



Winter's tails

BY STUART WINTER Follow him on twitter: @birdman or email stuart.winter@express.co.uk

My week in twitching heaven

Enjoy today but keep your four-legged friends away from the Easter egg hunt



WARNING: Smallest animals are most at risk

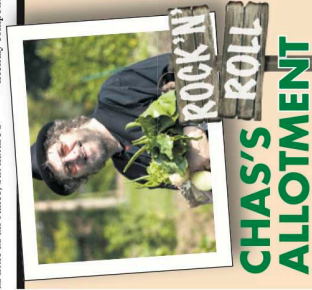
THE irresistible allure of chocolate has been the ruin of many a diet but for our pets a taste of indulgence is a matter of life-and-death. Even though the toxic threat of chocolate to animals is well known, it is still a common sight across the country as pet owners prepare themselves for the annual onslaught of Easter poisonings. Last Easter, 54 per cent of vets had to treat at least one case of chocolate poisoning and East Midlands experienced the highest average number of poisonings.

Dogs have a knack of sniffing out chocolate, in particular, have a keen sense of smell and will sniff out chocolate bars. So, wherever chocolate is being stored over Easter, inside or outside, make sure it is pet proof and stored out of reach of inquisitive and determined noses and paws to avoid an accident. If you suspect that your dog has ingested chocolate don't delay in contacting your vet. The quicker we can offer advice and treatment the better the outcome. **● If you are away from home, use the RCVS's Find a Vet online service (http://findavet.rvc.org.uk/find-a-vet/) to find a veterinary practice in an emergency.**

about 254,000 for the anti-poaching campaign. All those competitors who start line on their fund-raising mission were handily outdone by the best birdwatching anywhere in the world. The Media Birders, Scandinavian Israel birdwatchers Jonathan Marten Benzon Hanan and myself beat our target of seeing 140 species by three, as we scoured the Negev for its ornithological riches. Highlights included kingfisher haunting the

cuttings, vegetable waste. I can't remember how long it takes to rot down. Try to alternate the stuff you use, newspaper, a layer of vegetable waste, weeds etc. Chicken manure is absolutely excellent, especially if it comes mixed with straw. Give it all a good soaking as you go. Can't remember how long it takes to rot down, but I think it's a quarter in the summer. If you use one of those bins that has got a door at the bottom then I reckon you can get away with just one or two or three months. But that's a guess, cos these plastic bins are new to me, but if they work well, Well, basically anything can that comes from anything that was once alive. Leaves, weeds, newspaper, grass.

I AM GOING to give the "no die" method an experimental go on a small bit last December. personal muddle on it and it looks pretty good. The compost has settled to about an inch thick so I'm just going to rake it over, get sowing and see how it goes. Haven't kept a proper compost heap for a while so I've decided it's time I did. I can't remember how long it takes to rot down, but I think it's a quarter in the summer. If you use one of those bins that has got a door at the bottom then I reckon you can get away with just one or two or three months. But that's a guess, cos these plastic bins are new to me, but if they work well, Well, basically anything can that comes from anything that was once alive. Leaves, weeds, newspaper, grass.



CHAS'S ALLOTMENT



Volunteers needed for paid clinical trials

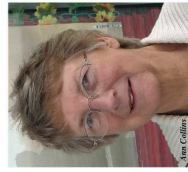
Quintiles are looking for women, aged 18-40, who are currently taking an oral contraceptive to take part in a clinical trial of two 3-day inpatient stays. You could receive up to £2,925* in compensation for your time and inconvenience.

Do something rewarding
For more information and to register for upcoming trials, search online for 'Quintiles' or visit
www.quintilesclinicaltrials.co.uk



MEDICAL-ADVERTISING FEATURE

Growing demand for new piles treatment brings new clinics



treatments do not require any preparation or anaesthesia and, following a short consultation with the doctor, you can return to your normal activities immediately.

Ulroid patients agree—says Am Collins from Yorkshire: "After doing a bit of research, I decided to go for Ulroid because it had the highest success rate but the recovery time was shorter than I expected and could also be very painful. I knew I had to have something to rule my life. Then my brother drew my attention to an article about Ulroid. I researched the treatment so I researched reviews from the U and knew immediately that I had nothing to lose. I had my Ulroid decision so I rang Ulroid."

Because of growing demand, Ulroid is now available in London and is now opening its first clinic in Wellington, near Tranter, Somerset.

Consultant Colorectal Surgeon Paul Mackey, the new clinic, said "I'm really pleased to be running the clinic for a very common debilitating problem for so many of our patients. Ulroid treatment has not been available in the South West, so opening a clinic in Somerset is a great step forwards."

PILES Don't suffer in silence A revolutionary out-patient procedure for piles is now available in the UK



- Safe and proven method
- Treats all grades of internal piles
- QUICK - Performed in just 15-30 minutes
- No recovery time necessary
- No preparation, no anaesthesia required
- Non-invasive procedure
- An effective alternative to surgery

0800 999 3777

Ulroid

Or less thing to worry about - info@ulroiduk.com - www.piles-relief.com

