapt up at every opportunity and was generally difficult. Now we know that in any new environment we have to allow him time to explore it. Once that's done and he feels safe then he lays down and barely moves. I also believe he trusts us not to put him in harm's way, and that if he can feel/hear/smell us then he relaxes and knows he's OK.

We did worry about training Duke in the early days. He wasn't really trained and didn't appear to understand any commands. We tried to address this, but it actually just developed over time. He wants to do the right thing and he definitely knows that we are trying to help him. He comes when he's called, but we have to call his name repeatedly so he can use sound to find us; he can follow us on a walk – we use his name when he needs to find us; we use 'this way' when we've changed direction; we use 'step up/down'; 'careful' when he's heading towards a bump and, most importantly, a shouted 'stop' when he's heading for real danger. We tend to not walk with other people – we'd be distracted talking to them and we do need to have an eye on Duke and what's going on around us all the time.

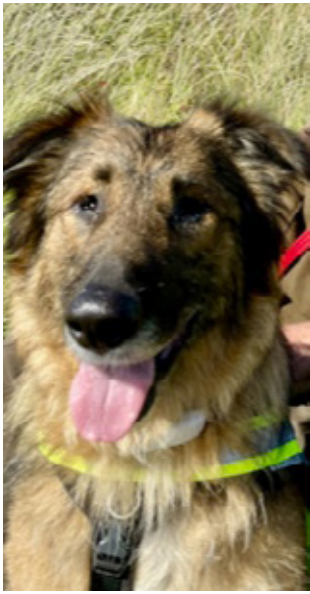
He wears a GPS tracker on his collar. He is very brave and would certainly wander off after a scent so it gives us a degree of comfort knowing that we'd be able to find him quickly and easily. He has a yellow high vis jacket saying 'Be Kind, I'm Blind' that is so helpful. He wears a harness when he's out, with a short lead handle permanently attached to it. This means that he's easy to grab hold of if he needs stopping or guiding. It's not only keeping Duke safe from hurting himself, we must also make sure Duke doesn't hurt other people. He has shown no aggression towards people whatsoever, but if he is startled he can bark and lunge towards what has startled him.



The one area that we'd love to change is Duke's behaviour with other dogs. He has absolutely no comprehension of dog communication, and we can only assume that he was not socialised as a youngster. We don't think he's aggressive (although it could look that way if you don't know him), we have come to believe it's more a defence mechanism. It's not all dogs, but we have to anticipate a problem with every dog because it's not predictable, and it's not the same level with all dogs. With some it's a lunge towards, some it's a growl and some it's downright snarling. This means that on our walks we always have to be on the lookout for dogs and make sure we've got a strong hold of Duke, or avoid them!

Duke can't really play on his own so we make great efforts to keep him stimulated in what could otherwise be a dark and lonely world. He loves sniffing games and we spend a lot of time putting tiny treats around the garden and house and telling him to 'find it'. His snuffle mat is a firm favourite. He loves playing tuggy games with his soft squeaky toy. He can do it on his own, shaking his head and flinging it around – but he invariably loses it when it flies out of his mouth, and his favourite game is playing with me holding the toy with him.





It goes without saying that Duke's other senses compensate for the lack of sight and I've mentioned how he uses his feet to feel his way around. His hearing is excellent, but it's his sense of smell that is most important to him. It's what he uses to understand his surroundings and it provides his stimulation for the majority of his day. I think it's sound and routine that tells him when things are happening in the house, but it's smell that guides him once he's outside.

Duke works very hard on his walks. All his senses are used to their max and he has to concentrate all the time. He's perfectly able to walk off his lead and he can follow any path. Again, it's all about what's under his feet. He knows when he's on a path of trodden down grass and if he veers off and feels

longer grass then he'll correct himself. I suppose it's not just the feeling of what he's walking on that helps him keep to the path, it's also the smell of who's been before us. It makes sense that scent trails follow paths, but it's still pretty amazing to watch! He loves an open field, too. He seems to know that there's no path or right way and he moves with more of a relaxed prance rather than feeling for the way with his feet.

An added benefit for Duke of having a nose to rival a search and rescue dog is his stealing ability! He's an expert. And not particularly fussy! He's eaten everything from a tube of liver paste (that was a trip to the emergency vet as we were worried about the metal tube) to a round of brie (amazingly no bad tummy). On the occasions that we've caught him doing it we have been amazed by his skill and pin point accuracy. His nose goes up in the air until he has positioned himself where the smell is strongest, his feet go up on the counter or table and with speed and silence the chosen item is taken.



When Duke was given up for rehoming he had chronic ear infections in both ears and a large mass on his tail. His tail was amputated and his ears were treated. I must admit that we hadn't really given any thought to the tail, but then I read the article on declawing and docking in the recent Honey's magazine and one sentence in particular stood out: 'Dogs without a tail have to bank, or angle, their bodies sideways ..... because they lack the counterbalance it offers.' This struck a chord. Duke already walks differently. It's a very precise walk, using and placing his feet in a particular way. He

often has his head tilted to use his ears, and his nose is often close to the ground. I know I've said that he navigates through life with great skill, and he does, but this doesn't mean there aren't trips, stumbles and bumps. He's often off balance as surface heights change, and he jolts as front legs, for example, go down a hole. He misses the lack of counterbalance from a tail.

To counteract the damage he does with his trips, bumps and stumbles, and to try and delay the lumbar spine deterioration and elbow arthritis that will probably come, Duke has physiotherapy, hydrotherapy and acupuncture and we feel that they all play a part in keeping his body moving as it should. He does use a ramp for getting into and out of the car. We're sure we could have taught him to jump in to and out of the car, but we found that a ramp is a more secure method for him and it avoids the stress on his joints.

At the end of the day Duke is no different to any other dog. In fact, sometimes we reckon he's playing a big trick on us and he can actually see perfectly fine! He has normal dog needs, characteristics and behaviours. It would be very easy for us to say that Duke is a remarkable, special dog with a brain the size of a planet, but isn't that what everyone says about their dog?! We try not to treat him any differently, and we definitely try not to 'baby' him and we let him have maximum control of his life. We may work a bit harder than other owners at being Duke's eyes – but, then again, all the dog owners we know are just as vigilant with their dog's safety. Being born without sight, as sad as that sounds, means that Duke has completely adjusted and become just as capable as any other dog, and once we learned how he understands life and what he needs to feel safe we could make our adjustments to suit him. To the casual observer it might be easy to over think it and to feel sorry for him, but we are absolutely certain that he gets just as much pleasure from life as any other dog. We know for sure that our lives are better with him.





# Doghouses: a brief history

By Julia King

It seems very unfair to me that doghouse should be associated with shame. 'I am in the doghouse,' rather than being an admission of wrongdoing, really ought to have pleasant connotations. After all, what could be more admirable than building a special home for a four-legged family friend or family member?

Humans have been constructing special places for their canine companions to live ever since we gave up a nomadic hunting and gathering lifestyle for farming and, in time, financial services. With settlement came the construction of permanent dwellings. Of course, there is no way of knowing how early civilisations – societies that wrote nothing down – looked after their hounds, but we do know that many ancient civilisations, probably starting with the Egyptians, created special little houses for their dogs. Indeed, the first ever recorded doghouse was a special tomb built for an Egyptian dog called Abuwtiyuw (imagine shouting that in a park) who lived four and half thousand years ago. Abuwtiyuw belonged to king Khufu (2589–2566 BCE) and this is what the court papers of the time have to say about him:

*The dog was the guard of His Majesty. Abuwtiyuw was his name. His Majesty ordered that he be buried ceremonially, that he be given a coffin from the royal treasury, fine linen in great quantity, and incense. His Majesty also gave perfumed ointment and ordered that a special house be built for him by the gangs of masons. His Majesty did this for him in order that he [the dog] might be honoured before the great god, Anubis.*

True, this was a tomb, but archaeologists have found evidence of doghouses in Egypt (made from mud), Greece and Rome. However, it isn't really until medieval times in Europe that hard evidence of the doghouse appears.

Dogs belonging to peasant families lived outside all year round, but during inclement weather (or when there was a risk of being attacked by bears or wolves) moved into the family dwelling, often along with other animals. Wealthy and aristocratic women frequently kept smaller lap dogs as pets, and these lived permanently indoors. But wealthy men had hunting dogs who were housed in purpose-built kennels. *Le Livre de la Chasse*, written between 1387 and 1389 by French nobleman, Gaston III, Count of Foix (known as Phoebus), and exquisitely illustrated by an unknown artist, provides a fascinating insight into the exceptionally high standards of care and kennel management afforded the greyhounds and alauts, running hounds, or raches (something like modern bloodhounds), harthounds and harriers, that were popular at the time.

Phoebus declares that the place where the hounds sleep should be built of wood, a foot clear of the ground, with a loft for greater coolness in summer and warmth in winter. It should also include a chimney to warm its occupants when they are cold or wet and it should be enclosed in a sunny yard, with the door left open so that 'the hounds may go without to play when them liketh for it is grete likyng for the houndes whan they may goon in and out at their lust'. He stipulated that the kennel should be cleaned each morning, with thick straw strewn upon the floor. Most of the kennel chores were performed by 'dog boys' – often as young as seven years old, who lived with the dogs and were training to become huntsmen.



*An illustration from the fourteenth-century book *Le Livre de la Chasse* showing a kennel for hunting dogs.*

As society changed and as the threat from wolves and bears was replaced by the danger of thieves, guard dogs who lived outside all year round become more common. Such dogs needed somewhere to shelter and so houses were constructed for them from mud, wood, wattle, brick, and stone. The design and size of these doghouses was determined by the wealth and taste of the family building them but there are many extant examples of which the only Grade 1 listed dog kennel in the

UK is perhaps the best. It was built in the courtyard of the small medieval manor house, Ightham Mote, Kent, in the late nineteenth-century and resembles a typical country church porch. The lucky dog who resided there was a St. Bernard called Dido, reputedly so huge that she ate her food from a large washing up bowl.



*Britain's only Grade 1 listed doghouse in Ightham Mote, Kent*

The fashion for architect-designed dog houses can also be seen in an 1867 'property for sale' advertisement for a mansion in Alderly Edge, Cheshire. Included in the details are a kennel house, complete

with tile roof, brick chimney and weathervane in 'austere Tudor Gothic style of sporting dog kennels'.

Yet not all Victorian dogs lived in such luxurious outside accommodation. A clue to how many dogs were housed can be seen in Sir Edwin Landseer's paintings. Landseer frequently painted dogs and in several of his paintings included their kennels. A good example is 'Dignity and Impudence', which can be seen in the Tate Gallery. It depicts a bloodhound named Grafton, and a West Highland Terrier named Scratch, both of whom peer out from a somewhat stark and unwelcoming wooden kennel.



*Sir Edwin Landseer's painting of 'Dignity and Impudence' which gives a good idea of how most dogs were housed outside.*

The Wallace Collection also has a fantastic Landseer with both a dog and a doghouse in it. In 'Doubtful Crumbs' a lugubrious Mastiff, sprawls out, dozing, from a similarly bleak and bare looking wooden structure, to which he appears to be chained, whilst a small mongrel weights up its chances of snaffling a few crumbs from the crushed bone beneath its giant paws.



*'Doubtful Crumbs' by Sir Edwin Landseer shows another example of typical Victorian doghouses.*

Interestingly, while some of Landseer's kennels are in the traditional doghouse shape (think Snoopy) some appear to be no more than upturned barrels and others seem to be little more than old wooden boxes. To

some extent, of course, this may be artistic licence. But one suspects that down through the centuries many people have fashioned their dog's shelters from whatever was to hand.



*'Alexander and Diogenes' by Sir Edwin Landseer are living in a barrel like the original Diogenes of Sinope, the fifth century BC philosopher.*

During the Industrial Revolution, however, means were developed for doghouses to be mass produced with improved designs and quality of materials used. Furthermore, with the

founding of the Society for the Prevention of Cruelty to Animals in 1824, standards of care and the provision of adequate shelter for dogs living outside became an issue and raised public awareness, leading the way to better provision of size appropriate, weatherproof accommodation for outdoor dogs.





*Mr Darling in the doghouse from Peter Pan.*

So, when did the term 'in the doghouse' first appear? The first known reference to someone being in 'the doghouse' is in the 1911 J.M. Barrie classic children's novel, *Peter Pan*. In the story, the Darling family has a dog named Nana. As was customary at the time, Nana lived in a kennel—aka doghouse—a small shelter in the yard built in the shape

of a house. When a remorseful Mr. Darling blames himself for his children getting kidnapped by Captain Hook, he consigns himself to Nana's kennel:

Having thought the matter out with anxious care after the flight of the children, he went down on all fours and crawled into the kennel. To all Mrs. Darling's dear invitations to him to come out he replied sadly but firmly: 'No, my own one, this is the place for me.'

It wasn't long before the phrase 'in the doghouse' began to be widely used. For example, in James. J. Finerty's 1926 glossary of the language of criminals, *Criminalese*, he defines being 'in the doghouse' as being 'in disfavour'. Or, to offer another example, there is a 1933 newspaper report in which a 'poor French ambassador' is described as being 'still in the doghouse'. Once the term became popular, by the way, it was used by photographers as a theme for humorous shots. Google 'doghouse photography' and thousands of images will appear, mostly of the 'man looking glum, guilty or remorseful in small doghouse' variety!



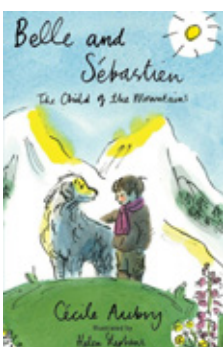
*Photographers love to illustrate the term 'in the doghouse' and the Internet is awash with photos and memes on this theme.*

As a child growing up in the 1950s and 1960s my recollections are that many of the dogs I knew still lived outside, mostly in kennels of the Snoopy variety. Children's stories and television shows reinforced this impression. Donald, hero of Enid Blyton's *The Boy Who Wanted a Dog*, published in 1963, spent a night sleeping with Prince, the Alsatian, in his kennel, and ended up helping to catch puppy thieves.



*Illustration from Enid Blyton's 'The Boy Who Wanted a Dog'.*

The iconic Belle, of *Belle and Sebastien* (1965) by Cecile Aubry, was locked up in a kennel after many vicissitudes, and labelled a 'dangerous and aggressive' dog. She bided her time until the opportunity arose to leap out 'silent as a wolf', striking her oppressor mid-chest before 'heeding the call of the high mountains where her breed originated, fled towards whatever refuge they might offer her.'



*Belle, of 'Belle and Sebastien' by Cecile Aubry, was locked up in a kennel.*

Two interesting changes in the way dogs were housed began to emerge in the 1960s. The first was an increasing tendency to bring dogs inside and have them live as family members. The second was the use of plastic for making kennels, which resulted in a much greater choice for doghouse consumers. Many dogs who really live indoors will also have doghouses for when they are left in the garden.

In the last forty years or so the sheer variety of doghouses on offer has become staggering. At one end of the market are luxury doghouses as chosen by celebrities such as Paris Hilton. Her dogs live in a two-storey doggy mansion with air-conditioning, heating, and a chandelier. Rachel Hunter, to offer another example, spent £30,000 on a custom-built 'hacienda' doghouse, with amenities including running water, lighting, air-conditioning and heat.



*Rachel Hunter spent £30,000 on a custom-built 'hacienda' doghouse.*

For hundreds of years architects have planned special doghouses for their clients but generally kept it quiet. However, it wasn't until 1957 when the celebrated American

architect, Frank Lloyd Wright, produced a doghouse for a client's black lab, Eddie, that architects began to advertise their creative kennel design skills. Indeed, nowadays several architecture practices actively promote their doghouses.



*The OJS Doghouse was designed for a charity event in 2016*

William Pedersen, a design partner at architecture practice KPF, for example, designed the OJS Doghouse for a charity event in 2016. Employing CNC

(computer numerical control) the conical shell of the house uses 57 layers of half-inch thick baltic birch plywood, laminated together. The doghouse has a flat roof for plantings, or for a pet bed, and the design combines both the modern and the rustic. 'Dog is a God' is a range of modern doghouses by the Italian designer, Marci Morosini, varying from the functional but stylish 'Nomad Travel Trailer', resembling a small caravan, to designs that are more arthouse than doghouse!



*President Obama's dog, Bo, lived in an environmentally-friendly doghouse*

President Obama's dog, Bo, by the way, inspired an eco-friendly doghouse, designed to be the perfect complement to the White House itself. It

was built using Tennessee aromatic cedar trees (the same species planted by President Andrew Jackson) and came with solar panels and an attic fan. The use of zero-VOC paint made it good for the environment – and for the lungs! There has even been a show in America called 'Barkitecture' featuring outstanding doghouses, designed for wealthy dog owners. One included a bone-shaped pool!

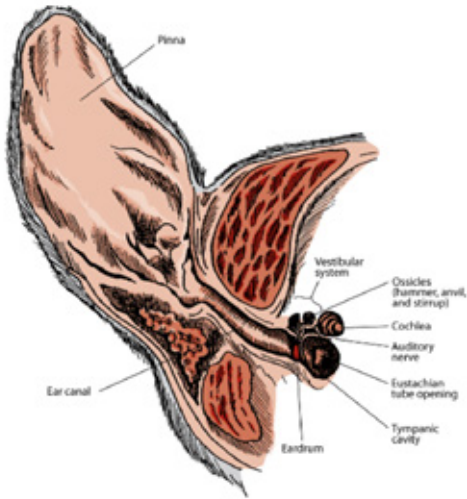
Although celebrity doghouses are great fun, it shouldn't be forgotten that for some working dogs (which include police dogs) doghouses are their main homes. It is where they sleep, eat, rest and socialise. Such homes need to be designed with great care so that the dogs are always safe, healthy and comfortable. We make joke about celebrity doghouses with central heating and fans, but for a dog living outside more or less permanently it is vital that their home is dry when it is wet, warm when it is cold and cool when it is hot. They need space to move around and something comfortable to sleep on. Nowadays, with dog thefts on the rise, it is also important that security is built in. Fencing, cameras and alarms are by no means out of place.



# Emergency and Home Care for Canine & Feline Ears

By Stephen Dubin, V.M.D., Ph.D.

*It is important I begin by saying that this article – on caring for your dog's ears – is intended for information and general guidance. It is not intended as a substitute for professional care. In case of severe or persistent ear problems, particularly if there is circling, abnormal eye movements or other nervous signs, fever, or general signs of illness then you should contact your vet as soon as possible.*



It is three o'clock Sunday morning and you are awakened by a staccato thumping noise. Maybe your first thought is that someone is knocking on the door, or a neighbour is practicing the drums. Soon you realise that it is your dog scratching at their ears. This is not only annoying, but, of course, it means your friend is miserable. Their ear trouble is flaring up. To quote one of my colleagues: 'Unlike

true love, otitis is forever.' Of all the conditions I have treated as a veterinarian, inflamed ears (otitis) is one of the most common, and vexing. Sadly it often recurs, too. Although usually confined to the outer ear canal, it can sometimes progress inward. Repeated, often futile percussive scratching can also lead to a hematoma (blood blister) which can be both uncomfortable and ugly to look at.

I will try to set out a few ideas about what might help your dog's ear troubles if, for whatever reason, professional animal care is not accessible. This information is not intended to replace regular veterinary attention, particularly if there is fever, pain, signs of general illness or if the problem is prolonged.

The one most important and most readily available first-aid treatment for just about any ear irritation is oil. Traditionally 'sweet oil' aka olive oil has been used. Almond oil and cottonseed oil are also sometimes called sweet oil. On-line and in pharmacies, you may see one ounce dropper bottles of such 'sweet oil' but in my experience there is no difference between these and the same variety of oil used in food. In fact, any reasonably fresh bland easily flowing cooking or salad oil is quite suitable for ear medication. Light mineral oil is just as good, and it never gets rancid. A dropper may be convenient; alternatively a 'repurposed' plastic dispenser vial is even better, because it is less likely to abrade the ear tissues. If needed often, a condiment squeeze bottle is quite handy. Don't use lubricating or polishing oil. As a simple rule of thumb, don't put it in the ear if you wouldn't put in your mouth.

The primary function of the oil is soothing. This is enhanced by (very) gentle warming. Warm the oil to body temperature or just a couple of degrees higher. Note that the normal (rectal) temperature of dogs and cats is higher than people's at about 100 Fahrenheit. A few seconds in the microwave or under your armpit is adequate. Most pets' ears are built-in funnels. Gently hold the tip of the pinna (ear flap) upward and outward and pour the oil with a spoon or squeeze dispenser into the opening. An eyedropper can be used with care but remember that the patient may suddenly flinch or shake their head. This could force the dropper (or any other narrow rigid implement) inward to cause pain or even injure the delicate eardrum. Another function of oil is gentle loosening of wax and helping to dislodge debris. If the pet is comfortable with it, gently massage the ear to distribute the oil. Mechanical 'scrubbing' is hardly ever necessary since the patient usually clears the detritus by shaking

their ears and expelling excess oil. If, nevertheless, you feel impelled to clean the ears, do not use 'Q-tips' or other stiff implements. Avoid vigorous cleaning when the ears are inflamed or painful. When necessary, use a small wad of cotton rolled into a cigar shape or use a tampon.

Another enhancement to ear oil, if you have time, is infusion of herbs. The most convenient herb to use is common garlic. A clove of fresh garlic may be crushed in an ounce or two of olive oil; and allowed to steep, at room temperature, for twenty-four hours. Strain the oil through a fine sieve or cheesecloth and store in a closed container. Many homes also have ready-made garlic oil which is prized for its pungency. I recommend diluting this with other bland oil before using in the ears.

Mullein (*Verbascum Thapsus*) is, arguably, the most prized enhancement to ear oil. I first encountered this ubiquitous plant on an herb walk in Lancaster County, PA; led by Julian Winston and John Borneman, of blessed memory. Along the side of the road, they pointed out a large plant with a long stalk and numerous yellow florettes. This is also known as the 'greater mullein'. While all parts of the plant have medicinal uses, it is the flowers that are infused in oil for the ears. Although the plant is easy to find, the preparation of 'mullein oil' takes planning, patience and care:

- Collect the flowers when they are turning from yellow to tawny or 'camel' color.
- Fill a glass jar loosely with the flowers and add bland light oil to cover them.
- Allow the infusion to proceed in the dark at room temperature for two to six weeks.
- Strain the infused oil through cloth or a strainer.
- Store the mullein oil in a closed glass container protected from strong light and extremes of temperature.

'Store bought' mullein oil is available in health food stores and on-line. Some of these include garlic, Echinacea and/or arnica. Caution is needed to avoid preparations that include alcohol (really more properly called a tincture) and the 'essential oil' made by steam distillation rather than by infusion. These are often irritating, which, if nothing else, will inhibit your pet from accepting ensuing treatment.



One of my secret vices is that, when I am in someone's bathroom, I like to explore their stuff. This has led me to another group of DIY ear remedies. Almost every medicine cabinet or windowsill has a partial tube of anti-fungal cream such as Canestan. If you compare the ingredients in these with those in conventional prescription pet ear medicines, they are similar. Almost all have some anti-yeast agent along with a variety of other anti-inflammatory and antimicrobial medicines. They are buffered to hold a mildly acidic pH. On further consideration, this similarity should not be surprising. Many (especially chronic) ear problems include yeast infection, and these little beasts are happiest where it is dark, warm and moist. I would not necessarily say that people's personal products are better or less expensive than those marketed specifically for pets. However, they are often expedient 'in a pinch' to give your best friend some respite and time to regroup.

A brief note about ear mites: very itchy ear irritation, particularly in young pets is often caused by ear mites. If you have really good eyesight, you may be able to see these tiny critters which, under the microscope, look like little crabs; and, if you are very patient, you may be able to see them crawling in and on the ears. They are common, contagious to other pets; and, let me say again, very itchy. The available DIY treatments remind me of something from high school algebra. The convenience is inversely proportional to the expense. That is, as the cost goes down, the tedium



goes up. The 'old original' method for treating ear mites depends on two features of their lifestyle. The adult mites get their air (call it breathing if you want) through little openings or pores on the surface of their bodies called 'spiracles'. They have a breeding cycle of about two weeks; it takes a couple of weeks for a new crop of juveniles ('larvae') to hatch. Filling the ear canal with light bland oil will clog the mites' spiracles and suffocate them. Safe, cheap and tedious. To be effective, this has to be done daily for two weeks, repeated after a two-week rest and then again after another two weeks. All pets in the household, even if they are not showing itchy ears, should be treated at the same time.



"It's pretty awesome. It stops me from biting myself and I hear stuff 45 miles away."

\$35.00 per pet to the clinic visit cost. Although one treatment usually clears the current infestation, it is still necessary to deal with contagion and reinfection from bedding, etc..

I'm sure you have all heard of the response – 'Take two pain killers and call me in the morning' – from a health care provider as advice on the phone. When it comes to itchiness or irritation, this is often changed to *diphenhydramine* (Benadryl). As an antihistamine, *diphenhydramine*, unfortunately, has a rather strong sedative effect; along with its antipruritic action. A more recent ('second generation') antihistamine, with less sedation for the degree of anti-itch activity is cetirizine.

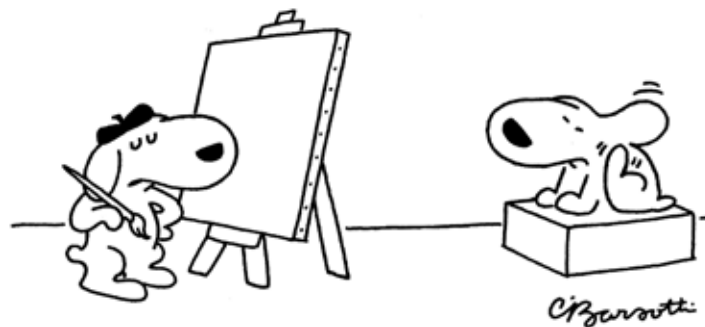
Acupressure (moderate rhythmic pressure on acupuncture points) can be helpful to relieve symptoms of irritation or inflammation. Acupressure is a minuscule component of Traditional Chinese Medicine (TCM). TCM is a subtle and comprehensive system of health care that requires long study; such that any deep discussion of TCM ear treatment is beyond the scope of this article (and vastly beyond my own competence). However, there are two acupressure points that are easy to find and which I have found to be helpful for impromptu treatment of ear discomfort. These are Large Intestine four (LI-4) and Large Intestine eleven (LI-11). In people, LI-4 is located in the web between the thumb and index finger and LI11 is in the crease or crook of the elbow. In dogs and cats, acupressure of LI-4 can be done using pressure under the dew claw of the front leg (or in its scar, if the dew claw has been removed). LI-11 can be stimulated in the web of skin when the elbow of the front leg is flexed.

I have often been asked about the role of diet in ear problems that 'just won't go away'. My favourite teacher and mentor in veterinary college was Dr. Frantisek Kral of blessed memory. Dr. Kral came to America in 1948 from his native Czechoslovakia as a result of religious and political persecution by the communist government. His long career began in the First World War as a veterinarian for Kaiser Wilhelm's horses. First in Vienna and, after the establishment of Czechoslovakia, in Brno. Dr. Kral was an early pioneer in veterinary clinical pathology, radiography and endoscopy. By 1927, he was a full professor at the Deutsche Technische Hochschule Brünn (Brno); and in 1931 he became Rector of the school. Kral practically single handedly created the specialty of veterinary dermatology. At the University of Pennsylvania, when he was my teacher, Dr. Kral was Emeritus Professor; and he was respected and loved by my classmates. If a client presented a dog with persistent skin problems, Dr. Kral would always ask: 'Is your dog eating vegetables?' If the answer was affirmative, he would say: 'He must not eat vegetables.' On the other hand, if the answer was negative Kral's advice became: 'He must eat vegetables!' In 2005, I attended a rather expensive continuing education course about, *inter alia*; tenacious and/or persistent skin problems – especially chronic 'ears'.

Much was said about the role of diet. The conventional wisdom seemed to be – and continues – that the major culprits were specific protein patterns, often in meat. Over time the viewpoint (doctrine?) emerged for a diet trial of a less common meat (turkey, lamb, goat, ostrich etc.) along with cooked rice. An even more radical (also expensive and much less palatable) approach utilizes 'defined protein' or polypeptide synthetic diet foods. Listening to this, it suddenly dawned on me what the old story about Dr. Kral really was saying. 'Whatever your itchy dog is eating, try something different!'

Over time, my own thinking has diverged toward an even more radical interpretation of 'Kral's maxim'. In trying to understand the well documented apparent success of the 'exotic protein' diet, it occurred to me that the change of diet was often away from a commercial highly processed very complex food. Such foods – even many human foods – contain hormones, growth promoters and endocrine disrupters etc. (collectively xenobiotics). Xenobiotics enter the food chain both before and during manufacture. I would not wish to shock or scandalize my gentle readers but in my experience large scale meat producers (factory farmers) will do almost anything to get just a little faster growth, a little more butterfat and, in particular, a bit more profit from the same feed. The 'exotic protein' trial diet change is usually, *pari passu*, to a better controlled less contaminated food. My interpretation to clients has been: 'Whatever your dog is eating, try something cleaner, fresher than and as free as possible of xenobiotics.'

Many pets never need to have their ears cleaned. For those that do need it, I want to remind you that the ear is a sensitive and vulnerable structure. Be careful, kind and gentle. The basic action should be wiping rather than scrubbing. Home cleaning should not need any rigid instruments or swabs. My preferred method uses a cotton plug (as described above) which is inserted into the external ear canal and removed with gentle moderate lateral pressure. For medium sized ears, such plugs are easy and inexpensive to make from cotton roll as shown in the accompanying illustration. Use a rectangular piece of cotton and roll it between your palms to form a cigar-like shape. For small ears (cats and toy breeds of dogs) a dental cotton roll (figure) may be used. Some folks find it more convenient, albeit much more expensive, to use a readymade tampon.



"Whenever you're ready."

It is seldom desirable to pluck or otherwise remove the hair from your pets' ears; and it is hardly ever urgent. If you feel impelled to do it, unless you have had professional instruction and supervision, do not use hemostats or other rigid instruments. A little cornstarch or talc on the fingertips will provide some extra traction. I have used a commercial powder that contains rosin, but it made my fingers itch, so I assume it can do the same to freshly epilated ear lining.

Clients have told me they use alcohol to clean and 'dry' the ears. Normal healthy ear canals are not dry. Alcohol can be irritating and cause resistance to treatment if not worse. It is much preferable to use a mild flush made by mixing a cup of warm water with a scant teaspoon of baking soda. If the problem seems to be excessive or impacted ear wax, put in some bland oil and wait for the wax to soften. Then wipe clear. Similarly with an insect or other foreign body, it is better to float it out than to try to dig it out.

A final word, at the risk of being tedious; please remember that your pets' ears are sensitive and vulnerable. Practice patience and gentleness above all else. 'Be gentle to all and stern with yourself.' St. Teresa of Avila

Dr. Dubin is a retired veterinarian in Delaware County Pennsylvania and Clinical Professor Emeritus of Biomedical Engineering and Science at Drexel University in Philadelphia. You can read more about him here: [www.drexel.edu/biomed/faculty/emeritus/DubinStephen/](http://www.drexel.edu/biomed/faculty/emeritus/DubinStephen/)

# My favourite literary dog

By Bill Christie

Bill, a longstanding Honey's customer, kindly sent in this short article.

There are a great number of famous literary dogs from Snoopy to Montmorency and from Toto to Buck. What I have always been interested in, however, is the less well-known canine characters: dogs who appear briefly in books and plays, make their mark, and then are gone. A good example is Bull's Eye from *Oliver Twist*, who Dickens introduces thus:

In the obscure parlour of a low public-house, in the filthiest part of Little Saffron Hill; a dark and gloomy den, where a flaring gas-light burnt all day in the winter-time; and where no ray of sun ever shone in the summer: there sat, brooding over a little pewter measure and a small glass, strongly impregnated with the smell of liquor, a man in a velveteen coat, drab shorts, half-boots and stockings, whom even by that dim light no experienced agent of the police would have hesitated to recognise as Mr. William Sikes. At his feet, sat a white-coated, red-eyed dog; who occupied himself, alternately, in winking at his master with both eyes at the same time; and in licking a large, fresh cut on one side of his mouth, which appeared to be the result of some recent conflict.



"No." She had the gentle obstinacy of her kind of woman. "I want to tell you, Geoffrey, because I've thought it all out, and I want you to know so that whatever I do—well, at least you'll understand. You see, this message may mean just what it looks it means, and in an hour I may find I'm talking to Martin. I've been thinking how horrible that'll be for him. You see, I've forgotten him. The only thing I keep remembering and dreading is that I must tell him about the dog."  
 "The dog?" he repeated blankly. "Yes. Old Ainsworth. He died soon after Martin was—was presumed killed. Martin will hate that. He loved Ainsworth. They used to sit and look at each other for hours and hours. It's horrible, but it really is the clearest thing I remember about either of them. Martin in pyjamas and Ainsworth in his tight brown skin just sitting and looking at each other and being quite happy." She made a small gesture with her free hand. Its arc took in a lost world of air raids and hurried meals in crowded restaurants, hotels, railway stations, khaki, sunlight, stolen pools of peace in chaos. "When he was in the Desert he wrote a poem to Ainsworth—never to me, you know—but he did write one to Ainsworth." Her husky voice filled the rain-drenched world. "I've never forgotten it. He sent it home, probably for Ainsworth. You'd never imagine Martin writing verse. It went:

"I had a dog, a liver-coloured mongrel  
 With mild brown eyes and an engaging manner.  
 He had a studious mind and thought  
 Deeply about himself  
 And food and sex.  
 He was also a liar.  
 He wasn't proud: He'd shake hands very gravely  
 With almost anybody not in uniform . . .  
 I'd like to talk to him again:  
 Now I'm a soldier we've a lot in common."

She was silent and Levett did not move. It was as though the fog had brought coldly a third person into the cab. At length, since something had to be said, he made the effort. "A queer chap," he murmured briefly. "I don't think so." It was evident that she was trying to remember. "He was being a soldier then, you see. He was doing that all the time I knew him."

The world's less well-known literary dogs deserve greater fame!



"You tend to overuse the exclamation point."

There are dozens of other examples: Flossie in *Lady Chatterley's Lover*, Laska in *Anna Karenina*, Popper in the *Goldfinch*... I could go on and on. But I have two favourites. The first is Tock, the watchdog from Norton Juster's *The Phantom Tollbooth*, who is incredibly endearing:

Milo's eyes opened wide, for there in front of him was a large dog with a perfectly normal head, four feet, and a tail—and the body of a loudly ticking alarm clock.

"What are you doing here?" growled the watchdog.

"Just killing time," replied Milo apologetically. "You see..."

"KILLING TIME!" roared the dog—so furiously that his alarm went off.

The second is Ainsworth from Margery Allingham's *The Tiger in the Smoke*. For a dog who barely takes up a page of the book, he makes a lasting impression.





# Myrtle and Forest's Story

Lisa Gorrie, a valued and longstanding Honey's customer, explains how she fell in love with two, rare Vietnamese Phu Quoc Ridgebacks



We end up, people say, with the dog you need, not the dog you want. I dreamt of adopting a Lurcher. A mixed breed of no particular parentage. A rescue. What I ended up with was the very opposite: a pair of very rare 'primitive' breed dogs. It happened by accident. I have a shop on Brighton's seafront and one day I noticed two very beautiful dogs – they looked like Manchester terriers – sitting patiently on the other side of the road and so I went over to say hello and admire them up close. Only up close it was obvious they weren't Manchester terriers

or, indeed, any kind of terrier. 'What,' I asked their human companion, 'are they?' I had never heard of Phu Quoc Ridgebacks, knew nothing about them, but it was love at first sight and as I was leaving I asked to be remembered if they ever had puppies. They did have puppies. I was remembered!

Dogs have been man's best friend for tens of thousands of years. They have evolved from scavenging wolves alongside their human neighbours, to the loveable family pets we know today. Human intervention has altered certain breeds and new crossbreeds have also emerged. But primitive breeds are some of the oldest breeds of dogs and the few breeds that have remained true to their original form, retaining the physical, psychological, and cognitive processes they were bred with thousands of years ago. In short, primitive is the label generally given to the oldest dog breeds in the world. Indeed, the Primitive and Aboriginal Dog Society describes primitive dogs as aboriginal dog breeds that have links to specific areas, regions, or countries. These dogs have largely avoided being crossed with other breeds and remain very similar to their original form.

Primitive dogs share common features which are not often found in modern domestic breeds. They generally (but not always) have a very typical body design similar to a fox or wolf with a pointed muzzle, wedge-shaped head, upright ears, almond-shaped eyes, and a long-curved tail. Typical primitive breeds include Siberian Huskies and Lapponian Herders. As well, of course, as Phu Quoc Ridgebacks.

The Phu Quoc Ridgeback (or 'Beautiful Island Ridgeback') is a rare dog breed that gets its name from the island from which it originates – Phu Quoc in Vietnam's southern Kien Giang Province. It is one of only three Ridgeback breeds in the world, the other two being the Rhodesian Ridgeback and Thai Ridgeback. The Vietnamese branch of Ridgebacks is the smallest of these three.



My own Phu Quoc Ridgebacks are called Myrtle and Forest. Having them in my life has led to many adventures. For example, in order to better understand the breed I actually travelled to LA where met Doctor Jean Lieu and Peter Lai, who are leading the first preservation programme of this breed outside of Vietnam. I also visited the Wolf and Dog Development Centre in Cornwall, where I learnt about dog communication. Phu Quoc Ridgebacks

are easily offended, intolerant of poor manners and do not easily forget slights!

Phu Quoc Ridgebacks are an active breed requiring two hours walk a day. They dearly love to chase a squirrel, but although fast they are not

fast enough to catch them. Nor, despite their best efforts, can they climb high enough into a tree. They are, however, very agile and my two can easily scale a seven foot fence. In addition to physical exercise they need mental stimulation, too. Forest is extremely intuitive and we are volunteer rangers in Ashdown Forest educating other visitors on why dogs should be under control around livestock, the importance of protecting ground nesting birds and preserving reptiles. Myrtle is rather too energetic for this work and stays home with grandma when we undertake it.



The history of Phu Quoc Ridgeback is fascinating. They are revered all over Vietnam as a very special type of dog with uncanny abilities and intelligence. According to folk legend, Phu Quoc dogs are the descendants of the Vietnamese mythical Fu-dog and the jackals that lived on the island. The ridge on its back was inherited from the mythical celestial Fu-dog. Another legend speaks of eighteenth-century King Gia-Long, the first king of the Nguyen Dynasty, who fled to the island as he was being chased by his enemies. There, a pair of dogs led the King into hiding and saved his life. As a reward, the King placed his royal sword upon the back of the faithful dogs, conferring the impression of a sword-like ridge topped with a small swirl or crown that runs along the backs of the dogs. That impression is the ridge that is the hallmark of this breed.



In fact, historical records from the Nguyen dynasty do indeed mention the Phu Quoc dog and their contribution to the dynasty. King Gia Long owned four Phu Quoc dogs that accompanied him everywhere he went, including into battle. They were credited with saving the King's life on several occasions. When promoting his generals and soldiers after a victorious battle, the King never forgot to commend his canine Generals. Historical records also indicated that the King raised a monument in his dogs' honour upon their deaths.

Phu Quoc Ridgeback lovers describe the breed as loyal, regal, extremely clever, agile, fast, elegant, protective, full of energy and, of course, cuddly. They are smart (for example, they can open doors), have a very keen sense of smell and are wary of anyone outside of the family unit.

The French were the first to classify the Phu Quoc Ridgeback as a distinctive type of dog in the 1800s. The breed appeared in the publications *Larousse Encyclopedia* and *Les Races de Chiens* in 1897 and two were brought to Europe and exhibited in dog shows towards the end of the nineteenth century. Currently, the Vietnamese Kennel Association is working to create a recognised breed standard for the Phu Quoc Ridgeback but they are still considered very rare, even in Vietnam. At the moment this breed is not recognised by international kennel clubs, simply because of its rarity, but this is likely to change as more and more people become interested in Phu Quoc Ridgebacks.



## In Almost Every Picture No. 5

We love the work of Erik Kessels, a Dutch designer and visual artist, and have featured it several times in previous issue of *The Alternative Dog*. We are pleased to do so again. One of Kessels' ongoing projects is a series of books called *in almost every picture*. Each book contains 'found', often (but not always) amateur photographs on a particular theme. In the case of the fifth volume, shown here, the theme is a beautiful but unnamed Dalmatian.

The beauty of a Dalmatian, its physique and colouring and disposition make her outstanding in almost every picture. Over the dog's lifetime her human family were fascinated by how photogenic she was. We see her in many locations as the central subject of the photographs. We watch as a beloved member of the family grows up and accompanies her family in their lives together. She is part of the family, a beloved daughter.

Even when people or other pets enter the images, our eyes are continually drawn to this lovely dog, a Dalmatian, whose appearance always steals the show. As if working with a model, the photographer took steps to experiment with film stock in a rather professional exercise to see whether the dog was better shot in black and white or in colour. And yet, probably it became clear due to the abundance of colour shots that her black and white coat was more outstanding in a world of hue.

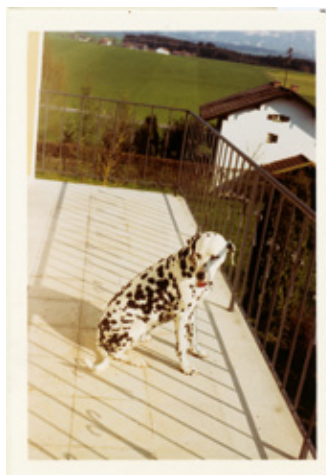
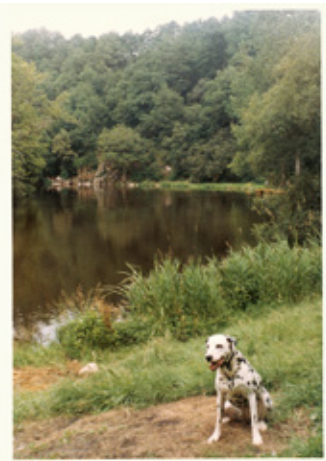
We often think of beauty as rare. But in photography, if it's possible to have one, perfect image, why not try for another one? The multiplication of beauty in no way diminishes the rarity of it. We can increase the impact. With photographs we can revisit at any moment the great span of what delights our eye and our heart in almost every picture we make.

*Colour, 160 Pages, Softcover.*

*Published By Kesselskramer, Amsterdam, 2006. Available from [www.erikkessels.com/shop](http://www.erikkessels.com/shop) for €25*









# Integrative medicine: A journey towards Multidisciplinary Medicine.

By Edward de Beukelaer DVM, Sara Fox Chapman DVM and Patricia Cayado DVM PhD



*We all have our own journey in medicine.*

## Abstract

This article examines integrative medicine, incorporating multiple robust medical techniques, from a perspective of equality and mutual respect for the various modalities. This is Multidisciplinary Medicine: increasing treatment options for patients by assessing them both as an individual and as part of their environment. The terms integrative medicine, individualised medicine, OneHealth, hygiene, and holistic are discussed, and the importance of research is addressed.

## Medicine exists in a state of constant innovation as an ever-changing science.

This article initiates a project by the International Veterinary Students Association (IVSA) to provide information about integrative medicine. Integrative medicine combines medicine based on the understanding of the clinical manifestation and pathogenesis of disease, and medical modalities based on enhancing the bodies' own resources of healing and repair processes. Treatment methods and medical care with the attributes to provide individualised attention are the typical characteristics of the latter types of medical modalities.

There is a global surge of interest into highly ethical medical approaches oriented toward the individual exhaustive analysis of the single patient, and a growing interest in the environmental influences of medicine. Integrative medicine (IM) researches ways to help and treat patients. It aims to restore the individual integrity of a former healthy condition, rather than to eliminate or block pathological processes. Integrative medicine expands and completes conventional medicine with the salutogenesis concept, promoting scientific integrity while recognising a need for environmental responsibility.

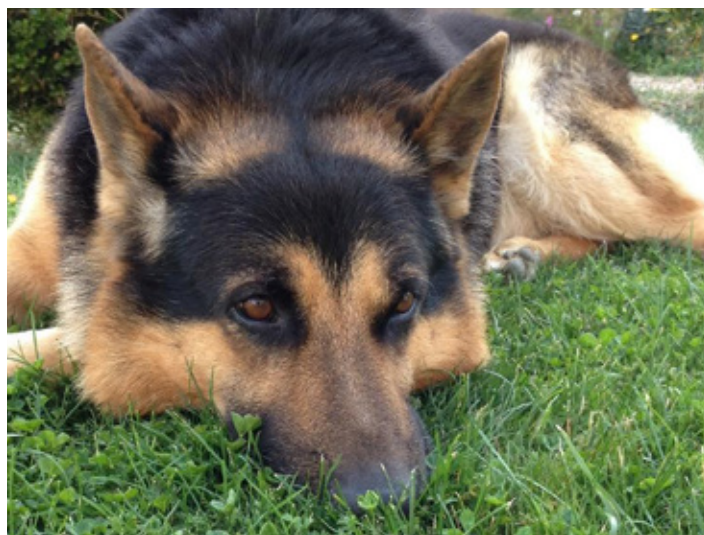
The OneHealth principle, which is increasingly globally recognised, is an inspiration to this type of integrative medicine, recognising and respecting that we live in a unique interconnected system.

In response to an increased interest in non-conventional medicines, some countries are adapting, by integrating non-conventional medicines in the university curricula. Leaders are requesting and applying this new integrated approach; there is evidence of this in the USA and Switzerland.

The importance of integrating different disciplines in medicine is to have a broader point of view and explore more healthcare provisions; this significantly increases opportunities to understand and deal with disease.



*"Sit down! If you're a veterinarian, you'll want to hear about Baron."*



*Every patient is an individual.*

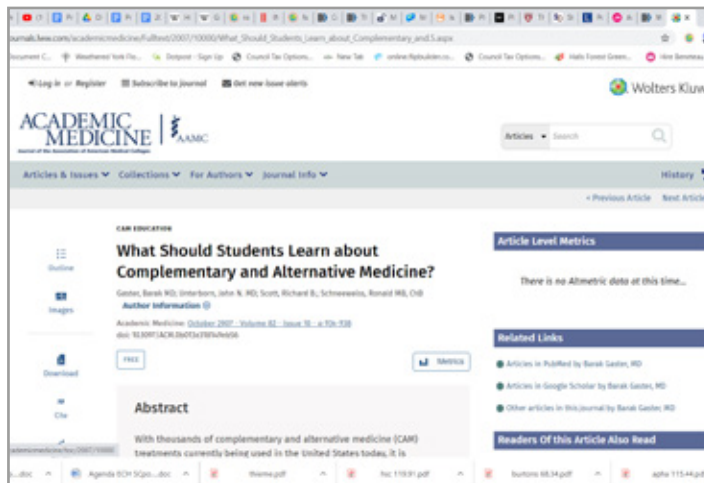
In Multidisciplinary Medicine different practitioners work together on an equal basis, all making sure the best decisions are made for the patient. Practitioners must recognise the strengths and weaknesses of each treatment method considered for each individual patient to ensure the best possible selection of treatment approaches. This is even the case when the team is one person: this person must be highly qualified in the techniques he/she wants to use or have a good understanding of the technique used by a person to whom he/she wants to refer the patient. Integrative medicine can contribute in difficult therapeutic situations, such as when:

- cases do not respond or become unresponsive to a therapy / treatment,
- side effects are causing severe damage or unacceptable signs, or
- the practitioner wishes to explore all possible ways to help the patient.

Treatment options have to demonstrate efficacy by actively promoting health, instead of merely trying to suppress the disease.

The participants in IM are physicians and vets qualified in conventional medicine who are also specialists / certified / trained in their other chosen field(s). This collection of knowledge leads to a better comprehension of animal and human patients. Beginning with specialisation at the lowest biological system level (i.e. cell, genes, etc.), we complete the medical journey to a wider vision of the patient as a whole, a patient that is also interacting with the environment, searching for the best specific individual treatment.

Health benefits, safety benefits, fewer residues in nature, and active awareness of our own diseases are some of the consequences which have increased demand for these modalities in medicine by patients, animal owners, organic agriculture and farming.



*Multidisciplinary medicine, incorporating complementary and alternative modalities, is growing in importance.*



## I-Integrative medicine.

Having an awareness of integrative medicine allows physicians and vets to work together with a number of medical specialities, and also directs the interaction with the patient towards a Patient Oriented Approach System.

Biomedical medicine has historically brought specialists together, using biochemical and statistical models, to establish treatment protocols for defined health issues. Current best practice now includes social and mental health specialists on these teams to discuss individual cases.

In this resource, multidisciplinary medicine as a Patient Oriented Approach System will be presented in a number of different medical models. These can, either as a stand-alone treatment, or in combination with other treatments, best serve the individual patient or case. These models of medicine are currently considered non-conventional.

It is important to recognise that all types of medicine need to integrate; integrative medicine means different techniques cooperating on a level playing field, each playing to their own strength, in contrast to one type of medicine being superior to another.



*Like the players in an orchestra, medical modalities perform best when they support one another*

## II-Individualized Medicine.

Patients who live in similar or even the same circumstances can have diverse responses to the same health challenges. This observation is not only born out of research; it is an observation all practitioners can make. Research and practice in immunology and neuroscience have recently emphasized understanding the individuality of illness for each patient.

Individualised medicine understands the unique set of circumstances and addresses the full range of physical, emotional, mental, social and environmental influences that affect the health of the patient. (In veterinary medicine, the patient may be an individual or a close group of animals.) The molecular responses to these multiple influences are all defined in current molecular medicine by the science of exposomics. Individualised medicine is integrated across approaches to care — conventional, traditional, and complementary — as the evidence supports.

The treatment modalities presented in this resource use medical models that are easily tailored to the individuality of the patient. These modalities aim at helping patients restore their normal homeostatic mechanisms, which results in improved health. These treatment techniques are specific, so there is a high degree of adaptation to individual patients, resulting in precision medicine.



*The medical team works together for the best health of the patient*



*"The labs are back."*

## III – Salutogenesis. Homeostasis.

Aaron Antonovsky proposed the "Salutogenic" approach - researching how to create health rather than searching for the reasons for (the) disease (pathogenesis). This Salutogenic perspective has 6 main characteristics that underpin the study of the dynamic interaction between health-promoting factors and stressors in life. These characteristics demonstrate how patients may move to the healthy end of the 'health/ease - dis/ease gradient':

- Focus on the patient's individual story and not only the diagnosis.
- Appreciate the importance of salutary factors when focusing on promoting the movement toward better health.
- Highlight and state that stress might be either pathogenic, neutral or salutogenic. Because stress is ubiquitous, salutogenesis opens up the way for the management of stressors in life.
- The ideal therapy improves the patient's ability to actively adapt to life stressors. This is contrary to the approach of searching for the right treatment, via medication or surgery, after making the correct diagnosis,
- Choose to generate hypotheses of salutogenesis instead of hypotheses of diseases.
- The more people are aware of treatments that improve resilience and the more that they are able to access these resources, the better health and wellbeing will be for all.

The researcher concludes "State of breakdown is a result of an unresolved disturbance of the homeostasis. It is not, then, the imbalance which is pathogenic, it is, rather, the prolonged failure to restore equilibrium, which leads to breakdown. When resistance resources are inadequate to meet the demand, to resolve the problem which has been posed, the organism breaks down."

## IV-One Health.

The WHO definition of One Health is as follows: "One Health is an approach to designing and implementing programmes, policies, legislation and research in which multiple sectors communicate and work together to achieve better public health outcomes."

In this definition, replicated by many other groups, One Health points to the need to bring together experts in many fields to look after the health of people by recognising that good health for people cannot be separated from the health of animals and the planet.

This definition does not sufficiently stress the complexity of life. This complexity exists at all levels from the 'whole of the earth' to the complexity of the functioning of one cell. Research and practice of medicine needs to reflect this complexity.

## V-Research.

Research is important to assure good practice, provide reliable information to patients (or animal carers) and allow medicine to progress. Research models should be adapted to what is being objectively examined in medicine and clinically seen in patients. This is the case for conventional medicine, and even more for the examination of the current non-conventional medicines: the individual modalities and technique of the medicine being examined must be respected for the research to be useful and the results to be valid.

All groups participating in this resource want the scientific community to undertake objective research in non-conventional treatment modalities. All medicine needs to be based on sound evidence. There is already a good body of evidence available and there are many arguments for the need to increase research. Further, a significant proportion of the population uses and wants to use non-conventional medicines: the scientific community needs to respond positively to this. Implementation of research and teaching of non-conventional medicines in universities is a prerequisite of quality assurance in integrative medicine.

It is important to remember what encompasses evidence-based medicine. This is an extract from *Evidence based medicine: What it is and what it isn't* by D L Sackett and colleagues: "Good doctors use both individual clinical expertise and the best available external evidence, and neither alone is enough. Without clinical expertise, practice risks becoming tyrannised by evidence, for even excellent external evidence may be inapplicable to or inappropriate for an individual patient. Without current best evidence, practice risks becoming rapidly out of date, to the detriment of patients. This description of what evidence-based medicine is helps clarify what evidence-based medicine is not."



"You can never run too many bone marrow tests."

## VII-Holistic and Hygiene

Holism is the theory that the parts of any whole cannot exist and cannot be understood except in their relation to the whole. "Holism holds that the whole is greater than the sum of its parts." The term holistic can mean different things to different people, usually depending on their experience and knowledge. In this resource, we consider holistic to mean an approach that understands and treats the whole being, taking into account their unique nature and situation.

Hygiene may be seen as a way to avoid contact with health risk factors. This is reflected in how hygiene is defined in various dictionaries.

The other aspect of hygiene is ensuring that the patient responds in an appropriate way to risk factors which cannot always be avoided. Not all risk factors can be eliminated: hygienic living makes patients resilient to normal pathogens and other life challenges.

The approach of salutogenesis (promotion of well-being) and building the patient's resilience to respond appropriately to health risk factors find their place in this understanding of hygiene. Hygiene in this sense is not only achieved through observing a healthy lifestyle, but also through treatments that improve patient's responses to health risks or challenges.



"Take this stuffed rabbit and chase it twice a day."

## VI- WHO Strategy on Traditional Medicine.

This is the WHO statement on traditional medicine: "The WHO Traditional Medicine Strategy 2014–2023 was developed and launched in response to the World Health Assembly resolution on traditional medicine (WHA62.13). The strategy aims to support Member States in developing proactive policies and implementing action plans that will strengthen the role traditional medicine plays in keeping populations healthy. Addressing the challenges, responding to the needs identified by Member States and building on the work done under the WHO traditional medicine strategy: 2002–2005, the updated strategy for the period 2014–2023 devotes more attention than its predecessor to prioritizing health services and systems, including traditional and complementary medicine products, practices and practitioners."

The words, holistic and hygiene, need to be examined to put these in their rightful context.



Health is more than the absence of disease - it is the burgeoning of life

### Acknowledgments for their contributions:

David Bettio DVM, Petra Weiermayer DVM, Jeff Feinman DVM, and Madan Thangavelum PhD.

Dr. de Beukelaer is a vet in practice in Marlborough, Wiltshire. He was an early proponent of species appropriate feeding. Sara Fox Chapman is a retired vet who specialises in homeopathy. Patricia Cayado is also a homeopathic vet. Dr de Beukelaer may be contacted by email: [edebeukelaer@outlook.com](mailto:edebeukelaer@outlook.com)





# Green Paws

## Gardening tips from Teilo our canine horticulturist

We have moved to Wales! Llandaff in fact where Jim's partner, Richard, is now Dean of the cathedral. It feels right to be close to the valleys. I am sure my ancestors on both sides helped with the herding of sheep. Jim and Richard chose my name fairly haphazardly over three years ago. Now I live in the Deanery a stone's throw from where Saint Teilo served as Bishop of Llandaff in the sixth century. Spooky.

Jim has been itching to get busy in the Deanery garden. He tries to follow the advice he gives others which is to wait when taking on a new garden to see what dormant plants emerge in the spring and where the sun reaches at different times of year. Being impatient though he wanted to start some serious editing. The natural process of succession whereby a cleared space returns to woodland was well underway in the Deanery Garden. The competition for light which drives the evolution of plant communities presented us with some very overgrown shrubs and herbaceous plants limping in their shadows. That great pioneer plant the bramble was running riot. Jim had drastic plans for the whole plot. Then I had an interesting encounter.

Late one warm spring evening I met a hedgehog. It was in the middle of the lawn. I approached and alerted Jim with a few short barks. The hedgehog remained still; spines erect. Jim came over and we contemplated the mammalian guest. We were momentarily distracted by a game of rough and tumble and then found he or she was gone. It was a brief encounter but enough for Jim to reflect on and dial down his plans for change in the garden.

Jim decided the lower half of the Deanery garden would remain more or less wild. The brambles can stay to provide shelter for hedgehogs. This will also benefit other small mammals as well as forming an armoured nesting ground for small birds. The bramble's nectar rich flowers are visited by butterflies, bees and moths.

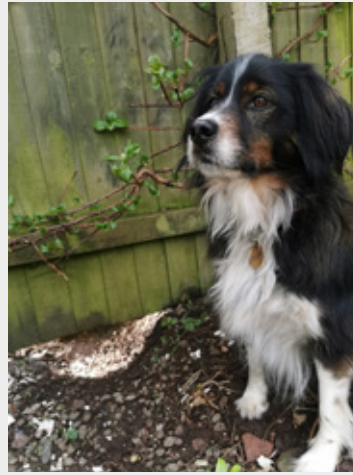
The Deanery garden is large as gardens go but a hedgehog can cover a couple of miles or more in a night. One boundary is fenced rather than walled so Jim has made a couple of shallow tunnels under it to act as hedgehog gateways.

Near the house Jim has been busy with his pruning saw and spade. The self-seeded saplings - an ash, elders and a sycamore all had to go. He took cuttings from rosemary bushes, lavenders and a ceanothus all of which had become leggy and scruffy. They were then removed and shredded for the compost heap.

Now there is space by the back door for people and dogs to relax. I look forward to warm light evenings and more interesting encounters.



Teilo next to the site of his namesake's well



Teilo next to a hedgehog gateway

A 2022 report by the British Hedgehog Preservation Society and People's Trust for Endangered Species confirmed the long historic decline in Britain's hedgehog population. But the news was not all bad. In urban areas it seems numbers are stable and may be recovering. This points to the importance of gardens and green spaces among buildings. Even "in arable areas, hedgehogs preferentially seek out gardens and built environments to forage." [ptes.org/campaigns/hedgehogs](https://ptes.org/campaigns/hedgehogs)

## How to help hedgehogs

Dogs have been known to attack hedgehogs so until you know your dog is indifferent to them it is best not to let them meet unsupervised. Provide an accessible bowl of clean drinking water each night over the warmer months.

- Specialist hedgehog food will be greatly appreciated. You can offer cooked meaty dog or cat food but never raw meat and contrary to popular belief milk is a definite no-no.
- Use non-chemical pest and weed control methods.
- Ensure ponds have a ramp or slope to help hedgehogs get out.
- Take care when harvesting or turning the compost heap – they are favourite spots for hibernation.
- Never leave garden netting lying around. Hedgehogs can get inescapably tangled in it.

If you find a hedgehog out in broad daylight and inert or moving aimlessly there is usually a problem. Be prepared to ring a local wildlife centre or vet for advice.



Teilo on the vegetable bed mulched with heavyweight paper. All ready for planting

## Teilo's Garden Jobs for late spring/early summer

If you plan to grow vegetables over the summer it is well worth laying a paper mulch over the prepared bed. Seed-raised or bought young plants can be planted through X shaped slits. The mulch conserves moisture and prevents weed growth around your plants. I recommend a heavyweight crepe paper mulch from Mulch Organic. It is deceptively strong and stretches and moulds to the contours of the soil. [mulchorganic.co.uk](https://mulchorganic.co.uk)

If you have a cultivated vacant gap in your garden sow an annual meadow. Pictorial meadows have seed mixes for a long show. 'Kingfisher' is a new introduction this spring "for

lovers of strong contrasting colours that shine even on the duller days". [www.pictorialmeadows.co.uk](https://www.pictorialmeadows.co.uk)

After a cold winter there are plant casualties in our gardens. Don't be too hasty to condemn though. Sometimes it takes time for new shoots to emerge from the base of a woody plant.



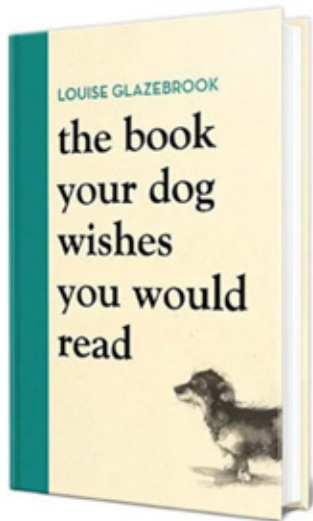
## Introducing Louise Glazebrook

Wouldn't you love to know what your dog was thinking? The truth is that your dog is communicating with you all the time but, unless you know the signs, you aren't picking up on what your dog wants you to know. Louise Glazebrook is one of the UK's best known dog behaviourists and frequently

appears on television and radio. She is also the founder of The Darling Dog Company (much favoured by celebrities) and the author of the best-selling guide *The Book Your Dog Wishes You Would Read*, in which Louise tackles a wide range of subjects from bringing the right dog home, to understanding body language and breed behaviour. She is especially good on solving common behavioural issues and she has lots of brilliant ideas regarding toys and games.

Last year Louise was interviewed by *The Guardian*, who reported:

Glazebrook was, she says, born dog mad. "My mum and dad say I have always been obsessed, even when I was two." Her first love was Buster, her grandparents' working Labrador ("they gave him a cup of tea every night, I vividly remember that.") Next came Gus, a neighbour's "big, black, frisky Labrador" who Glazebrook basically adopted. "They let me have him all the time. After school I would go and get him. He would play with me in the garden; I would walk him; I would do training stuff with him..." Already at school she was desperate to work with dogs. "Everyone else wanted to be a lawyer or a doctor or whatever, it was not really the done thing." She studied sociology and childhood studies, "But at university, I became obsessed with the security dogs, I started taking them out and exercising them!"



Glazebrook spent all her wages and spare time on dog training courses and placements. She volunteered in council kennels, walking dogs on "death row. I wanted them to have a last walk." Then, after a stint working with street dogs in India, Glazebrook started running the Dog's Trust's Take the Lead programme, working with young offenders and rescue dogs.

Louise is available for one-to-one sessions and has also recently launched the Puppy Wonder Club. We are very proud, here at Honey's, of the fact that she refers some of her clients to us. Below we have included a couple of extracts from her book and details of the Puppy Wonder Club. To contact Louise visit: [thedarlingdogcompany.co.uk](http://thedarlingdogcompany.co.uk)



## The Puppy Wonder Club

If you have a new puppy and would like to benefit from all the advice and guidance that Louise can offer, then you may like to consider joining The Puppy Wonder Club. Louise's objective in starting it was to help puppy's new human companions to better understand their behaviour and to build a better, more fulfilling relationship for you both. You can join as soon as you have brought your new puppy home and stay a member until your dog is fully grown and grown-up (generally between 12 and 18 months). What you will receive is:

- Access to a great deal of really first class, easy to use content. Tips, advice, guidance... everything you need.
- The ability to contact Louise direct with questions – she encourages members to send her videos, too, so that she can really understand a particular situation or concern.
- Access to other members.

The cost is £35 a month but there is no need to commit – join for as short or long a period as you want.



"Oh yes, they're quite an intelligent breed."



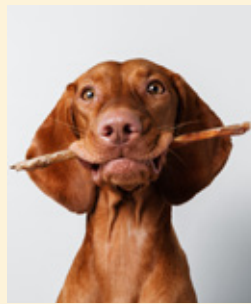
## I am not a sheepdog trainer...



I am not a sheepdog trainer, a gun dog person or a canine agility expert. Instead, my work is entirely based around dogs as human companions, as that is all I know and it is all I want. I can't function without a dog in my life; they are my obsession, and my work is fuelled by wanting all dogs to be given the respect and love they deserve. I'm motivated not by achieving 'obedience' or instilling 'commands' but by helping humans

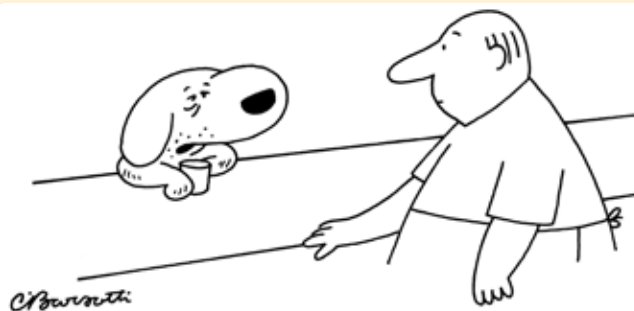
and dogs share a happy, fulfilling life together. It is that simple for me and my clients. I believe that dog ownership is a privilege that we should never take for granted. A dog doesn't exist just to be commanded by us, to live by our rules and to do as we say. It's like any relationship – there needs to be understanding on both sides. Sharing our lives with a dog is an honour, and we should treat our dog with respect and understanding. At the same time, this book isn't a wishy-washy, let's-just-all-love-each-other-and-hope-for-the-best type of approach. There are tools we can all use to help our dogs and ourselves, and I am excited to share some of these with you in the following pages. You may also have to face your own behaviours in order to help your dog, and yourself. The common thread of my approach is that I have an honest, caring and kind relationship with every dog I work with. But beyond that I believe that the best approach for a dog is individual – there is no one-size-fits-all approach – which is why so many people are struggling with their dogs. It is also why you won't find some common but complex behavioural issues discussed on these pages, as it's impossible to give tailored advice in a general book – in that case I would always advise working directly with a professional who can get to know your dog as an individual. We have all fallen into the trap of believing what our friend tells us about how to train a dog, or thinking our new dog will be the same as the one we had as a child. Yet every single dog that enters your life is different. Each has their inbuilt wiring, their personality, their genes, their desires, their challenges and their abilities. I truly think this needs to be kept at the forefront of your mind, for the rest of your life. Understanding your dog as an individual, not just a generic 'dog', will alter the expectations you put on yourself and your dog, which means that you will be much more able to enjoy building the foundations with them. We live in a world where people want things very fast and immediately, which is why so many people struggle with taking on a dog. A dog doesn't have that sense of urgency about life. It doesn't understand your timetable. It wants to explore, to enjoy the world it lives in, to see the good in everything, and it wants to take its time to learn – and then it finds itself with an owner trying to speed everything up. We want our dog toilet-trained in two weeks, to come back to us every single time at three months old, to never ever put a foot wrong by the time they are six months. Sometimes I wonder if people are expecting a robot rather than a living creature with its own wants and needs. I often receive emails from people saying something like, 'I pick my puppy up on Saturday and I've taken the next couple of weeks off work to get them used to being left alone and to get on top of the toilet-training.' And I have to reply and say, 'You won't even be touching the sides with that time frame. I would revisit getting a puppy or dog when you have far more time to give, as you will only end up feeling like you are failing and frustrated as you will not be capable of providing the time a puppy needs to thrive.' Before we go any further, I hope we are working on the basis that you are looking for a companion with its own personality rather than an emotionless robot who obeys every command you utter. I believe you can have a well-behaved dog who is a pleasure to live with, but you can't have an automaton who always does what it's told and adapts itself perfectly to your every demand. My assumption of you as a reader is that you want to share your home life with a four-legged, licking, mischief-making, fun-loving, patience-testing dog, who will live out its life in your care. Way more fun than a robot. So rather than focus on the essential commands, or behavioural problems that need fixing, I want to start by introducing you to my principles of dog behaviour. Once you understand your dog better, its behaviour becomes less something to be fixed than to be managed with compassion and confidence.

## Training vs Behaviour



When people arrive at my puppy classes, they often want to tell me how many commands they have already taught their pup. In truth, knowledge of commands tells me very little about the puppy's behaviour. I've seen a dog who belonged to this amazing agility dog trainer – it would leap up on his back and over his head; I could never train a dog to do this (and nor would I have wanted to with my Great Dane). Yet this same man couldn't control his dog off

lead and I once saw the dog ignore every word his owner uttered as it ran off down the Marylebone Road in Central London in pursuit of some fun of its own. I am only mentioning this to remind you that commands do not make the dog. Which is more important to you, a dog that can offer you a paw or one who is confident and happy within itself and loves to learn with you? My dog doesn't know how to pull open a set of drawers, nor will he pick up the newspaper and drop it at my toes, and I'm fine with that. My focus is on his behaviour around my children, whether he will stick close to us in the park, if I can walk him through busy streets, and if he can live happily with us and our other pets. I sometimes worry that there is a growing trend for dog owners to miss the boat on building relationships, building trust and having fun together in pursuit of having a dog who can roll over or shake hands. Which reminds me, don't ever teach your dog to 'paw' as it will become the most annoying thing you have ever taught them, when they are bating you with a huge furry clawed limb to get you to give them things. I believe there is a big difference between training and behaviour work. Let me explain. If we take a reactive, aggressive dog who is lunging, barking and reacting to other dogs in the park, a trainer may look at simply stopping the action. That would mean getting rid of the annoying barking, the lunging and the embarrassment the owner is feeling. Instead, a dog behaviourist looks at the reasons behind the actions. For every behaviour there is a reason, an underlying foundation, an issue that the dog is trying to solve themselves. The reactivity with other dogs may be for many reasons: fear, frustration, previous experiences of attacks. Understanding the behaviour is more important than training a dog out of it. Understanding means you begin to work with the behaviour and attempt to resolve it. And if it is not solvable, as some things are not, then it will inform the management and day-to-day life strategies that the dog requires to live happily. So when you are trying to resolve issues, I would always suggest that you stop thinking about your immediate need to stop the behaviour. Instead, think about why the dog is doing it – it will serve you far better. I also find that clients come to me asking for help training their dog out of a behaviour that can be easily man-aged instead. I've had clients prepared to spend a lot of money to learn how to stop their dog stealing food from the kitchen table or worktop. Admittedly this is annoying behaviour, but it is easier to manage it than to train a dog out of it. I'd struggle to get my six-year-old daughter to leave a packet of sweets alone if I left the room, so I don't leave them there to tempt her. The same applies to your dog, especially if you have a greedy breed like a Labrador or a Pug. Your dog can't steal an open packet of ham from the worktop if it isn't left there in the first place. Please do not punish your dog for simply doing what comes naturally to it. Set yourself, and your dog, up for success by pre-empting situations that might cause problems. It is management rather than training, and I'm fine with that and so should you be.



*"Fetch and roll over weren't enough—then they sent me to philosophy classes."*



## Honey's lovely neighbours: Pet Rebellion

Muddy dogs leaping into cars. Shedding dogs sneaking onto furniture. Hungry dogs eating in a hurry. Wet dogs jumping up to greet us. As every dog lover knows our four-legged family members can be a little on the messy side at times.

Which is where Pet Rebellion comes in. Started in 2009, the same year as Honey's, and located minutes from our own kitchens, Pet Rebellion specialises in door mats, car rugs, furniture blankets, pet towels, waterproof beds and other incredibly useful equipment and accessories – all purpose-designed with dogs in mind.

Not only is Pet Rebellion the same age and in the same location as Honey's, but it is also a family-run business with a strong interest in the environment and sustainability. Like us, the Pet Rebellion team visits their producers and makes sure that they work to internationally recognised standards. Indeed, the firm is a member of Sedex – a group of organisations committed to continuous improvement of the ethical performance of their supply chains. Pet Rebellion earns great reviews from their customers, too (4.9 on Trustpilot), and has received a lot of media coverage including from BBC television.

One final point: Pet Rebellion feed their dogs Honey's! Anyway, we have chosen some of our favourite products and feature them here. If you would like to order anything, please visit [www.petrebellion.co.uk](http://www.petrebellion.co.uk)



### Car Seat Carpet As seen on BBC One's 'The Customer Is Always Right'

If you are over muddy, moulting dogs ruining the back seat of your car then Pet Rebellion's brilliant Car Seat Carpet is the answer. It acts as a protective barrier thanks to its absorbent pile and is super comfy for your dog to recline on. From £31.99



### Memory Foam Travel Pad

This memory foam Luxury Travel Pad is perfect for a) older dogs that need a little cushioning for car journeys b) any dog that loves luxury! It is super absorbent, too, making it great for messy paws. Non-slip. Can be used in the car boot or at home. Machine washable. From £29.99



### Comfy covers

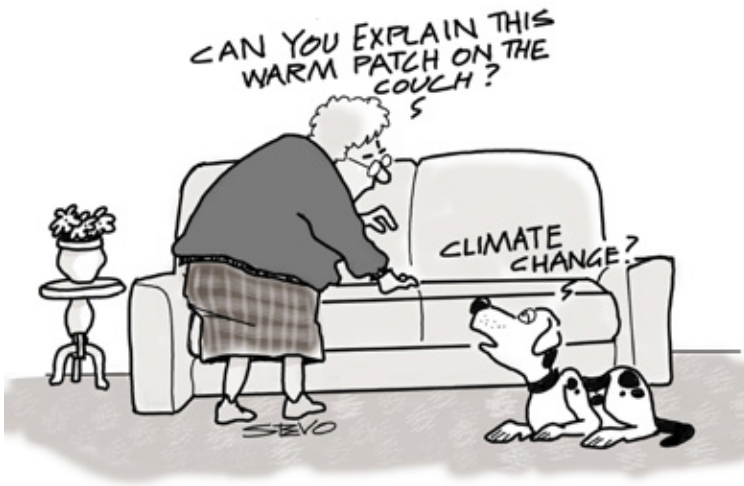
Say goodbye to hairy (damp) furniture. Pet Rebellion offer a range of chair and sofa covers in neutral colours and designed for furniture with and without arms. Non slip. Machine washable. From £7.99



### Personalised dog beds

What is not to love about Pet Rebellion's personalised dog beds? We have one in the office and all the Honey's dogs rush to get into it... so, we have to assume they are super comfortable. They are hardwearing, too, which is important. The cover can be removed for washing, the bottom of the bed is waterproof and they keep their shape. Small, medium, large and extra large from £55.9





### Stop Muddy Paws Barrier Rugs

The 'Stop Muddy Paws' or barrier rugs have an absorbent pile which will help remove most of the worst muck and best of all a non-slip backing coupled with rounded corners helps keep your mat lying still and flat. Suitable for use all around the home and in a choice of sizes. Machine washable. From £16.99



### Personalised food mats

These absorbent, machine washable food mats are the perfect resting place for your pet's food and water bowls. Any spills are absorbed and do not become ingrained or stain your floor. The rounded corners help keep your mat lying flat and the gripper surface helps reduce movement. From £19.99



### Big Softie Rug

As its name suggests this rug is super soft with extra thick luxury pile. So comfortable it is almost like a bed! Non slip and machine washable, naturally. The ideal rug to put in front of a fireplace or radiator or anywhere in the house where you want your four legged family members to settle down. From £29.99.



### Eco Doormat

Clean muddy paws and boots before they come into the house! The Eco Doormat is made from 100% recycled tyres and bottles. The black rubber grid helps to scrape off mud whilst the soft, grey fabric is absorbent and brushes off any excess mud. £17.99





# Honey's Dogs

One of the best parts of being, as it were, in dog food, is that one has an excuse to look at dog photos and count it as work. We can't see enough dog photos! We oooh! and ahhh! and pass them around amongst ourselves. Here is just a sample of dogs we have been admiring since the last issue of *The Alternative Dog*. If you send your photos to Jonathan, he makes a note to include some free treats in with your next order. If he forgets then please remind him! jonathan@honeysrealdogfood.com. Finally, many of the pictures that follow are of new Honey's customers. A very warm welcome to you and your human companions and thank you for choosing Honey's.



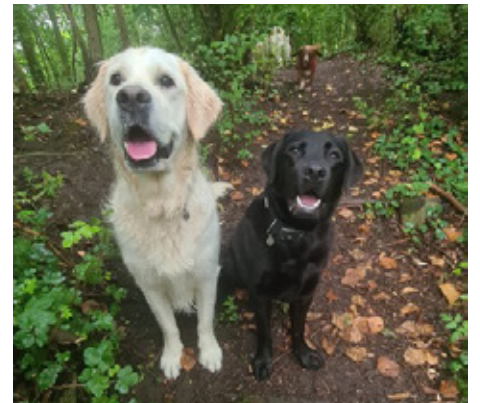
Beau and Bertie Mason



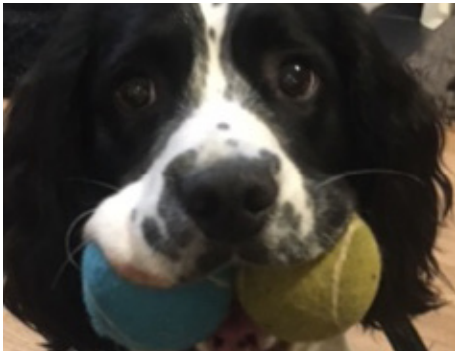
Bosco Hersey



Casper Mercer



Charlie and Freddie Gould



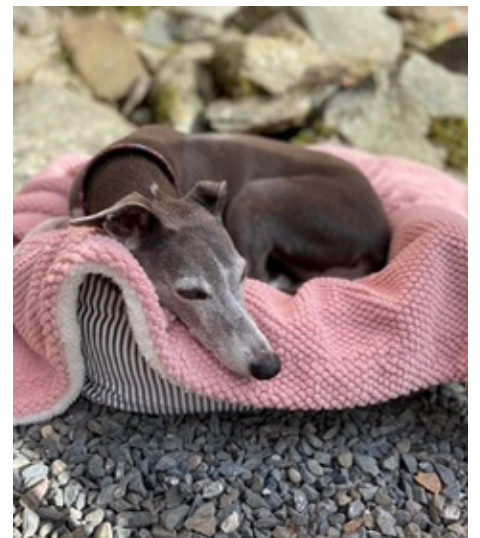
Billy Jefferson



Bronte Cormack



Bonnie Gunn



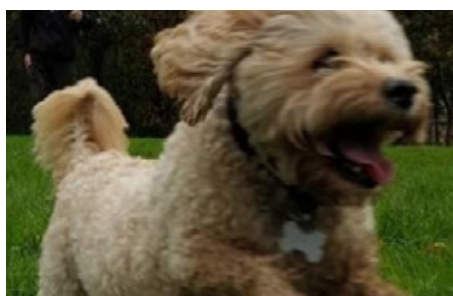
Daisy Jardine



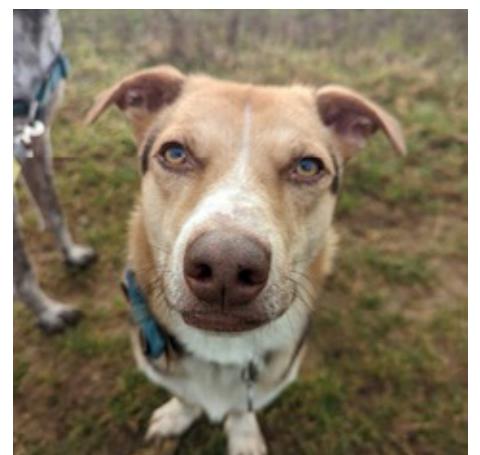
Boris Mattin



Campbell Denegri



Cash McGibbon



Dobby Griffin





Duke and Bruno Cohen



Isla Struthers



Lola Foster



Fynn Jardine



Isobel English-Margetts



Mika Murray



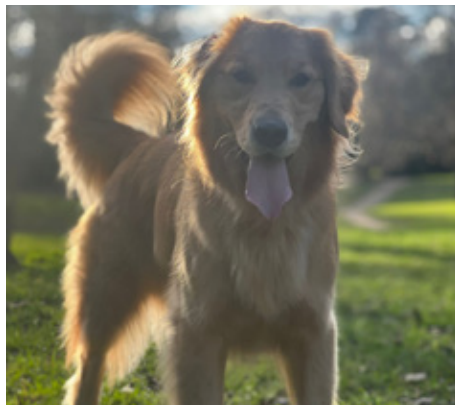
Jasper Coombs



Nina McGibbon



George and Riley Moore



Kash Enderlee



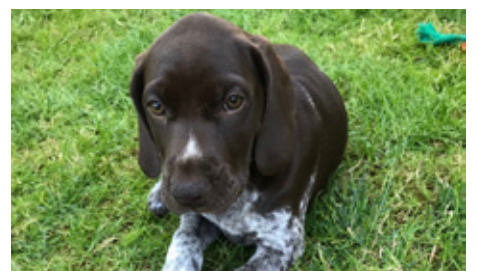
Piano (cat) and Davy (dog) Walker



Harvey Cope



Lilly Crisan



Pippi Murray





Poppy Jardine



Snoopy Atkins



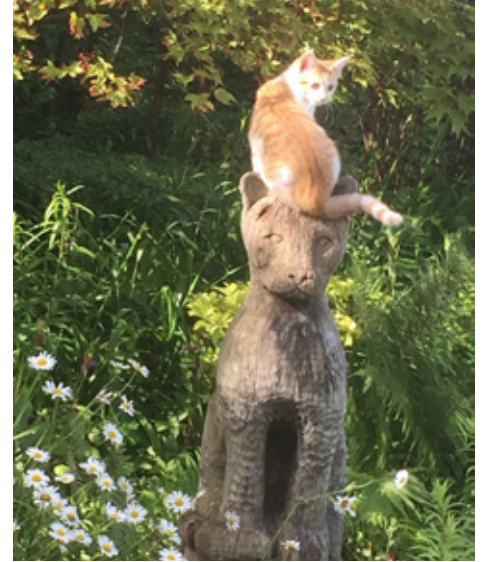
Sunny, Nora, Moo and Fergus Moncreiff



Reggie Going



Sammy Taylor



Tirion Taylor



Atticus, Ellie & Coco Jackson



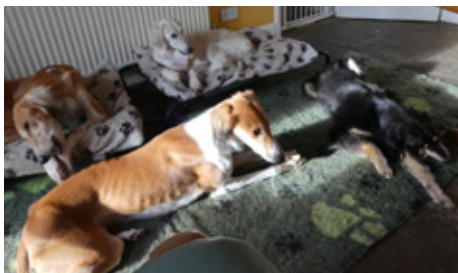
Toby Kent



Winston Tree



Sam Miller



Yamanja, Bonnie, Shaheen and Ruach Gunn



Shaheen Gunn



Treacle Cunningham



Xion and Nyak Hardev

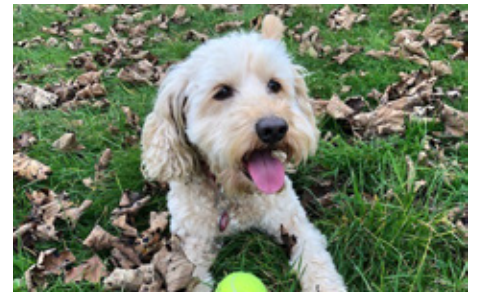


# Competition winners

In the last issue we held a photograph competition in which you had to submit a picture on the theme of 'Play Time'. The response was, as usual, overwhelming! We received hundreds of brilliant entries of which just a sample are featured here. Thank you, thank you to everyone who entered. We have made a note to include some free treats in with every dog's next order. If we have missed you it is a mistake on our part (well, on Jonathan's part because he was in charge and he can get a little confused at times) so please let us know in order that we can put it right. The winner, chosen with great difficulty, will receive a month of free food. Thank you again!



Frankie Key



Betsy Holliday



Mango Farrington

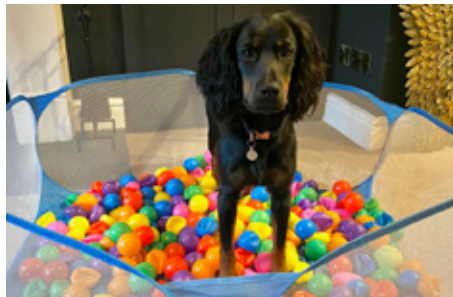


Fergus Moncrieff

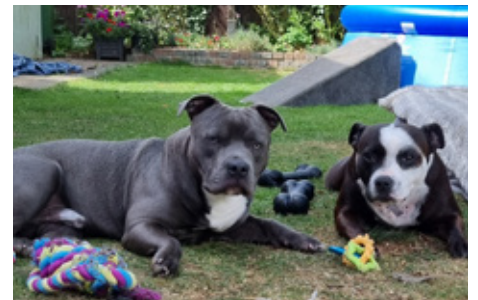
1<sup>st</sup>



Monty Payne



Bertie Mason



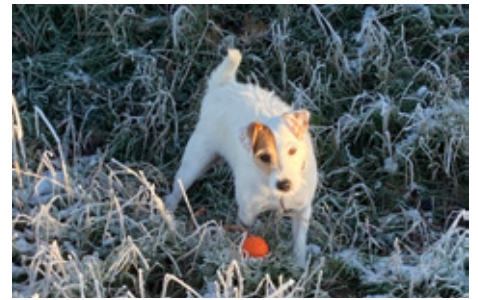
Reggie & Bonnie Heeks



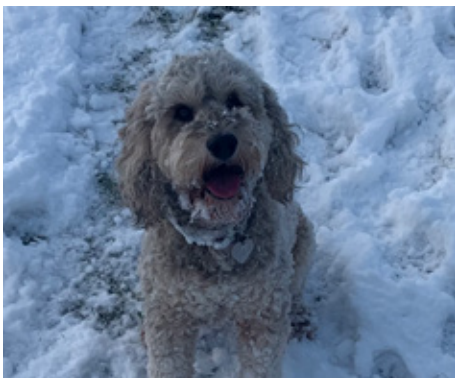
Hugo McKee/Barber



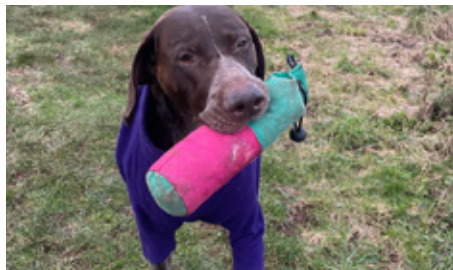
Slinky Silva



Nina Sullivan



Teddy Denham



Lucca Howe



Poppy Jeffs



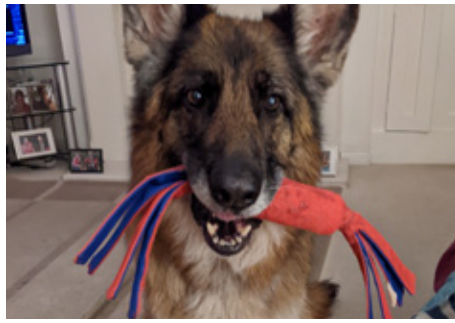
## NEW 'GOOD DOG/BAD DOG' PHOTO COMPETITION Win a month of free food

The new Honey's Competition is simplicity itself: submit a picture of your dog on the theme of 'Good Dog/Bad Dog!' (could be either or both). First prize is one month of free Honey's (to the value of your most recent order) and there are 3 runner-up prizes of either 6 packets of Beautiful Joe's or bones or biscuits to the same value. Rules? Barely any. You can submit up to three photographs and the judges' (appointed by Honey's) decision, no matter how unfair, will be final. Please email your entry to [competition@honeysrealdogfood.com](mailto:competition@honeysrealdogfood.com) before 30 June 2023 or post it to Honey's Photo Competition, Darling's House, Salisbury Road, Pewsey SN9 5PZ.

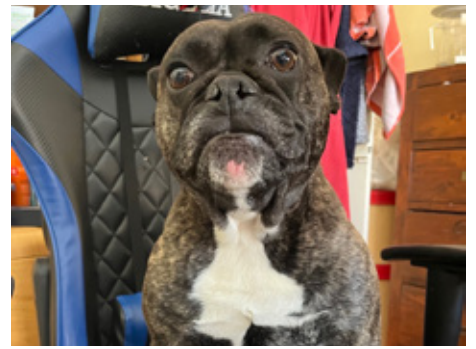




Harvey Cope



Kalli Vet



George Penfold



Archie Chase



Ernest Cunningham



Meredith Whitbread



Biscuit Parker



Winkle Le Feuvre



Toby Kent



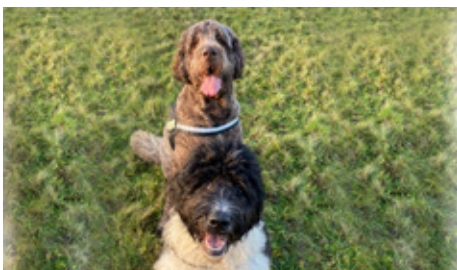
Duke Blandin



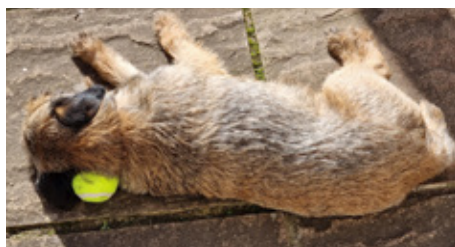
Wilfred Haigh



Honey Burns/Sankareh



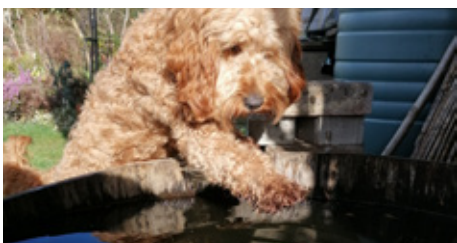
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Elsie Hoad



Cleo Burns/Sankareh



Pickle Bury



Truffle Whitbread



Flo Murray





# Putting a stop to play biting

By Colin C. Tennant M.A. MCFBA

## What is play biting, mouthing, nibbling, play growling?

Most dog owners have experienced that little nip on one or more of their fingers as they try to play with their new puppy which can be especially painful for small children. Because the new puppy arrives with the most adorable expression of innocence, the exuberance and accompanying mouthing is often forgiven.

Puppies develop sharp needle like teeth which appear to be rather excessive for such a small creature. Though teeth are for eating food, another theory is that they help teach pressure bite inhibition. In plain English, the puppies, when play fighting in the litter, learn how hard they can bite without upsetting their play partners. If they bite too hard then the partner will respond by becoming aggressive or will cease playing – whichever happens, the fun is over.

away. Rough play games begun by the puppy but encouraged by the owner can contribute to play biting. Early rank behaviour, like growling or snapping can also be a problem though less common in very young puppies. But whatever is happening, anything that involves a puppy biting or nipping should be discouraged and stopped. Though it is termed 'play biting' it is biting. Dogs use their mouths for innumerable purposes including affection, touching and taste, which are often expressions of play. If we watch dogs at play, we see what appears to be a plethora of play biting puppy on puppy and mouthing, especially around the neck area, as rough and tumble games ensue. People who are experts in how dogs interact, like dog trainers or breeders and behaviourists, will have seen many times that sudden aggressive verbal outburst in a game between two dogs, when one of the dogs bites too hard and the recipient becomes angry and bites back, generally bringing the game to a close. You could say that the aggrieved dog is now ignoring its friend. If play is to continue, the biter will have to curb the harsh use of its jaw pressure and teeth. Dogs have their own natural response mechanisms to various interactions with fellow canines; we don't. They have those innate skills like pressure sensitivity, speed and timing. Therefore, it is not a good idea to begin imitating dog behaviour in this area. However, we can use canine psychology to deter play biting.



Puppies instinctively wish to dominate their litter mates. Biting/nipping is one of the ways they seek to establish themselves as part of the litter. They learn how and when to use their teeth with their litter mates which helps them establish their future canine relationships. If you watch young children playing a similar thing happens. Over aggressive children, like over aggressive puppies, are avoided by the others. Moderation promotes inclusion, the basic tenet of group mammals' pack behaviour.

When puppies leave the litter and arrive in our homes they bring with them their litter experiences, one of which is using their mouth on each other (remember they don't have hands). They use their natural, investigative mouthing behaviours to explore their new world. Olfactory and taste are learning tools and when using their mouths on new objects. When humans take the place of litter mates, things can be a little confusing from the puppy's perspective. Without correct training continued mouthing can then develop into habitual play biting. When you see an adult dog grabbing someone's trousers or sleeve, thinking it is great fun, this is usually the reason why.

A common experience is when a puppy wishes to initiate play or attention and nips the owner who reacts, even if only by pushing the puppy



*"I'm concerned about his memory. He keeps asking, 'Who's a good boy? Who's a good boy?'"*

## Puppy mouthing young children

I know many dogs who play bite gently. This may be acceptable to some human adults but, of course, it is risky around children. Sometimes, although thankfully not often, puppies misinterpret the way in which children respond to being nipped and this can lead to more serious predatory behaviour, including later aggression – though again this is rare. Another reason not to let play biting get out of hand.

The natural human reaction to being bitten is often enough to put dogs off doing it again. However, some people and especially children may react defensively so that instead of the puppy learning not to bite, it learns to bite more. When a child screeches and yells and makes sudden episodic movements these mimic things that puppies and even prey animals can do. If you pull your hand or clothing away this can lead to a tug of war, which is even more fun for the puppy. But, of course, what is fun when a dog is a puppy may not be so much fun when they are four times the size. When young adult dogs behave in this way the human reaction may be to shout, slap or shut the dog in another room. What the puppy or young adolescent dog takes away from this is that he or she is in charge and can initiate the rules. It is winning the game, which dogs love. The rougher the game the more aggressive the response from the humans in the family. Meanwhile, the rough play biting will be too much for any children who will start to avoid the dog. Shutting the dog away generally worsens the situation. The dog can become frustrated and more worked up as a result.

## Toy or bait...

Many toys on the market are designed for human/dog fun. The Ragger, for example, is a rope that dogs use for tug of war games. Providing that the human half of the game can always take away the toy without an argument and always wins, they are great fun. But I do not generally allow children under the age of 12 to play this type of game with a dog unless

the above rules are observed. If you notice the dog beginning to growl and becoming over stimulated and aggressive then that is the signal for bringing the game to a close – possibly forever. Some breeds, of course, play in a different way to others. Many of the terrier and guarding type breeds have to be monitored, as they tend to inherit more antagonistic aggressive behaviours. Terriers, for example, generally like shaking toys (they were bred to kill rats, after all). The game may be completely harmless and just good fun but if in doubt stop and ask a professional behaviourist for advice.



*"Let's try it again. This time with a tad less mania."*

### Sensible advice

This advice will apply mostly to puppies but is also worth using with any newly acquired adult dog.

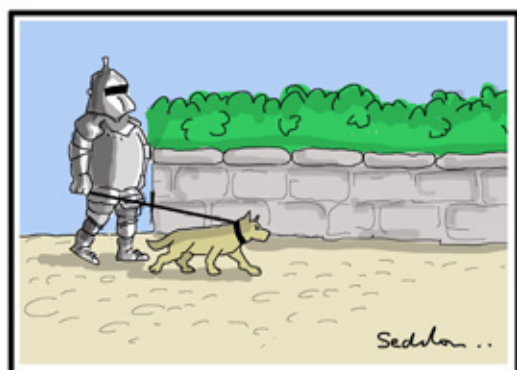
From day one, avoid playing any games which involve mouthing, which is teeth on skin. If your puppy tries to solicit attention from you by play biting, ignore it, just get up and walk away. Alternatively, take hold of the puppy by the collar and say 'no' firmly, as you look into its eyes for about two seconds. This command must be delivered sharply and crisply, then let the dog go and ignore it. This is normally enough to discourage normal play biting in the very early stages, say between six and 18 weeks, and it teaches your puppy the useful 'no' command.

If the puppy or adolescent dog has already developed play biting to a high degree and resistance to human counter measures is tough, then holding the collar may be seen by the dog as more rough play or a challenge threat, so it is best just to say 'no' and ignore the dog.

Leaving a lead trailing behind an adult dog ONLY when you are present is also an excellent method to stop play biting in determined dogs. By grabbing the lead, you automatically get instant control – you can drop the lead end on a wall hook or radiator knob and instantly the dog is prevented from continuing its play biting. You need to interrupt the play biting – giving it a Kong toy with a few treats inside may help. Never hit out with your hand or have screaming matches with your dog. Dogs are faster than we are and therefore simply enjoy the game.

### How to discourage and redirect biting behaviour

The traditional and still the best way to prevent or stop play biting is to obedience train your dog. Puppies should be trained from the day they arrive and you'll probably need expert help as to how to train such a young pup. Concentrate on the 'down, stay' position. When this has been mastered you can command your dog to do this when he becomes boisterous and tries to play bite. I realise that it's easier said than done,



Dog owners should act quickly to address the problem if their dog bites them.

but caring for a dog is time consuming and once you have put in the work the results are very satisfying for both you and your dog! The training can be used to interrupt the play biting.

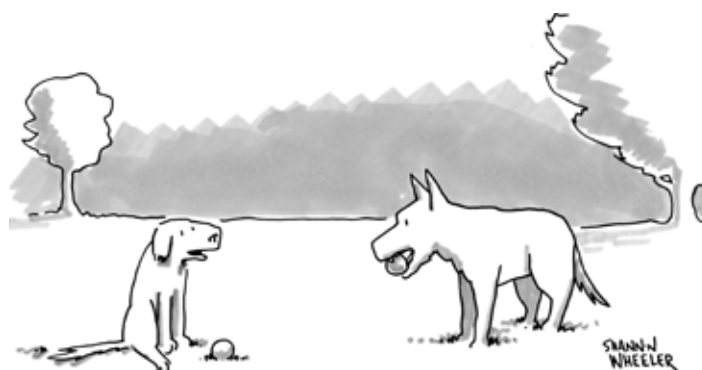
### The most effective method

Probably the most effective method to cure play biting is throwing a toy or a ball. This continues the idea of play and is also a distraction. I prefer squeaky toys. Just handing the toy to the dog is not enough. You need to gain the dog's attention repeatedly and form this into a powerful throw game. It has to be more fun than grabbing your clothing or play biting.

Some dogs mouth their human companion's hand when being walked. If your dog grabs your hand while you are holding the lead, give the lead a light but firm tug, ignore the dog and continue walking as if nothing is happening. Don't give the dog any attention at all. If done consistently your dog will find mouthing your hand a little less fun. Another option is to spray citronella or bitter apple onto your hand and lead just before embarking on a walk as this acts as a taste deterrent. Taste deterrents work with most dogs especially if used for many weeks for consistency of learning.

In the home, your dog maybe an armchair mouther. To prevent this when you are sitting down use bitter apple spray on the parts of you that receive this attention. Your puppy/dog will find the taste unpleasant, and hopefully associate this with its mouthing. In time the dog will discontinue this behaviour. You can also use a toy to redirect it as discussed above. Another tip: if you place a squeaky/robust toy in the same location where a dog has been used to nipping or biting it can serve as a distraction. Puppies will usually nibble the object closest to their mouths. Throwing the toy – perhaps a ball – is a great way to move the dog's attention away from biting you. Anyway, chasing games are more fun!

I trust that those readers who wish to stop or prevent their dog play biting will find at least one solution which helps them, and their dog develop a close bond, but on respectful terms.



*"Are you happy with your current ball?"*



*"I wasn't chewing it. I was editing it."*





## Table Scraps

Cal Flynn

When I met Suka for the first time, she was working as a sled dog in the north of Finland. I was working there too.

It was a hard, physical lifestyle, but it had its consolations. The dogs began to howl for their breakfast at four or five in the morning, as we lugged heavy sledges laden with meat through the dark. I didn't see daylight for more than a month, but the sky was a shifting wall of technicolour: a pink and purple dawn teasing the sky for hours, never quite spilling into sunrise. Blood red noons. The moon hung heavy in the sky, burnt orange, and at night, the stars blazed with a fierce intensity.

The aurora in veils of green and gold.

This was the winter of 2012. I'd taken the kennels job as an escape route from a life in the city that had been making me sick. What had begun as urban ennui had metastasised into a more malignant form of depression, one I had never experienced before. By the time I left London for the Arctic, I'd had the uncanny sensation of watching my life unfold as if through glass for a period of six months or more.

I'd known instinctively that the harshness of an Arctic climate and a challenging manual job would serve as a sort of shock therapy for my brain: that through corporeal trial I might reunite body and mind, force them to work in concert once more. So there I was, in Finland, shovelling shit in the snow, in exchange for food and board. As a career move, I wouldn't recommend it. But the thing is: it worked.

My soft hands coarsened – I grew callouses on my palms and my numb fingertips were peeling. My sinews tightened, my clavicles sharpened. I felt more fully alive than I had in years.



To begin with, the dogs were an anonymous canine horde with deep barks and flashing eyes. But soon I saw them for who they really were: good-natured familiars, with names and personalities. Monty, the old boy with only half a tongue – an injury from licking ice-cold metal as a pup. Pikkis, with his big black eyes and phocine face. Little Rosie, who would jump from the roof of her kennel into your outstretched arms. And Suka.

Suka was my favourite dog: a docile, heart-faced creature who closed her eyes in ecstasy when you rubbed her rump. Small in stature and not too

strong, she might not have been a valuable sled dog had she not been the only female dog submissive enough to run with Hulda – an athletic, pointy-eared bitch – without getting into fights. Designing dog teams is a feat of matchmaking: the dogs run in pairs, sorted for strength and intelligence. Everyone has to get along with their partners. As long as Hulda was running, Suka had an important role: official wing-woman to the top female lead dog. I liked to watch them together on the start line: Hulda snapping and yowling, cavorting like a demon in her harness, ready to run. Suka beside her, ears perked, waiting, sweet-natured.

When she was allowed in at night, I would bribe her to sleep on my bed, curled up tight like a cat. Where the other dogs were bouncy or rambunctious, she was watchful and reserved. She was, in other words, a perfect companion. Whether she felt the same about me was more difficult to tell.

Seven years later, I am deep in concentration on a writing residency in Switzerland when I get an unexpected call from Finland. Suka is nearly eleven, ready to retire. She's slowing down, getting stiff, holding up the team. Might I give her a home? I don't hesitate.

A former colleague brings Suka overland to the UK for me. I meet them in a cafe, buy her breakfast, then it's just me and my dog. She is smaller than I remembered, and – mid-moult – has a dishevelled, bewildered air. Having barely left home for her entire life, she has travelled through five countries in as many days. My presence seems barely to register; she lets me pat her but refuses to meet my eye.

I drive us home, to where my partner Rich is waiting. We show Suka her new bed, her new bowls, her new collar. We take her for a sniff around the town. People want to know: *Did she recognise you?* I say it's difficult to tell.

It's difficult to tell a lot of things. Suka is quiet and respectful. She gets up when I ask her to. Sits when I tell her to. She'll take a treat gently from my hand, but she won't always eat it. The closest comparison I can find is that it's like hosting a foreign exchange student; she is scrupulously, unfailingly polite. But I have the very faintest impression she might be saving up slights to tell her friends about later.

On our first walks, she finds a cold welcome from the local dogs. Something in her gait, her manner – her smell, perhaps – seems to get their backs up. She assumes a dignified bearing, declines to engage. When, finally, a friendly pup approaches, almost frantic to meet her, Suka doesn't seem to know how to react. Out of a hundred huskies she might have been the softest of them all, but here amid the Labradors and spaniels, she seems proud and stand-offish.

In the house, I don't quite know how to place her. She does not follow me around, as other dogs will. She has her own agenda. She does not beg at the table. She does not bark. She does not come when she is called.



"He's cracked that whip for the last time. You cut left of the tree, and I'll go right."

Her body language is peculiar too. She will wag her tail, but the exact meaning is difficult to parse: rather than the uncomplicated happiness of a pet dog getting its cuddles, it signals a more ambiguous kind of anticipation. Praise or attention might merit a slow pendulum swing, but the approach of an aggressive dog or a visit to the vet occasionally elicits a fulsome swish of the kind I might once have hoped for on arriving home after a long day.

She is entirely benevolent, except when she's not. She has no interest in fighting. She is entirely neutral on the subject of cats. But early one morning, in the dancing light of a sun cast low through bare branches, a sparrow darts from a tumbledown wall and her jaws snap shut. It leaves this world as fast as it appeared. She swallows it whole. This makes me look at her afresh: this dog knows what she's doing.

It's not that I'm unnerved, or not exactly. She's still the calm and passive creature I fell in love with. But I begin to see her in new light. There's the faintest thread of menace running through her, an undercurrent of cool self-interest. As it must, of course, in every dog – no matter how small, how cute, how apparently frivolous. It's just that, in Suka, the wolf runs closer to the surface than I'd known.

Less than a month after her arrival, Suka falls deathly ill. It's an acute uterine infection, of an urgency and seriousness equivalent to appendicitis in humans. One evening she seems a bit peaky; the next morning she can barely stand. We rush her into emergency surgery, and by the time she returns to us, days later, she is glassy-eyed and missing her womb. She has stitches in her belly.



For the first few nights after her return, I sleep with her on the kitchen floor. By the third or fourth, she sleeps with me on my mat, curled into the recess between my legs and belly, not quite touching me but close. I feel ill with relief. Sickeningly, painfully grateful. And more: it feels like something has shifted between us. She knows who I am to her now, if not who I was before. There is warmth, where before there was only tolerance. But, as she recovers, something else is changing too: a kind of reshuffling is underway, our positions in the social hierarchy are evolving.

In Finland, I was her boss and I treated her – and her kennel mates – accordingly. I ordered them to step back as I opened the door. I caught them quickly, even roughly. Harnessed them. Brooked no objections. There were strict boundaries and she respected them. They all did. Now, in our shared house, the balance has shifted. We are all adults here, cohabiting. Negotiating. It no longer feels reasonable to force my will on her. She's retired; I'm a self-employed writer.

There is no hard schedule to adhere to. It seems important that our life together is based on mutual consent. If she's hungry, I feed her. If she's restless, I walk her. *She doesn't ask for much*, I say to Rich. And it's true. But the truth is, I would give anything to please her. Anything at all.

Her presence reveals certain weaknesses in my character I haven't previously confronted. I find myself desperate for her approval, flushing with jealousy if she shows even the faintest preference for certain friends or neighbours. In the face of her nonchalance, I am needer than I have ever been in love. I clamour for her attentions, debase myself for her affection daily. When she's fired up, I'll get down on all fours to prance with her. When she howls to the sky, I will howl in answer. I have lost all self-consciousness in pursuit of her approval. What can I do to make her love me the way that I love her?

I pore over guides to canine behaviour, in search of a self-help philosophy. I read somewhere that for a dog to respect you, one should train them, have them do your bidding. Suka knows how to sit and lie down on command, and she will – but when she obeys I feel she does so with a sense of irony. I teach her to 'stay', and to offer her paw. She considers my requests sceptically, and more often declines. In exchange, I offer titbits, but she does not always take them. She is not, as they say,

'food-motivated'. Nor is she stirred by praise. She would not be so basic. Suka is powered by some internal fire that burns untended by you or me.

In fact, food soon becomes our greatest source of anxiety. She never quite regains her appetite after her illness. She picks over her food, turns her nose up at the rest. She loses weight, becomes rangy and ragged. Panicked, I take up a new role as kitchen maid, cooking scrambled eggs at a few hours' interval. I shred chicken breasts into bone broth. Grate parmesan over raw beef. I follow her from room to room offering dainty morsels served straight from my fingertips.

I am not unaware of my descent. Occasionally I voice faint misgivings to the vet: *might we have passed from the pathological into preciousness? Am I creating a monster?* The verdict is always the same: *Perhaps, yes.* But they point to her free-falling weight, her erratic health. What's more important? My pride, my dignity? Or keeping her alive?

I'm keeping her alive. God willing, she will turn fourteen this year. In return, I accept my fallen status. With time, our roles have solidified. She has adopted the regal air of an ageing monarch whose body is slowly failing her. I am her devoted hand-maiden, bowing and scraping. When she walks, we move down the street in stately, slow-moving cavalcade, stopping when she wants to stop – to read messages on a nearby lamp post, perhaps, or to greet her loyal subjects – and turning back when she tires of the whole production.



### "Mush, mush, mush!"

When she first arrived, I expected her to soften, to relax into the character of the panting lapdog. To prostrate herself on rugs, upturn her belly for rubs. And though it's true that as she grows older, she deigns more often than ever to express her favour – leaning into me while I rub her neck, tucking her head under my arm, table scraps of understated affection just enough to keep me going – she has in many ways grown harder, more private, ever more imperial in response to my endless adulation.

Suka's strength fluctuates, but the trend is downhill. We slalom with her. Such is the agony of dog ownership: the way our timers draw down in asynchrony. It's hard to accept her sand might be running out. Despite her self-possession, Suka – born in a kennel to run in a team – doesn't really like to be alone. I can't bear to think of her taking that last walk through the dark without me.

When she is feeling ill, there is one fail-safe trick to lift her from her starvation diet. A little fresh blood, drunk straight from the bowl, or drizzled over rice, or frozen into cubes. When I pour it out, I see awareness pass through her. Her nostrils will flair, her muzzle will lift. I see a tightening around the eyes, as the room comes into focus. A flicker of the wolf that lives inside her still.

Not yet. Each day we fend off death, one morsel at a time. It's blood she wants. It's blood she needs. But it is me who, now she is old and tired, walks down to the butcher and begs for it.

**Table Scraps is included in *Dog Hearted: Essays On our Fierce and Familiar Companions*, published by Daunt Books.**



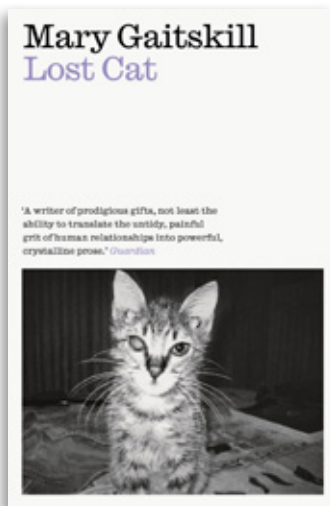


# Lost Cat

By Mary Gaitskill  
Daunt Books, £8.99, 120pp (paperback)

I am afraid I think more than I should about lost things. Lost places, lost opportunities, lost possessions, lost ideas, lost memories (not everyone suffers from this: Themistocles complained: 'I remember what I do not want to remember, but am unable to forget what I want to forget'), lost music (almost all that is left of Monteverdi's lost opera *L'Arianna* is the dramatic refrain: 'Let me die! What

do you think can comfort me in such harsh fate, in such great suffering? Let me die!'), lost friends, lost family, my lost dog, Darling, naturally... the list seems endless. Anyway, perhaps it isn't surprising that my eye should be drawn to this book: *Lost Cat*, with its photograph of a sad looking tabby with only one eye on the cover. Ostensibly, as the title suggests, the book is about the author's desperate search for her lost cat. It is about putting up posters and putting down food and consulting psychics and all the other things that anyone who has lost a beloved four-legged family member will be familiar with. But it is also a short, deeply moving and poignant essay on love and loss. It's about Gaitskill's relationship with her husband, her father, her siblings and two inner city children that she takes under her wing. I read it in a single sitting and cried. I cried for the author, I cried for her lost cat and I cried for my own losses. Afterwards I felt considerably better. *Jonathan Self*



## From *Lost Cat*

Last year I lost my cat Gattino. He was very young, at seven months barely an adolescent. He is probably dead, but I don't know for certain. For two weeks after he disappeared, people claimed to have seen him; I trusted two of the claims because Gattino was blind in one eye, and both people told me that when they'd caught him in their headlights, only one eye shone back. One guy, who said he saw my cat trying to scavenge from a garbage can, said that he'd 'looked really thin, like the runt of the litter'. The pathetic words struck my heart. But I heard something besides the words, something in the coarse,

vibrant tone of the man's voice that immediately made another emotional picture of the cat: back arched, face afraid but excited, brimming and ready before he jumped and ran, tail defiant, tensile and crooked. Afraid but ready; startled by a large male, that's how he would've been. Even if he was weak with hunger. He had guts, this cat.

Gattino disappeared two and a half months after we moved. Our new house is on the outskirts of a college campus near a wildlife preserve. There are wooded areas in all directions, and many homes with decrepit outbuildings sit heavily, darkly low behind trees, in thick foliage. I spent hours at a time wandering around calling Gattino. I put food out. I put a trap out. I put hundreds of flyers up. I walked around knocking on doors, asking people if I could look in their shed or under their porch. I contacted all the vets in the area. Every few days, someone would call and say he had seen a cat in a parking lot or behind his dorm. I would go and sometimes glimpse a grizzled adult melting away into the woods, or behind a building or under a parked car. After two weeks, there were no more sightings. I caught three feral cats in my trap and let them go. It began to snow. Still searching, I would sometimes see little cat tracks in the snow; near dumpsters full of garbage, I also saw prints made by bobcats or coyotes. When the temperature went below freezing, there was icy rain. I kept looking. A year later, I still had not stopped.

Six months after Gattino disappeared, my husband and I were sitting in a restaurant, having dinner with some people he had recently met, including an intellectual writer we both admired. The writer had considered buying the house we were living in and he wanted to know

how we liked it. I said it was nice but that it had been partly spoiled for me by the loss of our cat. I told him the story and he said, 'Oh, that was your trauma, was it?' I said yes. Yes, it was a trauma. You could say he was unkind. You could say I was silly. You could say he was priggish. You could say I was weak.

A few weeks earlier, I had an email exchange with my sister Martha on the subject of trauma – or rather, tragedy. Our other sister, Jane, had just decided not to euthanise her dying cat because she thought her little girls could not bear it; she didn't think she could bear it. Jane lives in chronic pain so great that sometimes she cannot move normally. She is under great financial stress and is often responsible for the care of her mother-in-law as well as the orphaned children of her sister-in-law, who died of cancer. But it was her cat's approaching death that made her cry so that her children were frightened. 'This is awful,' said Martha. 'It is not helping that cat to keep him alive; it's just prolonging his suffering. It's selfish.'

Martha is in a lot of pain, too, most of it related to diabetes and fibromyalgia. Her feet hurt so badly, she can't walk longer than five minutes. She just lost her job and is applying for disability, which, because it has become almost impossible to get, she may not get, and which, if she does get, will not be enough to live on, and we will have to help her. We already have to help her because her COBRA payments are so high that her unemployment isn't enough to cover them. This is painful for her, too; she doesn't want to be the one everybody has to help. And so she tries to help us. She has had cats for years, and so knows a lot about them; she wanted to help Jane by giving her advice, and she sent me several emails, wondering about the best way to do it. Finally she forwarded me the message she had sent to Jane, in which she urged her to put the cat down. When she didn't hear from Jane, she emailed me some more, agonising over whether or not Jane was angry at her, and wondering what decision Jane would make regarding the cat. She said, 'I'm afraid this is going to turn into an avoidable tragedy.'

Impatient by then, I told her that she should trust Jane to make the right decision. I said, 'This is sad, not tragic. Tragedy is thousands of people dying slowly of war and disease, injury and malnutrition. It's Hurricane Katrina; it's the war in Iraq; it's the earthquake in China. It's not one creature dying of old age.' After I sent the email, I looked up the word tragic. According to Webster's College Dictionary, I was wrong; their second definition of the word is 'extremely mournful, melancholy or pathetic'. I emailed Martha and admitted I'd been wrong, at least technically. I added that I still thought she was being hysterical. She didn't answer me. Maybe she was right not to.

I had found Gattino in Italy. I was in Tuscany, at a place called Santa Maddalena, run by a woman named Beatrice von Rezzori, who, in honour of her deceased husband, a writer, has made her estate into a small retreat for writers. When Beatrice learned that I love cats, she told me that down the road from her, two old women were feeding a yard full of semi-wild cats, including a litter of kittens who were very sick and going blind. Maybe, she said, I could help them out. No, I said, I wasn't in Italy to do that, and anyway, having done it before, I know it isn't an easy thing to trap and tame a feral kitten.

The next week, one of her assistants, who was driving me into the village, asked if I wanted to see some kittens. Sure, I said, not making the connection. We stopped by an old farmhouse. A gnarled woman sitting in a wheelchair covered with towels and a thin blanket greeted the assistant without looking at me. Scrawny cats with long legs and narrow ferret hips stalked or lay about in the buggy, overgrown yard. Two kittens, their eyes gummed up with yellow fluid and flies swarming around their asses, were obviously sick but still lively – when I bent to touch them, they ran away. But a third kitten, smaller and bonier than the other two, tottered up to me, mewling weakly, his eyes almost glued shut. He was a tabby, soft grey with strong black stripes. He had a long jaw and a big nose shaped like an eraser you'd stick on the end of a pencil. His big-nosed head was goblinish on his emaciated pot-bellied body, his long legs almost grotesque. His asshole seemed disproportionately big on his starved rear. Dazedly, he let me stroke his bony back; tentatively, he lifted his pitiful tail. I asked the assistant if she would help me take the kittens to a veterinarian, and she agreed; this had no doubt been the idea all along.

The healthier kittens scampered away as we approached and hid in a collapsing barn; we were able to collect only the tabby. When we put him in the carrier, he forced open his eyes with a mighty effort, took a good look at us, hissed, tried to arch his back and fell over. But he let the vets

handle him. When they tipped him forward and lifted his tail to check his sex, he had a delicate, nearly human look of puzzled dignity in his one half-good eye, while his blunt muzzle expressed stoic animality. It was a comical and touching face.

They kept him for three days. When I went to pick him up, they told me he would need weeks of care, involving eye ointment, ear drops and nose drops. Beatrice suggested I take him home to America. 'No,' I said, 'not possible.' My husband was coming to meet me in a month and we were going to travel for two weeks; we couldn't take him with us. I would care for him, and by the time I left, he should be well enough to go back to the yard with a fighting chance.

So I called him Chance. I liked Chance, as I like all kittens; he liked me as a food dispenser. He looked at me neutrally, as if I were one more creature in the world, albeit a useful one. I had to worm him, deflea him and wash encrusted shit off his tail. He squirmed when I put the medicine in his eyes and ears, but he never tried to scratch me – I think because he wasn't certain of how I might react if he did. He tolerated my petting him but seemed to find it a novel sensation rather than a pleasure.

Then one day he looked at me differently. I don't know exactly when it happened – I may not have noticed the first time. But he began to raise his head when I came into the room, to look at me intently. I can't say for certain what the look meant; I don't know how animals think or feel. But it seemed that he was looking at me with love. He followed me around my apartment. He sat in my lap when I worked at my desk. He came into my bed and slept with me; he lulled himself to sleep by gnawing softly on my fingers. When I petted him, his body would rise into my hand. If my face was close to him, he would reach out with his paw and stroke my cheek.

*We are grateful to Daunt Books for permission to publish this extract.*



## IN MEMORIAM

The following few pages are devoted to some extremely moving and deeply personal remembrances for much-missed, much-loved canine family members. They vary in length (some short, some long) and content (some factual, some full of stories and reminiscences), but they all contain a common element: they have been written from the heart.

We will be dedicating a tree for all the dogs mentioned here, and for any other Honey's fed dog who has died, in the Honey's Wood.

If you have lost a dog (even if it is some time ago) and would like him or her mentioned in the next newsletter, please email me direct. I will also arrange a tree dedication. Finally, if you are bereaved at the moment please accept my own heartfelt condolences.

With very warmest regards,

*Jonathan*

Jonathan (Self)  
jonathan@honeysrealdogfood.com



**Leo Hill**  
2013 – 2023

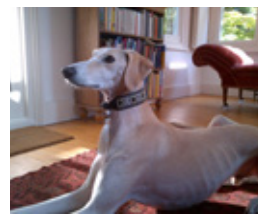
**Smudge Hill**  
2010 – 2022

Smudge was a beautiful Blenheim Cavalier King Charles spaniel and Leo was his best friend, a tri-colour cavalier. We lost them both within a very short period of time. The home is empty without them. We know they have both crossed the rainbow bridge. It is difficult to cope with the grief. By the way Smudge is the chestnut and white and Leo is the puppy next to him.



**Senneh Rees**  
2010 – 2023

Senneh is deeply mourned by her human companion. She came from Saluki Welfare when she was three and a half. Not only was she beautiful, but she was very sweet natured and incredibly loyal. I was lucky to have her as my constant companion for more than nine years. We enjoyed so many walks together and, when we weren't out walking, she would follow me to wherever I was and quietly sit beside me. I loved her so much and the gap that she leaves behind her is immeasurable.



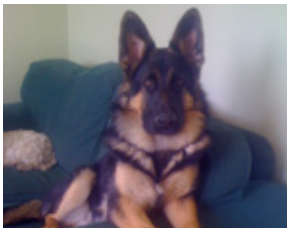
**Sabbah Rees**  
2009 – 2022

### To Sabbah

Sylph-like and so beautiful,  
Of pale gold, he steps  
Through woods and fields.  
African blood runs in his veins  
And Arab.  
For me—a little lamp  
To light the gloom  
Of a solitary winter's afternoon—  
He travelled up through deserts,  
Took a boat,  
And crossed the sea.  
And that was all for me,  
And he is all for me.

18.12.16





**Ollie Kendall RIP**  
2009 – 2023

Ollie (greatly loved and greatly missed) was a massive part in our lives but is now in a happy place.



**Leo Martin RIP**  
2008 – 2022

Leo came to me at 15 months. He had been living with a farmer who tortured him. I expected Leo to be nervous and unwell, but when I went to collect him I could see that he was in a much, much worse state than I had ever imagined. He no longer wanted to live. He didn't

want to eat but I hand fed him small bits of choice ham and encouraged him to drink. It took some time to get him to eat more species appropriate food but he sure made up for time. He had had a terrible life but when he had recovered he began to take everything in his stride. He was highly intelligent and once he had learnt to walk again he excelled at obedience competitions. Sadly his previous life caught up with him and he retired from competition at eight to become an office dog. He was sociable and much loved by colleagues and had a special route around the office collecting biscuits and treats as he went. Lately he took on the role of grandad, he and Tiffy, his grandson, washed each other's faces every day. They adored each other and I can see him in all three of his grandchildren. Sadly old age caught up with him. Leo was a gentleman throughout his life.



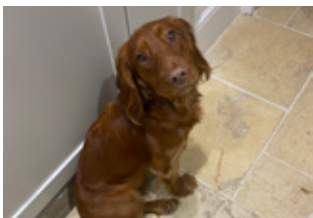
**Molly Rees**  
2010 – 2022

Molly came into our family from a Rescue Centre close to 10 years ago. She brought us so much happiness and will be in our hearts forever.



**China Murrell**  
(Named after the homeopathic remedy!)  
2011 – 2022

A beautiful, serene, gentle girl loved by all who met her. A mentor to Henna, playful, tolerant and kind. My soul dog, water dog, Buddha dog, adventurer, teacher, full of joy and laughter. Dearest China, thank you.



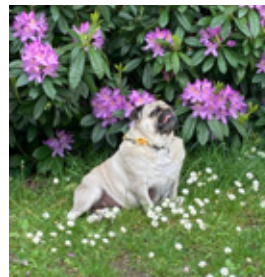
**Otis Maynard**  
2021 – 2023

Otis, our beautiful red boy, you brought so much joy and love into our lives. You left us too soon and we will never forget you.



**Kipper Conway**  
2015 – 2023

Thank you Kipper for bringing such joy, laughter and craziness into our lives. You have been such a special soul. Our time together has been too short but we are so glad you came into our world. Missing you so very much. Taken from us far too early. Run free with Finn, with our love, Sue, Tim and Vinnie. Xxx



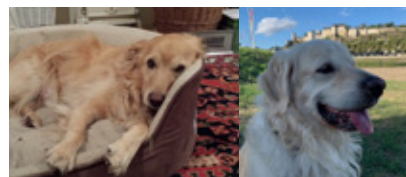
**Dee Joy**  
2014 – 2022

Where to start with Dee, who we originally named Matilda. She arrived during a terribly traumatic/sad time in our household of two children, three dogs, two rabbits and a cat. I was recently divorced and we were all in trauma. We collected Dee from a rundown housing estate and had no idea she had severe respiratory issues – we were told she was a healthy Pug. We played Lion King music on the way home in the car as the children cuddled her and our dogs were brilliant with her. It quickly became clear, however, that Dee was not normal and had probably been starved of oxygen in her mother's womb. Her cognitive function was not good. We would teach her to sit one day and the next day she had forgotten everything! She had no recall ever. On our first walk she just sat down and didn't move, bless her. Our other dogs sensed she was special and looked after her. Our cat Ollie adored her. I used the children's old pram to take her for walks and she loved every minute. She became a therapy dog for everyone – a ray of sunshine despite her physical difficulties. She had more than nine lives! She managed to escape from our garden one New Year's Eve and walked to the flats at the end of our Close. We think they wanted to keep her but she still wasn't house trained. My daughter tracked her to the Southwark Dog Pound just as she was about to be sent to a Rehoming Centre as their chip machine wasn't working. She showed no recognition of us!!! This was typical of Dee. Ultimately, we absolutely loved her and her us. She was a ray of sunshine always. However sad anyone was feeling she was always cheerful and sang a lot. Her voice box had collapsed so she could only howl and I used to sing with her in the car on our way to our by then All Terrain Pram walks! She nearly died three times at the vets but lived until she was nearly nine. When the end came, it was sudden. Everything collapsed at the back of her throat. She was put to sleep in my arms with my daughter there too and slipped away peacefully after we had kissed and reassured her. Such a character and so fully of humility and goodness. I have prayed that she will return in a body that works next time as she deserves. She brought joy, laughter, hard work and lessons of humility to our household and especially me – I learned patience through Dee. She is missed and loved always.



**Pepper Simmonds**  
2016 – 2022

Pepper was the most loyal and caring dog you could meet. Everyone fell in love with her. She is so sadly missed. Until we meet on the Rainbow Bridge, RIP, love from our family ☹️



**Toby Dinning**  
2008 – 2019

**Keno Dinning**  
2014 – 2022

I had long wanted the companionship of a golden retriever, having played with friends' dogs over the years, but I was partly disabled. Many months after surgery, when I had become confident about my mobility again, I contacted a rescue organisation, who vetted me thoroughly, and introduced me to Toby. He was about four years old, abandoned in Ireland, and apart from his comfort with his fosterers, he was terrified. So was I, to tell the truth. But we bonded like Superglue. I soon lost my anxiety of losing him in Regents Park and when I at last let him off the lead, he trotted away ahead of me, the sun bouncing off his ears. I must have done something good. Toby was beautiful, pretty you might say.

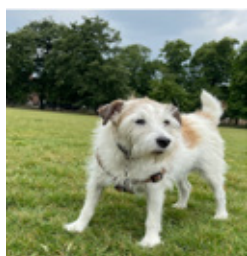
He was calm and tolerant with visitors, but I was his and only his. We slept together, travelled together, and aged together. We had three wonderful years in Oxford, where he is also missed. After seven years he became lethargic and was bleeding internally. A malignant splenic tumour was removed, but he refused to eat anything at all, and had decided to go. We put him to sleep in the living room, and I can still feel his last breath on my cheek. His ashes are in London, Oxford and Brittany.

With what I regard as indecent haste, I met Keno, a five-year old from a lovely young family who were struggling to manage him with their children. What a difference from Toby! Keno was handsome, naughty child, rushing up to other dogs and people, not always with a positive reception. He settled immediately, loved visitors, and squeaked with delight when anyone came to the door. He, too, slept with me, and travelled well. But in our second year together he blocked his intestine with something he ate, had it removed, got peritonitis and was only saved by the skills of a surgeon at the Royal Veterinary College at Potters Bar. I tried all types of muzzle to stop him swallowing things, but he always found a way to work them off in order, for example, to eat a piece of discarded pizza in the park. Once again he blocked his intestine, once again he had surgery, once again he got peritonitis, and had to have a second operation.

In August 2022 he ended up in hospital again for treatment of a serious ear infection, but within a month became lethargic and developed the same splenic cancer that Toby had had. He would have been nine on January 10, 2023. But on September 15, 2022 at 10 pm, we put him to rest on the lawn of the veterinary hospital in Newmarket. I would have liked to bring him home, but he would not have survived another 24 hours. I lost my best friend again.

Blessed by ten magic years of love and companionship, I miss them desperately, but my mobility has suddenly worsened, and I doubt that I will ever be fit again to care for a goldie. I am sniffing back the tears as I write this.

William Dinning March 14, 2023.



**Poppy Maddison**  
2005 – 2023

Poppy was a rescue dog, who came to me in November 2005. From the start she was a feisty terrier, with a big personality. My first introduction to her was in the rescue centre as I watched her 'stealing' her kennel-mate's blanket to put in her own bed, lying on it in all innocence when the pup came back in! Her

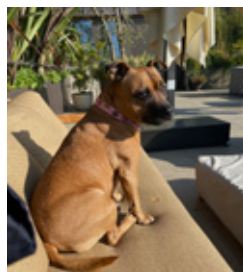
intelligence was evident, her ability to plan was extraordinary. I would often see her working out strategies to get what she wanted. She knew the names of all her toys and would pick them out of her toy basket when asked. We often played 'hide and seek' toys and treats. One favourite daily occupation was sitting on the windowsill and talking to the dog opposite – and we live on the third floor!

She was fearless, taking on large or small with the same degree of disdain. Some of her greatest friends were so much bigger than her – Akita, Great Dane, Corsica; she was adored by many small and large, especially if she ignored them. She loved to 'fight' vacuum cleaners and brushes. In her younger days she would collect sticks (branches!) twice as big as herself, carrying them across the fields. When she came across ducks and geese on the path, she would herd them back to the water. Pigeons on the paths were allowed to stay, however. Despite being a Parson Russell, she ignored any rat in the parks, preferring just to watch them as they scuttled by, sometimes barely three feet away!

She was part of my life for over seventeen years. Every day was a joy. The neighbourhood got to know her, and many children lost their fear of dogs through seeing her every day and eventually gaining the courage to come close to talk to her, eventually stroking her. After that they would run to her to give her hugs. Everyone loved her.

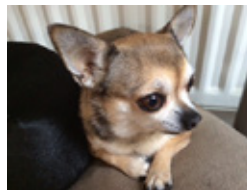
She had been in the rescue centre for five months when I adopted her at ten months. The dog nobody wanted. I believe she was waiting for me! I have had dogs most of my life, but Poppy soon proved to be the most perfect of them all. She just needed love and security and realised that was now hers, within two days it was as though she had always been with me. She required just a little behavioural training, and together we spent a long life of endless surprises (and a few terrier challenges)

She was lively and happy to the end, still running on her walks as late as the end of January! She had an astonishing joy of life. We miss her and always will.



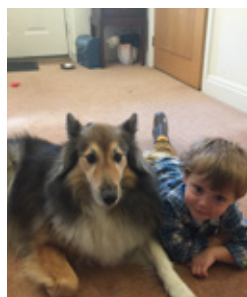
**Lulu De Morgan**  
2008 – 2023

Our Staffie girl Lulu snorted her way through eleven and a half years! She was loyal and quirky and earned her nickname 'the little pig'. She was very fond of Honey's treats. She did not feel well for three days before she died – Lymphoma.



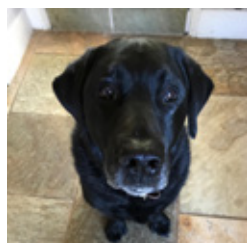
**Pixie De Rouck**  
2008 – 2023

We had Pixie when she was only seven weeks. We now really feel the emptiness in our heart after she has left us. We were hoping we could have her forever. She was a sun worshipper, even on the hottest day she would lay in the sun in the garden. Her other most favourite place was against the radiator. Pixie was the sassiest of all my pets. We loved especially her beautiful big eyes. When she passed I could not close them, and it looked like she was still with us. We lay her little body under a lot of winter and spring flowers in a sunny place. She will always be in our hearts.



**Jasper Wallis**  
2008 – 2022

Please mention Jasper in your newsletter. He was just the most amazing soul. When I knew he was getting tired I said to him: 'Please don't make me make *that* decision.' God bless him he passed away in our home peacefully with me stroking him. Any other dog has much to live up to. I am already missing our walks together.



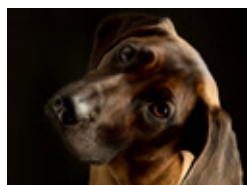
**Hamish Denegri**  
2007 – 2022

We were heartbroken to lose our boy Hamish; he was everything to us and we miss him every day.



**Geordie Gould**  
2009 – 2022

Geordie passed away leaving our home with a big empty space in our lives – and in front of the fire. He was the happiest dog ever. He very quickly and efficiently took up his role as the policeman of the house, making sure to keep the other two in line by telling them off when they misbehaved. He himself would smile and wag his tail constantly. A natural born leader who loved old frail people because they always manage to miss their mouths when eating. A very big boy with a very big heart and he has certainly taking a piece of mine with him. We lost him just three weeks short of his 13th birthday. A wonderful kind soul who brought great joy into our hearts and our home. We miss him so much.



**Sauer Clifford**  
2011 - 2022

She was just perfect in every way.





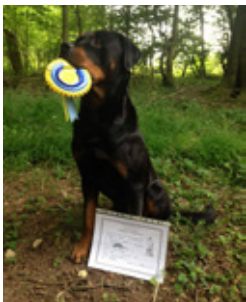
**Dylan Ravden**  
2010 – 2022

Dylan was my best friend who always had my back and greeted me night and day with love and affection... we trusted each other unconditionally and shared all our secrets!



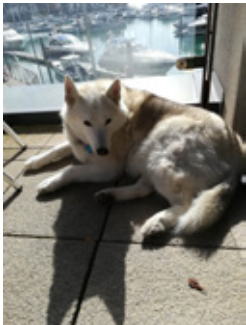
**Django Broughton**  
2014 – 2022

I lost my darling little fella Django a few weeks ago, he was the friendliest, cuddliest, laziest little polar bear. He adored snuggles especially with the girls. Poor boy had sore feet and ears so I'm glad he's resting in peace now up there skipping around with his friends. When I got out his Honey's dog food it was his favourite time of day, the only time he'd get off the sofa. Rest in peace special boy. Love you always X



**Rohkh McCarthy**

He was an amazing dog who over his eleven years worked with hundreds of dog-aggressive dogs to create balance in their lives – did many school visits and handling workshops for the Dog Safety Education Executive as well as working with students – most importantly - he was one of my best mates and always 'had my back' as I did with him.



**Jackals Burt**  
2010 – 2022

Jackals came to me at the end of May 2010. It was a complete surprise when I was handed this skinny but beautiful fluffy bundle. He was a rescue and only eight weeks old, he was sickly and the first three months were a battle to get him better. I could not have been happier to undertake the challenge and he fitted in with my existing rescue pack right away. Jackals was beautiful, gentle with other dogs, and loved babies and puppies. Jackals

was small for his breed and intuitive. He was known to everyone and loved by all in the village community. Jackals will always walk beside me.



**Millie Rose Rooney**  
2007 – 2022

After ten years with us, we sadly had to say goodbye to our beloved, almost 16yr old girl Millie. What a character she was. Ruler of the house and top of the pecking order with the other dogs, even though she was

one of the smallest. Her determination to do the things she wanted was unmatched. She loved people, her Honey's food, her walks and cuddles and most of all she loved life. Since she crossed the rainbow bridge we miss all her demands, the sound of her clipping across the floor boards following us everywhere for food, her bark and her cuddles. RIP angel we love you xxx



**Romeo Lonsdale**  
2010 – 2022

'Ready for a night out'. Romeo a soft coated Wheaten Terrier, 2010 – 2022.

Sadly, he went to Heaven earlier this year to join his Mum. He is very dearly missed by me and his sister Devon. If they can send a man to the Moon why can't they find a cure for Cancer!?



**Kiki (Solarwind Midnight Star)**  
2009 – 2022

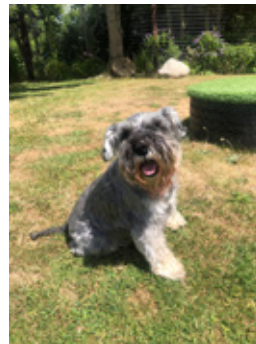
Kiki was second in line of Kat Farrants' six-generation dynasty of Australian Shepherds. She, in turn, gave birth to seven fine strong and intelligent puppies.

The photo is of Kiki with her daughter (Shanti) and granddaughter (Gracie).

Kiki distinguished herself early, even winning Junior Class at Crufts 2011. She eventually retired from the world of competitive dog showing in which she and her progeny excelled. Both her daughter, Shanti and her granddaughter, Gracie became champions.

In 2017, she moved to Belsize Park, North London to care for Kat's parents, Ronald and Vera, presiding as the only dog in the family. She became a popular celebrity, much loved in Primrose Hill, Hampstead Heath and the adjoining the cafés and shops.

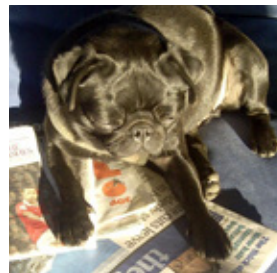
She left her human family heartbroken and three further generations in fine fettle to follow after her.



**Daisy Venditto**  
2011 – 2022

We have lost our Daisy-dog. She was eleven and half years old and my absolute heart-dog. She looked much younger than her years, but that pesky liver of hers got the better of all our care and dedication in the end. Not so much a dog – more of a 'furry diva' (think Mariah Carey with a beard!). She much preferred to sun herself in the conservatory rather than tear around the garden with her sisters. She was a true

companion. She always knew exactly when I needed her. And as my first dog she taught me how to be a better dog-parent for her sisters. She was always up for a game of 'find the ballie' in the garden.....even the last weekend before she passed. But she also made it very clear to me that weekend that she'd had enough and with all the love in the world I respected her wishes.



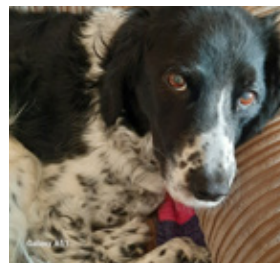
**Myfanwy Walker**  
2009 – 2022

Loved. Missed.



**Scruffy France**  
2009 – 2022

A bright boy with such a sweet nature, we were so privileged to have had him in our lives. Forever in our hearts.



**Bonny Clark**  
2009 – 2023

Bonny was the most gentle and loving companion you could ever wish to meet. She didn't like to be out of my sight, following me around the house and not wanting to go for walks with other people. She liked to run free on a local

playing field and chase me round our garden. She also played with two furry companions but, unlike them, she wasn't demanding, just content to be in the same place as me, sitting in an armchair, resting her head on the arm and watching me and sending so much love. If I asked her if she loved me she would lay her head on my chest, just below my chin and I could feel the love emanate from her. She gave love beyond anything I have ever experienced. She was pure, unconditional love.



**Ishtar Melloy**  
2010 – 2022

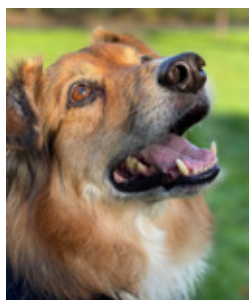
I still miss Ishtar so much. She was a wonderful companion even if she did have a princess complex. I think this was because people stopped to her admire her from an early age right up to her last few months. Four years

ago she developed glaucoma and she was blind for the last two years of her life. But she adjusted well and was still a happy dog.



**Meg Sankey**  
2010 – 2022

I am missing Meg as she had such a wonderful temperament. I only took her on when she was ten and so I had her for almost two years. Being such a large Labrador, she could be described as a cuddly teddy bear!



**Diego Timmermann**  
2009 – 2022

Diego was the name you brought with you, the only thing we knew about your past. The name 'Diego' means 'teacher' and you did this name justice in every way. You came to us as a rescue, but really you rescued our hearts. You understood where there were no words and you filled our lives with love, joy and intelligence with the deepest commitment.

Your spirit was wild, your heart was free and you honoured us with your choice to share your love with us every day of your life. You will be missed and we will cherish all you have given us forever in our minds and our hearts.



**Marley Bancroft**  
2011 – 2022

The house is empty now without either of my beautiful boys. Bailey was a huge personality and when we lost him I worried about how quiet little Marley would cope. But he blossomed - his own personality shone through and he was a beautiful strong loving soul.



**Kasper Fitzgerald**  
2005 – 2023

Kasper came to me in November 2005 whilst I was volunteering in a shelter in Goa. He had been found on the side of the road, with his eyes and ears still closed (we approximate his age at 7 days old).

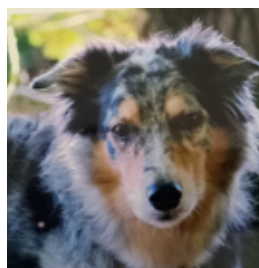
The plan had been to look after him until he was old enough to fend for himself, and then to put him back out on the streets. Except that I fell in love with him and decided instead that he should come home with me. Our family continued to grow, with the birth of our daughter. Kasper was the most protective big brother, always by her side, looking out for her (and eating anything she dropped on the floor!). Kasper was the best companion anyone could have ever asked for. The best big brother. The best friend, and after 17 years will be dearly missed.



**Eden Owens**  
2015 – 2022

Eden was a rescue and had obviously had a pretty traumatic time in her short life. She was estimated to be around five-years-old when we got her in January 2020. She was a worried and puzzled little dog at first, but quickly blossomed into a beautiful, loving, intelligent soul who had the most wonderful energy about her.

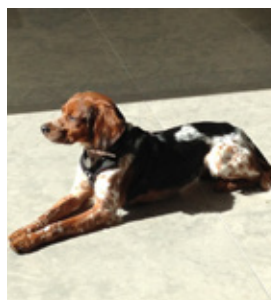
She could befriend and calm even the most reactive of dogs. She was our constant companion throughout the madness of lockdowns. She was also at my side when I lost my mum in 2021. I also had quite a serious accident in spring 2021 and again she was there at my side, providing comfort and solace during some difficult times. We had some wonderful holidays together but our favourite place was the beach and if I close my eyes I can see her sitting in the gentle surf waiting for me to come out of the water, where upon she would do her 'whirlies' all the way back up the beach. Last summer we had a great holiday in Cornwall then 10 days later she was gone. I hope she is running freely in the forever fields and one day we will all meet again in a better place. Fly high my gorgeous girl.



**Mika Murray**  
2006 – 2023

Mika was my dearest friend and companion, he had the most gentle energy and a fairly laid back attitude to life, despite being a Border Collie he was a 'pipe and slippers' sort of chap; happy just being. He taught me a great deal, I started learning about Tellington Touch when Mika first came to

live with me, he was featured in one of Sarah Fisher's T Touch books. He liked nothing better than laying on the sofa having some TTouch massage. I don't know exactly how old Mika was but at least 16. He had had two bouts of meningitis in the last 6 months and as a result had cognitive decline, and he was very old. His passing has left a huge hole in my heart, I will always miss him. It was an honour and a privilege to walk beside him on his journey through life. My beautiful boy.



**Mia Seddon**  
2012 – 2022

Mia was a Britany, and absolutely beautiful! She was a tricolour with mainly black and white on her back and speckled white and light brown on her lower body and legs. Her head started off being nearly all dark brown and black when she was a puppy, but by the time she was three years old it was speckled with light brown and white!

She had an incredible zest and enthusiasm for life and was very excited every single day for her walks, her food and she took her 'job' very seriously which consisted of terrorising any creature that dared to enter the garden. Best of all she loved to sit next to you on the sofa in the evenings.

Mia was very athletic and in her early days loved nothing better than chasing and catching a tennis ball which she did to perfection. When off the lead she would cause many a concern as she would run too far ahead such that she could not be seen as she was so distracted following squirrels and birds etc.

At the age of eight she started to develop heart valve disease which advanced quite rapidly despite excellent veterinary care and lots of medication towards the end of her life. Even to her last day she would love to go walking especially in the early morning in the hope that she would spot a fox or cat in the neighbourhood (she lived in southwest London).

We miss her so much and the home is so much quieter without her. Rest in peace my darling Mia.





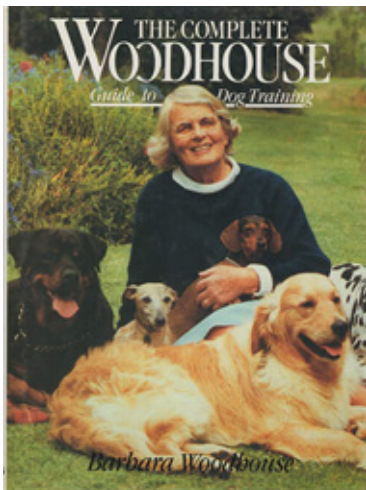
# A tribute to Barbara Woodhouse

By James Burleigh

In 1980, I finally persuaded my parents to let me have a dog. I was 12 years old. What swung it was a television series called *Training Dogs the Woodhouse Way* featuring a dog

trainer called Barbara Woodhouse. Mrs. Woodhouse was a formidable woman then aged 70! When she ordered us dog lovers to bark out 'sit' or 'walkies', we all did as we were told. Nowadays, the 'dominance' dog training methods she championed are considered inappropriate and even harmful. Indeed, she has been much criticised by more recent behaviourists. I think this is a bit unfair. True, she promoted the use of choke chains – something no one would condone nowadays. On the other hand, most people who used to use choke chains had no idea how to employ them and did not follow Mrs. Woodhouse's instructions. Anyway, if you take time to read her books or watch some of her programmes (all available in You Tube) Mrs. Woodhouse clearly had a natural affinity with dogs. She loved them. Wanted the best for them. And dogs clearly loved her. We live in a very sanctimonious age where it is fashionable to criticise others. Back then, Barbara Woodhouse, waving jauntily and striding on the screen, dressed in her uniform of blue sweater, plaid skirt, and no-nonsense shoes, was an inspiration to us all. Below I have chosen an extract from *The Complete Guide to Dog Training*. I think it demonstrates her genius very well.

## Barbara Woodhouse on the mind of the dog



The mind of a dog is forever open to take in, by touch, by telepathy, and by talking, the feelings, ideas, emotions and wishes of its owner. That is, if the dog loves its owner. To get through to a dog's mind you don't need a couch and sweet music or probing questions from a psychiatrist. You need hands that on touching the dog send messages of love and sympathy to its brain. You need eyes that tell the dog who watches them what you are feeling towards it, even though it may be hidden from the outside world, and above all you need telepathy so that the dog thinks with you.

These things are not always born in people. They can be developed as any sense or gift can be developed. That is, providing the person who wishes to develop them is honest in mind, because with animals you cannot cheat; it is useless watching a trainer handling your dog with hatred or fear in your heart, or dislike of all the things she is doing which you think unnecessary or harsh, or both. If you give an order to your dog by word of mouth and are feeling sorry for it inside, you are doomed to failure. Dogs above all creatures love honesty of purpose. If you pat a dog and your fingers are not carrying a loving message you don't deceive the dog.

No one knows why touch is so important. I think probably blind people know more than any of us about the sensitivity of touch; which is why guide dogs are usually so faithful. But the ordinary handler can develop this touch which calms the wild dog, which produces ecstasy in dogs when you caress them, but it has to come through the fingers or face direct from your heart. In every training school the words: 'Praise your dog' are heard constantly; by those words in my school I don't necessarily mean a big hearty pat. I mean a communion of brain and touch. I lay my face alongside that of the dog with its face cupped in my hands, and I sense a deep love and admiration for it passes right through its mind, often in silent communion, for I have already said: 'What a good dog' and clapped my hands to show approval at the end of the exercise.

But a dog needs more than that if you are to get its complete mind in

tune with yours. Unhappy are the handlers who think this is all stuff and nonsense. For it makes dogs truly happy. Lots of dogs have to put up with second-best praise, but if you can't let yourself go, you must at least mean what you say when praising. The tone of voice must convey great joy to the dog. It must convey to him that you think him the most wonderful dog on earth, and you must never mind what other people in the school are thinking. Half the trouble in training schools is the natural restraint and reserve that stifles people in public. They cannot forget themselves and abandon themselves to working and praising or correcting the dog.



It is extraordinary how dogs pick up praise straight from your brain almost before you have time to put it into words. A dog's mind is so quick in picking up your thoughts that, as you think them, they enter the dog's mind simultaneously. I have great difficulty in this matter in giving the owners commands in class for the dog obeys my thoughts

before my mouth has had time to give the owner the command. I find it extremely difficult to correct a dog for this, although it shouldn't really be obeying me; it should be tuned to its owner who of course doesn't know what I am going to say until I have said it – that is unless the owner is also telepathic.

## Barbara Woodhouse Quotes



I have caught more ills from people sneezing over me and giving me virus infections than from kissing dogs.

There is no such thing as a difficult dog, only an inexperienced owner.

I can train any dog in 5 minutes. It's training the owner that takes longer.

The eyes of a dog, the expression of a dog, the warmly wagging tail of a dog and the gloriously cold damp

nose of a dog were in my opinion all God-given for one purpose only-to make complete fools of us human beings.

The dog has an enviable mind; it remembers the nice things in life and quickly blots out the nasty.

Talking to animals isn't a matter of words used, it is a matter of your thoughts, your expression, and above all the tone of your voice. A harsh voice from me can make my cows jump in terror. I shouted at old Queenie once and she got such a shock that she fell down just as if she'd been shot.

I believe that animals have been talking to human beings ever since we were all made and put into this world.

Dogs understand your moods and your thoughts, and if you are thinking unpleasant things about your dog, he will pick it up and be downhearted. One has to give a great deal of oneself to animals if one is to get the best out of them.

Animals are so much quicker in picking up our thoughts than we are in picking up theirs. I believe they must have a very poor opinion of the human race.



# The Honey's Directory of Everything



## Free books. Free advice. Free goodies.

If you know a dog lover who is interested in switching to a raw diet or who has a dog with health issues, do, please, put them in touch. We don't mind if they never, ever plan to become a customer. Indeed, we are happy to provide advice, support and even recipes. The most important thing is to do the best for their dogs. Also, if you would like free copies of our books to pass on or sell as a fundraiser for a good cause, all you have to do is ask. If someone you refer to us does decide to order (and they will be under no pressure to do so) we will, of course, say thank you in a tangible way – just let us know. Finally, a huge thank you for any referrals or introductions, which are greatly appreciated.



## A personalised Honey's Dog Bowl

A personalised Honey's Dog Bowl with your dog's name on the outside and Honey's on the inside. Price: £25 for small, £27 for the medium and £31 for the large BUT free, of course, if you recommend a new customer who orders from us!



## Our original Superdog Cape/ Towel Thingie

Is it as cape? Is it a towel? Either way, it is the perfect way to dry off a wet dog. It comes in four sizes but only one colour: black. Small £15. Medium £18. Large £21. X Large £25.50. XX Large £30. Matching towel £6.

We are very grateful for any new customers you introduce and have a small selection of gifts (As G B Stern said: 'Silent gratitude isn't very much use to anyone.') to offer you by way of thanks. Please ask for details.



## Good things come in small sizes – 250g to be precise

A quick reminder that almost every single formula we offer is available in 250g as well as 500g chubs (the rather silly name used for our sausage like packaging). Please do ask for smaller sizes if it would be more convenient for you.



## Please send us your photos!

We love to see pictures of our four-legged customers. Please email them to: [info@honeysrealdogfood.com](mailto:info@honeysrealdogfood.com) Thank you, thank you!



## Gift Hampers

Don't say it with flowers, say it with Honey's! Prices for Gift Hampers start at £45 including delivery. We'll be happy to include a personalised card, too, and lots of little extras (such as book and treats).

%'s!

Each Honey's recipe has a different % of bone, offal and vegetable. To find the % that suits you best, please call!



## Beautiful Joe's Ethical Treats

We also make a pure liver treat called Beautiful Joe's. Every time we sell a packet we donate the same quantity to a dog rescue home nominated by our customers. The treats are hand made from 100% British, free-range, ox liver. Nothing is added – all we do is slowly dry the liver to lock in the flavour. If these treats were a liquid, we would call them Nectar of the Dogs. They lead to suspiciously perfect behaviour.

Beautiful Joe's Ethical Treats	Cost
50g packet of Perfectly Behaved Liver Treats	£6.00
Snazzy (but empty) Tins	£4.00
Small gift packs	£10.00
Large gift packs	£30.00







## The Honey's Working Dog Food Range

You want choice? We have choice! We make six free range recipes and five wild recipes. Most can be ordered with and without vegetable, and come in two sizes – 250g and 500g.

Free range Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Free range Chicken	£1.26	£2.07	£2.52	£4.13
Free range Duck	£1.41	£2.07	£2.81	£4.13
Free range Pork	£1.54	£2.07	£3.09	£4.13
Free range Turkey	£1.41	£2.07	£2.81	£4.13
Pasture fed Beef	£1.49	£1.80	£2.98	£3.59
Pasture fed Lamb	£1.58	£1.80	£3.15	£3.59

Wild Working Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Rabbit	£2.35	£2.80	£4.70	£5.61
Game	£2.34	£2.66	£4.70	£5.25
Venison	£2.35	£2.80	£4.70	£5.61
Pheasant	£2.19	N/A	£4.37	N/A
Pigeon (NEW)	£2.93	£4.11	£5.86	£8.20

Please note that all our food - especially our 'wild' range - is seasonal. Although we keep as much stock as we can in our freezers we can't always guarantee availability.

Active Working Dog Food	500g
Free range Chicken	£2.52
Free range Duck	£2.81
Pasture fed Beef	£2.98

## Certified Organic Dog Food

Certified Organic Dog Food	With Veg 250g	Without Veg 250g	With Veg 500g	Without Veg 500g
Pork	N/A	N/A	£5.53	N/A
Chicken	N/A	£3.23	£4.94	N/A
Turkey	N/A	N/A	£4.94	N/A
Beef	N/A	N/A	£5.54	N/A

Please note we also offer organic pork tails, pork belly ribs and pork heart.



## The Honey's Lean Recipe Range

Looking for something low in fat and/or low in protein? Our Lean range comes in four recipes.

Lean Dog Food	250g	500g
Lean, pasture fed Lamb	£1.88	£3.76
Lean, free range Pork	£1.82	£3.67
Lean, free range Duck	£1.67	£3.34
Lean, free range Turkey	£1.67	£3.34
Lean, pasture fed, Beef & Washed Tripe	£2.04	£3.95



## Free range bones and wings

Looking for something that Fifi or Fido can get her or his teeth into? We offer a wide range of free range bones and wings. Bones are important for two reasons. Firstly, they provide vital nutrients including calcium, complex (good) fats and vitamins. Secondly, the actual chewing of the bones is what keeps a dog's teeth and gums healthy. Chewing and gnawing is also, believe it or not, excellent exercise and helps a dog to stay fit. We recommend giving your dog a fresh bone approximately once per week. Wings, on the other paw, are the perfect complete meal.

Free range bones and wings	
2 knuckle end pasture fed beef bones	£4.35
5 large pasture fed beef lollipop bones	£8.30
5 medium pasture fed beef lollipop bones	£8.30
2 medium pasture fed beef lollipop bones	£3.80
8 small pasture fed beef lollipop bones	£8.30
5kg of free range chicken wings	£16.95
1kg of 3 joint free range chicken wings	£3.90
1kg of free range duck wings	£4.65
1kg pasture fed lamb ribs	£5.45

## DIY ingredients Save up to 33%

Why not make your own dog food using our ethically sourced ingredients? Not only can we supply you with wild, free range and organic 'makings', but we can also provide you with advice, recipes and support. We reckon that going the DIY route saves most of our customers between 25% and 33%.

Beef heart pasture fed per 1kg	£4.00
Beef liver pasture fed per 200g	£1.60
Beef tripe pasture fed washed in water per 1kg	£5.45
Chicken carcass free range per kg	£3.80
Chicken necks free range x 10	£5.45
Duck carcass free range per kg	£4.35
Duck necks free range x 10	£8.20
Lamb heart pasture fed per kilo	£5.60
Lamb trachea pasture fed x 4	£3.80
Pork certified organic pig tails x 6	£3.20
Pork certified organic belly ribs (750g approx.)	£6.90
Pork certified organic heart per kg	£5.45
Pork free range tongue x 2	£3.00
Pork free range trotters x 2	£4.35

## Special DIY boxes Save even more

If you have the freezer space, why not take advantage of our special DIY boxes and save even more £££?

Special Offer Boxes – big savings!	
DIY taster box free range	£30.00
Duck carcass free range 14kg	£56.90
Chicken carcass free range 14kg	£49.25
Lamb ribs pasture fed 9kg	£43.80

## Certified organic beef bone broth

Made using certified organic, grass-fed beef bones and filtered water with carrot, unrefined, unpasteurized and unfiltered apple cider vinegar aka 'with mother', thyme, turmeric and black pepper – all of which are also certified organic. 200ml £5.42. 500ml £10.90

## Handmade Biscuits

We used to make our handmade biscuits at home but we got fed up with having to stay up all night baking, so now a local baker produces them for us. We use only the finest ingredients (including wholewheat flour) and, as you would expect, we have no truck with preservatives, sugar, salt, colouring or other chemicals. 100g of natural bone shaped biscuits or cheesy hearts will cost you £3.28.



— C'EST UN MIRACLE, JE PARLE!



## RAW PROOF

The results of our 24-month research investigation into a species-appropriate diet for dogs is now available. You can download a PDF from our website or ask us to send you a hard copy (free of charge).



## The Real Honey's Dog Food story

Do you know someone who is interested in switching to raw feeding? Would a copy of Jonathan's book help? Please ask for a FREE copy in your next order.

Our packaging is 100% recyclable. We use packaging that takes up 20% less space in a freezer than a tub and weighs 90% less.

Our books are also available as FREE downloads on our website.



Phone: 01672 620 260  
(Mon-Fri 9am-5pm)

Email: [info@honeysrealdogfood.com](mailto:info@honeysrealdogfood.com)  
[www.honeysrealdogfood.com](http://www.honeysrealdogfood.com)



All Honey's literature is printed using vegetable based inks on FSC® approved paper. FSC stands for the Forest Stewardship Council.

# 10 good reasons to recommend Honey's



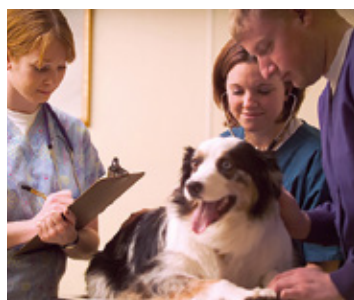
## 1. Free, expert advice

We are happy to help with free, unlimited, expert advice, tips and diet plans even if you never, ever plan to become a customer. If you want to make the food yourself (which is surprisingly easy) we can explain which ingredients to buy and how to keep the cost down.



## 2. A diet designed specifically for your dog

We will ask you all about your dog – his or her age, weight, gender, breed (if relevant), allergies, health issues, likes and dislikes, level of exercise and more. We like a photo if it is easy. Then we will recommend a specific diet designed to ensure that he or she receives the optimum level of nutrition.



## 3. The Honey's Health Team is at your service

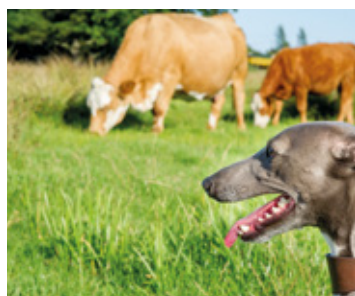
Diet can make a huge difference to health. Certain canine health conditions require certain diets. We employ a Health Team (which includes vets and vet nurses) to look after the poorly dogs we feed, and they are at your service. It is one of the reasons why so many vets in private practice recommend Honey's.

**Free book!** Available as a download or we will happily post it to you.



## 4. Honey's is made from organic, free range and wild ingredients

We only use the highest possible quality and freshest ingredients that would, if they weren't becoming dog food, be 100% suitable for human consumption. This is really important not just for ethical reasons but because high quality ingredients contain much higher nutritional values. Our meat is all certified organic, wild or free range.



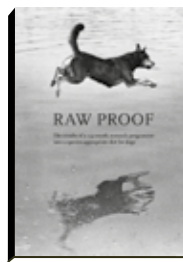
## 5. Our food is British and seasonal

All our ingredients come from British farms and are, therefore, seasonal. The artisanal nature of our production means that each recipe changes from batch to batch – much better for your dog.



## 6. Honey's food is complete

Our food meets all the most vigorous nutritional guidelines as set out by the European Pet Food Industry Federation (FEDIAF), the Pet Food Manufacturers Association (PFMA) and the Association of American Feed Control Officials (AAFCO). We achieve this without adding any supplements.



## 7. Honey's invests in scientific research

We've contributed to the growing scientific evidence that species appropriate (aka raw) feeding is the optimum diet for dogs by investing in major research. Please ask for copies of our research paper: *Raw Proof: The results of a 24-month research programme into a species-appropriate diet for dogs*, which was first presented by Dr Nick Thomson to Fellows of the Raw Feeding Veterinary Society.



## 8. We campaign for better farm animal welfare

We visit all our producers regularly to make sure that they meet our exacting farm animal welfare standards (which we publish). We donate 1% of sales to Compassion in World Farming. By the way, we never turn any charity that approaches us away empty pawed.



## Why not all raw dog food is equal

It is definitely not our style to be critical of other raw dog food producers. On the other hand, we are concerned about much of the commercially available raw dog food. And, we are not alone. A growing number of vets agree. Indeed, Dr Nick Thompson, founder of the Raw Feeding Veterinary Society, recently said:

The ideal raw food diet is varied, uses high quality ingredients and is properly formulated to make sure it includes all the necessary nutrition. One concern is intensively farmed meat, which may contain higher levels of antibiotics and other harmful chemicals. Another worry is formulations that contain too much or too little of certain ingredients e.g. rice or bone. A surprisingly high percentage of raw food diets (as differentiated from raw food meals, most of which are not 'balanced and complete' on their own) may not be nutritionally adequate. Variety, again, is key to providing all required nutrients appropriately.

You can be confident that Honey's is made from the finest quality ingredients and is 100% complete.



## 9. Honey's works to minimise its environmental pawprint

We work hard to minimise our impact on the environment. We have achieved ISO 14001 (which is awarded to companies with high environmental standards). Our packing is 100% recyclable.



## 10. Honey's is a small, family business

We are a small, family business (so small that the founder and his son are happy to give you their personal emails in case they can help with anything) and we believe in traditional service. Honey's has no sales function and no sales staff. We never try to persuade anyone to buy our food. When you talk to our team they are speaking from the heart.

**Honey's is Carbon Neutral and we believe we have the most environmentally friendly packaging for raw dog food in the UK. We are members of 1% for the Planet and our founder is a trustee of the Rainforest Trust.**