Saxee Patel

Dr. Wayne Partridge

English 1102

21 March 2018

Should Everyone Own a Dog?

Owning a dog has so many medical and social benefits that people are not aware of (McCandless 1). They are good for your overall health (Davis1). Dogs are an essential to life. They spread positivity (Benefits of Owning a Pet). Everyone should have a dog because they provide a constant and loving companionship, they teach responsibility, provide protection, and can help people that have a medical condition.

After a stressful day at work, coming home to your furry friend can help relieve stress and get rid of negative energy (Benefits of Owning a Pet). Dogs are known to offer unconditional love (McCandless 6). They provide astonishing comfort. “In a 2002 study at State University of New York at Buffalo, researchers found that when conducting a stressful task, people experienced less stress when their pets were with them than when a spouse, family member or close friend was nearby (Gekas 1).” There are a lot of studies that prove that dogs can help relieve stress and help hypertension (Davis 1). They are always going to be by your side no matter what, even on the bad days. Dogs can sense sadness; therefore, they will try to comfort their owner (Benefits of Owning a Pet). They are also very entertaining. “Dogs can act as the perfect personal trainer (McCandless 5).” They get their owner up and moving. The owner can go on hikes, walks, runs, play fetch, teach the dog some tricks, play tug- o- war, etc (Gekas 1). Dogs do require regular exercise to stay physically and healthy mentally, so that is something to think of before buying a dog (Goodman 1). Some may think it is not a big deal, but others may not have time to take the dog out for walks. With a dog around, one could never get bored or feel lonely. Dogs just fill the atmosphere with positive energy (Benefits of Owning a Pet).

Owning a dog is not easy at all. Some of them require a lot of maintenance (Goodman 1). That could be the main reason why some people do not own dogs (Goodman 1). Owning a pet can teach a child responsibility (Benefits of Owning a Pet). It can teach the child how to be responsible for another living creature (Benefits of Owning a Pet). They can also learn to appreciate the work and dedication involved in caring for that pet. Learning responsibility at a young age can help the child develop much faster (Benefits of Owning a Pet). The parent can ask the child to help feed the dog, help put the dog’s toys away at the end of the day, train the dog, bathe the dog, or exercise the dog (Benefits of Owning a Pet). Maybe, the child can also take it out for walks. The dog gets taken care of properly, and the child learns about responsibility. It is a win- win situation. Owning a dog is a lot of work for a single person, but if the person has some help, it can be a breeze.

Dogs provide excellent protection (How Dogs Protect Mankind). They may not look tough, but they can alert you of any danger. Why do they work with the police if they are just “dogs” and cannot protect their owner (How Dogs Protect Mankind)? Dogs have a great sense for danger. They can smell fear and nervousness (How Dogs Protect Mankind). Dogs can sniff smuggled drugs and explosives (How Dogs Protect Mankind). They can track down dangerous criminals. Dogs are also good for home protection (Benefits of Owning a Pet). Most dogs feel a sense of responsibility in protecting their owners (Benefits of Owning a Pet). They have incredible and keen ears (How Dogs Protect Mankind). Any slight sound will alert a dog and wake up from their sleep. Due to their incredible hearing, dogs barely sleep because they are constantly awoken by almost any slight noise (How Dogs Protect Mankind). Their senses tell them to get up and protect their owner. Dogs are like personal alarm systems, but they can fight back. Dogs can jump, bite, scratch, and bark. Sometimes, a dog can bark a little too much however (Goodman 1). Dogs bark at the smallest things. It does get a little annoying (Goodman 1). There are ways to stop uncontrollable barking. The owner can train his/her dog to not bark when it sees cars driving by, or someone on their bike (Goodman 1). The owner can also teach the dog to stop barking on command. Their barking can be controlled, but some people do not want to deal with it all, so they decide against getting a dog (Goodman 1).

Dogs can also help people that have a disability or that have a medical condition (Davis 1). According to several studies, heart attack patients who have a dog survive longer than those without (Davis 3). “Studies have shown that Alzheimer’s patients have fewer anxious outbursts if there is an animal in the home (Davis 2).” A growing number of studies have shown that kids growing up in a home with a dog will have less risk of allergies and asthma. For the elderly, a dog can provide exercise and excellent companionship (Davis 2). Dogs can help lower blood sugar, reduce cholesterol, and decrease triglyceride levels (Davis 3). All of that contributes to better overall cardiovascular health and fewer heart attacks (Davis 3). Dogs also notice when the owner’s blood sugar is too high or too low (Davis 3). The dog can alert the owner before anything bad happens (Davis 3). Dogs can also keep the owner active (Gekas 1). This can help someone who is overweight or someone who is trying to lose weight (Davis 2). Dogs are great for improving overall health (Davis 1).

Dogs are not for everyone (Goodman 1). Some people just do not like dogs, and that is fine. There are a lot of studies that prove that dogs are good for one’s overall health (Davis 1). They provide a constant and loving companionship, teach responsibility, provide protection, and help people with medical conditions. They also require a lot of attention and some maintenance (Goodman 1). There are certain breeds that do not require a lot of maintenance or attention, but every dog requires at least some (Goodman 1). Dogs are not for people who work 24/7 and have no time for themselves (Goodman 1). If they do not have time for themselves, then how can they take care of another living creature (Goodman 1)? The abundance of positives outweighs the very few negatives of owning a dog though. After all, they were given the title of a man’s best friend (How Dogs Protect Mankind).

Works Cited

McCandless, Sarah Grace. “Top 5 Health Benefits of Owning a Pet.” Animal Planet, 15 Dec. 2014, www.animalplanet.com/pets/benefits-of-pets/.

Davis, Jeanie Lerche. “5 Ways Pets Can Improve Your Health.” WebMD, WebMD, [www.webmd.com/hypertension-high-blood-pressure/features/health-benefits-of-pets#2](http://www.webmd.com/hypertension-high-blood-pressure/features/health-benefits-of-pets#2).

Benefits of Owning a Pet, www.hopeforpets.org/Benefits%20of%20Owning%20a%20Pet.htm.

Gekas, Alexandra. “10 Health Benefits of Owning a Pet.” Woman's Day, Woman's Day, 23 Jan. 2018, www.womansday.com/life/pet-care/a2352/10-health-benefits-of-owning-a-pet-116238/.

Goodman, Paul. “15 Reasons Not to Own a Dog.” PetHelpful, PetHelpful, 17 Apr. 2017, pethelpful.com/dogs/Reasons-Not-to-Own-a-Dog.

Petcentric. “How Dogs Protect Mankind.” Petcentric by Purina, 16 July 2009, www.petcentric.com/articles/training-and-behavior/how-dogs-protect-mankind/.