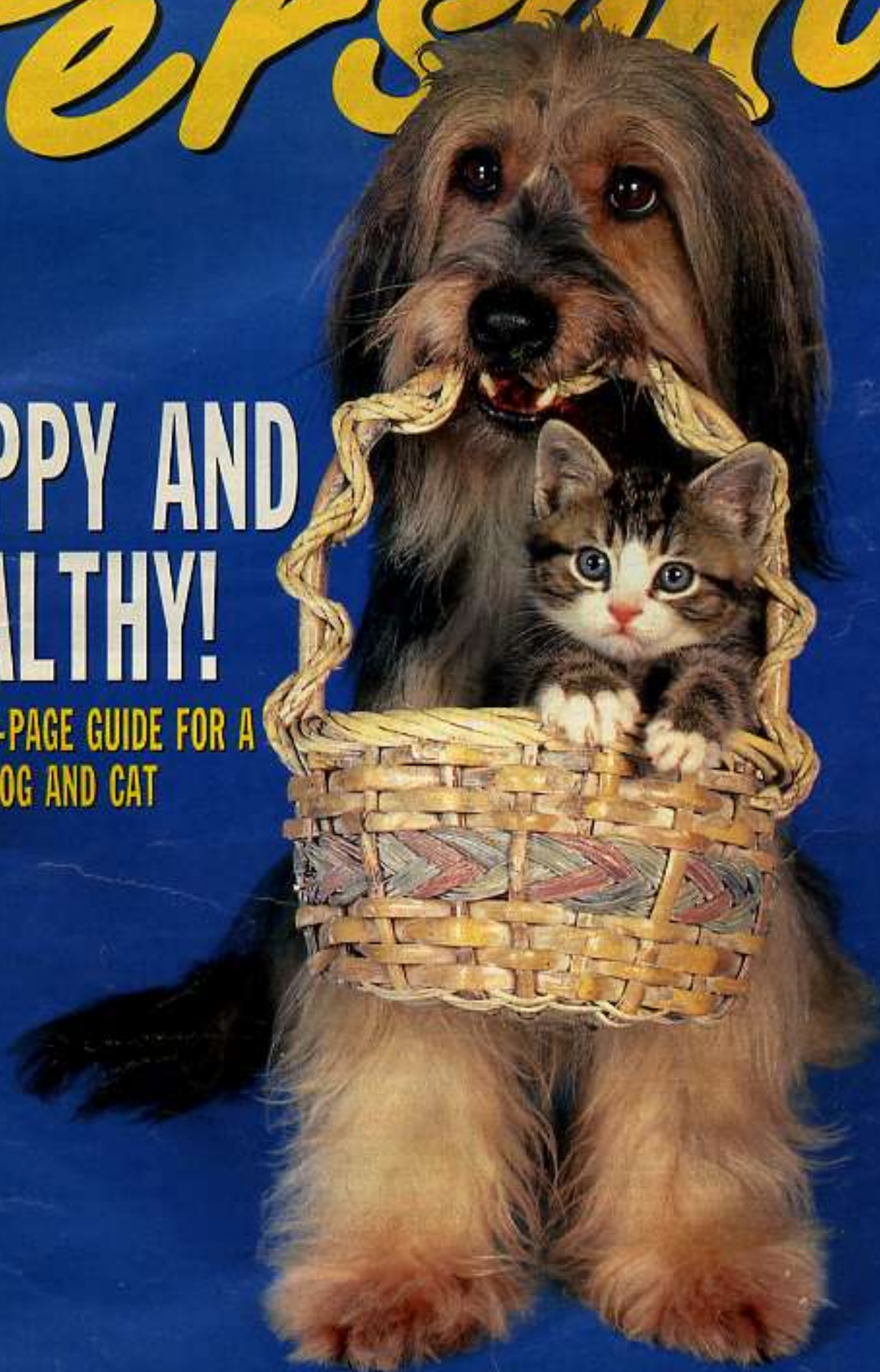


MARCH 9, 1997

Personal

**HAPPY AND
HEALTHY!**

**YOUR 12-PAGE GUIDE FOR A
FITTER DOG AND CAT**



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★ MARCH 9, 1997 ★

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personal address book

Aspects of Love star **MICHAEL BALL** is 34. In 1985 he appeared in *Coronation Street* and in 1992 was the UK's Eurovision contender. He lives in London with Sixties pop presenter Cathy McGowan. Today he shares his address book secrets.

Green and Pleasant, Church Road, Barnes (0181 741 1539): My favourite gift shop. I bought all my Christmas presents here last year and everyone was thrilled with what they got. It's a wonderful place.

Athenaeum Hotel, Piccadilly, London (0171 499 3464): I don't like anything pretentious and I feel completely at ease at this hotel. It's quite posh but at the same time unassuming.

Anthony Yakomine, George Street, London (0171 224 6444): My girlfriend first sent me to him and he gave me the best haircut I've ever had. It's such a relief when you find someone who instinctively knows what sort of style you're after.



COVER PICTURE BY ANDY McCARTNEY
ANIMALS SUPPLIED AND HANDLED BY ANN HEAD

Now I sleep like a baby, thanks to Max



"For the last 20 years getting off to sleep has been a big problem. Now I'm delighted to say I sleep like a baby - and it's all thanks to Max."

Derek Jameson,
TV and Radio Personality

"I'm very impressed. I bought a Max hoping it would put an end to my problems with getting off to sleep. Within just three nights of having it by my bedside I was having no trouble. This little device works."

Mr N P, Company Director,
Kent

"Max gives you peace of mind and it does change your life... in the last few weeks, I would have had at least two bad migraines. I've had no migraines at all... plus I wasn't stressed at all... full of life and energy."

Mrs W Hemmings, Housewife,
mother, and part-time teacher, Surrey
Fantastic, and that goes for all the settings. I do a lot of weight-training and work long hours, and there's no doubt that Max gives me more energy. I've always been a bit of an insomniac. Not any more. Now I sleep fine."

Mr Michael Lee, Waiter,
Merseyside

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The best proof of Max Stress Controller is to try it for yourself. For only £79.95 you could be enjoying Max for the rest of your life. If before 45 days you feel that Max has not helped you we'll give you a complete refund.

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Yes, I am interested in learning more about the Max Stress Controller.
Please send me your full colour leaflet without obligation.

Mr/Mrs/Ms

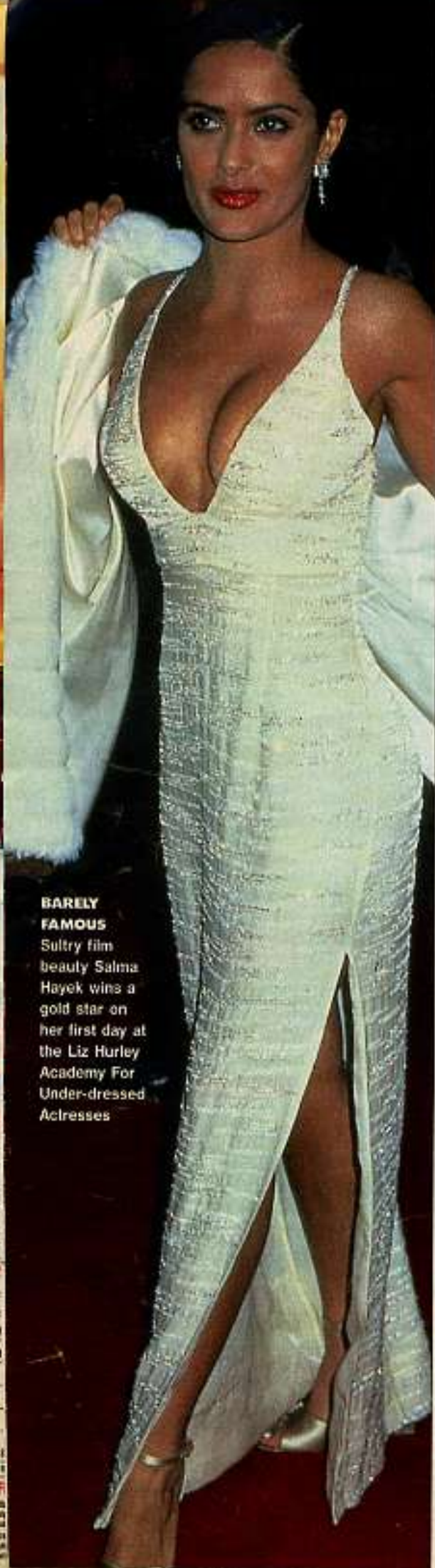
Address

Postcode

Telephone

personal picture

SALMA'S UP FRONT . . . BUT DES HAS AN UNHAPPY LAND



BARELY FAMOUS

Sultry film beauty Salma Hayek wins a gold star on her first day at the Liz Hurley Academy For Under-dressed Actresses



NET LOSS Poor Andre Agassi. The darling of Wimbledon is now Brooke Shields' bald boy



PAUNCHLINE Funnyman Steve Martin uses lots of belly laughs . . . now he's all washed up



IT'S GOOD TO CHOKE Bob Hoskins gives everyone a big break by putting the squeeze on Jim Davidson



HAWANA PARTY Chris thinks he'd make the Channel 4's new boss. But he'd make a real mess

PICTURES BY LONDON FEATURES, REX, TOM WAEGACKI, ALPHA, PAUL COUSANS, PESS ASSOCIATION



FRUITY WOMAN So that's how Julia Roberts keeps her glamour girl looks . . . her own personal fruit salad carrier



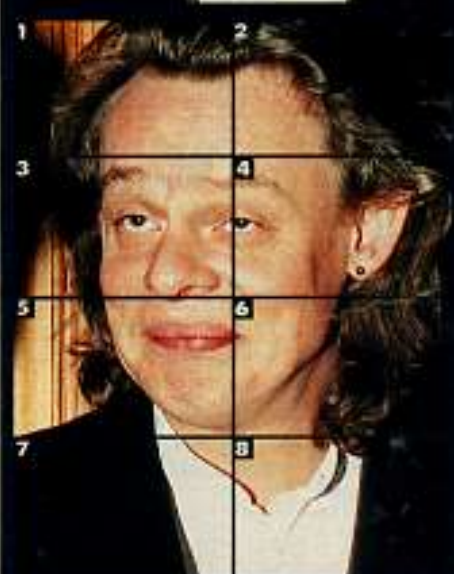
PRINCELY SUM The Artist Formerly Known As Successful estimates the sales figures for his latest triple album



DIVE BAR The Street's Des finds a new way to drop in for a pint at the Rovers . . .

SPOT THE DIFFERENCE

WIN A STEREO VCR!



You could win this stunning new Nicam stereo VCR worth £400 from Hitachi. This state-of-the-art machine has Hitachi's Dynamic Picture Equaliser, a 4-head set-up,



satellite control function and Video Plus programming to deliver superb performance . . . as well as the fastest rewind in the world. For your chance to win dial 0891 525 314.

HOW TO ENTER! There are two differences between our pictures of *Men Behaving Badly* star Martin Clunes. In which boxes are they?

Phone 0891 525 314 and leave your answer, name and address. The winner will be selected at random from all correct entries received by the closing date of Friday, March 14, 1997. Calls should last no longer than two minutes. Calls cost 50p per minute.

ALL YOU HAVE TO DO IS CALL

0891 525 314

Russell Grant's horoscopes

SUNDAY MARCH 9 TO
SATURDAY MARCH 15

ARIES

MAR 21 - APRIL 20

With the Solar Eclipse operating in your house of secrets and sorrows you will embark on a soul-searching time when you sift through worries and fears that have had a detrimental affect on your health, emotions and subconscious of life. You must confront those ghosts and demons. You cannot forever live in the fantasies of your mind as they will feed your paranoia and lead to neuroses which can cause serious psychological damage. Break free and then you can get a life. PHONE 0891 332 501

TAURUS

APRIL 21 - MAY 21

Looking to the future is something you Taurians have become used to since about January of last year. It was then that the Age of Aquarius began and changes started to gather in your life. For some of you they represented storm clouds. For others they were refreshing winds. Today's Solar Eclipse falls in your house of the future, so you are given a further burst of energy which will move you along to pastures new. Don't resist... you'll miss out on so much if you do. PHONE 0891 332 502

GEMINI

MAY 22 - JUNE 21

The manifestation of the Piscean Eclipse coupled with your ruler, Mercury, in a conjunction with the Sun in this same sign gives you the clearest signal yet that you must have a purpose in life and a positive direction. If you already have these things in your sights then these configurations are just what you need. But if you are bereft of ideas as to what path you should take, then the forthcoming period will represent a crisis where you must act... or you could end up going nowhere. PHONE 0891 332 503

CANCER

JUNE 22 - JULY 23

As one of the watery trilogy along with Scorpio and Pisces, and as a child of the Moon, the Solar Eclipse in Pisces will have a profound effect upon you and your life. Over the coming months you will realise that the world is much smaller and more restrictive than you imagined as something inside of you is awakened. The result is a new vision for living which opens your eyes and alters your global view. It's time for adventure - so don't let the tried and familiar hold you back. PHONE 0891 332 504



ASTRO-TAROT
CARD OF THE WEEK
DEVIL (R)

There are so many temptations around it is hard to resist them, but whatever sign you are, it is imperative you are circumspect and think through the consequences. It is much easier to say no now than to stop later.

SAGITTARIUS

NOV 23 - DEC 21

The four signs which make up the mutable quality - of which you are one and Pisces is another - give you the ability to adapt and be flexible. These are qualities you will need more than ever once today's Eclipse takes a hold. It falls in the domestic part of your chart so prepare for a transformation: past history, long-held attachments and sentimental values will go through the miller and leave you realising that if you are to find the future security and stability you desire you can't remain in a time warp. PHONE 0891 332 509

CAPRICORN

DEC 22 - JAN 20

Although the Solar Eclipse is one of the most important events happening, not only this week but in 1997, I must also give space to the Mars/Neptune connection which concerns you greatly, too. This is a time of going back to go forward, to take a good look at yourself, at what you know and how you perceive the world about you. You need to adopt a more imaginative approach to your life. Don't rush your final analysis as it won't be until mid-June that you can act upon it. PHONE 0891 332 510

LEO

JULY 24 - AUG 23

Pisces is a more compatible sign than you might at first realise. You are creative and Pisces is artistic so the two of you rub along together nicely, which is just as well. The Solar Eclipse in the constellation of the Fishes is about to plumb hidden depths. It will release desires and passions you weren't aware of and put you in touch with feelings the like of which you never believed were a part of you. So some people will be rendered redundant if they no longer satisfy you. PHONE 0891 332 505

VIRGO

AUG 24 - SEPT 23

Astrologically your opposite sign is Pisces, so it doesn't take an astro-genius to work out that the Solar Eclipse is going to have a dramatic impact on you. Because it governs your house of relationships it is in this direction you must look for change. Fragile partnerships either split or grow stronger, whereas unattached Virgos could well meet the person they have been searching for. How it affects you depends upon many things, but six months from now you may barely recognise your world. PHONE 0891 332 506

LIBRA

SEPT 24 - OCT 23

You don't have that much in common with Pisces but the Eclipse operating in this watery sign will have much to offer and take away in the areas of health and employment. For instance, if you have been faced with a medical dilemma then you will get the answers you have been waiting for. Professionally, you will know if what you are doing is right or wrong, and if necessary take the appropriate action. More will be revealed at the Libran Eclipse on March 24. PHONE 0891 332 507

SCORPIO

OCT 24 - NOV 22

The enormity of the Eclipse will have to be seen - or felt - to be believed. For you it awakens your heart and that means you will feel sensations, meet someone or do something which releases a love that has been locked inside. Now let's get this straight: love can mean falling in love with a special someone or finding a creative niche which allows you to express skills, talents and potential that have never found true expression. You are about to be overwhelmed by a deep, deep joy. PHONE 0891 332 508

AQUARIUS

JAN 21 - FEB 19

The total Eclipse in your money house tells you to look closely at all things material and financial to do with both you and your personal security. First things first: look at your earning power and then at your budget. Do the two balance? If not, then you must not live beyond your means. And you must not leave cash out on a limb where it is not working for you. Take the advice of advisers who know all the ins and outs of the monetary maze. Prosperity follows the prudent Aquarian. PHONE 0891 332 511

PISCES

FEB 20 - MAR 20

Here comes the big one! The total Eclipse in your own sign will leave no stone unturned in its effort to make you a better and more satisfied person. But for it to work for you then you must work on yourself. To continue living in the same old vein is no longer valid nor feasible. You have to sacrifice, change or eliminate certain aspects of your world - and the folk in it - to reach the state of perfection you seek, if you are unable to make those choices or decisions then fate will intervene. PHONE 0891 332 512

RING RUSSELL'S LINES!

For your detailed WEEKLY FORECAST, call the phone line shown under your star sign and enter your birthday. For a daily personal horoscope, call the DAILY HOROSCOPE on 0891 332010 and enter your birthday. To look into the future, call FUTURESCOPE on 0891 332011, enter your birthday and the date of your special day. For an Astro-Tarot reading, call 0891 222881. Calls cost 50p per minute.

'I tried to put Gaynor off becoming an actress. I said she'd always be unemployed'

KAY ON GAYNOR

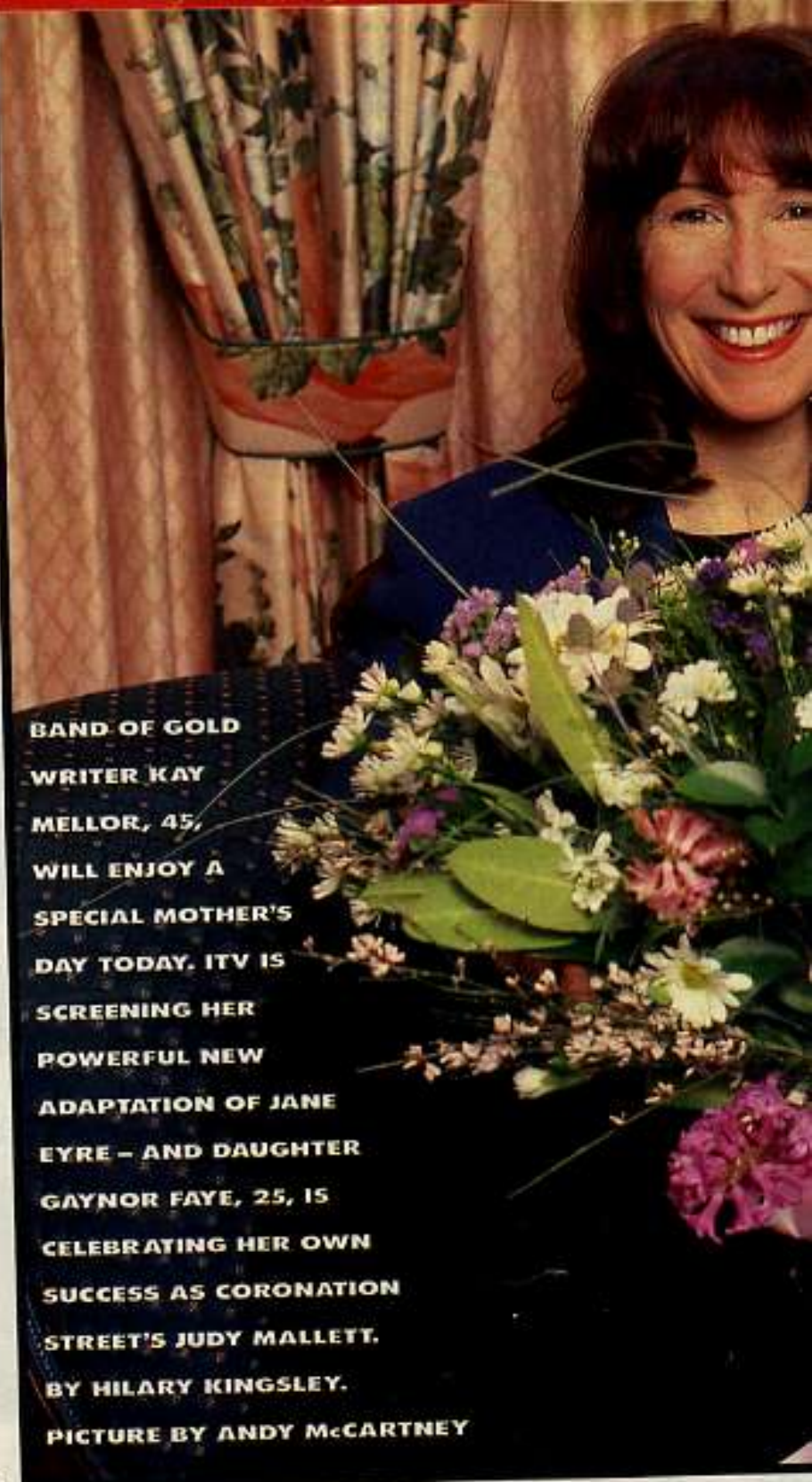
I was 19 and at the Mecca with Anthony, my husband, and between dances I said: "Shall we have another baby?" and he said "Yes" and that was that. Or rather that was Gaynor. These days we'd discuss it for about 10 years and then go into therapy. Then, nothing was complicated. When I was 16 and still thinking about pop records and what lad I could go out with, I'd found myself "with child" - our first daughter Yvonne. I'd promised my mum I'd go to college and she was horrified at first, but the next day she said: "You don't have to get married", which was wonderful of her. So Anthony and I weren't forced into it - we loved each other. But the vicar didn't think it would last and he wouldn't marry us, so we had to go to a register office. We had no money - Anthony was an apprentice motor mechanic - so we moved in with his mother. We slept in his single bed with a cot by the side. We knew nothing about babies. It's a miracle Yvonne grew up. But when I had

Gaynor everything changed and it was a time I loved. We moved to a little house in Horsforth, Leeds, and I re-met an old friend Linda, who also had a little girl. We went to college to learn about child care and that's where I got the taste for education. Gaynor was a good sleeper, unlike Yvonne. But she was so accident prone. She had an eyesight problem and wore a patch over one eye and was forever falling over, breaking a leg, an arm, getting nail varnish in her eye, needing stitches everywhere. One day she was in the garden and Linda, who lived over the road, rang to say: "Your Gaynor's across here with her head in our dog!" I was sure she was wrong. But when I looked, she'd tunneled under the garden gate to get out and was having a close look at Linda's dog's teeth! When the girls began school, I started college to do my O-Levels, A-Levels and a university degree. It was perfect in the sense that I was stimulated and would take them off to theatres and galleries. Anthony's

Goran Hind and Band of Gold's Samantha Morton star in Kay's version of Jane Eyre, on ITV tonight



**BAND OF GOLD
WRITER KAY
MELLOR, 45,
WILL ENJOY A
SPECIAL MOTHER'S
DAY TODAY. ITV IS
SCREENING HER
POWERFUL NEW
ADAPTATION OF JANE
EYRE - AND DAUGHTER
GAYNOR FAYE, 25, IS
CELEBRATING HER OWN
SUCCESS AS CORONATION
STREET'S JUDY MALLETT.
BY HILARY KINGSLEY.
PICTURE BY ANDY McCARTNEY**



parents and my mum all helped. Then in the summer holidays I'd give them a project to research at the library and then knock off a quick play for them about, say, the suffragettes. They'd rehearse with their friends and when it was all ready they'd sell tickets to the neighbours and perform in the garden, serving strawberries and cream in the interval. They'd go to Alton Towers on the proceeds. When Gaynor said she wanted to be an actress, I sat her down and said:

"You're going to be unemployed, you're going to be rejected." When I first saw her act on stage, I was nervous that she'd forget her lines. But at the end, I was so proud. Now I really admire what she's doing in *Coronation Street* because her character is complex. In many ways she's larger than life, like Hilda. But it has to be steeped in the truth and Gaynor makes it true. I would love to write something for her and us both. A mother and daughter performance would be bliss.



'When I told her I'd got the Street part she screamed . . . and dropped the phone'

When mum started working at Granada TV dad decided he'd get into education too. He's the manager of a day centre now. I think I was always going to become an actress. I was a bit of a drama queen, always daydreaming and making up stories, like telling people I lived in a gypsy caravan. Mum encouraged us – my sister Yvonne is also an actress – with the plays she wrote for us to put on in the garden. I can see now it was a good way to keep us occupied and get us out of the house. But we loved doing it. Aaron, my

boyfriend, loves Kay and if we have an argument he always goes round to her place, and she takes his side. The best advice she gave me about being an actress was "grow a skin like a rhino's" and "be persistent, you'll get it if you really want it". I think that's true of anybody doing anything. I admire her writing totally. I knew she had all these great ideas but the way she has taken them out of her head and made them into plays like *A Passionate Woman* and series like *Band Of Gold*, which

make you laugh one minute, cry the next, is marvellous. Considering our family's working class background, I think she's achieved so much. I grew up with memories of the cigarette smoke of other scriptwriters who'd crowd into our dining room to hammer out ideas with her. I hope she gets everything she wants. If that means going to do screenplays in Hollywood, fine. But it's bad enough when she goes to London for two days, we all miss her terribly. I love the gutsy women characters she creates and I think – I hope – I've now reached the stage in my career when I could take a part in something she has written without it looking as though I'd got it on her back. When I got the news that I'd got the role of Judy Mallett mum was the first person I rang. She screamed and dropped the phone and was round at my house in five minutes to whisk me out to a restaurant to celebrate. If she's got the time, she goes through scenes with me and when my screen mum Joyce died recently, she rehearsed with me. We were both in tears, of course. ■

GAYNOR ON KAY

My main memory of mum when I was young is of her coming to pick me up from school in a lilac Hillman Imp. She once turned up with no windscreen. Something had happened and she couldn't afford to have it replaced. She was always brilliant but when she first got into university, I remember her with dead short hair and an old fur coat

from Oxfam. She'd turned into this Bohemian type and all my friends liked her and thought she was trendy. We got used to a kitchen table covered in books and when she got her degree we all went to see her in her cap and gown. She was very liberal with me. She used to let me go out to youth clubs and didn't make a fuss about boyfriends. But when I was about 16, she started watching me very closely, saying that she didn't want me to get pregnant, for history to repeat itself.

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As the loud-mouthed Judy Mallett, Gaynor has become one of *The Street's* most colourful stars

THE *Personal* GUIDE TO A HEALTHY DOG & CAT

TV'S NEW ANIMAL HOSPITAL VET BRINGS YOU
12-PAGES OF TIPS TO KEEP YOUR FAMILY PETS
HEALTHY AND HAPPY.

BY CARAGH MCKAY.

PICTURES BY

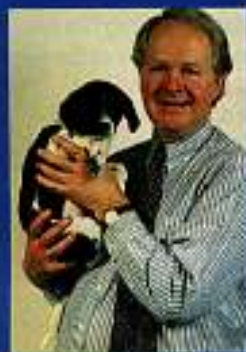
ANDY McCARTNEY

Colin Price is about to become very famous . . . as the vet with Rolf Harris peering over his shoulder every week on TV. Rolf's smash-hit BBC1 series *Animal Hospital* returns for a new run on Thursday, March 20, and this time the spotlight switches to Colin's team of 17 vets at the Hampden Veterinary Hospital in Aylesbury, Buckinghamshire.

"We are delighted to be taking part," says Colin, 52, a former president of the British Small Animal Veterinary Association. He has been at the Hampden for 28 years and has dedicated his life to looking after animals since he left Cambridge University with a first-class honours degree.

"As long as I remember I never dreamed of being anything else," he says. "I love animals and have always wanted to provide the best possible care for them."

Today Colin (right), who lives near Aylesbury with wife Valerie, Millie the dog and Lily the cat, gives *Personal* readers the benefit of his expertise and experience with a 12-page common-sense guide to looking after YOUR dog or cat. ▶



THE
Personal
**GUIDE TO A
HEALTHY
DOG & CAT**

WHAT'S UP DOG

TV VET COLIN PRICE EXPLAINS THE MOST COMMON CANINE PROBLEMS HE SEES IN HIS CONSULTING ROOM . . . AND OFFERS TIPS TO KEEP YOUR PET IN ITS PRIME

TUMMY UPSETS Most people seem to think dogs' stomachs are made of cast iron. But their digestive systems can be highly sensitive to changes in diet and the occasional sausage roll or piece of turkey "just as a treat" all too often results in a very poorly pet and a foul mess to clear up the next morning. The golden rule is that dogs thrive on monotony. So choose a good quality food that suits your dog's tummy and stick with it. If your dog has diarrhoea but is otherwise OK then totally starve him for 24 hours (I really do mean that . . . no solids should pass his lips) but let him drink as much water as he likes. After that, feed him something very light and easily digested such as fish and rice for several days until his tummy is back to normal. But if he is being sick or is in anyway off-colour then you must get professional help from your local veterinary surgeon. Severe gastro-enteritis can be very serious and even life-threatening.

OBESITY At least 30% of dogs are overweight. Very occasionally this is



TOP DOG TIPS

- **Take your puppy to socialisation classes to teach him how to behave with other dogs and with people. They are good fun for both you and your puppy. Classes are held in most areas; your vet should have details of the nearest.**
- **Have a booster vaccination every year. I routinely vaccinate all my patients against seven serious diseases.**
- **Insure against veterinary fees. General anaesthetics, X rays, operations, nursing and hospitalisation can be expensive. With insurance, your bills will be paid and your dog can get the best treatment available. Your vet will advise you about the best policies.**

due to a hormonal problem, but in most cases it is due to over-eating. Many owners indulge their dogs and feel that they are showing their affection by giving them excess amounts of food. All they are doing is destroying the quality of their life as well as shortening it. Obese dogs are dull, sleepy and unhappy. They are likely to develop heart disease, liver conditions and arthritis. These diseases can be fatal, or so painful that your pet will have to be put to sleep. It's possible to put your dog on a weight-reducing diet without professional help, but if you run into difficulties do consult your vet. He will be able to recommend a low-calorie food and give you a target weight to aim for. All you have to do is reduce your dog's calorie intake and ignore his demands for more

food. This is where special diet foods can help because they are formulated to satisfy your pet's hunger while providing as few calories as possible.

If you are already feeding your dog with a good-quality, reputable food all you have to do is feed the recommended amount and no more. Cut out tit-bits, treats, sweets and extras. A simple rule is to always feed him from his bowl and never allow him any food from anywhere else.

ANAL GLANDS Every dog has two anal glands, one either side of his anus. They are scent glands and produce a foul-smelling secretion. Under normal circumstances you will be unaware of them, but if they become over-full or infected they become very itchy. Your dog will drag his bottom along the ground, try very hard to gnaw his anus or be so

irritated that he will run round in circles appearing to chase his tail. There is only one solution. You will have to squeeze the infected material out of the glands by gently pressing just below your dog's anus. You will need to hold tightly on to your pet while the vet does this. It can be unpleasant for all concerned.
COUGHING I always take coughing seriously as a symptom. Sneezing is usually a more trivial symptom and doesn't worry me as much. The common cause of coughing is an infection usually referred to as "kennel cough". It often has nothing to do with kennels and the full name is "infectious tracheo-bronchitis". Affected dogs usually have a severe hacking cough which can be so bad that it keeps everyone awake all night. It can come on so suddenly that owners are convinced that

pet has something stuck in his throat. Prescribed medication usually works rapidly but some outbreaks are more difficult to treat and occasional cases will need treatment for several weeks before they make a full recovery.

The other common causes of coughing are heart disease and pneumonia, which require urgent investigation and treatment by your vet. So you can see why I believe coughing should never be ignored.

EAR PROBLEMS Dogs have much longer ear canals than you and I and they are often very hairy. This makes their ears much more susceptible to infections and explains why otitis (ear disease) is one of the most common problems in my consulting room. Dogs' ear canals provide a nice warm home for a small creature called the ear mite. This is a very small spider which wriggles around breeding and feeding in dogs' ear wax. It is easy to imagine the irritation this causes. Happily there are several safe drugs which kill the mites and rapidly relieve the dog's suffering. Grass seeds (particularly those with long hairs) often work their way into dogs' ear canals. They too cause great irritation and need to be removed by your vet as quickly as possible to prevent



damage to the ear drum. All ear problems rapidly get worse if neglected. Permanent damage to the ear canal can occur very rapidly and be so severe that the only cure is a major operation. The golden rule is to go to your vet sooner rather than later if your dog has an ear problem.

DENTAL PROBLEMS 60% of dogs have something wrong with their teeth. Dogs as young as two years old have tartar on their teeth so why not try brushing them daily? Many people do, and find it easy. Many dogs actually enjoy it. You can use a doggy toothbrush

very like your own but modified to suit the shape of dogs' mouths. Or why not try a finger brush? This fits your finger like a soft thimble and has rubbery projections to brush the teeth. Obviously, if you don't trust your dog enough to put your finger in his mouth this one is best avoided. Toothpaste can be obtained in several flavours... poultry-flavoured is the most popular with my patients. A daily brushing can save your dog major dentistry in later life. It will save him a lot of unnecessary discomfort and you from the unpleasantness of doggy breath.

TOP DOG TIPS

- Buy a good quality dog food. Why take risks with your dog's health to save a few pence?
- Take your dog for an annual health check. All vets like to see their patients at least once a year. Problems caught in the early stages are much easier to solve.
- Don't leave things too long when your dog is ill. Take him to his vet straight away. Delay will increase his suffering, give the disease time to progress and waste valuable time for treatment.
- Look after your dog in his old age. We used to multiply a dog's age by seven to convert it to human years but most of us now multiply by only five. Dogs should have a good quality of life until they reach 15 or 16. So if you have an old dog, give him a food designed for geriatrics, don't let him get fat, continue his exercise, brush his teeth and if he has a problem let the vet sort it out.

Doggy do's and doggy don'ts.

Some basic rules of house training.

Funny animals, we humans. We expect to teach young pups our way of thinking, yet we understand so little of theirs. Maybe we need a little training of our own.

Carpet care.

For instance, when the inevitable happens, please don't scold. Be patient. Puppies instinctively don't like fouling their own homes, so they'll already feel bad enough. As with any training, give lots of praise when they do it right.

If you really want to see a happy young pup, the real way to any dog's heart is through his

stomach. So you may be relieved to hear about Beta Puppy.

Replacing mothers' milk.

Just like the mothers' milk it replaces, Beta Puppy contains all the nutrients, oils, calcium and energy a growing dog needs. It is ideal for all puppies for their first six months. But that doesn't mean you have to give up all the good work then. Beta has a whole range of complete dog foods to suit every dog's age and lifestyle. For further advice and information call the Beta Petcare Advice Service Freephone 0800 738 2273. Or better still, post this coupon today to receive

a free sample of the Beta Complete dog food of your choice and a copy of our information leaflet.

Because if dogs are supposed to be our best friends it's the perfect time to start being theirs.

FREE SAMPLE PACK

To the Beta Petcare Advice Service, PO Box 133, Uckfield X, East Sussex TN22 1PX. Please send me information on the Beta Range and a sample pack as indicated.

(tick one box only) Puppy Junior Recipe Pet Field Champion

Name _____

Address _____

Postcode _____

How many dogs do you have? _____

Size(s) Small _____ Medium _____ Large _____

Approximate age(s) _____

Do you have a cat? yes/no

Please tick box if you wish your name and address to be excluded from our mailing list.

BETA
Petfoods
FOOD FOR LIFE



As a specialist range, Beta is only available from specialist outlets that offer expert advice such as good pet shops, vets and country stores.

THE Personal GUIDE TO A HEALTHY DOG & CAT



THE GOOD DOG GUIDE

BIG OR SMALL, PEDIGREE OR MONGREL, MALE OR FEMALE? VET COLIN PRICE HELPS YOU DECIDE WHICH DOG IS THE BEST FOR YOU AND YOUR FAMILY

MONGREL OR PEDIGREE? You will not be able to predict the temperament of a mongrel puppy and will have to guess how large it will be when fully grown. However, a pedigree dog is much more likely to suffer from inherited diseases and will cost you anywhere between £200 and £500 (more for rarer breeds). A mongrel is usually free, but if you get it through a rescue society you will be expected to make a donation.

LARGE OR SMALL? Big dogs can be a problem in small homes. So it's important that you choose a dog of appropriate size or the stress will spoil your relationship with him.

LONG OR SHORT HAIR? Shelties and bearded collies are

lovely but daily grooming is very time consuming. Long, thick coats get much dirtier so you will spend a lot of time bathing your dog, too.

PET OR PROTECTOR? On the right I have listed my favourite breeds, all of which I regard as pets. If you need a protector, do think long and hard about the consequences of keeping a guard breed as a pet.

MALE OR FEMALE? Bitches come into season every six months. This can be messy and inconvenient. Most people have bitches neutered and this is much more expensive than neutering a male dog. But bitches tend to have a more gentle temperament than males and are much less likely to be dominant.

MY FAVOURITE BREEDS VERY SMALL BREEDS

Border terrier, Norwich terrier and Norfolk terrier Good natured dogs which get on well with other animals, adults and children.

Cairn terrier and West Highland terrier Happy temperament and energetic. Strong willed, so early training is necessary.

Cavalier King Charles spaniel Very affectionate and rarely dominant. Responsive to training.

Miniature poodle Affectionate, intelligent, easy to train. Needs lots of grooming unless coat is clipped short. Good pet for the elderly.

Shetland sheepdog (Sheltie) Intelligent, faithful and trainable. May be wary of strangers. Good family pet.

MEDIUM SIZED BREEDS

Cocker spaniel Mixed-coloured dogs have a better temperament than solid-coloured. Early training is advised. Usually good with children.

Springer spaniel Very lively, so not well suited to a small home. Needs early training plus lots of attention and exercise. The Welsh springer is calmer than his English relative.

Boxer Very boisterous. Affectionate and good with children. Firm training essential. Needs time and energy.

LARGE BREEDS

Bernese mountain dog Very trainable, affectionate and docile. Usually good with other dogs.

HOW TO BEAT FLEAS

Fleas are very common on pet dogs and can be a real problem. They breed rapidly and enormous numbers can build up very quickly. They will drive you and your dog mad unless you do something about them. Many dogs (about one in three) become allergic to fleas after being bitten a few times. In these dogs every single bite produces a large, itchy sore. They spend their whole lives scratching and nibbling at their irritated skin and develop large, bald areas of dermatitis. Fleas can easily be eradicated - but first you have to know your enemy. So here are a few basic facts about fleas:

Most of the fleas found on dogs are actually cat fleas. If you have a cat as well it is almost certainly the source of the problem and any attempt to get rid of the dog's fleas without treating the cat will inevitably fail.

Dogs very rarely get fleas from hedgehogs, rabbits or squirrels, so please don't blame wildlife for your dog's problem. And he is very unlikely to have caught the fleas in your garden or out on a walk... he is almost certain to have caught them inside your home because fleas live and breed in your carpets, sofas and armchairs.

The golden rule is to treat all dogs and cats - as well as the house - if you want to get rid of fleas. Your vet is the best person to advise you on the right treatment. This can depend on the size of your house, how many pets you have, allergies and many other factors.



THE
Personal
**GUIDE TO A
HEALTHY
DOG & CAT**

KEEP YOUR PET HEALTHY

THE SECRET OF KEEPING PETS FIT AND WELL IS TO TAKE CARE OF THEM

TODAY THE EDITOR OF ALL ABOUT CATS AND ALL ABOUT DOGS, CATS



CATS AND DOGS

CATS ONLY

SPRING

Check your pet's diet. Cats are better at regulating their own food intake than dogs and owners are less likely to feed them snacks. If your pet is too podgy, check whether your local vet runs a weight-loss clinic. Give your pet the equivalent of an MOT. The vet should be able to spot any long-term health problems as they occur. You should also regularly check your pet's coat, skin, eyes, ears, mouth and paws. Book a reliable pet-sitter, kennel or cattery in plenty of time for your summer holiday. Watch out for Worm Awareness Week in May. Worm your pet regularly.

Cats need annual booster vaccinations (cat flu and feline enteritis (all given in injection). Many owners also inoculate their pets annually against the feline leukemia virus. Cats aren't usually very keen on having their teeth cleaned. If yours won't stand up to the vet for a scale and polish, this requires a general anaesthetic, which is much better ... and cheaper.

SUMMER

As your pet sheds his winter coat and "puts on" his summer one, groom him regularly to remove all the loose hairs. Pets should always have fresh drinking water available, but it is more important to keep checking it in summer. Not only do they drink more, but the water evaporates more quickly. Make sure your pet has somewhere out of the sun to retreat to. Pale-coloured pets are more at risk from skin cancer (particularly on their noses, which have no fur, and their ears where the fur is sparse). In very hot weather apply an unscented, hypoallergenic sun block to ears and noses.

Cats will attempt to groom winter hair out themselves, so watch out for furballs. If they vomit ... sometimes in the most inconvenient places.

AUTUMN

Dog and cat claws can become overgrown - especially if they aren't getting out much because of the weather. Use special pet clippers - not human nail scissors - and trim them. Make sure you don't cut the vein that runs down the nail - if you're not confident the first time you cut them, ask one of the staff at your vet's surgery to show you how.

Cats tend to catch more rodents in autumn and, if they eat them, they're at risk from parasites. Although they're wormed all year round - every three weeks - vets say autumn is the peak time for flea infestations.

WINTER

Make sure your pet's bed is warm, dry and away from draughts. This is particularly important for elderly pets. On Guy Fawkes night make sure your pet stays inside, away from bonfires and fireworks. When locking up sheds and outhouses for the winter, take care not to shut in any pets. Fleas are traditionally a summer problem, but with central-heating it can be flea-time all year. Prevention is better than cure. There are a variety of products on the market. Most need to be used every four to six weeks. Most fleas live not on the dog or cat but in its environment. So you will also need to treat your home.

Cats and dogs have their thickest coats in winter, so grooming is particularly important. Long-haired cats are incapable of grooming themselves all the grooming they need help from their owners. If they don't groom them daily, they swallow large amounts of hair in their attempt to do so, then vomit up lots of furballs (all cats do this from time to time but it can be particularly serious with long-haired breeds). In bad weather cats try to stay dry if possible, but if they get caught in the rain, towel-dry them very gently. Then put them in a warm room to prevent them getting chilled.

HEALTHY ALL YEAR ROUND

ALL YEAR ROUND AND NOT JUST WHEN THEY'RE FEELING POORLY.

MORRIS, TAKES OWNERS THROUGH A SEASONAL GUIDE TO PET CARE.

DOGS ONLY

Dogs need annual boosters against distemper, hepatitis, leptospirosis and parvo (all in one injection).
Start a tooth-care programme – dogs are usually more amenable to teeth-cleaning than cats. Special toothpastes and toothbrushes are available.

If you have a particularly hairy dog, consider having him clipped to keep him cool in the summer months.

After walks, check his coat for burrs, his paws for cuts, stones and grass seeds (which can lodge between the pads and work their way under the skin). If your dog plays on the beach, watch out for oil on his coat.

Never leave your dog in a parked car, even with the window open.

It is even more important to check your dog's coat for burrs and thorns in autumn. Make it a regular part of your pet-care routine.

Long-haired dogs need particular grooming – see the entry for cats.

You may need to bathe your dog more often, as they tend to get muddy when out walking.

If your dog gets very wet make sure you dry him straight away to prevent chills. Towel dry him and – if it doesn't frighten him – use a hair dryer held at least 12 inches away.



SPILLERS PETCARE SERVICE



If you require any further advice or information on caring for your pet simply call the Spillers Petcare Service, free on **0800 738 2273** (if you have an alpha/numeric phone just remember to dial **0800 PetCare**), Monday to Friday, 9.00am - 5.00pm. Our trained advisors will be happy to answer any questions you may have regarding the care of your dog or cat.

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TV'S NEW ANIMAL HOSPITAL VET COLIN PRICE EXPLAINS HOW TO DEAL WITH THE MOST COMMON CAT PROBLEMS HE ENCOUNTERS IN HIS DAILY SURGERIES



CAT FLU Badly affected cats cough, sneeze and have weeping eyes. They look miserable and eat nothing for days. Cat flu is very infectious from cat to cat, but doesn't spread to people or dogs. It can be a very difficult disease to treat and some cats don't recover. Those that do are often left with a permanent cough or some other problem such as bronchitis or sinusitis. Fortunately there are several very good vaccines available, so make sure your cat is

vaccinated every year.



FLEAS They breed very rapidly and in enormous numbers. They will drive you and your cat mad unless you do something about them quickly.

As many as one cat in three will become allergic to fleas, with every single bite producing large itchy sores. They will then spend their whole lives scratching and nibbling at their irritated skin and develop large, bald, scurfy areas of dermatitis.

Fleas live and breed in your carpets and armchairs, so the golden rule is to treat your house as well as all the cats and dogs in your home.

A huge range of sprays and tablets is available... your vet can advise you which is the best for you.



ROAD ACCIDENTS Most cats are streetwise by the time they are two, and it's unusual for older pets to be injured unless they have been chased or have lost their bearings after moving house. Neutering will reduce a cat's inclination to roam and, obviously, keeping him in at night will also reduce the risk of him becoming a road casualty.

Injured cats are often brought into my veterinary hospital by strangers, but if they have no collar we have no way of tracing the owner. So if you should ever lose your cat, don't forget to check at the local veterinary surgery.



BITES Cats fight to protect their territory and bite wounds invariably

become infected, leading to abscesses. These can be large and painful, and they discharge a foul-smelling pus. Fortunately, these infections are very easily dealt with by antibiotics. As long as your cat gets treatment in time, he is likely to make a full recovery. By far the worst fighters are tom cats that have not been neutered. They terrorise their neighbourhood and cause a great deal of distress to the other cats in the area. In my opinion it is irresponsible not to have your tom cat neutered. He will not only be responsible for most of the fights in the neighbourhood but will also father most of the unwanted kittens.

FELINE LEUKAEMIA A horrible disease which makes cats weak, miserable and susceptible to other infections. There is absolutely no treatment and victims always die. It's also very infectious... a few years ago one in ten cats I saw at my surgery in Aylesbury had leukaemia. Just as it looked as though the infection was going to get out of hand, a new vaccine was introduced and it

stopped the infection in its tracks. Whatever you do, make sure your cat is protected.

DENTAL PROBLEMS Three out of five cats have something wrong with their teeth. Cats as young as two have problems with tartar on their teeth so why don't you try brushing your cat's teeth daily?

You can use a mogy toothbrush very like your own, but modified to suit the shape of cats' mouths.

There are also brushes which fit your finger like a soft thimble and have rubbery bristles to brush the teeth. But this one is best avoided you don't trust your cat enough to put your finger in his mouth. There's also a range of special toothpastes. As with dog toothpaste, poultry flavour is a firm favourite. You can also cut down on the chance of decay by using dried, rather than soft canned food.

OBESITY Most cats need only two ounces of food a day. This doesn't look like very much, so we all give our cats far too much more.

Overweight cats are now as common as overweight people. Every day I see cats that weigh twice as much as they should! If your cat is seriously overweight you must take him to your vet because a crash diet could cause very unpleasant liver disease.

The best solution is prevention rather than cure... so cut back on your pet's food before he gets too large.

EAR MITES Cats' ear canals provide a nice warm home for a small creature called the ear mite. This is a very small spider which breeds and feeds in the ear wax. Sometimes the ears are irritated much that if you just touch the side of his face he will be unable to control his back leg and he will scratch away furiously at the ear. Happily, there are several safe drugs which kill the mites and will rapidly relieve your cat's suffering.

TOP CAT TIP

Have your cat neutered. This should be done at six months of age. Thousands and thousands of unwanted kittens are born every year and have to be destroyed because homes cannot be found for them. It is irresponsible to allow your cat to have kittens unless you can guarantee to find homes for them. Male cats can father hundreds of unwanted kittens if they are not neutered. There are other benefits as well. Neutered cats are much less likely to fight and need treatment for bite wounds. They are also far less likely to roam and be involved in a road accident. All vets keep the cost of neutering down so that it can be afforded by everyone. So there is NO excuse.

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LEFT: Apple green checked suit with sleeveless dress and box jacket, Style AE 5145, £59.99

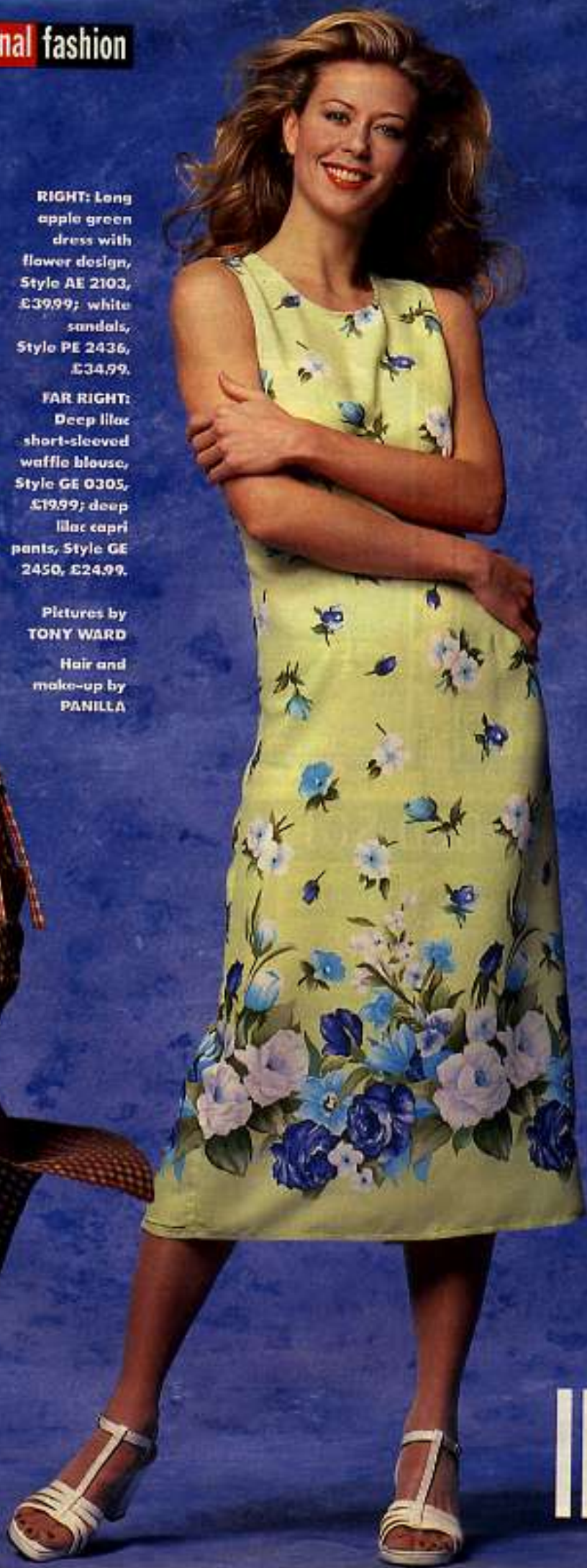
RIGHT: Orange cable sleeveless sweater, Style GE 5740, £21.99; copper checked wrap skirt, Style GE 2442, £19.99.

RIGHT: Long apple green dress with flower design, Style AE 2103, £39.99; white sandals, Style PE 2436, £34.99.

FAR RIGHT: Deep lilac short-sleeved waffle blouse, Style GE 0305, £19.99; deep lilac capri pants, Style GE 2450, £24.99.

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