house such as an overturned feed-tub or a pile of pillows can be used successfully.

Ideally the dog would receive each conditioning component two to three times a week, with at least one day off for each component. Often the activities overlap categories. If a dog cannot sit squarely, it could be a physical issue or it could be a training issue. Some times there is a joint restriction. Other times the dog needs to become more flexible. Some times it is a cruciate ligament issue. Physical therapy may prove to be very useful.

Join us September 14–21 in St. Charles, Illinois, and nearby cities, for our the breed's national specialty. Details can be found at http://www.pwccnational.com.
—Lynda McKeen, TiffynLDM@aol.com
Pembroke Welsh Corgi Club of America

Pulik
KEEPING YOUR DOG COOL IN SUMMERTIME

I am often asked how a Puli handles the heat and humidity of Houston summers, and I say, “Great! They like the air-conditioned house and car …” All kidding aside, hot temperatures can seriously harm or even kill your dog.

Let’s quickly review some basic dog anatomy. Normal body temperature for a dog ranges from 100.5 to 102.5 degrees Fahrenheit. Unlike humans, dogs have very few sweat glands, with most of them located in the footpads. The main way in which dogs regulate their body temperature is by panting, which helps to cool the dog in two ways:

Moisture on the tongue evaporates while panting, while the heavy breathing allows moisture to evaporate from the moist lining of their lungs. Furthermore, dogs cool off via vasodilation, which means that blood vessels in their face and ears expand, enabling the blood to flow closer to the skin, allowing heat to be dissipated (this is more obvious in humans, with the face turning red).

The Puli is a double-coated breed. The purpose of the undercoat is to keep them cooler in summer and warm in winter. The top coat with the tougher guard hairs protect the dog from the sun’s rays and insect bites. While the Puli coat acts as an insulator against heat, color and coat texture of your Puli are important considerations for heat tolerance. While intuitively, we understand that black color becomes hot in direct sunlight, we would then assume that a white Puli would be cooler during the summer than the black. However, this is not the case, since the white Puli has a more cottony coat texture, and it actually gets hotter more quickly than the woolly-textured black-
coated Puli. You can trim/shorten the coat of your Puli, but completely shaving to the skin is not recommended, since the protective properties of the coat are then removed. Many Puli owners will cut hair from the groin and belly area on the Puli to not only keep the Puli clean, but also to help keep that part of the body cool. A corded Puli also has a built-in cooling mechanism—when it twirls its body and spins its cords, the cords become a sort of self-fanning device.

How do you know when your dog is too hot? Watch for:
- Heavy panting
- Dry or pale gums (reflecting dehydration and heat exhaustion) or even bright-red gums (reflecting heatstroke).
- Increased drooling
- Deep and rapid breathing
- Fatigue, weakness, dizziness, or listlessness.

Heat exhaustion can usually be reversed before heatstroke occurs. Heat strokes are very dangerous, as they can cause brain damage and even death. If you suspect your pet is suffering from heat exhaustion or heatstroke, call your vet immediately. A dog will usually survive heat exhaustion if tended to. Heatstroke requires immediate IV fluids and medical treatment and most likely will result in death if the dog is not tended to by a veterinarian. Plunging the dog in a tepid-water bath is the most effective immediate treatment for either heat exhaustion or heatstroke, and then getting the dog as soon as possible to a veterinarian for care. The dog’s temperature should be taken continuously during water bath/spraying/vet treatment and stopped as soon as temperature nears about 103.5 degrees F, because if the body temperature keeps falling, it can actually get too low. Isopropyl alcohol (that is, rubbing alcohol) can be put on footpads to cool the dog down during heat exhaustion, because it evaporates heat quickly, but please note: Do not use the rubbing alcohol if the footpads are burned.

What should you do to help your dog(s) during hot times of the year?
- Provide plenty of fresh drinking water to cool down during warm weather.
- Stay in the shade when you are outdoors.
- Put cloths soaked in cool water around their paws, in their armpits, groin, and on the head and neck. If your dog is in a heat stroke situation, definitely do not use ice or chilled water since it can constrict the vessels too quickly and make it harder for the dog to naturally cool itself. You can also fill a spray bottle with cold water to spritz on the paw pads to help the dog cool down.
- Wrap frozen bottles of water in a towel can be kept in a crate with your dog and serve the dual purpose of cooling the dog and then later providing extra water.
- Run fans. There are a number of battery-operated fan options these days if an electric outlet will not be available.
- Avoid overexerting your canine friend. Minimize exercising your dog or walking it around in very hot weather and pick cooler times of the day. Dogs sometimes don’t know their limits. You are the one in charge - it is your responsibility to watch for signs of overheating.
- Avoid walking in areas that augment heat in hot weather. Concreted or asphalt paved paths can get pretty hot in hot weather and so can beach sand. These surfaces can easily burn the pads of your dog’s feet. If it’s too hot for you to walk on barefoot, it’s far too hot for your dog. Take your summertime walks in a grassy park or, in the least, direct your dog to walk on the grass next to the sidewalk.
- A dog working outdoors (for example, herding) should have a pool or trough of water available to him, so that he can either jump in (or be placed in) the body of water to cool down.
- Never leave your dog alone in a parked car during hot weather with no AC running, no matter how short the time you will be away. Remote starts or bringing a second set of keys to lock your running car are two options for keeping cool air moving in the vehicle. Nowadays, there are special devices with smartphone apps that can allow you to monitor the temperature in your vehicle and be alerted to changes in temperature.
- There are several commercially available products designed to cool off your dog, which can be explored. These include lightweight mesh coats that are soaked in cool water and put on the dog, or self-cooling gel mats that absorb the heat from the dog lying on it. A helpful hint for using the gel mats is to get one half the size of the crate so that when the mat becomes too warm, the dog can move off it, so the mat can recharge itself. Additionally, a gel mat should not be left in the crate of a hot car.

Enjoy your summer, and hopefully these tips will help to keep your dog safe from summer heat.

I thank Tania Fertl, LVT, who provided medical information, and Pam Ersling for reviewing Puli details in this column.

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Puli Club of America

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**Spanish Water Dogs**

**GUARDIANS OF THE BREED STANDARD**

Another Spanish Water Dog fancier recently brought a particular dog’s (also a Spanish Water Dog) AKC Information Page to my attention. Included in this dog’s details are very distinguished prefix titles indicative of a highly successful conformation career. Opposite the dog’s name and those titles is the