



We put a twinkle in your eye, a smile on your face, a song in your heart, skills in your hands, so that the time with your family dog will be some of the best times of your life.

cheerfuldogs chronicles

cheerful dogs, happy people

Issue 66

Living With Dogs: Battling Boredom

Dogs are a lot like children. If you don't give them something fun to do, they will make their own fun – and often not in ways you appreciate.

Give your dog appropriate amounts of physical and mental activity, and you get a happier, healthier, better-occupied dog. Appropriately-exercised dogs bark less, chew less, sleep more, and rest easier when left home alone. They are also much less likely to rummage through the rubbish, attack the couch cushions, or pester you while you're trying to focus.

Leash walks are great brainteasers because of all the sensory information dogs get from them, but they don't count as aerobic exercise. Your dog needs to run, swim, or do something else that gets his heart pumping for at least 30 minutes every day.



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Tips & Tools: How to Prevent Car Sickness

We ferry our dogs in cars to explore new places or visit the vet. But a carsick dog can spoil the joy of travel for canine and human passengers alike. To prevent or minimise motion sickness in your dog, try these tips:

- Feed your dog a light meal three to four hours before your departure time.
- Try limiting your dog's view of the outside by covering his travel crate with a towel.
- Keep the car cool and well ventilated.
- Ask your vet about motion sickness aids.

cont.

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Workouts for the body:

Frisbee. Swimming. Playing tug. Active appropriate play with other dogs. Off-leash romps or hikes. And if life is too busy, consider hiring a dog walker or, if your dog enjoys the company of other dogs, send him to doggie day care. Avoid high impact, repetitive exercise that may predispose your dog to injury or pain.



Workouts for the brain:

Work to eat. Biologically speaking, your dog is not supposed to have a bowl of dry food plunked down in front of him. He is a hunter by nature, meant to work for his keep. Mimic this by serving your dog's food in a Kong or treat ball. Your dog will spend the first part of the day figuring out how to get at his food and the rest of it recovering from the mental effort. Perfect!

Toys galore. Toys are a great way to engage your dog's brain. Dogs have distinctly individual toy preferences, depending on the day, time, and situation. Do some detective work and find out what truly tickles your dog. The best toys have a purpose. They deliver food, present a challenge, squeak, or make themselves interesting in some other way.

Did You Know: These Dogs Who Changed History?

Peritas. Alexander the Great's trusty companion who defended his master from a charging elephant during a battle and is credited with saving the life of the teenage commander.

Anonymous Newfie. During Napoleon Bonaparte's escape from his exile prison on the island of Elba, he fell overboard. A nearby fisherman's Newfoundland jumped in the water and rescued the once emperor who lived to see his Waterloo.

Donnchadh. The dog that ought to have been in Braveheart, Donnchadh belonged to Scottish nobleman Robert the Bruce. Though Englishmen followed the dog and thus tracked down Robert, their plan backfired when the dog put up a furious defence of his master. Robert the Bruce survived the encounter to become King of Scotland.



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