

A close-up photograph of a bright yellow canary perched on a wooden branch inside a white wire cage. The bird is facing right, with its head slightly turned. Its plumage is a vibrant yellow, and it has a small black eye and a pale pink beak. The cage bars are visible in the foreground and background, creating a grid-like pattern. The lighting is soft and even.

# Animals

By: Thomas Schreck

Have you ever seen a seeing eye dog? You probably have. If you haven't, they are dogs that are trained to help people that are blind. They help people walk the streets, tell them when to stop or go, and are like a walking pair of eyes! Did you know other animals help people in different ways? Well, not only dogs, but cats, birds, and rodents help people too! Read this to learn a lot about animals, and how they help people.





One reason animals help people is because they help with people's emotions. One time I was feeling upset and sad. I went in my room, and took out my guinea pig. After a while, I started feeling a lot better. I almost fell asleep with her on my lap! From this experience, I learned that animals can help with people's emotions.

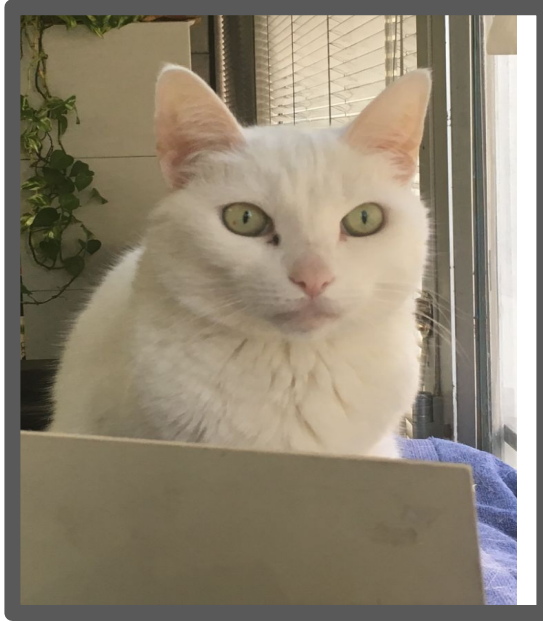


According to the website, *Animals helping people*, it states, “Most people who own animals say they make them feel happy and relaxed.” I agree. Since owning an animal, I have been more happy than I was when not owning an animal. Also, if you are nervous about a test, animals could make you more relaxed. In an interview with Dr. J. Corso, a Veterinarian that works at Sachem Animal Hospital, he says, “A majority of the time I am very happy working with animals. It can be very rewarding helping sick animals (and their owners) through difficult times.” This means that while Dr. Corso is helping animals, animals are helping him at the same time. Did you know animals can help people in these ways?



Another reason animals help people is because they can help people mentally and physically. In the same interview with Dr. J. Corso he also says, "Most animals, more so than people, have this wonderful ability to mentally overcome serious illness and thrive. It is very inspirational to see that with a good mind (power of positive thinking) the body can heal much quicker." For example, if a kid has an injury and a cat comes to comfort the kid, that kid will heal faster with the cat than without the cat. According to the website, *Healthypets.com*, it states, Dogs are trained to assist people who are blind or deaf. They walk the streets with them to help them know where they are going. If there weren't animals helping blind or deaf people, it would be unsafe for those people to even go outside. Also, according to *Animals helping people*, it states, Dogs and cats go to hospitals to comfort kids and their families. They make the kids happy, and makes them forget about their injury/illness. Dogs, cats and birds also go to assisted living facilities to comfort the people who are too old to take care of an animal for themselves. Go animals!

The final reason animals help people is because animals can help people with their health. According to *Healthypets.com*, it states, “Dogs can help people who have diabetes, and watch, and detect if they are going to have a seizure. Also, according to *8 animals helping humans save the planet*, it states, African giant pouched rats can sense the presence of tuberculosis in humans, and could save him/her life. If animals can sense tuberculosis, think about what else animals can sense. They might even be able to sense some cancers!



According to *Upworthy*, it states, “Cats can reduce the chance of having a heart attack by up to 40%.” This shows that being around animals like cats, can calm you down, and help you with your heart. Animals will be the new doctors!





In conclusion, animals can help humans in many ways. They can help you with your emotions, they can help you physically and mentally and can help with your health. Personally, I LOVE animals. Some are so cute and cuddly, but also very intelligent. I love animals so much I even have one. I suggest that you learn more about animals, or get an animal, and your life will change for the better.