

Eye (and tails) of the hurricane. Winds roared, doors banged. Electricity, water and phones were cut off. As "Hurricane Woof" howled outside, dogs, cats and about 50 people safely rode out the "storm" – a very realistic drill – in a West Palm Beach, Florida, shelter. This marked the first time that people in the area were able to take their pets with them to a hurricane shelter. The animals, all cats and dogs who had been vaccinated and tagged, were secured in crates during the drill.



High-tech voyage. This voyage to the bottom of the sea is virtually the real thing. A high-tech exhibit will offer visitors live undersea audio and video images of unusual animals and environs deep in Monterey Bay, in a joint effort of The Tech Museum and Monterey Bay Aquarium. "This is a great way to use technology to carry marine science education beyond our walls," said an aquarium spokesman.

Good judgment



Cassie and the judge. Because Cassie the dog was not muzzled, she faced a death sentence. The law in England requires pit bull terriers to wear muzzles in public places, in case they attack someone. Brokenhearted, Cassie's people appealed, saying she's not a pit bull, she's a mix.

The judge decided to go and meet Cassie and see for himself. Heading down to the garage below the courtroom, he removed his traditional garb of wig and gown and asked his col-

From
the Editor



The Golden Rule

"Why don't you just write about the Golden Rule?" said a good friend and member of Best Friends who had called me on the phone.

"I write about it quite regularly," I said. "It's in almost every editorial."

"Yes," she replied, "but maybe you should just spell it out very straightforwardly. After all," she added, "it's really what Best Friends is basically about, isn't it. We all know Best Friends isn't just an animal sanctuary. It's a way of life for all of us who are members."

That's true. It is a way of life. Whether we work here at the sanctuary, or are members of Best Friends in faraway places, we all share the knowledge that being kind to others gives us a better life. So, here goes:

The Golden Rule is very simple, and very far-reaching. Everyone knows it intuitively, deep down. Every major religion and philosophy teaches it. Here's how some of them have written it down:

As a man sows, so shall he reap. New Testament, Christian text.

That which is hateful unto you, do not do unto others. Rabbi Hillel, Jewish text.

The maxim of loving kindness is this: Do not unto others what you would not they should do unto you. Analects, Confucian text.

This is the sum of duty: do nothing unto others which, if done to you, would cause you pain. Mahabharata, Hindu text.

A man should go about treating all creatures as he himself would be treated. Sutrakritanga, Jain text.

Treat others as you would be treated. Abdullah Ansari, Sufi text.

In a world that often seems increasingly chaotic, this simple guiding principle can put clarity and purpose into everything we do. The Golden Rule operates on every level of our lives:

Being rude or mean to someone can color your day negatively. Working at a job for a company that's exploiting people can make your whole life feel worthless deep down. Blaming other people for your own circumstances leaves you feeling less and less in control in the long run.

On the other hand, being good to people puts us at peace with ourselves and with the world. It's also a great medicine for senses of guilt and anxiety. And being good to the animals puts us at peace with nature and with life itself. It also lifts the sense of isolation that can be a large part of life in our modern, technological world.

The Golden Rule is the fundamental principle that governs all life, and maybe the Universe itself. That's because all life *is* one. So, in the most basic way, how we treat others *is* how we're treating ourselves.

When we're hurting other people, or the animals or nature, we're hurting ourselves.

And when we're nurturing life around us, we're healing ourselves. 🐾