

Origin of dogs and their role in human life

[Environment](#), [Animals](#)



The scientific name of a dog is *Canis lupus familiaris*. Originally dogs are a breed of wolves; they are considered the first animal ever to be domesticated by humans. For as long as anyone can remember dogs have been apart of families as household pets. Dog owners know that their furry companions offer unparalleled companionship. It is no coincidence that people feel better when they are around their pets. Dogs really do deserve the term a “ man’s best friend”, because they are loyal, friendly companions and are also known to improve physical and mental health. Dogs have been proven to be very useful for mankind for many years. Dogs love to be around humans as much as humans love to be around dogs, which is why they are our loyal, friendly companions. Dogs have the ability to bring out happiness from their owners, and hospital patients, and are social magnets for those with disabilities.

Despite their sometimes frenetic nature, dogs have a particular serenity about them. Dogs will sit with you on the couch, follow you into the kitchen, sleep with you at night and serve as your co-pilot on rides. Dogs provide people with a sense of emotional wellbeing thanks to the unconditional love they give. This is why dogs provide great company and comfort to their owners. Caring for your loyal companions can help deliver a sense of fulfillment and purpose while lessening feelings of loneliness and isolation. While dogs are unable to understand many of the words people use, they are able to understand human body language and the tone in people’s voices. Dogs are able to help their owners become calmer, more mindful, and more present in their lives. Anyone lucky enough to love a dog can tell you about their profound ability to not only sympathize but to help heal. Often time’s

dogs are able to sense when someone is feeling upset and insecure. Without doing anything but simply being with their owners in a time of need dogs are able to make their owners feel happier and more secure.

There is no coincidence that dogs are brought to hospitals and rehabilitation centers to make people feel better, physically and spiritually. The optimism and happiness that therapy dogs provide to hospital patients cannot be measured by a doctor's instrument or recorded on a patient's chart. For years therapy dogs have been able to help normalize scary hospital situations by cheering up patients and inspiring them to face their challenges during their hospital stay. Hospitals have found that therapy dogs are prominent morale boosters for patients; which is why doctors, nurses and patients love having dogs visit. Dogs are also social magnets they are great at helping their owners connect with others. While walking down the street with your furry companion there is more comfort for those around you to stop, pet your dog, and having a conversation with you. Individuals who use wheelchairs have also found that people make eye contact with them more often to ask if they can be of help when they are with their dogs. Dogs love to please their owners, and their friendly attitude goes a long way in helping our furry companions succeed.

Generally dog owners live a life full of physical and mental health. Animal companionship helps lower a person's blood pressure and cholesterol levels. Dog walking, pet grooming and even petting your dog provides an increased physical activity. This activity strengthens human hearts and improves blood circulation. Many people recover faster from illness and even have higher

survival rates after heart attack if they have a dog. It is well known that relaxed and happy people do not become ill as often as those who suffer from stress and depression. Petting your dog can help people feel more relaxed and cut down on levels of stress. Owning a dog can also help direct, treat, and manage a variety of illnesses and debilitations. Some dogs have been trained to sniff out skin, kidney, bladder, and prostate cancer, among other diseases. Also service dogs are known to benefit people with everything from traumatic brain injury to autism and rheumatoid arthritis, by increasing mobility and independence. Dogs are also able to treat Alzheimer's patients because their dogs' companionship helps reduce emotional flare-ups and aggression.

Dogs, especially puppies, are very active animals and always want attention from their owners. This is why there is no surprise that dogs are very helpful in keeping their owners active. After all, dogs are more likely to beg for a walk or a game of fetch than any other household animal. Dogs are also very beneficial to children's health in many ways. Dogs are very successful in helping with children's immune systems. Families who have pets are less likely to have allergies and asthma. Babies with dogs also have fewer colds and infections within their first year of being born than those who are not raised with dogs. Children who are raised with dogs can also be more physically active and fit. Children with dogs are spending more time doing moderate to vigorous physical activity as opposed to children without dogs. To put it simply dogs are not just good friends, they are good medicine. Furthermore, a dog's serene nature provides a sense of emotional wellbeing, as well as love and friendship to their companions.

Dogs are able to bring happiness and joy to their owners, hospital patients, and anyone walking down the street. Also dogs promote their owners to become more physically active and healthier by taking care of them on a day to day basis. As well as helping children grow up with healthy immune systems and staying physically healthy through exercise. Dogs are our loyal and friendly companions, and also improve mental health, which is why they really do deserve the term “ a man’s best friend”. Dogs are wonderful motivators for getting moving, and are not just means to a healthier end. It is likely that dog owners will be richly rewarded with one of the most satisfying, loving, and active relationships ever experienced.