

## 人類與動物之間的密切關係

以下的網頁及文章序述了人類與動物之間的密切關係和治養寵物的好處：

### CHINESE ARTICLES (中文文章):

#### 早安健康 news:

*10大益處！養寵物讓你身心更健康*

<http://news.everydayhealth.com.tw/2014/05/10/4535-10-%E5%A4%A7%E5%A5%BD%E8%99%95%EF%BC%8C%E9%A4%8A%E5%AF%B5%E7%89%A9%E8%83%BD%E8%AE%93%E4%BD%A0%E6%9B%B4%E5%81%A5%E5%BA%B7%EF%BC%81>

#### 新浪網全球新聞:

*養狗對健康的 12 大好處*

<http://dailynews.sina.com/bg/news/heh/sinacn/20140219/15285474571.html>

#### 明醫網:

*養寵物孩子患哮喘機會低*

<http://www.mingpaocanada.com/healthnet/content.php?artid=3202>

#### 健康 Works:

*飲食健康★養寵物好處多多！！研究：從小養寵物，寶寶不易罹患哮喘...*

<http://www.bcwebworks.com/display/information/%E9%A4%8A%E5%AF%B5%E7%89%A9%E5%A5%BD%E8%99%95%E5%A4%9A%E5%A4%9A%EF%BC%81%EF%BC%81%E7%A0%94%E7%A9%B6%EF%BC%9A%E5%BE%9E%E5%B0%8F%E9%A4%8A%E5%AF%B5%E7%89%A9%EF%BC%8C%E5%AF%B6%E5%AF%B6%E4%B8%8D%E6%98%93%E7%BD%B9%E6%82%A3%E5%93%AE%E5%96%98...%EF%BC%88%E5%BF%AB%E9%BB%9E%E8%BD%89%E7%99%BC%E5%87%BA%E5%8E%BB%EF%BC%89/89141>

## 東方健康:

老人養寵物狗好處多多

<http://61.129.65.8:82/gate/big5/tj.eastday.com/eastday/health/node29984/userobject1ai2142132.html>

## 香港大學及香港動物治療基金會合辦:

「觸動計劃－動物治療網絡」成效研究報告(中文版本) [按此閱覽全文](#)

「重拾動力－動物治療學師計劃」動物治療經驗分享集及成效研究報告(中文及英文版本) [按此閱覽全文](#)

## **ENGLISH ARTICLES (英文文章):**

### **Royal Society of Prevention of Cruelty to Animals (RSPCA) Australia:**

#### **皇家防止虐待動物協會 (澳洲):**

*What are the benefits of pet ownership?*

飼養寵物有什麼好處?

[http://kb.rspca.org.au/what-are-the-health-benefits-of-pet-ownership\\_408.html](http://kb.rspca.org.au/what-are-the-health-benefits-of-pet-ownership_408.html)

### **US National Library of Medicine, National Institutes of Health (PubMed.gov):**

#### **美國國家醫學圖書館，美國國立衛生研究院:**

*Beneficial effects of pet ownership on some aspects of human health and behavior*

飼養寵物為人類健康及行為方面所帶來之正面影響

<http://www.ncbi.nlm.nih.gov/pubmed/1774745>

### **Pet Partners:**

#### **寵物伙伴:**

*Benefits of the human-animal bond*

人類與動物關係密切所帶來的好處

<https://petpartners.org/learn/benefits-human-animal-bond/?pid=315>

**HelpGuide.org:**

*The health benefits of dogs and cats*

貓狗帶給你的健康

<http://www.helpguide.org/articles/emotional-health/the-health-benefits-of-pets.htm>

**Animal Planet:**

**動物星球:**

*Top 5 health benefits of owning a pet*

飼養寵物的 5 大益處

<http://www.animalplanet.com/pets/benefits-of-pets/>

**Health.com**

*12 Ways Pets Improve Your Health*

寵物助你改善健康的 12 種方法

[http://www.health.com/health/gallery/0,,20810305\\_2,00.html](http://www.health.com/health/gallery/0,,20810305_2,00.html)

**Centers for Disease Control and Prevention (CDC):**

**美國疾病控制和預防中心:**

*Healthy pets, healthy people*

健康寵物 健康人生

<http://www.cdc.gov/healthypets/health-benefits/>

**News in Health:**

**健康新聞:**

*Can pets help you keep healthy?*

寵物能否有助於你的健康?

<https://newsinhealth.nih.gov/2009/february/feature1.htm>

**Huffington.post.com:**

*13 reasons why a dog will make your life so much better*

13 個原因解釋狗狗為何能帶給你更美滿的人生

[http://www.huffingtonpost.com/2014/02/03/dog-health-benefits\\_n\\_4683351.html](http://www.huffingtonpost.com/2014/02/03/dog-health-benefits_n_4683351.html)

**BBC News:**

**BBC 新聞:**

*Pet dogs may “help children avoid asthma”*

寵物犬或有助孩童避免患上哮喘

<http://www.bbc.com/news/health-34697408>